

3.3

Collaborations and Health Services

3.3.4 Sexual and Reproductive Health Care Services for students

MRIIRS Weblink to SDG3:

<https://mriirs.edu.in/sdg03-good-health-and-well-being/>

Sexual and Reproductive Health Care Services for students:

Access to quality sexual and reproductive health services plays a vital role in the well-being of a human being. The services cover a broad spectrum of care, including maternal and new-born care, access to contraception and the prevention and treatment of HIV or other sexually transmitted infections. We at MRIIRS strive to improve reproductive health services and maintain good sexual and reproductive health. MRIIRS supports by providing:

- ✓ Sexual and reproductive health care education, assistance, awareness and counselling services for all the students.
- ✓ In-campus facilities including Counselling Cell, Grievance Cell, separate Common Room for girls and Boys, all the females' toilets are equipped with free sanitary pad dispensers and incinerators. Free sanitary pads distribution to all the female students was also an initiative towards female hygiene in MRIIRS.
- ✓ Awareness through expert talks for the students and outreach awareness camps being organised in the five adopted villages on the topics like mensural hygiene, safety camps, physiotherapy and nutritional advices in breastfeeding women. International women's day is celebrated in MRIIRS to improve the awareness for gender equality and sustainable development.

The details of Sexual and Reproductive Health Care Services being available/organized for Students have been provided as evidence document of metric 3.3.4.

Sexual and reproductive health care education, assistance, awareness and counselling services for all the students

- **Internal Complaints Committee**

MRIIRS has constituted as per the guidelines of regulatory bodies which ensures zero tolerance towards sexual harassment. University has strict compliance with Vishakha Guidelines against sexual Harassment in the campus.

- **Counselling Cell** provides support and assistance to students in all areas of life. It also provides support related to LGBTQ issues, gender identity and sexual orientation or any other mental health related required support.



- **In-campus dispensary facility** is available besides state-of-the-art Dental and Physiotherapy OPD for all the students, faculty and staff. University has tie-up with renowned nearby hospitals in Faridabad: Sarvodaya and Asian Hospital. Two well-equipped ambulances remain available in campus to cater to any exigencies thus ensuring highest medical safety.

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Medical Centre (B-Block)



Medical Centre (B-Block)



- **Guards are available 24 hours** at each gate of University, Girls Hostel and Boys Hostel. Female guards and female hostel warden maintain proper log record for the safety of girls.
- **Girls Washrooms are facilitated with Sanitary Pad Dispensers** for round the clock availability of Sanitary Napkins.



Sanitary Pad incinerator



Sanitary Pad Dispenser

- **University has joined hands with Faridabad Police by signing a MoU as part of AAPKI SURAKSHA AAPKE SATH** to create an environment of safety and harmony for the students.
- **Common Rooms:** University Campus has separate Girls common Room and Boys Common room with all required necessary facilities.

Key Features :

- Air-conditioned room aesthetically designed, adjacent to Girls' Washroom.
- Sanitary Pad Dispensing Machine.
- Adequate seating capacity with comfortable furniture.
- Board Based Indoor Games including Chess, Carrom, Ludo Etc.



Girls Common Room (Girls student playing Carrom)
Lat:28.451095270790532, Long: 77.28385873568415

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Different Views of the Boy's Common Room



Lat:28.45106709171705, Long: 77.2838043539564



Lat:28.45106709171705, Long: 77.2838043539564

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- **Awareness session on Menstruation**

Dr. O P Bhalla Foundation- an ISR arm of MRIIRS, and NGO WARM (WARM-WOMEN AWARENESS REGARDING MENSTRUATION), distributed 14 thousand sanitary napkins to girls and village women in Government Girls' High School at Mohna village.

It was the largest sanitary napkins distribution in the country, an attempt under the India Book of Records. This record was established by the gynecologist Dr Priyakshi Chaudhary and Dr. Arpita Jaiswa.

During this time, the team of India Book of Records, Dr. Chavi Bhargava Sharma, Secretary of Dr. OP Bhalla Foundation and Professor MRIIRS, Dr Ankur Sharma of MRDC, Bhavesh Kaliraman from NGO Warm, and the entire school including the Principal of the school were present.



- **Awareness programmes on health issues including mental health, antitobacco programmes and creating awareness about usage of sanitary napkins by girls and distributing the same in rural areas etc. are conducted on a regular basis both within and outside the precincts of the**

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university: Manav Rachna Dental College, Department of Public Health Dentistry organized a Women's only dental screening and health education camp at Santosh Nagar in Association with Nav Srishti Foundation. Oral health education was given to four different batches of women. The topics covered were common oral health problems and their prevention, changes in oral health of women at various stages of life such as puberty, pregnancy and menopause, menstrual and general hygiene. The women responded well to the program and realized the importance of focusing on their health too along with the health of their family. The message of breaking the bias on women's day was well conveyed to them. **Total number of patients screened were 131, number of Sanitary Napkin packs distributed were 60 and Health Education was provided to 100 Women.**



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Faridabad, Haryana, India



Longitude Latitude

77.3219° E 28.3492° N

30° C

Monday, 07, Mar, 2022

11:45 AM



Haryana, India



Longitude Latitude

77.3219° E 28.3492° N

29° C

Monday, 07, Mar, 2022

10:45 AM

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Sanitary Napkin Distribution

- **Workshop on Women Health - Expert tips on 14th February 2022:**

Sexual and reproductive health awareness day is observed on February 12th, annually to promote awareness about sexual and reproductive health (SRH). In order to make people aware, Department of Nutrition and Dietetics conducted a Workshop on Women Health - Expert tips on 14th February 2022 at 2:00pm – 3:00pm at Zoom platform. The focus of the workshop was to promote awareness about sexual and reproductive health (SRH). The key speaker of the day was Dr. Nisha Kapoor, Director & HoD- Obstetrics Gynaecology & Advanced Gynae Laparoscopy, QRG Hospital.



The poster features logos for QRG (Marengo Asia Network Hospital), Manav Rachna, and a medical symbol. It announces a live webinar on February 14, 2022, at 2:00 PM. The speaker is Dr. Nisha Kapoor, Director & HoD of Obstetrics Gynaecology & Advanced Gynae Laparoscopy at QRG Hospital. The poster includes a photo of Dr. Kapoor on a screen, surrounded by medical icons like a uterus, pills, and a stethoscope. A 'Register Now' button is present.

Q R G | **MANAV RACHNA** | 
MARENGO ASIA NETWORK HOSPITAL | [vidyapariksha]

Department of Nutrition and Dietetics
Faculty of Allied Health Sciences (FAHS)

LIVE Presents

WEBINAR

Topic: Women's Health - Important Tips

SPEAKER

DR. NISHA KAPOOR
Director & HoD - Obstetrics Gynaecology & Advanced Gynae Laparoscopy

Dr. Nisha Kapoor is a renowned Obstetrician and Laparoscopic Gynaecologist with more than 30 years of experience in handling High Risk Pregnancy Cases, Caesarian deliveries and Advanced Gynecological Laparoscopic Surgeries. She has been a DNB teacher for 13 years. She is a Life Member of many professional bodies like FOGSI, IMA, AOGG, DGES, IMS and Executive Member of FOGSI Reproductive Endocrinology Committee. She is also holding the prestigious post of President of Faridabad Obs & Gynae Society. She has been a national faculty in various conferences in India & abroad and has many publications to her credit.

MONDAY, 14th FEBRUARY 2022 | 2:00 PM ONWARDS [Register Now](#)

Moderator: Ms. Divya Puri Event Coordinator: Ms. Srishti Negi

For any medical query please contact : Durgesh Singh - 8800670272


QRG Super Speciality Hospital, Sector-16, Faridabad www.qrghospital.com

Zoom Meeting

Recording

Better care for Women in the changing world

Dr. NISHA KAPOOR
Director & HOD
Deptt of OBS & Advanced Gynae Laparoscopy
QRG Healthcity, Faridabad
President Faridabad Obs & Gynae Society



Windows taskbar icons: Windows, Search, Task View, Edge, File Explorer, Chrome, Teams, Zoom



Divya Puri Divya Sanghi Dr. Priya Mishra Durgesh upasana's iPhone

Screening uterine and ovarian cancer

TVS Every year
to assess:

- Ovaries
- Endometrial thickness in the uterus

CA-125(blood tumor marker for ovarian cancer)



Windows taskbar icons: Windows, Search, Task View, Edge, File Explorer, Chrome, Teams, Zoom, System tray (Volume, Network, 2:11, 2/14)

- **International webinar on Anthropometry, body composition and weight regulation (21st May, 2021)**

The Department of Nutrition & Dietetics organised an international webinar on “**Anthropometry, body composition and weight regulation**”.



MANAV RACHNA
Ividyapariksha

**Department of Nutrition and Dietetics
Faculty of Allied Health Sciences (FAHS) presents**

International Talk on

**ANTHROPOMETRY, BODY COMPOSITION
AND WEIGHT REGULATION**

EXPERT SPEAKER
Dr. Anup Adhikari
Criterion Anthropometrist and
Exercise Physiologist, Anthropometrica,
Toronto, Canada

MODERATOR
Ms. Vandana Garg
Assistant professor
Department of Nutrition
and Dietetics, FAHS, MRIIRS

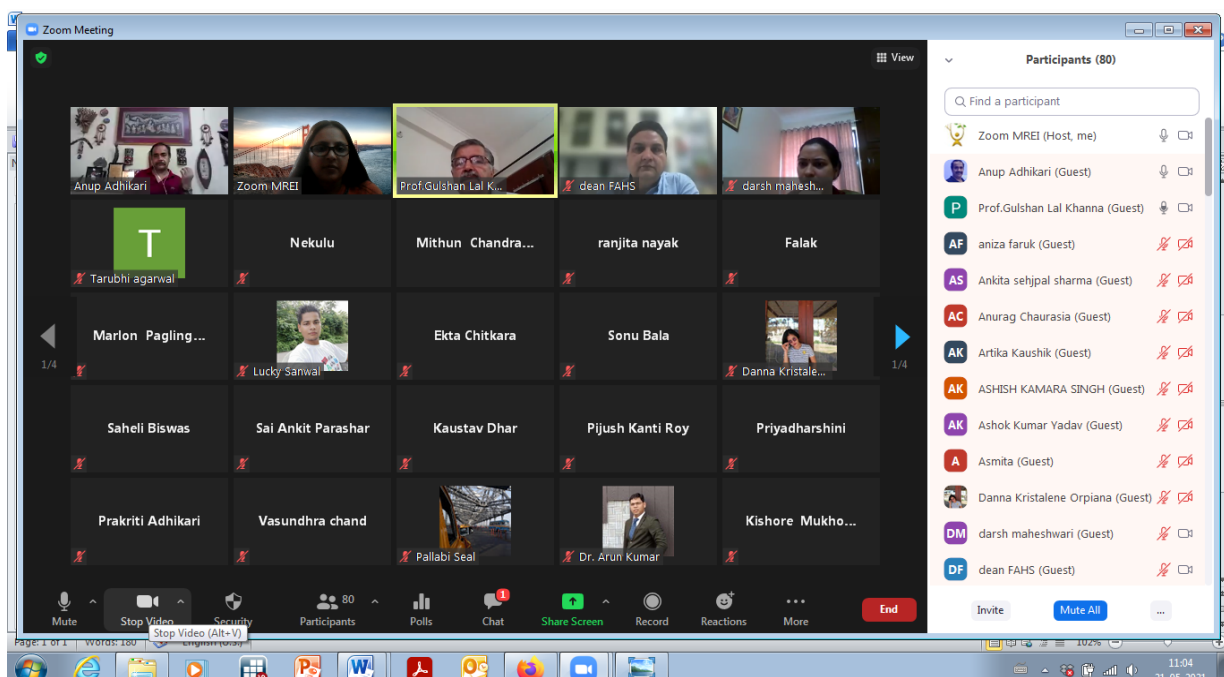
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Raza Rizvi**
Dean, FAHS
MRIIRS

Dr. Divya Sanghi
Associate Professor & Head
Department of
Nutrition and Dietetics
FAHS, MRIIRS

Date
May 21, 2021

Time
11:00 AM – 12:00 PM



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The screenshot shows a Zoom meeting interface. The main content is a presentation slide with the following structure:

- Morphological aspects** (top left) points to **Structure** (middle left), which includes a photo of two women.
- Application of Morphological aspects to movement** (top middle) points to **Function** (middle middle), which includes a photo of a person running.
- Factors which influence movements** (top right) points to a list of factors (middle right):
 - ▶ Body Composition
 - ▶ Nutrition
 - ▶ Body shape
 - ▶ Somatotype Components
 - ▶ Maturation
 - ▶ Motor Abilities,
 - ▶ Physiological aspects
 - ▶ Physical Activities

The Zoom interface includes a top bar with 'Zoom Meeting', 'You are viewing Anup Adhikari's screen', and 'View Options'. A 'Participants (75)' list is on the right, and a 'Leave' button is at the bottom right. The Windows taskbar is visible at the bottom of the screen.