

Play and Human Development

Programme Director: Ami Joshi amijoshi@outlook.in

Duration: 90 hours Credits 3

Course fee: Rs. 5900/-

Course Structure

The online course will be broken up into different levels. Each level will be equal to 30 hours. Learners need to complete 3 levels of the Play and Human Development Course which includes:

- Pre-level reflection form: 3 form X 0.5 hour = 1.5 hours
- Sessions(Including Theory, Practical and Reporting): 21 sessions X 3 hour = 63 hours
- Workshops: 9 sessions X 1.5 hour = 13.5 hours
- Assignments: 6 numbers X 2 hour each = 12 hours

Venue, Days and Timings for Course

- Other than online live workshops held on Saturday from 3 to 4:30pm and 6 live session held on Wednesdays from 4pm to 6pm, learners are given the freedom of completing the rest of the online course at their own pace.

Objectives of the Course:

The certificate course “*Play and Human Development*” aims to equip students to identify and address psycho-social needs through multi-arts and play. The specific objectives are as follows:

- To understand the value of play in human life and its role in human development
- To comprehend the theory and practice of play and various forms of art in diverse settings
- To create a self-directed learning that helps to bring about intrinsic change and holistic well-being
- To be able to facilitate play spaces in the future and get a hands on opportunity to do so

Method of Instruction

The course will be completely online with both theory and practical elements included. The medium of instruction will be through multi-arts and play. The course content will be delivered through recorded videos, live online meetings, short quizzes, assignments and course reading material. Outdoor practical sessions on field would be limited and will largely depend on the current status of the COVID-19 situation in Bengaluru.

Learner Pre -Requisites to join course:

- Must be pursuing or should be pursuing a Bachelor’s degree in any Subject
- Should have good access to the internet and download the Zoom app
- Should be willing to see the course through completion
- Should be able to speak, read and write fluently in English

Criteria for Course Completion

- 100% session completion
- Attendance in any 9 workshops conducted on Saturdays
- Submission of 6 assignments

Note: There will be no caravans (facilitated on-field weekly play sessions) and internships available this year until the COVID-19 situation gets better.

About Headstreams

HEADSTREAMS is a registered non-profit development organization started in 2008. It was founded by a team of community development experts, educationists and mental health professionals. It focuses on promoting self-reliance and facilitating community development through promotion of creative learning skills to enhance positive mental health. Headstreams has been recognized as one of the leading pioneers in re-imagining learning and innovative education practices.

Headstreams creates safe play spaces within low-income communities with the participation of trained youth volunteers. Using principles of play, the youth are trained to be co-creators and facilitators in a play environment that provides security and fosters cooperation and empathetic exploration, through creative means and healthy social interactions. The youth volunteers, who often become role models for the children, are equipped with skills to engage the children creatively through play, using media such as games, theatre, art and craft, music, dance, story-telling and reading. These media provide avenues for meaningful interaction between the children and the volunteers, to jointly explore relevant psycho-social challenges.

Deepening the Playspace: Multi-Arts and Games

Our nature is to nurture, to care for the ones we love and to share our happiness. The fullest expression of our shared human virtues is our capacity to make close friendships, to come together for a common cause, to keep the learning going and to offer ourselves in service to others.

As facilitators and practitioners, when we care about how we teach, the intent of our constant endeavor and focus is the learning, for the children in our care as well as for ourselves. We are conscious of the fact that a teacher becomes a facilitator by understanding his/her own self before embarking on the journey of scaffolding another's learning. From knowing oneself stems knowing the learner and helping the learner know themselves. That the roles of learner and facilitator are interchangeable becomes clear in the shared purpose of learning.

There is power in the Arts and Play to take care of the self so that one can extend that hand beyond oneself with a sense of lightness and ease. Creative Interventions give direction to the voyage of self discovery as well as deeper engagement with one's purpose. The practices that emerge help to co create spaces that allow expression, compassion, empathy, reflection, joy and meaning in the course of learning. The practice allows wisdom and compassion to complement one another in a mindful balance.

Artistic tools such as Theatre and Drama, Stories-sharing and creating, Puppetry and role-plays, Directive and Non Directive Play, Voice and Rhythm, Dance and Movement and games help enrich the playspace and enable the process of learning. Through the course, the students will comprehend the practice of various creative techniques of play and how play can be facilitated using these.

The path the students would follow would be three-fold.

- *To expand one's own consciousness through realizing capabilities of self and exploring a realm of learning possibilities*
 - Using the Arts as a medium of communication, expression, respecting others, looking at the larger picture, understand patterns, connect with the receiver, understand perspective, shed inhibitions, judgements, stereotypes, thoughts, realities, problem solving, thinking out of the box, making sense in randomness, understanding leadership

- *To facilitate this learning for others through skills that encourage the learner towards self-exploration and dialogue enabling them to take onus of their own learning*
 - Holding our roles lightly as facilitators and yet look deep into the process. Understanding our mind, body and voice and employing them effectively to hone our craft of facilitation
 - Acquiring the skills of observation, listening, enquiry. Encouraging sharing of perspectives and integrating shared experiences in a safe environment that fosters cooperation and empathetic exploration

- *To comprehend the theory of various forms of art and games and how these can aid healing, to create an artistic space that enables the practise of this theory.*
 - With many creative assignments and personal exercises that encourage contemplation and reflection, the course intends to expand the creative vocabulary of educators and young adults to co- create uninhibited, non-threatening learning spaces. The course is a dynamic combination of traditional and modern artistic material, with an interdisciplinary basis of Indian Psychology, Philosophy and Modern Science. It aims at enabling the group to acquire a generic vocabulary of stories, songs, roles, rhythms, drawings and colours, and use appropriate combinations to address specific needs across groups.

Course content

Each level is 30 hours

Level 1

Session	Topic
1	Initial Reflection Form Orientation to the course Experiencing Play
2	Play History and your history of play
3	Elements of Play
4	Play and Learning
5	Designing through the Arts
6	Experiencing the Arts-Visual Arts
7	Play Deprivation- reading through 3 case studies

Level 2

Session	Theory
1	Play across lifespans
2	Types of Play
3	Impact of Play
4	Experiencing the Arts - Play and Movement
5	Experiencing the Arts-Stories and Drama
6	Human Development – 1
7	Human Development – 2

Level 3

Session	Theory
1	Literature of play
2	Experiencing the Arts - Voice and Language
3	Arts Practices for Inclusion- Introduction
4	Types of Play grounds
5	Play facilitation 1
6	Play facilitation 2 – Live Online
7	Closure