

**CERTIFICATE COURSE IN  
HOME BASED MATERNAL & CHILD CARE  
(6 MONTHS+1 MONTHS INTERNSHIP)**



**STATE BOARD OF TECHNICAL EDUCATION & TRAINING  
SANKETHIKA VIDYA BHAVAN, MASAB TANK,  
TELANGANA, Hyderabad**

## **Home Based Maternal & Child Care**

SUB CODE	NAME OF THE SUBJECT	HOURS/WEEK		TOTAL PERIODS PER ANNUM	SCHEME OF EXAMINATION			
		Theory	Practicals		Duration Hours	Sessional Marks	End Exam Marks	Total Marks
MC-101	Basic Anatomy & Physiology of Human body	03	--	50	02	--	100	100
MC-102	Maternal and Child Care	03	--	50	02	--	100	100
MC-103	Maternal & Child Care-Practical		06	75	02	40	60	100
	TOTAL	06	06	175	06	40	260	300

# **MAMATA- Home Based Maternal & Child Care**

## **MC-101 -Paper 1: Basic Anatomy & Physiology of Human body(Theory)**

1. The Skeletal and Muscular System
2. The Nervous and Sensory System
3. The Respiratory and Circulatory System
4. The Digestive and Excretory System
5. The Endocrine System
6. First Aid

## **MC-102-Paper 2: Maternal and Child Care (Theory)**

1. Anatomy and Physiology of Reproductive System
2. Pregnancy, ANC Assessment and care, Birth preparedness, Nutrition, salient investigations, and Pre-natal exercises – LAMAZE
3. Importance of feeding in first golden hour, Care of nipple and breast, Breast feeding – Promotion, Position and attachment, assisting the mother in feeding
4. Care of the newborn, How to hold, give bath, keep baby clean and warm, Complimentary feeding, Postnatal care
5. Early Childhood Development, Immunization schedule, Helping the mother in management of Sick Child
6. Water, Sanitation, Hygiene, Infection control and Protection from pests.

## **MC-103-Paper 3: Maternal & Child Care (Practical)**

1. Ante natal Examination
2. LAMAZE
3. Position and Attachment of Breast feeding
4. New born care: Bath, keeping warm, holding baby, weighting, checking vitals etc.
5. Mile stones demonstration, Management of sick child
6. Hand washing, Water purification at home, Infection prevention practices