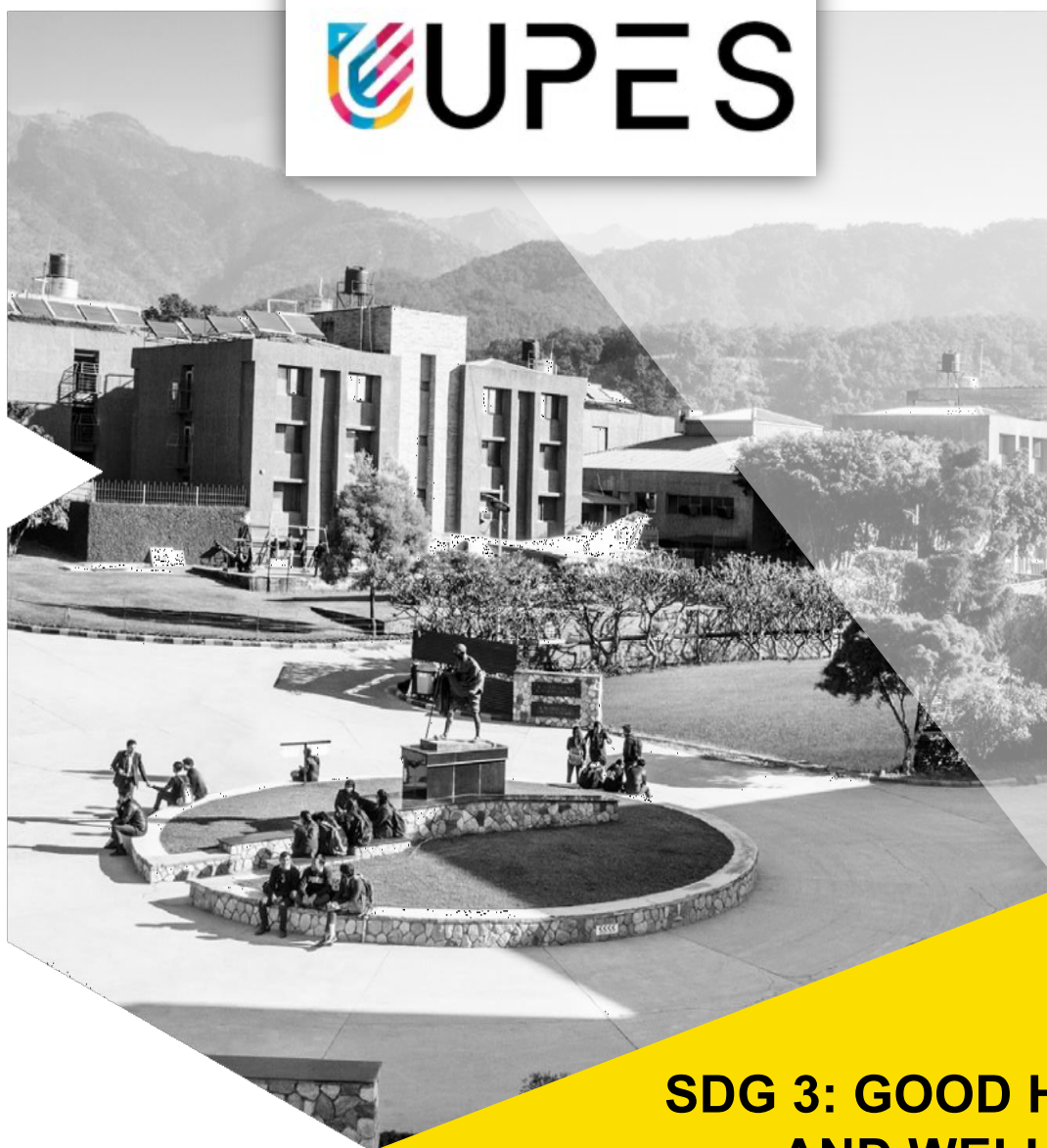




# SUSTAINABLE DEVELOPMENT GOALS



**SDG 3: GOOD HEALTH  
AND WELL-BEING**

**2025**

## Table of Contents

Sexual and Reproductive Health Services & Education at UPES University (India) .....	3
<b>On-Campus Health Services and Clinics</b> .....	3
<b>Sexual &amp; Reproductive Health Education Initiatives</b> .....	3
<b>Affordability and Accessibility</b> .....	4

# Sexual and Reproductive Health Services & Education at UPES University (India)

## On-Campus Health Services and Clinics

UPES provides **on-campus health clinics (infirmaries)** to ensure students have access to essential medical care. Each campus infirmary offers medical consultations, basic treatment, and health education for students and staff [upes.ac.in](https://www.upes.ac.in). The clinics are staffed by qualified physicians and nurses, including *two female doctors* alongside male doctors, to cater to gender-specific needs [admission.upes.ac.in](https://admission.upes.ac.in). Routine first aid and general healthcare are available on site, and a **resident doctor** is on call for after-hours support [admission.upes.ac.in](https://admission.upes.ac.in). In addition, the university stations **ambulances with Basic Life Support equipment** at both campuses for any emergencies [admission.upes.ac.in](https://admission.upes.ac.in). This setup enables prompt referral and transport of students to a local hospital if specialized or urgent care (such as STI testing, advanced gynecological care, or hospitalization) is needed beyond the campus clinic's scope [upes.ac.in](https://www.upes.ac.in). Campus medical staff assist in these referrals and ensure continuity of care. Importantly, the presence of female physicians and a female nursing attendant in the women's hostel helps provide **gender-sensitive care** and privacy for female students seeking counseling or treatment on sensitive reproductive health issues [admission.upes.ac.in](https://admission.upes.ac.in). All consultations are handled discreetly, respecting student confidentiality in a private clinical setting (in line with standard medical ethics).

## Sexual & Reproductive Health Education Initiatives

**Health Awareness on Campus:** UPES promotes student well-being by organizing health education lectures and circulating advisories on campus [admission.upes.ac.in](https://admission.upes.ac.in). These sessions often cover preventive healthcare and hygiene, aligning with public health observances. Although specific curricula on sexual health for the student body are not detailed publicly, the inclusive approach (e.g. discussions on menstrual hygiene and disease prevention) suggests that topics like safe sex, contraception, or STI prevention may be addressed as needed. The university also conducts **gender-sensitization workshops** for students and faculty to foster a supportive environment, as part of its commitment to women's empowerment [upes.ac.in](https://www.upes.ac.in).

**Student-Led Outreach:** UPES involves its students in community outreach that doubles as educational initiatives. Notably, the UPES Social Internship Team and the student society "GS3" (Goal SDG3 group) partnered with a health NGO to run an *Adolescent Reproductive and Sexual Health (ARSH) workshop* for local youth. This outreach program created a supportive space in a nearby village school for girls aged 13–18 to learn about puberty, sexual health, and menstrual hygiene [upes.ac.in](https://www.upes.ac.in). During the workshop, facilitators (including UPES students) addressed stigmas around menstruation and demonstrated the use of **reusable sanitary kits**, which were provided to participants [upes.ac.in](https://www.upes.ac.in) [upes.ac.in](https://www.upes.ac.in). The ARSH campaign helped adolescent girls openly discuss topics like periods, contraception, and STI prevention in an interactive session, thus raising awareness beyond the campus. Such initiatives show UPES's broader role in sexual health education, in line with Sustainable Development Goal 3 (Good Health & Well-Being).

**Menstrual Health Projects:** In addition to workshops, UPES runs projects to improve menstrual and reproductive health for its community. For example, under a “**Beating Period Poverty Together**” project, UPES funded an organization (DivIn Pro) to distribute sustainable menstrual products. The initiative aims to eliminate period poverty by providing menstrual cups and training on their use, benefitting about **1,200 women** including UPES’s female support staff and women in adopted villages [upes.ac.in](https://upes.ac.in). Training sessions ensure these women can manage menstruation safely and hygienically, and follow-ups are conducted to support them in the transition [upes.ac.in](https://upes.ac.in). This project not only addresses a critical aspect of reproductive health (menstrual hygiene management) but also involves educational outreach to change social attitudes and promote sustainable practices. The university’s focus on menstrual health is further evident on campus: UPES has introduced a **sanitary napkin vending machine with an incinerator** in women’s restrooms. This provides 24×7 access to sanitary pads and a private, eco-friendly disposal method, helping female students manage hygiene needs conveniently and with dignity [upes.ac.in](https://upes.ac.in). (The machine operates at a token cost of ₹5 per pad, balancing affordability with sustainability.) Such efforts contribute to a supportive campus environment where women’s health needs are recognized and met.

## Affordability and Accessibility

### Cost of Services:

Basic medical services at UPES (clinic consultations, first aid, and health advice) are provided as part of student support with no extra fee. Should a student require medication, lab tests, or specialized treatment off-campus, those costs are *not* covered by the university directly – however, all students are covered by a **group medical insurance** plan to mitigate expenses [upes.ac.in](https://upes.ac.in). Each enrolled student is insured for up to ₹100,000, which can be used for hospitalization or treatments, including accidents and serious health issues [upes.ac.in](https://upes.ac.in). In practice, this means if a student needs services like STI testing or pregnancy care at an outside facility, they can use their insurance for cashless treatment or reimbursement. The university explicitly notes that any medical treatment costs beyond the campus infirmary’s basic care must be borne by the student or their family (with the insurance coverage to assist) [upes.ac.in](https://upes.ac.in). By providing insurance and on-campus first-line care, UPES reduces the financial barrier for students seeking health services.

### Privacy and Inclusivity:

UPES’s health services are designed to be accessible and respectful of student privacy. The campus clinic has separate male and female medical staff, allowing students to choose a provider they are comfortable with for sensitive issues [admission.upes.ac.in](https://admission.upes.ac.in). Female students can discuss gynecological concerns or contraceptive needs with a lady doctor in a confidential setting. Likewise, male students have male physicians available. Counseling and consultations are conducted one-on-one, ensuring confidentiality. The **infirmary and hostel medical rooms** offer private spaces for examinations or counseling, which encourages students to seek help for sexual or reproductive health matters without fear of embarrassment. The university also emphasizes a **supportive, stigma-free environment** through its programs. For instance, by tackling menstrual taboo in ARSH workshops and providing on-campus sanitary facilities, UPES signals to students that talking about sexual and reproductive health is normal and supported. Additionally, any student facing issues that require specialized support (e.g. prenatal care, severe gynecological conditions, or mental health counseling related to sexual well-being) can get referrals through the campus health system. The infirmary staff will coordinate referrals

to qualified specialists or hospitals in Dehradun as needed [upes.ac.in](https://upes.ac.in). The availability of ambulances and tie-ups with nearby hospitals means students can swiftly access higher-level care when necessary, with university personnel helping in the referral and transfer process [upes.ac.in](https://upes.ac.in).

In summary, **UPES University provides a comprehensive approach to sexual and reproductive health for its students.** On-campus clinics deliver accessible primary care – including confidential consultations and basic reproductive health services – while partnerships (insurance and hospital referrals) extend the care continuum for specialized needs. Through workshops, campaigns, and facilities like sanitary pad dispensers, the university also invests in *educational resources and a supportive infrastructure* that empower students (and the surrounding community) with knowledge, preventive care, and the confidence to seek help. These efforts align with UPES’s commitment to sustainability and **SDG3 (Good Health and Well-Being)**, ensuring that students can pursue their education with healthy bodies and informed minds [upes.ac.in](https://upes.ac.in) [upes.ac.in](https://upes.ac.in).