



AMITY UNIVERSITY

MADHYA PRADESH

Established vide Government of Madhya Pradesh Act No. 27 of 2010

University provides students access to sexual and reproductive health-care services including information and education services

National Service Scheme

World AIDS Day, 2023

HIV AIDS Prevention and Awareness Campaign and survey with the theme “Community Leadership and Collaboration” by volunteers of National Service Scheme and Red Ribbon Club of Amity University Madhya Pradesh (AUMP)

1-15 December, 2023

As per the directive of Ministry of Higher education, Govt of MP, vide letter 994/349/NSS/2023/38 dated 10.11.2023 National Service Scheme and Red Ribbon Club of Amity University Madhya Pradesh organized **HIV and AIDS awareness programs** in the university. The theme of the AIDS Awareness Campaign for the year has been “Community Leadership and Collaboration”. A guest lecture on the topic “AIDS Awareness and Prevention” was organized on 13.12.23. On this occasion, to educate the National Service Scheme volunteers, a very informative lecture was delivered by Dr. Jyoti Priyadarshini Srivastava, Professor, Department of Pathology, Gajra Raja Medical College, Gwalior, at Amity University. Dr. Priyadarshini Srivastava shared detailed information about the misconceptions, fears and realities related to HIV AIDS with the students of Amity University.

In this program, a quiz was also organized and under the guidance of Professor Priyadarshini, a questionnaire was developed which will be used for awareness campaign and survey work in the two adopted villages Chakraipur and village Sigora in the upcoming National Service Scheme village visits.

In this lecture, she provided the latest information to the students which the educated youth can share with the less informed people of the society and can teach them about prevention of HIV AIDS and easy ways of living with HIV AIDS.

Thereafter the students performed a skit about the way our society thinks about HIV/AIDS. The program was coordinated by Program Officers National Service Scheme

and Dr. Rachna Kathal and Dr. Manish Dubey, and Dr. Arvind Singh Jadon from AIP. aAI HOIs, HoDs, faculty, staff 200 NSS volunteers and First semester students of ASET participated in the program.

This initiative of the NSS and RRC volunteers of AUMP was praised by Pro Chancellor of Amity University Madhya Pradesh, Lt Gen VK Sharma (AVSM) and Pro Vice Chancellor, Professor Dr. Anil Vashishth encouraged them that an educated youth should always be a part of the society, feeling responsible for social welfare in all possible ways.



Dr. Jyoti Priyadarshini Srivastava delivering her lecture

“Female Health & Hygiene”

14th September 2023

Amity Institute of Behavioral and Allied Sciences, Amity University, Madhya Pradesh organized a special session on ‘Female Health and Hygiene’ for the students of the Amity Institute of Behavioral and Allied Science (AIBAS), Amity Institute of Social Sciences (AISS) and Amity School of Architecture and Planning (ASAP) to orient the female students of menstrual hygiene and concerns related. The event was kick started by warmly welcoming the guests of honour Dr Namita Agarwal (Gynecologists) and Dr Veera Lohia (Gynecologists) by acknowledging their meticulous achievements. The first guest to hold the stage was Dr Namita Agarwal who spoke about the female reproductive system and the menstrual cycle. She explained the purpose of the menstrual cycle and the physiological process associated with it. She helped students differentiate between normal and abnormal menstrual cycle. She emphasized the importance of menstrual hygiene and provided suggestions for the same such as washing hands before and after using a menstrual product, changing menstrual products regularly, wear breathable clothing, keep the genital area clean with plain water. She ended the session on the contribution of Yoga in relieving menstrual pain and one must be evaluated for severe period pain (Dysmenorrhea) if it inhibits one from living a regular life despite doing yogic exercises, massages, breathing exercises etc. The event was furthered spurred by our second guest Dr Veera Lohia who spoke about the importance of female mental health. She encouraged the students to approach for help in such cases without hesitation. She highlighted the need for counselling services especially for students in the current scenario. She gave a brief idea about the types of mental illnesses and their causes. She explained that even though some amount of stress is necessary to perform well in exams, interviews etc, it is the long-term stress that harms one’s health and hence one must look for warning signs to take actions at the beginning itself. Problems of anxiety and depression was highlighted, and their warning signs were explained. Risk factors, modifiable and non-modifiable factors for women were discussed. She suggested ways to manage these issues through seeking social support, preventing stigma, educational programmes, seeking professional help, regular exercises etc. Importance of medical treatment for mental health disorders were highlighted. At the end of such intriguing sessions, students raised their queries pertaining to the safety of using reusable menstrual products such as menstrual cups, fertile period for pregnancy, white discharge etc. which were by our valuable guests. Both the doctors emphasized the importance of indulging in safe sex practices which included the use of contraceptives after doctor’s consultation, avoiding excessive use of emergency contraceptive pills or self-medication, consulting gynecologists for family planning before marriage etc. The program ended by giving a vote of thanks to our honoured guests.



Dr Namita Agarwal (Gynecologists) delivered an expert talk



Dr Veera Lohia (Gynecologists) delivered an expert talk