SEXUAL AND REPRODUCTIVE HEALTH SERVICES FOR STUDENTS

Masters' Union, Gurugram

Masters' Union treats sexual and reproductive health as part of student well-being, alongside physical, emotional and mental health. Students have free and confidential access to sexual and reproductive health support through five routes: on-campus medical care with referral to specialists, professional counselling, information and awareness activities, a formal Prevention of Sexual Harassment (POSH) framework, and campus provisions for menstrual hygiene and safety.

1. Medical care and referral

Masters' Union provides 24×7 medical support through dedicated medical rooms and ambulance services at the campus and student residences. A Medanta Mediclinic operates on campus, and Medanta Hospital supports emergency care and specialist consultations, so students can be directed to appropriate specialists for sexual and reproductive health concerns. Fortis Hospital is within 2 km of the student residences, and the student support team coordinates directly with the hospital in an emergency.

2. Free and confidential counselling

The Counselling and Wellness Center, on the 11th floor of the Capital Building, is open Monday to Saturday, 9:00 a.m. to 7:00 p.m. It offers free, confidential individual and group counselling with qualified psychologists, in person or online. Students can book through the learning management system, the Wellbeing App or the online counselling portal, and can refer themselves or be referred by faculty, peers, family or student support teams.

Counselling covers relationships, consent, sexual well-being, gender identity, personal boundaries, emotional health and personal safety. Students can discuss these topics privately, and families are involved only if the student asks, protecting the student's privacy.

Through its partnership with **Amaha**, a mental healthcare provider, students also have free access to:

- 24×7 support services
- individual counselling and professional therapy
- psychiatric consultation and treatment support
- digital self-care resources through the Amaha platform
- regular well-being check-ins and group support sessions

Students used 174 need-based one-to-one sessions through Amaha (160 therapy and 14 psychiatry), and the Center responded to more than 180 individual counselling requests in a single semester. Because these services are free and confidential, cost and fear of disclosure are not barriers to seeking help on sensitive topics.

3. Information, education and awareness

Information and education on sexual well-being are part of the wider well-being programme, so students can reach them easily and without stigma.

- **Counselling Open House: Breaking the Stigma and Busting Myths** – an open forum that addressed common myths about seeking help.
- **Belong Club** – a student club that promotes inclusion and belonging among students of all genders and identities, creating safe spaces through campaigns, awareness sessions and community-led initiatives to discuss inclusion, healthy relationships, emotional resilience and personal well-being.
- **Women's Day well-being activity** – a sound healing session and a hands-on workshop, "Lovable", created a supportive space for the wellness of women students.



Women's Day participants.


Sound healing session.

Women's Day participants and sound healing session

These activities support informed decision-making, reduce stigma around asking for help, and promote a culture of respect and dignity.

4. Prevention of Sexual Harassment (POSH)

Masters' Union maintains a Prevention of Sexual Harassment policy, supported by awareness, orientation and training. It sets out clear processes for prevention, reporting and response, helping students understand consent and personal boundaries and know how to raise a concern.

POSH awareness and training sessions have reached 886 attendees across 10 sessions, covering undergraduate and postgraduate students, Executive Education learners and central functions.


POSH awareness session.



Session on what constitutes sexual harassment.

POSH awareness session and session on what constitutes sexual harassment

5. Menstrual hygiene and safety

Women's washrooms across the campus are equipped with sanitary pad dispensers, PeeSafe hygiene solutions and safety alarm systems, supporting menstrual hygiene, accessibility, personal safety and dignity.



Women's washroom. Sanitary pad dispenser. Washroom facilities.

Women's washroom facilities and sanitary pad dispenser

Access and cost

Counselling, psychiatric consultation, digital self-care resources and menstrual hygiene provisions are free for all students, and on-campus medical support is available 24×7. All services are confidential and available in person or online.