

DEPARTMENT OF PSYCHOLOGY
MES ASMABI COLLEGE, P. VEMBALLUR, THRISSUR, 680671
CERTIFICATE COURSE IN
LIFE SKILLS, SEXUALITY AND PERSONAL SAFETY EDUCATION
(COURSE CODE: MESACCC202018)

COURSE OUTCOME REPORT

A certificate course in life skills, sexuality and personal safety education was conducted by the Department of Psychology, MES Asmabi College, P. Vemballur. The total course duration was of 30 hours, which was conducted on 15 days with 2 sessions on each day, starting from 1ST December 2021. The aim of the certificate course was to The students will be able to Enhance their self esteem, and skills required to build nurturing relationships and lead creative, fulfilling lives. Share their knowledge on gender, sexuality, reproductive rights and responsibilities, thereby participating in building a safe and compassionate society and to Diagnose problems, generate, and choose between multiple solutions, and evaluate out-comes in the area of reproductive health and personal safety. 70 students from various departments of MES Asmabi College, has attended and completed the course effectively.

All the 32 students, who registered for the course has attended each and every session without any fail. Session are conducted online through google meet. The students were assessed using practical online presentation sessions. The assessment proved that the certificate course was very much effective in enhancing their self-confidence and positive self-image. Almost all of the students could perform very well on the presentation task. It was also seen that their way of communication and use of non-verbal skills has improved noticeably.

The course outcome intended to develop their Students will derive the skills a person needs in order to interact with others effectively, make decisions and resolve conflicts while staying true to humane values. Students will study the differences between men and women psychological and behavioural and their link with successful reproduction. Discuss gender constructs and the origin of gender bias as also how we can move towards an empowered society and to Gain experience in presentation, public speaking and facilitation skills.

Assessment of their course was conducted very well by giving them proper assignments and increasing their dynamics by group discussion and involvement appropriately. The final Assessment was conducted by Presentation of the given task and to act as a trainer in the field. All students showed an excellent performance in their level.

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