

(OEC) WS –4.5: Women, Food and Nutrition

Objectives:

Total hours: 90

1. To provide information on the nutritional values of food.
2. To give insights into the various gender biases in food intake.
3. To provide knowledge about various health policies and programmes.

Unit-I: Concept of Food and Nutrition:

Definition of food and nutrition. Inter-relationship between food and nutrition.

Unit-II: Food groups:

Functional classification and nutritional value of foods. Balanced diet with special reference to women with local availability. Socio-economic and cultural factors affecting selection, preparations and intake of foods - gender aspects.

Unit-III: Gender and Nutrition :

Gender Bias in Nutritional intake with special reference to girl child. Common nutritional disorder among women and children in India with specific reference to girl child. Concept of zero figure and food intake of girls. Advantages of Breast feeding and colostrums. Gender bias in health seeking behavior of men and women.

Unit-IV : Health and Nutritional Services for Women and Children:

PHC. District Health Hospitals. Applied Nutrition Programme, Supplementary Feeding Programme, Anaemia Censure Programme, Goiter Control Programme and ICDS programme. National Health Policy 1996, Health for all by 2000. National Nutrition Policy.

Unit-V: Recent trends in Food Nutrition and Health Services to Women :

New health programmes for women – Maternal Health Schmens – Janani Suraksha Yojana (JSY) – GOI Janani Shishu Samraksha Karyakram (JSSK) – GOI - Tayi Bhagaya, Tayi Bhagya, Madilu, Prasooti Araiike, Nagu-Magu

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7. **ಭೂಪತಿ ವಸುಂಧರಾ, ಹಣ್ಣು, ತರಕಾರಿ, ಸೊಪ್ಪುಗಳು,**
8. **ಭೂಪತಿ ವಸುಂಧರಾ, ಆರೋಗ್ಯ ಸಂಗಾತಿ 1,2,3,**
9. **ಭೂಪತಿ ವಸುಂಧರಾ, ಸ್ತ್ರೀ ಆರೋಗ್ಯ ರಕ್ಷಣೆಯ ಸೂತ್ರಗಳು, ರಚನಾ ಆರೋಗ್ಯ ವಿಭಾಗ, 2003.**

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(OEC)W.S 3.5: Feminist Counseling

Objectives:

Total Hour: 90

1. To make students understand nature and sources of crisis intervention through counseling.
2. To introduce the theoretical basis of counseling skills.
3. To train the students as feminist counselors

Unit I: Nature and sources of crisis from feminist perspective:

Counseling : Definition, nature and scope of counseling. Different types and settings of counseling. Some major theoretical models- Directive, Rogerian, Gestalt, behavioral and Cognitive models.

Unit: II: Counseling process:

Goals and methods- Advanced empathy, Immediacy, Confrontation, Interpretation, Role Playing Qualities of a Helping relationship. Pre counseling issues, Interview, assessment- use of standardized assessment techniques. Setting goals, contract, informed consent, formulation, referral, issues of confidentiality, verbatim recording, analysis, working stage, termination of counseling relationship, reporting, follow up.

Unit: III: Basic skills of Counseling :

Skills specific for different stages of counseling- opening, working and terminating stage. Personal and professional characteristics / qualities of a counselor; Values and ethics in counseling,

Unit IV: Feminist approaches to specific issues :

Traditional approaches versus feminist approach - family violence, sexual assault, rape, discrimination, suicidal behavior, managing role conflicts and role stress.

Unit -V: Managing Stages of Life Cycle :

Puberty, Adolescent, Motherhood, Menopause and Ageing. Women's collectives and support groups. Group counseling. Gender sensitization programmes. Other approaches - help lines, crisis interventions, e- based counseling. Personality development and developing life skills.

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(OEC)WS 2.5: Women's Health

Objectives:

Total Hour: 90

1. To analyze health issues which concern women throughout the life cycle.
2. To address the impact of psychological, physiological, cultural and political factors on well being of women.
3. To create awareness about the importance of nutrition and health to improve the quality of life for women.

Unit-I: Women's Health and Sexuality :

Socio-cultural and economic determinants of women's health and sexuality. Female Anatomy

Unit-II: Reproductive Health:

Reproductive health – Concept-Definition. Menarche, Menstruation, pregnancy, child birth, pre-menstrual syndrome and menstrual disorder. Pregnancy- Ailment related to pregnancy , anemia, unwanted pregnancy – sex determination tests & termination of pregnancy, abortion, MTP Act, delivery, Menopause. Genitor-Urinary Tract Infection, AIDS, STD - impact on women. Adoption of family planning – a gender dimension.

Unit III: Gender Dimension of Fertility: Use of Reproductive Technology, problems of surrogate motherhood; Contraception: Burden of Reproduction on Women: Reproductive choice and rights.

Unit IV :Women and Mental Health:

Distress, Depression and Hysteria, Eating disorders. Menstruation and Moods. Beauty industry and women's health. Socially and culturally constructed body image. Stress and occupational hazards of women workers and girl child laborers, sex workers and sexual minority.

Unit V : Policy Intervention and Women's Health : WHO(World Health Organisation), NHFS(National Health and Family Survey), MCH(Mother and Child Health) Programmes; Govt initiatives.

References:

1. **Das Gupta Monica & Krishnan T.N**, Women and Health, Oxford, New Delhi, 1998
2. **Park J.R. and Prak K.**, Text Book of Preventive and Social Medicines, Habalpure, M.S.Banarside, 1983
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20. United Nations, Human Development Report.
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24. **ವಿರಕ್ತಮಠ ಶಿವಾನಂದ (ಸಂ)**, ದೇಶಿ ವೈದ್ಯ ಪದ್ಧತಿ, ಪ್ರಸಾರಾಂಗ, ಕನಾಟಕ ರಾಜ್ಯ ಮಹಿಳಾ ವಿಶ್ವವಿದ್ಯಾಲಯ, ವಿಜಯಪುರ, 2013
25. **ನಿರಂಜನ ಅನುಪಮಾ**, ಸ್ತ್ರೀಸ್ವಾಸ್ಥ್ಯ ಸಂಹಿತೆ, ಡಿ.ವಿ.ಕೆ.ಮೂರ್ತಿ, ಮೈಸೂರು, 2015

WS 1.3: Women's Health

Objectives:

Total Hour: 90

1. To analyze health issues which concern women throughout the life cycle.
2. To address the impact of psychological, physiological, cultural and political factors on well being of women.
3. To create awareness about the importance of nutrition and health to improve the quality of life for women.

Unit-I: Women's Health and Sexuality :

Socio-cultural and economic determinants of women's health and sexuality. Female Anatomy

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Reproductive health – Concept-Definition. Menarche, Menstruation, pregnancy, child birth, pre-menstrual syndrome and menstrual disorder. Pregnancy- Ailment related to pregnancy , anemia, unwanted pregnancy – sex determination tests & termination of pregnancy, abortion, MTP Act, delivery, Menopause. Genitor-Urinary Tract Infection, AIDS, STD - impact on women. Adoption of family planning – a gender dimension.

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Unit IV :Women and Mental Health:

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23. ಸರೋಜ ಕೆ., ಮಹಿಳಾ ಆರೋಗ್ಯದ ಮರುಚಿಂತನೆ, ಪ್ರಸಾರಾಂಗ, ಕನ್ನಡ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಹಂಪಿ.
24. ವಿರಕ್ತಮಠ ಶಿವಾನಂದ (ಸಂ), ದೇಶಿ ವೈದ್ಯ ಪದ್ಧತಿ, ಪ್ರಸಾರಾಂಗ, ಕನಾಟಕ ರಾಜ್ಯ ಮಹಿಳಾ ವಿಶ್ವವಿದ್ಯಾಲಯ, ವಿಜಯಪುರ, 2013
25. ನಿರಂಜನ ಅನುಪಮಾ, ಸ್ತ್ರೀಸ್ವಾಸ್ಥ್ಯ ಸಂಹಿತೆ, ಡಿ.ವಿ.ಕೆ.ಮೂರ್ತಿ, ಮೈಸೂರು, 2015

WS – 1.4.1: Women in Economy

Objectives:

Total Hour: 90

1. To enable students to analyze the concept of work from a feminist perspective
2. To provide knowledge on the work and contributions of women to the economy
3. To acquaint the learners about the recent trends at global level and their impact on women's economy.

Unit-I : Women and Economic Activities :

Production, consumption distribution and exchange and women. The concept of work: from traditional and feminist perspective. Gender division of labour – meaning and its impact of women's life. Invisibility of women's work. Concept of domestic work - fixing wages for domestic work.

Unit-II: Women in organized sector: Levels and trends of women's employment. Women in Labour Unions. Problems of employed women - Glass ceiling, harassment at work place, gender bias in recruitment, role conflict.

Unit-III Women in Unorganized Sector:

Features and problems of women in unorganized sector – Lack of minimum wage, wage disparities, Agricultural, Domestic and Construction Workers. Unionization of women in unorganized sector - possibilities and challenges – SEWA, garment workers, beedi workers, domestic workers,

Unit-IV: Women and Entrepreneurship:

Entrepreneurship - Meaning and definition, qualities of an entrepreneur. Women Entrepreneurship - promoting factors, barriers and problems of women entrepreneurs. Institutional support for women entrepreneurship: Govt. – Women Development Corporation, Non Govt – AWAKE, Charaka Hegodu, SABALA. Women Entrepreneurship and Globalization.

Unit-V : Recent trends in women's employment :

Technological development and its impact on Women's Work: Liberalization, Privatization and Globalization - Impact on women. Feminization of poverty.

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- 1) **Desai Neera and Krishnaraj M**, Women and Society in India, Ajantha Publications, New Delhi, 1987
- 2) **Nayak K. Kishori (Ed)**, Perspectives on Women's Issues Vol 1&2, CWS, Mangalore University, 2010
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- 4) Report of the National Commission for women in informal sector and self employed women, Govt of India, 1988
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- 6) ಶ್ರೀಮತಿ ಎಚ್. ಎಸ್., ವಿರಕ್ತಮಠ ಶಿವಾನಂದ, (ಸಂ), ಮಹಿಳಾ ಆರ್ಥಿಕತೆ, ಮಹಿಳಾ ಅಧ್ಯಯನ ಕೇಂದ್ರ, ಕನ್ನಡ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಹಂಪಿ, ವಿದ್ಯಾರಣ್ಯ, 2007
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WS 1.4.2: Women's Education

Objectives

Total Hour: 90

1. To understand education as a means of women's empowerment.
2. To know the role of government in improving women's education.
3. To study the various Committees, Plans, Programmes for enhancement of Women's Education

Unit-I: Education and Women:

Education: definition, aims, objectives and need. Significance of education for girls and women. Statistical profile of women's education in India –primary, high school, PUC, degree and PG level.

Unit-II: Women's education in India:

Historical perspective – pre-independence and post independence. Social, economic and cultural constraints to women's formal education. Literacy, school enrolment, girl's dropouts, adult education. Informal Education - Vocational education and women. Women's Access to technical and higher education.

Unit-III: Role of Education in Women's Empowerment:

Education as a means to social change and women's empowerment. Incorporation of gender issues in curriculum, sex stereotypes in text books, differential sex ratio of teachers in educational institutions.

Unit-IV: Government Programmes and Women's Education:

Education Commissions and Women's education. National Education Policy – 1986, 1996, 2006, 2016 and Women's Education. Women's Education under Five Year plans. New Educational Programmes for girls and Women - Sarva Shikshan Abhiyan, Kasturba Balika Vidyalaya. Distance education and women. Analyses of Reports – Pratham, Global Morning Report UNESCO.

Unit-V: Recent Programmes for Women's Education:

Strategies to bridge the gender gap. Emerging gender issues in education. Girl's dropout, free Education for Girls from primary to Post Graduation. Including women's studies in curriculum of different disciplines and introducing women's studies as an optional subject at degree level.

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1. **S.P Agarwal - Agarwal J.C**, Women's Education in India. Historical Review Present Status perspective plan with statistical Indicators, Gyan publishing house, New Delhi. 1993
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6. **Sharma B.N**, Women and Education –Global Education Series, Common Wealth publishers, New Delhi, 1994
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8. **Sharma Usha & Sharma B.M**. Women's Education in Modern India: Commonwealth Publishers, New Delhi, 1995,
9. NCERT – Pratham Report
10. Global Morning Report – UNESCO
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(OEC)WS 1.5: Feminist Jurisprudence

Objectives:

Total Hour: 90

1. To analyse legal system women's rights from a feminist perspective
2. To acquaint the students about legal rights conferred on women by laws and legislations.
3. To enable students to understand legal provisions as a weapon for empowerment

1. Unit-I : Women's Rights.

Women's Human Rights and CEDAW. Provisions under the Indian Constitution relating to women (Article, 14, 15, 16, 17, 21), Directive Principles of state policy. Provisions relating to women.

Unit-II: Legal Provisions for Women.

Offences against women under IPC. Rape, Adultery, Dowry Death, Bigamy. Special provisions for Women under CrPC & Evidence Act. Sex determination test, Child Marriage Restraint Act 1929, Prevention of Sati Act 1987, Sexual Harassment at workplace. Prevention of Immoral Traffic Act. Domestic violence Act – 2005.

Unit-III : Personal Laws and Women.

Personal Laws of Hindus, Muslims and Christians. Marriage, Matrimonial Rights, Maintenance, Divorce, Custody of Children, Adoption, Child Protection and Rights, Property Rights. Family Courts.

Unit-IV : Labour and Employment Laws related to Women.

Factories Act. Maternity Benefit Act. Equal Remuneration Act. ESI, Problems of Women in un-organized sector.

Unit-V : Laws related to gender based violence.

Laws against violence and sexual crime, Eve-teasing, Indecent Representation of women, Sexual Harassment at work place, Justice Verma committee report regarding rape.

References:

1. **Reddy G.B.**, Women and Law, Edition – Reprint, Gogaia Law Agency, 2014
2. **Myneni S.R.**, Women and Law, Asia Law – House, Edition- 3, 2015
3. **Gonsalves Lina**, Women Human Rights, January, APH Publishing Corporation, 2001
4. **Shukla V.N.** Indian Constitutional Law, Eastern Book Company,
5. **Desai Chorine Christine**, Women and the Law, Format binding, Socio – Legal information Centre, Bombay
6. Justice Verma Committee Report
7. Rama Reddy Sarala, Criminal Major Act, 16th Edition, Asia Law House, Hyderabad, 2015.
8. ಹೆಗ್ಡೆ ಒಡೆಯರ್, ಮಹಿಳೆಯರ ಹಕ್ಕುಗಳು
9. ಪ್ರಭು ಕೆ. ಎಚ್., ಮಹಿಳೆ ಮತ್ತು ಮಕ್ಕಳ ಕಾನೂನು,
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12. ಮಹಿಷಿ ಹೇಮಲತಾ, ಅಸ್ತಿ ಹಕ್ಕು ಮತ್ತು ಮಹಿಳೆ.
13. ಕೃಷ್ಣಮೂರ್ತಿ ಗೀತಾ, ಮಹಿಳೆಯರ ಹಕ್ಕುಗಳು.
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WS 2.4.1: Gender issues in Governance

Objectives:

Total Hour: 90

1. To make the students understand the gender issues in administration and governance.
2. To provide an exposure to understand alternative political process.
3. To enable students to understand importance of women's political participation in democracy

Unit-1: Gender issues in Democracy:

Democracy - Meaning, definition and characteristics – Analysis from feminist perspective. Requirements of good governance.

Unit-2: Informal political process:

Advocacy, Lobby, Movement and Pressured groups. Participation of women in different movements. Role models in informal political process - Medha Patkar, Arundati Roy, Savitribai Pule.

Unit-3: Formal Political process:

Women's participation in the formal political process – in electoral process as voters, candidates state, central and cabinet ministers. Political parties and their ideologies about women. Role models - Sonia Gandhi, Mayavathi. Mamatha Banrji, Meera Kumar

Unit-4: Reservation for women in Political sphere:

73rd and 74th Constitutional Amendment Bills. Participation and problems of women in Panchayat Raj. Women's participation in Legislature and Executives. Internal and external barriers. Participation of women in decision making process.

Unit-5: Recent trends in Governance:

81th Constitutional Amendment Bill. Dialogues on Women's Reservation Bill.

References:

1. **Abdul Aziz**, Decentralized Planning: The Karnataka Experiment, Sage Publication.
2. **Sen Ilina**, Space within Struggle, Kali for Women, New Delhi 1993
3. **George Mathew**, Panchayat Raj : From Legislation to Movement, Concept Publishing.
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WS 1.2: Social Structure of Gender

Objectives:

Total Hour: 90

- 1.To create an intersectional understanding of various social factors which shape the identity of women.
- 2.To understand social issues from a feminist perspective
- 3.To enable students to perceive the emerging gender issues

Unit-I : Gender and Social Institutions :

Marriage and family: meaning and definition, types of Marriage: Monogamy, Polygamy and Polyandry. Types of families: Patriarchal and Matriarchal Families, Marriage related gender issues – dowry, bigamy, divorce, marital cruelty, inter caste marriage – Honour Killing (maryade hathye)

Unit-II : Structure of socialization:

Pattern of Socialization Process: allocation of roles and resources, role expectations and role models, changing roles of men and women in nuclear and joint families.

Unit-II : Status of women in different social groups:

Status of women and caste system – Dalit OBC and Upper castes. Women and class structure. Status of women in different tribal Communities: Soliga, Thoda, Kadu Golla. Women and Minorities.

Unit-IV : Feminist Social Issues:

Female feticide, female infanticide, maternal mortality, eve teasing, acid attacks, rape, prostitution, communal riots. Domestic violence, single parent families, unmarried mothers, Female headed families.

Unit – V : Contemporary Gender Issues:

Declining sex ratio: causes, consequences and strategies. Role conflict in the family. Women in old age.

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2. **D D. Kosambi**: The Culture and Civilization of Ancient India in Historical Outline Routledge Publication, London, 1965
3. **Desai Neera and Krishnaraj Maithreyi**., Women and Society in India, Ajantha Publications, New Delhi, 1987
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11. ವಿರಕ್ತಮಠ ಶಿವಾನಂದ, ಮಹಿಳೆ ಮತ್ತು ಧರ್ಮ, ಪ್ರಸಾರಾಂಗ, ಕನ್ನಡ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಹಂಪಿ, ವಿದ್ಯಾರಣ್ಯ, 2011
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WS 1.3: Women's Health

Objectives:

Total Hour: 90

1. To analyze health issues which concern women throughout the life cycle.
2. To address the impact of psychological, physiological, cultural and political factors on well being of women.
3. To create awareness about the importance of nutrition and health to improve the quality of life for women.

Unit-I: Women's Health and Sexuality :

Socio-cultural and economic determinants of women's health and sexuality. Female Anatomy

Unit-II: Reproductive Health:

Reproductive health – Concept-Definition. Menarche, Menstruation, pregnancy, child birth, pre-menstrual syndrome and menstrual disorder. Pregnancy- Ailment related to pregnancy , anemia, unwanted pregnancy – sex determination tests & termination of pregnancy, abortion, MTP Act, delivery, Menopause. Genitor-Urinary Tract Infection, AIDS, STD - impact on women. Adoption of family planning – a gender dimension.

Unit III: Gender Dimension of Fertility: Use of Reproductive Technology, problems of surrogate motherhood; Contraception: Burden of Reproduction on Women: Reproductive choice and rights.

Unit IV :Women and Mental Health:

Distress, Depression and Hysteria, Eating disorders. Menstruation and Moods. Beauty industry and women's health. Socially and culturally constructed body image. Stress and occupational hazards of women workers and girl child laborers, sex workers and sexual minority.

Unit V : Policy Intervention and Women's Health : WHO(World Health Organisation), NHFS(National Health and Family Survey), MCH(Mother and Child Health) Programmes; Govt initiatives.

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1. **Das Gupta Monica & Krishnan T.N**, Women and Health, Oxford, New Delhi, 1998
2. **Park J.R. and Prak K.**, Text Book of Preventive and Social Medicines, Habalpure, M.S.Banarside, 1983
3. **K. Ajit Dalal and Ray Subha**, Social Dimensions of Health, Rawat Publications, Jaipur, 2005
4. **Krishnaraj Maithrey (ed)**, Gender, population and development, Oxford, New Delhi, 1999
5. **Mohan Rao (Ed)**, The Unheard Scream: Reproductive Health and Women's Rights in India, Zubaan, New Delhi, 2004
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23. ಸರೋಜ ಕೆ., ಮಹಿಳಾ ಆರೋಗ್ಯದ ಮರುಚಿಂತನೆ, ಪ್ರಸಾರಾಂಗ, ಕನ್ನಡ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಹಂಪಿ.
24. ವಿರಕ್ತಮಠ ಶಿವಾನಂದ (ಸಂ), ದೇಶಿ ವೈದ್ಯ ಪದ್ಧತಿ, ಪ್ರಸಾರಾಂಗ, ಕನಾಟಕ ರಾಜ್ಯ ಮಹಿಳಾ ವಿಶ್ವವಿದ್ಯಾಲಯ, ವಿಜಯಪುರ, 2013
25. ನಿರಂಜನ ಅನುಪಮಾ, ಸ್ತ್ರೀಸ್ವಾಸ್ಥ್ಯ ಸಂಹಿತೆ, ಡಿ.ವಿ.ಕೆ.ಮೂರ್ತಿ, ಮೈಸೂರು, 2015

WS – 1.4.1: Women in Economy

Objectives:

Total Hour: 90

1. To enable students to analyze the concept of work from a feminist perspective
2. To provide knowledge on the work and contributions of women to the economy
3. To acquaint the learners about the recent trends at global level and their impact on women's economy.

Unit-I : Women and Economic Activities :

Production, consumption distribution and exchange and women. The concept of work: from traditional and feminist perspective. Gender division of labour – meaning and its impact of women's life. Invisibility of women's work. Concept of domestic work - fixing wages for domestic work.

Unit-II: Women in organized sector: Levels and trends of women's employment. Women in Labour Unions. Problems of employed women - Glass ceiling, harassment at work place, gender bias in recruitment, role conflict.

Unit-III Women in Unorganized Sector:

Features and problems of women in unorganized sector – Lack of minimum wage, wage disparities, Agricultural, Domestic and Construction Workers. Unionization of women in unorganized sector - possibilities and challenges – SEWA, garment workers, beedi workers, domestic workers,

Unit-IV: Women and Entrepreneurship:

Entrepreneurship - Meaning and definition, qualities of an entrepreneur. Women Entrepreneurship - promoting factors, barriers and problems of women entrepreneurs. Institutional support for women entrepreneurship: Govt. – Women Development Corporation, Non Govt – AWAKE, Charaka Hegodu, SABALA. Women Entrepreneurship and Globalization.

Unit-V : Recent trends in women's employment :

Technological development and its impact on Women's Work: Liberalization, Privatization and Globalization - Impact on women. Feminization of poverty.

References:

- 1) **Desai Neera and Krishnaraj M**, Women and Society in India, Ajantha Publications, New Delhi, 1987
- 2) **Nayak K. Kishori (Ed)**, Perspectives on Women's Issues Vol 1&2, CWS, Mangalore University, 2010
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WS 1.4.2: Women's Education

Objectives

Total Hour: 90

1. To understand education as a means of women's empowerment.
2. To know the role of government in improving women's education.
3. To study the various Committees, Plans, Programmes for enhancement of Women's Education

Unit-I: Education and Women:

Education: definition, aims, objectives and need. Significance of education for girls and women. Statistical profile of women's education in India –primary, high school, PUC, degree and PG level.

Unit-II: Women's education in India:

Historical perspective – pre-independence and post independence. Social, economic and cultural constraints to women's formal education. Literacy, school enrolment, girl's dropouts, adult education. Informal Education - Vocational education and women. Women's Access to technical and higher education.

Unit-III: Role of Education in Women's Empowerment:

Education as a means to social change and women's empowerment. Incorporation of gender issues in curriculum, sex stereotypes in text books, differential sex ratio of teachers in educational institutions.

Unit-IV: Government Programmes and Women's Education:

Education Commissions and Women's education. National Education Policy – 1986, 1996, 2006, 2016 and Women's Education. Women's Education under Five Year plans. New Educational Programmes for girls and Women - Sarva Shikshan Abhiyan, Kasturba Balika Vidyalaya. Distance education and women. Analyses of Reports – Pratham, Global Morning Report UNESCO.

Unit-V: Recent Programmes for Women's Education:

Strategies to bridge the gender gap. Emerging gender issues in education. Girl's dropout, free Education for Girls from primary to Post Graduation. Including women's studies in curriculum of different disciplines and introducing women's studies as an optional subject at degree level.

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(OEC)WS 1.5: Feminist Jurisprudence

Objectives:

Total Hour: 90

1. To analyse legal system women's rights from a feminist perspective
2. To acquaint the students about legal rights conferred on women by laws and legislations.
3. To enable students to understand legal provisions as a weapon for empowerment

1. Unit-I : Women's Rights.

Women's Human Rights and CEDAW. Provisions under the Indian Constitution relating to women (Article, 14, 15, 16, 17, 21), Directive Principles of state policy. Provisions relating to women.

Unit-II: Legal Provisions for Women.

Offences against women under IPC. Rape, Adultery, Dowry Death, Bigamy. Special provisions for Women under CrPC & Evidence Act. Sex determination test, Child Marriage Restraint Act 1929, Prevention of Sati Act 1987, Sexual Harassment at workplace. Prevention of Immoral Traffic Act. Domestic violence Act – 2005.

Unit-III : Personal Laws and Women.

Personal Laws of Hindus, Muslims and Christians. Marriage, Matrimonial Rights, Maintenance, Divorce, Custody of Children, Adoption, Child Protection and Rights, Property Rights. Family Courts.

Unit-IV : Labour and Employment Laws related to Women.

Factories Act. Maternity Benefit Act. Equal Remuneration Act. ESI, Problems of Women in un-organized sector.

Unit-V : Laws related to gender based violence.

Laws against violence and sexual crime, Eve-teasing, Indecent Representation of women, Sexual Harassment at work place, Justice Verma committee report regarding rape.

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10. ಮೂರ್ತಿಶರಣ್ಣ ಬಿ.ಕೆ., ಮಹಿಳೆ ಸಮಾಜ ಮತ್ತು ಕಾನೂನು,
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WS: 2.3 Women's Movement

Objectives:

Total Hour: 90

- 1) To provide knowledge on changing status of women in History.
- 2) To enable students to know about various women's movements in India and West.
- 3) To understand the various issues and challenges before women's movement.

Unit - Women in History :

Overview of Indian women's history from the Vedic, Medieval and Modern Period. Exclusion, visibility and possibilities of recovering women's histories.

Unit-II: Women's Movements in the West:

Women's Movement as a Social Movement. History of Women's question (suffrage, working women issues, abortion, property rights) Women's Movement in USA and Europe

Unit-III: Women's Movements in Pre-Independence period in India:

Social Reform Movements -addressing various women centered issues - women's education, abolition of sati system, widow remarriage and child marriage,

Unit –IV: Freedom Movement:

The gendered world of anti-colonial nationalism. Quest for alternative masculinities. Women's Participation in the National Movement with special reference to Women in the Civil Disobedience Movement, Quit India Movement and Women's revolutionary activities.

Unit –V: Women's Movements in Post-Independence period in India:

Mathura to Nirbhaya: Transforming the laws on rape. Autonomous Women's Movement – issues addressed . Dalit Women's Movement. Controversy around Uniform Civil Code and its impact on Women's Movement.

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WS 2.4.1: Gender issues in Governance

Objectives:

Total Hour: 90

1. To make the students understand the gender issues in administration and governance.
2. To provide an exposure to understand alternative political process.
3. To enable students to understand importance of women's political participation in democracy

Unit-1: Gender issues in Democracy:

Democracy - Meaning, definition and characteristics – Analysis from feminist perspective. Requirements of good governance.

Unit-2: Informal political process:

Advocacy, Lobby, Movement and Pressured groups. Participation of women in different movements. Role models in informal political process - Medha Patkar, Arundati Roy, Savitribai Pule.

Unit-3: Formal Political process:

Women's participation in the formal political process – in electoral process as voters, candidates state, central and cabinet ministers. Political parties and their ideologies about women. Role models - Sonia Gandhi, Mayavathi. Mamatha Banrji, Meera Kumar

Unit-4: Reservation for women in Political sphere:

73rd and 74th Constitutional Amendment Bills. Participation and problems of women in Panchayat Raj. Women's participation in Legislature and Executives. Internal and external barriers. Participation of women in decision making process.

Unit-5: Recent trends in Governance:

81th Constitutional Amendment Bill. Dialogues on Women's Reservation Bill.

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W.S 2.4.2 Feminist Counseling

Objectives:

Total Hour: 90

1. To make students understand nature and sources of crisis intervention through counseling.
2. To introduce the theoretical basis of counseling skills.
3. To train the students as feminist counselors

Unit I: Nature and sources of crisis from feminist perspective:

Counseling: Definition, nature and scope of counseling. Different types and settings of counseling. Some major theoretical models- Directive, Rogerian, Gestalt, behavioral and Cognitive models.

Unit: II: Counseling process:

Goals and methods- Advanced empathy, Immediacy, Confrontation, Interpretation, Role Playing Qualities of a Helping relationship. Pre counseling issues, Interview, assessment- use of standardized assessment techniques. Setting goals, contract, informed consent, formulation, referral, issues of confidentiality, verbatim recording, analysis, working stage, termination of counseling relationship, reporting, follow up.

Unit: III: Basic skills :

Skills specific for different stages of counseling- opening, working and terminating stage. Personal and professional characteristics / qualities of a counselor; Values and ethics in counseling,

Unit IV: Feminist approaches to specific issues :

Traditional approaches versus feminist approach - family violence, sexual assault, rape, discrimination, suicidal behavior, managing role conflicts and role stress.

Unit -V: Managing Stages of Life Cycle :

Puberty, Adolescent, Motherhood, Menopause and Ageing. Women's collectives and support groups. Group counseling. Gender sensitization programmes. Other approaches - help lines, crisis interventions, e- based counseling. Personality development and developing life skills.

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(OEC)WS 2.5: Women's Health

Objectives:

Total Hour: 90

1. To analyze health issues which concern women throughout the life cycle.
2. To address the impact of psychological, physiological, cultural and political factors on well being of women.
3. To create awareness about the importance of nutrition and health to improve the quality of life for women.

Unit-I: Women's Health and Sexuality :

Socio-cultural and economic determinants of women's health and sexuality. Female Anatomy

Unit-II: Reproductive Health:

Reproductive health – Concept-Definition. Menarche, Menstruation, pregnancy, child birth, pre-menstrual syndrome and menstrual disorder. Pregnancy- Ailment related to pregnancy , anemia, unwanted pregnancy – sex determination tests & termination of pregnancy, abortion, MTP Act, delivery, Menopause. Genitor-Urinary Tract Infection, AIDS, STD - impact on women. Adoption of family planning – a gender dimension.

Unit III: Gender Dimension of Fertility: Use of Reproductive Technology, problems of surrogate motherhood; Contraception: Burden of Reproduction on Women: Reproductive choice and rights.

Unit IV :Women and Mental Health:

Distress, Depression and Hysteria, Eating disorders. Menstruation and Moods. Beauty industry and women's health. Socially and culturally constructed body image. Stress and occupational hazards of women workers and girl child laborers, sex workers and sexual minority.

Unit V : Policy Intervention and Women's Health : WHO(World Health Organisation), NHFS(National Health and Family Survey), MCH(Mother and Child Health) Programmes; Govt initiatives.

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W.S 2.4.2 Feminist Counseling

Objectives:

Total Hour: 90

1. To make students understand nature and sources of crisis intervention through counseling.
2. To introduce the theoretical basis of counseling skills.
3. To train the students as feminist counselors

Unit I: Nature and sources of crisis from feminist perspective:

Counseling: Definition, nature and scope of counseling. Different types and settings of counseling. Some major theoretical models- Directive, Rogerian, Gestalt, behavioral and Cognitive models.

Unit: II: Counseling process:

Goals and methods- Advanced empathy, Immediacy, Confrontation, Interpretation, Role Playing Qualities of a Helping relationship. Pre counseling issues, Interview, assessment- use of standardized assessment techniques. Setting goals, contract, informed consent, formulation, referral, issues of confidentiality, verbatim recording, analysis, working stage, termination of counseling relationship, reporting, follow up.

Unit: III: Basic skills :

Skills specific for different stages of counseling- opening, working and terminating stage. Personal and professional characteristics / qualities of a counselor; Values and ethics in counseling,

Unit IV: Feminist approaches to specific issues :

Traditional approaches versus feminist approach - family violence, sexual assault, rape, discrimination, suicidal behavior, managing role conflicts and role stress.

Unit -V: Managing Stages of Life Cycle :

Puberty, Adolescent, Motherhood, Menopause and Ageing. Women's collectives and support groups. Group counseling. Gender sensitization programmes. Other approaches - help lines, crisis interventions, e- based counseling. Personality development and developing life skills.

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WS 3.2 Women's Development and Empowerment

Objectives:

Total Hour: 90

1. To provide an understanding of gendering the mainstream development discourse
2. To know various developmental initiatives adopted nationally and internationally to include women in developmental discourse.
3. To understand the concept of women's empowerment in different dimensions

Unit- I : Understanding development from a feminist perspective: Development – meaning and stages of development. Emergence of gender concerns in development - WID, WAD, GAD. The DAWN perspective. The capability approach and development as freedom by Amartya Sen.

Unit- II: Feminist Development Thinkers: Bina Aggarwal, Gabriele Dietrich, Maria Mies, Vandana Shiva. Alternative Development Strategies from Women's Studies Perspective: Development indicators and critiques : HDI, GDI, GEM and GII

Unit III: Role of Government in Women's Development:

Women's Development under Five year Plans, Policies and Programmes for Women's Development: Women's Development Corporation, Department of Women and Child Development. An evaluation of government policies and programmes from a gender perspective

Unit –III : Women's Empowerment.

Meaning, Definition – Principles, levels, approaches and indicators. Social, Economic and Political empowerment of women – Hurdles and Strategies.

Unit –IV: Globalization and Women's development.

The impact of Globalization on women with special reference to India in the area of - Education, Health, Agriculture, Organized Sector and Unorganized Sector.

Unit – V: Mainstreaming Gender :

Gender Planning, Gender Budget, Micro credit, Mahila Samakhya, SHGs - Stree shakthi, role of NGO's in Women's empowerment.

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33. ಸಾಯಿನಾಥ ಪಿ. ಬರ ಎಂದರೆ ಎಲ್ಲರಿಗೂ ಇಷ್ಟ, ಅಭಿನವ ಪ್ರಕಾಶನ, ಬೆಂಗಳೂರು

W.S. 3.4.1: Women in Livestock Development.

Objectives:

Total Hour: 90

1. To make students understand nature and scope of livestock in women's empowerment
2. To provide knowledge on livestock as an alternative source of livelihood
3. To know the role of women in livestock development

Unit - I : Role of livestock in Indian Economy :

Role of women in livestock rearing in India. Role of livestock in building sustainable livelihood.

Unit – II : Livestock and Poverty :

Livestock development as a mean for poverty alleviation. Changing agrarian scenario and emerging livestock rearing systems - implications on women.

Unit - III : Women self help groups and Livestock Development :

Women's empowerment and capacity building. Activity profile and time spent by women on livestock rearing. Training for women in livestock rearing –cow, sheep, buffalo and poultry

Unit - IV Milk co-operatives :

Women milk co-operatives and women's development. Women participation in livestock development – knowledge, skills and energy in managing livestock. KMF - contribution of women

Unit – V : Govt schemes :

Government schemes for livestock development in general and women in particular.

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WS – 3.4.2 Women, Food and Nutrition

Objectives:

Total hours: 90

1. To provide information on the nutritional values of food.
2. To give insights into the various gender biases in food intake.
3. To provide knowledge about various health policies and programmes.

Unit-I: Concept of Food and Nutrition:

Definition of food and nutrition. Inter-relationship between food and nutrition.

Unit-II: Food groups:

Functional classification and nutritional value of foods. Balanced diet with special reference to women with local availability. Socio-economic and cultural factors affecting selection, preparations and intake of foods - gender aspects.

Unit-III: Gender and Nutrition :

Gender Bias in Nutritional intake with special reference to girl child. Common nutritional disorder among women and children in India with specific reference to girl child. Concept of zero figure and food intake of girls. Advantages of Breast feeding and colostrums. Gender bias in health seeking behavior of men and women.

Unit-IV : Health and Nutritional Services for Women and Children:

PHC. District Health Hospitals. Applied Nutrition Programme, Supplementary Feeding Programme, Anaemia Censure Programme, Goiter Control Programme and ICDS programme. National Health Policy 1996, Health for all by 2000. National Nutrition Policy.

Unit-V: Recent trends in Food Nutrition and Health Services to Women :

New health programmes for women – Maternal Health Schemes – Janani Suraksha Yojana (JSY) – GoI Janani Shishu Samraksha Karyakram (JSSK) – GoI - Tayi Bhagaya, Tayi Bhagya , Madilu ,Prasooti Araiike .Nagu-Magu

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(OEC)W.S 3.5: Feminist Counseling

Objectives:

Total Hour: 90

1. To make students understand nature and sources of crisis intervention through counseling.
2. To introduce the theoretical basis of counseling skills.
3. To train the students as feminist counselors

Unit I: Nature and sources of crisis from feminist perspective:

Counseling : Definition, nature and scope of counseling. Different types and settings of counseling. Some major theoretical models- Directive, Rogerian, Gestalt, behavioral and Cognitive models.

Unit: II: Counseling process:

Goals and methods- Advanced empathy, Immediacy, Confrontation, Interpretation, Role Playing Qualities of a Helping relationship. Pre counseling issues, Interview, assessment- use of standardized assessment techniques. Setting goals, contract, informed consent, formulation, referral, issues of confidentiality, verbatim recording, analysis, working stage, termination of counseling relationship, reporting, follow up.

Unit: III: Basic skills of Counseling :

Skills specific for different stages of counseling- opening, working and terminating stage. Personal and professional characteristics / qualities of a counselor; Values and ethics in counseling,

Unit IV: Feminist approaches to specific issues :

Traditional approaches versus feminist approach - family violence, sexual assault, rape, discrimination, suicidal behavior, managing role conflicts and role stress.

Unit -V: Managing Stages of Life Cycle :

Puberty, Adolescent, Motherhood, Menopause and Ageing. Women's collectives and support groups. Group counseling. Gender sensitization programmes. Other approaches - help lines, crisis interventions, e- based counseling. Personality development and developing life skills.

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W.S 4.2: Gender and `Environment

Objectives:

Total Hour: 90

1. To delineate the characteristics and issues of environment from a feminist perspective
2. To understand the involvement of women in balancing eco system.
3. To depict the integration of gender concerns and perspectives in policies and programmes for Sustenance of environment

Unit –I: Women and Environment:

Environment – Meaning, ecology - basic elements of the environment. Nature and Feminine Principles. Basic needs in rural and urban environment. Women’s dependency on Eco system – fodder, fuel, water, minor forest produce. Care and management of natural resources, depletion of natural resources, sustainable development.

Unit –II: Women and Rural and Urban Environment:

Women and Rural Environment: Medicinal plants, water resources, food security, non timber forest produce. Social Forestry - impact of indoor and outdoor pollution. Awareness on Drainage and Sanitation. Urbanization and increasing density : disposal of waste, solid waste management. Methods of Recycling of waste and role of women in waste management. Alternative energy sources.

Unit –III: Women’s Resistance to Environmental Destruction :

Collective strength –Joint Forest Management – CHIPKO Movement – Narmada Bachao Aandolan. Women’s knowledge and enterprise in food and Nutrition. Reclaiming women’s environmental rights–Neem patent victory, Living Democracy Movement for reclaiming life’s diversity and freedom. Sustainable development. – protecting earth for future.

Unit–IV: Gender and Emerging Environmental Issues :

Professional (Govt) environment management systems and gender – proportion of professional women in biodiversity management. Pollution Control Board. Conservation - botanical gardens, and home gardens, community biodiversity conservation. Gender and agro biodiversity. Role of women in seed preservation.

Unit – V: Role of Women in Conservation of Forest:

Salumarada Thimmakka, Wangari Mathai, Meeraben

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