

PE – 207 Personal Empowerment (Foundation Elective)

Objectives:

- (1) The students will become aware of the need, competencies and skill to be developed for empowerment and be motivated for self improvement / self enrichment.
- (2) The students will become aware of the role of empowerment of women from the perspectives of personal and national development.
- (3) The students will become aware of the interdisciplinary of Home Science education and its potential food personal and professional enhancement.
- (4) The student will become sensitized to some pertinent contemporary issues that affect the quality of life of individuals, families and community.

Unit – 1 Personal Growth and Personality Development.

- The challenge: understanding and managing oneself: being aware of one's strengths and weaknesses.
- Personality Development: Factors and influences: emotional and motivational aspects; assertion vs. aggression.
- Peer pressures : Issues and management; group conformity and individualism as co-existing aspects.
- Conflicts and stresses, simple coping strategies.
- Adjustment and readjustment to changing needs and conditions of contemporary society. (technological changes, social changes, changes in values).

Unit – 2 Empowerment of women

- Women and Development: The personal, familial, Societal and national perspectives.
- Capacity building for women; Education, decision – making abilities and opportunities, awareness and information on legal and political issues.
- Women's organizations and collective strength; women's action groups, women's participation in development initiatives.
- Study and discussion of life histories, case studies of illustrious Indian women from different walks of life (e.g. Indira Gandhi, Jashi ki Rani, Medha Patkar, Kiran Bedi, Vijyalaxmi Pandit, Sudha Chandran, Anutai Wagh, Ila Bhatt, Bhanvari Devi).

Unit – 3

- Home Science Education as Empowerment.
- The interdisciplinary of Home Science Education.
- The role of Home Science Education for personal growth and professional development.
- Home Science as holistic education with integration of goals for persons, enhancement and community development.

Unit – 4

- Some Significant contemporary Issues of concern.
- Gender issues: inequalities and discriminations, biases and stereo types, myths and facts
- Substance abuse: Why and how to say no
- Healthy Habits: In relation, to physique to studies, to heterosexual interests.
- AIDS: Awareness and education.

Reference:

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- (2) Chandrashekhar, R. (1992): (Ed) Women's Resource and National Development – A perspective, New Delhi: Gaurav Publishing House.
- (3) Furhan, A. (1995): Why psychology, London; University College, London Press Ltd.
- (4) Garimwood, C. and popple stone, R. (1993); Women management and core, Hong Kong; The Macmillan Press Ltd.
- (5) Gupta, J.L. (1988); Challenges to the Fair Sex – Indian women; problems, plight and progresses.
- (6) Rather, S. and Brid, J. (1983): Adjustment and Growth; The challenge of Life, New York; C.B.S. College publishing Co.
- (7) Singh, R.N. (1992); Sky is the Limit: Practical Guide Lines on Effective career planning, Bombay, Schandra Publication.