

REPRODUCTIVE HEALTH EDUCATION



**KNOWLEDGE IS POWER: TAKE CHARGE
OF YOUR REPRODUCTIVE HEALTH.**

Course Name: **REPRODUCTIVE HEALTH EDUCATION**

Course Duration: 30 Hours

Course Type: CC

Mode: Offline/Online

Course Coordinator/ Instructor:

Dr Hariprasad Shetty

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St Aloysius (Deemed to be University)

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Module 1: Understanding Reproductive Anatomy and Physiology; Family Planning and Contraception

15hrs

Introduction to Reproductive Health; Female Reproductive Anatomy and Physiology; Menstrual Cycle and Hormonal Changes; Ovarian Function and Folliculogenesis; Menarche and Menopause; Male Reproductive Anatomy and Physiology; Spermatogenesis; Male Hormonal Regulation; Fertilization and Conception; Common Reproductive Health Terminology; Overview of Family Planning; Barrier Methods of Contraception; Condoms (Male and Female); Diaphragms and Cervical Caps; Hormonal Methods of Contraception; Oral Contraceptives; Injectable Contraceptives; Patches and Vaginal Rings; Long-Acting Reversible Contraceptives (LARCs); Intrauterine Devices (IUDs); Implants; Emergency Contraception; Natural Methods of Family Planning; Counseling on Choosing Appropriate Contraceptive Methods.

Module 2: Preventing and Managing Sexually Transmitted Infections (STIs); Pregnancy, Childbirth, and Postnatal Care.

15hrs

Understanding Sexually Transmitted Infections (STIs); Common STIs and Their Symptoms; Chlamydia; Gonorrhea; Syphilis; Human Papillomavirus (HPV); Herpes Simplex Virus (HSV); HIV/AIDS; Transmission and Prevention of STIs; Importance of Regular STI Testing; Treatment and Management of STIs; Strategies for Reducing STI Transmission; Preparing for Pregnancy; The Pregnancy Journey; Prenatal Care and Health Recommendations; Common Pregnancy Discomforts and Concerns; Stages of Labor and Childbirth; Pain Management Options during Labor; Postnatal Care and Recovery; Breastfeeding and Infant Nutrition; Contraception after Childbirth.

Mode of Evaluation:

Test: 02

Assignment: 02 (Each Module)