



3.3.4 SEXUAL AND REPRODUCTIVE HEALTH CARE SERVICES FOR STUDENTS

Sri Sri University (SSU) has demonstrated a strong commitment to improving access to sexual and reproductive health care services through a series of impactful programs and events. These initiatives align with SDG 3.3.4, focusing on empowering students and the community with education and resources for better health outcomes.

Cumulative Impact Metrics

- **Total Beneficiaries:** Over 300 students, faculty, and community members directly participated in these programs.
- **Key Topics Addressed:** Menstrual health, PCOD, PCOS, maternal wellness, hormonal imbalances, UTIs, and breaking stigmas.
- **Educational Sessions Conducted:** 6 key events, including webinars, yoga sessions, and community engagement programs.
- **Collaborative Efforts:** Multi-departmental coordination involving the Department of Student's Affairs (DSA) office, Arogya Yoga Club, Sri Sri College of Ayurvedic Science and Research Hospital (SSCASRH), and The Art of Living.
- **Outcomes:**
 - Increased awareness and knowledge on sexual and reproductive health.
 - Practical tools and natural remedies provided for managing gynecological challenges.
 - Empowered students and community members to address stigmas related to menstrual health.
 - Distributed menstrual hygiene products to those in need.

Through these diverse and well-coordinated initiatives, SSU has created a holistic framework to address sexual and reproductive health challenges among students and the surrounding community. These programs have significantly contributed to breaking stigmas, empowering individuals, and providing essential resources and education in line with SDG 3.3.4. SSU remains a model institution for integrating education, health care, and cultural practices to improve overall well-being.

Below is a brief summary for each of the key initiatives and their collective impact along with some glimpses for each event:

1. Women's Health Session by Dr. Bhagyashree at Sri Sri Ayurveda Hospital

- **Focus:** Ayurvedic remedies for PCOD, PCOS, menstrual pain, hormonal imbalances, UTIs, and other gynecological issues.
- **Participants:** 100 students.
- **Impact:** Students gained practical knowledge to address common health challenges naturally and holistically.

On December 6, 2022, Dr. Bhagyashree Satpathy, an esteemed faculty member of Sri Sri College of Ayurvedic Science and Research Hospital (SSCASRH), conducted a highly impactful late-night session at 10:30 PM focused on women's health. Addressing critical topics like PCOD, PCOS, menstrual pain, hormonal imbalances, urinary tract infections (UTIs), and other gynecological issues, Dr. Bhagyashree provided valuable Ayurvedic insights and simple remedies. This session served as an eye-opener for over 100 student participants, fostering a friendly and supportive atmosphere where girls felt encouraged to discuss their concerns openly. Organized meticulously by Dr. Richa Baghel with support from the DSA office, the session underscored the importance of leveraging natural and holistic approaches to address common health issues among young women. Participants expressed a strong desire to replicate such sessions across all girls' hostels, emphasizing the need for accessible, stigma-free conversations around reproductive health.



2. Garbha Sanskara Event: Celebrating Life and Wellness

- **Focus:** Celebrating the beginning of life, promoting maternal and child well-being.
- **Participants:** 100+ women from villages within a 10 km radius.
- **Impact:** Integrated cultural traditions with health awareness, fostering a nurturing environment for reproductive wellness.

On July 10, 2023, Sri Sri University hosted the Garbha Sanskara event at the Shruti Building in Govindpur, Odisha. This cultural and spiritual celebration aimed to honor the beginning of new life while promoting the health and well-being of both the mother and child. Attended by family, friends, spiritual leaders, and teachers, mostly females, the event highlighted the integration of traditional wisdom with modern practices in reproductive health. Such initiatives reflect the university's commitment to fostering holistic well-being through ancient Indian practices, creating a nurturing environment for expectant mothers and families.



3. Yoga for Menstrual Health: A Session at Shovaniya Ashram

- **Focus:** Yoga practices for menstrual health and overall well-being.
- **Participants:** 25 children at Shovaniya Ashram in Cuttack.
- **Impact:** Empowered participants with tools to manage menstrual health through yoga and fostered stigma-free conversations.

On March 21, 2024, the Arogya Yoga Club organized a two-hour session at Shovaniya Ashram in Cuttack, focusing on yoga practices for menstrual health and overall well-being. This engaging session was attended by 25 students who actively participated in learning yoga techniques tailored to manage menstrual health effectively. Alongside yoga, the session incorporated fun brainstorming activities, creating an enjoyable yet educational atmosphere. The participants gained practical tools and insights to maintain good menstrual health, making it a valuable and enriching experience that aligned with the broader objectives of SDG 3.3.4.





4. Project Pavitra Camp: Enhancing Menstrual Health and Hygiene

- **Focus:** Menstrual health and hygiene awareness, distribution of hygiene products, and tackling societal stigmas.
- **Participants:** Girls and women from the university and surrounding communities.
- **Impact:** Provided comprehensive knowledge on menstrual hygiene, empowering participants with self-confidence and awareness.

From February 21 to 23, 2024, Sri Sri University hosted the Project Pavitra camp, a significant initiative aimed at enhancing menstrual health and hygiene among girls and women within the university and the surrounding community. As part of The Art of Living's comprehensive program, the camp provided essential education on menstruation, hygiene practices, available products, proper disposal methods, and treatment options. Participants were empowered with the knowledge and confidence to tackle socio-cultural stigmas associated with menstruation. The camp distributed menstrual hygiene products to those in need and fostered an open, stigma-free environment for discussions. This initiative not only directly benefited attendees but also contributed to the broader SDG 3.3.4 by improving access to reproductive health education and services.







5. Webinar on PCOD: Holistic Insights from SSCASRH

- **Focus:** Ayurvedic approaches to managing PCOD and PCOS.
- **Participants:** 100 students and staff.

- **Impact:** Highlighted the effectiveness of holistic treatments in managing reproductive health challenges.

Dr. Bhagyashree Satpathy, an Assistant Professor at the Department of Prasuti Tantra and Stree Roga (PTSR), conducted an impactful webinar on PCOD and PCOS at Sri Sri University. This session, held on December 6, 2022, benefitted over 100 students, providing comprehensive insights into the Ayurvedic management of these prevalent reproductive health conditions. Students and university staff participated in discussions that emphasized the role of holistic and natural treatments in managing symptoms effectively. By organizing such webinars, Sri Sri University continues to prioritize health education, supporting its mission to achieve sustainable development in reproductive health care services.



6. Seminar on PCOS:

- **Focus:** Comprehensive education on Polycystic Ovary Syndrome (PCOS), including symptoms, treatment options, and long-term health risks.
- **Participants:** 54 attendees.
- **Impact:** Enhanced understanding of PCOS, its implications on overall health, and treatment strategies tailored to fertility goals.

The seminar on Polycystic Ovary Syndrome (PCOS) provided comprehensive education on the condition, focusing on its symptoms, treatment options, and associated long-term health risks. Attended by 54 participants, the session enhanced understanding of PCOS and its

impact on overall health, particularly addressing hormonal imbalances, risks of diabetes, high blood pressure, and infertility concerns. The seminar emphasized personalized treatment strategies tailored to individual fertility goals, empowering attendees with actionable insights to manage the condition effectively.

The poster is for a seminar titled "PCOS and its case discussion" by Dr. Bhagyashree Purna Satpathy, Consultant, Dept. of PFSR. The event is scheduled for 13th July 2023, from 4:30 PM to 5:30 PM. The venue is Class Room, Room No.-D120, Kirti Building, SSCASRH. The poster also features a diagram titled "FEMALE REPRODUCTIVE SYSTEM DISEASES: polycystic ovarian syndrome" which shows a normal ovary and a polycystic ovary with multiple follicles. The diagram labels the uterus, fallopian tubes, ovaries, and vagina. The contact information is info.ayh@srisriuniversity.edu.in.



Each of these events illustrates Sri Sri University's unwavering commitment to providing accessible sexual and reproductive health services and education, fostering a supportive environment for addressing these critical issues. By aligning its initiatives with SDG 3.3.4, the university is making substantial contributions to the well-being of its students and the broader community.