



Sex Education for Everyone

Comprehensive Certificate Program in **Sexual Health, Reproductive Health, Human Sexuality, and Islamic Guidance**



Evidence-Based
Medical Knowledge



Psychological
Wellness &
Emotional Health



Healthy Relationships
& Family Life



Building a Safer,
Healthier and More
Responsible Society

Offered By

IMAHRKMI

The International Medical Allied Health Research Knowledge
and Management Institute



Website:
www.imahrkmi.life



Email:
admin@imahrkmi.life

Course Director

Dr. Inayat Ullah
New York, USA



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Program Overview

Sexual and reproductive health education remains one of the most misunderstood areas of health worldwide. Many individuals experience confusion, anxiety, fear, guilt, marital difficulties, and unnecessary psychological distress because they lack access to reliable information.

To address this need, IMAHRKMI proudly presents "Sex Education for Everyone", a comprehensive three-month online certificate program designed to provide evidence-based sexual health education integrated with Islamic teachings and contemporary medical science.

This program is suitable for both healthcare professionals and individuals with no medical background. The course is designed to explain complex concepts in a simple, respectful, culturally sensitive, and scientifically accurate manner.

Particular attention is given to the needs of married individuals, adolescents, parents, educators, healthcare professionals, and anyone seeking authentic information regarding sexual and reproductive health.



The lectures are based on:

- ✓ Contemporary medical science
- ✓ Clinical experience from professional practice
- ✓ Psychological principles
- ✓ Sexual health research
- ✓ Islamic teachings from the Qur'an and Sunnah
- ✓ Scholarly references
- ✓ Clinical case studies
- ✓ Material derived from the instructor's research and published work



For Everyone
(Men & Women)



3-Month
Online Program



Certificate
Awarded



Global Access
Learn from Anywhere

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Empowering Lives Through Education



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Program Duration

- Duration:** 3 Months
- Mode of Study:** Fully Online
- Lecture Format:**
Pre-recorded Video Lectures
- Classes Released:** Two Days Per Week
- Learning Platform:** Secure Student Portal



Students will receive:

- ✓ Personal Username
- ✓ Personal Password
- ✓ Secure Access to Lectures
- ✓ Downloadable Learning Material
- ✓ Online Assessments



Assessment Method

Monthly Examination

Students will participate in:

- ✓ Live Online Examination
- ✓ Google Meet Assessment Sessions
- ✓ Camera-On Verification
- ✓ Academic Integrity Monitoring



Certification

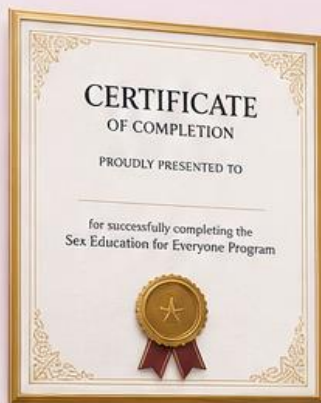
Students who successfully complete the course requirements and assessments will receive an:

Electronic Certificate of Completion (E-Certificate)

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Who Should Enroll?

This program is suitable for:

- ✓ Men and Women
- ✓ Married Individuals
- ✓ Unmarried Adults
- ✓ Parents
- ✓ Teachers
- ✓ Counselors
- ✓ Psychologists
- ✓ Physicians
- ✓ Nurses
- ✓ Medical Students
- ✓ Allied Health Professionals
- ✓ Religious Educators
- ✓ Social Workers
- ✓ Individuals Seeking Accurate Sexual Health Education

No previous medical education is required.



Flexible
Learning



Secure
Platform



Evidence-Based
Education



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COURSE CURRICULUM



Chapter 1: Sexual Education

- Introduction to Sexual Education
- Importance of Sexual Health Knowledge
- Common Myths and Misconceptions
- Sexual Health and Society
- Islamic Perspective on Sexual Education



Chapter 2: Physical Development



Infancy



Childhood



Puberty

Topics Include:

- Human Growth and Development
- Physical Changes During Puberty
- Emotional Development
- Sexual Maturation
- Gender-Specific Changes
- Psychological Adaptation



Chapter 3: Boys' Problems, Sexual Misconceptions, Related Concerns, and Their Solutions

Topics Include:

- Common Adolescent Concerns
- Sexual Anxiety
- Misconceptions About Masculinity
- Reproductive Development
- Evidence-Based Clarifications



Chapter 4: Masturbation

Topics Include:

- Marriage and Sexual Needs
- Nocturnal Emissions (Wet Dreams)
- Masturbation
- Common Concerns
- Alleged Harms of Masturbation
- Scientific Evidence
- Sexual Health Considerations
- Islamic Perspectives
- Frequently Asked Questions



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Chapter 5: Causes of Masturbation

Topics Include:

- Physiological Sexual Development
- Peer Influence
- Pornographic Exposure
- Marital Dissatisfaction
- Lack of Privacy
- Curiosity and Exploration
- Emotional Loneliness
- Stress Management
- Habit Formation
- Individual Differences in Sexual Desire



Chapter 6: Management of Masturbation

Topics Include:

- Marriage
- Avoiding Sexual Triggers
- Physical Exercise
- Healthy Recreational Activities
- Community Engagement
- Environmental Modification
- Behavioral Strategies
- Delayed Response Techniques
- Mental Rehearsal Methods
- Islamic Guidance Regarding Fasting



Chapter 7: Adultery

Topics Include:

- Understanding Adultery
- Causes and Risk Factors
- Modesty and Social Conduct
- Mixed Gatherings
- Digital Communication
- Social Media Influences
- Marital Dissatisfaction
- Child Protection
- Sexual Exploitation
- Psychiatric Management
- Preventive Strategies



Chapter 8: Male Genitalia (Male Reproductive Organs)

Topics Include:

- Anatomy of the Penis
- Glans
- Shaft
- Root
- Corpora Cavernosa
- Corpus Spongiosum
- Physiological Functions
- Reproductive Function
- Urinary Function



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Chapter 9: Additional Sexual Misconceptions, Concerns, and Their Management

Topics Include:

- Penis Size Concerns
- Psychological Impact
- Pornography-Related Comparisons
- Sexual Satisfaction
- Fertility Misconceptions
- Clinical Assessment
- Scientific Evidence



Chapter 10: Penile Shape and Structural Concerns

Topics Include:

- Curvature
- Structural Variations
- Hair Growth Concerns
- Visible Veins
- Hard Lumps
- Medical Evaluation Guidelines
- Clinical Reassurance



Chapter 11: Penile Erection

Topics Include:

- Physiology of Erection
- Erectile Rigidity
- Painful Erections
- Voluntary Control
- Clinical Assessment
- Sexual Function



Chapter 12: Testicles

Topics Include:

- Anatomy
- Size Variations
- Fertility
- Heat Effects
- Testicular Movement
- Clinical Evaluation



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Chapter 13: Semen

Topics Include:

- Biological Formation
- Normal Variations
- Fertility
- Semen Myths
- Semen Retention Claims
- Aging Changes
- Blood and Pus in Semen
- Religious Considerations



Chapter 14: Urethral Discharge ("Jaryan")

Topics Include:

- Clinical Understanding
- Traditional Misconceptions
- Medical Evaluation
- Evidence-Based Management



Chapter 15: Pre-Ejaculatory Fluid (Madhy)

Topics Include:

- Physiology
- Clinical Cases
- Cowper's Glands
- Lubrication
- Sexual Preparation
- Anxiety and Misinformation
- Islamic Rulings
- Ritual Purification



Chapter 16: Post-Void Urinary Dribbling

Topics Include:

- Causes
- Clinical Examples
- Practical Management
- Psychological Factors
- Hygiene Measures



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Chapter 17: Kegel Exercises

Topics Include:

- Pelvic Floor Muscles
- Exercise Techniques
- Benefits
- Sexual Health Applications



Chapter 18: Urinary Concerns and Misconceptions

Topics Include:

- Sensation of Urinary Leakage
- OCD and Anxiety
- Cloudy Urine
- Phosphates
- Retrograde Ejaculation
- Urinary Health



Chapter 19: Urinary Stream and Urine Color

Topics Include:

- Split Stream
- Urine Color Variations
- Dysuria
- Hematuria
- Medical Evaluation



Chapter 20: Male Sexual Myths and Misconceptions

Topics Include:

- Sexual Desire
- Testosterone
- Body Hair
- Baldness
- Masculinity Myths
- Scientific Evidence



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Chapter 21: Marital and Sexual Relationship Myths

Topics Include:

- Duration of Intercourse
- Marriage Myths
- Female Satisfaction
- Age Differences
- Communication
- Body Size Misconceptions



Chapter 22: Sexual Intercourse and Physical Health

Topics Include:

- Physical Weakness Myths
- Scientific Evidence
- Psychological Factors
- Clinical Illustrations



Chapter 23: Wives' Lack of Interest in Married Life

Topics Include:

- Female Sexual Satisfaction
- Marital Relationship Dynamics
- Emotional Intimacy
- Education and Awareness
- Communication



Chapter 24: Sexual Frequency and Aging

Topics Include:

- Sexual Activity and Health
- Lifespan Myths
- Aging
- Sexual Health in Older Adults
- Erectile Function



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Chapter 25: Male Sexual Potency

Topics Include:

- Premature Ejaculation
- Diet
- Lifestyle Factors
- Alcohol
- Sexual Thoughts
- Vasectomy
- Sexual Function Enhancement



Chapter 26: Erectile Dysfunction (ED)

Topics Include:

- Types of Erectile Dysfunction
- Psychological Causes
- Physical Causes
- Anxiety
- Depression
- Diabetes
- Obesity
- Treatment Approaches



Chapter 27: Female Sexual Organs

Topics Include:

- Female Reproductive Anatomy
- Clitoris
- Hymen
- Breasts
- Breast Cancer Awareness
- Breast Examination
- Sexual Health Myths



Chapter 28: Female Sexual Development and Physiology

Topics Include:

- Female Masturbation
- Female Nocturnal Emissions
- Menstruation
- Female Orgasm
- Sexual Intercourse
- Islamic Etiquette
- Fertility and Conception



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Chapter 29: Female Sexuality and Common Myths

Topics Include:

- Sexual Pleasure
- Sexual Desire
- Marriage
- Body Hair
- Pregnancy Misconceptions
- Female Sexual Health



Chapter 30: Common Female Health Concerns

Topics Include:

- Stretch Marks
- Leukorrhea
- Sexual Difficulties
- Menopause
- Women's Health Education



Chapter 31: Other Sexual and Reproductive Health Topics

Topics Include:

- Oral Sex
- Ghushl
- Infertility
- Sexually Transmitted Diseases
- Prevention and Education



Chapter 32: Sexual Misconduct and Paraphilic Disorders

Topics Include:

- Sexual Harassment
- Homosexuality
- Pedophilia
- Exhibitionism
- Voyeurism
- Fetishism
- Frotteurism
- Clinical and Psychological Perspectives



Chapter 33: Safety, Ethics, and References

Topics Include:

- Safe Sexual Health Education
- Avoiding Harmful Practices
- Evidence-Based Medicine
- Western and American References
- Clinical Case Studies
- Psychological Case Discussions
- Ethical Considerations



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Learning Platform

Students will access all lectures through the official IMAHRKMI learning portal.



Features Include:

- Secure Student Login
- Individual Username and Password
- Online Learning Dashboard
- Lecture Access from Any Location
- Mobile and Computer Compatibility
- Private Educational Environment



Educational Approach

This course integrates:



Medical Science



Clinical Practice



Psychology



Sexual Medicine



Reproductive Health



Islamic Teachings



Scientific Research



Evidence-Based Education



The objective is to replace myths, misconceptions, fear, and misinformation with authentic knowledge and practical understanding.

- Authentic Knowledge
- Scientific Guidance
- Better Health
- Stronger Families
- A Healthier Society

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For admissions, registration, course schedules, and additional information, please visit our website or contact us by email.

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