



## MGM INSTITUTE OF HEALTH SCIENCES

(Deemed University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

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### Value Added Course

## GENDER SENSITISATION COURSE

Dr. Rajesh B. Goel  
Registrar

MGM Institute of Health Sciences  
(Deemed University u/s 3 of UGC Act, 1956)  
Navi Mumbai- 410 209

Dr. Shashank D. Dalvi  
Vice Chancellor

MGM Institute of Health Sciences  
Navi Mumbai - 410209

## Value Added Course on Gender Sensitization

### Introduction :

Gender of a person and attitude of people towards gender have very high impact on personal and social health. Gender discrimination, female feticide, sexual harassment and abuse are results of unhealthy gender attitude. This develops unknowingly because of peculiar sexual socialization. Only information about reproductive system will not be able to change this attitude as it involves de-learning and re-learning. There is need for proactive efforts to develop healthy gender attitude

We want to introduce a value added course on gender sensitization which will deal with these issues and will help to find solutions. This course is in addition to inclusion of gender sensitization in curriculum.

### Objectives :

At the end of course the participant will have added value in :

- |                    |  |
|--------------------|--|
| <b>Knowledge -</b> | <ul style="list-style-type: none"> <li>Concept of sex and gender</li> <li>Issues related with gender</li> <li>Sexual socialization and literacy</li> <li>Sexual orientation and related issues</li> <li>Sexual abuse and related laws</li> </ul> |
| <b>Skills -</b>    | <ul style="list-style-type: none"> <li>Identification of areas where personal and social health is having impact of gender</li> <li>Able to work as resource person whenever required</li> </ul>   |
| <b>Attitude -</b>  | <ul style="list-style-type: none"> <li>Developing healthy gender attitude without bias, judgment and label</li> </ul>  |

**Course coordinator :** Dr. Swati Shiradkar

  
 Dr. Swati Shiradkar  
 Head, Department of Health, Nutrition and Family Welfare  
 Government Medical College, Warananagar  
 Dist. Warananagar, Maharashtra

Department under which course to be conducted:

Department of OBGY and ICC

Title : Let us have a healthy gender attitude

Who can take this course: UG and PG Medical /Physiotherapy / Nursing Students

Medical and Non Medical Teachers

Social Workers interested to work in this area (min 12<sup>th</sup>)

Annual Intake : one batch of 30 to 40 participants , 16 contact hours excluding college timings over 2 months

Fee Structure: Open for discussion as the Subject is on social interest

Syllabus: Concept of gender and biological sex

Gender identity, Expression and Related problems

Sexual Orientation and effects on psychological, physical and social health

Conflicts because of gender and sex roles and their effect on health

Special areas where gender has significant role in life like resource availability, position in family and society , power of decision making and health

Sexual abuse and related laws

What is health gender attitude

Teaching -Learning Methods : Interactive lectures

Role plays

Case studies

Assessment : Pre Test / Post Test / Feedback

**Course :-** Happiness Through Enhanced Emotional Intelligence

**Introduction:**

Emotional intelligence (EQ/EI) is defined as an ability to identify, consider and control emotions in oneself and to recognize them in others, brought on by a combination of self awareness, self management, social awareness and relationship management.

Intelligent quotient (IQ) correlates with academic success but often fails to assure personal and professional success. EQ on other hand is a spastically significant factor in achieving personal and professional growth. While IQ is inborn god gift; EQ can be improved by learning strategies in areas of self awareness, social awareness and relationship management. Most of the professional courses including medical courses offer little to improve EQ of participants in these course. Present value added course is designed to enable students/participants to lead a happy and fulfilling life by using strategies of EQ/EI.

**Course objectives:-**

Objectives are divided in three domains of learning

Knowledge	Skill/psychomotor	Attitude/affective
Understanding biology of emotions	Identify emotions in others	Self observation of own emotions and response body to it
Understanding psychological aspect of emotions	Initiate communication	Improve sleep hygiene
Role of emotions in daily life	Communication in different settings	Know whom and what pushes your buttons
Study of role of emotions in professional life	Practice of individual strategies and skills	Observing emotions in others
Learning healthy strategies for emotional management	Keep journal about emotions(mood charts)	Social awareness and communication
Learning theoretical aspects of communication skills	Seeking feedback	Live in the moment
Learning nuances of relationship	Self management in daily life	Relationship management through role plays

**Course coordinator :** *Dr. Swati Shiradkar, Dr Manik Bhise*

**Department under which course to be conducted :** Department of OBGY and Psychiatry

**Who can take this course:** UG and PG Medical /Physiotherapy / Nursing Students  
Medical and Non Medical Teachers

**Annual Intake :** one batch of 30 to 40 participants , 16 contact hours excluding college timings over 2 months

**Fee Structure:** Rs 2000/- per head (Open for discussion as the Subject is on social interest)

**Syllabus:** Identifications of our own emotions

Expressions of emotions in right way

Management of emotions

Understanding emotions of others

Improving intra and inter personal relations.

Management of stress arising out of emotions.

**Teaching -Learning Methods :** Interactive lectures

Role plays

Case studies

**Assessment :** pre test / post test / feedback





MGM Medical College, Aurangabad  
VAC - Sexuality Education  
Students List - PG  
Batch-3, July 7,14 2019

Sr.No.	Name of Students	M/F	Course Name
1	KARKAMKAR SHRADHA JAYDHAVAL	F	MS. ENT
2	PATEL HARDIK MAHESHBHAI	M	MS. GENERAL SURGERY
3	SAMATHA MUKKAMALLA	F	MD. GENERAL MEDICINE
4	MRIDUL TANTIA	M	MS. GENERAL SURGERY
5	SATPUTE ANUPRIT JAGANNATH	M	MS. GENERAL SURGERY
6	ISHAN PANDITA	M	MD. MICROBIOLOGY
7	KHATRI KETAN JEEVANLAL	M	MS. ORTHOPEDICS
8	SAVLA RITU MOHANLAL	F	MS. OBGY
9	LOYA AMRUTA KAILASH	F	MD. PAEDIATRICS
10	BALANI POOJA SHANKARLAL	F	MD. GENERAL MEDICINE
11	RAIZADA MUKUND RAJ	M	MD. GENERAL MEDICINE
12	SHINDE ISHWARI SUBHASH	F	MS. OBGY
13	SAHASTRABUDDHE SAUMIL SATISH	M	MD. ANAESTHESIOLOGY
14	ANKITA BALARA	F	MS. OBGY
15	CHIDANAND GHANASHYAM NAZIRKAR	M	MD. ANAESTHESIOLOGY
16	GHADGE SUSHEN LIMBAJI	M	MD. GENERAL MEDICINE
			Total - 16 Students

  
Course Co-ordinator





Dean

MGM Medical College,  
Aurangabad

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MGM Medical College, Aurangabad  
VAC - Sexuality Education  
Students List - PG  
Batch-4, July 21,28 2019

Sr.No.	Name of Students	M/F	Course Name
1	ISHWAR CHANDRA AGARWAL	M	MD. RADIOLOGY
2	CHAUDHARI GAURAV MILIND	M	MS. ORTHOPEDICS
3	JAGTAP AKSHAY RANJEET	M	MD. PAEDIATRICS
4	RUPA KOLAPARTHI	F	MD. RESPIRATORY MEDICINE
5	CHATE SACHIN DAULATRAO	M	MD. GENERAL MEDICINE
6	SHREYANSH SETHIYA	M	MS. OPHTHALMOLOGY
7	PAWAR SURAJ SHIVAJIRAO	M	MD. DERMATOLOGY
8	MOUNIKA JAMPALA	F	MS. OBGY
9	NIHATE PRASANG SURESH	M	MS. ORTHOPEDICS
10	ARUNDHA ABROL	F	MD. DERMATOLOGY
			Total - 10 Students

  
Course Co-ordinator





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0394



MGM Medical College, Aurangabad  
VAC - Sexuality Education  
Students List - UG

Batch-1, December 7, 14, 21, 28 2020

Sr. No.	Roll No	Name of Student	Class	Gender
1	17077	Magar Vaibhav Kishor	Second MBBS	M
2	17108	Rathod Nisarg Vasantlal	Second MBBS	M
3	18102	Arusha Ajay Pathrikar	Second MBBS	F
4	17102	Pestonji Farah Malcolm	Second MBBS	F
5	18005	Qurratulain Mushtaque Ahmed	Second MBBS	F
6	17016	Bobde Srushti Sanjay	Second MBBS	F
7	18091	Farha Kafeel Moulavi	Second MBBS	F
8	17149	Yeola Aditi Bharat	Second MBBS	F
9	18006	Aboli Jagannath Ashtekar	Second MBBS	F
10	17148	Waghmare Shreyas Dilip	Second MBBS	M
11	17116	Saleem Aamir Kaiser	Second MBBS	M
12	18007	Vrinda Bajaj	Second MBBS	F
13	18103	Arsh Patil	Second MBBS	M
14	17135	Singh Melissa Shridhar	Second MBBS	F
15	17054	Jaiswal Dheer Pawan	Second MBBS	M
16	18145	Jatin Vidhani	Second MBBS	M
17	17126	Shende Ketaki Raju	Second MBBS	F
18	17117	Salunkhe Sonali Dilip	Second MBBS	F
19	17104	Qureshi Navidur Rehman Abdul Jabbar	Second MBBS	M
20	17006	Arora Diksha	Second MBBS	F
21	17050	Harsh Kumar	Second MBBS	M
22	18008	Preeti Balsaniwar	Second MBBS	F
23	17109	Ray Anamika Praloy	Second MBBS	F
24	18009	Pooja Shivaji Bargaje	Second MBBS	F
25	17004	Agrwal Navya	Second MBBS	F
26	18010	Chhavi Bhambri	Second MBBS	F
27	18104	Nitin Dilip Patil	Second MBBS	M
28	18011	Ishwar Santosh Bobde	Second MBBS	M
29	18012	Rohan Ashish Chakkarwar	Second MBBS	M
30	17130	Shrivastava Gouri	Second MBBS	F
31	18105	Pankaj Jijabrao Patil	Second MBBS	M
32	16115	Prabhu Akanksha Sanjeev	Second MBBS	F
		Total - 32 Students		

  
Course Co-ordinator



  
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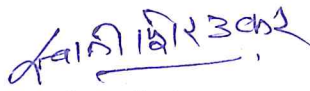
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VAC - Sexuality Education

Students List - UG

Batch-2, February 1, 8, 15, 22 2020

Sr. No.	Roll No	Name of Student	Class	Gender
1	16083	Lagdive Shivani Suresh	Third MBBS (Part-I)	F
2	16018	Bhosale Snehal Sanjay	Third MBBS (Part-I)	F
3	16045	Gohad Rutuja Vivek	Third MBBS (Part-I)	F
4	16104	Patil Prachi Suhas	Third MBBS (Part-I)	F
5	16131	Singh Rohan Rajesh	Third MBBS (Part-I)	M
6	16068	Kanke Nisha Kalyanrao	Third MBBS (Part-I)	F
7	16132	Singh Suyash Jitendra	Third MBBS (Part-I)	M
8	16095	Khan Mohd Ubaidullah Asadullah	Third MBBS (Part-I)	M
9	16019	Biradar Shrinivas Govindrao	Third MBBS (Part-I)	M
10	16006	Badadare Ajinkya Ganesh	Third MBBS (Part-I)	M
11	16148	Vishe Gargi Rajendra	Third MBBS (Part-I)	F
12	16144	Tupe Suraj Kalyan	Third MBBS (Part-I)	M
13	16077	Kirkire Padmakshi Abhiman	Third MBBS (Part-I)	F
14	16146	Vaghani Dhvani Suresh	Third MBBS (Part-I)	F
15	16057	Jaiswal Shrika Sudhir	Third MBBS (Part-I)	F
16	16020	Butt Zeeshan Imtiyaz	Third MBBS (Part-I)	M
17	16055	Jain Yash Bhushan	Third MBBS (Part-I)	M
18	16046	Gorde Rutuja Dnyaneshwar	Third MBBS (Part-I)	F
19	16061	Jhaveri Arushi Dhiren	Third MBBS (Part-I)	F
20	16007	Bagal Indrajit Vitthal	Third MBBS (Part-I)	M
21	16064	Kadam Pranita Pradeep	Third MBBS (Part-I)	F
22	16117	Puri Anoop Ashwani	Third MBBS (Part-I)	M
23	16047	Gulati Anmol Deepak	Third MBBS (Part-I)	M
24	16059	Jawanjal Prajwal Dnyaneshvar	Third MBBS (Part-I)	M
		Total - 24 Students		

  
Course Co-ordinator



  
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