

# **Bachelor of Arts in Population Studies**

**Four Years Based  
Courses of Study**

**Central Department of Population Studies  
Faculty of Humanities and Social Sciences  
Tribhuvan University**

2076 (2019)

## The Context

Faculty of Humanities and Social Sciences (FoHSS) under Tribhuvan University decided to adopt a policy to introduce and implement four year-based Bachelor level courses from the year 2076 (2019 AD). Accordingly, the Subject Committee of the Population Studies formed a course designing and finalization Sub-committee. The Sub-committee is composed of faculty members from Central Department of Population Studies, six campuses of Kathmandu Valley and faculty members from public campuses outside Kathmandu Valley. The Sub-committee organized series of meetings among teachers of Population Studies associated with the different campuses and formed subject-specific committees to review the existing three-year courses and suggest the new ones. The subject-specific committees reviewed and prepared 10 draft papers as four-year course. The Sub-committee assigned responsibility to the respective subject teachers for preparing the detail content of the paper. The drafts prepared by the subject teachers were presented among the participating subject teachers organized in different campuses of Kathmandu Valley.

The papers prepared by the subject teachers incorporated the recent discourse, knowledge, theories, data and information and were finally submitted to the Central Department of Population Studies (CDPS). The senior facilities from the Department further reviewed and categorized each paper into three groups: compulsory, major and elective. Papers offered in the first and second year are of compulsory groups. Three papers offered in the third and fourth year are of major stream and one paper is designed as elective which is offered for the non-population background students as a means to bridging the course at master's degree. Further, the course is designed in a way to establish Population Studies as cross-cutting discipline. Besides technical demographic studies, the course offers papers semi to development studies in the Bachelor Level. The first paper deals with issues of population and development. The second paper establishes nexus between population and health. Papers offered in the second year include teaching tools and techniques of technical demography with ample practical skills related to statistical and mathematical tools for enabling students to analyse population phenomenon and dynamics. Population research methods is designed to offer as compulsory paper in the third year. In addition to this, students must select one paper from the given two papers: either *Business and Political Demography* or *Population, Resource and Governance*. In the fourth-year students from majoring stream of Population Studies have to choose one paper from *Population, Migration and Development* or *Poverty, Inequality and Social Justice*. Finally, the Paper *Population Diversity of Nepal* is designed as elective to be chosen by students from non-Population Studies background.

<b>Faculty</b>	:	<b>Humanities and Social Sciences</b>
<b>Subject</b>	:	<b>Population Studies</b>
<b>Level</b>	:	<b>Bachelor</b>
<b>Course Code</b>	:	<b>Pop. 421</b>
<b>Title</b>	:	<b>Principles of Population and Development</b>
<b>Total duration</b>	:	<b>4 Years</b>
<b>Course duration</b>	:	<b>One Year</b>
<b>Offered year</b>	:	<b>First</b>
<b>Paper</b>	:	<b>I</b>
<b>Full Marks</b>	:	<b>100</b>
<b>Theory</b>	:	<b>70</b>
<b>Practical (Internal)</b>	:	<b>30</b>
<b>Total Teaching Hours</b>	:	<b>150</b>

## Objectives

The objective of this course is to impart basic concepts of Population Studies, demography and theories, and linkage between population and development among students. This course deals with interplay between the components of population change and development. It includes the history of population growth, population momentum, fertility, mortality, migration and urbanization. Population and quality of life, population policies and programs, aspects of gender, human development and SDGs are also dealt to establish meaningful interrelationships between population and development.

<b>Units</b>	<b>Topic and Content</b>	<b>Teaching hours</b>
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<b>Unit I: Population concepts and theories</b>		<b>20</b>
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**A. Population concepts**

- 1.1 Definitions of Population Studies and demography
- 1.2 Interrelationship between Population Studies and other disciplines
- 1.3 Demography as policy science
- 1.4 Application of demography in socioeconomic, political, tourism and business affairs

**B. Major terminologies used in Population Studies**

- 1.5 Nuptiality and fertility; morbidity and mortality; and migration and urbanization related common terminologies

**C. Population theories**

- 1.6 Ancient and medieval writings: introduction to Greeko Roman (Plato, Aristotle and Cicero), Chinese (Confucius); and Indian (Kautilya) thoughts
- 1.7 Malthusian theory: The basic model, Neo-Malthusian and criticism
- 1.8 Marxian theory: Basic concepts and criticism
- 1.9 Demographic transition theory: Concepts, applicability and criticisms

<b>Unit II: History of population growth and population momentum</b>		<b>10</b>
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**A. History of world population growth**

- 2.1 Size, growth and distribution of population (world, continents, regions, developed and developing countries)
- 2.2 Size, growth and distribution of population in Nepal
- 2.3 Challenges and opportunities of latest population of Nepal

**B. Population momentum**

- 2.4 Definition of population momentum; and demographic windows or demographic dividend
- 2.5 Age structure and population momentum, and the impact of population momentum and shifting age and sex composition on future population growth

<b>Unit III: Family, marriage and fertility</b>		<b>13</b>
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**A. Family**

- 3.1 Concepts and types of family
- 3.2 Changing structure of families in developed and developing countries

**B. Marriage**

- 3.3 Basic concept of marriage or nuptiality in different societies
- 3.4 Forms and types of marriages
- 3.5 Marriage patterns and trends
- 3.6 Determinants of age at marriage in developed and developing countries
- 3.7 Nuptiality in family life cycle

**C. Fertility**

- 3.8 Intermediate variable frameworks of Davis and Blake; Proximate determinants model of Bongaarts
- 3.9 Trends and patterns of fertility in developed and developing countries
- 3.10 Fertility transition in Nepal

**Unit IV: Migration and urbanization****13****A. Migration**

- 4.1 Types of migration (permanent, semi-permanent, temporary, seasonal, voluntary-forced dichotomy)
- 4.2 Historical pattern of migration in the world
- 4.3 Causes and consequences of migration with reference to Nepal
- 4.4. Migration theories: Ravenstein's laws of migration and introduction to Everett S Lee's hypotheses of migration
- 4.5 Push, pull and personal factors and intervening obstacles
- 4.6 Migration, remittance and development

**B. Urbanization**

- 4.7 Definitions, concepts, and classifications of urban centres
- 4.8 Urban evolution, transition and development in world
- 4.9 Global trends of urbanization
- 4.10 Causes and consequences of urbanization in developed and developing countries with special reference to Nepal

**Unit V: Population and quality of life****12**

- 5.1 Concepts definitions, and basic indicators of quality of life (UN and WB)
- 5.3 Factors affecting the quality of life in developed and developing countries
- 5.4 Technological development and its impacts on quality of life
- 5.5 Quality of future generation
- 5.6 Relationships of basic needs with quality of life

**Unit VI: Population policy****16**

- 6.1 Basic concepts and definitions of population policy. Pro-natalist, anti-natalist and dual population policies
- 6.2 Types of population policy, population influencing and responsive policies
- 6.3 Evolution of population policy in Nepal
- 6.4 Latest population policies and programs of Nepal including twenty-five years vision plan
- 6.5 Role of international conferences in shaping population policies: Bucharest 1974, Mexico 1984, Cairo 1995 and Beijing 1995
- 6.6 Integration of population into development planning

**Unit VII: Population and resources****11**

- 7.1 Concepts and definitions (resource, overpopulation, under & optimum population, carrying capacity)
- 7.2 Population and natural resources
- 7.3 Population and resource management, examples from Nepal and abroad

- 7.4 The resource base and human well-being
- 7.5 Linkages of population, resource and development

**Unit VIII: Population and development** **13**

- 8.1 Basic concepts and definitions of terminology
- 8.2 Basic indicators of development (Per-capita income, GDP, GNI, HPI, HDI, GDI and GRB)
- 8.3 Development theories: theory of development and change; modernization versus technological diffusion
- 8.4 Demographics and development in the 21<sup>st</sup> century

**Unit IX: Gender and human development** **12**

**A. Gender and development**

- 9.1 Gender equity, equality and empowerment with respect to male, female and transgender. Living and campaign for human rights and better life of LGBTI in Nepal
- 9.2 Role of stakeholders in bringing socially disadvantaged groups into mainstream of national development

**B. Human development**

- 9.3 Concepts and definitions
- 9.4 Human rights and human development
- 9.5 Gender and human development
- 9.6 Millennium development goals (MDGs) and sustainable development goals (SDGs)

**Project work**

**30**

**P1 Project Work: Classroom workshop/seminar/presentation**

*Distinguish between Population Studies and demography, and differentiate social, applied, political, tourism and business demography*

*Distinguish among classical and modern population theories.*

*Present the comparison of gist of all theories and their applicability in the context of Nepal as well as world.*

**P2 Project work/classroom seminar**

*Present comparable data related to size, growth and distribution of world population and Nepal. Demonstrate understanding on demographic windows/demographic dividends. Discuss the impacts of population momentum on future population growth.*

**P3 Project work/ classroom seminar**

*Demonstrate on real types of family, forms and types of marriage and fertility in the societies. Also, link between intermediate variable frameworks of Davis and Blake and proximate determinants mode of Bongaarts' fertility model.*

**P4 Project work/classroom seminar**

*Present real data of migration and urbanization at local, provincial and federal level of Nepal along with the time. Prove the patterns and trends of causes and consequences of migration and urbanization by available information in Nepal and other countries.*

**P5 Project work/classroom seminar**

*Identify the indicators of quality of life by group discussion and present the factors affecting the quality of life and quality of future generation. Depict differential situation of Quality of Life in urban and rural as well as developed and underdeveloped populations.*

**P6 Project work/classroom seminar**

*Classroom seminar on concepts and types of population policy, latest population policy and role of international conferences in shaping population policies*

**P7 Project work**

*Presentation about overpopulation, under population, optimum population and linkages of population and human well-being*

**P8 Project Work/classroom seminar**

*Discuss on basic indicators of development, identify the linkages of selected indicators with other development*

activities. Establish relationships of development theories with modernization versus technological diffusion models

### **P9 Project work**

Comparisons about gender equity and equality, discussion about human rights and human development and SDGs and its 17 Goals

### **Guidelines to the teachers for project works/classroom seminar**

Step 1: Identify the topics in detail for fieldwork.

Step 2: Make the groups consisting of 4-6 students in each. Include the students of gender, ethnicity and other attributes for crossbreeding of working style, ideas and opinions.

Step 3: Give them assignment to identify the problems, differences, findings.

### **Reading list (for all units)**

1. Bhattarai, K. D., Acharya, B., Poudyal, A & Paudel, R. (2019). *Demography for health and social sciences*. Kathmandu: Koselee Publications.
2. Bhende, A. & Kanitkar, T. (2011). *Principles of Population Studies*. Twenty-first Edition, Inc. Bombay: Himalaya Publishing House Pvt. Ltd., Mumbai, India.
3. Bogue, D. J. (1969). *Principles of demography*. New York: John Wiley and Sons.
4. Devkota, B.M., Dhungel, H. & Nepali J. C. (2020). *Principles of Population and Development*. Kathmandu: Heritage Publishers and Distributors Pvt. Ltd.
5. Sharma, M.P. (2011). *Introduction to Population Studies*. Kathmandu: Heritage Publishers and Distributors Pvt. Ltd.
6. Subedi, Govind (2020). *Political Demography of Nepal: Pattern, Trend and Emerging Landscapes*. Kathmandu: Bhrikuti Publication

### **Unit I**

7. Crook, N. (1997). *Principles of population and development* (Part 1: Population and Subsistence: Theories and Evidences). Oxford University Press.
8. Hodgson. (1983). *Demography as social science and policy science*. Population and Development Review, 9, 1-34.

### **Unit II**

9. Blue, L. & Espenshade, T. J. (2012). *Population momentum across the demographic transition*, in Population and Development Review. 37(4), pp. 721–747.
10. Central Bureau of Statistics. (CBS). (2014). *Population monograph of Nepal* Vol. I, II & III, Kathmandu: CBS, Government of Nepal, Nepal.
11. United Nations Population Fund (UNFPA). (2018). *The state of the world population*. New York: United Nations Population Fund.

### **Unit III**

12. Bongaarts J. (1978). A framework for analyzing the proximate determinants of fertility, in *Population and Development Review* 4(1), pp.105-32.
13. Caldwell, J. C. (1982). *Theory of fertility decline*. London: Academic Press.

### **Unit IV**

14. Government of Nepal (GoN). (2015). *National urban development strategy, 2015*. Kathmandu: Government of Nepal.
15. Peterson, W. (1959). A general typology of migration, in *American Sociological Review*, 23(3), pp. 256-266.
16. United Nations. (2003). *World urbanization*. New York: United Nations.  
<https://population.un.org/wup/>

### **Unit V**

17. Sharma, M. P. (2072). *Population, environment and quality of life*. Kathmandu: M. K. Publication and Distributors, Bhotahiti, Nepal.

18. Sharma, M. P. (1988). *Population resources: Environment and quality of life*. New Delhi: Dhanpat Rai and Sons, India.
19. Sharma, M.P. (2011). *Population, Environment and Quality of Life*. Kathmandu: Heritage Publishers and Distributers Pvt. Ltd.

#### **Unit VI**

20. Bereleson, B. (1975). *The great debate on population policy: An Instructive Instrument*. New York: Population Council.
21. Paul, D. (1988). *Social science and population policy*, in *Population and Development Review*, 14(3), pp. 451-479.
22. Ministry of Population and Health, Nepal (2017/1 VS). *National population policies of Nepal*: [https://www.mohp.gov.np/downloads/Population\\_Policy.pdf](https://www.mohp.gov.np/downloads/Population_Policy.pdf)
23. National Planning Commission (NPC). *Fourteenth plan, from Fiscal Year 2073/74 to 2075/76*. Kathmandu: Government of Nepal, NPC, Singha Durbar, Nepal.
24. National Planning Commission (NPC). *Fifteenth plan from Fiscal Year 2076/77 to 2080/81*. Kathmandu: Government of Nepal, NPC, Singha Durbar, Nepal.
25. Sharma, M.P. (2011). *Population, Environment and Quality of Life*. Kathmandu: Heritage Publishers and Distributers Pvt. Ltd.

#### **Unit VII**

26. Davis, K. & Bernstam, M. S. (Eds). (1991). *Resources, environment and population: Present knowledge, future options: A supplement to population and development review*, Vol. 16, 1990.
27. Dasgupta, P. (2000). *Population and resources: An exploration of reproductive and environmental externalities*, in *Population and Development Review*, 26(4), pp. 643-689.
28. Yujiro, H. & Godo, Y. (2005). *Population growth and the constraint of natural resources*. In *Development economics: From the poverty to the wealth of nations (Third Edition)*. Oxford University Press.
29. Sharma, M.P. (2011). *Population, Environment and Quality of Life*. Kathmandu: Heritage Publishers and Distributers Pvt. Ltd.

#### **Unit VIII**

30. Crook, N. (1997). *Principles of population and development (Part 1: Population and subsistence: Theories and evidences)*. Oxford University Press.
31. United Nations Development Programme (UNDP). (2018). *Human development indices and indicators: 2018*, Statistical update. New York: UNDP, UN Plaza, USA.

#### **Unit IX**

32. United Nations Development Programme (UNDP). (2018). *Human development indices and indicators, 2018* statistical update. New York: UNDP, UN Plaza, USA.
33. National Planning Commission (NPC). (2015). *Sustainable development goals for Nepal 2016-30*. Kathmandu: Government of Nepal, National Report, NPC, Singha Durbar Nepal.
34. United Nations General Assembly (2015). *Transforming our world: The 2030 agenda for sustainable development*. Retrieved from [http://www.un.org/ga/search/view\\_doc.asp?symbol=A/RES/70/1&Lang=E](http://www.un.org/ga/search/view_doc.asp?symbol=A/RES/70/1&Lang=E)

#### **Unit X**

35. Adhikari, K. (nd). *Introduction to family health* (Slideshare ppt.). Retrieved from [https://www.cartercenter.org/resources/pdfs/health/ephti/library/lecture\\_notes/health\\_extension\\_trainees/LN\\_HEW\\_fm\\_y\\_hlth\\_final.pdf](https://www.cartercenter.org/resources/pdfs/health/ephti/library/lecture_notes/health_extension_trainees/LN_HEW_fm_y_hlth_final.pdf)

36. Dhital, S. R., & Dhital, M. K. (2013). *A textbook of basic public health*. Kathmandu: Bidhyarathi Pustak Bhandar.
37. The family life cycle (Slideshare.ppt). (nd). Retrieved from : [https://www.google.com/search?client=firefox-b-d&biw=1366&bih=654&ei=SLYDXbA-ic2-BKSdhJAB&q=Evelyn+Duvall+The+FAMILY+LIFE+CYCLE+8+Stages&oq=Evelyn+Duvall+The+FAMILY+LIFE+CYCLE+8+Stages&gs\\_l=psy-ab.12...14933.25215..30009...0.0..0.161.1977.0j14.....0...](https://www.google.com/search?client=firefox-b-d&biw=1366&bih=654&ei=SLYDXbA-ic2-BKSdhJAB&q=Evelyn+Duvall+The+FAMILY+LIFE+CYCLE+8+Stages&oq=Evelyn+Duvall+The+FAMILY+LIFE+CYCLE+8+Stages&gs_l=psy-ab.12...14933.25215..30009...0.0..0.161.1977.0j14.....0...)
38. Simon, J., Rosen, S., Claeson, M., Breman, A., & Tulloch, J. (2001). Family health cycle: from concept to implementation. Retrieved June 1, 2019, from [https://www.researchgate.net/publication/265927585\\_The\\_Family\\_Health\\_Cycle\\_From\\_Concept\\_to\\_Implementation](https://www.researchgate.net/publication/265927585_The_Family_Health_Cycle_From_Concept_to_Implementation).

<b>Faculty</b>	:	<b>Humanities and Social Sciences</b>
<b>Subject</b>	:	<b>Population Studies</b>
<b>Level</b>	:	<b>Bachelor</b>
<b>Course Code</b>	:	<b>Pop. 422</b>
<b>Title</b>	:	<b>Population and Health</b>
<b>Total duration</b>	:	<b>4 Years</b>
<b>Course duration</b>	:	<b>One Year</b>
<b>Offered year</b>	:	<b>First</b>
<b>Paper</b>	:	<b>II</b>
<b>Full Marks</b>	:	<b>100</b>
<b>Theory</b>	:	<b>70</b>
<b>Practical (Internal)</b>	:	<b>30</b>
<b>Total Teaching Hours</b>	:	<b>150</b>

## Objectives

This course aims to impart knowledge on the interrelationships between population and health issues. Specifically, the students successfully completing this course should be able to understand interrelationship between population and health issues and how one effects the other, role of family health, nutrition and family planning in maintaining good health, role of public health system and epidemiological tools in providing quality health services, relationship between, gender social inclusion and environmental issues in maintaining good health, and current health and population issues prevailing in Nepal and the government policies and programme to address these issues.

<b>Units</b>	<b>Topic and Content</b>	<b>Teaching hours</b>
<b>Unit I: Introduction to population and health</b>		<b>10</b>
1.1	Concept of health and disease: Major category of health (mental, physical and Social); health as commodity - public or private commodity?	
1.2	Social theory of health	
1.3	Population and health	
1.4	Relationship between fertility and health	
1.5	Relationship between mortality and health	
1.6	Relationship between migration and health	
<b>Unit II: Family health</b>		<b>8</b>
2.1	The concept of family health	
2.2	Family life cycle and health;	
2.3	Importance of family members' health in the wellbeing of the family; health issues by age and sex with special focus on children, adolescents, women and elderly people in developing countries	
2.4	The concept of good health and family well being	

<b>Unit III: Nutrition and health</b>	<b>10</b>
3.1 Nutrition requirement of infant and children, adolescents, pregnant and breastfeeding women, adults and elderly	
3.2 Dietary diversity and health	
3.3 Concept and importance of Body Mass Index (BMI)	
3.4 Effects of under-nutrition and mal-nutrition on health	
3.5 Causes and effects of obesity on health	
3.6 Nutrition related problems in Nepal	
<b>Unit IV: Family planning and health</b>	<b>10</b>
4.1 Concept and origin; globalization of family planning	
4.2 Family planning means: Types and methods (traditional/modern & temporary/permanent)	
4.3 Family planning and health	
4.4 Family planning and infant and child health	
4.5 Role of men in family planning	
<b>Unit V: Introduction to public Health</b>	<b>10</b>
5.1 Concept, definition, and scope of public health	
5.2 Historical perspectives on public health	
5.3 Primary health care system: concept and roles - preventive, promotional, curative and rehabilitative	
5.4 Public health systems in developed and developing countries	
5.5 Public health system in Nepal with health system management	
<b>Unit V: Health, morbidity and mortality</b>	<b>6</b>
5.1 Factors affecting health, morbidity and mortality	
5.2 Levels and trends of mortality in developed and developing countries	
5.3 Mortality differentials by socio-economic and demographic variables	
<b>Unit VI: Introduction to epidemiology</b>	<b>10</b>
6.1 Concept, definition, philosophy and scope of epidemiology	
6.2 Terminologies frequently used in epidemiology: infection, communicable disease, pollution, contamination, infestation, epidemic, endemic, sporadic and pandemic	
6.3 Basic measures of epidemiology and their uses: rates, ratios, proportion, and population at risk, prevalence and incidence (rate)	
6.4 Epidemiological transitions: experience of developed and developing countries	
6.5 Types of epidemiological studies: descriptive and observational	
6.6 Analytical studies: ecological, cross-sectional and case control	
<b>Unit VII: Gender, social inclusion and health</b>	<b>16</b>
<b>A. Gender and social inclusion</b>	
7.1 Concept and definition of sex and gender	
7.2 Gender-based violence and health, some empirical accounts	
7.3 Gender-based violence in Nepal	
7.4 Inclusion/exclusion of population sub-groups and health	
<b>B. Health aspects of population with disability</b>	
7.5 Definition and types of disability	
7.6 Health issues of disable population	
7.7 Disability by demographic (age, sex), social (ethnicity, education, health), and economic (employment, income, property entitlement) variables	
7.8 Role of the stakeholders in mainstreaming people with disability in obtaining qualitative health services	

- 7.9. Policies and programmes for people with disability with a focus on education, employment and rehabilitation in order to ensure better health.
- 7.10. Coping strategies of people with disability, health and beyond health approaches

**Unit VIII: Population and environmental health** **11**

- 8.1 Concept and components of environment: atmosphere, hydrosphere, Lithosphere and biosphere
- 8.2 Air, water and soil quality and health
- 8.3 Level and trend of pollution in Nepal
- 8.4 Concept of total sanitation; equity and access to total sanitation
- 8.5 Effects of disaster and climate change on health
- 8.6 Disaster management in Nepal

**Unit IX: Factors affecting health status of population in Nepal** **11**

- 9.1 Major health problems prevalent in Nepal (infant, child, adolescent, men/women, elderly people)
- 9.2 Cultural, social and economic factors affecting health
- 9.3 Topography and environmental factors affecting health
- 9.4 Hygiene and sanitation behavioral factors affecting health
- 9.5 Health service related factors affecting utilization of health services: equity and access, cost, quality

**Unit X: Population and health policy and programs in Nepal** **18**

- 10.1 Development of population and health policies
- 10.2 Constitutional provisions/legal provisions on population and health
- 10.3 Development of Public Health delivery system
- 10.4 Role of private and NGO sectors in service delivery
- 10.5 Health economics/health financing;
- 10.6 Public- private partnership in health service delivery
- 10.7 Major population and health programs

**Project Work** **30**

**P1 Project work/classroom seminar**

*Identify the relationships between and among demographic variables and health. Prepare the framework for link of the variables.*

**P2 Project work/ classroom seminar**

*Differentiate between and among health. Prepare the framework for link of the variables.*

**P3 Project work/classroom seminar**

*Identify the nutritional deficiencies among populations by socioeconomic, ethnic and locational differences. Discuss on the differential nutritional status and recommend some shift in food habits for a given community*

**P4 Project work/ classroom seminar**

*Discuss on the differential needs for children and methods adopted to avert birth among different group of people. Identify the reasons separately for them. Conduct debate on how they cope with family planning, and suggest policies for the local governance or municipalities.*

**P5 Project work/ classroom seminar**

*Public health management is now devolved to local municipalities. Study the framework of service providing and service obtaining mechanism in Nepal.*

**P6 Project work/ classroom seminar**

*Discuss on the historical shifting of morbidity and mortality conditions as well as causes of deaths. Study the framework of diseases with respect to the municipality of the location of Campus/College and suggest for the best remedies.*

**P7 Project work/classroom seminar**

Present the major findings of field visit of institutions like units of National Federation of Disability Nepal and Nepal Association of Blinds in different provinces and districts as well as municipalities and different stakeholders (GOs, NGOs, CSOs etc.) at local, provincial and federal levels.

**P8 Project work/ classroom seminar**

Prepare types of environmental hazards and their effects on health. Present the findings of field study of local disaster management committee and suggest ways of coping conditions of disaster in urban, rural, mountain and hill and Tarai areas.

**P9 Project work/classroom Seminar**

Present the major findings personal observations of nearby settlements regarding prevalence of morbidity conditions and make a pseudo decisions to respond to their health needs.

**P10 Project work/classroom seminar**

Do a pseudo exercise for preparing health policies in federal, provincial and local levels based on the observations of nearby settlements and data produced by primary and secondary sources. Prepare a separate paper individually and submit to the department for evaluation.

**Reading list (for all units)**

Devkota, B.M., Dhungel, H. & Nepali J. C. (2020). *Population and Health*. Kathmandu: Heritage Publishers and Distributors Pvt. Ltd.

**Unit I**

1. Behavioral and social sciences research. (nd.). Social and behavioral theories. Retrieved from <http://www.esourceresearch.org/eSourceBook/SocialandBehavioralTheories/4ImportantTheoriesandTheirKeyConstructs/tabid/730/Default.aspx>
2. Karki, R., Paudal, R., Shah, S. K., Jha, W., & Basel, P. (2014). A textbook of epidemiology. Kathmandu: Makalu publication house.
3. Stanford Encyclopedia of Philosophy. (2015, January 22). Concept of disease and health (First published Sep. 22, 2008). Retrieved May 30, 2019, from <https://plato.stanford.edu/entries/health-disease/>
4. Svalastog, A. L., Doney, D., Kristoffersen, N. J., & Srećko, G. (2017). Concept and definitions of health and health-related values in the knowledge landscapes of the digital society. (C. M. Journal, Producer) Retrieved from [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5778676/pdf/CroatMedJ\\_58\\_0431.pdf](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5778676/pdf/CroatMedJ_58_0431.pdf)

**Unit II**

5. Adhikari, K. (nd). Introduction to family health (Slide share ppt.). Retrieved from [https://www.cartercenter.org/resources/pdfs/health/ephti/library/lecture\\_notes/health\\_extension\\_trainees/LN\\_HEW\\_fm\\_y\\_hlth\\_final.pdf](https://www.cartercenter.org/resources/pdfs/health/ephti/library/lecture_notes/health_extension_trainees/LN_HEW_fm_y_hlth_final.pdf)
6. Dhital, S. R., & Dhital, M. K. (2013). A textbook of basic public health. Kathmandu: Bidhyarathi Pustak Bhandar.
7. The family life cycle (Slideshare.ppt). (nd). Retrieved from : [https://www.google.com/search?client=firefox-b-d&biw=1366&bih=654&ei=SLYDXbA-ic2-BKSdhJAB&q=Evelyn+Duvall+The+FAMILY+LIFE+CYCLE+8+Stages&oq=Evelyn+Duvall+The+FAMILY+LIFE+CYCLE+8+Stages&gs\\_l=psy-ab.12...14933.25215..30009...0.0..0.161.1977.0j14.....0...](https://www.google.com/search?client=firefox-b-d&biw=1366&bih=654&ei=SLYDXbA-ic2-BKSdhJAB&q=Evelyn+Duvall+The+FAMILY+LIFE+CYCLE+8+Stages&oq=Evelyn+Duvall+The+FAMILY+LIFE+CYCLE+8+Stages&gs_l=psy-ab.12...14933.25215..30009...0.0..0.161.1977.0j14.....0...)
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**Unit III**

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#### **Unit IV**

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#### **Unit V**

18. C.Vaishnavi. (2105). Public health. Retrieved on May 30, 2019, from [https://www.slideshare.net/vyshsedhu/principles-of-primary-health-care?qid=09d1db13-f9ff-4379-8531-73e64788e039&v=&b=&from\\_search=30](https://www.slideshare.net/vyshsedhu/principles-of-primary-health-care?qid=09d1db13-f9ff-4379-8531-73e64788e039&v=&b=&from_search=30)
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#### Unit VII

27. Gender, Sex and Health (Slideshare pp. presentation). (n.d.). Retrieved from  
[https://www.slideshare.net/SUMMAHaswin/gendersex-and-health-summah?qid=14557410-5c69-41d0-b48f-f96b7c521254&v=&b=&from\\_search=52](https://www.slideshare.net/SUMMAHaswin/gendersex-and-health-summah?qid=14557410-5c69-41d0-b48f-f96b7c521254&v=&b=&from_search=52).
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37. Colin Barnes, Mike Oliver and Len Barton (2002), Disability Studies Today.
38. Paul T. Jaeger, Cynthia Ann Bowman (undated). Understanding disability, inclusion access diversity and civil rights.
39. Ralph Kober (editor), (undated) Enhancing the quality of life of persons with disabilities, from theory to practice, Social indicators research series 41
40. Michael Oliver, (1996) Understanding disability: From theory to practice, in the Journal of Sociology and Social Welfare, Volume 23,
41. Colin Barnes and Geof Mercer, (2005) Understanding impairment and disability: towards an international perspective.

#### Unit VIII

42. Dhital, S. R., & Dhital, M. K. (2013). A textbook of basic public health. Kathmandu: Bidhyarathi Pustak Bhandar.
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#### **Unit IX**

51. Nepal government publications:
52. Annual health statistics reports (DoHS)
53. Maternal Mortality and morbidity studies (1998, 2008)
54. Nepal demographic and health surveys (past to 2016)
55. Nepal health sector strategy program (NHSSP), Phase I, II and III
56. Gender and social inclusion (GESI) policy of Nepal

#### **Unit X**

57. Haycox, A. (2009). What is health economics? Retrieved from: [http://www.bandolier.org.uk/painres/download/whatis/What\\_is\\_health\\_econ.pdf](http://www.bandolier.org.uk/painres/download/whatis/What_is_health_econ.pdf)
58. Uprety, S. & Lamichhane, B. (2016). Health budgeting and financing in Nepal: Policy perspective. Retrieved from <https://www.herd.org.np/uploads/frontend/Publications/PublicationsAttachments1/1480582316-Health%20Budgeting%20and%20Financing%20in%20Nepal%20-%20Policy%20Perspectives.pdf>
59. Nepal government publications:
60. The Constitution of Nepal
61. Long and short term population and health policies of Nepal
62. Population and health policies incorporated in various development plans
63. Annual health statistics reports

<b>Faculty</b>	:	<b>Humanities and Social Sciences</b>
<b>Subject</b>	:	<b>Population Studies</b>
<b>Level</b>	:	<b>Bachelor</b>
<b>Course Code</b>	:	<b>Pop. 423</b>
<b>Title</b>	:	<b>Basic Demographic Analysis</b>
<b>Total duration</b>	:	<b>4 Years</b>
<b>Course duration</b>	:	<b>One Year</b>
<b>Offered year</b>	:	<b>Second</b>
<b>Paper</b>	:	<b>III</b>
<b>Full Marks</b>	:	<b>100</b>
<b>Theory</b>	:	<b>70</b>
<b>Practical (Internal)</b>	:	<b>30</b>
<b>Total Teaching Hours</b>	:	<b>150</b>

### Objectives

The objectives of Basic Demographic Analysis are to make student familiar with basic methods and materials of demography and to develop skills that can be used in the demographic analysis. Class lectures will deal with application, data requirement, assumptions, limitations, and interpretation of the results of each method. The course begins with basic methods of demographic techniques.

<b>Units</b>	<b>Topic and Content</b>	<b>Teaching hours</b>
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<b>Unit I: Sources and evaluation of demographic data</b>	<b>16</b>
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#### A Sources of demographic data

- 1.1 Concept and type of demographic data
- 1.2 Census (concept, methods, merits/ demerits/uses)
- 1.3 Sample survey (concept, methods, merits/ demerits/uses)
- 1.4 Vital registration systems (concept, methods, merits/ demerits/uses)
- 1.5 Concept of service statistics, administrative record and civil registration system

#### B Types of errors in demographic data

- 1.6 Coverage (over enumeration & under enumeration)
- 1.7 Content errors (age miss-reporting error & recall lapse error)

#### C Methods of detecting errors

- 1.8 Age- sex ratios and cross check
- 1.9 Whipple index and UN age- sex accuracy index
- 1.10 Importance of data for Population Studies

<b>Unit II: Age and sex composition</b>	<b>16</b>
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#### A. Evaluation of age data: single year and five year age distribution

#### B. Age composition

- 2.1 Concept and measures (demographic dividend, dependency ratios: child dependency ratio, old dependency ratio, working age population ratio: aging index)

#### C. Sex composition

- 2.2 Concept and measures sex ratio: (sex ratio at birth, sex ratio at death, sex ratio at migrants)

#### D. Age and sex pyramid

- 2.3 Construction of population pyramid
- 2.4 Discussion on population pyramid from developed and developing countries
- 2.5 Importance of age sex structure and composition in Population Studies

<b>Unit III: Basic concepts</b>	<b>16</b>
<b>A. Estimation of population growth rate</b>	
3.1 Natural increase and balancing equation	
3.2 Arithmetic growth	
3.3 Geometric growth	
3.4 Exponential growth	
3.5 Doubling time	
<b>B. Estimation of population growth rate</b>	
3.6 Basic concept of projection	
3.7 Population estimation	
3.8 Population projection	
3.9 Population forecast	
3.10 Application of demographic estimation and Population Studies	
<b>Unit IV: Measures of nuptiality</b>	<b>8</b>
4.1 Concept and types of marital status	
4.2 Measurements of marital status (crude and general marriage rates)	
4.3 Mean age at marriages	
4.4 Median age at marriages	
4.5 Importance of nuptiality for development	
<b>Unit V: Fertility measures</b>	<b>8</b>
5.1 Concepts and measurement	
5.2 Cohort and period fertility	
5.3 Measurement of fertility rates	
- Crude birth rates (CBR)	
- General fertility rates (GFR)	
- Age specific fertility rate (ASFR)	
- Age specific marital fertility rate (ASMR)	
- Total fertility rate (TFR)	
- Total marital fertility rate(TMFR)	
- Gross reproduction rate (GRR)	
- Net reproduction rate (NRR)	
- Child women ratio (CWR)	
5.4 Importance of fertility measures in Population Studies	
<b>Unit VI: Mortality measures and morbidity</b>	<b>8</b>
6.1 Concepts and causes of morbidity	
6.2 Incidence and prevalence rate	
6.3 Measurement of mortality rates	
- Crude death rates (CDR)	
- Age specific death rates (ASDR)	
- Infant mortality Rate (IMR)	
- Child mortality (CMR)	
- Under-five mortality Rate (U5CMR)	
- Maternal mortality rate/ratio	
- Pregnancy wastage(foetal and perinatal rates/ratios)	
6.4 Importance of mortality measures in Population Studies	
<b>Unit VII: Life tables</b>	<b>8</b>
7.1 Basic concept of life tables	
7.2 Anatomy of life table	
7.3 Types of life tables (complete life tables and abridge life table)	

7.4 Uses of life table

**Unit VIII: Measures of migration and urbanization**

**8**

**A Migration**

- 8.1 Basic concepts and terminologies
- 8.2 Migration rates (gross/ net migration rate for national/international)
- 8.3 Importance of migration for development

**B. Urbanization**

- 8.4 Basic concepts
- 8.5 Level and tempo of urbanization
- 8.6 Importance of urbanization for development

**Unit IX: Measures of health statistics**

**8**

- 9.1 Concept of health statistics
- 9.2 Measurement of health statistics rates
  - Doctor population ratio
  - Doctor hospital ratio
  - Doctor nurse ratio
  - Doctor patient ratio
  - Male- female patient ratio
  - Doctors administrative ratio
  - Doctors hospital bed ratio
  - Patients hospital bed ratio
- 9.3 Importance of health indicator for social development

**Unit X: Measures of business and political demography**

**24**

**A. Measurements business demography**

- 10.1 Concepts, types of business enterprises in Nepal, registration and current statistics of business enterprises in Nepal
- 10.2 Measurements business demography rates
  - Company population ratio, public Ltd. ratio, private Ltd. ratio, partnership firm population ratio
  - Urban and rural company ratio
  - Production and distribution company ratio
- 10.3 Importance of business for social development

**B. Measurements political demography rates**

- 10.4 Concept of delineation , electoral constitution making process , representation of local, provincial and federal governments
- 10.5 Measurements political demography rates
  - Electoral representatives of women/ Dalit/ indigenous group in constitution of local, provincial and federal governments
- 10.6 Importance of political demography for social development

**Project work**

**30**

**P1 Project work/classroom seminar**

*Field study of agencies collecting demographic data as, rural municipalities, municipalities, offices related to population, public health, NGOs working in local or provincial or national level.*

**P2 Project work/classroom seminar**

*Exercise on real data of rural municipalities, municipalities, and provincial or national level.*

**P3 Project work/classroom seminar**

*Exercise on real data of rural municipality, municipality and provincial or national level.*

**P4 Project work/classroom seminar**

*Exercise on the basis of real nuptiality data that could be derived from census, survey or service*

*statistics documents of national, province, rural municipality and municipality level.*

**P5 Project work/classroom seminar**

*Exercise on the basis of real fertility data that could be derived from census, survey or service statistics documents of national, province, rural municipality, municipality level.*

**P6 Project work/classroom seminar**

*Exercise on the basis of real mortality data that could be derived from census, survey or service statistics documents of national, province, rural municipality, municipality level.*

**P7 Project work/classroom seminar**

*Exercise on the basis of real data that could be derived from census, survey of national and province level for life table construction.*

**P8 Project work/classroom seminar**

*Exercise on the basis of real migration and urbanization data that could be derived from census, survey or service statistics documents of national, province, rural municipality, and municipality level.*

**P9 Project work/classroom seminar**

*Exercise on the basis of real health statistics data derived from hospital in national, province, rural municipality, and municipality level.*

**P10 Project work/classroom seminar**

*Exercise on the basis of real business and political demographic data that could be derived from national, province, rural municipality, and municipality level.*

**Reading list**

1. C.Vaishnavi.(2105).Public health. Retrieved May 30, 2019, from [https://www.slideshare.net/vyshsedhu/principles-of-primary-health-are?qid=09d1db13-f9ff-4379-8531-73e64788e039&v=&b=&from\\_search=30](https://www.slideshare.net/vyshsedhu/principles-of-primary-health-are?qid=09d1db13-f9ff-4379-8531-73e64788e039&v=&b=&from_search=30)
2. Devkota Bijaya Mani (2019). Basic demographic analysis. Kathmandu: Heritage Publishers and Distributors Pvt. Ltd.
3. Dhital, S. R., & Dhital, M. K. (2013). A textbook of basic public health. Kathmandu: Bidhyarathi Pustak Bhandar.
4. Mishra, B. D. (1995). An Introduction to the study of population. Bombay: South Asian Publishers. ed II.
5. Mitchell, S. (1995). Birds of a feather. American Demographics. 17 (2): 40-48
6. Sharma, M.P. (2011). *Population Analysis*. Kathmandu: Global Education Pvt. Ltd.
7. Morrison, Peter A. and Allan F. Abrahamse (1996). Applying demographic analysis to store site selection. Population Research and Policy Review. 15: 479-489.
8. Newell, C. (1994). Methods and models in demography. Chichester: John Wiley and Sons.
9. Population Reference Bureau (2005). Population handbook. Washington DC: Population Reference Bureau.
10. Russell, Cheryl. (1984). The business of demographics. Population Bulletin 39 (3). Washington DC: Population Reference Bureau.
11. Shryock, H. S., Siegel, J. S., & Associates. (1976). The methods and materials of demography. San Diego, California: Academic Press, Inc.
12. Siegel, Jacob S. 2001. Applied demography: applications to business, government, law and public policy. San Diego: Academic Press.
13. Singh, M.L. (2014). Understanding research methodology (Upgraded and Revised) Kathmandu: National Book Centre Bhotahity.
14. Subedi, Govind (2020). Political Demography of Nepal: Pattern, Trend and Emerging Landscapes. Kathmandu: Bhrikuti Publication
15. Weeks, J. R. (1994). Population: An introduction to concepts and issues. California: International Thomson Publishing.
16. World Bank. (2014). World development indicators online. Washington, DC: World Bank, URL: [http://data.worldbank.org/indicator/ SP.DYN.TFRT.IN](http://data.worldbank.org/indicator/SP.DYN.TFRT.IN). Cited on 30.11.2014.
17. MoH latest public report HIMS
18. Annual Health Statistics Reports (DoHS)

<b>Faculty</b>	<b>: Humanities and Social Sciences</b>
<b>Subject</b>	<b>: Population Studies</b>
<b>Level</b>	<b>: Bachelor</b>
<b>Course Code</b>	<b>: Pop. 424</b>
<b>Title</b>	<b>: Basic Mathematics and Statistics for Population Studies</b>
<b>Total duration</b>	<b>: 4 Years</b>
<b>Course duration</b>	<b>: One Year</b>
<b>Offered year</b>	<b>: Second</b>
<b>Paper</b>	<b>: IV</b>
<b>Full Marks</b>	<b>: 100</b>
<b>Theory</b>	<b>: 70</b>
<b>Practical (Internal)</b>	<b>: 30</b>
<b>Total Teaching Hours</b>	<b>: 150</b>

## Objectives

The general objective of this course is to make students familiar with a set of mathematical and statistical methods in Population Studies. It provides the basic mathematical and statistical knowledge as well as application. The course includes learning objectives to familiarize the students by reviewing the basic mathematical and descriptive statistics for the application of Population Studies, to enable students to gain appropriate knowledge of correlation and regression analysis, to provide theoretical knowledge of the students about probability theories, and to provide the knowledge and application to set statistical hypothesis.

<b>Units</b>	<b>Topic and Content</b>	<b>Teaching hours</b>
<b>Unit I: Set theory</b>		<b>8</b>
1.1	Concept of set (universal set, null set and Venn diagram)	
1.2	Set operation (union, intersection, difference and complementation)	
1.3	Cardinality of set	
1.4	Application of sets in Population Studies	
<b>Unit II: Function, Elementary Algebra Logarithms and analytical Geometry</b>		<b>16</b>
<b>A. Function</b>		
2.1	Definition (with illustration) of function	
2.2	Defined function, its domain and range(one- to- one function, one- to- many function, many- to- one function and many- to- many function)	
2.3	Application of function in Population Studies	
<b>B. Elementary algebra</b>		
2.4	Concept of constant, variable, algebraic expression and series: AP & GP	
2.5	Concept of rate, ratio, proportion and percentage change	
2.6	Properties of logarithms and indices	
2.7	Application of algebraic expression, rate, ratio, proportion and logarithmic in Population Studies	
<b>C. Analytical geometry</b>		
2.8	Concept and equation	
2.9	Equation of straight lines (parallel to axes, slope intercept form and two-point slope form)	
2.10	Application of analytical geometry in Population Studies	

<b>Unit III: Concept of matrices and determinants</b>	<b>16</b>
<b>A. Matrices</b>	
3.1 Concept of matrix and vector	
3.2 Types of matrix, matrix operation: addition, subtraction, scalar multiplication and matrix multiplication, properties of matrices	
3.3 Calculation of inverse matrix method (up to three unknowns) <sup>3</sup>	
3.4 Application of matrix algebra in Population Studies	
<b>B. Determinants</b>	
3.5 Concept and properties of determinants	
3.6 Calculation of determinant method (up to three unknowns)	
3.7 Methods of solving linear equations	
3.8 Application of determinants algebra in Population Studies	
<b>Unit IV: Descriptive statistics</b>	<b>16</b>
<b>A. Measurements</b>	
4.1 Types of data and measurements	
4.2 Individual series discrete and continuous data	
4.3 Classification of data, frequency distribution, graphical representation in Population Studies	
<b>B. Measures of central tendency</b>	
4.4 Mean, median, mode decennials, quartiles and percentiles	
4.5 Merits and demerits of different measurements of central tendency	
<b>C. Measures of dispersion</b>	
4.6 Range, quartile deviation, mean deviation standard deviation, variance and coefficient of variation	
4.7 Merits and demerits of different measures of dispersion	
4.8 Application of descriptive statistics in Population Studies	
<b>Unit V: Summarization of bi-variate data</b>	<b>8</b>
5.1 Categorical variables and independence in contingency tables	
5.2 Correlation coefficient (Karl Pearson and Spearman)	
5.3 Simple regression equations	
5.4 Application of bi-variate data in Population Studies	
<b>Unit VI: Index number</b>	<b>8</b>
6.1 Concept of index number	
6.2 Types of index number	
6.3 Application of index number in Population Studies	
<b>Unit VII: Probability</b>	<b>8</b>
7.1 Concept of probability (random experiment, trial, event, favorable cases, likely cases, exhaustive cases and unlikely cases)	
7.2 Permutation and combination	
7.3 Addition, multiplication theorem	
7.4 Application of probability in Population Studies	
<b>Unit VIII: Population and sampling</b>	<b>12</b>
8.1 Concept of population, population parameter, sample statistics	
8.2 Concept, types of sampling (probability and non-probability sampling)	
8.3 Determining sample size	

#### 8.4 Application of sampling in Population Studies

### **Unit IX: Estimations** **12**

- 9.1 Concepts of estimation and estimators
- 9.2 Properties of good estimator
- 9.3 Concept of point and interval estimation
- 9.4 Application of estimations in Population Studies

### **Unit X: Hypothesis testing** **16**

- 10.1 Concepts of parametric and non-parametric test
- 10.2 Test of mean (t, z test for single and double mean)
- 10.3 F test (two variance test)
- 10.4 Chi square test
- 10.5 Application of hypothesis testing in Population Studies

#### ***Project work***

**30**

#### **P1 Project work: classroom workshop/seminar/presentation**

*Practical focused on selection of appropriate method for set according to demography variables.*

#### **P2 Project work/classroom seminar**

*Practical focused on selection of appropriate method for function, elementary geometry and analytical geometry in demographic variables.*

#### **P3 Project work/ classroom seminar**

*Practical focused on selection of appropriate method for matrix and determinants in demographic variables.*

#### **P4 Project work/classroom seminar**

*Practical on similarities and differences measurements of descriptive statistics and their applicability to real situations*

#### **P5 Project work/classroom seminar**

*Practical on applicability and selection of test in real situations; interpretation of coefficients, adjusted values and confidence interval*

#### **P6 Project work/classroom seminar**

*Practical focused on selection of appropriate method for index number in demographic data.*

#### **P7 Project work**

*Practical on similarities and differences among theories and their applicability to real situations.*

#### **P8 Project work/classroom Seminar**

*Field survey for determining the sample in real situations followed by the submission and classroom presentations by students in given problems*

#### **P9 Project work**

*Practical focused on selection of appropriate method for analysis according to differential nature of estimations.*

#### **P10 Project work**

*Practical focused on selection of appropriate method for analysis according to differential nature of hypothesis testing*

#### **Reading list**

1. Bajracharya, B.C. (2005). Basic mathematics. Kathmandu: MK. Publishers & Distributors.
2. Chase, W. & Fred B. (1986). General statistics. New York: John Wiley and Sons.
3. David, M. L., Timothy, C.K., Mark, L.B., & Viswanathan, P.K. (2010). Business statistics: A first course, Fifth Edition. USA: Pearson Education, Inc. Publishing as Prentice Hall.
4. Devkota Bijaya Mani (2019). Basic mathematics and statistics for Population Studies. Kathmandu: Heritage Publishers and Distributers Pvt. Ltd.
5. Glyn, B., George C.& Stuart W. (1999). Quantitative methods for business and economics. USA, New York: Wesley Longman Inc.

6. Grewal, S.S. (2009). Quantitative techniques. New Delhi-110002: Maxford Books.
7. Gupta, S.C. (2011). Fundamentals of statistics. Delhi: Himalaya Publishing House.
8. Jain, S. K. (1982). Basic mathematics for demographers. Canberra: The Australian National University.
9. Nachmais, C. F. and D. Nachmais (1996). Research methods in the social sciences. New York: St. Martin Press.
10. Subedi, P. K. and L. S., Kunwar (2008). Quantitative techniques in Population Studies (for MA Level). Kathmandu: Ratna Pustak Bhandar.

<b>Faculty</b>	:	<b>Humanities and Social Sciences</b>
<b>Subject</b>	:	<b>Population Studies</b>
<b>Level</b>	:	<b>Bachelor</b>
<b>Course Code</b>	:	<b>Pops 425-1</b>
<b>Title</b>	:	<b>Population, Resources and Governance</b>
<b>Total duration</b>	:	<b>4 Years</b>
<b>Course duration</b>	:	<b>One Year</b>
<b>Offered year</b>	:	<b>Third</b>
<b>Paper</b>	:	<b>V</b>
<b>Full Marks</b>	:	<b>100</b>
<b>Theory</b>	:	<b>70</b>
<b>Practical (Internal)</b>	:	<b>30</b>
<b>Total Teaching Hours</b>	:	<b>150</b>

### Objective

The general objective of this course is to familiarize students with major trends and issues in global population dynamics linked to resources, environment and governance. This course attempts to clarify the importance of population issues in relation to sustainable development, that is, significance of the 'new understanding' of the dynamic population-environment-development interrelationship and capacitate students to identify challenges and opportunities in linking population with resources and environmental governance.

<b>Units</b>	<b>Topic and Content</b>	<b>Teaching hours</b>
<b>Unit I:</b>	<b>Introduction to population, resources and governance</b>	<b>15</b>
1.1	Meaning and types of population, resources and governance	
1.3	Mainstreaming population and resources	
1.4	Three tiers of governance system in Nepal	
1.5	Population planning, resource mapping and governance	
<b>Unit II:</b>	<b>Theories related to population, resources and governance</b>	<b>15</b>
2.1	Population theory, economic growth, and physiology	
2.2	Determinants of population and resources (natural, agricultural, indigenous, industrial resources)	
2.3	Basic theory of human capital	
2.4	Modeling development theories	
2.5	Theories of leadership	
<b>Unit III:</b>	<b>Measurement of population and resources</b>	<b>15</b>
3.1	Linking demographic processes (fertility, mortality and migration) with resources	
3.2	Public and private sector planning	
3.3	Demographic analysis in planning process	
3.4	Population growth rate and resource mobilisation	
3.5	Sustainable consumption and production patterns	
<b>Unit IV:</b>	<b>Population and environment</b>	<b>15</b>
4.1	Concept and types of environment	
4.2	Population growth and resource scarcity (soil, water, air, forest, energy)	
4.3	Impact of population growth on sustainable development	
4.4	Affordable, reliable, sustainable and modern energy	
4.5	Resilient and sustainable human settlements	
4.6	Main drivers and challenges of environmental degradation	

**Drivers:** population growth, economic growth, consumption, biodiversity

**Challenges:** Environmental protection, local governance, state governance, global governance

**Unit V: Population and development debate 15**

- 5.1 From problematic objects to resourceful subjects
- 5.2 Demographic transitions and domestic saving
- 5.3 Population and poverty: New views on an old controversy
- 5.4 Major population debates (Bucharest, Mexico and ICPD, World Social Summit)
- 5.5 Equity and equality debates (Beijing conference and MDGs, SDGs)

**Unit VI: Population and governance 15**

- 6.1 Concept of good governance
- 6.2 Components of good governance
- 6.3 Good governance and development: correlations and disaggregation
- 6.4 Governance principles, institutional capacities and quality

**Unit VII: Population and local planning in Nepal 15**

- 7.1 Concept of local government planning
- 7.2 Processes/Steps of local government planning
- 7.3 Evidence-based planning in local governance
- 7.4 Composition, power and functions of local governance
- 7.5 Opportunities and challenges of local governance in planning

**Unit VIII: Population and leadership development 15**

- 8.1 Concept of population and leadership development (Meaning, principles, types and significance)
- 8.2 Leadership and good governance (Role and functions)
- 8.3 Leadership and development (economic development, social justice and civic functions)
- 8.4 Qualities of good leadership (Value, ethics and principles)
- 8.5 Women population and leadership in Nepal: Opportunities and challenges

**Project work 30**

**Guideline for project work:** *Descriptive research paper based on field visit by making simple questionnaire at local government office to be assigned by subject teacher and approved by the Municipality official.*

**Reading list**

**Unit I**

1. Government of Nepal (2015). Constitution of Nepal. Available in Nepal Law Commission's website. <http://www.lawcommission.gov.np/np/archives/category/documents/prevaling-law/constitution/constitution-of-nepal>.
2. Livi-Bacci, Massimo (2012). A Concise History of World Population. Fifth edition. Oxford: Wiley-Blackwell. <https://leseprobe.buch.de/images-adb/eb/01/eb014c82-baad-4e7a-86d0-377dc48fbe2f.pdf>.
3. Resource Panel (2019). Global resources outlook 2019. Available from <https://www.resourcepanel.org/reports/global-resources-outlook>.
4. Sharma, M.P. (2011). *Population, Environment and Quality of Life*. Kathmandu: Heritage Publishers and Distributors Pvt. Ltd.
5. United Nations (2015). Sustainable Development Goals (SDGs). Available from <https://www.un.org/sustainabledevelopment/sustainable-development-goals/>.
6. United Nations (2017). World population prospects: Key findings and advance tables. Available from [https://esa.un.org/unpd/wpp/Publications/Files/WPP2017\\_KeyFindings.pdf](https://esa.un.org/unpd/wpp/Publications/Files/WPP2017_KeyFindings.pdf).

## Unit II

7. Boserup, E. (2013). Development theory: An analytical framework and selected application. Population Council. Available from [https://www.jstor.org/stable/2137718?seq=1#page\\_scan\\_tab\\_contents](https://www.jstor.org/stable/2137718?seq=1#page_scan_tab_contents).
8. Fogel, R. W. (1994). Economic growth. Population theory and physiology. Available from <https://www.nber.org/papers/w4638>.
9. Hodgson, D... 1983. Demography as social science and policy science. Population and Development Review 9(1): 1-31. Available from <https://pdfs.semanticscholar.org/2a17/f9d1838dde756cdb923debf995a360aae701.pdf>.
10. London School of Economics (n.d.). The basic theory of human capital. Available from [econ.lse.ac.uk/staff/spischke/ec533/AcemogluAutor chapter 1.pdf](http://econ.lse.ac.uk/staff/spischke/ec533/AcemogluAutor%20chapter%201.pdf) · PDF file
11. Population Council (1999). Alfred Marshall on the growth of population. Population and Development Review. Vol. 25, No. 4, pp.779-787.
12. Population Council (2013). Adam Smith on population growth and economic development. Population and Development Review, Vol. 2, No. 2 (Jun., 1976), pp. 167-180. Available from <http://www.jstor.org/stable/1972014>.
13. Population Council (2013). Ricardo on population. Population and Development Review, Vol. 14, No. 2 (Jun., 1988), pp. 339-346. <http://www.jstor.org/stable/1973577>.
14. Sharma, M.P. (2011). *Population, Environment and Quality of Life*. Kathmandu: Heritage Publishers and Distributers Pvt. Ltd.

## Unit III

15. MEASURE evaluation project. Lesson 2: Population analysis and planning.<https://www.measureevaluation.org/resources/training/online-courses-and-resources/non-certificate-courses-and-mini-tutorials/population-analysis-for-planners/lesson-2/lesson-2-population-analysis-and-planning>
16. United Nations (2015). Sustainable Development Goals (SDGs).Available from <https://www.un.org/sustainabledevelopment/sustainable-development-goals/>.
17. Sharma, M.P. (2011). *Population, Environment and Quality of Life*. Kathmandu: Heritage Publishers and Distributers Pvt. Ltd.

## Unit IV

18. Social Science Computing Cooperative (SSCC). Population and environment. <https://www.ssc.wisc.edu/~walker/wp/wp-content/uploads/2012/01/E623SustainabilityEvidence.pdf>
19. United Nations (2015). Sustainable development goals (SDGs).Available from <https://www.un.org/sustainabledevelopment/sustainable-development-goals/>.
20. Sharma, M.P. (2011). *Population, Environment and Quality of Life*. Kathmandu: Heritage Publishers and Distributers Pvt. Ltd.

## Unit V

21. Cavallo, Eduardo; Sánchez, Gabriel; Valenzuela, Patricio (2016): Gone with the Wind: Demographic Transitions and Domestic Saving, IDB Working Paper Series, No. IDB-WP-688, Inter-American Development Bank (IDB), Washington, DC, Available from <http://hdl.handle.net/11319/7579>.
22. Merrick, Thomas. 2002. Population and poverty: New views on an old controversy. International Family Planning Perspectives 28(1): 41-45. Available from <https://www.guttmacher.org/sites/default/files/pdfs/pubs/journals/2804102.pdf>.
23. Sharma, M.P. (2011). *Population, Environment and Quality of Life*. Kathmandu: Heritage Publishers and Distributers Pvt. Ltd.

24. Schröder, Lena. 2007. From problematic objects to resourceful subjects: An overview of immigrant-native labour market gaps from a policy perspective. Swedish Economic Policy Review 14: 7-31. Available from <https://www.government.se/contentassets/6310cf0f5c5049c6b0ee15d1cfc49b74/lena-schroder-from-problematic-objects-to-resourceful-subjects-an-overview-of-immigrant-native-labour-market-gaps-from-a-policy-perspective>.

#### **Unit VI**

25. NASC (2018). Nepal National Governance Survey. Kathmandu: Nepal Administrative Staff College: Kathmandu.
26. UNDP (nd). A users' guide to meaning of local governance. <https://www.undp.org/content/dam/aplaws/publication/en/publications/democratic-governance/dg-publications-for-website/a-users-guide-to-measuring-local-governance/LG%20Guide.pdf>.
27. UNU (2012). Good governance as a concept and why these matters for development policy. Available from <https://www.wider.unu.edu/sites/default/files/wp2012-030.pdf>.
28. UNDP (2011). Governance principles, institutional capacities and quality. Available from [https://www.undp.org/content/dam/undp/library/Poverty%20Reduction/Inclusive%20development/Towards%20Human%20Resilience/Towards\\_SustainingMDGProgress\\_Ch8.pdf](https://www.undp.org/content/dam/undp/library/Poverty%20Reduction/Inclusive%20development/Towards%20Human%20Resilience/Towards_SustainingMDGProgress_Ch8.pdf).
29. Sharma, M.P. (2011). *Population, Environment and Quality of Life*. Kathmandu: Heritage Publishers and Distributors Pvt. Ltd.

#### **Unit VII**

30. Government of Nepal (2015). Constitution of Nepal. Available in Nepal Law Commission's website. <http://www.lawcommission.gov.np/np/archives/category/documents/prevaling-law/constitution/constitution-of-nepal>.
31. Government of Nepal (2015). Sthaniya Sarkar Sanchalan Ain [Local Government Operation Act] 2074. Available in Nepal Law Commission. <http://www.lawcommission.gov.np/np/archives/44761>.
32. The Asia Foundation (2018). Local levels in federalism constitutional provisions and the state of implementation. [https://asiafoundation.org/wp-content/uploads/2018/08/Local-Levels-in-Federalism\\_Constitutional-Provisions-and-the-State-of-Implementation-English-Version.pdf](https://asiafoundation.org/wp-content/uploads/2018/08/Local-Levels-in-Federalism_Constitutional-Provisions-and-the-State-of-Implementation-English-Version.pdf).

#### **Unit VIII**

33. Sage Publications (2016). *Leadership: theory and practice*/Peter Northouse, Western Michigan University.—Seventh Edition. Available from <https://www.amazon.com/Leadership-Practice-Peter-G-Northouse/dp/1483317536>.
34. Pandey, Binda (2019). *Women in Nepali Politics*. Mandala Bookpoint: Kathmandu.

<b>Faculty</b>	:	<b>Humanities and Social Sciences</b>
<b>Subject</b>	:	<b>Population Studies</b>
<b>Level</b>	:	<b>Bachelor</b>
<b>Course Code</b>	:	<b>Pop. 425-2</b>
<b>Title</b>	:	<b>Business and Political Demography</b>
<b>Total duration</b>	:	<b>4 Years</b>
<b>Course duration</b>	:	<b>One Year</b>
<b>Offered year</b>	:	<b>Third</b>
<b>Paper</b>	:	<b>VI</b>
<b>Full Marks</b>	:	<b>100</b>
<b>Theory</b>	:	<b>70</b>
<b>Practical (Internal)</b>	:	<b>30</b>
<b>Total Teaching Hours</b>	:	<b>150</b>

### Objective

The objective of Business and Political Demography is to familiarize the students with meaning, concept, scope and practical application of business and political demography. This course focuses on theories, data and how demographic change affects business and politics.

#### Part A: Business Demography

Units	Topic and Content	Teaching hours
<b>Unit I: Introduction to business demography</b>		<b>10</b>
1.1	Concept, meaning and definition	
1.2	Scope	
1.3	Application of business demography	
<b>Unit II: Theories of business demography</b>		<b>15</b>
2.1	Early thinking of population (Confucius, Koutilya)	
2.2	Pre- Malthusian theories (Mercantilist, Physiocratic)	
2.3	Malthusian Theory	
2.4	Optimum population theory	
2.5	Marxist views on population	
2.6	The Business demographic transition (fertility, mortality, migration and urbanization)	
<b>Unit III: Contemporary business demography</b>		<b>15</b>
3.1	Decision making context	
3.2	Site analysis	
3.3	Market analysis	
3.4	Market valuation	
3.5	Human resource planning	
3.6	Competitive analysis	
3.7	Identifying customers and market	
3.8	Future of business demography	
<b>Unit IV: Demographic data and business decision making</b>		<b>10</b>
4.1	Census (agriculture census, industrial census)	
4.2	Sample survey (registration and synthetic data)	
<b>Unit V: Concept of market and demography</b>		<b>10</b>
5.1	Concept of marketing	
5.2	Demographic factors related to potential buyers	

- 5.3 Role of demography in business planning

## **Part B: Political Demography**

### **Unit VI: Introduction to political demography 10**

- 6.1 Concept
- 6.2 Meaning and definition
- 6.3 Scope
- 6.4 Application of political demography

### **Unit VII: Theories of political demography 15**

- 7.1 Ancient thinking: Plato, Aristotle, Cicero, Confucius and Koutilya, Mercantilist, Physiocratic and Political arithmetic thinking
- 7.2 Modern thinking: Malthus, Marx
- 7.3 Contemporary thinking

### **Unit VIII: Population diversity and national unity 10**

- 8.1 Political participation (by language, religion, caste, ethnicity and geography: local, provincial and federal)
- 8.2 Population factor in local level restructuring in Nepal
- 8.3 Population as main criteria of apportionment of electoral seats (Federal and Provincial Electoral Seats)
- 8.4 Demography of Election in Nepal

### **Unit IX: Political implication of migration 15**

- 9.1 Internal migration (rural-urban, spontaneous- induced, voluntary- forced dichotomy)
- 9.2 Internally displaced persons
- 9.3 Human trafficking
- 9.4 International migration (foreign citizens, foreign born population)
- 9.5 Trend of foreign labor migration
- 9.6 Refuges
- 9.7 Indo-Nepalese migration

### **Unit X: Demographics of politics, social planning and business 10**

### **Unit XI: Project work (Descriptive research) 30**

#### **Reading list**

1. Pol, L. G., & Thomas, R. K. (1997). Demography for business decision making. London: Greenwood Publishing Group Inc. (Unit I)
2. Thomas, R. K. (2018). Concepts, methods and practical applications in applied demography. Memphis, USA: Springer International Publishing. (Unit I, V, VI)
3. Smith, S. K., & Morrison, P. A. (2005). Handbook of population. In H. B. Kaplan, D. L. Poston, & M. Micklin (Eds.), Handbooks of sociology and social research. New York: Kluwer. Academic/Plenum Publishers (Unit I, VI and VIII)
4. Subedi, Govind (2020). Political Demography of Nepal: Pattern, Trend and Emerging Landscapes. Kathmandu: Bhrikuti Publication

#### **Unit II and Unit VII**

5. Weeks, J. R. (2008). Population: An introduction to concepts and issues (10<sup>th</sup> ed.). USA: Thomson Wadsworth. (Unit II VII IX and XI)
6. Bhende, A. A., & Kanitkar, T. (1978). Principles of Population Studies. Delhi: Himalayan Publishing House (Unit II and IX)

**Unit III and IV**

7. Pol, L. G., & Thomas, R. K. (1997). Demography for business decision making. London: Greenwood Publishing Group Inc.

**Unit VI**

8. Siegel, J. S. (2002). Applied demography: Applications to business, government, law and public policy. New York: Academic Press.

**Unit VI**

9. Smith, S. K., & Morrison, P. A. (2005). Handbook of population. In H. B. Kaplan, D. L. Poston, & M. Micklin (Eds.), Handbooks of sociology and social research. New York: Kluwer Academic/Plenum Publishers.

**Unit 8**

10. Subedi, Govind (2020). Political Demography of Nepal: Pattern, Trend and Emerging Landscapes. Kathmandu: Bhrikuti Publication

<b>Faculty</b>	:	<b>Humanities and Social Sciences</b>
<b>Subject</b>	:	<b>Population Studies</b>
<b>Level</b>	:	<b>Bachelor</b>
<b>Course Code</b>	:	<b>Pops 426</b>
<b>Title</b>	:	<b>Population Research Methods</b>
<b>Total duration</b>	:	<b>4 Years</b>
<b>Course duration</b>	:	<b>One Year</b>
<b>Offered year</b>	:	<b>Fourth</b>
<b>Paper</b>	:	<b>IX</b>
<b>Full Marks</b>	:	<b>100</b>
<b>Theory</b>	:	<b>70</b>
<b>Practical (Internal)</b>	:	<b>30</b>
<b>Total Teaching Hours</b>	:	<b>150</b>

Objectives of the course

The objective of this paper is to make students familiar with basic concepts on population and social science research and report writing. The course is helpful to students to acquire fundamental principles and methods of population research.

<b>Units</b>	<b>Topic and Content</b>	<b>Teaching hours</b>
<b>Unit I: Introduction to population research</b>		<b>20</b>
1.1	Meaning of research	
1.2	Objectives of research	
1.3	Motivation in research	
1.4	Types of research	
1.5	Research approaches	
1.6	Significance of research	
1.7	Research methods versus methodology	
1.8	Research and scientific method	
1.9	Process of doing scientific research	
1.10	Criteria of good research	
1.11	Ethical issues in doing research	
<b>Unit II: Research problem and research design</b>		<b>20</b>
<b>A. Research problem</b>		
2.1	Defining a research problem and its necessity	
2.2	Selecting a research problem and its necessity	
2.3	Techniques in defining and selecting research problem	
<b>B. Research design</b>		
2.4	Meaning and needs of research design	
2.5	Features of a good research design	
2.6	Important concepts related to research design (quantitative, qualitative and mixed method)	
2.7	Different types of research designs (experimental, non-experimental, quasi-experimental)	
2.8	Basic principles of research designs	
<b>Unit III: The study population: Sampling design or sampling technique</b>		<b>20</b>
3.1	Difference between census and sample surveys and population and sample	
3.2	Implications of a sample design	
3.3	Steps in sampling design	
3.4	Criteria of selecting a sampling procedure	
3.5	Characteristics of a good sample design	
3.6	Types of sample designs (probability and non-probability)	

- 3.7 Principles and process of random sampling
- 3.8 Random sample from finite and infinite universe (*determining sample size: Need, process and simple statistical methods*)

**Unit IV: Measurement and scaling** **15**

- 4.1 Measurement in research (asymmetrical, symmetrical and reciprocal)
- 4.2 Measurement scales
- 4.3 Sources of error in measurement
- 4.4 Tests of sound measurement
- 4.5 Technique of developing measurement tools
- 4.6 Scaling
- 4.7 Meaning of scaling
- 4.8 Scale classification bases
- 4.9 Important scaling techniques
- 4.10 Scale construction techniques (arbitrary scale, Likert scale, thrustone scale, Guttman scale)

**Unit V: Methods of data collection in population research** **15**

**A. Collection of quantitative primary data**

- 5.1 Observation method
- 5.2 Interview method
- 5.3 Personal/face to face interview
- 5.4 Postal service interview
- 5.5 Telephone interview
- 5.6 Computer assisted interview (CAI)
- 5.7 Questionnaires surveys
- 5.8 Collection of data through schedules
- 5.9 Difference between questionnaires and schedules
- 5.10 Some other methods of data collection

**B. Collection of secondary data**

**C. Selection of appropriate method for data collection**

**D. Case study method**

**E. Rules for constructing questionnaire/schedule**

**F. Rules for undertaking successful interviews**

**Unit VI: Processing and analysis of quantitative data** **15**

**A. Data processing and cleaning**

- 6.1 Data editing and coding of survey responses
- 6.2 Data entry and machine editing
- 6.3 Design of data collection and entry software with internal and external consistencies
- 6.4 Problems associated with quantitative data processing

**B. Analysis of quantitative data**

**C. Elements/types of analysis**

- 6.5 Elements and types of data analysis (univariate, bivariate, and multivariate analysis)
- 6.6 Statistics in research
- 6.7 Measures of central tendency
- 6.8 Measures of dispersion
- 6.9 Measures of asymmetry (skewness)
- 6.10 Measures of relationship (concepts of correlation and regression in showing relationships)

## Unit VII: Qualitative research methods

15

- 7.1 Meaning and concept
- 7.2 Methods of qualitative data collection
  - Focus group discussions (FGD)
  - Key informant interview (KII)
  - Observation/ethnography (participatory and Non-participatory)
  - Participatory rural appraisal (PRA)
  - Rapid rural appraisal (RRA)
  - Social mapping
- 7.3 Qualitative data analysis
  - Content analysis
  - Narrative analysis
  - Thematic analysis
  - Writing case study

### Project work

30

#### P1 Project work

*Ask students to select a research problem, set research objectives and design interview questionnaire and have discussion on it in classroom.*

#### P2 Project work

*All students are asked to select a research problem, write a research proposal incorporating all steps of research i.e.*

- *Research design (quantitative, qualitative or mixed methods)*
- *Selection of study population and sample size*
- *Methods of measurements and scaling of variables*
- *Method of data collection and analysis*
- *Methods of data analysis and presentation*

All students are requested to develop survey/interview questionnaire.

### Reading list

1. Bhattacharjee, Anol. (2012). Social science research: Principles, methods, and practices. Textbooks Collection. Book 3. [http://scholarcommons.usf.edu/oa\\_textbooks/3](http://scholarcommons.usf.edu/oa_textbooks/3)
2. Denzin, N. K. & Lincoln, Y.S. (eds.) (2005). The handbook of qualitative research (3rd edition). Thousand Oak, USA: Sage Publication.
3. Khatri, B. B. (2013). Research and statistics in population education, (2nd edition). Kathmandu: Kriti Publication.
4. Kothari, C.R. (2004). Research methodology, methods and techniques (Second revised edition). New Delhi: New Age International (P) Ltd., Publishers.
5. Kumar, R. (2012). Research methodology. New Delhi: Sage Publications India Pvt. Ltd.
6. Sijapati, D.&Thapa, K., (2013). Social research method. Prathibha Prakashan, Patan Dhoka, Lalitpur.

<b>Faculty</b>	:	<b>Humanities and Social Sciences</b>
<b>Subject</b>	:	<b>Population Studies</b>
<b>Level</b>	:	<b>Bachelor</b>
<b>Course Code</b>	:	<b>Pop. 427-1</b>
<b>Title</b>	:	<b>Migration and Development</b>
<b>Total duration</b>	:	<b>4 Years</b>
<b>Course duration</b>	:	<b>One Year</b>
<b>Offered year</b>	:	<b>Fourth (Optional)</b>
<b>Paper</b>	:	<b>X</b>
<b>Full Marks</b>	:	<b>100</b>
<b>Theory</b>	:	<b>70</b>
<b>Practical (Internal)</b>	:	<b>30</b>
<b>Total Teaching Hours</b>	:	<b>150</b>

### Objectives

The objective of this course is to familiarize students with interrelationship between human migration and development with main emphasis on history of migration in Nepalese context, fundamental theoretical concepts, diaspora, student migration, migration governance and other interrelated issues. This subject covers the following contents:

<b>Unit</b>	<b>Topic and Content</b>	<b>Teaching hours</b>
<b>Unit I: Introduction to migration</b>		<b>15</b>
1.1	Concept and definition of migration	
1.2	Migration typology	
1.3	Migration as a voluntary forced dichotomy	
1.4	Drivers of migration	
1.5	Migration consequences	
<b>Unit II: Theories of migration</b>		<b>15</b>
2.1	Classical theories (Ravenstein & Lee)	
2.2	Spatial and human interaction (Zipf, Stouffer, Todaro)	
2.3	Mobility transition (Zelinsky)	
2.4	Migration as a world system and livelihood	
2.5	Migration as a relative deprivation	
<b>Unit III: Migration Governance</b>		<b>15</b>
3.1	International instruments related to migration	
3.2	National policies on migration	
3.3	Multilateral and bilateral initiatives (Palermo declaration, Colombo process, Abudhabi dialogues, G2G agreements)	
3.4	National networks for migration advocacy	
3.5	SDGs and migration: Nepal's context	
<b>Unit IV: Foreign labour migration in Nepal</b>		<b>15</b>
4.1	Migration stocks and flows	
4.2	Cycle of foreign labour migration	
4.3	Recruitment process for foreign labour in Nepal: Opportunities and challenges	
4.4	Cost of migration (Economic, social, cultural)	
4.5	Role of foreign labour migration in economic development	
<b>Unit V: Migration and remittances in Nepal</b>		<b>15</b>
5.1	Concept of remittance: types and channels	
5.2	Volumes and trends of remittance	

5.3	Utilization of remittance and its contribution in well-being	
5.4	Remittance inflows in Nepal from India	
5.5	Remittance inflows in Nepal from third countries	
<b>Unit VI: Migration and vulnerability</b>		<b>15</b>
6.1	Concept of migration and vulnerability	
6.2	Major areas of vulnerability in relation to migration	
6.3	Migration and trafficking nexus	
6.4	Strategies and approaches to addressing human trafficking and smuggling	
6.5	Legal framework against human trafficking	
<b>Unit VII: Nepali diaspora and student migration</b>		<b>15</b>
7.1	Historical background	
7.2	India migration: Peace and Friendship Treaty and open border issues	
7.3	Diaspora in the third world	
7.4	Student migration to the developed countries	
7.5	Brain gain and brain drain in relation to Nepal's development	
<b>Unit VIII: Migration and development</b>		<b>15</b>
8.1	Migration discourse in relation to development	
8.2	Migration and social, economic, cultural development	
8.3	Migration, education and health	
8.4	Migration and law	
8.5	Migration and political economy	
<b>Project work</b>		<b>30</b>
<i><b>Guideline for project work:</b> Descriptive research paper based on field visit by making simple questionnaire at local government office to be assigned by subject teacher and approved by the Municipality official.</i>		
<b>Reading list</b>		
<b>UNIT I</b>		
1.	Bhende, A. A., & Kanitkar, T. (1978). Principles of Population Studies. Delhi: Himalayan Publishing House.	
2.	IOM and NIDS (2019). Migration profile of Nepal (upcoming).	
3.	Shanmugaratnam, Ragnhild Lund and Kristi Anne StØlen (2003). In the maze of displacement: Conflict, migration and change. Norway: Norwegian Academic Press.	
4.	Sharma, M.P. (2011). <i>Introduction to Population Studies</i> . Kathmandu: Heritage Publishers and Distributors Pvt. Ltd.	
<b>UNIT II</b>		
5.	Khatiwada, P.P. (2012). Migration, urbanization and development. Kriti publication, Kathmandu Nepal.	
6.	Kirby, G. ZIPF'S LAW. <a href="http://www.geoffkirby.co.uk/ZIPFSLAW.pdf">http://www.geoffkirby.co.uk/ZIPFSLAW.pdf</a> .	
7.	Lee, E.S. (1966). A theory of migration. Demography, Vol.3, pp. 428-445.	
8.	Ravenstein, E.G. (1885). The laws of migration, Journal of the royal statistical society, Vol. 48, pp. 167-235.	
9.	Ravenstein, E.G. (1889). The laws of migration. Journal of the royal statistical society, Vol. 52, pp. 241-305.	
10.	Sharma, M.P. (2011). <i>Introduction to Population Studies</i> . Kathmandu: Heritage Publishers and Distributors Pvt. Ltd.	

11. Todaro, Michael P. (1977). Internal migration in developing countries: A review of theory, evidence, methodology and research priorities. Geneva: International Labour Organization.
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### UNIT III

13. CESLAM (2017). Governing labour migration in Nepal: CESLAM: Kathmandu. <https://www.ceslam.org/docs/publicationManagement/Governing%20Labour%20updated%20edition%202017.pdf>.
14. IOM (2010). Mainstreaming migration into development planning: A handbook for policy-makers and practitioners, Global Migration Group: IOM, Geneva.
15. IOM (2018). Migration Governance Snapshot: Federal Democratic Republic of Nepal. <https://migrationdataportal.org/sites/default/files/2018-11/MGI%20Nepal%20final.pdf>
16. Nepal Migration Year Book, 2006-2012. Published by Nepal Institute of Development Studies (NIDS).

### UNIT IV

17. Foreign Labor Migration and Trafficking in Persons in Nepal: A situational Analysis. National Human Rights Commission (2012).
18. IOM and NIDS (2019). Migration profile of Nepal (upcoming).
19. Khatiwada, P.P. (2014). International migration and citizenship in Nepal. Population monograph of Nepal. CBS: Kathmandu. <https://cbs.gov.np/wp-content/uploads/2018/12/Population-Monograph-of-Nepal-2014-Volume-I-FinalPrintReady1.pdf>.
20. MoLE (2018). Labour Migration for Employment: A Status report for Nepal: 2015/2016-2016/2017. Kathmandu: Ministry of Labour and Employment.
21. National Population Report 2017. By MoPE.
22. Suwal. B.R. (2014). Internal migration in Nepal. Population monograph of Nepal. CBS: Kathmandu. <https://cbs.gov.np/wp-content/uploads/2018/12/Population-Monograph-of-Nepal-2014-Volume-I-FinalPrintReady1.pdf>.

### UNIT V

23. CESLAM (2017). Labour migration and remittance economy: The socio-political impact. <https://www.ceslam.org/index.php?pageName=publication&pid=55>.
24. Gurung, G., & Khatiwada, P.P. (2013). Nepali women in the Middle East: A case study of Lebanon, Saudi Arabia, UAE and Kuwait). Kathmandu: NIDS.
25. Michael Lollmair, et.al. (2007). New figures for old stories: Migration and remittances in Nepal, 2007. <https://ideas.repec.org/a/mig/journal/v3y2006i2p151-160.html>.
26. United Nations (2006). Gender, migration, remittances and development. [https://www.un.org/en/development/desa/population/migration/events/coordination/5/docs/P02\\_INSTRAW.pdf](https://www.un.org/en/development/desa/population/migration/events/coordination/5/docs/P02_INSTRAW.pdf).

### UNIT VI

27. Adhikari, J. and Ganesh Gurung (2009). Migration, security and livelihoods: A case of migration between Nepal and India. NIDS/NCCR, 2009.
28. IIDS and UNIFEM (2004). Status and Dimension of Trafficking within Nepalese Context. Kathmandu: IIDS and UNIFEM
29. UNDOC (2012). A comprehensive strategy to combat trafficking in persons and smuggling of migrants. [https://www.unodc.org/documents/human-trafficking/UNODC\\_Strategy\\_on\\_Human\\_Trafficking\\_and\\_Migrant\\_Smuggling.pdf](https://www.unodc.org/documents/human-trafficking/UNODC_Strategy_on_Human_Trafficking_and_Migrant_Smuggling.pdf).
30. United Nations. (n.d.). European network against trafficking in human beings. <http://lastradainternational.org/human-trafficking/legal-framework/united-nations>

### UNIT VII

31. Government of Nepal. (2008). The immigration manual, 2008.  
file:///C:/Users/Admin/Downloads/NPL87470.pdf.
32. Jha, HariBansha, Nepal's border relations with India and China.  
[https://eprints.lib.hokudai.ac.jp/dspace/bitstream/2115/53301/1/EBR4-1\\_004.pdf](https://eprints.lib.hokudai.ac.jp/dspace/bitstream/2115/53301/1/EBR4-1_004.pdf).
33. IOM & MPI (2007). Developing a road map for engaging diasporas in development: A handbook for policymakers and practitioners in home and host countries.  
[https://publications.iom.int/system/files/pdf/diaspora\\_handbook\\_en\\_for\\_web\\_28may2013.pdf](https://publications.iom.int/system/files/pdf/diaspora_handbook_en_for_web_28may2013.pdf).
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[https://www.un.org/en/development/desa/population/migration/publications/migrationreport/docs/MigrationReport2017\\_Highlights.pdf](https://www.un.org/en/development/desa/population/migration/publications/migrationreport/docs/MigrationReport2017_Highlights.pdf).
35. Khatiwada, P.P. (2012). Skills and employment services for training migrating Nepali youth to India. Report submitted to Employment Fund on behalf of NIDS.
36. Treaty of Peace and Friendship. Signed at Kathmandu, on 31 July 1950.  
[https://web.archive.org/web/20080911035512/http://untreaty.un.org/unts/1\\_60000/3/9/0004432.pdf](https://web.archive.org/web/20080911035512/http://untreaty.un.org/unts/1_60000/3/9/0004432.pdf).

#### **UNIT VIII**

1. Haas, H.D. (2008). Migration and development: A theoretical perspective.  
[https://www. imi-n.org/.../migration...](https://www.imi-n.org/.../migration...)
38. IOM (2018). Migration and the 2030 agenda: A guide for practitioners.  
[https://publications.iom.int/system/files/pdf/sdg\\_en.pdf](https://publications.iom.int/system/files/pdf/sdg_en.pdf).
39. Schiller, N.G. (2009). A global perspective on migration and development.  
[https://www.researchgate.net/publication/233618177\\_A\\_Global\\_Perspective\\_on\\_Migration\\_and\\_Development](https://www.researchgate.net/publication/233618177_A_Global_Perspective_on_Migration_and_Development).

<b>Faculty</b>	:	<b>Humanities and Social Sciences</b>
<b>Subject</b>	:	<b>Population Studies</b>
<b>Level</b>	:	<b>Bachelor</b>
<b>Course Code</b>	:	<b>Pop. 410</b>
<b>Title</b>	:	<b>Population Diversity of Nepal</b>
<b>Total duration</b>	:	<b>4 Years</b>
<b>Course duration</b>	:	<b>One Year</b>
<b>Offered year</b>	:	<b>Third (Elective)</b>
<b>Paper</b>	:	<b>VII</b>
<b>Full Marks</b>	:	<b>100</b>
<b>Theory</b>	:	<b>70</b>
<b>Practical (Internal)</b>	:	<b>30</b>
<b>Total Teaching Hours</b>	:	<b>150</b>

## Objectives

This paper is designed to draw interest of 'non-major Population Studies' students to impart knowledge and information on population diversity of Nepal. Along with issues on population diversity of Nepal, it is also likely to give general concepts and methods of constructing population indicators and their uses in the measurements of development outcomes. The learning objective of this paper is to make students familiar on meaning and importance of population diversity, addressing population diversity sources of population diversity, components of the study of population diversity, interrelationship between population and socio-economic/cultural diversity, components of population growth and change, and policy options to address population diversity.

<b>Units</b>	<b>Topic and Content</b>	<b>Teaching hours</b>
<b>UNIT I: Concept of population diversity</b>		<b>10</b>
1.1	Concept, meaning and importance of diversity	
1.2	Social Inclusion and exclusion	
1.3	Population Studies and population diversity	
1.4	Demographic transition in Nepal	
1.5	Demographic dividend in Nepal	
<b>UNIT II: Brief introduction to Nepal</b>		<b>15</b>
2.1	Modern history of Nepal (Kingdom of Nepal (1768–2008) and Republic of Nepal (2008–present))	
2.2	Geographical situation of Nepal, physical geography (mountains, lakes, land)	
2.3	Environmental situation of Nepal (Resource related issues)	
2.4	Government (legislative, executive and judicial, federal government structure)	
2.5	Nepali major festivals, meals and dresses	
2.6	Ten world heritages of Nepal	
<b>UNIT III: Demographic diversity of Nepal</b>		<b>10</b>
3.1	Population distribution: ecological zone, province and local government	
3.2	Diversity trends, patterns and differential (age/ sex composition, marriage, child marriage)	
<b>UNIT IV Social and economic diversity of Nepal</b>		<b>15</b>
4.1	Caste/ethnicity	
4.2	Mother tongue	
4.3	Language	
4.4	Literacy	
4.5	Religion	

4.6	Economic status of Nepal (HDR, GDR, Rank)	
4.7	Economic active population	
4.8	Occupation and types	
4.9	Employment status	
4.10	Poverty profile	
<b>UNIT V:</b>	<b>Population growth rate</b>	<b>10</b>
5.1	Measures of population growth rate (arithmetic/ linear, geometric and exponential population growth rate)	
5.2	Population balancing equation	
5.3	Population doubling time	
<b>UNIT VI:</b>	<b>Components of population measures</b>	<b>15</b>
6.1	Component of population, process and measures	
6.2	Fertility determinants and measures (CBR ,ASFR, TFR, GRRNRR and Child woman ratio)	
6.3	Mortality determinants and measures (CDR, ASDR, IMR, CMR, U5MR, MMR)	
6.4	Migration determinants, types and measures (out migration, In- migration, GMR and NMR, immigration and emigration)	
<b>UNIT VII:</b>	<b>Policy options</b>	<b>15</b>
7.1	Constitutional provisions (affirmative actions, fundamental rights)	
-	Children	
-	Women	
-	Senior citizens	
-	Persons with disability	
-	Indigenous people	
-	Dalits	
-	Madhesi	
-	Muslims	
-	Other back warded community (OBC)	
7.2	Latest population policy of Nepal	
7.3	SDGs and progress	
7.4	Social security scheme	
<b>UNIT VIII:</b>	<b>Adolescent and reproductive health</b>	<b>10</b>
8.1	Problems of adolescent	
8.2	Reproductive health and rights, SRH and SRHR	
8.3	Gender equality and social inclusion	
<b>UNIT IX:</b>	<b>Major issues of population diversity</b>	<b>10</b>
9.1	Issues of quality of life (basic needs; food, cloths, shelter, health, education, security, pure drinking water, entertainment, employment, environment and natural resources)	
9.2	Carrying capacity	
9.3	Population, environment and sustainable Development	
<b>UNIT X:</b>	<b>Data sources for demographic diversity</b>	<b>10</b>
10.1	Census	
10.2	Sample survey	
10.3	Vital registration system	
10.4	Administrative record	
10.5	National and international publication	
10.6	Electronic records	

## **Project work**

**30**

*Students themselves should be developed a report (Any Topic). Department Faculties will support or help to the students (if they need any support). Individual student should present their report in front of the subject Teacher and head of the department. Research committee will evaluate the Report. According to the effort of student, they will evaluate on the basis of 30 full marks.*

## **Reading list**

1. Bennett, Lynn, Dilliram Dahal and PavGovindasamy (2008). Caste, ethnic and regional identity in Nepal, further analysis of 2006 NDHS, Calverton, Maryland, USA: Marco International Inc.
2. Bhande, A. & Kanitkar, T. (2010). Principles of population studies. Tenth edition, Himalaya Publishing House, Mumbai.
3. CBS, (2011). Nepal living standard survey 2009/10. CBS, Ramshah Path, Kathmandu, Nepal.
4. CBS, (2014). Population monograph of Nepal, 2014. Vol. I, II & III, CBS, Ramshah Path, Kathmandu, Nepal.
5. CDS/A, (2014). The Nepal multi-dimensional social inclusion index: diversity and agenda for inclusive development. Central Department of Sociology and Anthropology, T. U., Kirtipur.
6. GESI Working Group (2017). A common framework for gender equality and social inclusion, International Development Partner Group, Nepal
7. MoLJPA (2015). Constitution of Nepal, 2015. Ministry of Law, Justice and Parliamentary Affairs, Kanuni Kitab Byawastha Samiti, Babarmahal, Kathmandu.
8. NPC & UNICEF (2017). Demographic change of Nepal: trends and policy implication.
9. P.R. and S. A. (2005). Ethnic and caste diversity: implication for development. ADB, 2005.
10. PRB, (2011). Population handbook, 6th edition.
11. Shryock, Henry S. Jacob S. Siegel and Associate, (1976). The method and materials of demography (New York: Academic Press).
12. Ministry of Culture, Tourism and civil Aviation, 2019. Kathmandu valley world heritage site. Department of Archaeology, 1 Feb 2019. Ramsahapath Kathmandu.

<b>Faculty</b>	:	<b>Humanities and Social Sciences</b>
<b>Subject</b>	:	<b>Population Studies</b>
<b>Level</b>	:	<b>Bachelor</b>
<b>Course Code</b>	:	<b>Pop. 427_2</b>
<b>Title</b>	:	<b>Poverty, inequality and social justice</b>
<b>Total duration</b>	:	<b>4 Years</b>
<b>Course duration</b>	:	<b>One Year</b>
<b>Offered year</b>	:	<b>Fourth</b>
<b>Paper</b>	:	<b>XI</b>
<b>Full Marks</b>	:	<b>100</b>
<b>Theory</b>	:	<b>70</b>
<b>Practical (Internal)</b>	:	<b>30</b>
<b>Total Teaching Hours</b>	:	<b>150</b>

## Objectives

This course has been designed to enhance knowledge of fourth years' students of Bachelor of Arts, and to produce university education bachelor level human resources in Population, Poverty and Inequality as the central objectives of university in the necessity of nation to help the students in understanding and explaining the poverty and inequality, poverty from gender perspectives, child poverty and inequality, poverty and aging issues, poverty and employment, measures of poverty and inequality, and poverty measures and trends in Nepal. Students are evaluated through internal (project work) and external examination. The learning objectives are to enhance the knowledge of university education bachelor level students that helps to mitigate the poverty and inequality, to impart the students with the advanced Population, Poverty and Inequality aimed at conceptualization and to study the recent theoretical advancements and promote practical applications of the same

<b>Units</b>	<b>Topic and Content</b>	<b>Teaching hours</b>
<b>Unit I: Understanding poverty and inequality</b>		<b>12</b>
1.1	Thinking about poverty concepts (household or individual; chronic or temporary, absolute or relative)	
1.2	Role of population in economic development	
1.3	Inequality and development: interconnections	
1.4	Means and ends perspective of poverty	
1.5	Poverty lines (relative, absolute, and subjective)	
1.6	Thinking about inequality concepts (functional distribution of income)	
1.7	Poverty and inequality in SDGs	
<b>Unit II: Concepts and measures of inequality</b>		<b>12</b>
2.1	Concepts of inequality	
2.2	Advantages and disadvantages of inequality	
2.3	Four criteria/principles for inequality measurement (anonymity, population, relative income, Dalton)	
2.4	Measuring inequality	
2.5	Basic axioms	
2.6	Inequality profiles	
2.7	Decomposing inequality by population	
2.8	Gini coefficient and Lorenz curve	
<b>Unit III: Multi-dimensional poverty: concepts and measures</b>		<b>12</b>
3.1	Concepts and theoretical basis	
3.2	Dimensions, indicators and deprivation cut-offs	
3.3	Measurement and aggregation issues	

3.4 Human development index (HDI) and human poverty index (HPI)	
<b>Unit IV: Poverty from gender perspectives</b>	<b>12</b>
4.1 Gender, femininity and masculinity	
4.2 Understanding poverty from a gender perspective	
4.3 Gender in human development, GDI, GEM, and GII	
4.4 Gender equality for poverty and population growth	
<b>Unit V: Child poverty and inequality</b>	<b>16</b>
5.1 Definition of child poverty	
5.2 Child poverty and disparities	
5.3 Dimensions of child poverty (shelter, sanitation, safe drinking water, information, food, education, health)	
5.4 Pillars of child well beings (nutrition, health, protection and education)	
5.5 Measurement of child poverty	
5.6 Child rights	
5.7 Child poverty and environmental justice	
<b>Unit VI: Poverty and aging issues</b>	<b>8</b>
6.1 Aging, poverty and economic growth	
6.2 Active aging, prospective old age, and productive aging	
<b>Unit VII: Poverty and employment</b>	<b>12</b>
7.1 The world of work	
7.2 Access to resources	
7.3 Human resource development	
7.4 Promotion of decent employment opportunities and social protection	
<b>Unit VIII: Measures of poverty</b>	<b>12</b>
8.1 Key notions of distribution	
8.2 Principles for measuring poverty	
8.3 Common poverty indices (Headcount Index, Poverty Gap Index, and Sen index)	
8.4 Poverty line approach, Capabilities approach, and Participatory approach	
<b>Unit IX: Poverty measures and trends in Nepal</b>	<b>8</b>
9.1 Poverty trends, measures, and reducing strategies	
9.2 Politics of poverty and inequality	
<b>Unit X: Social inclusion/exclusion and Social justice</b>	<b>16</b>
10.1 Concept of social inclusion and exclusion	
10.2 Relation of social inclusion, integration and cohesion	
10.3 Definition and scope of social justice	
10.4 Equality and Justice	
10.5 Vicious circle of disability and poverty	
10.6 Elements of social justice (need, desert and equality)	
10.7 Prospects of social justice (globalization and multiculturalism)	
10.8 Two principles of social justice: equal right, and social and economic inequalities	
<b>Project work</b>	<b>30</b>
Poor in rich society	
Construction of Gini coefficient and Lorentz curve	
Multi-dimensional poverty index (MPI) calculation	
Gendered poverty	
Policy for reducing child poverty	

Family structure and causes of old age poverty  
Progressive agenda to cut poverty and expand opportunities  
Culture of poverty  
Social stratification: Discrimination

### Reading list

#### Unit I

1. Beker, V. A. (2016). Growth, inequality and poverty: What do we know? SSRN Electronic Journal. doi:10.2139/ssrn.2727231
2. Baulch, B. (1996). The new poverty agenda: A disputed consensus. *IDS Bulletin*
3. Beteille, A. (2003). Poverty and inequality. *Economic and Political Weekly*, 38(42), 4455-4463.
4. Hayami, Y. & Godo, Y. (2005). *Development economics: from the Poverty to the Wealth of Nations*. New York: Oxford University Press.
5. Jansen, A., Moses, M., Mujuta, S. C., & Yu, D. (2013). Multifaceted poverty: Absolute, relative and subjective poverty in South Africa. In *Biennial Conference of the Economic Society of South Africa*, Bloemfontein, South Africa.
6. Kabear, N. (1996). Agency wellbeing and inequality: Reflection on the gender dimension of poverty. *IDS Bulletin*, 27(1), pp.11-21.
7. Mowafi, M. & Khawaja, M. (2005). Poverty. *Journal of Epidemiology and Community Health* (1979- ), 59(4), 260-264.
8. Ray, D. (1998). *Development economics*. New Jersey: Princeton University Press
9. Sharma, M.P. (2011). *Population, Environment and Quality of Life*. Kathmandu: Heritage Publishers and Distributors Pvt. Ltd.

#### Unit II

10. Cowell, F. A. (2011). *Measuring inequality*. New York: Oxford
11. Sharma, M.P. (2011). *Population, Environment and Quality of Life*. Kathmandu: Heritage Publishers and Distributors Pvt. Ltd.

#### Unit III

12. Alkire, S., Roche, J. M., Santos, M. E., & Seth, S. (2011). Multidimensional poverty index 2011: brief methodological note.

#### Unit IV

13. Cagatay, N. (1998). Gender and poverty. Social Development and Poverty Elimination Division, UNDP, Working paper series 5.
14. Chant, S. (2003). New contributions to the analysis of poverty: methodological and conceptual challenges to understanding poverty from a gender perspective. *CEPAL - SERIE Mujery desarrollo*47
15. UNDP. (1997). *Human development report*. New York: Oxford University Press

#### Unit V

16. Bastos, A., & Machado, C. (2009). Child poverty: a multidimensional measurement. *International Journal of Social Economics*, 36(3), 237-251.
17. Hornberg, C., & Pauli, A. (2007). Child poverty and environmental justice. *International Journal of Hygiene and Environmental Health*, 210(5), 571-580.
18. Minujin, A., Delamonica, E., Davidziuk, A., & Gonzalez, E. D. (2006). The definition of child poverty: a discussion of concepts and measurements. *Environment and Urbanization*, 18(2), 481-500.
19. Howard White, Jennifer Leavy & Andrew Masters (2003): Comparative perspectives on child poverty: A review of poverty measures, *Journal of Human Development: A Multi-Disciplinary Journal for People-Centered Development*, 4:3, 379-396
20. UNICEF. (2006). *Children living in poverty: Overview of definitions, measurements and policy*

21. UNICEF. (2007). Global Study on child poverty and disparities 2007-2008 guide

#### **Unit VI**

22. UN. (2015). World population aging report. Department of Economic and Social Affairs Population Division. New York.
23. WHO. (2002). Active ageing: A Policy Framework. <https://doi.org/10.1080/713604647>

#### **Unit VII**

24. Chalofsky, N. E., Rocco, T. S., & Morris, M. L. (Editors). (2014). Handbook of human resource development. John Wiley & Sons,
25. Khan, A. R. (2007). Growth, employment and poverty: An analysis of the vital nexus based on some recent UNDP and ILO/SIDA studies. UN.

#### **Unit VIII**

26. Haughton, J. & Khandker, S. R. (2009). Handbook on poverty and inequality. The World Bank.
27. Laderchi, C. R. (2015). Participatory methods in the analysis of poverty: a critical review. QEH Working Paper Series – QEHWPS62
28. Lewis, O. (1966). The culture of poverty. *American*, 215(4), 19-25
29. Lewis, O. (2017). The culture of poverty. In *Poor Jews* (pp. 9-25). Routledge.

#### **Unit IX**

30. GoN. (2018). *Economic survey 2017-2018*. Ministry of Finance.

#### **Unit X**

31. Rawls, J. (1999). A theory of justice (Revised). USA: The Belknap press. <https://doi.org/10.1007/s13398-014-0173-7.2>
32. Rawls, J. (1999). A theory of justice (Revised). USA: The Belknap press. <https://doi.org/10.1007/s13398-014-0173-7.2>
33. UN. (2016). Identifying social inclusion and exclusion. In *Leaving no one behind: the imperative of inclusive development: report on the world social situation 2016* (pp. 17–32). New York: Department of Economic and Social Affairs. Retrieved from <http://www.un.org/esa/socdev/rwss/2016/chapter1.pdf>