

# Masters in Life Skills, Sexuality & Reproductive Health

Offered By



Martin Luther Christian University, Meghalaya  
& Enfold Proactive Health Trust, Bangalore



At Bangalore

**Duration:** 2 years (4 semesters - Session beginning 16<sup>th</sup> August 2010)

**Sessions - theory, presentations by students and field work:**

18 credits per semester

135 hrs of theory, 270 hrs of practical work per semester

1<sup>st</sup> Semester: 16<sup>th</sup> Aug to 15<sup>th</sup> Dec 2010;

2<sup>nd</sup> Semester: 15<sup>th</sup> Jan to 15<sup>th</sup> May 2011

3<sup>rd</sup> Semester: 16<sup>th</sup> Aug to 16<sup>th</sup> Dec 2011

4<sup>th</sup> Semester: 15<sup>th</sup> Jan 2012 to 15<sup>th</sup> May 2012

**Timing:** Flexible, on week days including some Saturdays

**Requirements of MLCU:**

Project work in Meghalaya - To be done in a trip to Shillong, Meghalaya towards the end of first year over 3 weeks (including travel time).

Final examinations in Shillong, Meghalaya in August of second year - 3 week trip in 2<sup>nd</sup> year (including travel time).

**Venue:** Enfold Premises at Koramangala or Malleshwaram for lectures and presentations. Different schools/ colleges in Bangalore for field work

**Faculty:** Primary faculty Dr. Sangeeta Saksena, Dr Shoiba Saldanha, both MD Gynecology, with Diploma in counseling skills, Co authors of On Track, a workbook series on Life Skills and Personal Safety for students.

Invited faculty from NIMHANS, Counselling centers, Child Development experts, Child Rights experts, lawyers working with sexual abuse.

**Course content:**

- 10 Life Skills - learn, facilitate, train trainers
- Certain aspects of Child and Teen Psychology and psychosocial development
- Evolution of human sexuality and Sexual development,
- Physiology of male and female reproductive organs (including conception, pregnancy, delivery and contraception),
- Breast feeding and care of the newborn
- Understanding common gynaecological disorders from a layperson's perspective, Do's and Don'ts.
- Certain aspects of male and female psychology,
- Relationships, sexuality in marriage, sexual myths,
- Answering children's questions and communicating with teenagers on gender and sexuality issues,
- Understanding and preventing child sexual abuse
- Personal Safety

**Eligibility:** Graduation

**Course Fees:** Rs 27,000/- per semester (4 semesters in 2 yrs).

Includes an annual fee of Rs 12,500 per student due to MLCU.

Does not include travel and stay at Shillong.

**Job Opportunities** with a M.A. in Life Skills, Sexuality and Reproductive Health

1. Life Skills educator in schools/ colleges
2. Sexuality educator/ counselor in schools/ colleges
3. Pregnancy care sessions for women in the community / nursing homes/ hospitals
4. Labour, delivery and newborn care classes (Like Lamaze classes)

5. Lactation support for women in the community / nursing homes/ hospitals
6. Work with NGO in rural / urban areas as reproductive health educator
7. Sexuality and reproductive health counselor
8. Student counselor - including adolescent counseling
9. Work in HIV / AIDS related centers
10. Sexual abuse related counselor.

To register contact by July 15<sup>th</sup> 2010

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Visit:

<http://www.mlcuniv.in/index.asp>

to learn more about Martin Luther Christian University

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