

# **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 Women Empowerment**

**Beneficiaries:** All Students

**Course Duration:** 40 Hours

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

- To aware about Women Empowerment
- To aware about strategies, rules & regulations encoded by Government of India for Women Empowerment.
- To aware about the Constitutional Law and Protection for Women Empowerment.
- To know about the role of Women in society.
- To understand the Women Issues and Challenges.

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

This course aims to equip individual from all age groups and in all walks of life with the skills needed for personal growth as well as for a positive contribution to the society. The outcomes of this course would lead to capacity building in life skills for development of self, as well as to train others in life skills.

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

- At the end of the course students will be able to learn the basic concept of Women Empowerment theories of Feminist and status of Women in society.
- Students will be able to understand the Constitutional and other Legal provisions and Acts.
- They will be able to understand the Women Entrepreneurship.
- They will be aware about the Women Education, Health and dynamics of Women work participation.

## Syllabus

**Theory Marks:** 60

**Internal Marks:** 40

**Total Marks:** 100

**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: Perspective of Women Empowerment:** Introduction, Nature, Objectives, Issues and Challenges, Reality of Women in the era of Globalisation, Changing role and status of Women in Historical Perspective-Ancient, Medieval, British and Post independence era.

**UNIT 2: Women Empowerment and Education:** Introduction, Need and importance of Women education, National Education Policies, Importance of Women Education Scheme for Women Equality.

**UNIT 3: National Policy, Schemes for Women Empowerment:** Introduction, Women Entrepreneurship, Concept, Importance and Traits, Women and Child Development Welfare Programmes, Social Welfare Programmes, Training Programmes for Women, Women Empowerment, Panchayati Raj Institutions (PRI's).

**UNIT 4: Constitutional and Legal Right of Women:** Introduction, Constitutional Law, Legal Right, Maternity Benefit Act-1961, National Policy for Women Empowerment-2001, Domestic Violence Act-2005.

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

- Assignment
- Survey
- Group Discussion
- Seminar, Conference, Workshop

### Suggested Readings:

- Ranajit Kumar samanta, Empowering Women: Key to Third World Development, M.D. Publication Pvt. Ltd., 1993
- Hajir Kumar & Jaiman Vaghare, Women`s Empowerment Issues, Challenges and Strategies: A Source Book New Delhi, Regency Publication, 2005

- Sarojini Nayak, Jeevan Nair, Women`s Empowerment in India, Pointer Publishers, 2011
- National Policy for the Empowerment of Women, Government of India, New Delhi, 2001
- Ram, Ahuja. Indian Social System. Rawat Publication, 2005.
- Ram, Ahuja. Social Problems in India. Rawat Publication, 2007.

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