

Certificate Course

This 50 hour credit course is offered at Jyoti Nivas College, Bishop Cotton Women's Christian College, Jain College Bengaluru, and is open only to graduates and post graduates of the college where the course is conducted. The courses are customized as per the requirement of the college. These Life Skills based courses explores gender roles, power and sexuality in relationships.

Depending on the design of the course, the students will be able to:-

- Understand the reproductive changes in the human body.
- Interpret the myths associated with the human reproductive organs, and the associated physical, emotional, psychological, and social challenges
- Understand gender constructs and alternate sexuality, sexuality in marriage, and be able to interpret social expressions of sexuality.
- Evaluate personal expressions of sexuality and personal safety.
- Acquire skills to emotionally support individuals who have been subjected to sexual violence
- Impart Personal Safety Education to children in informal settings.

The value

These courses are designed to provide personal value to the students, as well as pursue a career in this field. It empowers and sensitizes students to approach issues related to self- image and sexuality through conversation. It builds their capacity to discuss sexuality, gender and relationships with others in a respectful and responsible manner. It helps them recognize, resist and report sexual crimes and support and empower the target of abuse