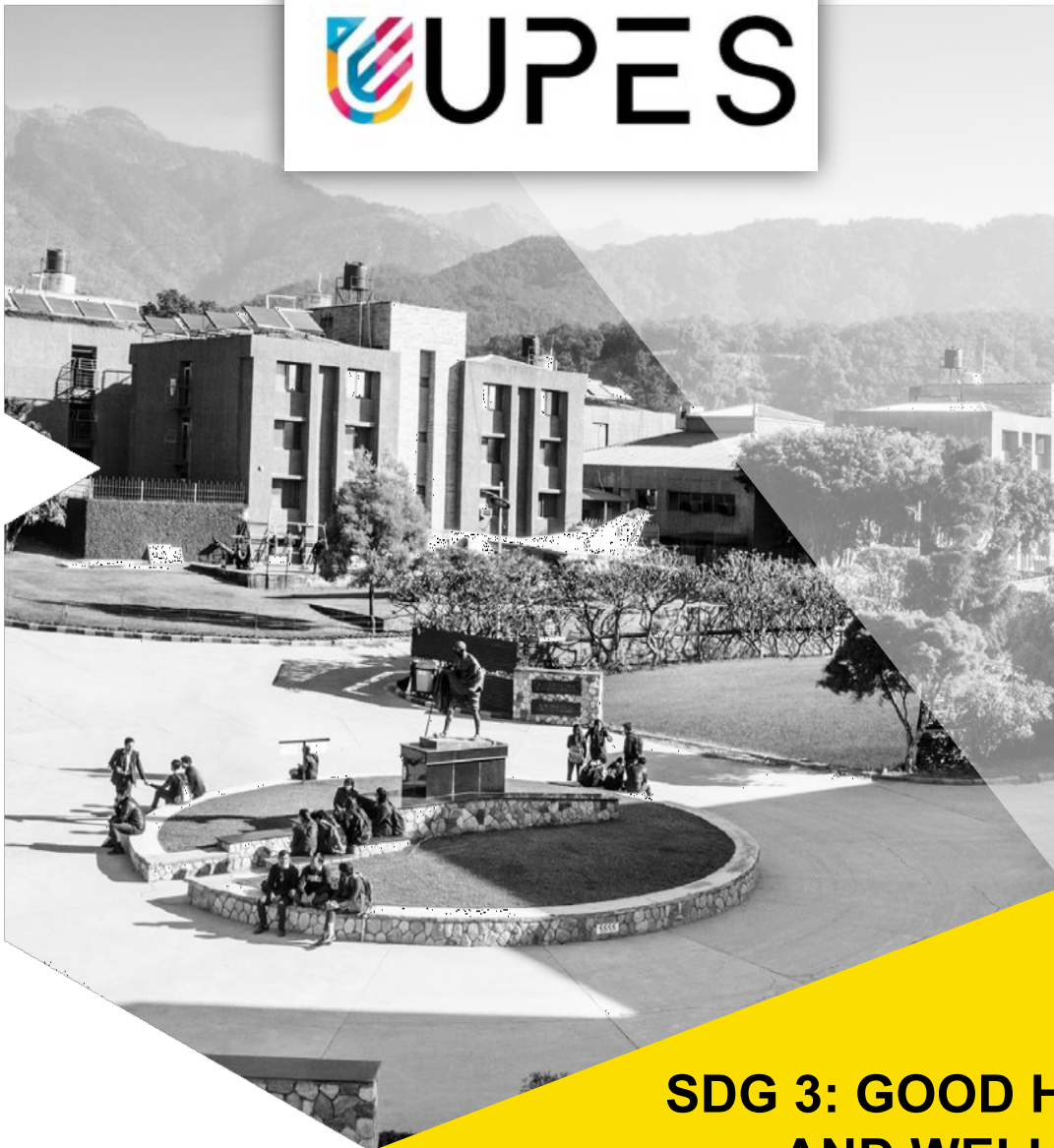




SUSTAINABLE DEVELOPMENT GOALS



SDG 3: GOOD HEALTH AND WELL-BEING

2025

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UPES Community Health and Wellbeing Outreach (2020–2025)

COVID-19 Relief and Nutritional Support

During the pandemic, UPES stepped up to support vulnerable communities. In 2020, the university distributed “Dry Ration Family Packs” to 1,000 migrant worker families across six rural locations during the COVID-19 lockdown upes.ac.in upes.ac.in. Each pack contained enough staples to feed a family of four for about 8–10 days, ultimately helping over 4,000 people weather the crisis upes.ac.in. Beyond emergency relief, UPES has collaborated with local NGOs on food drives and awareness campaigns to combat hunger and malnutrition in nearby communities upes.ac.in. These efforts – including research on nutritional status in Uttarakhand – align with the university’s commitment to **Zero Hunger** and healthier diets for all upes.ac.in.

Free Health Camps and Medical Services

UPES has delivered free healthcare services to its neighboring communities through medical camps and outreach clinics. Under “Project Utthan,” an initiative to uplift local villages, the university organized **medical camps** in rural Dehradun that provided check-ups and basic treatments for residents upes.ac.in. In fact, Utthan alone has held **three medical camps** so far, impacting about 155 families in surrounding villages upes.ac.in. University doctors and student volunteers have also led general health check-up camps in underserved areas – offering consultations, screenings for common illnesses, and health education at no cost (evidenced by a recent free health camp that served numerous community members) upes.ac.in. Additionally, UPES conducts annual **blood donation drives** on campus in partnership with its NSS (National Service Scheme) unit, where students and staff voluntarily donate blood to local blood banks upes.ac.in. The university even hosted an **eye donation/eye check-up camp** to raise awareness about organ donation and provide vision screenings to those in need upes.ac.in. These healthcare camps and services bring much-needed medical attention to nearby populations that may lack easy access.

Health Awareness and Hygiene Initiatives

Promoting public health knowledge is a key part of UPES’s community outreach. The university’s NSS volunteers regularly run **awareness drives** in government schools and villages on topics like personal hygiene, disease prevention, and healthy habits upes.ac.in. For example, volunteers have sensitized rural residents about preventing contagious diseases (such as hepatitis, HIV/AIDS, dengue, etc.) and the importance of regular checkups garhwalpost.in. Another flagship effort is “**Beating Period Poverty Together**,” a menstrual hygiene initiative (also called *Project Lakhon Khwahishen*) launched around 2022. Through this project, UPES provided reusable menstrual cups to about **1,200 underprivileged women** – including women from adopted villages (Bakarna, Kharakhet, Pulsani, Dhaulas, etc.) and the university’s own support staff upes.ac.in upes.ac.in. Training sessions were conducted on proper cup usage and hygiene, followed by on-field and phone support for 90 days to ensure successful adoption upes.ac.in. By distributing **sustainable menstrual products** and educating women on safe menstrual practices, UPES is improving women’s health and dignity in the community

upes.ac.in. More broadly, as part of its commitment to **Good Health and Well-Being (SDG 3)**, UPES has emphasized reproductive health education – ensuring access to family planning information and menstrual health awareness for local populations upes.ac.in upes.ac.in.

Student Volunteering and Community Engagement

A distinctive aspect of UPES’s outreach is the active involvement of its students in social impact programs. All first-year students participate in a mandatory social internship program called **Srijan**, which partners with NGOs across India. Through Srijan, over **5,000 UPES students** (since 2018) have worked with more than 1,200 NGOs on grassroots projects, collectively contributing around *200,000 human-hours* of service thecsr.universe.com. This immersive program exposes students to pressing challenges in health, education, and rural development, instilling empathy and leadership skills. Many students choose projects related to health and wellbeing – for instance, assisting NGOs in running medical camps, nutrition workshops, or sanitation drives. In parallel, the **UPES NSS unit** organizes on-ground volunteer activities in local villages. NSS student volunteers have led cleanliness and sanitation drives, street plays (nukkad natak) on public health themes, and health workshops as part of their community service upes.ac.in upes.ac.in. University leadership notes that these initiatives not only address immediate local health needs but also help build a “resilient, empowered, and sustainable society” in Uttarakhand thecsr.universe.com. By leveraging its students and faculty as change agents, UPES ensures that outreach programs – from rural health camps to awareness campaigns – are both impactful for the community and enriching for the students involved.