

SDG 3: Good Health and Well-Being

On-Campus Health & Wellbeing Services

**Shoolini University of Biotechnology and
Management Sciences**



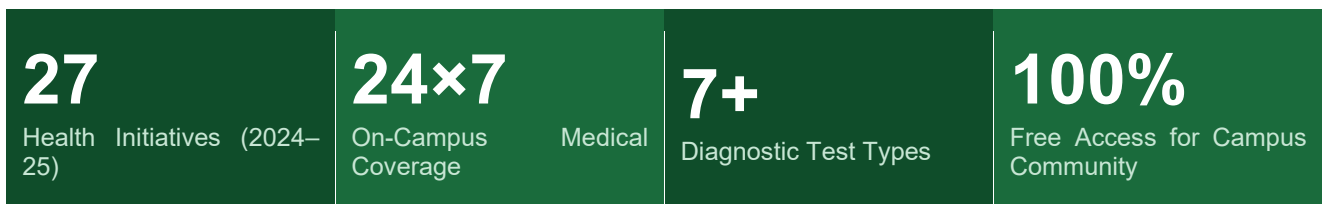
Committed to the United Nations Sustainable Development Goals



Shoolini University of Biotechnology and Management Sciences operates a fully functional, year-round on-campus Health Centre at its Bajhol campus, Solan, Himachal Pradesh. The university's Health Centre - staffed by qualified medical professionals and operational 24 hours a day, 365 days a year - delivers clinical consultation, in-house diagnostic testing, emergency response, and patient referral services entirely free of charge to students, faculty, and staff.

Complementing this infrastructure, the university conducts a robust annual calendar of health promotion activities that address physical fitness, mental health, non-communicable disease prevention, tobacco cessation, and community outreach. These efforts demonstrate a deep and institution-wide commitment to SDG 3 — Good Health and Well-Being — and reflect the university's belief that a healthy campus is foundational to academic excellence and social responsibility.

During the academic year 2024–25 (August 2024 to July 2025), the university delivered 27 structured health and wellbeing initiatives spanning physical health, mental health, cancer awareness, blood donation, tobacco cessation, nutrition, and community outreach — firmly evidencing a holistic and sustained commitment to SDG 3 (Good Health and Well-Being).



1. On-Campus Health Centre — Overview

The Health Centre is an independent, purpose-built medical facility located centrally within the Shoolini University campus. It was established to eliminate dependency on external healthcare providers and to ensure that every member of the campus community has immediate access to quality medical care at all hours.

Beneficiaries:

- Undergraduate and postgraduate students (residential and day scholars)
- Faculty members and academic staff
- Non-teaching staff and administrative personnel
- Campus visitors and guests

1.1 Medical Staff

The Health Centre is staffed by a multi-disciplinary team ensuring continuous, competent care:

- Qualified MBBS / MD Doctors — available for consultations, diagnosis, and treatment
- Trained Nursing Staff — patient monitoring, dressing, medication administration
- Support & Coordination Staff — patient registration, referral management, and ambulance coordination

1.2 Facilities & Services

<p style="font-size: 2em;">\$</p>	<p style="font-weight: bold; margin-bottom: 5px;">Clinical Services</p> <ul style="list-style-type: none"> • Patient consultation and medical check-up • Wound care, dressing, and minor procedures
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- Inpatient admission for observation and short-stay treatment
- First aid and emergency stabilisation



Diagnostic Services (In-House Laboratory)

- Hematology tests (CBC, blood group, hemoglobin)
- Biochemistry panel (glucose, creatinine, urea)
- Lipid profile (cholesterol, triglycerides)
- Liver Function Tests (LFT)
- Serology tests (typhoid, HIV screening, hepatitis markers)
- Urine examination (routine & microscopy)
- Rapid Antigen Tests (COVID-19, malaria, dengue)



Emergency & Support Services

- 24×7 medical check-up facility for Boys' and Girls' hostels
- Round-the-clock ambulance service for emergency transfers
- Referral pathways to IGMC Shimla, Solan Civil Hospital, and specialist centres
- Continuous patient monitoring for admitted cases
- On-call doctor system for after-hours emergencies





2. Health Awareness & Preventive Initiatives

Beyond curative care, the Health Centre drives a proactive public health agenda through regular awareness campaigns, health camps, and wellness workshops. These activities serve both the campus community and neighbouring local populations, extending the university's health mandate into the region.

Annual and recurring initiatives include:

- Health camps with free screenings (blood pressure, BMI, blood sugar, eye check-up)
- Awareness drives on hygiene, sanitation, and personal health
- Mental health workshops and counselling safe spaces
- Blood donation camps mobilising staff and students
- Outreach programmes to local schools and communities

3. Top 5 Health & Wellbeing Initiatives (2024–25)

The following five initiatives are highlighted for their breadth of impact, community engagement, and direct alignment with SDG 3 sub-targets.

Blood Donation Camp

15 October 2024 | SDG 3.8 – Universal Health Coverage

01

The university organised a voluntary blood donation camp mobilising students, faculty, and staff. Pre-donation health screenings were conducted by the Health Centre medical team. Donated blood was channelled to regional hospitals, directly supporting the availability of safe blood supplies. The event saw strong participation and leadership from university doctors, with Dr. Renu Sood personally donating blood to inspire the community.



02

World Heart Day Health Camp & Awareness

27 September 2024 | SDG 3.4 – Non-Communicable Diseases

A two-day cardiovascular health event combining free health screenings (BP, BMI, cholesterol, glucose) with interactive awareness stalls and expert workshops on heart-healthy lifestyles. Open to campus members and local community participants. Targeted SDG 3.4 by promoting early detection and lifestyle modification to reduce premature mortality from cardiovascular disease.



03

Breast Cancer Awareness Campaign — Pink October

October 2024 | SDG 3.4 – NCDs & SDG 17 – Partnerships

A month-long multi-format campaign running throughout Pink October comprising poster and slogan competitions, the Wear It Pink fundraiser, cancer-awareness movie screenings, and direct community outreach to local villages. The campaign promoted early self-examination, screening awareness, and destigmatisation of cancer — engaging students, staff, local women, and healthcare partners simultaneously.



04

Let's Talk: Mental Health Safe Space

04 February 2025 | SDG 3.4 – Mental Health

A structured, facilitated session providing a confidential environment for students and staff to discuss mental health experiences and challenges. Trained counsellors guided discussions on coping strategies, stress management, and available support services. The initiative directly addressed the critical and often overlooked dimension of mental health within SDG 3, building a culture of psychological safety on campus.

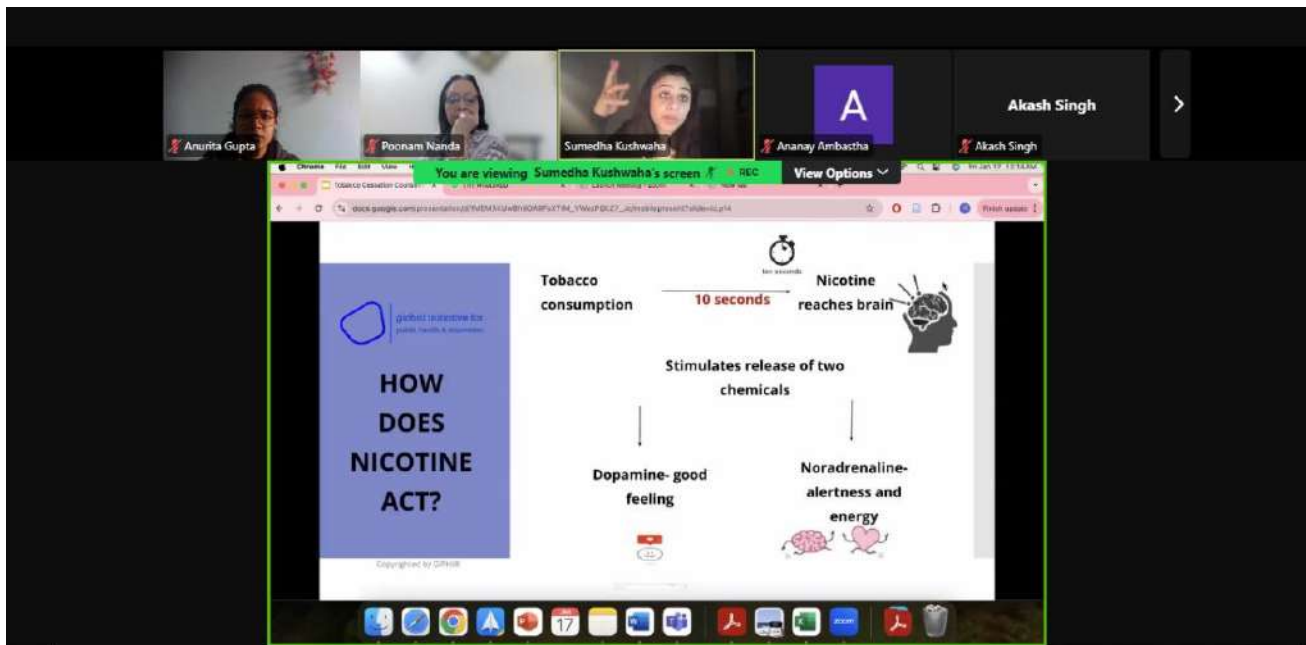


05

Quit It Right: Tobacco Cessation Program

17–18 January 2025 | SDG 3.a – Tobacco Control

A two-day programme addressing SDG 3.a (strengthening the implementation of tobacco control) through expert-led educational sessions on the health impacts of tobacco and nicotine. Participants received practical cessation tools, peer support, and follow-up resource referrals. The programme recorded high engagement from both the student body and university staff.



4. Health Activities Register 2024–25

The table below lists key health and wellbeing activities conducted during the reporting period, their dates, SDG 3 alignment, and reach outcomes.

Sr. No.	Initiative / Activity	Date	SDG Target 3	Outcome / Reach
1	Yoga & Zumba Session (Induction)	20 Aug 2024	SDG 3.4	Physical & mental fitness for ~400 new students
2	Anti-Ragging Awareness (Mental Wellbeing)	21 Aug 2024	SDG 3.4	Campus-wide safety & inclusion awareness
3	Visit to Differently-Abled Kids (IAMD)	28 Aug 2024	SDG 3.4	Emotional wellbeing; 50+ students engaged
4	Zero Plastic Marathon (Fitness & Health)	05 Sep 2024	SDG 3.4	Fitness + env. responsibility; community run
5	Karate Training for Local School Kids	01 Sep 2024	SDG 3.4	Physical health & discipline; local children

6	World Heart Day Health Camp	27 Sep 2024	SDG 3.4	Free BP/BMI/glucose screening; community open
7	World Heart Day Workshop & Stalls	28 Sep 2024	SDG 3.4	Lifestyle education; interactive stalls
8	Pink October Poster Competition	04 Oct 2024	SDG 3.4	Breast cancer awareness; student participation
9	Blood Donation Camp	15 Oct 2024	SDG 3.8	Voluntary donation; regional hospital supply
10	Wear It Pink Fundraiser	15 Oct 2024	SDG 3.4	Fundraising + breast cancer awareness
11	Cancer Awareness Movie Nights	13–24 Oct 2024	SDG 3.4	Film-based health education; campus-wide
12	Breast Cancer Community Outreach	22 Oct 2024	SDG 3.4	Local village women; early detection education
13	Sustainable Eating Webinar	03 Dec 2024	SDG 3.4	Nutrition-planet-health; expert-led webinar
14	Quit It Right: Tobacco Cessation	17–18 Jan 2025	SDG 3.a	Cessation tools & counselling; staff+students
15	Stem Cell Donor Registry Drive (DATRI)	04 Feb 2025	SDG 3.8	Donor registrations for life-threatening diseases
16	Let's Talk: Mental Health Safe Space	04 Feb 2025	SDG 3.4	Counselled 60+ participants; safe discussion
17	Stride for Life Awareness Walk	05 Feb 2025	SDG 3.4	Cancer prevention walk; community participants
18	Joy in Every Step — Visit to IAMD	06 Feb 2025	SDG 3.4	Emotional support to patients
19	Rose Day — Cancer Awareness	07 Feb 2025	SDG 3.4	Symbolic support activities; student-led
20	Play for a Cause — Cricket for Cancer	7–8 Feb 2025	SDG 3.4	Sports-based awareness; team participation
21	Comedy Show — Cancer Awareness	12 Feb 2025	SDG 3.4	Awareness through humour; mental wellbeing
22	Teddies of Comfort — Visit to IAMD	13 Feb 2025	SDG 3.4	Emotional engagement with patients
23	Hearts in Action — Charity Sale	14 Feb 2025	SDG 3.4	Fundraising for cancer-related causes
24	Healing Hearts — Visit to IGMC	15 Feb 2025	SDG 3.4	Patient support; hospital outreach
25	Expert Talk: Childhood Cancer	16 Feb 2025	SDG 3.4	Expert awareness session; faculty+students
26	Blood Donation Drive — Be a Hero	20 Feb 2025	SDG 3.8	Voluntary blood donation; regional supply
27	Cancer Awareness Campaign Closing	21 Feb 2025	SDG 3.4	Reinforced awareness; community conclusion