

SYLLABUS

WOMEN AND LIFE MANAGEMENT PRACTICAL

Subject code: 12WSCS02

Credit Hours: L+T+P=C

Marks : 100

0+1+3= 4

Objectives

1. To impart a sound basis on gender analysis related aspects.
2. To educate the various available facets related to law and safety for women
3. To help in maintaining the self image and self well-being through health and personality management techniques.
4. To stimulate the managerial, financial and interpersonal skills.
5. To value educate the various government schemes and sanitation practices

Unit I - Gender

Exercise No. 1: De-freezing

Exercise No. 2: Gender Stereotype Analysis

Exercise No. 3: Gender Analysis Matrix

Unit II – Law and Safety

Exercise No. 4: Women related Laws

Exercise No. 5: Mobile apps for Women Safety

Exercise No. 6: Protecting Cyber Privacy

Unit III – Health and Personality Management

Exercise No. 7: First Aid Management

Exercise No. 8: Assessment of Self-Nutritional Status

Exercise No. 9: Body Language and Personal grooming

Unit IV - Managerial Skills

Exercise No. 10: Role Play

Exercise No. 11: SWOT Analysis

Exercise No. 12: Personal Financial Portfolio

Unit V – Environment and Sanitation

Exercise No.15: Central and State Government Schemes (Health, Social and Economic Empowerment) for Women

Exercise No. 16: Personal Hygiene and Sanitation Practices for women

Field Practicum: Case Study (Women Entrepreneurship).