



3 GOOD HEALTH
AND WELL-BEING



SDG - 3

**GOOD HEALTH
AND WELL-BEING**

Ensure healthy lives and promote
well-being for all at all ages.

3 GOOD HEALTH AND WELL-BEING



**Healthy People
Healthy Economies**
A strong commitment,
but the benefits outweigh the cost

Sustainable Development Goal 3, focused on promoting health and well-being for all, is championed by Galgotias University through impactful initiatives addressing mental health, nutrition, disease prevention, and healthcare innovation. The university hosts expert talks on brain disorders, seminars on emotional intelligence, and events like World Mental Health and International Yoga Days to foster mental well-being. Nutrition-focused efforts, such as a Nutrition Day Camp empowering young girls with vital knowledge on safety, hygiene, and good touch versus bad touch, complement its hygiene awareness campaigns like World Hand Hygiene Day. Disease prevention is spotlighted with TB Awareness and World AIDS Day programs, while innovations like automated sanitary product dispensers enhance campus healthcare. Collaborating with leading professionals, Galgotias facilitates enriching dialogues on global health challenges. With research-driven approaches, it equips students to address pressing health issues, fostering a culture of well-being and advancing the global mission of equitable healthcare access.



Picture:
**Free Multi-Specialty
health check-up camp**

“ Program Offered on Sustainability “

Doctor of Philosophy (Ph.D.) in Environmental Sciences
M.Sc. in Sustainability

Course Offered -

Pathophysiology- B. Pharma (BP204T)
Physical Education and Yoga practices- B.Sc. AG (A1UA110L)
Mental health Nursing- B.Sc Nursing (BSCN3003)

“ Community Initiatives “

Health Checkup & Blood Donation Camp

Emphasizing well-being of students, staff, and the surrounding community

Galgotias University reinforces its commitment to fostering a healthier community by organizing regular Health Camps on campus. These events provide accessible and high-quality healthcare services to students, staff, and the surrounding community, emphasizing the importance of preventive care and healthy living. The Health Camp offers a range of services, including general health check-ups, blood pressure monitoring, blood sugar testing, and BMI analysis. Specialized consultations in cardiology, orthopedics, and dermatology ensure comprehensive care. Eye and dental check-ups further enhance the holistic approach to health services. In addition to diagnostics, the camp features awareness sessions on nutrition, mental health, and stress management, equipping participants with practical tips for maintaining a balanced lifestyle. Active engagement from attendees underscores the value of these educational initiatives. With over 500 participants benefiting from free medicines and health kits, the camp exemplifies a collaborative effort with renowned healthcare partners to deliver impactful results. This initiative demonstrates the university's dedication to promoting well-being and contributing to sustainable development by integrating health and education into its core mission.

Easy Access to Sanitary Products with Just One Tap

Ensuring Accessible Menstrual Hygiene for all

Galgotias University has introduced sanitary product dispensers on campus, ensuring female students have convenient and discreet access to menstrual hygiene products. This initiative supports SDG 3: Good Health and Well-Being, addressing women's health needs and reducing barriers to hygiene access. By fostering a supportive environment, the university promotes physical and mental well-being, breaking taboos surrounding menstruation. This step underscores the university's commitment to innovative health solutions, gender equality, and inclusivity, empowering students to focus on their education without compromising their health or comfort. Galgotias continues to lead in prioritizing holistic wellness on campus.

“ Startups with SDG - 3 “

StealthEra - Smart wearable ; Well-being is always under surveillance

Hindustan Ai - Waste Food & Nutrition Food Detection using Ai Image Processing.



28.3% of Overall Research of University focused on SDG 3: Good Health and Well-Being

International Day of Yoga Celebration

Fostering Holistic Well Being

Galgotias University joined the global celebration of International Day of Yoga, emphasizing the theme "Vasudhaiva Kutumbakam"—unity and inclusivity through yoga. Chancellor Sunil Galgotia inaugurated the event, highlighting yoga's profound roots in Indian heritage and its worldwide impact on health and wellness. He commended Indian yoga gurus for promoting its benefits globally, including stress relief, cardiovascular health, and resilience against illnesses. The event featured Yoga Guru Thaan Singh, who guided participants through pranayama (breathing exercises), asanas like Bhujangasana (Cobra Pose) and Sirsasana (Headstand), and meditative practices such as Pranava (Om chanting). Guru Singh emphasized the importance of regular yoga practice for holistic health. Organized meticulously by NSS Program Coordinator Pranjali Mishra and Sports Officer Prashant Bhardwaj, the event showcased the university's commitment to holistic well-being. By embracing yoga's physical and mental benefits, Galgotias University reaffirmed its dedication to fostering a balanced lifestyle among students and faculty.

Healthier And Safe Motherhood

A seminar promoting healthier and safe motherhood is crucial for the well-being of both mothers and their infants. Ensuring safe motherhood involves a comprehensive approach that includes proper prenatal care, a safe and supportive birthing environment, and postnatal care. The key aspects of promoting healthier and safe motherhood are like early and regular checkups, nutrition and supplements, education and counselling and access to emergency obstetric care. Which is of prior importance at Galgotias University and regular seminars are being conducted.

" Research with SDG - 3 "

- Research on **Herbal tea Making**, a centuries-old beverage known for its therapeutic benefits, has gained significant attention in recent years due to its health-promoting properties and natural composition
- **Nanoparticle-based photodynamic therapy** for targeted treatment of breast cancer
- Internet of things based **smart framework for the safe driving experience** of two wheelers
- Biogenically synthesized **green silver nanoparticles exhibit antimalarial activity**
- An **active learning machine technique** based prediction of **cardiovascular heart disease** from UCI-repository database.

SMOKE FREE INDIA : Breathe Easy, Live Free

Smoke Free INDIA is a transformative initiative dedicated to empowering individuals to quit tobacco and embrace a smoke-free lifestyle. It serves as a comprehensive resource hub, providing essential support, education, and advocacy to combat tobacco use across India. SMOKE FREE INDIA is more than just an advocacy group; it is a movement driven by individuals who have bravely chosen to lead healthier lives. Our mission is to create a smoke-free India, connecting tobacco quitters and sufferers with the resources they need to achieve and maintain a smoke-free life.



Rural Realities Study Survey at Kanarsa-Kanarsi

B.Sc. (Hons) Agriculture First-Year students as part of their experiential learning program visited nearby village and the primary objective was to understand the socio-economic structure, agricultural practices, and challenges faced by the villagers. Using structured questionnaires and face-to-face interactions, students collected data on household demographics, income patterns, cropping systems, livestock rearing, and access to resources like education, healthcare, and infrastructure. The survey revealed that agriculture is the mainstay of Kanarsa, with wheat, mustard, and seasonal vegetables being the predominant crops. Most farmers rely on traditional practices, with limited use of modern technology or high-yielding seeds. The village faces significant challenges due to inadequate irrigation facilities, dependence on monsoons, and lack of awareness about government schemes for agricultural development. Livestock rearing, especially of cattle and goats, contributes to supplementary income for many households. This survey gave an idea of the nutritional portfolio of the people in the region.

Mental Health Awareness Seminars, Local rural community engagements, health camps are regularly conducted by the Galgotias University.



Research on Herbal Tea Making

Brewing Tradition:

The research on herbal tea making stirred up a perfect blend of traditional wisdom and modern practices. By meticulously studying various herbs and their properties, the study aimed to discover the ideal combinations for taste and health benefits. It left no stone unturned, experimenting with different recipes and refining them to separate the wheat from the chaff. This research not only preserved the art of herbal tea making but also paved the way for a more sustainable and flavourful approach, ensuring the age-old practice continues to thrive with renewed vigour and relevance in today's world.

Powerful Nutrients are found in herbal tea for Health & Vitality

- Silica boosts hydration, reduces inflammation.
- Antioxidants support immunity, skin health.
- Betalains enhance stamina, detoxify body.
- Nitrates provide anti-inflammatory benefits.
- Gingerol aids digestion, boosts immunity.



Pic: Dried Mixture



Pic: Herbal Tea



Pic: Free Health Checkup Camp



Pic: Sanitary Pad Dispenser

Smoke-Free Policy

Smoke-free policy ensures a healthier, safer environment for all individuals.

- Smoke-free campus promotes health
- Policy applies to everyone
- Safe, healthy university environment

Galgotias University is dedicated to advancing the UN Sustainable Development Goals (SDGs). Our commitment is reflected in a comprehensive four-pronged approach encompassing teaching, research, core institutional practices, and meaningful partnerships.

Galgotias University, INDIA

" A commitment for Healthier & Happier life."