

# **Department of Zoology, Vimala College (Autonomous,) Thrissur**

## **Value addition course for I year UG students 2020-2021**

### **VMVALZO01 –Women and Health**

**Total Hrs of instruction: 35 hrs (2 hrs/week)**

#### **BACKGROUND**

There are many health issues that primarily affect women. And some of the health issues that affect both men and women can affect women differently

Unique issues include pregnancy, menopause and conditions of the female organs. They should also get recommended breast cancer, cervical cancer and bone density screenings.

Women and men also have many of the same health problems. But these problems can affect women differently. For example,

- Women are more likely to die following a heart attack than men
- Women are more likely to show signs of depression and anxiety than men
- The effects of sexually transmitted diseases can be more serious in women
- Osteoarthritis affects more women than men
- Women are more likely to have urinary tract problems

This add on course “Women and Health” looks into the unique issues of women which would be very helpful to all the girl students since health is an important concern for all

#### **COURSE OUTCOME**

Develop the skills necessary for lifelong learning in the area of women's health.

Explain diet related diseases and healthy nutrition for women

Describe the basic exercise procedures for keeping the health and wellness of women of all age groups

Make recommendations for healthy aging in women, taking into consideration changing hormone levels.

Identify and make management recommendations for mental health issues affecting women (eating disorders, depression, post-partum depression, psychosis).

Describe the basic physiology of the reproductive system and develop appropriate pharmaceutical care plans for menstrual disorders, and fertility promotion

Discuss the role of preventive care in women's health such as: Screening for female-specific cancers, HPV vaccine, Nutrition and vitamins, preparation for pregnancy and Sexually transmitted diseases

Identify issues related to domestic violence and sexual harassment.

Discuss health issues and prevention in midlife

Identify the issues related with work-family balance in women

## **SYLLABUS**

**(35 hrs)**

### **1. Women's Health and Human Rights (3 Hours)**

Being born a girl

Brief History of Global Health & Women's Health

Health as a Human Right

### **2. Nutrition and Health (4 hours)**

Healthy Diet- Carbohydrates, Fiber, Fat, Essential Fatty Acids, Protein, Minerals, Macrominerals, Trace minerals, Vitamins, Water, Antioxidants

RDA

Intestinal Bacterial Flora

Diet related diseases and their prevention

### **Alternate Life Styles (2 hours)**

Exercise

Healthy eating

### **3. Adolescent Health (3 hours)**

Adolescent period

Growth and development

Menstruation, related conditions & hygiene

Mental health

### **4. Sexual Health (10 hours)**

Women's anatomy, physiology and sexuality

Pregnancy and child birth

Breast feeding

Birth control and Abortion

Infertility

Endometriosis

Sexually Transmissible Infections

Reproductive Tract infections

Urinary Tract Infection (UTI)

Yeast Infection and Vaginitis

### **5. Midlife Health (8 hours)**

Midlife Health issues and their prevention

Menopause

HRT

Osteoporosis and bone density screening

Cardiovascular Disease

Cervical Cancer

Pap Tests and HPV Tests

Ovarian Cancer  
Breast Cancer Screenings  
Self Breast Examination

6. **Women and mental health (1 hour)**  
Eating disorders, depression, post-partum depression, psychosis
7. **Violence against Women (2 hours)**  
Domestic violence  
Sexual harassment issues
8. **Work/Family Balance: Can Women “have it all”? (2 hours)**

**Resource persons:** Faculty members from Zoology dept, Dr.Sr.Ruby and Dr.Finto (Gynecologists), Faculty from Home Science dept, psychologist for taking class on mental health in women, Faculty from physical education dept for taking class on exercise

**Mode of Evaluation:**

At the end of the course, a written examination of 2 hrs duration with a maximum marks of 40, will be conducted by the department in consultation with the resource persons and faculty members who are taking the classes. Certificate will be issued by the college.

**HoD: Dr.Honey Sebastian**