

# **Sh. L.N. Hindu College, Rohtak**

Affiliated to M.D.University, Rohtak

A Post Graduate Co-Educational College, Bhiwani Road, Rohtak

Accredited by NAAC with 'B' (2.74) Grade

## **Certificate Course in Life Skills with Specialization in Gender Sensitization**

**Beneficiaries:** All Students

**Duration:** 30 Hours

### **Objective of the Course:**

Due to gender discrimination, women remain in a subordinate and subservient position and thus women in society failed to fully realize their capabilities and potentialities. The main objectives of the course are:

- To understand the Gender & Gender Sensitisation
- To aware the students about Gender based culture prevalent in the society
- To comprehend the issues and challenges faced by women
- To sensitize about the violence against Women
- To aware the students about the new perspective of Gender
- To encourage participants to enable themselves in Policy decision to remove Gender biases in all fields of life

### **Benefit of the Course:**

The benefit of the course is to change the mindset of the participants to bring a revolution in the society by spreading the challenges, injustice faced by the women and make sure that ``Gender Justice is not only desirable but mandatory everywhere for Women Empowerment and Nation building``.

### **Learning Outcomes of the Course:**

- This course will be helpful in minimizing gender bias among participants.
- This course will also be helpful to develop an equitable and just thinking towards women.
- This course will also be helpful in bringing a positive social change towards an egalitarian society.
- This course will also be helpful for making their career decisions in an unbiased and confident manner leading to judicious presence of males and females in all areas of study and profession.
- This course will enable the participants to address the problems of gender bias in front of Policy makers in the society.

## Syllabus

**Theory:** 60 Marks  
**Practical:** 40 Marks  
**Total Marks:** 100  
**Time:** 3 Hrs

**Note:** The Examiner will be required to set Nine Questions in all. Question No. 01 is compulsory containing Ten (10) short questions carry equal marks (2 Marks each), covering the entire syllabus. In Addition, Examiner will set two questions from each Section/Unit from the given 4 units of the syllabus. The candidate will be required to attempt five questions in all. Question No. 01 will be compulsory, selecting at one question from each section.

### Course Content:

**UNIT 1: Gender, Sex and Society:** Introduction, Nature, Scope of Gender, Difference between Gender & Sex, Self awareness about Gender and Sex, Sexual Division of Labour, Man-Women Relationship.

**UNIT 2: Status of Women:** Introduction, Factors influencing the status of Women, Rural & Urban Factors, Social-Economic Factors, Cultural Factors, Political Factors, Education Factor, Role of Society & NGO`s in uplifting the standard of Women.

**UNIT 3: Women Empowerment and Rights:** Human Rights, Fundamental Rights, and Women Rights.

**UNIT 4: Gender Violence and Constitutional Laws:** Introduction, Nature, Victims, Causes, Roots & Impact of Gender Violence, Strategies to combat Gender Violence, Constitutional Laws, Prevention of Sexual Harassment, Preconditions for Effective working of Sexual Harassment complaints committees, Role of Men in prevention of sexual harassment at workplace, POCSO Act,2012.

### Skill Development and Presentation for Internal Assessment (I.A. = 40 Marks):

- Film/Documentary
- Field Visits, NGO Visit
- Group Discussion, Debate & Brain Storming Session
- Seminar, Conference, Workshop
- Awareness song, Poems and Speech
- Presentation skills for Personality Development
- Assignments

### **Suggested Readings:**

- Ram, Ahuja. Indian Social System. Rawat Publication, 2005.
- Ram, Ahuja. Social Problems in India. Rawat Publication, 2007
- Reetu Sharma, Women Empowerment in India, New Era, Chandigarh, 2018
- Parul Sharma & Hari Shankar, Gender issues and Human rights education, R. Lall Publication, 2016
- S.C. Oberoi, Gender, School and Society, Luxmi Book Depot(Hindi), Jan, 2018
- Inder Dev Singh & Rajni Gaur, Gender, School and Society, Twenty First Century, Jan, 2016
- Meenakshi Meena, Gender Equality and Women Empowerment, Pointer Publishers, Jaipur, 1<sup>st</sup> Edition, 2017
- Ravindra nath & Bharat Aggarwal, Indian Society: Issues & problems, SBPD Publication, Jan, 2014
- Manjeet Rathee, Mahila Aur Hinsaa, Bharat Gyan Vigyan Smiti, 1<sup>st</sup> Edition, 1998
- Chetan Singh Mehta, Mahila aur Kanoon, Aashish Publication House, 1996
- Jagmati, Panchayati Raj V Mahilaaye, Bharat Gyan Vigyan Smiti, 2<sup>nd</sup> Edition, 2002
- Kalpana Roy, Women in Indian Politics, Rajat Publications, 1999
- Shubha, Mahila Vimarsh: Kuch Samsaamyik muddey, Sarch Rajya Sansthan Kendre, Haryana, 1<sup>st</sup> Edition, Dec. 2001
- Shubha, Mahila Ki Chahi Aur Vastavikta, Sarch Rajya Sansthan Kendre, Haryana
- H.O. Aggarwal, Manav Adhikar, Central Law Publication, 6<sup>th</sup> Edition, 2016
- Mamta Mehtotra, Gender Inequality in India, Prabhat Prakashan, Jan, 2013

**Note: Latest and additional good books may be suggested and added from time to time.**