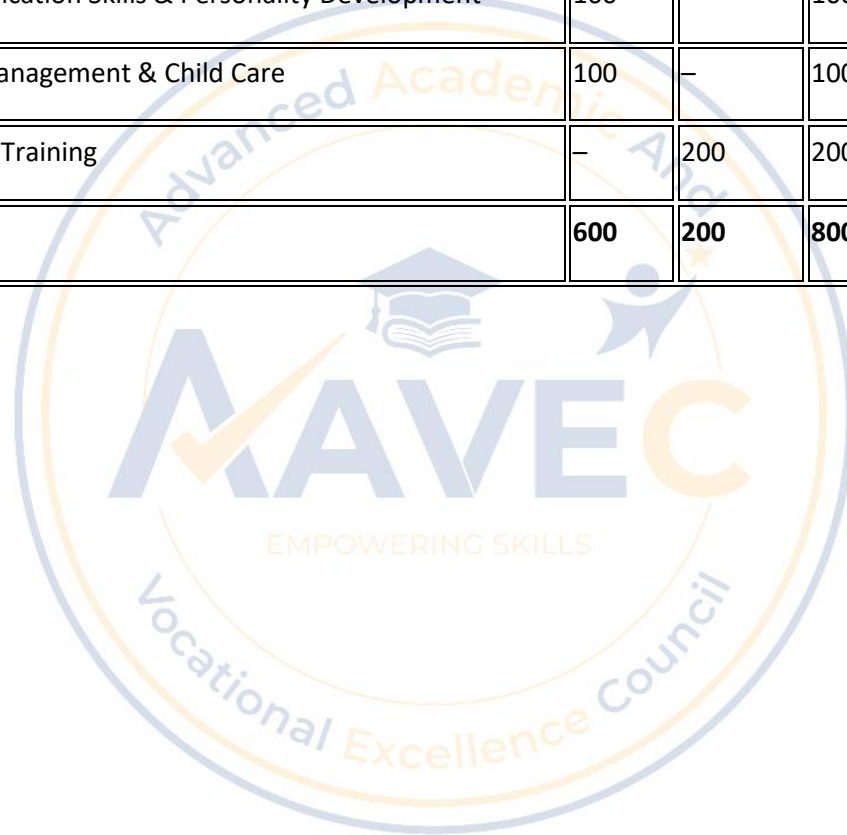


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S.No	Name of papers	Theory	Practical	Total Marks
I	Child Growth & Development	100	–	100
II	Nutrition & Health	100	–	100
III	Child Health & Hygiene	100	–	100
IV	First Aid & Emergency Care	100	–	100
V	Communication Skills & Personality Development	100	–	100
VI	Home Management & Child Care	100	–	100
VII	Practical Training	–	200	200
Total		600	200	800



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SECTION – A

(CHILD GROWTH & DEVELOPMENT)

1. Meaning and importance of child development
2. Stages of growth and development
3. Factors affecting growth and development
4. Physical development of child
5. Emotional and social development
6. Cognitive development
7. Language development
8. Moral development

SECTION – B

(NUTRITION & HEALTH)

1. Meaning of nutrition
2. Nutrients and their functions
3. Balanced diet
4. Nutrition for infants
5. Nutrition for toddlers
6. Nutrition for preschool children
7. Malnutrition – causes and prevention
8. Common nutritional deficiencies

SECTION – C

(CHILD HEALTH & HYGIENE)

1. Personal hygiene for children
2. Environmental hygiene
3. Immunization
4. Common childhood diseases
5. Prevention of diseases
6. Care of sick child
7. Health check-ups

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COMMUNICATION SKILLS & PERSONALITY DEVELOPMENT

1. Communication skills – meaning and importance
 2. Types of communication
 3. Barriers of communication
 4. Listening skills
 5. Personality development
 6. Confidence building
-

HOME MANAGEMENT & CHILD CARE

1. Concept of home management
 2. Safety measures at home
 3. Care of newborn
 4. Bathing and clothing of child
 5. Feeding practices
 6. Play and recreation
-

SECTION – D

(FIRST AID & EMERGENCY CARE)

1. First aid – meaning and objectives
2. First aid box
3. Burns and scalds
4. Bleeding and wounds
5. Fractures
6. Snake bite
7. Poisoning
8. CPR

PRACTICAL TRAINING

1. Play schools

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2. Hospitals

ASSIGNMENTS

(TOTAL MARKS – 100)

Q.1 MCQs

1. Which of the following helps in emotional development of children?
 - a) Physical growth
 - b) Proper nutrition
 - c) Love and affection
 - d) Discipline
2. Which food is rich in protein?
 - a) Rice
 - b) Pulses
 - c) Sugar
 - d) Oil
3. Which vitamin is essential for vision?
 - a) Vitamin A
 - b) Vitamin B
 - c) Vitamin C
 - d) Vitamin D
4. Immunization helps in:
 - a) Growth
 - b) Development
 - c) Prevention of disease
 - d) Treatment
5. CPR stands for:
 - a) Cardio Pulmonary Resuscitation
 - b) Central Pulse Rate
 - c) Critical Patient Response
 - d) None

Q.2 SHORT ANSWER TYPE QUESTIONS (5×8=40)

1. What is child development?
2. Define balanced diet.
3. What is malnutrition?
4. Importance of hygiene for children.
5. What is first aid?

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6. What are communication skills?
7. What is personality development?
8. What is immunization?

Q.3 LONG ANSWER TYPE QUESTIONS (4×10=40)

1. Explain the stages of child growth and development.
2. Describe the importance of nutrition in early childhood.
3. Explain common childhood diseases and their prevention.
4. Describe first aid management for burns and bleeding.

