

### 3.3.4

## **SEXUAL AND REPRODUCTIVE HEALTH CARE SERVICES FOR STUDENTS**

- 1. ACADEMIC INTEGRATION**
- 2. COMMUNITY CONNECT AND OUTREACH PROGRAM**
- 3. PROGRESSIVE WORKPLACE POLICIES AND REPRODUCTIVE RIGHTS SUPPORT**
- 4. DEDICATED IN HOUSE AWARENESS AND SAFETY EVENTS**
- 5. CAMPUS FACILITIES**

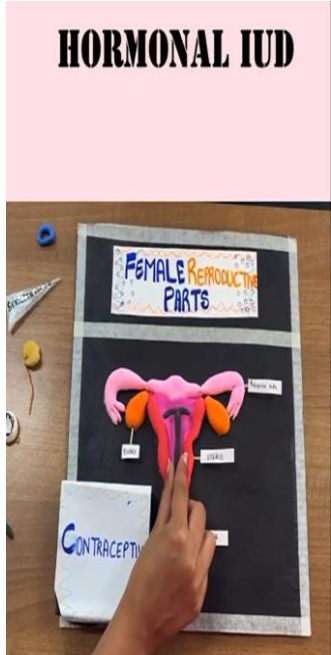
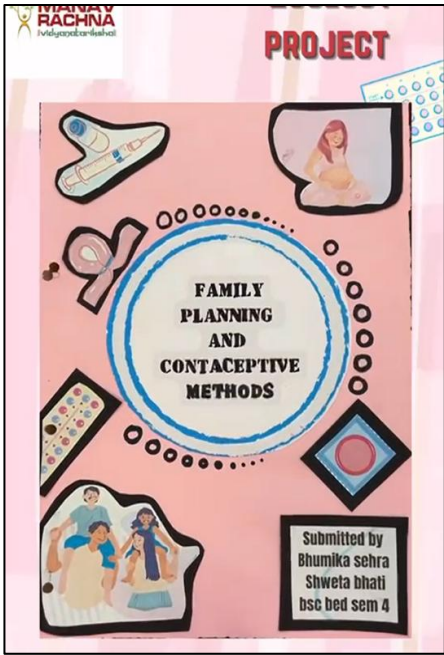
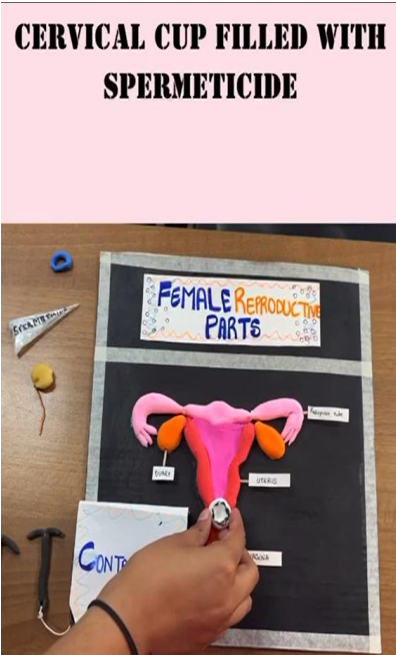
Manav Rachna University (MRU) demonstrates a deep and comprehensive commitment to sexual and reproductive health (SRH) care services, integrating support through progressive policies, robust community outreach, focused safety events, and academic curriculum. The university's work establishes a holistic ecosystem that supports the physical health, psychological well-being, and social equity of its community.

### **1. ACADEMIC INTEGRATION**

Academically, MRU integrates foundational Sexual and reproductive health education into its curriculum. As part of the Developmental Biology course, B.Sc. B.Ed. students develop a comprehensive understanding of core biological processes, including gametogenesis, embryonic development, and the mechanism of fertilization. As future teachers, they are then trained to create engaging teaching-learning material to effectively impart these concepts in schools.

Video Created by Student as Teaching Learning Material

[https://drive.google.com/file/d/1Z0okVBc3TVgXI3n03Dt5aKc4VHZrYZvl/view?usp=drive\\_link](https://drive.google.com/file/d/1Z0okVBc3TVgXI3n03Dt5aKc4VHZrYZvl/view?usp=drive_link)



Pictures of the Teaching Learning Materil

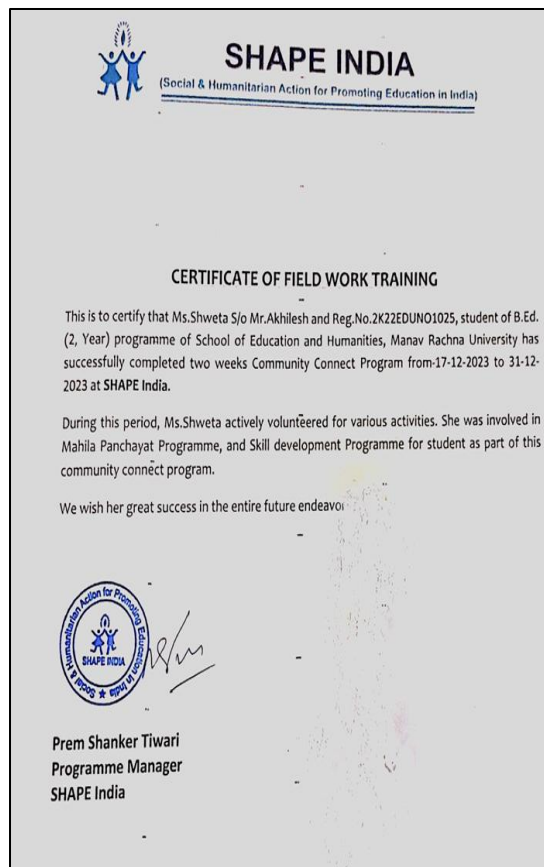
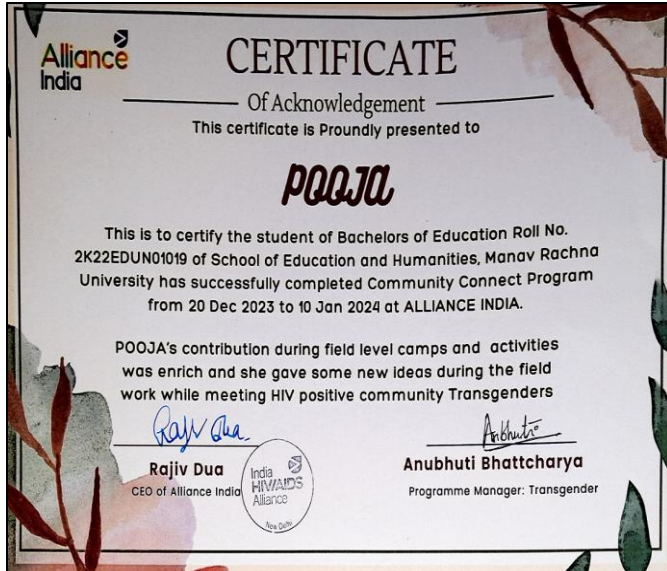
**2.COMMUNITY CONNECT AND OUTREACH PROGRAM**

The Community Connect Program led by the Department of Education and Humanities is a direct and impactful component of Manav Rachna University's efforts to advance sexual and reproductive health (SRH), particularly for marginalized and vulnerable populations.

This two-week, credited program transforms future educators into agents of social change by immersing them in crucial public health initiatives that address the social, biological, and practical barriers to good SRH. Through Awareness Campaigns, students are on the frontline, creating dialogue about fundamental SRH topics, including reproductive health and the dangers of sexually transmitted diseases (STDs). This educational outreach is vital for primary prevention, equipping communities with the knowledge to protect themselves from infections and make informed decisions about their reproductive lives.

The initiative to distribute sanitary napkins addresses a basic but critical SRH need; by improving menstrual hygiene, the university actively works to prevent Reproductive Tract Infections (RTIs), which can severely compromise a woman's reproductive health and overall well-being. Furthermore, the commitment to HIV/AIDS Support is a focused SRH intervention. Students actively support community action to prevent HIV infection and address the challenges of AIDS.

The specific fieldwork—including providing comprehensive support to individuals undergoing HIV testing and focusing on the HIV positive community Transgenders—demonstrates a strong commitment to equity, inclusive healthcare, and secondary prevention. By providing on-field assistance, encouragement, and data entry support, the university is directly aiding in the early detection and management of a critical infectious disease, thereby improving health outcomes and combating the stigma that often prevents vulnerable groups from accessing essential SRH services.



## Certificates of the Students

### **“GIVE HER WINGS TO FLY” INITIATIVE BY DR. O.P. BHALLA FOUNDATION**

Separately, the Dr. O.P. Bhalla Foundation runs the "Give her wings to fly" initiative, which is an annual sanitary napkin drive, held around the Diwali festival. The purpose is to collect and distribute sanitary pads to underprivileged women to ensure their menstrual hygiene, often held as part of larger health awareness campaigns.

The Dr. O.P. Bhalla Foundation's "Give her wings to fly" initiative represents a vital contribution to reproductive health care through the essential service of providing menstrual hygiene products. As an annual sanitary napkin drive, typically held around the Diwali festival, the initiative focuses on collecting and distributing sanitary pads to underprivileged women. This is not merely an act of charity but a crucial public health measure, as menstrual hygiene is a fundamental component of reproductive health.

Lack of access to sanitary products and poor menstrual hygiene practices can significantly increase the risk of developing Reproductive Tract Infections (RTIs) and other complications, directly compromising a woman's reproductive health. By ensuring access to this basic need, the initiative directly contributes to the prevention of infections and diseases. Furthermore, these drives are often held as part of larger health awareness campaigns, pairing the provision of products with education, thereby empowering women with the knowledge necessary to maintain their health. This strategic focus aligns perfectly with Manav Rachna University's broader efforts to improve the health and well-being of women in the community.

Web Link: <https://dropbhallafoundation.org/give-her-wings-to-fly/>

### **3.PROGRESSIVE WORKPLACE POLICIES AND REPRODUCTIVE RIGHTS SUPPORT**

MRU has pioneered progressive policies to uphold the reproductive rights of its female employees and students, recognizing that women should not have to choose between motherhood and their career. The university supports female employees with a generous six months of paid maternity leave. Furthermore, female Ph.D. Scholars are provided up to 240 days of Maternity/Child Care Leave for the entire duration of their doctoral program.

To promote gender equality and strengthen women's participation by ensuring the sharing of domestic responsibilities, MRU has implemented a comprehensive Paternity Policy. Key

provisions include Paternity Leave, a Day Care Facility, and Flexible Working Hours. These measures foster a family-friendly work environment, encouraging fathers' active participation and enhancing women's engagement, retention, and advancement by preventing family obligations from impeding career progression.

Web Link:

[https://manavrachna.edu.in/assets/campus/mru/pdf/MRU%20Leave%20\(Second%20Amendment\)%20Regulations,%202024%20\(1\).pdf](https://manavrachna.edu.in/assets/campus/mru/pdf/MRU%20Leave%20(Second%20Amendment)%20Regulations,%202024%20(1).pdf)

The university extends this support through practical accommodations, notably the free on-campus childcare center named "BLOOMZ." This facility is available for female employees and also for female students who are mothers, allowing them to concentrate on their classes without worrying about child care.

Web Link: <https://mru.edu.in/NAAC/C6/6.3.1/6.3.1BloomzTheDayCare.pdf>

#### **4. DEDICATED IN HOUSE AWARENESS AND SAFETY EVENTS**

MRU places a significant emphasis on creating a safe and aware environment through targeted events for its staff, faculty, and the wider community:

##### **Session on sexual harassment (POSH)**

The crucial Session on sexual harassment (POSH) was conducted in December 2023 is a foundational step in Manav Rachna University's commitment to protecting sexual and reproductive health (SRH) by establishing a secure and equitable work and learning environment. The comprehensive knowledge provided on the Prevention of Sexual Harassment (POSH) legal framework by a specialist directly addresses a severe threat to SRH. Harassment, particularly sexual harassment, is a form of gender-based violence (GBV) that severely violates an individual's Sexual and Reproductive Health Rights (SRHR). A safe, non-hostile environment, free from the fear of harassment or retaliation, is the most fundamental requirement for individuals to feel empowered to make informed decisions about their bodies, access medical care without psychological distress, and maintain their physical well-being. By ensuring that all faculty and staff—who are the primary role models, educators, and supervisors—are thoroughly

educated on the legal framework for prevention and redressal, the university actively mitigates the risk of trauma and psychological stress that can compromise reproductive health, thereby establishing the necessary institutional safety net for all members of the campus community.



### **MSC School Visit for Good Touch & Bad Touch**

Extending its focus to child safety and sexual abuse prevention, the Manav Rachna Centre for Peace and Sustainability organized MSC School Visit for Good Touch & Bad Touch in January 2024. The session addressed the sensitive issues of good touch, bad touch, and POCSO awareness to instill a sense of safety and responsibility in young students.

The MSC School Visit for Good Touch & Bad Touch and the focus on sexual abuse prevention by the Manav Rachna Centre for Peace and Sustainability in January 2024 is critically linked to sexual and reproductive health (SRH) as it addresses the foundational issue of safety, consent, and bodily autonomy from an early age. The session, which addressed the sensitive issues of good touch, bad touch, and POCSO (Protection of Children from Sexual Offences) awareness, directly contributes to SRH by: (1) Preventing Sexual and Gender-Based Violence (SGBV): Sexual abuse is a severe violation of SRHR, leading to immediate trauma and long-term consequences such as chronic psychological stress, unintended pregnancies, and sexually transmitted infections (STIs). By educating young students on self-protection and safe boundaries, the university is taking a proactive measure to prevent experiences that could

compromise their physical and reproductive health later in life. (2) Instilling Bodily Autonomy and Consent: The concept of "good touch and bad touch" is an elementary lesson in consent, teaching individuals that they have the absolute right to control their own bodies and reject unwanted physical contact. This understanding of bodily autonomy is paramount to SRH, as it empowers future adults to make informed, non-coerced decisions regarding sexual activity, family planning, and seeking reproductive health care. Therefore, this initiative by MRU creates a critical foundation for respecting sexual boundaries, which is essential for ensuring positive and secure SRH outcomes within the community.



### **Movie Screening Session on Gender Sensitization**

Furthermore, to stimulate conversations on gender equity, the Department of Sciences - Program Mathematics held a Movie Screening Session on Gender Sensitization in March 2024. The event aimed to raise awareness about prevalent gender stereotypes and biases, culminating in the screening of the documentary "India's Daughter," which focuses on gender-based violence and discrimination.

The Movie Screening Session on Gender Sensitization held in March 2024, which aimed to raise awareness about gender stereotypes and biases and featured the documentary "India's Daughter" focusing on gender-based violence and discrimination, is deeply connected to sexual and reproductive health (SRH) by addressing its critical social determinants. SRH hinges on a woman's autonomy and her ability to make informed decisions about her body and sexuality; by

encouraging the challenging of gender norms, the event directly fosters this autonomy, which is necessary for practices like family planning or negotiating safe sex. Furthermore, gender-based violence (GBV), a core theme of the documentary, is a severe violation of SRH Rights, as it leads directly to detrimental reproductive health outcomes, including STIs, unwanted pregnancies, and psychological barriers to seeking care. By fostering introspection and motivating participants to actively work towards a more inclusive and equitable environment, the university is building a foundational culture of safety and respect—the most essential prerequisite for ensuring positive and secure reproductive health for all its members.



## 5. CAMPUS FACILITIES

For immediate physical health support, all Girls Washrooms on campus are facilitated with Sanitary Pad Dispensers to ensure the round-the-clock availability of Sanitary Napkins. Separate Girls Common Rooms are also maintained with all necessary facilities.

The provision of Sanitary Pad Dispensers for round-the-clock availability in all Girls Washrooms, alongside the maintenance of Separate Girls Common Rooms with necessary facilities, represents a direct and essential investment in the sexual and reproductive health (SRH) of the female student population at Manav Rachna University. Menstrual hygiene is a non-negotiable component of SRH, and the accessibility of sanitary napkins immediately mitigates a significant public health risk. When menstrual hygiene products are unavailable or unaffordable, individuals are often forced to use unhygienic alternatives, which dramatically

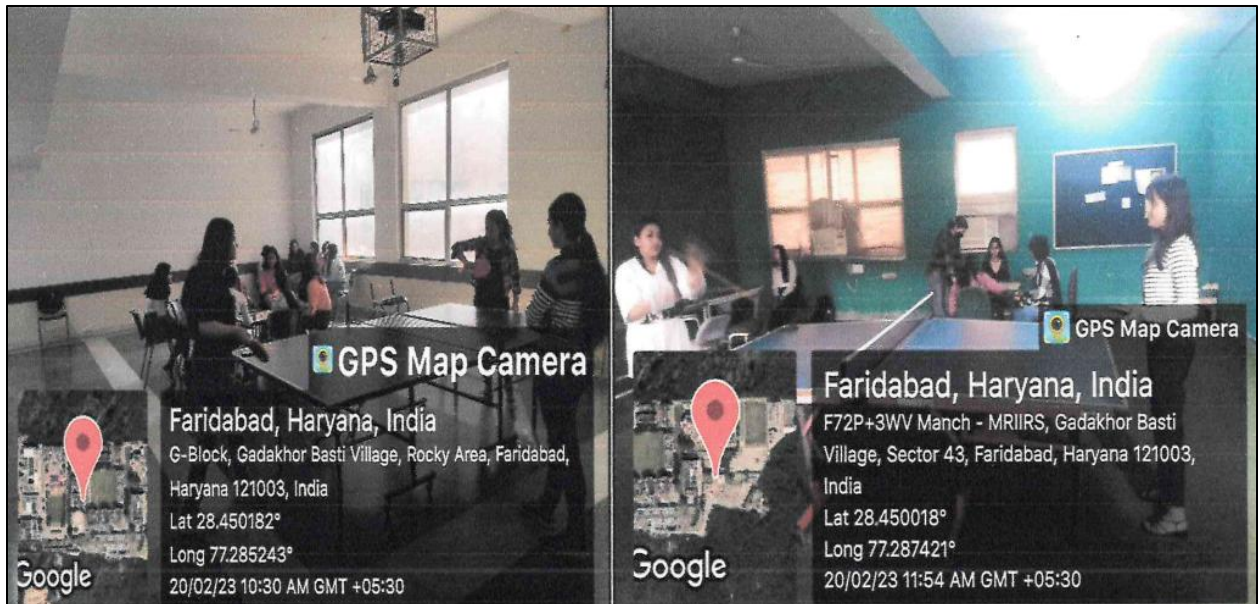
increases their vulnerability to Reproductive Tract Infections (RTIs) and other gynecological complications that can affect fertility and overall reproductive well-being. By ensuring that students never face a barrier to maintaining basic hygiene, the university prevents health issues, supports a student's continued presence in the classroom, and ultimately reinforces the dignity and comfort necessary for academic success. Furthermore, the provision of well-maintained Girls Common Rooms creates a private, safe, and supportive space where students can manage their menstrual cycle, rest, or seek privacy, contributing to the psychological and physical well-being that is foundational to comprehensive reproductive health. In essence, these facilities transform menstrual hygiene from a potential vulnerability into a secure, predictable, and managed aspect of campus life, directly improving the SRH environment for all female members.



**Sanitary Pad Dispenser**



**Medical Facilities**



**Girls Common Rooms**

## COUNSELING CELL SAKSHAM

The Counselling Cell at Manav Rachna University – Saksham is committed to providing holistic, inclusive, and non-discriminatory psychological support to all students. A key focus is offering a confidential and safe space for students dealing with concerns related to gender identity, gender expression, and sexual orientation, aligning with the university's strict policies against discrimination and harassment. Furthermore, the cell and related committees contribute to the community's well-being by providing gender-sensitive awareness and resources concerning sexual and reproductive health, ensuring that students with different gender orientations receive the specific emotional, social, and health-related support necessary to thrive in an environment of respect and empathy.

Web Link: <https://mru.edu.in/wp-content/uploads/2024/02/FLYER- SAKSHAM.pdf>

