AMITY UNIVERSITY
RAJASTHAN

SDG 3: GOOD HEALTH AND WELL-BEING

1. Commitment and Institutional Framework

Amity University Rajasthan (AUR) is committed to advancing Sustainable Development Goal 3—Good Health and Well-Being—by promoting healthy lives and well-being for all. During July 2025–June 2026, the University's health-related work combined preventive healthcare, community outreach, mental health promotion, nutrition and hygiene awareness, inclusive health education, physical activity, academic training and collaborations with external healthcare and research organizations. These initiatives engaged academic departments, NSS and Unnat Bharat Abhiyaan, the Medical Inspection Room, the Sports Department and institutional centres.

The University's multidisciplinary contribution involved the Amity Institute of Pharmacy (AIP), Amity Institute of Physiotherapy (AIPT), Amity Institute of Clinical Psychology (AICP), Amity Institute of Behavioural and Allied Sciences (AIBAS), Amity Institute of Biotechnology (AIB), and other participating units. Institutional health initiatives also include campus medical services, a dedicated mental health clinic and counselling support, and a Smoking-Free and Tobacco-Free Campus Policy.

2. Institutional Actions, Policies and Health Support

AUR's institutional measures documented for the reporting period include:

- On-campus health support through the Medical Inspection Room and health check-up activities, including blood pressure checks, BMI assessment and general health consultations.
- Approximately 24 medical camps during July 2025–June 2026, averaging two camps per month, with gynecological consultations, preventive diagnostics and general physician consultations.
- A dedicated Mental Health Clinic managed by the Amity Institute of Clinical Psychology in Academic Block A, providing confidential psychological support and counselling access to students, faculty and staff.
- A counselling cell with a full-time counselling psychologist and HR employee counselling framework, including referral pathways for specialised emotional or clinical support.
- A 100% Smoking-Free and Tobacco-Free Campus Policy prohibiting tobacco and smoking in all campus areas, supported by signage, awareness, monitoring and cessation counselling/referral provisions.

3. Collaborations and Knowledge Exchange

During 2025–2026, AUR documented collaborations and academic partnerships supporting health, biomedical research, training and community well-being:

- Amity Centre for Computational and Behavioural Intelligence (ACCBI) developed international research and knowledge-exchange links, including support from Nottingham Trent University, UK (€2,000) for collaborative activities and Sage Senitel, Japan (USD 500 per pilot project), alongside academic engagements with institutions in Uzbekistan, Malaysia and India.
- MoU with OmicsLogic Inc., USA, to support biotechnology, genomics and bioinformatics training, NGS data analysis, collaborative research, student projects and academic dissemination.
- MoU with ICMR–National Institute of Health Research, Jodhpur, for biomedical sciences and public health research, student engagement, capacity building and training opportunities.
- MoU with Mahatma Gandhi University of Medical Sciences & Technology, Jaipur (25 July 2025), supporting internships, field visits, certificate courses, joint research, workshops and community outreach in mental health and physical rehabilitation.
- Collaborative activities with Disha Foundation–Centre for Special Education, National One Health Mission, ICMR, Office of the Principal Scientific Adviser, NSS, UBA, healthcare professionals and community organizations.

4. Key Events and Activities (July 2025–June 2026)

The following representative activities are drawn from the submitted SDG 3 evidence compilation for 2025–2026. Attendance figures are reproduced as reported.

- **Community health literacy – "Engaging Young Changemakers: A Health Conclave" (7 August 2025):** AUR, UBA and AIP engagement at Chak Charanwas included village and government-school interactions on hygiene, preventive healthcare and community health concerns, aligned with the One Health approach.





- **Nasha Mukti Pledge Ceremony (14 August 2025):** Approximately 400 students pledged to

lead a drug-free life, raising awareness of substance abuse and its health and social consequences.


पत्रिका

रक्तदान अमृत महोत्सव 2.0, 225 यूनिट रक्त एकत्रित

जयपुर @ पत्रिका. एमिटी यूनिवर्सिटी में चांसलर डॉ. असमी चौहान के निर्देशन में एनएसएस सेल की ओर से अखिल भारतीय तेरापंथ युवक परिषद के सहयोग से मेगा ब्लड डोनेशन ड्राइव-रक्तदान अमृत महोत्सव 2.0 आयोजित किया गया। एनएसएस कोर्डिनेटर डॉ. मनोज कुमार और डॉ. पल्लवी मिश्रा ने रक्तदाताओं का स्वागत किया। वाइस चांसलर प्रोफेसर डॉ. अमित जैन और प्रोफेसर डॉ. जीके आसेरी ने रक्तदान की महत्ता पर प्रकाश डाला। शिविर में कुल 225 यूनिट रक्त एकत्रित हुआ।

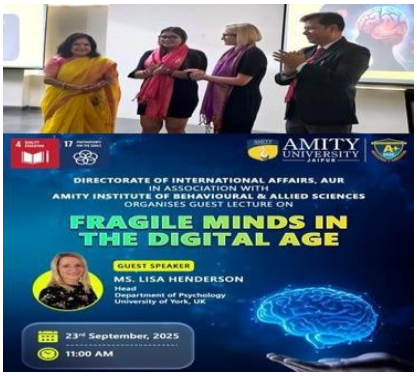
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Source : https://epaper.patrika.com/

- **Mega Blood Donation Drive – Raktdaan Amrit Mahotsav 2.0 (17 September 2025):** Organized by NSS in association with Terapanth Yuvak Parishad, Jaipur, with support from HDFC Bank Limited; 225 students, faculty and staff donated blood.
- **World Lung Day – "Healthy Lungs, Healthy Life" (25 September 2025):** AIPT organised awareness activities and a poster-making competition addressing lung health, prevention, early detection, healthy lifestyles, smoking avoidance and air pollution.





- **Manollaas – A Mindful Fest (14–15 October 2025):** Campus mental health and well-being fest involving invited professionals and institutional stakeholders, promoting mental health awareness and supportive dialogue.
- **"Fragile Minds in the Digital Age" (23 September 2025):** Guest lecture by Dr. Lisa Henderson, University of York, attended by 120 students and 10 faculty members; explored digital devices, social media, sleep, memory, and psychological health.







- **"Unwind 360° DeStress" (12 November 2025):** AIPT workshop engaged 220 students and four faculty members in stress management and relaxation techniques, including validated stress-scale use.

- **Disability-Inclusive Carnival (3 December 2025):** AICP and Disha Foundation commemorated International Day of Persons with Disabilities with approximately 100 participants; promoted inclusion, early intervention, family support and caregiver emotional well-being.
- **Female Mental Health Community Outreach (8 Jan, 26):** AICP and NSS reached 70 participants at Kant-Kalwar through awareness on women's mental health, postpartum depression, PMDD, psychological first aid, stress management and stigma reduction.



- **"Breath, Rest & Review" (12 January 2026):** NSS session for approximately 150 students promoted mindful breathing, relaxation, self-reflection, and emotional well-being.
- **Intergenerational Bonding for Senior Citizens (30 January 2026):** ASCENT programme sponsored by the National Institute of Social Defence engaged 80 students on loneliness, social isolation, emotional support and strategies for older adults' well-being.
- **Shaurya Manthan 2026 (9–11 February 2026):** University sports fest engaged around 500 students from AUR and participating institutions, promoting physical activity, teamwork and sportsmanship.
- **"Nudge Theory in Action:** How Small Changes Drive Big Results in Health, Business, and Policy" (11 March 2026): Master class by Prof. Ivo Vlaev, NUS Singapore, with participation from AIBAS, AIP and ASLA, examining behavioural cues and their application to health and policy.



- **Drug Awareness Campaign (13 March 2026):** UBA Cell session by Deputy Narcotics Commissioner, Jaipur, addressed addiction, effects on brain and behaviour, NDPS Act awareness, and drug-free lifestyle commitment.

- **Women's Health Awareness Street Play (13 March 2026):** AIPT activity promoted women's physical and musculoskeletal health, mental resilience, and women's safety.



- **International Yoga Day / Yoga Week (15–21 June 2026):** Sports Department activities involved around 100 participants, including students, faculty, staff and local school children, through yoga, meditation, expert lectures and mass practice.



- **World Physiotherapy Day 2026 Health and Lifestyle Awareness:** AIPT sessions highlighted cardiothoracic rehabilitation, lifestyle practices, disease prevention, respiratory care, physical activity and healthy lungs.



- **Nutrition and hygiene awareness under Poshan Pakhwada:** NSS volunteers conducted an awareness programme at Government Senior Secondary School, Jaichandpura, Rajasthan, promoting nutrition, hygiene and well-being among school students and villagers.





- **"Understanding Emotions and Feelings" (15 January 2026):** AICP and NSS outreach under the Tribal Youth Exchange Programme engaged 110 tribal youth participants in emotional literacy and well-being awareness.
- **Personal Wellness Workshop (16 April 2026):** AIBAS workshop with 50 students and seven faculty members discussed integrated physical, mental, emotional and spiritual wellness.




"Queer Affirmative Approach to Therapy" (15 May 2026): AICP CRE workshop engaged 50 mental health professionals online and 38 AICP students offline, addressing inclusive and affirmative mental health practice.

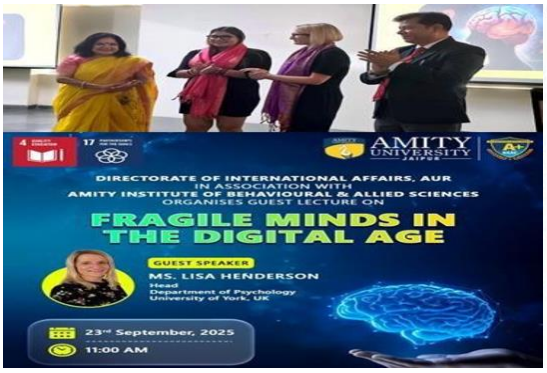
5. Community Outreach and Preventive Health

Community engagement during the reporting year focused on health literacy, hygiene, nutrition, women's mental health, disability inclusion, substance-use prevention, respiratory health and healthy ageing. Village and school outreach connected university expertise with local communities, while student volunteers supported awareness and participation. The

documented Female Mental Health programme at Kant-Kalwar reached 70 community members; the Health Conclave at Chak Charanwas included door-to-door and school interactions; and Poshan Pakhwada promoted nutrition and hygiene awareness.

6. Student Mental Health and Well-Being

AUR documented multiple initiatives to strengthen student access to mental health awareness and support, including “Fragile Minds in the Digital Age”, “Unwind 360° DeStress”, “Breath, Rest & Review”, Manollaas – A Mindful Fest, and other mindfulness, emotional wellness and psychology-focused activities. The institutional Mental Health Clinic and counselling structures provide an avenue for professional support.





7. Smoke-Free Campus and Respiratory Health

The University's Smoking/Tobacco-Free Campus Policy is in place to ensure that students, staff, faculty, contracted staff, suppliers, and visitors are aware that they are not allowed to smoke or use any tobacco products inside or outside of the University. This includes no-smoking zones. Awareness-raising, monitoring, recording, and sanctions to those who violate the policy. Counselling services is to be also available to support individuals to stop using tobacco products. AUR also conducted awareness-raising activities for respiratory health via World Lung Day 2025 and World Physiotherapy Day 2026.



8. Institutional Impact and Contribution to SDG 3

The health activities of AUR in the year 2025-26 have contributed towards Sustainable Development Goal 3. AUR has worked on providing health awareness, outreach programs focused on prevention, promoting physical and mental wellness, raising awareness about inclusivity, developing the students' capabilities, working with health care providers and building support systems within their institution. The number of people who participated in each activity was as follows: Approximately 400 students at the Nasha Mukti Pledge, 225 blood donors, 500 students at the Sports Fest, 220 students attending the DeStress workshop, 150 students at the Breath, Rest & Review session, 115 students attending the autism awareness seminar, and 70 community members at the Female Mental Health outreach. Please note that these are not unique individuals.

9. Future Roadmap.

- Undertake village- and school-based health awareness and prevention activities in collaboration with NSS, UBA and other health institutions.
- Develop mental health literacy, stigma-free counseling, and wellness programs for both students and teachers.
- Engage in awareness campaigns related to women's health issues, nutrition, disability, addiction, and healthy aging.
- Foster respiratory health and implement the Smoking-Free and Tobacco-Free Campus Policy.
- Support multidisciplinary and other collaborative initiatives for research, student education, community involvement and health innovations.
- Document SDG 3-related activities annually through activity reports, attendance record sheets, photos, policies, and collaborations.