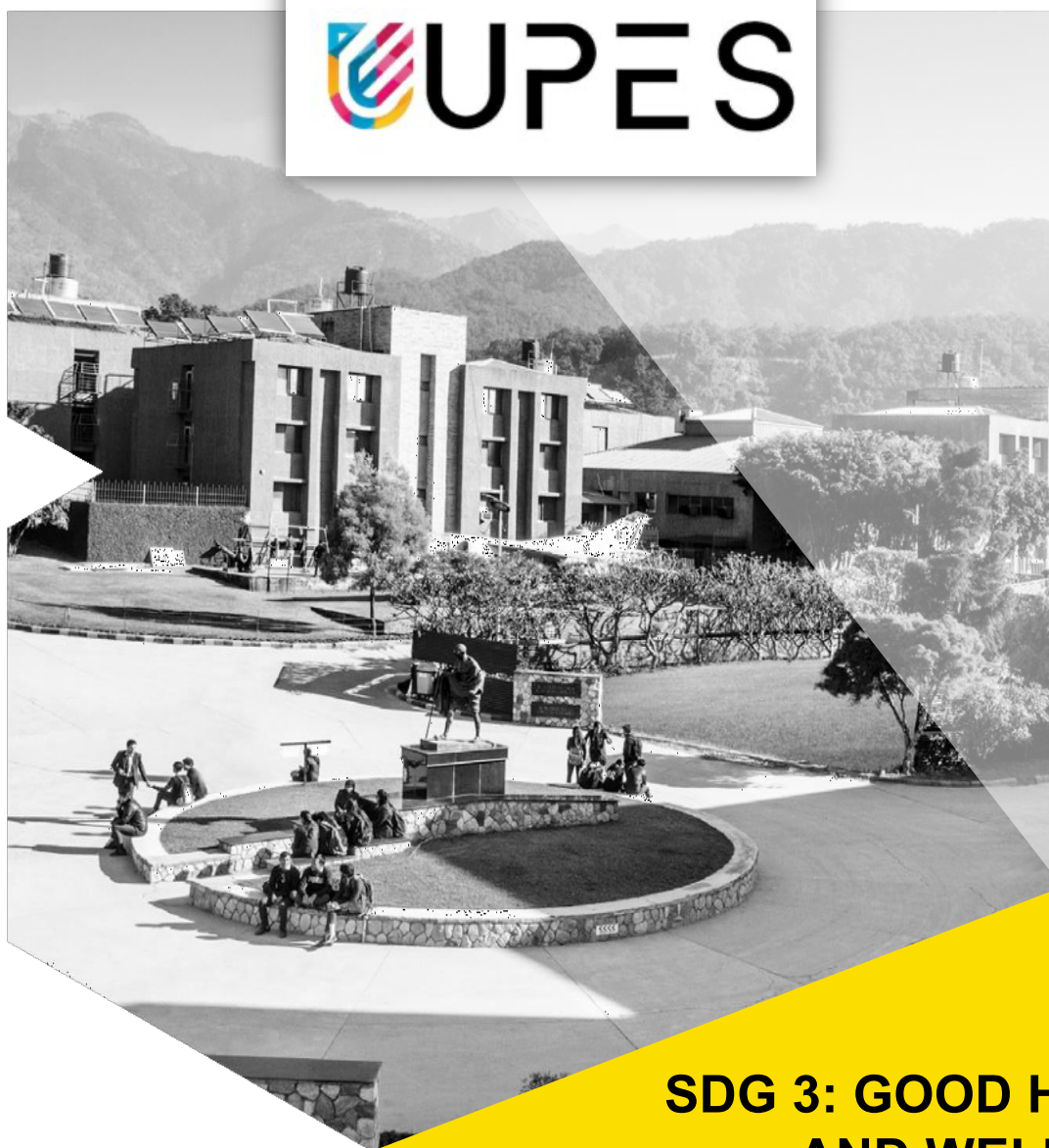




SUSTAINABLE DEVELOPMENT GOALS



SDG 3: GOOD HEALTH AND WELLBEING

2025

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SDG 3: GOOD HEALTH AND WELLBEING

UPES University – SDG 3: Good Health and Well-Being Sustainability Report (2020–2025)

UPES University (Dehradun, India) is committed to promoting **Good Health and Well-Being (SDG 3)** on campus and in the broader community. From 2020 onward, UPES has implemented comprehensive health programs, mental health support, community outreach initiatives, and research projects aligned with SDG 3. This report details these efforts – with verifiable evidence – across five key areas, demonstrating UPES’s contribution to public health and wellness in alignment with the Times Higher Education (THE) Impact Rankings criteria.

1. Health and Wellness Programs for Students, Faculty, and Staff

On-Campus Medical Services: UPES provides basic healthcare facilities and preventive care for its university community. An on-campus **infirmary** is equipped to offer first aid and primary care, staffed by **two male and two female doctors** available to students [1]. For any medical needs beyond first aid, a **dedicated ambulance** with emergency management capabilities is on standby to ensure rapid transport to partnered hospitals [1]. All students are covered by **medical insurance** (universal coverage of ₹100,000) for emergency care, including road accident cover [1]. Faculty and staff receive health benefits as well – for example, UPES has partnered with **Max Healthcare** to provide annual health check-ups for employees under the *Sanjeevani* wellness scheme [2]. These measures ensure preventive care and financial risk protection in line with SDG 3 goals.

Physical Fitness and Wellness Initiatives

UPES recognizes that wellness includes physical fitness and healthy lifestyle habits. The university hosts regular sports and fitness events to encourage active living. It conducts an **Annual Athletics Meet** and an all-sports festival (*KhelUtsav*), along with yoga and meditation sessions for holistic well-being [3]. Students are encouraged to participate in intramural tournaments and inter-university sports, and the university promotes the national “Fit India” movement on campus. For instance, UPES organized a campus marathon to motivate the community towards daily fitness and overall well-being (participation included students, faculty, and even local residents) [4]. These initiatives cultivate a culture of health, exercise, and stress reduction as part of campus life.

COVID-19 Safety Measures and Support

During the COVID-19 pandemic, UPES took extensive safety measures and provided support services to safeguard health. The university swiftly adopted **academic flexibility** – deadlines were extended and special exams scheduled – to alleviate student stress during health emergencies [5]. A

comprehensive telemedicine initiative called “**Sanjeevani**” was launched in partnership with Practo (an online medical consultation platform) to ensure access to medical advice for the UPES community [5]. Through Sanjeevani, employees and their families received 24/7 online access to ~25 medical specialists, along with discounts on medicines and lab tests [5]. *(Later, this service was extended at no cost to students as well, ensuring everyone at UPES could consult doctors remotely during the pandemic [6].)* The university appointed a dedicated **Covid Care Officer** to assist any affected members with information and logistics (such as arranging oxygen supplies or hospital beds) [5]. On campus, strict safety protocols, regular sanitization, and health screenings were enforced as per government guidelines. UPES also organized vaccination drives for its students and staff once vaccines became available [5]. These efforts, combined with a team of on-call doctors and additional insurance coverage for COVID home care, helped the campus remain safe and supported [5]. According to the UPES CSR lead, the university’s COVID response – including work-from-home flexibility, medical teams, hospital arrangements, and on-campus **vaccination camps** – ensured that “people felt safe and secure” throughout the crisis [5]. In summary, UPES’s health infrastructure and emergency response mechanisms from 2020–2023 exemplify its prioritization of well-being for all students, faculty, and staff.

2. Mental Health Support Services

Recognizing mental and emotional health as a critical component of well-being, UPES has established robust mental health support systems for students and employees. A **full-time psychological counselor** is employed on campus, offering one-on-one counseling and group therapy sessions [1]. This counseling service takes a holistic approach – addressing academic pressures, personal challenges, and emotional difficulties – to “lift students out of...confusion and depression” with empathy and professional care [1]. In addition, faculty mentors and the Student Engagement & Experience team work closely with students, providing guidance and peer support to complement formal counseling [1]. This multi-tier support structure ensures that students have access to not only a counselor but also a “friend, guide, and role model” through mentor-mentee relationships [1].

To expand mental health access, UPES launched “**We Care**”, a 24×7 counseling and emotional support helpline in 2020 [6]. The *We Care* initiative offers around-the-clock professional counseling services for **students, faculty, staff, and their families**, helping anyone in the UPES community to manage stress, anxiety, or other issues especially during challenging times [6]. Even during pandemic lockdowns and periods of social distancing, this 24/7 counseling remained available remotely, ensuring no one was left without support. In fact, at the height of COVID-19, the university emphasized mental wellness by providing “24×7 emotional assistance through professional counsellors” to help individuals cope with isolation and uncertainty [5]. Such services were offered under the umbrella of “**UPES Cares**”, highlighting the institution’s compassionate approach.

Moreover, UPES regularly organizes **mental health awareness programs and workshops**. For example, in January 2025 the university hosted an international seminar series on *Mental Health & Workplace Well-being*, featuring expert speakers from Curtin University (Dubai) and the University of California San Diego [7]. These sessions focused on building awareness about the importance of mental health in academic and professional settings and provided practical tools for improving resilience and positivity [7]. Students, faculty, and even industry professionals engaged in learning strategies for stress management and creating supportive environments. Such events, along with periodic stress management workshops, mindfulness sessions, and student-led mental health clubs,

foster an open dialogue about mental well-being on campus. Overall, through counseling services (both in-person and online), preventive initiatives, and educational programs, UPES has created a supportive ecosystem that prioritizes mental health as a key aspect of good health and well-being.

3. Outreach and Community Engagement in Public Health

UPES extends its commitment to health and well-being beyond the campus through active community outreach, free health services, and public health education in the surrounding region. Major community-focused health initiatives since 2020 include:

Free Healthcare Camps

UPES regularly organizes free medical camps and health check-up clinics in local communities. Teams of doctors and health experts (often in collaboration with partner hospitals or NGOs) provide **free consultations, basic diagnostics, and medicines** to residents who cannot easily afford or access healthcare [8]. These outreach camps, often held in nearby villages or underserved urban areas, bring essential healthcare services directly to hundreds of beneficiaries. *For example, UPES has conducted health camps offering general medical check-ups, blood tests, and counseling on nutrition and hygiene, as part of its NSS (National Service Scheme) activities.* Such camps improve access to care and raise health awareness among local populations.

Public Health Awareness Drives

The university's National Service Scheme wing and student volunteers lead ongoing **health awareness campaigns** in government schools and villages [6]. From 2020 onwards, UPES students and faculty have conducted workshops on topics like basic hygiene, sanitation, nutrition, and disease prevention. Notably, multiple outreach programs in local **government schools** educated children and parents on COVID-19 safety, handwashing practices, and balanced nutrition [6]. In rural villages around Dehradun, awareness drives have addressed issues such as maternal health, immunization, and clean drinking water. These educational initiatives empower communities with knowledge to improve their own health and well-being.

Menstrual Hygiene and Women's Health – Project “*Lakhon Khwahishen*”

Under its CSR wing, UPES launched *Project Lakhon Khwahishen* to combat “period poverty” and promote menstrual hygiene in rural areas. Through this project, the university has provided **menstrual hygiene training and sustainable menstrual products** to women in neighboring villages [2]. Since 2020, *Lakhon Khwahishen* workshops have reached over **1,200 women**, educating them on menstrual health and distributing reusable menstrual cups to improve sanitary conditions [2] [6]. This initiative not only addresses a critical health and dignity issue for women, but also builds awareness to eliminate taboos around menstruation. By supporting women's reproductive health in the community, UPES directly contributes to SDG 3 targets (such as universal access to health education and services).

Vaccination and Disease Prevention Campaigns

UPES has actively supported immunization efforts. During the COVID-19 pandemic, the university organized **vaccination drives** on campus for students, staff, and community members [5]. UPES also assisted local authorities in promoting COVID-19 vaccine awareness and countering vaccine hesitancy among youth. In addition, the university has hosted seasonal flu vaccination camps and awareness talks by medical professionals on preventive healthcare. These efforts align with public health goals to increase vaccination coverage and prevent communicable diseases [5].

Blood and Organ Donation Camps

The Department of Student Welfare and NSS unit conduct **annual voluntary blood donation camps** on campus [2]. Hundreds of students and staff donors participate each year, contributing to local blood banks and hospitals. Such drives instill a spirit of social responsibility in students while addressing the community's blood supply needs. In 2022, UPES also organized a special **eye donation awareness camp**, in partnership with a regional eye bank, to encourage eye/organ donation pledges [6]. These initiatives bolster critical healthcare resources in the region and save lives, reflecting the university's public health engagement.

COVID-19 Community Relief

UPES was at the forefront of community support during the pandemic's second wave in 2021. The university donated 50 oxygen concentrators to the Uttarakhand state government for use by hospitals and clinics in need [5]. This contribution, handed over to the Hon. Chief Minister of Uttarakhand, provided vital respiratory support for severely ill patients in the state. Additionally, UPES adopted and supported 11 neighboring villages to help curb the spread of coronavirus [5]. The university's outreach teams supplied these villages with masks, sanitizers, oximeters, and food rations during lockdowns, and ran door-to-door campaigns on COVID prevention [5]. By leveraging its resources and expertise, UPES significantly aided the surrounding community in a time of crisis – an effort commended by local authorities and aligned with SDG 3's call for strengthening community health resilience.

Through free medical camps, educational outreach, special initiatives for vulnerable groups, and emergency relief efforts, UPES has made a tangible positive impact on public health in its region. These community engagements also provide students with exposure to social issues, fulfilling the university's mission to produce socially responsible graduates. The breadth of outreach – from rural health interventions to blood donation drives – underlines UPES's role as a catalyst for good health and well-being beyond its campus gates.

4. Academic Research and Innovation in Health and Well-Being

UPES leverages its academic and research expertise to drive innovation in healthcare, disease prevention, and wellness technology. Since 2020, the university's faculty and students have undertaken numerous **research projects related to health**, often in collaboration with industry or government, to address pressing medical and public health challenges. Key examples include:

Healthcare Technology & COVID-19 Innovations

During the COVID-19 phase, UPES researchers contributed inventions to support the pandemic response. Notably, Dr. Rajib Banerjee (Associate Professor, Computer Science) led the **development of a hybrid UV sanitizer system and a low-cost oxygen concentrator** in 2020 [9]. These innovations were designed to disinfect environments and provide affordable oxygen therapy to patients, respectively, addressing critical needs in resource-constrained settings. Dr. Banerjee's work, done in an Indo-American collaborative team, won recognition at an international COVID-19 technology congress [9]. Such research demonstrates how UPES applied its engineering strengths to biomedical problems, creating practical solutions for healthcare during the pandemic.

Artificial Intelligence in Medical Diagnosis

UPES is exploring cutting-edge applications of AI and data science in healthcare. For instance, one ongoing project employs **deep learning for fetal arrhythmia detection** – using advanced algorithms to analyze fetal heart rate data for early detection of arrhythmias [10]. This research aims to improve prenatal care by identifying potential cardiac issues in fetuses non-invasively. It exemplifies the university's interdisciplinary approach, combining computer science and health sciences to develop diagnostic innovations. Such AI-driven healthcare research at UPES has the potential for high impact, improving early diagnosis and treatment outcomes.

Public Health and Epidemiological Research

The School of Health Sciences & Technology at UPES engages in research addressing public health challenges. A significant project (launched 2022) is an **ICMR-funded study on arsenic and pesticide exposure** in the Gangetic plains of Bihar [10]. In collaboration with the Mahavir Cancer Institute (Patna), UPES researcher Dr. Dhruv Kumar is assessing the **disease burden of heavy metals** on women and children in affected villages [10]. This comprehensive study involves testing biological samples (blood, hair, breast milk) for arsenic, lead, mercury, and evaluating health impacts such as reproductive hormone disruption in women and neurotoxicity in children [10]. It is the first regional study of its kind in that area [10]. By mapping contamination through GIS and identifying health biomarkers, the project will guide targeted public health interventions and policy measures [10]. This reflects UPES's commitment to research that directly benefits community health and informs evidence-based policymaking. Likewise, UPES has conducted an "Assessment of Nutritional Status" project in several districts of Uttarakhand to evaluate and improve the nutrition and health of local populations [6] – further blending academic research with community well-being goals.

Healthcare Devices and Wellness Technologies

Beyond medical and public health studies, UPES researchers are also innovating in health-related technologies. Projects in engineering and applied sciences have developed **flexible wearable sensors for health monitoring** and advanced materials for medical diagnostics. For example, one ongoing project is creating cost-effective **nanotechnology-based biosensors** – using hybrid plasmonic metasurfaces to achieve ultra-sensitive detection of pathogens or food contaminants, which can translate to better diagnostic tools for healthcare [10]. Another research initiative is working on **conductive polymer nanocomposites** aimed at next-generation wearable health devices; the goal is

to produce stretchable sensors for monitoring physiological signals (heart rate, movement, etc.) that could be used in wearable health monitors [10]. These innovations, supported by national science grants, show how UPES is pushing the frontiers of **healthtech** – integrating engineering, material science, and biomedical needs to create new solutions that advance SDG 3 targets (such as supporting healthy lives through technology).

UPES's research ecosystem thus addresses SDG 3 on multiple fronts – from developing affordable medical devices and AI diagnostics to conducting epidemiological studies that inform public health policy. The university has secured prestigious research grants (e.g. **Indian Council of Medical Research, Science & Engineering Research Board**) for its health projects [10], underlining the credibility and impact of this work. With over **14,000+ publications and numerous patents** attributed to its faculty in recent years, UPES is contributing new knowledge and innovations that support good health and well-being [9]. By integrating students into these projects (through the *SHODH* initiative and mandatory social internships), UPES also ensures that the next generation of graduates are experienced in tackling health challenges and devoted to improving community wellness.

5. Collaborations and Partnerships Supporting Health Initiatives

UPES recognizes that achieving broad impact in health and well-being requires strong partnerships. The university has therefore forged collaborations with hospitals, NGOs, government agencies, and international institutions to amplify its health-focused programs and share expertise.

Partnering with Healthcare Providers

UPES works closely with reputable healthcare organizations to provide services and expertise. The tie-up with **Max Hospital** (Dehradun) enables annual comprehensive health check-ups for all UPES employees under the *Sanjeevani* program [2]. This partnership ensures faculty and staff have preventive screenings and professional medical advice, setting an example of institutional care. During the pandemic, UPES also coordinated with local **hospitals and clinics** for COVID-19 case management – arranging hospital beds and treatment for affected students or employees as needed [5]. The collaboration with **Practo**, a leading tele-health company, was another cornerstone: through Practo's platform, UPES offered free online consultations across 25+ specializations to its community [5]. This not only provided immediate medical access but also demonstrated a successful academia-industry partnership to leverage digital health technology for campus well-being. Similarly, the university's collaboration with **True Wellness (a health-tech firm)** led to the "Main Hoon Na" initiative – a wellness mobile app for students that tracks health goals, suggests workouts, and helps relieve stress [2]. By adopting external innovations and expert services via such partnerships, UPES enhanced the quality and reach of its health and wellness offerings.

NGO and Government Collaborations

As part of its social outreach, UPES has signed several Memoranda of Understanding (MoUs) with non-governmental organizations to jointly address public health issues in the region [6]. Through these MoUs, the university and NGOs work together on initiatives like improving the nutritional status of villagers in rural Uttarakhand [6]. NGOs provide grassroots connections and implementation support,

while UPES contributes expert volunteers, research inputs, and funding. For instance, UPES's Project *Lakhon Khwahishen* (menstrual hygiene initiative) is executed in partnership with local community organizations and women's groups, ensuring cultural appropriateness and sustained engagement. The university also maintains active collaboration with the state government and local authorities. The donation of oxygen concentrators to the state (via the Chief Minister's office) in 2021 is one example of UPES aligning with government efforts in a health emergency [5]. Furthermore, UPES faculty from the School of Health Sciences serve on advisory panels and expert committees of state health departments (e.g., for COVID-19 response and vaccination awareness), contributing academic insights to public policy. By collaborating with government health agencies and NGOs, UPES helps scale up health interventions and ensures its projects complement broader public health programs.

Academic and International Partnerships

UPES's global collaborations also enrich its health and well-being agenda. The university has tie-ups with 44 international universities for exchanges and research [6], some of which focus on health sciences and medical technology. These links facilitate knowledge exchange on global best practices in health education and research. For example, in 2023 UPES hosted joint webinars with the University of Adelaide on public health policy post-COVID (sharing strategies on resilience and mental health in higher education). In 2025, the mental health workshop at UPES featured experts from Curtin University Dubai and UC San Diego, reflecting international cooperation to promote well-being on campus [7]. UPES is also part of networks like the Global University Systems (GUS), which highlight sustainable development initiatives across institutions – in a GUS impact report, UPES's menstrual hygiene project was showcased for its contribution to SDG 3 and SDG 5 [11]. These international engagements raise the profile of UPES's health impact and allow collaborative research (such as Indo–Foreign projects on healthcare technology noted earlier). Finally, UPES has over 600 NGO partnerships through its *Srijan* social internship program [6], meaning every first-year student interns with an NGO (many in health sector) – strengthening community links and producing graduates experienced in cross-sector collaboration.

Through strategic partnerships across sectors, UPES amplifies the scale and effectiveness of its health initiatives. Whether it's providing campus clinics in collaboration with hospitals, implementing village health projects with NGOs, or sharing knowledge globally, these partnerships exemplify SDG 17 (Partnerships for the Goals) in service of SDG 3. UPES's collaborative approach ensures that its efforts in good health and well-being are sustainable, well-resourced, and aligned with both local needs and international standards.

Conclusion

UPES University's multifaceted approach to SDG 3 – Good Health and Well-Being – demonstrates a deep institutional commitment to fostering a healthy, resilient community and contributing to public health at large. Internally, UPES has established a safe and health-promoting campus with accessible medical care, comprehensive mental health support, and a culture of wellness. Externally, the university's outreach programs and research drive positive health outcomes in the surrounding society, from rural villages in Uttarakhand to national and international collaborations. Between 2020 and 2025, UPES has built and evidenced a robust portfolio of health initiatives: on-campus clinics and insurance for risk protection, fitness and preventive health campaigns, 24/7 counseling and emotional well-being services, community clinics and donation drives, innovative research in healthcare technology and public health, and partnerships that leverage collective expertise for greater impact. These efforts are verified by official records, press reports, and academic outputs, underscoring their credibility [6] [5]. Going forward, UPES remains dedicated to strengthening these programs and exploring new avenues to enhance health and well-being for all. By integrating health into its education, operations, and community service, UPES exemplifies how a higher education institution can meaningfully advance SDG 3 and contribute to the United Nations 2030 Agenda.

Through continuous improvement and collaboration, UPES will persist in its mission to ensure healthy lives, promote well-being at all ages, and serve as a model university in the **THE Impact Rankings** for SDG 3. The evidence presented in this report reflects significant progress toward these goals, with UPES poised to expand its positive impact on health and well-being in the years to come.

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