

**3 GOOD HEALTH
AND WELL-BEING**



**Progress Report
(2022-23)**

SDG 3 Good health and Well Being

The United Nations General Assembly's 17 Goals for Sustainable Development (SDG's) provide priorities to work towards the well-being of the Earth and its people. Integral University understands the importance and urgent nature of SDG's and is committed to contribute in achievement of SDGs. The commitment towards SDGs is reflected through the work done within departments, and other units of the university. Progress reports of SDG 3 is as follows.

Metric	Description
3.1 Research on Health and Well-being	This research aims to investigate the impact of holistic approaches on overall health and well-being, examining the interconnected effects of physical, mental, and social health strategies, in this regard 967 Publications are done the faculties of different streams.
3.2.1 Proportion of graduates in health professions	700 students across three different streams of Pharmacy, Medicine & Health Sciences and Nursing
3.3.1 Current collaborations with health institutions	14 Local and National Collaborations
3.3.2 Health outreach programmes 2023	21 Programmes had been conducted on Health outreach.
3.3.3 Shared sports facilities	Sports facilities shared with local communities: https://www.iul.ac.in/Times/Sports.aspx https://www.iul.ac.in/dsw/PhysicalFitness.aspx https://www.iul.ac.in/admissioninfo/sports.aspx
3.3.4 Sexual and reproductive health care services for students	Various activities related to Sexual and reproductive health care services for students have performed by the University. https://www.iul.ac.in/dsw/HealthHygiene.aspx https://www.iul.ac.in/IIMSR/Hospital.aspx https://www.iul.ac.in/Times/Welfare.aspx
3.3.5 Mental health support for students	To promote mental well-being among students through mindfulness practices, peer connection, and open discussions on mental health support. https://www.iul.ac.in/IIMSR/Hospital.aspx https://www.iul.ac.in/IIMSR/EDM.aspx
3.3.6 Smoke-free policy.	Integral University has formulated a Smoke-free policy as a part of the Green policy. https://www.iul.ac.in/IQAC/Green-Policy.aspx
3.3.7 Mental health support for staff	To provide staff with tools and strategies for managing stress, enhancing resilience, and promoting well-being in the workplace through self-care practices and peer support. https://www.iul.ac.in/IIMSR/Hospital.aspx https://www.iul.ac.in/IIMSR/EDM.aspx

Activity Report

Name of the activity	World Health Day		
Organized by	Department of community Medicine	Date	07-April,2023
Resource Person	Multiple	Mode	Offline
Total Participant	16	IU students participated	05

The Department of community Medicine, Integral Institute of Medical Sciences and Research organized an extension activity named as "World health day" on 07.04.2023 at Urban Health and Training center (UHTC) Sarvodaya Nagar in collaboration with BMC Indra Nagar, Lucknow, Uttar Pradesh. World Health Day is observed on April 7th each year. It marks the anniversary of the founding of the World Health Organization (WHO) in 1948. The day serves as an opportunity to raise awareness about global health issues and mobilize support for action to improve health outcomes worldwide. Each year, WHO selects a theme highlighting a priority area of public health concern, encouraging governments, organizations, and individuals to take action towards achieving better health for all

Aligned Activity Outcomes with Objectives

Objectives	Outcomes
The day serves as an opportunity to raise awareness about global health issues and mobilize support for action to improve health outcomes worldwide.	This helps people understand the dangers of health issues and what they can do to prevent them.

GLIMPSES OF THE ACTIVITY



Activity Report

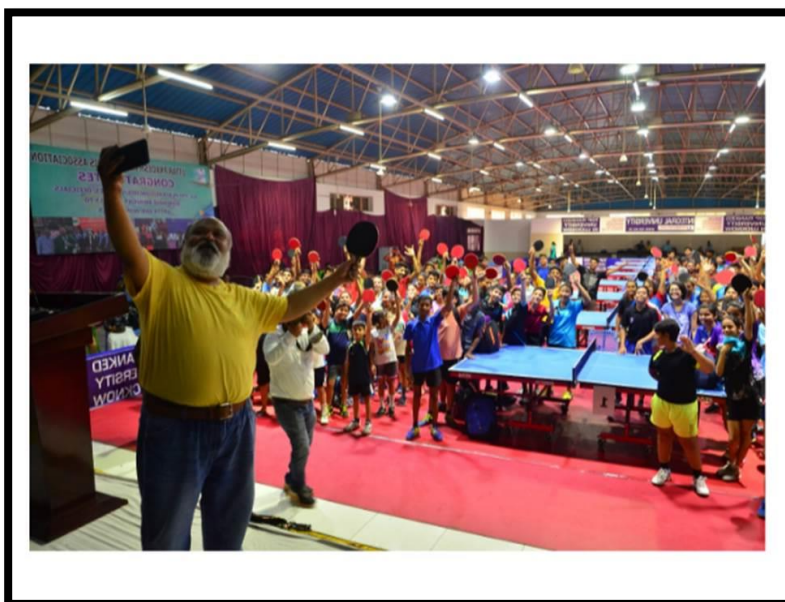
Name of the activity	State Ranking Table Tennis Tournament		
Organized by	Integral University	Date	21-23-July,2022
Resource Person	Multiple	Mode	Offline
Total Participant	100+	IU students participated	55

First State Ranking Table Tennis Tournament hosted by Integral University in association with Uttar Pradesh Table Tennis Association in which participants across the nation participated. A three-day event from, 21-23-July,2022, was a grand success.

Aligned Activity Outcomes with Objectives

Objectives	Outcomes
- Promote Sportsmanship and Fair Play - Develop Player Skills - Enhance Community Engagement - Increase Interest in Table Tennis - Recognize and Reward Talent	Such an outcome highlights individual and team performances, providing recognition for exceptional skills, sportsmanship, and key moments from the tournament.

GLIMPSES OF THE ACTIVITY



Activity Report

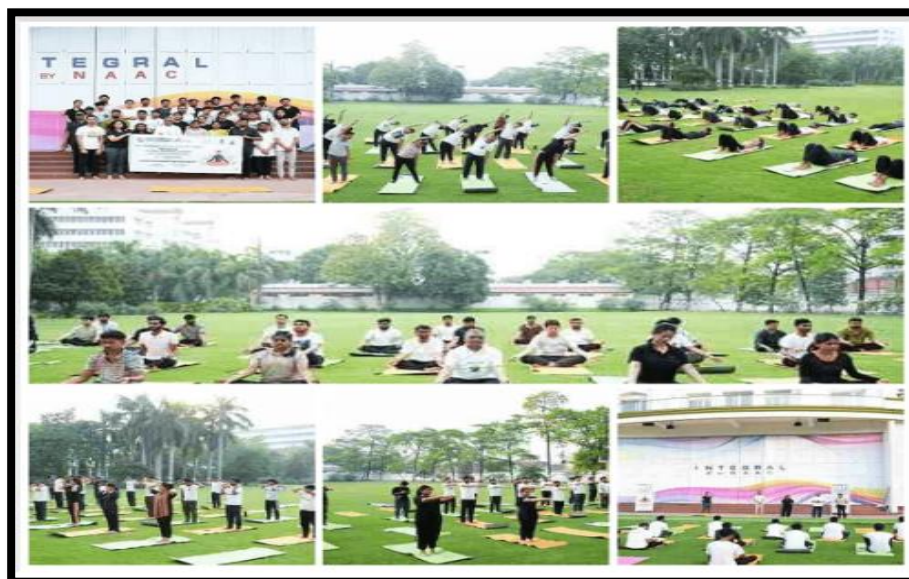
Name of the activity	International Day of Yoga		
Organized by	Integral University	Date	21-June,2023
Resource Person	Multiple	Mode	Offline
Total Participant	50	IU students participated	50

In compliance with Directives of Ministry of AYUSH, Government of India, Integral University celebrated 10th **International Day of Yoga** at its lush green and beautiful campus convocation lawns on **21st June, 2023**. International Day of Yoga (IDY) is observed every year on June 21st to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. It was first observed globally on June 21, 2015, after our Indian Prime Minister Narendra Modi's initiative, due to which on December 11, 2014, the United Nations General Assembly designated June 21 as the International Day of Yoga. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system

Aligned Activity Outcomes with Objectives

Objectives	Outcomes
- Promoting Health and Wellness - Raising Awareness of the Benefits of Yoga - Promoting Global Peace and Unity - Inspiring a Balanced and Sustainable Lifestyle - Supporting Traditional Knowledge and Culture	The International Day of Yoga aims to bring people together for physical and mental well-being and fosters a global community that embraces healthier lifestyles and unity through the practice of yoga.

GLIMPSES OF THE ACTIVITY



Activity Report

Name of the activity	Motivational session and oath taking ceremony followed by for Voluntary Blood Donation Camp.		
Organized by	Department of Pathology	Date	13-June,2022
Resource Person	Dr. Mohammad Zafar Idris	Mode	Offline
Total Participant	260	IU students participated	249

Motivational session and oath taking ceremony followed by for Voluntary Blood Donation Camp.

Aligned Activity Outcomes with Objectives

Objectives	Outcomes
• Increase Blood Supply for Medical Needs • Promote Voluntary and Regular Blood Donation • Raise Awareness about Blood Donation Benefits • Reduce Shortages and Dependence on Replacement Donations	• The success of the camp not only contributed to local healthcare needs but also raised awareness and inspired community involvement in life-saving donations.

GLIMPSES OF THE ACTIVITY



Activity Report

Name of the activity	World AIDS Day Celebration		
Organized by	Department of Community Medicine	Date	01-December,2023
Resource Person	Multiple	Mode	Offline
Total Participant	78	IU students participated	39

World AIDS Day is observed annually on December 1 to raise awareness about HIV/AIDS, remember those who have lost their lives to the disease, and show solidarity with people living with HIV. This year, IIMSR commemorated World AIDS Day with a series of events, workshops, and outreach activities aimed at educating students, faculty, and the surrounding community about HIV/AIDS prevention, treatment, and the importance of equity in healthcare.

Aligned Activity Outcomes with Objectives

Objectives	Outcomes
- To spread awareness about HIV/AIDS and remove associated stigmas. - To educate women's on current treatment protocols and preventive measures. - To discuss challenges and advancements in HIV/AIDS treatment and control. - To encourage empathy, support, and equitable treatment for individuals living with HIV/AIDS.	World AIDS Day at IIMSR, Lucknow fostered a sense of responsibility, compassion, and a commitment to equitable healthcare. The event was a meaningful reminder of the role healthcare professionals play in creating a world free of HIV/AIDS, where all individuals have access to knowledge, resources, and compassionate care.

GLIMPSES OF THE ACTIVITY

