

NIMS UNIVERSITY RAJASTHAN, JAIPUR

United Nations Sustainable Development
Goals

A compilation of SDG implementation

GOAL-3 GOOD HEALTH & WELL BEING

NIMS UNIVERSITY RAJASTHAN, JAIPUR



Happiness lies first of all in Health- George William Curtis

Chancellor's Message



Dear NIMS Family,

As we persist in contributing meaningfully to the global efforts towards sustainable development, we must remain unswerving in our advances for the Sustainable Development Goals (SDGs) set forth by the United Nations.

Today, I wish to lay emphasis on the magnanimous significance of SDG Goal 3: **“Ensure healthy lives and promote well-being for all at all ages.”**

I cannot be more proud to say that at NIMS Hospital, our core mission supports hand-in-hand with the objectives outlined in SDG Goal 3. We are enthusiastic to provide accessible, affordable, and high-quality healthcare services to all members of our community, regardless of their socio-economic status.

SDG 3 is particularly coarse for India, considering the hurdles confronting its vast and varied population. We, collectively, as an institution and a country, have come a long way in achieving SDG 3.

Our policies and initiatives, such as Gramhottam Abhiyaan, Nirogi Manush, Swasthya Jangyan Yojana, Angdaan Mahadan, and Meri Dawa Teri Dawa, are designed to address the key goals of SDG Goal 3.

NIMS aims to improve the quality of life in rural communities in India. We have the respective and dedicated resources that create sustainable programs to address rural India's most pressing needs.

This has contributed to the establishment of a sustainable and equitable society. The vision of becoming a true superpower will be realized once all of India's population is healthy.

Let us remain united in our dedication to providing compassionate care and ushering positive changes for future generations.

Thank you for your resolute to our mission and values.

Vice-Chancellor's Message



It is essential to stay focused on the Sustainable Development Goals (SDGs) outlined by the United Nations.

As an aftermath of implementing SDG Goal 3, India has accomplished a lot better at keeping mothers and children healthy. The number of mothers die dying during childbirth went down since 2016-2018.

These statistics ultimately mean that we are making a change as a country.

We are blessed with the graceful opportunity to improve the quality of life in rural communities across India, especially from the support that comes in the form of multi-winged NIMS Hospital.

Social capital, which is the connections and trust within communities, is extremely important in getting people together, working together, and helping people get involved in making things better for the long run. India is really good at using social capital to tackle challenges across neighborhoods and across the whole country.

We have numerous initiatives that implement the idea of Social Capital, such as Gramhottam Abhiyaan, Nirogi Manush, Swasthya Jangyan Yojana, Angdaan Mahadan, and Meri Dawa Teri Dawa. These are designed to address and ensure that the networks of our patients receive comprehensive physical, mental, and emotional care.

We need to make sure we have enough doctors, nurses, and other healthcare workers. This means putting more time and resources into health services and making sure we train, do ample research, and keep healthcare workers in their jobs.

There's no denying it: working together and teaming up is crucial to help countries tackle the many challenges and problems that are stopping millions of women, children, and teenagers from staying healthy and doing well in life.

Thankyou.

Why Good Health and Well Being matter?

Health is core to human development. Just as health shapes development, development shapes health. The Sustainable Development Goals recognize that a wide range of health challenges strongly affect social and economic development, and that investments in health and other areas of development are mutually reinforcing.

‘What is good health?’

This a very pertinent question....we normally assume that since we are not suffering from any ailment, we must be healthy but this is not true! As defined by the WHO” Health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity”

- ‘Well-being’: A multi-factorial concept that is based on the satisfaction of material, physical, affective and psychological needs. While well-being extends beyond physical and mental health, physical and mental health is clearly the key to the notion of well-being. Well-being is the antithesis of illness.

TARGETS FOR SDG 3 – GOOD HEALTH & WELL BEING SET BY THE UNITED NATIONS

- By 2030, reduce the global maternal mortality ratio to less than 70 per 100,000 live births



- By 2030, end preventable deaths of newborns and children under 5 years of age, with all countries aiming to reduce neonatal mortality to at least as low as 12 per 1,000 live births and under-5 mortality to at least as low as 25 per 1,000 live births

- By 2030, end the epidemics of AIDS, tuberculosis, malaria and neglected tropical diseases and combat hepatitis, water-borne diseases and other communicable diseases



- By 2030, reduce by one third premature mortality from **noncommunicable diseases** through prevention and treatment, and promote mental health and well-being.

- Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol.



- By 2020, halve the number of global deaths and injuries from road traffic accidents.

- By 2030, ensure universal access to sexual and reproductive health-care services, including for family planning, information and education, and the integration of reproductive health into national strategies and programmes.



- Achieve universal health coverage, including financial risk protection, access to quality essential health-care services, and access to safe, effective, quality and affordable essential medicines and vaccines for all.

- By 2030, substantially reduce the number of deaths and illnesses from hazardous chemicals and air, water and soil pollution and contamination.



COVID-19

IS THREATENING DECADES OF PROGRESS IN GLOBAL HEALTH

INFECTED MORE THAN
500 MILLION
PEOPLE
WORLDWIDE
(2020-2021)



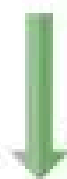
LED TO
15 MILLION
DEATHS
(2020-2021)



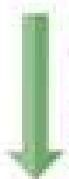
DISRUPTED ESSENTIAL
HEALTH SERVICES:
92% OF
COUNTRIES
(2020-2021)



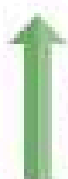
HALTED
PROGRESS ON
**UNIVERSAL
HEALTH
COVERAGE**



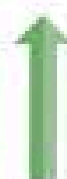
GLOBAL
LIFE
EXPECTANCY



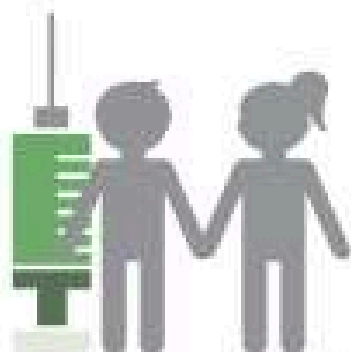
IMMUNIZATION
COVERAGE



PREVALENCE OF
ANXIETY /
DEPRESSION

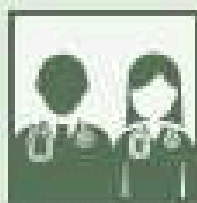


DEATHS FROM
TUBERCULOSIS
& MALARIA

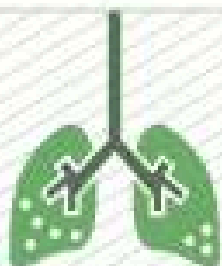


22.7 MILLION
CHILDREN
MISSED BASIC
VACCINES IN 2020

3.7 MILLION
MORE THAN IN 2019



PANDEMIC CLAIMED THE LIVES OF
115,500 FRONT-LINE
HEALTH-CARE WORKERS



TUBERCULOSIS DEATHS
RISE FOR THE FIRST TIME SINCE 2005



2019



2020

India has come a long way in achieving SDG 3. Some of the path-breaking initiatives taken by the government in this regard:

National Health Mission (NHM)

The NHM aims to improve availability and access to affordable and quality healthcare, particularly for those residing in rural areas, the poor, women, and children; providing public health services in the areas of women's health, child health, water, sanitation and hygiene, immunization; and nutrition. The NHM created a set of specific targets based on indicators as an important step toward achieving SDG 3.

Ayushman Bharat health insurance scheme

This flagship health insurance scheme was launched to provide free healthcare services to the poor and underprivileged sections of society. The ultimate result will be coverage of medical treatment for serious illnesses for about 500 million people.

Immunization

India has made considerable progress in immunizing its population against various diseases, including measles, polio, and tetanus. The COVID 19 immunization program was the largest in the world and covered more than 90 percent of the population in a very short time. Undoubtedly, India has made significant progress in this area as part of its efforts to achieve SDG 3.

Malaria eradication

India accounted for almost 3 percent of the global malaria burden according to the World Malaria report in 2019. India has made major progress in recent years in reducing malaria incidence and deaths. There has been a steady decline in the estimated malaria cases with a registered reduction of 24 percent in 2017 compared to 2016, and 28 percent in 2018 compared to 2017.

Tobacco abuse

Tobacco use is one of the biggest public health threats in India. It leads to lost lives and has major social and economic costs. The Indian Government has taken several measures to control the use of tobacco. Such as the National Tobacco Control Program (NTCP), which aims at reducing tobacco use in India, using measures such as higher taxation, advertising restrictions, health warnings, and cessation services.

NIMS School of Law

Wellness Workshop on Meditation Techniques and Awareness on the Significance of Meditation

Introduction:

The Wellness Workshop on Meditation Techniques and Awareness on the Significance of Meditation was organized under the auspices of Sustainable Development Goal 3: Good Health and Well Being.

Activities and Outcomes:

The event featured a series of activities designed to educate participants on the benefits of meditation and equip them with practical tools to incorporate meditation into their daily lives. Highlights of the program included:

1. Educational Sessions: Participants received comprehensive information on various meditation techniques and their potential impact on mental and physical well-being. The sessions provided both theoretical knowledge and practical demonstrations, ensuring a well-rounded understanding of the subject.
3. Stress Management: Attendees learned how meditation can be a powerful tool for managing stress and promoting overall well-being. By practicing meditation techniques, beneficiaries gained valuable skills for coping with everyday challenges and maintaining a balanced lifestyle.
4. Healthy Habits: The workshop emphasized the importance of incorporating meditation into daily routines to cultivate healthy habits. Participants were encouraged to prioritize self-care and mindfulness practices as essential components of a healthy lifestyle.

Impact:

- Increased awareness about the benefits of meditation for mental and physical health.
- Enhanced understanding of different meditation styles and techniques.
- Improved stress management skills among participants.
- Promotion of healthy habits and self-care practices.
- Empowerment of individuals to take control of their well-being and lead happier, more fulfilling lives.





ACTIVITY -2

GOOD & BAD TOUCH AWARENESS PROGRAM

1. The one-day awareness program focused on "Good Touch and Bad Touch" at NIMS Primary School aimed to educate and empower children, parents, teachers, and community members.
2. It aimed to raise awareness about recognizing and addressing appropriate and inappropriate physical contact.
3. The program sought to create a safe and supportive environment where individuals could learn about personal boundaries and consent.
4. The program emphasized the role of parents, teachers, and community members in safeguarding children's physical and emotional health.
5. By addressing this critical aspect of child safety, the initiative aligned with the broader goal of Sustainable Development Goal 3: Good Health and Well Being.
6. It contributed to the promotion of mental and physical health by creating awareness and empowering individuals to protect themselves and others from harm.

A team of **ten** students from NIMS School of Law along with two session coordinators presented plays, drama and other activities for a group of 70 students from Junior Wing of NIMS Primary School.

Educational Materials such as posters on the topic of good touch and bad touch for children, parents, and teachers were distributed to reinforce learning.







NIMS Institute of Engineering & Technology

Nims School of Business

Nims Nursing College

ACTIVITY TITLE: MINDFULNESS MEDITATION

- Occupational health
- Physical health
- Intellectual health/ mental health
- Emotional health
- Spiritual health

DATE: JAN 04, 2024

EXPERT: Acharya Siddhartha
(MD Physician and Yogacharya, Maryland, USA)



Objectives:

Stress Reduction:

Through mindfulness techniques, students will learn to alleviate stress, anxiety, and pressure commonly experienced during college. Cultivating a calm and focused mind will contribute to enhancing their overall mental well-being.

2. Enhanced Concentration and Focus:

Students will develop the ability to concentrate on academic tasks, improve memory retention, and enhance overall cognitive function. Meditation will serve as a tool to sharpen attention, leading to better learning outcomes.

3. Emotional Resilience:

By practicing meditation, students will build emotional resilience to navigate the challenges of college life effectively. They will acquire tools to manage emotions, cultivate a positive mindset, and cope with the ups and downs of academic and personal experiences.

4. Improved Physical Health:

Exploring the mind-body connection through meditation will lead to improved physical health among students. By promoting relaxation and reducing stress-related ailments, students will contribute to a healthier immune system and overall well-being.

5. Enhanced Sleep Quality:

Students will learn techniques to promote better sleep patterns, leading to restorative and rejuvenating sleep. Improved sleep quality will be crucial for cognitive function, mood regulation, and overall physical health.





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NIMS COLLEGE of PHARMACY

This report outlines the objectives and initiatives aligned with Sustainable Development Goal 3: Good Health and Well-Being, focusing on promoting holistic well-being among college students through mindfulness and meditation practices. Nims college of Pharmacy organised a village camp for the better well being of people.

Objectives:

1. **Stress Reduction:** The primary objective is to equip students with mindfulness techniques to alleviate stress, anxiety, and pressure commonly experienced during the college years.
2. **Enhanced Concentration and Focus:** Another key objective is to develop students' ability to concentrate on academic tasks, improve memory retention, and increase overall cognitive function. Meditation serves as a tool to sharpen attention and promote better learning outcomes.
4. **Improved Physical Health:** Exploring the mind-body connection through meditation leads to improved physical health. By promoting relaxation and reducing stress-related ailments, students contribute to a healthier immune system and overall well-being.
5. **Enhanced Sleep Quality:** Equipping students with techniques to promote better sleep patterns is crucial. Improved sleep quality enhances cognitive function, mood regulation, and overall physical health.

Implementation:

The initiatives are implemented through structured workshops, educational sessions, and practical exercises conducted within the college campus. Faculty members, mental health professionals, and experienced practitioners collaborate to deliver comprehensive training tailored to students' needs.

We organized a health camp at Government Higher Secondary School, Kushalpura (Bansa). to ensure healthy living and promote good health for all under the third goal of the United Nations Sustainable Development Goals - Good Health and Well-Being.

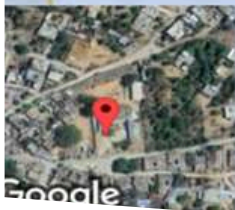
Camp Coordinator Dr. Rajesh Kumar Sharma explained about the symptoms and treatments related to the disease and created awareness by giving information about the symptoms and prevention of seasonal and infection diseases.

During this period, facilities like free tests like blood sugar, blood group, blood pressure, BMI, nutrition counselling, medicine counseling etc. were made available to the people. Dr. Mekha Monsi, Dr. Hemant Bhareth, Dr. Ujjwal Havelikar, Dr. Bhumi Chaturvedi and other pharma students of NIMS Pharmacy College had special contribution in the camp.

Village head Sarpanch **Prem Devi** welcomed all the medical workers wearing turbans. School Principal Sajni Chaudhary and teachers expressed their gratitude by thanking NIMS University for organizing the camp for good health and welfare of all.



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Jheera, Rajasthan, India
5RF9+J63, Jheera, Rajasthan 303806, India
Lat 27.174191°
Long 75.817818°
01/02/24 11:35 AM GMT +05:30

GPS Map Camera



निम्स यूनिवर्सिटी द्वारा निःशुल्क स्वास्थ्य शिविर का आयोजन

सुरेन्द्र सिंह हस्सोलिया
भीम प्रज्ञा न्यूज चौमू।

शहर के कुशलपुरा (बाँसा) ग्राम में स्थित राजकीय उच्च माध्यमिक विद्यालय में निम्स यूनिवर्सिटी के तत्वावधान में निःशुल्क स्वास्थ्य शिविर का आयोजित हुआ। निम्स यूनिवर्सिटी ने संयुक्त राष्ट्र के सतत विकास लक्ष्य के तीसरे गोल अच्छे स्वास्थ्य और कल्याण के तहत स्वस्थ जीवन सुनिश्चित करने और सभी के स्वस्थ स्वास्थ्य को बढ़ावा देने के लिये स्वास्थ्य शिविर का आयोजन किया गया। इस दौरान करीब 317 बच्चों एवं लोगों का स्वास्थ्य परीक्षण किया गया एवं उचित परामर्श दिया गया। इसके साथ ही निःशुल्क दवाईयां वितरित की गई।

कैप कोर्डिनेटर डॉ. राजेश कुमार शर्मा ने बीमारी संबंधी लक्षणों और उपचारों के बारे में बताया तथा मौसमी और संक्रमण



बीमारीयो से बचने और लक्षणों के बारे में जानकारी देकर जागरूक किया। इस दौरान निःशुल्क जाँचे जैसे ब्लड शुगर, ब्लड ग्रुप, ब्लड प्रेशर, बीएमआई न्यूट्रीशन काउंसलिंग, मेडिसिन काउंसलिंग आदि सुविधाएँ लोगों को उपलब्ध करवाई। निम्स फार्मसी कॉलेज के डॉ. मेखा मोनसी, डॉ. हेमंत भारेठ, डॉ. उज्जवल हवेलिकर, डॉ. भूमि चतुर्वेदी और अन्य फार्मा के

विद्यार्थियों का शिविर में विशेष योगदान रहा। सरपंच प्रेम देवी ने गांव के गणमान्य लोगों व सभी चिकित्साकर्मियों का साफा पहनाकर स्वागत किया। विद्यालय के प्रिंसिपल सजनी चौधरी और शिक्षकगणों ने सभी को अच्छे स्वास्थ्य ओर कल्याण के तहत शिविर आयोजन करने के लिए निम्स यूनिवर्सिटी का धन्यवाद देकर आभार जताया।

निःशुल्क चिकित्सा शिविर का हुआ आयोजन

हिन्दुस्तान एक्सप्रेस

चोमू। राजकीय उच्च माध्यमिक विद्यालय कुशलपुरा (बाँसा) में निःशुल्क स्वास्थ्य शिविर का आयोजित किया गया। निम्स यूनिवर्सिटी ने संयुक्त राष्ट्र के सतत विकास लक्ष्य के तीसरे गोल अच्छे स्वास्थ्य और कल्याण के तहत स्वस्थ जीवन सुनिश्चित करने और सभी के स्वस्थ स्वास्थ्य को बढ़ावा देने के लिये स्वास्थ्य शिविर का आयोजन किया गया। इस दौरान करीब 317 बच्चों एवं लोगों का स्वास्थ्य परीक्षण किया गया एवं उचित परामर्श दिया गया और निःशुल्क दवाईयां वितरित की गई। कैप कोर्डिनेटर डॉ. राजेश कुमार शर्मा ने बीमारी संबंधी लक्षणों और उपचारों के बारे में बताया तथा मौसमी और संक्रमण बीमारीयो से बचने और लक्षणों के बारे में जानकारी देकर जागरूक किया। इस दौरान निःशुल्क जाँचे जैसे ब्लडसुगर, ब्लड ग्रुप, ब्लड प्रेशर, बीएमआई न्यूट्रीशन काउंसलिंग, मेडिसिन काउंसलिंग आदि सुविधाएँ लोगों को



उपलब्ध करवाई। निम्स फार्मसी कॉलेज के डॉ. मेखा मोनसी, डॉ. हेमंत भारेठ, डॉ. उज्जवल हवेलिकर, डॉ. भूमि चतुर्वेदी और अन्य फार्मा के विद्यार्थियों का शिविर में विशेष योगदान रहा। गाँव के गणमान्य लोगो और सरपंच प्रेम देवी ने सभी चिकित्सा कर्मियों का साफा पहना कर स्वागत किया। विद्यालय के प्रिंसिपल सजनी चौधरी और शिक्षक गणों ने सभी को अच्छे स्वास्थ्य ओर कल्याण के तहत शिविर आयोजन करने के लिए निम्स यूनिवर्सिटी का धन्यवाद देकर आभार जताया।

निःशुल्क चिकित्सा शिविर का हुआ आयोजन

प्रभात अभिनन्दन न्यूज

चौमू, 1 फरवरी (का.सं.)। राजकीय उच्च माध्यमिक विद्यालय कुशलपुरा (बाँसा) में निःशुल्क स्वास्थ्य शिविर का आयोजित किया गया। निम्स यूनिवर्सिटी ने संयुक्त राष्ट्र के सतत विकास लक्ष्य के तीसरे गोल अच्छे स्वास्थ्य और कल्याण के तहत स्वस्थ जीवन सुनिश्चित करने और सभी के स्वस्थ स्वास्थ्य को बढ़ावा देने के लिये स्वास्थ्य शिविर का आयोजन किया गया। इस दौरान करीब 317 बच्चों एवं लोगों का स्वास्थ्य परीक्षण किया गया एवं उचित परामर्श दिया गया और निःशुल्क दवाईयां वितरित की गई।

कैप कोर्डिनेटर डॉ. राजेश कुमार शर्मा ने बीमारी संबंधी लक्षणों और उपचारों के बारे में बताया तथा मौसमी और संक्रमण बीमारीयो से बचने और लक्षणों के बारे में जानकारी देकर जागरूक किया। इस दौरान निःशुल्क जाँचे जैसे ब्लडसुगर, ब्लड ग्रुप, ब्लड प्रेशर, बीएमआई न्यूट्रीशन काउंसलिंग, मेडिसिन काउंसलिंग आदि सुविधाएँ लोगों को उपलब्ध करवाई। निम्स फार्मसी कॉलेज के डॉ. मेखा मोनसी, डॉ. हेमंत भारेठ, डॉ. उज्जवल हवेलिकर, डॉ. भूमि चतुर्वेदी और अन्य फार्मा के विद्यार्थियों का शिविर में विशेष योगदान रहा। गाँव के गणमान्य लोगो और सरपंच प्रेम देवी ने सभी चिकित्सा कर्मियों का साफा पहना कर स्वागत किया। विद्यालय के प्रिंसिपल सजनी चौधरी और शिक्षक गणों ने सभी को अच्छे स्वास्थ्य ओर कल्याण के तहत शिविर आयोजन करने के लिए निम्स यूनिवर्सिटी का धन्यवाद देकर आभार जताया।

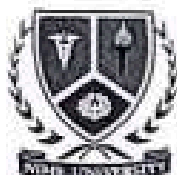




NIMS
UNIVERSITY
RAJASTHAN, JAIPUR



NIMS College of Physiotherapy



NIMS UNIVERSITY RAJASTHAN JAIPUR
NIMS College of Physiotherapy

Established under NIMS UNIVERSITY RAJASTHAN
JAIPUR ACT 2008
Recognized under section 2 (f) of UGC Act, 1956 and by
various course regulatory bodies



Activity Report: SDG Goal – 3

Objective: Sharing information regarding “Good health and Wellbeing”

Date: 31.01.2024

Time: 02:00 am

Location: Seventh Floor, NIMS College of Physiotherapy and Occupational therapy

Organized by NIMS University

Audience: Dr. Drishti, Dr. Ruma Rajbhar and Students of BPT 1st Year

Speaker: Dr. Danishta, Ayush (BPT 3rd year)

Method adopted: Speech and Practical

Description: On date Jan 2024, NIMS College of Physiotherapy and Occupational Therapy, NIMS University Jaipur Rajasthan marked SDG Goal – 3 “Good Health and Wellbeing”

Good Health and Wellbeing are essential for students to thrive academically and lead fulfilling lives. By having a healthy life style, students can enhance their concentration, cognition abilities, and physical endurance, allowing them to perform better in their studies and other activities.

We introduce some ergonomics exercise today to help students improve their posture these exercise focus strengthening the core muscles, maintain proper spinal alignment and reducing muscle imbalance.

We introduce Yoga and their benefits like – Internal organs of our body can be cleaned by various yogic exercise. As per the Ayurveda, our body is made of Vaat, pitt and Kaph. To remain healthy, balance of Vaat, Pitt and Kaph in our body is necessary.


Organiser sign & seal


College In-charge sign


Principal sign



The Way Forward

While India has made significant strides in several SDGs, there is still work to be done to achieve the targets by 2030. Despite all that has been achieved, challenges still remain due to various factors such as inadequate resources, limited capacity, social and economic inequalities, and systemic barriers.

Additionally, complex and interconnected issues like climate change, poverty, and gender inequality require holistic and collaborative approaches.

Social capital can help address these challenges by fostering collaboration, knowledge sharing, and local ownership. It can promote social cohesion and inclusivity, enhance resilience and increase adaptive capacity within communities, ultimately leading to more sustainable and inclusive development.

The government, civil society organizations, and various stakeholders need to continue to collaborate and implement initiatives to address the remaining challenges and accelerate progress towards the SDGs.