

# THIRUVALLUVAR UNIVERSITY

## BACHELOR OF ARTS BACHELOR OF SOCIAL WORK DEGREE COURSE CBCS PATTERN (With effect from 2020-2021)

### The Course of Study and the Scheme of Examinations

S.NO.	Part	Study Components		Ins. hrs /week	Credit	Title of the Paper	Maximum Marks		
		Course Title					CIA	Uni. Exam	Total
<b>SEMESTER I</b>									
1	I	Language	Paper-1	6	4	Tamil/Other Languages	25	75	100
2	II	<b>English (CE)</b>	<b>Paper-1</b>	<b>6</b>	<b>4</b>	<b>Communicative English I</b>	25	75	100
3	III	Core Theory	Paper-1	5	3	Introduction to Social Work	25	75	100
4	III	Core Theory	Paper-2	5	3	Indian Social problems	25	75	100
5	III	ALLIED -1	Paper-1	6	3	Sociology for Social Work Practice	25	75	100
6	III	<b>PE</b>	<b>Paper-1</b>	<b>6</b>	<b>3</b>	<b>Professional English I</b>	25	75	100
7	IV	Environmental Studies		2	2	Environmental Studies	25	75	100
				<b>36</b>	<b>22</b>		<b>175</b>	<b>525</b>	<b>700</b>
<b>SEMESTER II</b>							<b>CIA</b>	<b>Uni. Exam</b>	<b>Total</b>
8	I	Language	Paper-2	6	4	Tamil/Other Languages	25	75	100
9	II	<b>English (CE)</b>	<b>Paper-2</b>	<b>6</b>	<b>4</b>	<b>Communicative English II</b>	25	75	100
10	III	Core Theory	Paper-3	4	3	Psychology for Social Work Practice	25	75	100
11	III	Core Theory	Paper-4	4	3	Social Work with Individuals	25	75	100
12	III	ALLIED-1	Paper-2	6	5	Fundamentals of Nutrition	25	75	100
13	III	<b>PE</b>	<b>Paper-2</b>	<b>6</b>	<b>3</b>	<b>Professional English II</b>	25	75	100
14	IV	Value Education		2	2	Value Education	25	75	100
15	IV	Soft Skill		2	1	Soft Skill	25	75	100
				<b>36</b>	<b>25</b>		<b>200</b>	<b>600</b>	<b>800</b>

# THRUVALUVAR UNIVERSITY

## BACHELOR OF SOCIAL WORK

### SYLLABUS

#### UNDER CBCS

(With effect from 2020 - 2021 onwards)

### SEMESTER- I

### CORE PAPER - 1

#### INTRODUCTION TO SOCIAL WORK

#### Course Objectives

1. To develop basic understanding of professional social work among the learner
2. To develop an understanding on the history of social work profession in India & abroad
3. To develop understanding on the basic concepts related to social work, profession and values
4. Understand the history and evolution of social work profession, both in India and the West.
5. Develop insights into the origin and development of ideologies, approaches to social change.

**Unit-I: Social Work:** Meaning & definition, objectives, concept, philosophy, principles, values of social work. Historical development of social work in India and England.

**Unit-II: Basic concepts related to Social Work:** Social Work, Social Welfare, Social Service, Social Reform, Social Justice, Social Security, and Social Policy.

**Unit-III: Methods of Social Work:** Direct/Primary Methods – Social Case Work, Social Group Work, Community Organisation. Indirect/Secondary Methods – Social Work Research, Social Welfare Administration, Social Action

**Unit-IV: Socio - Religious thoughts of India:** Hinduism (Four values) Dharma, Artha, Kama & Moksha. Christianity - Supreme value of man, Concepts of love & services. Modern Indian Social thought – Vivekananda, Aurobindo, Gandhi & Radhakrishnan.

**Unit-V: Roles of Social Worker** Role of Social worker in various settings. Child welfare, youth welfare, aged welfare, family welfare, medical setting, psychiatric setting & labour welfare.

#### Text Books

1. Desai M (2005); Ideologies and Social Work: Historical and contemporary analysis. Jaipur Rewat Publications.
2. Bhattacharya, S (2005), Social Work – An Integrated Approach, New Delhi, Deep & Deep Publications Pvt. Ltd.
3. Misra. P.D (1994), Social Work: Philosophy and Methods, New Delhi: Inter India.

4. Dhawan, N (2011). Social Work Perspective. Philosophy and Methods, Lucknow: Bhanat Book Centre

## References

1. (Methods and Practice) Vol I and Vol II, Mangal Deep Publication, Jaipur, 1998
2. Friedlander, W.A., Introduction to Social Welfare, New Delhi, Prentice Hall, 1977
3. Indian Nationalism and Hindu Social Reform, Bombay, Oxford University Press – 1964 Heimsath, C.H.
4. Jainendra Kumar, An Introduction to Social Work, Anmol Publication Pvt, Ltd., New Delhi 2002
5. Muzunden, A.M., Social Welfare in India, Bombay, Asia Publishing House, 1964
6. Natarajan, S. Century of Social Reforms (Bombay: Asia Publishing House)
7. Perspectives in Social Work, College of Social Work, Nirmal Niketan, Mumbai (Maharashtra)
8. Prabhu, Radharinath. Hindu Social Organisation (Bombay: Popular)
9. Radhakrishnan, S. Hindu view of life (Bombay: George Allenuina)
10. Rameshwari Devi, Ravi Prakash Social work and Social Welfare Administration
11. Routledge and Kegan Paul, 1968 – Woodroof, E.K., From Charity to Social Work, London,
12. S.D. Mudgal, An Introduction to Social work, Book Enclave, Jaipur, 1997.
13. SAMA, D.S. Hinduism through the ages (Bombay, Bharatiya Vidhya Bhavan)
14. Sudha .J.P Religion in India (New Delhi: Sterling Publishers Pvt.Ltd.) 10.
15. The Indian Journal of Social Work, Bi-annual, TISS, Mumbai (Maharashtra)
16. Turner F.J., Social Work Treatment, New York, Free Press, 1974

## Course Outcome

1. The student will be able to know the basics of social work profession and the fields of social work.
2. The student will be able to understand social work as a profession.
3. The student will be able to understand various ideologies of social work.
4. The student will be able to demonstrate awareness of values and ethics of the social work profession.
5. The student will be able to understand the various historical development for bringing social work as a profession in India and in other countries.

## **CORE PAPER -2**

### **INDIAN SOCIAL PROBLEMS**

#### **Course Objectives**

1. To develop awareness and understanding of different social problems.
2. To provide insight about present social problems and their magnitude.
3. To enable the students to understand the impact of social problems on social life.
4. Understand how social problems and their processes interacts with, and can maintain, social inequalities in society.
5. Identify and assess social problems related to deviance, such as substance abuse and crime.

**Unit-I: Poverty:** Definition Poverty. Factors responsible for poverty measures to eradicate in India. Women's Issues – Dowry, Separation, Female Infanticide/Foeticide, Sexual Harassment in India.

**Unit-II: Beggary:** Definition – Causes of Beggary – Types, Ways and means of preventing beggary. Rehabilitation measures of the government.

**Unit-III: Prostitution:** Definition, Types, Causes – Implications of prostitution and rehabilitative measures. Transgender issues – Factors responsible for the issues – Govt schemes – Programs for their development.

**Unit-IV: Alcoholism and drug addiction:** Alcoholism – causes/implications of drinking and prevention, Drug Addiction – Types of drugs – Causes of addiction and teenagers – Effects - remedial measures. Role of Drug de-addiction centres.

**Unit-V: Juvenile Delinquency:** Definition – Causes – Consequences of Juvenile Delinquency, Vagrancy, Truancy, Street Children – Prevention – Reformation of delinquents.

#### **Text Books**

1. Ahuja, Ram (1992) Social Problems in India, Rawat Publications, Jaipur
2. Madan.G.R. (2002) Indian Social Problems – Vol – 1, Seventh edition, Allied Publishers, New Delhi.
3. Shankar Rao C. N (2015) Indian Social Problems – A Sociological Perspective, S. Chand & Company Pvt Ltd.
4. Madan.G.R. (2002) Indian Social Problems – Vol – 1, Seventh edition, Allied Publishers, New Delhi.

#### **References**

1. Merton, Robert.K and Nisbet Robert Lemert, Contemporary Social Problems Ny: Hard Course Brace 1965.
2. Lemert, Social Pathology Ny, Hard Course Brace 1962. (1978 Reprint).

3. Athreya, Venkatesh B Sheela Rani Chuukkath. Literacy and Empowerment Sage Publishing, New Delhi, 1996.
4. Williams Kornblum, Joseph Julian, Social Problems, 8th Edition, Prentice Hall Inc., 1975.
5. Dr. Sunil, Social Problems in India – Issues & Perspectives, Regency Publications House, New Delhi, 1990.
6. Bharti Sharma, Juvenile Delinquents and their social culture, Uppal Publishing House, New Delhi, 1990.
7. S.K. Bhattacharya, Social Problems in India – Issues and Perspectives, published by Regency Publications, New Delhi.

### **Course Outcomes**

1. After studies the student will be able to learn the various problems in India
2. After studies the student will be able to know the impact of problems in the society
3. The student will be equipped to enable the students to reduce the problems in the society as social workers.
4. After studying this paper, the student should be able to: brief how certain social issues become dominant for the development of the country.
5. The student will be able to understand the issues and how it effects the society.

**ALLIED – 1**  
**PAPER - 1**  
**SOCIOLOGY FOR SOCIAL WORK PRACTICE**

**Course Objectives**

1. To understand sociological concepts relevant to Social Work.
2. Familiarize with various sociological concepts, social institutions & its use in social work profession
3. Apply sociological analysis of social problems to policy making and its outcomes in society.
4. To introduce students to the basic social processes of society, social institutions and patterns of social behaviour.
5. To train students to understand and to interpret objectively the role of social processes, social institutions and social interactions in their lives.

**Unit-I: Sociology** – Meaning & Definition. Fundamental concepts in sociology – Society, Culture, Social Groups, Associations, Organizations, Institutions, Community. Significance of sociology in Social work.

**Unit-II: Social Institution:** Family, religion, education, state & economics. Function of Social Institution, Socialization - Socialization: Meaning of Socialization, Factors of Socialization.

**Unit-III: Social Stratification:** Meaning, definition, caste, class – meaning, definition, merits and de-merits of caste system, difference between class & caste.

**Unit-IV: Culture:** Definition, characteristics of culture, Cultural lag. Civilization – concept, difference between culture and civilization.

**Unit-V: Social Control:** Definition, Concept, Major agents of social control. Kinship, Religion, Law, Education, Tradition, Customs. Social Change: Concept, Process, Factors acting as agents of Social change.

**Text Books**

1. VidhyaBhusan&Shachdeva, An Introduction to Sociology, Kita Mahal Publications, Allahabad.
2. C. N. Shankar Rao, Indian Social Problems – A Sociological Perspective, S. Chand & Company Pvt. Ltd, New Delhi.
3. C. N. Shankar Rao, Sociology of Indian Society, S. Chand & Company Pvt. Ltd, New Delhi.

## References

1. Bottomore, T.B. Sociology: A Guide to Literature and problems, New Delhi, Allen and Unwin (India) 1972.
2. K.M.Kalpadia, Marriage and Family in India, London, Oxford University Press, 1965.
3. Mac Iver and Page, Society, Macmillan and co., 1959.
4. Sharma, Introduction to Sociology, Sterling Publishers.
5. Srinivas, M.N. Caste in Modern India, Asia Publishing House, 1962.
6. Tumin.M. Social Stratification New Jersey: Prentice Hall, 1981.
7. Kumar S.Principles of Sociology, New Heights publishers and Distributors. New Delhi, 1982-83.
8. Social Control & Social Change – K.Singh Published by Prakashan Kendra – Lucknow, 2001.
9. Sachchidananda, Social Change in Village India. Published by AshokKumar Mittal Concept Publishing Company.
10. A. Kumar, Structure of Society, Anmol Publications, New Delhi.

## Course Outcomes

1. The student will be able to understand the various functions and structure of society
2. The student will know about in depth causes of social change.
3. The student will have the ability to demonstrate knowledge of some of the key substantive areas within the field of sociology.
4. The student will be able to demonstrate knowledge of core sociological concepts.
5. The student will develop the knowledge, skills, and attitudes necessary to be engaged members of the community.

**SEMESTER- II**  
**CORE PAPER – 3**  
**PSYCHOLOGY FOR SOCIAL WORK PRACTICE**

**Course Objectives**

1. To gain knowledge in fundamental concepts in psychology
2. To understand various stages of development
3. To gain knowledge in various psychological theories of human development
4. To understand various aspects of human behaviour
5. To understand various aspects of adjustment and maladjustment

**Unit-I: Introduction:** Psychology – meaning, definition, personality- meaning and types of personality.

**Unit-II: Stages in the Life span:** Prenatal period, infancy, babyhood, early childhood, late childhood, puberty, adolescence, Early adulthood, middle age, old age.

**Unit III: Theories of Human Development:** Maturationist Theory, Psychoanalytic Theory, Erikson's Psychosocial Theory, Behaviourism Theory, Bio-psychosocial Theory, Cognitive Development Theory, and Ecological System Theory. Uses and relevance of psychology in social work profession.

**Unit IV: Factors Influencing Human Behaviour:** Heredity- concept, mechanism and influence of heredity on human behaviour; Environment – concept and influence of social, physical and family environment.

**Unit V Adjustment and maladjustment:** Concept and factors of adjustment, Stress: concept, types of stress- frustration, conflict and pressure. Coping mechanism: task oriented and defence oriented mechanisms. Indigenous approaches: Yoga and meditation

**Text Books**

1. Elizabeth B. Hurlock, Development of psychology, Tata Mc Graw Hill & Pub. Cooperation Limited, New Delhi, 2002.
2. Chaube S P, Developmental Psychology, Neelkamal Publications Pvt Ltd, New Delhi

**References**

1. English Oscy, Emotional problems of living London: George Allen and Alwin Limited, 1958.
2. Hurlock E.B., Developmental psychology, 1975.
3. Thompson, C.G., Child Psychology, New Delhi, Sorject Publications, 1981.
4. Qamar Hasan, Personality Assessment – A French Psychological Look, Gyan Publishing house, New Delhi, 1997.



5. Lawrence, Adult Personality Development, Theories and concepts, S. Wrightsman, Sage Publications, New Delhi, 1994.
6. Alice Eagly H. & Shelly Chiken, The Psychology of Attitudes, Harcourt Brace Jovanovich college publishers, New York, 1993.

### **Course Outcomes**

1. Students will gain knowledge in fundamental concepts in psychology.
2. Students will understand various stages of development.
3. Students will gain knowledge in various psychological theories of human development.
4. Students will understand various aspects of human behaviour.
5. Students will understand various aspects of adjustment and maladjustment.

## **CORE PAPER – 4**

### **SOCIAL WORK WITH INDIVIDUALS**

#### **Course Objectives**

1. To understand the basic concepts in Social Case Work
2. To acquaint the students with the process of Social case work
3. To develop in students the necessary attitude and skills to practice Social case work
4. To gain knowledge about the basic concepts, tools, techniques, processes and Skills of working with individuals
5. To develop an understanding of application of case work in diverse settings

**Unit-I: Social Case Work:** Definition, Objectives, Purpose, Goals of social case work, Principles and Basic Concepts.

**Unit-II: Case Work and Client Relationship:** Case work – Characteristics, use of relationship, case worker and client relationship, Empathy – meaning, Transference - meaning, Counter Transference – meaning.

**Unit-III: Social Diagnosis:** Meaning, Concept, content of Social Diagnosis, Type of diagnosis – Dynamic, Clinical and Etiological, Steps in Diagnosis.

**Unit-IV: Social Case Work Treatment:** Meaning, Objectives, Social Case Work Treatment Process:- Initial Phase, Motivation and Role Induction, Primary Contract, Diagnosis and Assessment, Establishing Treatment Goals, Developing Treatment Plans, Preparation for actual Treatment, Application of treatment methods, Monitoring and Evaluation, Follow up & Termination

**Unit-V: Social Case Work Practice in various Settings:** Social case work practice in Medical/Psychiatric/Industrial/School settings and role of case worker. Components of effective counselling, Skills, Role and Functions of the Counsellor.

#### **Text Books**

1. Desai M (2005); Ideologies and Social Work: Historical and contemporary analysis. Jaipur Rewat Publications.
2. Bhattacharya, S (2005), Social Work – An Integrated Approach, New Delhi, Deep & Deep Publications Pvt. Ltd.
3. Misra. P.D (1994), Social Work: Philosophy and Methods, New Delhi: Inter India.
4. Dhawan, N (2011). Social Work Perspective. Philosophy and Methods, Lucknow: Bhanat Book Centre

## **References**

1. M.S.Gore, Social work education, Asia Publishing House 1965:
2. Gisela Konapka Social Group Work, A helping process, New Jersey Prentice Hall:.
3. Fred Milson ,Skills in Social group work.
4. Gangrade, K.D. Community Organisation in India (Bombay: Popular Prakashan)
5. Social Work and Community Development, Institute for Sustainable Development, Lucknow, First Edition 2002. Published by J.L. Kumar for Anmol Publications Pvt. Ltd., New Delhi.
6. P.D.Misra, Social Work Philosophy and Methods, Inter India Publications, New Delhi.

## **Course Outcomes**

1. The student will be able to demonstrate familiarity with Casework processes, tools and techniques and their application in Professional Social Work Practice.
2. The student will be able to develop skills of Observation, Listening, Interviewing and Home Visits, Rapport Building, Resource Mobilization and Recording.
3. The student will understand the social case work in various settings.
4. The student will be able to understand the various treatment process involved on social case work.
5. The student will be able to understand social diagnosis and practice case work in various settings.

## ALLIED-1

### PAPER - 2

#### FUNDAMENTALS OF NUTRITION

##### Course Objectives

1. To understand the basic concepts in nutrition
2. To help students to discuss the relationship between food, health and diseases
3. To gain knowledge in the various types of vitamins and their functional values
4. To help students to assess the diseases caused by deficiency of vitamins and minerals
5. To enable students to practice dietary habits that contribute to health life style

**UNIT I: Basic concepts of Nutrition:** Basic knowledge of Nutrition: Definition and importance of study of Nutrition. Basic Food Groups: definition, types of food groups, functions of food. Nutrients and their classification: Carbohydrates- Significance, nutritive values, functions sources and deficiency. Proteins- Significance, nutritive values, functions and sources and deficiency. Fats and Oils- Significance, Nutritive values, functions sources and deficiency

**UNIT II: Mineral Elements:** Calcium: Significance, nutritive value, functions, sources and deficiency. Iron: Significance, nutritive value, functions, sources and deficiency. Iodine: Significance, nutritive value, functions, sources and deficiency.

**UNIT III: Fat soluble vitamins:** Vitamin A: Functions, sources and Deficiency .Vitamin D: Functions, sources and Deficiency. Vitamin E: Functions, sources and Deficiency. Vitamin K: Functions, sources and Deficiency .**Water Soluble Vitamins.** B-complex Vitamins- Functions, sources and deficiency. Vitamin C : Functions, sources and Deficiency. **Water:** Its importance and functional values

**UNIT IV: Green leafy vegetables:** Significance and Nutritive composition: Fiber: Significance and role of fiber in the body. Benefits of fiber. Harmful effects of low fiber in the diet.

**UNIT V Malnutrition:** Meaning and Definition. Causes and effects of maternal malnutrition. Causes and effects of malnutrition in children. **Guideline for planning balanced diet.** **Methods of cooking:** Conservation of nutrients, Enhancing Nutrient content .**Food Adulteration:** Types of adulterants, Common adulterants used on various eatables, Detection of Food adulterants. **Food safety:** Food contamination, Contamination caused by chemical and micro-organism. **Food poisoning,** Food Infection, Food Intoxication

##### Text books

1. Bakhru H.K. -Vitamins that Heal: Natural Immunity for Better Health. Noida Saurabh Printers Pvt Ltd 2007
2. Reddy S. R. 1997- Teaching health and Nutrition. New Delhi: Commonwealth publication 1995

## References

1. Babu Suresh S – A treatise on Home Remedies. Delhi Pustak Mahal 2009
2. Gopalan C., B.V Rama Sastri and S.C. Balasubramaniam- Nutritive value of Indian foods. Hyderabad: National Institute of Nutrition 1993
3. Gupt M.K.- Foods that are killing you. New Delhi: Pusthak Mahal 2004
4. IGNOU Publications- Nutrition for the community. New Delhi 1996
5. Lawrance Helen- Well-being for women. Scotland: geddes and Gosset 2004
6. Morter Ted M- Health and wellness. New Delhi: Pustak Mahal 2000
7. Mudambi, Sumathi R and Shalini M Rao – Food Science. Wiley Eastern Ltd
8. Rajadhyaksha, Medha S and SukanyaDatta- The Secrets of Proteins. New Delhi National Book Trust 2000
9. Roday S – Hygiene and sanitation in food industry. New Delhi Tata McGraw Hill Publishing 2006
10. Samraj Edison – Best of Health. Pune: Oriental Watchman Publishing 1994
11. Sharma Rajeev and Jyaothi Rajeev- Water for Health and Beauty. New Delhi: Manoj Publications 2009
12. Singh Jyothi- Handbook of Nutrition and Dietetics. New Delhi: Lotus Press 2008
13. Srilakshmi B – Nutrition Science. New Delhi New age International Publishers
14. Swaminathan M – Essentials of Food and Nutrition (Vol II) Bangalore. The Bangalore Printing and Publishing Co Ltd 2008
15. Venkataiah S. Teaching Food and Nutrition. New Delhi Anmol publications Pvt Ltd 2002
16. VidhyaChinthapalli- A text book of Nutrition, New Delhi Discovery Publishing House 1996

## Course Outcomes

1. Students will understand the basic concepts in nutrition
2. Students will discuss the relationship between food, health and diseases
3. Students will gain knowledge in the various types of vitamins and their functional values
4. Students will assess the diseases caused by deficiency of vitamins and minerals
5. students will practice dietary habits that contribute to health life style

\*\*\*\*\*