

# Sustainability Report 2022-23

( Goal - 3 )







## Good Health & Well-Being

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

### Introduction to SDG - 3

Galgotias University is steadfast in its commitment to Sustainable Development Goal 3 (SDG 3) by prioritizing health and well-being through meaningful and transformative initiatives. The university regularly organizes health camps, including blood donation drives, free medical check-ups, and vaccination programs, directly benefiting students, staff, and local communities.

Recognizing the importance of mental health, Galgotias offers on-campus counseling services, mindfulness workshops, and stress management sessions, creating a nurturing environment for psychological well-being.

The university's rural outreach programs address critical public health challenges such as malnutrition, hygiene, and sanitation. Faculty and students collaborate with NGOs and healthcare organizations to implement large-scale health awareness campaigns and skill development sessions for aspiring healthcare professionals.

Galgotias University also integrates environmental health into its framework, ensuring access to clean drinking water, efficient waste management, and a green campus environment.

Through these targeted efforts, Galgotias University reaffirms its commitment to ensuring healthy lives, fostering well-being, and advancing the goals of SDG 3 for all.

### G-SCALE

Galgotias Student Centered Active Learning Ecosystem.

No More Benches, Only Benchmarks.



Accessible & Affordable Nutritious Food Campus Cafeteria



Healthy People

Healthy Economies

### Study Sustainability at Galgotias University



Study @GalgotiasUniversity  
Campus Classroom

**Programs Offered -**  
Doctor of Philosophy (Ph.D.) in Environmental Sciences  
M.Sc. in Sustainability

**Courses Offered -**  
(DPHT2003) Pharmacology & Toxicology- D. Pharmacy(SMAS)  
DPHT1006 Health Education & Community Pharmacy- D. Pharmacy (SMAS)  
LIUA207L Ocular Physiology Lab-B. Optometry (SMAS)

#### ⊕ Promoting Oral Health: Dental Checkup Camps

Galgotias University organized a series of dental checkup camps aimed at promoting oral health and hygiene among students, faculty, and staff. The initiative, conducted in collaboration with leading dental professionals and healthcare organizations, provided free dental consultations, oral health screenings, and awareness sessions on the importance of maintaining good oral hygiene. The camps saw enthusiastic participation, with attendees benefiting from expert advice on preventive dental care, early detection of dental issues, and personalized treatment recommendations. In addition to consultations, the event featured interactive workshops on proper brushing techniques, dietary habits for healthy teeth, and the long-term effects of neglecting oral care. This initiative not only emphasized the university's commitment to holistic well-being but also fostered a culture of health consciousness within the campus community.

- Free dental consultations and oral health screenings were provided to students, faculty, and staff.
- Expert advice on preventive dental care and early detection of dental issues was shared.
- Interactive workshops on proper brushing techniques and dietary habits for healthy teeth were conducted.
- The initiative emphasized the long-term impact of neglecting oral hygiene and the importance of regular care.
- Fostered a culture of health consciousness and holistic well-being within the university

#### ⊕ Raising Awareness on PCOD and Women Wellness

Breaking the Silence on Polycystic Ovarian Disease (PCOD)

In 2022-23, an expert talk on Polycystic Ovarian Disease (PCOD) was organized to promote awareness and better health practices among students and faculty. Led by renowned healthcare professionals, the session covered the causes, symptoms, and management of PCOD, a common condition affecting women.

Emphasizing the importance of lifestyle modifications, balanced nutrition, stress management, and early diagnosis, the event aimed to empower participants with the knowledge to take charge of their health.

Attendees engaged in discussions with experts, addressing concerns and learning practical strategies for long-term health management.

This initiative highlighted the university's dedication to promoting women health and well-being, aligning with SDG 3, and fostering a culture of holistic health. By providing a platform for open dialogue, the program also aimed to break the stigma surrounding women's health issues and encouraged proactive healthcare decisions.

- Expert talk on PCOD, focusing on causes, symptoms, and management.
- Emphasis on lifestyle modifications, stress management, and balanced nutrition.
- Interactive discussions with healthcare professionals, addressing concerns.
- Empowered participants to adopt healthier lifestyles and better health practices.
- Aligned with SDG 3, promoting women's health and well-being at the university.
- Fostered a culture of health consciousness and holistic well-being within the university

28.3%

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



Eye Checkup Session  
SMAS Lab, Galgotias University Campus

Expert Session on PCOD  
Campus Classroom

#### ⊕ Substance Abuse Disorder : Unmasking Addiction

A Journey Towards Recovery and Awareness

A seminar on Substance Abuse Disorder was organized to highlight the growing concern of addiction and its social and personal impacts. Experts from medical and psychological fields discussed the causes, symptoms, and treatments for substance abuse, covering topics such as the physical and psychological effects of addiction, prevention strategies, and the importance of rehabilitation.

The seminar emphasized reducing stigma around addiction, raising mental health awareness, and encouraging early intervention. It also highlighted the vital role of family and community support in recovery. Interactive discussions provided students and faculty an open platform to share thoughts and explore ways to combat substance abuse.

This initiative demonstrated the university's dedication to addressing key health challenges and fostering a supportive environment for mental and physical well-being. It aligned with Sustainable Development Goal 3 (SDG 3) by advocating for healthier, addiction-free communities.

#### ⊕ Suicide Prevention and Awareness Initiative

Shining a Light on Life

A Suicide Prevention and Awareness Campaign was held to address mental health challenges and emphasize the importance of early intervention. This initiative educated students and faculty about recognizing warning signs of suicidal tendencies, coping strategies, and accessing support systems. It included expert-led talks, workshops, and interactive sessions that provided practical guidance on managing stress, anxiety, and depression.

The campaign underscored the need to create a stigma-free, supportive environment where individuals feel safe seeking help. Information about helplines and counseling services was widely shared, ensuring participants were aware of available resources.

Through this initiative, the university promoted empathy, open communication, and mental well-being, empowering individuals to identify distress in themselves and others while encouraging proactive steps toward mental health preservation. This effort reflected the university's dedication to fostering a healthy, compassionate campus culture, aligning with Sustainable Development Goal 3 (SDG 3) for health and well-being.

#### Key Points Workshop addressed :

- Participants gained awareness of the warning signs of suicidal tendencies.
- Coping strategies for managing stress, anxiety, and depression were shared.
- Information about mental health resources and support systems was provided.
- The campaign emphasized reducing stigma and encouraging open help-seeking.
- Empathy and a supportive environment were fostered within the university community.



Health Checkup Camp  
SMAS Lab, Galgotias University Campus

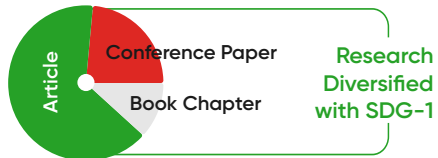
#### ⊕ Startups with SDG - 3

**StealthEra** - Smart wearable : Well-being is always under surveillance

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



### Research Focused with SDG - 3



- Conducting Analysis on **Diabetes Patient Data** Using Various Machine Learning Models and Determine Their Accuracy
- Polycystic Ovarian Syndrome:** Current Situation of Female Hormonal Disorder. Current Women's Health Reviews
- Health informatics and precision data management. **Healthcare 4.0: Health Informatics and Precision Data Management.**
- 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.
- 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.

#### ⊕ Menstrual Cycle Awareness Campaign

Menstrual hygiene is essential to women's health, contributing to dignity, confidence, and overall well-being. Proper management of menstrual blood with sanitary products, regular changes, and safe disposal are vital for hygiene and preventing infections.

Education on menstrual health and puberty helps reduce stigma and empowers individuals to manage their menstrual hygiene effectively.

By promoting awareness and proper practices, this initiative aligns with SDG 3, ensuring better health and well-being for all, especially women and girls during their menstrual cycles.

