

# STAFF HIV/AIDS AND ADA SENSITIZATION WORKSHOP

Date and time:

Fri, 2015-11-20 09:32

Location / Venue:

QC Boardroom



(Pictured Janet Nyaga responds to a question from a member of staff)

## **HIV/AIDS AND DRUG ABUSE SENSITIZATION AND TESTING CAMPAIGN.**

The College in collaboration with the University Health Services held a HIV and Alcohol and Drug Abuse sensitization and Testing campaign for members of staff on 19<sup>th</sup> November 2015. The University organizes such sensitization workshop every year targeting students and staff to create a platform for students to learn more about HIV/AIDS and drug abuse.

During this year's sensitization workshop, 4 speakers were invited to give a talk on various topics. Key among them; HIV/AIDS, Alcohol and Drug Abuse, Reproductive Health and Stress Management.

Dr. Nyakundi; a medical doctor at the University Health Services, Kikuyu Campus was the first speaker of the day. He gave a presentation on HIV/AIDS transmission and Prevention. His presentation also touched on the importance of testing; more so the different techniques for HIV testing.

Catherine Amulundu, a clinical Psychologist spoke on Alcohol and Drug Abuse (ADA) with a focus on the emerging issues in the field of ADA. Her presentation also highlighted prevention and management of drug abuse.

Janet Nyaga took participants through Sexual and Reproductive Health. Her presentation gave in-depth insights into Family planning and effective condom use.

Emmy Sumbeiywo gave presentations on Trans theoretical Model-Stages of Change Theory with a focus on behavior change, stigma and discrimination. Her second Presentation covered stress management. She highlighted the different types of stress, causes and how to effectively manage stress.

Down full presentations:

- [Alcohol and Drug Abuse \(ADA\) presentation](#)
- [Sexual and Reproductive Health presentation](#)
- [Trans theoretical Model-Stages of Change Theory presentation](#)
- [Stress Management.](#)

The college has also set up a tent where staff and students can go for voluntary testing and counseling with campus grounds.

