

## Healthy Relationship presentation, ADA and Reproductive health relevance



*Student facilitating team*

*Story and photo by ICT Team*

Student Leaders of University of Nairobi Kenya science campus pioneered presentation on healthy relationship in the Campus, reproductive health and alcohol & Drug abuse. This was facilitated by the campus administration with assistance from University Health Services. Mr. Mabera summarized a presentation on relationships by telling the students not expect anyone to be responsible for their happiness hence they should accept, respect and love themselves first by taking good care of themselves, finding something to do that makes them feel good about themselves and pursuing their true needs, the needs that brought them in the University. He also told them to light up their true desires or ask themselves why they didn't. One's life is ONLY under their control hence students should keep reminding themselves that they are GOOD ENOUGH to have a happy life and a healthy relationship. They were advised to make themselves happy, and then share with one another without violating ethics of their tradition, religion and the constitution.

Mr. Mabera's presentation summarized Alcohol and Drug Abuse by Catherine and Reproductive/Sexual health by Dr Mutua.



Dr. Musyoka presenting on ADA