



**Centurion**  
**UNIVERSITY**

*Shaping Lives...  
Empowering Communities...*

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# STUDENTS ACCESS TO

# SEXUAL AND REPRODUCTIVE HEALTH-CARE SERVICES

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The University with its multifarious programmes has a minimum entry age of 17 Years. The age signifies a period where the students have crossed puberty and sexually active. It is a vulnerable time when they need to become educated on safe sexual practises and to prevent themselves being victimised by Sexually Transmitted Diseases.

The University focuses on delivering quality sexual health education to provide growing adolescents, the essential knowledge and critical skills needed to decrease sexual risk behaviours. The university conducts frequent sessions on a timely basis on how to keep healthy and avoid Sexually Transmitted diseases (STD), unintended pregnancy, Human Immunodeficiency Virus (HIV)

## **Women sexual and reproductive health**

In the wake for the need of educating women on sexual and reproductive health-care education the University along with its industry partner and in collaboration with Gap Inc. organises workshops and training sessions for educating women

## **Personal Advancement & Career Enhancement (P.A.C.E.)**

It was organized as an innovative workplace program, with an Objective to have Positive impact and awareness on health aspects. Foundational skills and support were provided to help them advance in the workplace and in their personal lives. The workshop emphasized to create a sustainable and scalable program model that benefits all participants and contributors.

Following were the sessions during the workshop:

- Necessity of Women's Health
  - Know your Body
  - Common Diseases
  - Responding to Health Shocks at Home
- Food and Nutrition
- Reproductive Systems and Planned Pregnancy
  - Male and Female Reproductive anatomy
  - Menstruation
  - Importance and Methods of Healthy Timing and Spacing of Pregnancies
- Health during Pregnancy, Childbirth, and Postpartum Care
  - Understanding Cervical, Uterine and Breast Cancer in Women
  - Developing an Understanding of RTIs, STIs, HIV and AIDS
  - Stigma and Discrimination Related to HIV and AIDS

- Reproductive System Diseases and Associated Stigmas
  - Understanding Mental Health Issues and the Associated Stigma
  - Substance Abuse and its Impacts on Mental & Emotional Health
  - Understanding Common Mental Health Problems in Women: Their Causes, Symptoms, and Treatment
- Mental & Emotional Health



