

Student sexual and reproductive health access and education.

Centurion University firmly upholds its commitment to the United Nations Sustainable Development Goal 3 (Good Health and Well-Being) by ensuring that all students have access to reliable, affordable, and quality health services. A crucial component of this commitment is the provision of **sexual and reproductive health-care services, information, and education**, which are essential for fostering student well-being, reducing health risks, and building a culture of awareness and inclusivity on campus.

The university has adopted a **dual model of service provision** — offering some essential services free of cost to ensure equitable access, while providing specialized services at subsidized rates through its health facilities and partnerships. This ensures that students, regardless of their background, can seek the care and information they need without stigma or financial burden.

Free Access Services at Centurion University

At Centurion University, awareness, education, and preventive health check-ups form the cornerstone of its free access services.

Awareness Sessions & Education Workshops: Centurion University organizes regular workshops and seminars on topics such as safe sexual practices, menstrual hygiene management, contraception awareness, sexually transmitted infections (STIs), and the importance of consent and gender equity. Interactive platforms with health experts and peer educators encourage open dialogue and myth-busting. The University has organized 6 workshops in 2024 to create awareness on reproductive health.



Fig 1: Workshop on sexual health, hygiene, contraception, STIs, consent, and gender equity by Dr. Purarma Pradhan (Gynecologist)

Counselling Services: The university offers free and confidential counseling sessions, addressing concerns like reproductive health queries, relationship challenges, pregnancy-related worries, and mental well-being. Professional counselors, supported by tie-ups with NGOs, ensure that students have a safe space for guidance. This service has benefited more than 200 patients in 2024.

Free Health Check-ups: Centurion University organizes periodic free medical check-up camps for students and the local community. These camps screen for reproductive health concerns, anemia, hypertension, and other health indicators, providing a preventive approach to well-being.

Observation of Health Days and Awareness Campaigns at Centurion University

Centurion University not only addresses reproductive health through clinical and counseling services but also places a strong emphasis on **health education, community engagement, and awareness-building**. To achieve this, the university observes major international and national health days with both **on-campus programs** and **outreach activities in surrounding rural localities**. These observances serve as opportunities to educate students, faculty, and local communities while fostering a culture of responsibility and preventive care.



Fig 2: Female Health Awareness Program Driven by Centurion University at Kusumati Pachayat on 25.04.24



Fig 3: Centurion University celebrates Women's Day with health education and outreach activities, promoting awareness, empowerment, and preventive care for women's well-being.

World Population Day (11th July 2024)

On World Population Day, **seminars, debates, and interactive sessions** were organized focusing on themes such as family planning, reproductive rights, adolescent health, and gender equality. Faculty and students collaborated with local health professionals to highlight issues like population growth, maternal health, and contraceptive use. In rural outreach programs, students organized awareness drives in collaboration with local ASHA workers and NGOs to spread information about safe motherhood, child spacing, and government family planning schemes. Such initiatives empower young people with knowledge while also strengthening the community's understanding of population health challenges.

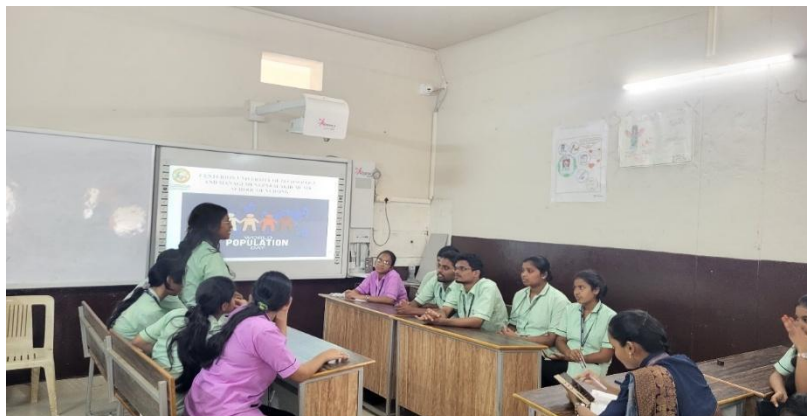


Fig 4: On World Population Day, Centurion University hosted seminars and outreach drives to promote family planning, reproductive health, and gender equality, empowering communities with vital knowledge.

World Breastfeeding Week (1–7th August 2024)

During World Breastfeeding Week, the **importance of exclusive breastfeeding for the first six months** of life and its long-term benefits for both mother and child was emphasized. On campus, sessions were conducted by nursing faculty and visiting pediatricians for students, particularly those from paramedical and community health streams. In rural communities, awareness camps were organized for young and expecting mothers, where demonstrations on correct breastfeeding practices, maternal nutrition, and lactation counseling were carried out. Students distributed educational leaflets in local languages, making the knowledge accessible to all. This initiative not only educates the community but also provides Centurion University students with valuable field exposure.



Fig 5: During World Breastfeeding Week, Centurion University raises awareness on exclusive breastfeeding, maternal nutrition, and lactation counseling through campus sessions and rural outreach programs.

World Preeclampsia Day (22nd May 2024)

Preeclampsia is a leading cause of maternal morbidity, yet awareness about it remains low. On World Preeclampsia Day, Centurion University conducts **screening camps and awareness lectures** to educate women about the symptoms, risk factors, and preventive measures. Nursing and medical technology students are actively involved in conducting blood pressure screenings for women in surrounding villages, identifying potential high-risk cases. On campus, experts from gynecology fields are invited for lectures and panel discussions. These activities reinforce the importance of early detection and regular antenatal care, helping both students and community members understand maternal health as a shared responsibility.

World Ovarian Cancer Day (8th May 2024)

On this day, Centurion University created awareness about **ovarian cancer** — **its early warning signs, screening, and lifestyle factors related to prevention**. In collaboration with local oncologists, the university organized awareness talks for students and women from surrounding communities. Special emphasis was placed on removing stigma and encouraging women to seek medical attention early. Information materials in local languages were distributed, and posters were displayed to educate students about the importance of regular gynecological check-ups. Through these initiatives, Centurion University sensitizes both its students and the community on women’s reproductive health issues that are often overlooked.



Fig 6: World Ovarian Cancer day Observation Program at Centurion University

World AIDS Day (1st Dec 2024)

World AIDS Day was observed with high participation across Centurion University campuses. Awareness programs focusing on **safe sexual practices, prevention of HIV transmission, the importance of testing, and breaking the stigma associated with HIV/AIDS**. Students conducted role plays, street theatre, and poster competitions to spread messages in creative ways. Free counseling sessions and voluntary HIV testing drives were organized in partnership with local health departments. These initiatives encourage a safe and supportive environment where students feel confident discussing sensitive issues.



Fig 7: On World AIDS Day, Centurion University promotes HIV awareness, safe practices, testing, and stigma reduction through creative programs, counseling, and free testing drives.

Menstrual Hygiene Day (28th May 2024)

To address the stigma around menstruation, Centurion University observed Menstrual Hygiene Day with **workshops, distribution of sanitary pads, and interactive discussions** on menstrual health and hygiene management. Special efforts were made to reach out to adolescent girls in nearby rural communities, where lack of awareness and access to sanitary products is a major issue. Student volunteers and faculty members lead awareness sessions and distribute reusable sanitary kits, ensuring sustainability.



Fig 8: On Menstrual Hygiene Day, Centurion University raises awareness on menstrual health, distributes sanitary kits, and promotes dignity, hygiene, and gender equality.

Impact of Observing Health Days

By systematically observing these health days, Centurion University creates a **continuous cycle of education, awareness, and preventive care** throughout the year. These observances serve multiple purposes:

- They provide students with practical exposure to community health needs.
- They empower communities with life-saving information.
- They create a supportive ecosystem on campus where reproductive and sexual health is openly discussed without stigma.

Together, these campaigns strengthen Centurion University's contribution to **SDG 3 (Good Health and Well-Being)** by making reproductive health knowledge accessible, actionable, and sustainable.

Charged Access (Subsidized) Services

Recognizing the need for specialized medical support, Centurion University provides **subsidized access** to advanced sexual and reproductive health services through its health centres and partner hospitals.

1. STI Testing and Treatment:

Students can undergo affordable diagnostic screenings for STIs such as HIV, syphilis, and HPV at the university health center. In case advanced treatments are needed, Centurion University maintains partnerships with local hospitals and clinics for smooth referrals at negotiated student-friendly costs.





Fig 9: Centurion University offers affordable STI testing and treatment, with seamless referrals to partner hospitals for advanced care.

2. Specialist Consultations:

Every week, **Gynaecologist Dr. Mamta Mohanty (MBBS, AIIMS Delhi)** and **Dr. Purarama Pradhan (MBBS, Specialized in Maternity & Child Health, PGDMCH)** are **available on campus at the Community Diagnostic Centre** to provide expert consultations. Students benefit from subsidized fees, making specialist care more accessible. This initiative is particularly important for the early detection and management of reproductive health conditions among young adults.

3. Contraceptive Availability:

Centurion University ensures that students have affordable access to contraceptives, including oral pills, emergency contraceptives, and condoms. These are made available through the Registered diagnostic centre and Centurion PMB Janaushadhi Kendra by the Government of India, which is established inside the University premises at subsidized rates. While awareness and preventive education are free, the provision of these resources ensures that students can translate knowledge into safe practices.


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Fig 10: Centurion University provides affordable contraceptives on campus, ensuring students can practice safe and informed family planning.

4. Gynecology Care:

Beyond routine consultations, Centurion University organizes **health camps and vaccination drives**, particularly targeting women’s reproductive health and preventive care. For instance, HPV vaccination drives are organized on a cost-sharing model, significantly reducing the financial burden on students. Similarly, urology consultations are provided at discounted rates to address male reproductive health issues, which are often less discussed but equally significant.



Fig 11: Free Gynecological Consultation at Community Diagnostic Center Centurion University



Fig 12: Free Gynecological Consultation in Collaboration with Amri Hospital Community Diagnostic Center Centurion University

Case Study: “Bridging Awareness and Access: Centurion University’s Holistic Model for Student Reproductive Health”

This case study highlights Centurion University’s integrated approach to **sexual and reproductive health (SRH)** through a blend of awareness workshops, on-campus counseling, and subsidized gynecology consultations. By combining education with accessible healthcare, the university empowers students to seek timely, confidential, and comprehensive care.

A recent case on 28-05-2024 illustrates the effectiveness of Centurion University’s dual model of services. During a routine awareness workshop on **menstrual health management**, a group of students approached the university counsellor regarding concerns about irregular menstrual cycles and possible reproductive issues. They were guided to attend the on-campus gynecology consultation sessions, where they received subsidized care. Follow-up treatments were coordinated with a partner hospital, and the students later expressed how the availability of confidential, affordable services on campus helped them overcome hesitation and address their health issues in a timely manner.

Through these integrated initiatives, Centurion University has created an environment where students are not only educated about sexual and reproductive health but are also given the means to act on that knowledge. By combining **free awareness and counseling services with subsidized medical care**, the university ensures that students have holistic access to SRH services.

Impact of Service Delivery Models

Service Type	Access Model	Key Features
Awareness Sessions & Education Workshops	Free of cost	Safe sex practices, menstrual hygiene, contraception, STIs, consent, gender equity
Counselling Services	Free and confidential	Reproductive health queries, relationships, pregnancy concerns, mental health
Health Check-ups	Free periodic camps	Screening for reproductive health issues, anaemia, hypertension
STI Testing & Treatment	Subsidized	Affordable screening for HIV, Syphilis, HPV; referrals to partner hospitals
Specialist Consultations	Subsidized	Weekly Gynaecologist visits for consultations (Dr. Mamta Mohanty & Dr. Purarama Pradhan)
Contraceptive Distribution	Subsidized	Oral pills, condoms, emergency contraceptives via PMB Janaushadhi Kendra

Urology Consultations	Subsidized	Address male reproductive health issues
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2. Key Quantitative Outcomes (2024)

Indicator	Data
Awareness Workshops Conducted	~06 (Across the year)
Students Benefited from Workshops	~3,000+
Counselling Sessions Provided	~200
STI Tests Conducted	~150
Specialist Gynaecology Consultations	~300
Observance of Key Health Days	6 (World Population Day, World Breastfeeding Week, World Preeclampsia Day, World Ovarian Cancer Day, World AIDS Day, Menstrual Hygiene Day)
Students & Faculty Engaged in Awareness Drives	~1,500

Centurion University has established a well-integrated, data-driven framework for providing sexual and reproductive health-care services aligned with SDG 3 – Good Health and Well-Being.

The university's model successfully delivers:

- Free and accessible awareness programs and counselling services that empower students with knowledge about safe sex, menstrual hygiene, consent, contraception, and STI prevention.
- Subsidized access to gynaecology and urology consultations, STI testing and contraceptives ensuring affordability without compromising quality.
- Systematic early disease detection, with ~300 students referred for specialized care, helping prevent long-term reproductive health issues.
- Meaningful community engagement, sensitizing over **4,000 students and community members** through creative awareness drives and observance of key health days.

By offering confidential, stigma-free services that prioritize inclusivity, equity, and affordability, Centurion University creates a supportive environment where students and the community can actively pursue sexual and reproductive health without fear or financial burden. These integrated initiatives reinforce Centurion University's proactive role in developing responsible, health-aware citizens, and contribute substantially to the realization of SDG 3 by promoting preventive care, reducing health inequities, and fostering behavioural change for lasting well-being.