

Access to Sexual and Reproductive Health-care Services including Information and Education Services



Swami Vivekanand Subharti University, Meerut

(Established under U.P. Govt. Act no. 29 of 2008 and approved under section 2(f) of UGC Act 1956)

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



Department of Obstetrics & Gynaecology, SVSU

The Obstetrics & Gynaecology Department at Swami Vivekanand Subharti University (SVSU) in Meerut offers specialized counselling and clinical support services focused on sexual and reproductive health for students from various faculties. Students enrolled in MBBS (all phases, including CRMI), postgraduate programs, Allied Health Sciences (AHS), Nursing, Engineering, and other academic disciplines frequently seek the department's confidential consultations and advice. Over the past academic year, students have commonly requested assistance for issues such as menstrual irregularities, abnormal uterine bleeding (AUB), hormonal concerns related to obesity, pre-conception counseling, antenatal care, and general reproductive health matters.

Menstrual Irregularities & AUB: MBBS students in Phase III visited the department with concerns about abnormal uterine bleeding. They underwent comprehensive evaluations, necessary investigations, and received treatment following clinical protocols. Alongside medical management, they were advised on dietary adjustments, lifestyle changes, stress management, and the significance of maintaining hormonal balance.

Obesity & Lifestyle Counselling: A CRMI student sought help for obesity and associated menstrual issues. A multidisciplinary approach was employed, including an evaluation by a physician. The student received counselling on achieving an ideal Body Mass Index (BMI), understanding the long-term health effects of obesity (such as PCOS, infertility, and metabolic disorders), and the importance of sustainable lifestyle modifications. She was encouraged to participate in regular sessions with the university's

sports medicine unit and dietician. With ongoing motivation and structured guidance, she experienced notable improvements in her health metrics and overall well-being.



Group Counselling

Pre-Conception and Psychological Assistance: Postgraduate students who went through a missed miscarriage received compassionate counselling aimed at fostering emotional stability, reducing stress, and enhancing mental health. They were also given thorough pre-conception counseling, which included guidance on nutrition, folic acid intake, pregnancy spacing, and monitoring techniques to improve maternal outcomes in future pregnancies.

Leucorrhoea and Reproductive Hygiene Education: A student from Allied Health Sciences reported issues with leucorrhoea. After assessment, she was reassured about the normalcy of physiological discharge and educated on personal hygiene, genital health, and early warning signs that necessitate medical attention. This counseling helped alleviate her anxiety and increased her awareness.

Antenatal Care for Students: Pregnant postgraduate students received regular antenatal check-ups, nutritional guidance, and psychological support. Their academic and clinical responsibilities were adjusted as needed to maintain a safe working environment without disrupting departmental operations. They were advised on rest, a balanced diet, supplementation, and stress management to promote healthy outcomes for both mother and child.

Adopted by the Department

- Confidential and student-friendly consultation environment
- Collaboration with physicians, dieticians, and sports medicine specialists
- Emphasis on preventive care, lifestyle changes, and mental health support

- Adjustments to academic duties for pregnant students
- Promotion of awareness about reproductive health, menstrual hygiene, and pre-conception care
- Through these efforts, the Department of Obstetrics & Gynaecology at Swami Vivekanand Subharti University continues to support the physical, reproductive, and psychological health of students, ensuring they have access to affordable, evidence-based healthcare on campus.

Weblink: https://medical.subharti.org/services_gyane.php

Girls Common Room-All the colleges have Common Rooms for women and girls students.



Girls' Common Room

Provision of sanitary pad vending machines for usage and disposal



Sanitary Pad Vending & Disposal Machines

Weblink: <https://news.subharti.org/demonstration-of-sanitary-pad-dispensing-and-disposal-machines/>
