

Report on Rise Up Workshop on SRHR

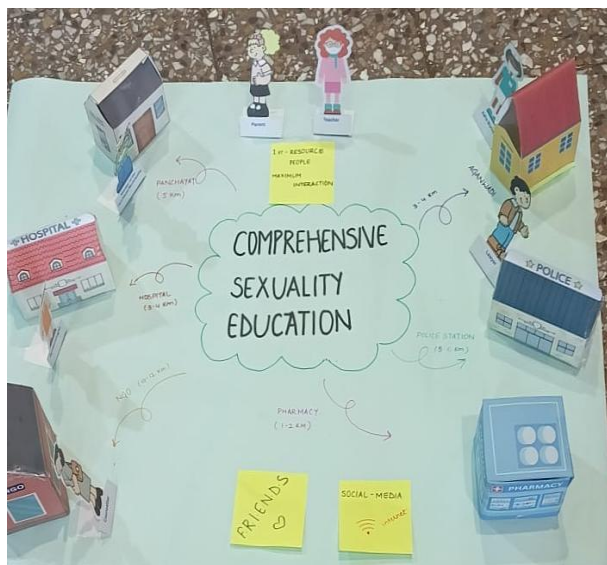
Date: 29th August 2026

Venue: Auditorium, St. Bede's College, Shimla



A *Rise Up* workshop on **Sexual and Reproductive Health and Rights (SRHR)** was held on 29th August 2026 at the Auditorium of St. Bede's College, Shimla. The workshop focused on creating awareness about sexual health, reproductive rights, hygiene and the importance of comprehensive sexuality education and **5 Gender champions** from women's cell , **Centre of Excellence Government College, Sanjauli** participated in the workshop

The session was highly interactive, with discussions and activities on topics such as **sexual hygiene, urinary tract infections (UTIs), sexually transmitted diseases, and common misconceptions surrounding sexual health**. The participants were encouraged to openly share their views and experiences, making the session engaging and informative.



The workshop also explored the **social and cultural perspectives of sex education** and discussed how stigma, myths, social norms and lack of communication can create barriers to accessing correct information. The participants also learned about the different **stakeholders of sex education**, including families, educational institutions, healthcare professionals, government bodies and community organisations.

As part of the workshop, participants prepared charts and worked together to identify challenges related to the lack of **Comprehensive Sexuality Education (CSE)**. Through these activities, various issues and possible solutions were discussed collectively. The importance of providing young people with accurate, age-appropriate and accessible information regarding their sexual and reproductive health was emphasised.



The workshop provided a safe space for discussion on topics that are often considered difficult or uncomfortable to talk about. It helped participants understand that sexual and reproductive health is an important aspect of overall wellbeing and that awareness and education can play a significant role in preventing health risks and challenging misinformation.

Overall, the *Rise Up* workshop was an **informative, interactive and thought-provoking experience**. It encouraged participants to develop a more informed and responsible understanding of SRHR and highlighted the need for greater awareness and comprehensive sexuality education among young people.