



## BS (4 Years) for Affiliated Colleges

Code	Subject Title	Cr. Hrs	Semester
GS-210	Gender and Health	3	IV
Year	Discipline		
2	Gender Studies		

Recognizing the basic truth that good health of both men and women is an indicator of a prosperous society, this course looks at the current health status of the Pakistani community by examining their health needs, facilities for addressing these needs, and more importantly, their awareness about their health needs. This course, thus, looks how men and women perceive their personal health needs and how they look at each other's health needs. In addition to the institutionalized health care-system, in this course we would also study traditional systems of cure and healing, and myths and belief systems.

### Course Contents

#### **Introduction**

- Health as a gender issue
- Variations in health status
- Access to health care
- Sources of data about health
- Role of traditions and myths

#### **Life cycle of Women's health**

- Girl child (from birth to puberty)
- Reproductive span
- Problems of Women's health as a human right

#### **Nutrition, Mal-nutrition and Impact on Health**

- Myths and practices
- Preventable and Treatable diseases and their management
- Gender Differences

#### **Reproductive Health**

- Menarche
- Pregnancy and childbirth
- Male-Female Infertility
- Abortion and Miscarriages
- Role of Men

#### **Access to health care and services**

- Physical Access & availability
- Economic access
- Socio cultural access
- Challenges

#### **Health Care system of Pakistan**

- Structure

- Policies and Programme

### **Gender issues and their influence on health**

- Literacy and education
- Employment
- Early Child Marriages
- Gender differences in South Asia

### **Basic Readings**

- Bird, Chloe E., and Patricia P. Rieker. (2008). **Gender and health**. Cambridge: Cambridge Univ. Press
  - Curtis, Sara. (2004). **Health and Inequality**. London: Sage.
  - Kariapper, Rehana. (2007). **Unravelling realities: reproductive health and rights**. Lahore: Shirkat Gah
  - Khan, Ayesha. (2000). **Adolescents and reproductive health in Pakistan**: Islamabad: Population Council
  - Nelson, Debra L., and Ronald J. Burke. (2002). **Gender, work stress, and health**. Washington, D.C.: American Psychological Assoc.
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