

Semester – III			
Women's Synergy			
Code : 18UAWS31	Hrs/ Week : 2	Hrs/Sem:30	Credits : 2

Unit I - Physical Health

Woman's Structural Organisation – Levels of organization – Body image - Reproductive health – Hormonal Cycle and its Psycho-somatic implications – Child birth – lactation – Nutritional status of women.

Unit II – Psychological Health

Examining factors determining psychological conditions of women – Anxiety, stress, depression hysteria – Socio – cultural and familial conditioning of women's minds – Self Image, Objectification of a Woman etc.

Unit III – Women and Legal Awareness

Women specific – centered legislations –legal issues – laws to prevent gender based violence National / State Pro-women schemes – educational and Employment schemes. Laws for protection of Women – Women's rights to property – Women's Rights in the Indian Constitution – Maternity benefit act.

Unit IV – Women and Finance

Manager of domestic finance – Budgeting basics – Create a family budget - Set financial goals – Plan for financial emergencies – Budget for travel – Saving strategies – Investment options

Unit V – Women's Empowerment in various domains

Women created history in sports and music - Women who crossed hurdles in Social Service, Indian independence movement and Politics