**Bharati College**

 **(University of Delhi)**

Janak Puri, Delhi- 100058

[www.bharaticollege.du.ac.](http://www.bharaticollege.du.ac.)in

**Lesson Plan (CORE, Semester I, July to November2022)**

| **Name of Teacher** | Swati Bawa Sawhney | **Department** | Human Development and Family Empowerment |
| --- | --- | --- | --- |
| **Course** | B.A Prog | **Semester** | III (Minor) |
| **Paper** |  Empowerment of women and children | **Academic Year** | 2022 |
| **Learning Objectives** |
| * To develop an understanding about the status of women and children in India.
* To gain awareness about programmes and services for women and children in India.
* To gain understanding about the importance of maternal health and education.
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| **Learning Outcomes** |
| * Understand the status of women and children in India.
* Evaluate various programmes and services for women and children in India.
* Understand the importance of maternal health and education.
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| **Lesson Plan** |
| **Week No.** | **Theme/Curriculum** | **Any Additional Information** |
| Week 1 -Week 4 | **Unit I- Status of women in India*** Demographic profile of women and children.
* Issues related to women and children.
 |  Allocation of Assignment I (Last Date 20th  September 2022) |
| Week 5 -Week 9 | **Unit II- Programmes and Services for Women Empowerment*** Women Empowerment: Definition, Need and Importance
* Programmes for Women: Any two
* Programmes for Children: Any Two
 |  Test Scheduled |
| Week 10 – Week 15 | **UNIT III: Maternal health and education*** Importance of Maternal Health and Education
* Impact of Maternal Health and Education on Child Development
* Maternal Mortality: Statistics, Causes and Prevention
 |  Allocation of Assignment II |
| Week 15 – Week 20 | **Practical:** * Unit 1: Visit to one organization working for children.
* Unit 2: Visit to one organization working for women.
* Unit 3: Review of one movie/ documentary/ video/ book based on children.
* Unit 4: Interview of a mother to understand the importance of education and awareness in raising healthy children
 |  |
| **References*** Sobti, S (2009). Women and children: Issues & suggestions. New Delhi: Rajiv Publishers.
* Vasudev, K. (2009). Welfare programme. New Delhi: Vishva Bharti Publications.
* Verma, S.B. and Soni, M. L. (2005). Mahila jagrute aur sashaktikaran. Jaipur: Aaveeskar

Publishers.* Women Rights are Human Rights (2014). Geneva and New York: United Nations

Publications, Retrieved: https://www.ohchr.org/sites/default/files/Documents/Events/WHRD/WomenRightsAreHR.pdf* Women’s Rights in India (2021). National Human Rights Commission, India

Retrieved:https://nhrc.nic.in/sites/default/files/Women%E2%80%99s%20Rights%20in%20India%20complete\_compressed.pdf**Additional Resources*** Bose, A.B. (2003). The status of children in India: Promises to keep. New Delhi:

Manohar Publications* National plan of action of children (2016). Ministry of HRD, Department of WCD, GOI.
* Vipin, K. (2009). Vaisveekran evam mahila sashaktikaran vividha aayam. New Delhi:

Aeyal Publications |
| **Online Resources (If Any)** |  |
| **Assignment and Class Test Schedule for Semester** | Link the assignment and Test (optional) |