

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI

COURSE PLAN (November 2024 – April 2025)

Department : BSW
Name/s of the Faculty : Dr. Catherine Joseph
Course Title : Generalist Practice in Social Work
Course Code : 23SW/MC/GP44
Shift II

COURSE OUTCOMES (COs)

COs	Description						CL
CO1	acquire knowledge on the skills of generalist social work practice						K1
CO2	explain about human behavior and social environment						K2
CO3	analyze and practice ethical and professional behavior						K3
CO4	critically examine the holistic perspective in social work practice.						K4
CO5	gain insight to work with diverse client systems						K5
Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods

<p>Nov 18 – 25, 2024 (Day Order 1-6)</p>	<p>1.</p>	<p>Introduction to Generalist Practice 1.1 Concepts – Meaning of Systems, 1.2 Generalist Practice as method in Social Work; Theoretical foundations- General Systems Theory, Ecological Systems Theory. Human Beings in a Systems Framework, Applying Systems Theory to Social Work Practice.</p>	<p>K1-K5</p>	<p>6</p>	<p>CO1 – CO5</p>	<p>Lecture Group Discussions, PPT, Case Studies</p>	<p>Quiz, Questioning Recap CA Test-1</p>
<p>Nov 26- Dec 3, 2024 (Day Order 1 to 6)</p>	<p>1.</p>	<p>1.3 The Basic Systems in Generalist Practice and Resource Systems. Levels of Social Work Practice- Micro, Mezzo, Macro Systems</p>	<p>K1-K5</p>	<p>6</p>	<p>CO1 – CO5</p>	<p>Lecture Group Discussions, PPT, Case Studies</p>	<p>Quiz, Questioning Recap CA Test-1 Component (Assignment-1 Levels of Social Work Practice with an example Marks:25</p>

							Submission- 20Dec2024.)
Dec 4-11, 2024	2.	Generalist Practice – Pre-Intervention phase	K1-K5	6	CO1 – CO5	Lecture	Quiz, Questioning, Short oral tests

(Day Order 1 to 6)		2.1 Interaction and Engagement – Meaning, establishing a relationship, making contacts, Interview in interaction				Group Discussions, PPT, Case Studies	CA Test-1
Dec 12-19, 2024 (Day Order 1 to 6)	2.	2.2 Assessment – Meaning, stages in Assessment Phase - data collection, identifying and assessing the problem	K1-K5	6	CO1 – CO5	Lecture Group Discussions, PPT, Case Studies	Quiz, Questioning, Recap CA Test-1
Dec 20, 2024 (Day Order 1)	2.	2.3 Identification of the Potential Strengths and Resources	K1-K5	1	CO1 – CO5	Lecture Group Discussions, PPT, Case Studies	Quiz, Questioning Recap CA Test-1
Jan 3 – 7, 2025 (Day Order 3 to 6)	3.	Planning 3.1 Planning – Components of a Plan, Goals and Objectives, Planning with Multiperson Client Systems	K1-K5	3	CO1 – CO5	Lecture Group Discussions, PPT, Case Studies	Quiz, Questioning Recap CA Test-1

Jan 8 – 17, 2024 (Day Order 1 to 6)	3.	3.2Factors affecting a Plan of Action - Community, Agency,	K1-K5	6	CO1 – CO5	Lecture Group Discussions, PPT, Case Studies	Quiz, Questioni ng Recap CA Test-1
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		Social Problem, Social Worker and Client 3.2 Agreement between Worker and Client /negotiating contracts					
Jan 18 - 23, 2025	C.A. Test - I						
Jan 24 -31, 2025 (Day Order 1 to 6)	4.	Intervention Phase 4.1 Direct Practice and Indirect Practice	K1-K5	6	CO1 – CO5	Lecture Group Discussions, PPT, Case Studies	Quiz, Group Test CA Test-II
Feb 3-8, 2025 (Day Order 1 to 6)	4.	4.2 Use of available Resources, Referral services, Use of Programme, coordination of services, networking	K1-K5	6	CO1 – CO5	Lecture Group Discussions, PPT, Case Studies	Quiz, Questioning CA Test-II
Feb 10– 18, 2025 (Day Order 1 to 4)	4.	4.2 Use of available Resources, Referral services, Use of Programme, coordination of services, networking	K1-K5	4	CO1 – CO5	Lecture Group Discussions, PPT, Case Studies	Quiz, Recap Case Analysis CA Test-II
Feb 19- 26, 2025 (Day Order 1-6)	4.	4.3 Mediation, Influence, Environmental Change	K1-K5	6	CO1 – CO5	Lecture Group Discussions, PPT, Case Studies	Quiz, Case Analysis

Feb 27- Mar 6, 2025 (Day Order 1 to 6)	5.	Post-Intervention Phase 5.1 Evaluation – Meaning and Types of Evaluation, Techniques for Evaluation, Recording, Programme Evaluation	K1-K5	6	CO1 – CO5	Lecture Group Discussions, PPT, Case Studies	Quiz, Questioning Oral Test CA Test-II Component (Assignment-2.Submission Evaluation/Termination with examples. Marks:25 29 January 2025.)
Mar 7 – 11, 2025 (Day Order 1 to 3)	5.	5.1 Evaluation – Meaning and Types of Evaluation, Techniques for Evaluation, Recording, Programme Evaluation	K1-K5	3	CO1 – CO5	Lecture Group Discussions, PPT, Case Studies	Quiz, Questioning CA Test-II
Mar 12 –17, 2025	C.A. Test - II						

<p>Mar 18 – 20, 2025 (Day 4 to 6)</p>		<p>5.2 Termination – Meaning and Types of Termination - Planned and Unplanned Termination, Components of Termination,</p>	<p>K1-K5</p>	<p>2</p>	<p>CO1 – CO5</p>	<p>Lecture Group Discussions, PPT, Case Studies</p>	<p>Quiz, Questioning Recap Component (Assignment- 2.Submission</p>
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		Disengagement, Recording					29 January 2025.)
Mar 21 - 28, 2025 (Day Order 1 to 6)		5.2 Termination – Meaning and Types of Termination - Planned and Unplanned Termination, Components of Termination, Disengagement, Recording	K1-K5	6	CO1 – CO5	Lecture Group Discussions, PPT, Case Studies	Quiz, Recap Questioning End Semester
Mar 29- April 2, 2025 (Day Order 1 to 3)	REVISION						

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STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI

COURSE PLAN (November 2024 – April 2025)

Department : Social Work
Name/s of the Faculty : Ms. Maria Jecintha J
Course Title : Human Rights, Social Justice and Advocacy
Course Code : 23SW/AC/HR45
Shift : II

COURSE OUTCOMES (COs)

COs	Description	CL
CO1	understand the concepts related to Human Rights and Social Justice.	K1
CO2	know the International Human Rights instruments and the process involved.	K2
CO3	understand the Fundamental rights, duties and the Directive Principles of State Policy.	K3
CO4	apply the role of Social Work in relation to Human Rights, Social Justice and Advocacy in the fieldwork agencies.	K4
CO5	develop a sense of commitment towards ensuring Human Rights with specific reference to Special Groups	K5

Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods
Nov 18 – 25, 2024 (Day Order 1-6)	1	1.1 Definition, Important milestones in the History of Human Rights Importance of Awareness on Human	K1-K5	12	1-5	PPT & Lecture	Individual Quiz

		Rights					
Nov 26- Dec 3, 2024 (Day Order 1 to 6)	1	1.2 Introduction to Categories of Rights – Civil, Political, Social, Economic and Cultural Rights from a generational perspective, Right to Environment, Right to Sustainable Development	K1-K5	12	1-5	PPT & Lecture	Team Quiz
Dec 4-11, 2024 (Day Order 1 to 6)	1	1.3 Social Justice – Concept and Meaning, Dr. B.R. Ambedkar’s Views on Social Justice	K1-K5	12	1-5	PPT & Lecture	Questioning
Dec 12-19, 2024 (Day Order 1 to 6)	1	1.4 Introduction to Protective Discrimination & Affirmative Action	K1-K5	12	1-5	PPT & Lecture	Individual Quiz
Dec 20, 2024 (Day Order 1)	2	2.1 A brief overview on the processes: Declaration, Convention, Ratification, Reservations	K1-K5	13	1-5	PPT & Lecture	Team Quiz
Jan 3 – 7, 2025 (Day Order 3 to 6)	2	2.2 Universal Declaration of Human Rights, 1948	K1-K5	13	1-5	PPT & Lecture	Questioning (Assignment 1 – Right to Environment and Right to Sustainable

							Development Due on: 3 Jan 2025 Marks: 20)
Jan 8 – 17, 2024 (Day Order 1 to 6)	2	2.3 International Covenant on Civil and Political Rights 2.4 International Covenant on Economic, Social and Cultural Rights	K1-K5	13	1-5	PPT & Lecture	Questioning
Jan 18 - 23, 2025	C.A. Test - I						
Jan 24 -31, 2025 (Day Order 1 to 6)	3	3.1 The Preamble 3.2 Fundamental Rights and Fundamental Duties	K1-K5	12	1-5	PPT & Lecture	Team Quiz
Feb 3-8, 2025 (Day Order 1 to 6)	3 & 4	3.3 Directive Principles of State Policy 4.1 Justice issues Concerning Children, Guiding Principles and a brief overview of the Convention on the Rights of the Child, 1989	K1-K5	12	1-5	Group discussions, PPT & Lecture	Questioning (Assignment 2 – Model on Any one Human Rights violation incident Due on: Feb 8 Marks:30)
Feb 10– 18, 2025 (Day Order 1 to 4)	4	4.2 Justice issues Concerning Women, a brief overview on the Convention on the Elimination of All forms	K1-K5	13	1-5	Group discussions, PPT & Lecture	Questioning

		of Discrimination against Women, 1979 4.3 Justice Issues Concerning Dalits, Tribes					
Feb 19- 26, 2025 (Day Order 1-6)	4	4.4 Justice Issues Concerning Worker's Rights – Unorganised labour	K1-K5	13	1-5	Group discussions, PPT & Lecture	Individual Quiz Group Presentation on Justice issues on people – on Feb 27, 2024
Feb 27- Mar 6, 2025 (Day Order 1 to 6)	5	5.1 Role of key organisations working in the field of Human Rights 5.2 Introduction to Social Audit	K1-K5	15	1-5	Case studies, PPT & Lecture	Team Quiz
Mar 7 – 11, 2025 (Day Order 1 to 3)	5	5.3 Fact finding, Advocacy: Types, Lobbying, Negotiation 5.4 Role of National Human Rights Commission, State Human Commission	K1-K5	15	1-5	Case studies, PPT & Lecture	Questioning
Mar 12 –17, 2025	C.A. Test - II						
Mar 18 – 20, 2025 (Day 4 to 6)	5	5.5 Human Rights Education 5.6 Public Interest Litigation	K1-K5	15	1-5	Case studies, PPT & Lecture	Questioning

Mar 21 - 28, 2025 (Day Order 1 to 6)	5	5.7 Right to Information 5.8 First Information Report, Free legal Aid	K1-K5	15	1-5	Case studies, PPT & Lecture	Questioning
Mar 29- April 2, 2025 (Day Order 1 to 3)	REVISION						

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI

COURSE PLAN (November 2024 – April 2025)

November 2024 – April 2025

Department : BSW
Name of the Faculty : Sr. Shobha kullu fmm
Course Title : SOCIAL WORK WITH PERSONS WITH DISABILITIES
Course Code : 23SW/ME/DS45
Shift II

COURSE OUTCOMES (COs)

COs	Description	CL
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CO1	Acquire knowledge about the different types of Disabilities.						K1
CO2	Explain about the various issues of people with disabilities						K2
CO3	Gain knowledge about various policies and laws related to people with disabilities						K3
CO4	Analyse and implement the various Rehabilitative measures for people with disabilities						K4
CO5	Gain insight to work for people with disabilities as full-fledged social workers.						K5
Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods
Nov 18 – 25, 2024 (Day Order 1-6)	1	Introduction to Disability 1.1 Definition of Disability; Impairment and Handicap; Causes of Disabilities.	K1-5	2	CO1-5	Lecture, PPT	Questioning, Quiz,
Nov 26- Dec 3, 2024 (Day Order 1 to 6)	1	1.2 Types of various Disabilities and specific psychosocial issues involved in each disability Physical Disabilities- Locomotor, Cerebral palsy, sensory, spinal cord injury, stroke disability ,Multiple sclerosis. Mental	K1-5	4	CO1-5	Lecture, PPT	Questioning, Quiz,

		Disability: Intellectual Disability, learning disability, Mental Illness, multiple disabilities					
Dec 4-11, 2024 (Day Order 1 to 6)	1	1.2 Types of various Disabilities and specific psychosocial issues involved in each disability Physical Disabilities- Locomotor, Cerebral palsy, sensory, spinal cord injury, stroke disability, Multiple sclerosis. Mental Disability: Intellectual Disability, learning disability, Mental Illness, multiple disabilities	K1-5	4	CO1-5	Lecture, PPT and Group discussion	Questioning, Quiz,
Dec 12-19, 2024 (Day Order 1 to 6)	1	1.3 Prevention of Disabilities at Primary, Secondary and Tertiary Levels	K1-5	4	CO1-5	Lecture, PPT	Questioning, Quiz,
Dec 20, 2024 (Day Order 1)	2	Needs and Problems of Persons with Disabilities 2.1 Problems of People with Disabilities - related to activities of daily living, education, sexuality, integration, employment,	K1-5	4	CO1-5	Lecture, Group discussion & Case Analysis	Quiz, Questioning, Assignment 1: Students will have to visit an organization and do a Case Study.

		interpersonal relationships and marriage Needs and problems of people living with disabilities across the Life Span					Submission on 6 JANUARY 2025. Marks:25
Jan 3 – 7, 2025 (Day Order 3 to 6)	2	2.1 Problems of People with Disabilities - related to activities of daily living, education, sexuality, integration, employment, interpersonal relationships and marriage Needs and problems of people living with disabilities across the Life Span	K1-5	4	CO1-5	Lecture, Group discussion & Case Analysis	Questioning, Quiz,
Jan 8 – 17, 2024 (Day Order 1 to 6)	2	2.2 Problems faced by Family members of People with Disabilities, 2.3 Disability and Gender issues -problems faced by women and girls with disabilities	K1-5	4	CO1-5	Lecture, Field trip & Case Analysis	Questioning, Quiz,
Jan 18 - 23, 2025	C.A. Test – I						
Jan 24 -31, 2025 (Day Order 1 to 6)	3	Contextual Understanding of Disability	K1-5	4	CO1-5	Lecture, Group discussion & Case studies	Questioning, Quiz,

		3.1 Contextual understanding of Disability from Medical perspectives 3.2 Contextual understanding of Disability from Social perspectives					
Feb 3-8, 2025 (Day Order 1 to 6)	3	Contextual Understanding of Disability 3.1 Contextual understanding of Disability from Medical perspectives 3.2 Contextual understanding of Disability from Social perspectives	K1-5	4	CO1-5	Lecture, Group discussion & Case studies	Questioning, Quiz,
Feb 10– 18, 2025 (Day Order 1 to 4)	3	3.3 Understanding of Strengths and Limitations of People with Disabilities	K1-5	2	CO1-5	Lecture ,case study & Presentation	Questioning, Quiz,
Feb 19- 26, 2025 (Day Order 1-6)	3	3.3 Understanding of Strengths and Limitations of People with Disabilities	K1-5	2	CO1-5	Lecture ,case study & Presentation	Questioning, Quiz,
Feb 27- Mar 6, 2025 (Day Order 1 to 6)	4	The Rehabilitation Process 4.1 Process of Rehabilitation: Early	K1-5	5	CO1-5	Lecture, Class discussion	Questioning, Quiz,

		Identification and Treatment, 4.2 Education, Vocational Rehabilitation and Social Inclusion within the Family and Community		5			
Mar 7 – 11, 2025 (Day Order 1 to 3)	4	4.3 Different types of Aids and Assistive devices	K1-5	4	CO1-5	Lecture, Class discussion	Assignment 2: Students will have to write an assignment on Intervention strategies and the Rights of Persons with Disabilities. Submission date - 3MARCH 2025 Marks:25
	5	Intervention strategies and the Rights of Persons with Disabilities 5.1 Social Work Intervention in working with People with Disabilities. Micro level - Counselling		4			
Mar 12 –17, 2025	C.A. Test – II						
Mar 18 – 20, 2025 (Day 4 to 6)	5	5.2 Mezzo level - Family Counselling and Parent Guidance and Training Self Help/support Groups, Life Skills	K1-5	6	CO1-5	Lecture, Class discussion	Questioning, Quiz,

		Enrichment of people with Disabilities.					
Mar 21 - 28, 2025 (Day Order 1 to 6)	5	5.3 Macro Level - Community Awareness and Education, Community based Rehabilitation, Inclusive Approach and Accessibility. The Rights of Persons with Disabilities Act, 2016	K1-5	7	CO1-5	Lecture, Class discussion	Questioning, Quiz,
Mar 29- April 2, 2025 (Day Order 1 to 3)	REVISION						

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI

COURSE PLAN (November 2024 – April 2025)

Department : BSW
Name/s of the Faculty : Dr. Mary T. Abraham
Course Title : Food, Nutrition and Food Security
Course Code : 23SW/ME/FN45
Shift : II

COURSE OUTCOMES (COs)

On successful completion of the course, students will be able to

COs	Description					CL	
CO1	describe the connections between health and food choices					K1	
CO2	discuss about the guidelines Food Guide Pyramid and how to use it in their daily eating habits					K2	
CO3	demonstrate the six classes of nutrients found in food and the role they play in nutrition					K3	
CO4	apply the knowledge on food adulteration					K4	
CO5	criticise their own eating habits and food choices					K5	
Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods

Nov 18 – 25, 2024 (Day Order 1-6)	1	Introduction to Food and Basic Nutrition Food – Definition, Meaning, Classification of foods, Functions and Sources of Carbohydrates, Proteins, Fats, Minerals and Vitamins.	K1 – K5	5 hours	1 - 5	Lecture Group discussion	Quiz, Recap Question and Answer Continuous Assessment Test - 1
Nov 26- Dec 3, 2024 (Day Order 1 to 6)	1	Introduction to Food and Basic Nutrition Energy Functions of Food – Body Building, Protection and Regulation and Maintenance Foods Concept of Balanced Diet Role of Water in Nutrition	K1 – K5	5 hours	1 - 5	Lecture Group discussion	Quiz, Recap Question and Answer Continuous Assessment Test - 1
Dec 4-11, 2024 (Day Order 1 to 6)	1	Introduction to Food and Basic Nutrition Nutrition – Definition of Nutrition and Nutrients, interrelationship between Nutrition and Health Food Guide – Basic Foods Groups, Usage of the Good Guide	K1 – K5	5 hours	1 - 5	Lecture Group discussion	Quiz, Recap Question and Answer Continuous Assessment Test - 1
Dec 12-19, 2024 (Day Order 1 to 6)	2	Health and Nutritional Problems in India Definition of Health and Fitness, Factors influencing Health and Wellbeing. Nutrient requirements for pregnant women, lactating mothers, pre-school, School going and elderly	K1 – K5	5 hours	1 - 5	Lecture Group discussion	Quiz, Recap Question and Answer Continuous Assessment Test – 1 Interview 10

							children to find the daily menu of children, analyse it and give suggestions 17.12.2024 (15 marks)
Dec 20, 2024 (Day Order 1)	2	Health and Nutritional Problems in India Protein Energy Malnutrition	K1 – K5	1 hour	1 - 5	Lecture Group discussion	Quiz, Recap Question and Answer Continuous Assessment Test - 1
Jan 3 – 7, 2025 (Day Order 3 to 6)	2	Health and Nutritional Problems in India Exercise, Physical Fitness and Health – their inter-relationship, Gender and Health	K1 – K5	4 hours	1 - 5	Lecture Group discussion	Quiz, Recap Question and Answer Continuous Assessment Test - 1
Jan 8 – 17, 2024 (Day Order 1 to 6)	2	Health and Nutritional Problems in India Nutritional Problems related to – Iron, Vitamin B12, Iodine, Vitamin A, Folate, Vitamin C	K1 – K5	5 hours	1 - 5	Lecture Group discussion	Quiz, Recap Question and Answer Continuous Assessment Test - 1

Jan 18 - 23, 2025	C.A. Test - I						
Jan 24 -31, 2025 (Day Order 1 to 6)	3	Food Adulteration, Contamination and Food Hygiene Common Adulterants, Food colourants – Permitted and Non permitted flavours of Spices, vegetables and fruits, fats and oils, meat, milk- artificial flavours. Health hazards of foodadulterants.	K1 – K5	5 hours	1 - 5	Lecture Group discussion	Quiz, Recap Question and Answer Continuous Assessment Test – 2 Assignment on an assigned National Nutrition Programme 24.01.2025 (15 marks)
Feb 3-8, 2025 (Day Order 1 to 6)	3	Food Adulteration, Contamination and Food Hygiene Contamination of foods -different sources of contamination of foods-by plants, animal, sewage, soil, air, water, human beings. Fermentation, Putrefaction and Decay	K1 – K5	5 hours	1 - 5	Lecture Group discussion	Quiz, Recap Question and Answer Continuous Assessment Test - 2
Feb 10– 18, 2025 (Day Order 1 to 4)	3	Food Adulteration, Contamination and Food Hygiene Food Hygiene - Food safety, Hygienic ways of handlingfood.	K1 – K5	3 hours	1 - 5	Lecture Group discussion	Quiz, Recap Question and Answer Continuous Assessment

							Test - 2
Feb 19- 26, 2025 (Day Order 1-6)	4	Government Programmes in Combating Malnutrition Integrated Child Development Services (ICDS) Balwadi Nutrition Programme Special Nutrition Programme Vitamin A Prophylaxis Programme/National Programme for Control of Blindness National Nutritional Anaemia Prophylaxis Programme	K1 – K5	5 hours	1 - 5	Lecture Group discussion	Quiz Recap Question and Answer Continuous Assessment Test – 2 Assignment Role of a Social Worker in creating awareness on Food and Nutrition and Food Security - 25.02.2025 (20 marks)
Feb 27- Mar 6, 2025 (Day Order 1 to 6)	4	Government Programmes in Combating Malnutrition National Iodine Deficiency Disorder Control Programme National Programme for Adolescent Girls Supplementary Nutrition Programme	K1 – K5	5 hours	1 - 5	Lecture Group discussion	Quiz, Recap Question and Answer Continuous Assessment Test - 2

Mar 7 – 11, 2025 (Day Order 1 to 3)	4	Government Programmes in Combating Malnutrition Mid-Day Meal Programme Minimum Needs Programme	K1 – K5	2 hours	1 - 5	Lecture Group discussion	Quiz, Recap Question and Answer Continuous Assessment Test - 2
Mar 12 –17, 2025	C.A. Test - II						
Mar 18 – 20, 2025 (Day 4 to 6)	5	Food Security Definition of Food Security, Significance of Food Security, Effects of Food Insecurity, Challenges to achieving Food Security Right to Food, National Food Security Act 2013	K1 – K5	3 hours	1 - 5	Lecture Group discussion	Quiz, Recap Question and Answer
Mar 21 - 28, 2025 (Day Order 1 to 6)	5	Food Security Impact of Globalisation Policies on Food Security Global Hunger Index Antyodaya Anna Yojana 2000	K1 – K5	5 hours	1 - 5	Lecture Group discussion	Quiz, Recap Question and Answer
Mar 29- April 2, 2025 (Day Order 1 to 3)	REVISION						

