

**Access to sexual and reproductive health-care services  
including information and education services**

Sexual and reproductive health services contribute to the overall well-being of individuals across all genders. These encompass education on sexual and reproductive health, support for maternal and child health, personalized counseling, and various services such as prevention, testing, and treatment for sexually transmitted infections/HIV, as well as cancer prevention, testing, and referral for treatment.

- On-campus amenities comprise a Counselling Cell, Grievance Cell, distinct Common Rooms for Girls and Boys, and the provision of free **sanitary pad dispensers and incinerators** in all female restrooms. Additionally, the distribution of free sanitary pads to female students underscores MRIIRS's commitment to promoting female hygiene.

- **Expert Talks and Health Sessions:**

Expert talks, panel discussions, and camps were organised covering topics such as **menstrual hygiene, breastfeeding, safety awareness, and cervical cancer.**

International Women's Day was commemorated at MRIIRS to enhance awareness of gender equality and sustainable development. The Centre for Human Resources (CHR) periodically organized diverse workshops on General Health, benefiting all members of the Manav Rachna community. These included sessions on Cervical Cancer awareness led by Dr. Ashima Kesri, MBBS, M.S, F.M.A.C (L.H.M.C, Delhi), a Gynaecologist & Laparoscopic Surgeon, as well as Ergonomic & Postural assessment, Musculoskeletal assessment, Exercise prescription, Body Composition Analysis (BMI), and Individualized diet counselling.



Awareness about Cervical Cancer by Dr. Ashima Kesri

## BREAST FEEDING WEEK, 2023

Women should not have to choose between breastfeeding their children and their work. World Breastfeeding Week is celebrated in the first week of August every year, supported by WHO, UNICEF and many Ministries of Health and civil society partners. This year's theme is focusing on breastfeeding and work, providing a strategic opportunity to advocate for essential maternity rights that support breastfeeding, maternity leave for a minimum of 18 weeks, ideally more than 6 months, and workplace accommodations after this point. In view of this, School of Allied Health Sciences, Department of Nutrition & Dietetics, MRIIRS has initiated awareness by conducting a webinar series (Zoom platform), poster competition and a panel discussion on various topics covering the breastfeeding importance, rights of mother (working/non-working), disadvantages of non-breastfeeding to mother and infant, government initiatives to promote breastfeeding etc. The experts from various fields such as nutritionist, paediatrician, gynaecologist and ministry personnel had delivered the talk.



**MANAV RACHNA** Ividyanatariksha  
A++ NAAC  
World Breast Feeding week (1<sup>st</sup>-7<sup>th</sup> August)

ENABLING BREASTFEEDING  
Making a difference for working parents.  
[www.mriirs.com/2023/08/01/](http://www.mriirs.com/2023/08/01/)

**Experts** | **WEBINAR SERIES**  
1<sup>st</sup>-6<sup>th</sup> August 2023

 <b>Dr Anita Gupta,</b> CMO, UCMS & GTB, MTCN-IAPBM	 <b>Ms Charu Dua Chief</b> Clinical nutritionist - Amrita hospital	 <b>Ms Deepti Kahtuja</b> Head Clinical Nutritionist
 <b>Dr Rashmi S. Rustagi,</b> Paediatrician & Neonatologist, MBBS (Gold Medalist), MD (Pediatrics), Associate Consultant Jaipur Golden Hospital	 <b>Dr Megha Consul,</b> MD (Paediatrics), DNB (Paediatrics), Clinical Fellowship Neonatal & Perinatal Medicine, Senior Consultant & Unit Head-Neonatology	 <b>Ms Richa Jaiswal,</b> Registered Dietitian, PhD Scholar Surgical Disciplines AIIMS, New Delhi

**Poster competition-7th August 2023 (12-1pm)**

Registration Link:  
<https://forms.gle/9e2FdExDvNpG5F8g9>

MEETING LINK: Join Zoom Meeting  
<https://mriir1.zoom.us/j/94984946131>  
Meeting ID: 949 8494 6131





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**Panel Discussion**

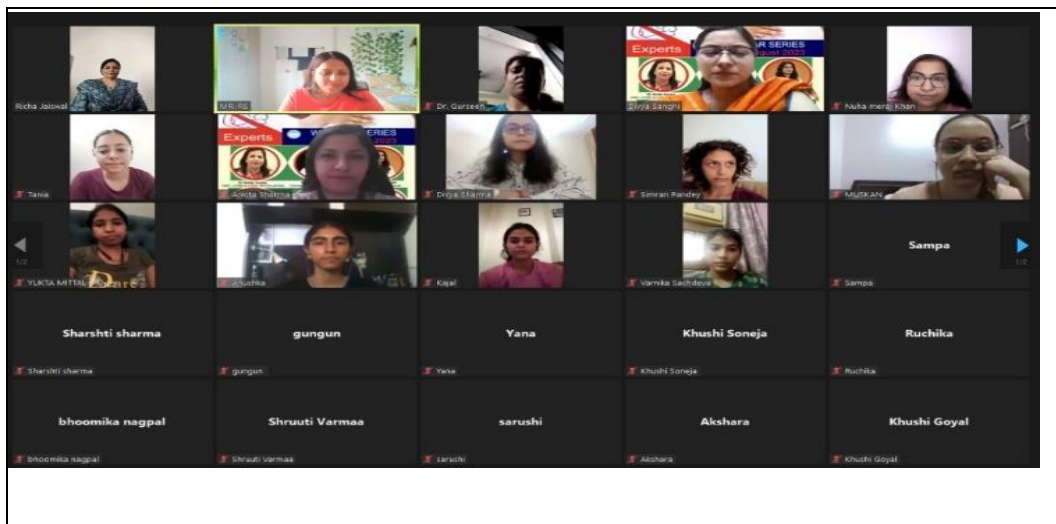
**Panel Experts:** | **7<sup>th</sup> August 2023 (1:00-3:00 PM)**

 <b>Ms Purnima Thakur</b> Assistant Director, MWCD, New Delhi	 <b>Dr Divya Choudhary,</b> Chief Clinical Nutritionist, Rajiv Gandhi Cancer Institute & Research Centre, New Delhi. Life Time Member of IDA & IAPEN	 <b>Dr. Megha Consul,</b> MD (Pediatrics), DNB (Pediatrics), Clinical Fellowship Neonatal & Perinatal Medicine, Senior Consultant & Unit Head- Neonatology	 <b>Ms Rohini Saran</b> Lead - Nutrition (South Asia Hub)
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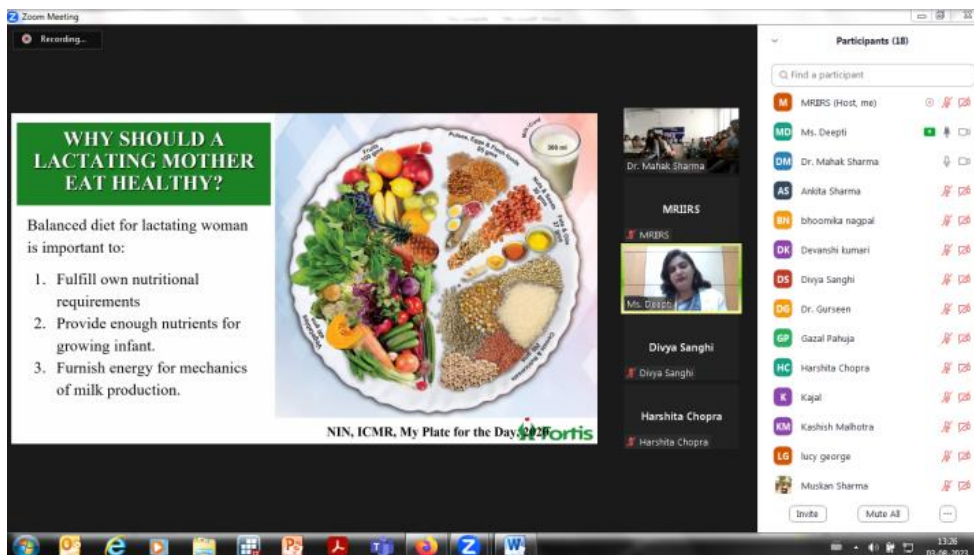
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Breast feeding Week 2023



Participants in the Breast feeding Week 2023



Participants in the Breast feeding Week 2023

**Free sanitary pads distribution** to all the female students and in community was also an initiative towards female hygiene in MRIIRS through OP Bhalla Foundation and Allied Health Sciences.

**Empowering Women: Distributing Sanitary Napkins to 250+ in Mohabbatabad Village, 24th September 2023**

On September 24th, 2023, the 'Give her Wings to Fly' initiative led by Team OP Bhalla Foundation, in collaboration with Student of MRIIRS Volunteers, ventured to Mohabbatabad Village for a meaningful endeavour. The focal point of the day was a Nukkad Naatak, a street play, aimed at spreading awareness about menstrual health and hygiene. This impactful activity was complemented by the support and partnership of the Satya Sai Foundation, which concurrently organized a Narayan Sewa, a community service initiative, for the villagers. Together, these efforts sought to address critical issues and provide holistic support to the community. During the visit, special attention was given to the women of the village, where more than 250 women and girls were directly engaged. As part of the initiative, sanitary napkins were distributed among these women and girls, ensuring not only awareness but also access to essential menstrual hygiene products. This event marked a significant milestone in the ongoing efforts of the initiative, with the cumulative count of distributed sanitary napkins reaching an impressive 27,000 to date. Through such collaborative and community-driven initiatives, the 'Give her Wings to Fly' initiative continues to empower women and girls, ensuring they have the resources and knowledge necessary to lead healthy and dignified lives.



Awareness regarding Mensural Hygiene

- **Give her Wings to Fly with House-keeping Staff of Manav Rachna Campus ,21<sup>st</sup> July to 27<sup>th</sup> July, 2022**

From July 21st to July 27th, 2022, the empowering initiative "Give her Wings to Fly" took flight within the premises of Manav Rachna Campus, extending its reach to the invaluable housekeeping staff. In a series of impactful sessions, dedicated to menstrual hygiene and sanitary napkin distribution, the Foundation collaborated closely with both male and female members of the housekeeping team across the three zones of the campus. These sessions went beyond the mere distribution of sanitary products; they served as platforms for education, awareness, and destigmatization. By engaging with both male and female staff members, the initiative aimed to break down barriers and foster a supportive environment where open conversations about menstrual health could thrive. Through these efforts, a total of 800 sanitary napkins were distributed among the housekeeping staff, ensuring that they not only had access to necessary resources but also the knowledge to prioritize their menstrual health. This initiative not only highlighted the Foundation's commitment to inclusivity and well-being but also emphasized the importance of recognizing and supporting the often overlooked contributions of the housekeeping staff. By giving wings to these individuals, the initiative aimed to empower them with dignity, knowledge, and the tools necessary to navigate their lives with confidence and comfort. Such efforts are integral steps towards creating a more compassionate and inclusive community within the Manav Rachna Campus, where every individual is supported in their journey towards health and empowerment.



**Giver her wings to fly - Menstrual Hygiene and Sanitary Napkin**

**Distribution** at Sneh Ashram and Dayalpur Gurudwara and House Keeping at MR was also organized by MRIIRS on 15-22 July 2022.



**Free sanitary pads distribution to all the female students and in community**