



**Karunya INSTITUTE OF TECHNOLOGY AND SCIENCES**

(Declared as Deemed to be University under Sec.3 of the UGC Act, 1956)

MoE, UGC & AICTE Approved

**NAAC A++ Accredited**

### **3.3.4 - Does your university as a body provide students access to sexual and reproductive health-care services including information and education services**

Karunya Institute of Technology and Sciences, emphasizes on the overall well-being of our students, and this includes their sexual and reproductive health. We offer orientation programs to make sure students have access to the care and information they need. We also run awareness programs to educate students about these topics, aiming to dispel myths and provide accurate information regarding sexual and reproductive health. Additionally, we have a gynaecologist on campus to consult with students on various health concerns, making it convenient for them to get expert advice.

KITS through SEESHA organized a series of informative and impactful events, addressing critical issues related to women's health and well-being. KITS hosted awareness campaigns through YouTube, featuring experts in various fields. These events covered a wide range of topics, including the challenges faced by girl children in Indian society and government welfare schemes, Polycystic Ovary Syndrome (PCOS) and lifestyle management, cervical cancer awareness and prevention, combating sexual exploitation, alcoholism among women, and the effects of postpartum depression on women's mental and physical health.

#### **1. Giving them Wings to Fly- panel discussion**

On **11<sup>th</sup> October 2021**, Dr. Sunandha (Retired SP & Professor of Criminology dept., Karunya Deemed University), Dr. Angel Anbu (Social Activist), Dr. Shilpa Dhinakaran and host Ms. Sharon participate in a panel discussion on the challenges faced by girl children in our Indian society and the possible solutions to the problems. They also discuss the government's special welfare schemes for girl children.

<https://www.youtube.com/watch?v=otAyaD-sek4>



## 2. PCOS and PCOD

On 19<sup>th</sup> November 2021, Dr. Kurinji Priya – Gynaecologist from SEESHA Karunya Community Hospital in this episode of ‘Maruthuva Neram’, as she explains about Polycystic ovary syndrome, its common symptoms, risk factors, PCOS-related health conditions and treatment options. Also, learn how the condition can be managed effectively with simple lifestyle modifications such as physical exercises, having a well-balanced diet and behavioural interventions.

<https://www.youtube.com/watch?v=lrBLKsiX90s>



### 3. Cervical Cancer Awareness

On 17<sup>th</sup> December 2021, Dr. Shilpa Samuel Dhinakaran shares the importance of seeking early cancer detection/screening, making lifestyle modifications by avoiding risk factors and some guidelines for cancer prevention.

[https://youtu.be/4kai4QLX7CE?si=cfOLRJIM\\_KIOZ06j](https://youtu.be/4kai4QLX7CE?si=cfOLRJIM_KIOZ06j)



### 4. End Sexual Violence:

March 4th has been observed as the world day of fight against sexual exploitation. Sexual exploitation occurs when a perpetrator uses their position of power or trust to gain sexual favours against a vulnerable person in exchange for money, material gains, a job, or immaterial things like protection/a relationship

<https://www.youtube.com/watch?v=OdUGuc57c9M>



## 5. Alcoholism among women

On 12<sup>th</sup> March 2022, Awareness for women about the bad impacts of women consuming alcohol.

<https://www.youtube.com/watch?v=o3YbCf8ECus>



மதுவிற்கு அடிமையாகும் பெண் சமுதாயம் || பெண்கள் குடிப்பது சரியா? தவறா? | சிறகுகள் | Dr ஷில்பா தினகரன்

## 6. How Postpartum Depression Affects a Woman

On 30<sup>th</sup> June 2022, a talk on the effects of postpartum depression on woman's mental and physical health was given.

<https://www.youtube.com/watch?v=dBzipODoVqE>



How Postpartum Depression Affects A Woman | Siragugal | Seesha