

# **MAR AUGUSTHINOSE COLLEGE RAMAPURAM**



## **Women Cell**

Scheme and Syllabus of  
Value Added Course  
2020

**MAVAC013 Women Empowerment & Development**

## **BOARD OF STUDIES (BoS)**

**Chairman- Ms. Manesh Mathew** (Asst. prof. department of Biotechnology)

**Members- Ms. Siji Jacob** (Asst. prof. Department of Electronics)

**Ms. Lincy Antony** (Head of the Department of Management Studies)

**Ms. Dhanya S. Namboodhiri** (Asst. Prof. Department of Management studies)

### **Introduction**

The Value-Added Courses aims to provide additional learner centric graded skill oriented technical training, with the primary objective of improving the employability skills of students

### **Aim of the programme**

Understanding various aspects of the subject and acquiring methodological knowledge of them.

Application of this knowledge in a suitable manner in required fields.

### **Eligibility for admissions**

All UG and PG students from various departments of the college. The number of intakes to the course is limited. The course can be offered only if there are at least 5 students opting for it.

**Medium of instruction:** English.

### **Duration of the course**

The duration of value-added course is 30 hours (including the hours of final examination) of which 15hrs theory and 15hrs for laboratory/demonstration/experimental activities and the course can have a maximum of three hours a day.

The value-added courses will be offered beyond the usual class hours and days of the college. The value-added course will be a blend of theory classes / experimental learning / project-based learning / assignments / activity-based learning.

### **Course Objectives**

The syllabus has been designed with the following objectives:

- To create awareness among the women about women empowerment.
- To educate about the role of women in society and their Rights.
- To make an awareness about the physical, emotional and mental health of women.

### **Course Outcomes (Cos)**

At the end of this course students will be able to

**CO1.** Understand the need for women empowerment and development.

**CO2.** Develop insight into the role of women in society and politics.

**CO3.** Develop a bodily awareness and understanding of women's health.

**CO4.** Hone their decision making ability and awareness of issues facing women.

### **EVALUATION**

1. The value-added courses shall be evaluated through an examination at the end of the course.

2. The duration of examination is two hours.
3. The total marks of the examination shall be 100

<b>Components of Evaluation</b>	<b>Marks</b>
Attendance	10
Assignment / Seminar	10
Project & Viva	30 (20+10)
External Examination	50
<b>Total</b>	<b>100</b>

### **Pattern of questions Paper**

Sl. No.	Pattern	Marks	Choice of questions	Total marks
1	Short Answer/problem type	<b>2</b>	<b>5/7</b>	<b>10</b>
2	Short essay/problem	<b>5</b>	<b>4/6</b>	<b>20</b>
3	Essay/problem	<b>10</b>	<b>2/4</b>	<b>20</b>
<b>Total</b>				<b>50</b>

4. A committee consisting of the Head of the Department, the course coordinator and a senior faculty member nominated by the Head of the department shall monitor the evaluation process.
5. The list of students along with the marks and the grades earned may be forwarded to the Principal/Chief Superintendent of Examinations.
6. The Dept. course coordinator is responsible for maintaining and processing the record with regard to the course, assessment marks and results.
7. Certificates will be issued to those students with 75% attendance, timely submission of assignment and project and a minimum of 40% marks in the qualifying examination.

### **Grading Pattern**

Grades are given **on a 7-point scale** based on the total percentage of marks, (*ISA+ESA*) as given below: -

<b>Percentage of Marks</b>	<b>Grade</b>
95 and above	<b>S</b> Outstanding
85 to below 95	<b>A<sup>+</sup></b> Excellent
75 to below 85	<b>A</b> Very Good
65 to below 75	<b>B<sup>+</sup></b> Good
55 to below 65	<b>B</b> Above Average
45 to below 55	<b>C</b> Satisfactory
35 to below 45	<b>D</b> Pass
below 35	<b>F</b> Failure
Absent	<b>Ab</b>

**SYLLABUS**  
**Course Code MAVAC0013**  
**WOMEN DEVELOPMENT AND EMPOWERMENT**  
**Total hours of instruction: 30 Hours**

**MODULE I: (10 Hrs)**

**Women Empowerment and Women's Rights**

Women's Empowerment: Understanding the meaning of empowerment; why women empower; reality of women empowerment in the era of globalization, Determinants of women empowerment: Education, health, social life, economic status, communication skills, political life, cultural life, decision making, source and quality of information and mobility. Women empowerment through participation in political & decision-making process, socio – economic change. Problems & issues of women empowerment: Socio cultural, gender bias, form and nature of women exploitation, case studies.

Women Rights and Acts (an overview): Women Rights, Acts for women: -The Dowry Prohibition Act , 1961, The Indecent Representation of Women (Prohibition) Act, 1986, Protection of Women from Domestic Violence Act, 2005, The Sexual Harassment of Women at workplace (Prevention, Prohibition and Redressal) Act, 2013

**MODULE II: (10 Hrs)**

**Human Female Body**

Introduction to woman health, Female body parts- the external genitals, the internal reproductive organs, Hormonal control of female body. Female physiology-Functions of female reproductive system, menstrual cycle, ovulation, pregnancy, and child birth, lactation, menopause. Diseases associated with female body-Infectious diseases-Bacterial, Viral, Fungal, protozoan infections. Symptoms and treatments. Genetic disorders in females-Types, symptoms, treatment. Personal hygiene.

**Module III: (10 Hrs)**

**Women Psychology and Emotional Strength**

Stages of Human Development and Psychological changes: Prenatal period, Infancy and Babyhood, Childhood, Puberty & Adolescence. Life Skills Education ,Life Skills- Concept, need and importance of life skills, WHO Components of Life Skills: Critical thinking skills/Decision-making skills, Interpersonal/Communication skills, coping and self-management skills including Core life skill strategies and techniques: problem solving, critical thinking, effective communication skills, decision-making, creative thinking, interpersonal relationship skills, self awareness building skills, empathy and coping with stress and emotions.