

B.A (Prog.) with Human Development and Family Empowerment (HDFE) as Non-Major
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DISCIPLINE SPECIFIC CORE COURSE – DSC-6-HDFE: EMPOWERMENT OF WOMEN AND CHILDREN

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Course Title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/ Practice		
Empowerment of Women and Children	4	2	0	2	Class XII	Nil

LEARNING OBJECTIVES:

- To develop an understanding about the status of women and children in India.
- To gain awareness about programmes and services for women and children in India.
- To gain understanding about the importance of maternal health and education.

LEARNING OUTCOMES:

After completion of the course, the students will be able to:

- Understand the status of women and children in India.
- Evaluate various programmes and services for women and children in India.
- Understand the importance of maternal health and education.

THEORY
(Credits 2: 30 Hours)

Unit 1: Status of Women and Children in India (08 hours)

- *Unit Description:* This unit focuses on the demographic profile of women and children and important issues concerning them.
- *Subtopics:*
 - Demographic profile of women and children.
 - Issues related to women and children.

Unit 2: Programmes and Services for Women Empowerment (12 hours)

- *Unit Description:* This unit focuses on various programmes and services for women and children

in the country.

- *Subtopics:*
 1. Women Empowerment: Definition, Need and Importance
 2. Programmes for Women: Any two
 3. Programmes for Children: Any Two

Unit 3: Maternal Health and Education (10 hours)

- *Unit Description:* This unit focuses on the importance of maternal health and education and its impact on child development.
- *Subtopics:*
 - Importance of Maternal Health and Education
 - Impact of Maternal Health and Education on Child Development
 - Maternal Mortality: Statistics, Causes and Prevention

**PRACTICAL
(Credits 2: 60 Hours)**

Unit 1: Visit to one organization working for children.

Unit 2: Visit to one organization working for women.

Unit 3: Review of one movie/ documentary/ video/ book based on children.

Unit 4: Interview of a mother to understand the importance of education and awareness in raising healthy children.

ESSENTIAL / RECOMMENDED READINGS:

1. Sobti, S (2009). *Women and children: Issues & suggestions*. New Delhi: Rajiv Publishers.
2. Vasudev, K. (2009). *Welfare programme*. New Delhi: Vishva Bharti Publications.
3. Verma, S.B. and Soni, M. L. (2005). *Mahila jagrute aur sashaktikaran*. Jaipur: Aaveeskar Publishers.
4. Women Rights are Human Rights (2014). Geneva and New York: United Nations Publications
 - i. Retrieved:
<https://www.ohchr.org/sites/default/files/Documents/Events/WHRD/WomenRightsAreHR.pdf>
5. Women's Rights in India (2021). National Human Rights Commission, India
 - i. Retrieved:
https://nhrc.nic.in/sites/default/files/Women%E2%80%99s%20Rights%20in%20India%20complete_compressed.pdf

SUGGESTED READINGS:

1. Bose, A.B. (2003). *The status of children in India: Promises to keep*. New Delhi: Manohar Publications
2. *National plan of action of children* (2016). Ministry of HRD, Department of WCD, GOI.