

CHANCHAL COLLEGE

Chanchal, Malda, West Bengal

IAPC Syllabus for UG 3rd Semester Arts, Science & Commerce (NEP 2020)

Course Type: IAPC (Interdisciplinary Ability Promotion Course)

Semester: III

Total Credits: 2

Total Hours: 60

Target Group: UG Students (Arts / Science / Commerce)

Course Title

Gender Equality & Women Empowerment

Course Objective

- i) This course seeks to enhance students' knowledge on basic theoretical frameworks used in gender analysis.
- ii) One of the important objectives of the course is to equip students with a deep understanding of gender dynamics.
- iii) The course will enable students to analyse gender biases and inequality in the labour market.

Course Outcome

- i) The students are expected to learn the significance of integrating gender perspectives into development initiatives emphasizing gender and work relations, gendered divisions of labour, gender bias and inequality in various contexts.
- ii) At the end, the students would be able to understand the need for gender-sensitive approaches to promote equality and inclusivity.

Module	Title	Contents	Hours
Module I	Role of Gender in Family	i) Gender differential in intra-household resource allocation; gender division of labour within household. ii) Factors affecting decision making by women (education, property right, access to and control over resources). iii) Care economics.	20
Module II	Gender and Well Being	i) Combating gender inequality: SDG (Goal 5), Women conferences, Legislations & Gender. ii) Women empowerment: Conceptual ideas; Different indices of Gender Empowerment:	20

		• Gender Empowerment Measure (GEM) • Women's Empowerment in Agriculture Index (WEAI) • Gender Development Index (GDI)	
Module III	Gender and Labour Market	) Factors affecting work force participation of women. ii) Occupational segregation & wage disparity in the labour market. iii) Exploitation of women workers in various sectors: formal and informal sector women workers.	20

Suggestive Readings

- i) Boserup, Ester. (1970). *Women's Role in Economic Development*. New York: St Martin's Press.
- ii) Irene Tinker. (1990). *Persistent Inequalities: Women and World Development*. New York: Oxford University Press.
- iii) Kabeer, Naila. (1995). *Reversed Realities: Gender Hierarchies in Development Thought*. New Delhi: Kali for Women.
- iv) Jackobsen, J. P. (2007). *The Economics of Gender*. Blackwell Publishing.
- v) Mark McGillivray (Ed.). (2007). *Human Well-being: Concept and Measurement*. Palgrave Macmillan: Basingstoke.
- vi) Jackobsen, J. P. (2007). *The Economics of Gender*. Blackwell Publishing.
- vii) Doss, C. (2013). Intra-household bargaining and resource allocation in developing countries. *The World Bank Research Observer*, 28(1), 52–78.
- viii) Heath, R. (2014). Women's access to labor market opportunities, control of household resources, and domestic violence: Evidence from Bangladesh. *World Development*, 57, 32–46.
- ix) Duraisamy, M., & Duraisamy, P. (2016). Gender wage gap across the wage distribution in different segments of the Indian labour market, 1983–2012: exploring the glass ceiling or sticky floor phenomenon. *Applied Economics*, 48(43), 4098–4111.
- x) Sahai, G. (2021). Occupational gender segregation and female labor force participation in India. *Gender Equality*, 943–952.
- xi) Swaminathan, H., Lahoti, R., & Suchitra, J. Y. (2012). Women's property, mobility, and decision making: evidence from rural Karnataka, India.
- xii) Damodaran, K. (2021). Women in decision making roles in India: An analytical study. *Human Rights International Research Journal*, 9(2), 101–109.

Course Title

Public Health and Hygiene Promotion

Course Objective

To provide students with a basic understanding of public health concepts, hygiene practices, disease prevention, and health promotion in society.

Course Outcome

Students will be able to understand public health issues, practice personal and environmental hygiene, and participate in health promotion activities at the community level.

Module	Title	Contents	Hours
Module I	Introduction to Public Health	Concept, scope and importance of public health; determinants of health; health and disease; public health in India	15
Module II	Personal Hygiene and Nutrition	Personal hygiene practices; water and sanitation; balanced diet; malnutrition; lifestyle and health; Women's Health and Hygiene	15
Module III	Environmental Hygiene and Disease Prevention	Environmental sanitation; waste management; pollution; communicable and non-communicable diseases; prevention	15
Module IV	Public Health Policies and Health Promotion	Public health system in India; national health programmes; Swachh Bharat Abhiyan; health education and community participation	15

Suggestive Readings

- Public Health Nutrition: Rural, Urban and Global Community Based Practice, M. Margaret Barth and others, Springer Publishing Company, 2021
- Sanitation, Health and Hygiene Promotion, Renay Van Wyk, Lambert Academic Publishing
- Hygiene Promotion: A Practical Manual for Relief and Development, Suzanne Ferron, ITDC Publishing, London, 2000.

Course Title

Health and Nutrition Awareness

Course Objective

To provide students with basic knowledge of health and nutrition, promote healthy lifestyle practices, and create awareness about disease prevention and well-being.

Course Outcome

Students will be able to understand health and nutrition concepts, adopt healthy dietary and hygiene practices, and promote well-being in daily life.

Module	Title	Contents	Hours
Module I	Introduction to Health and Nutrition	Concept of health and nutrition; determinants of health; importance of nutrition for growth and development; relationship between food and health	15
Module II	Nutrition, Diet and Deficiency Diseases	Balanced diet; macro and micronutrients; malnutrition; deficiency diseases; nutrition across life stages	15
Module III	Hygiene, Sanitation and Disease Prevention	Personal and environmental hygiene; safe water and sanitation; food hygiene; communicable and lifestyle diseases; preventive measures	15
Module IV	Health Awareness and Promotion	National nutrition and health programmes; role of government and community; health education; nutrition awareness campaigns; healthy lifestyle practices	15

Suggestive Readings

- Public Health Nutrition: Rural, Urban and Global Community Based Practice, M. Margaret Barth and others, Springer Publishing Company, 2021
- Health & Nutrition Awareness: Healthy Food, Healthy Life, Zahra Muhammad
- Health Education and Nutrition, Amit Sen, Isha books, 2005

Course Title

Mental Health and Stress Management

Course Objective

To provide students with an understanding of mental health issues, sources of stress, and coping strategies in the Indian socio-cultural context.

Course Outcome

Students will be able to recognize mental health challenges, manage stress effectively, and promote mental well-being at individual and community levels.

Module	Title	Contents	Hours
Module I	Introduction to Mental Health	Concept and importance of mental health; determinants of mental well-being; stigma and awareness; mental health across life stages	15
Module II	Stress and Its Impact	Meaning and types of stress; academic, occupational, and family stress; impact of stress on physical and mental health	15
Module III	Stress Management Techniques	Coping strategies; Indian yoga traditions (Asana, Pranayama, Dhyana); meditation and mindfulness; relaxation techniques; time management and work–life balance	15
Module IV	Mental Health Care and Promotion	Common mental health issues; counselling and support systems; National Mental Health Programme; role of family, community, and institutions in mental health promotion	15

Suggestive Readings

- Stress and Health Management in India, Rekha Baxy, A.K Kandya, J.P.N
- Stress Management through Mind Engineering, R.P Banerjee
- Stress Management for Women, Jessica Finn & Michael Sandberg

Course Title

Theatre, Workshop and Drama

Course Objective

To introduce students to theatre, workshops, and drama as tools for creativity, communication, stress relief, and social awareness.

Course Outcome

Students will be able to understand basic theatrical forms, participate in workshops and drama activities, and use performance for personal and social expression.

Module	Title	Contents	Hours
Module I	Introduction to Theatre and Drama	Meaning and forms of theatre; elements of drama; role of theatre in society; theatre as a medium of expression	15
Module II	Workshop-Based Theatre Practices	Theatre workshops; body and voice training; improvisation; group activities; communication and confidence building	15
Module III	Theatre, Mental Health and Social Awareness	Theatre as a tool for stress management; emotional expression through drama; street theatre and social messages; participatory theatre	15
Module IV	Theatre and Drama in Bengal	Evolution of theatre in Bengal; folk and modern theatre forms; street theatre and group theatre traditions in Bengal; theatre as cultural practice	15

Suggestive Readings

- Contemporary Indian Theatre: Theatricality and Artistic Crossovers, Ravi Chaturvedi and Tapati Gupta Ed.
- History of Indian Theatre, M.L Varadpande
- Bangla Theatrer Itihas, Darshan Choudhury