

SDG 3: Good Health and Wellbeing

Progress Report

2024 – 25

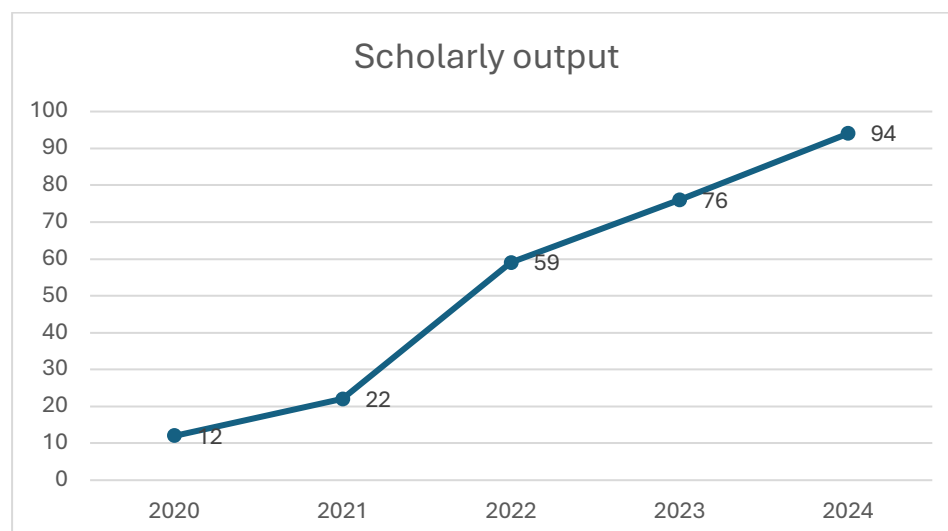
Introduction

O.P. Jindal Global University (JGU) continues to advance its commitment to Sustainable Development Goal 3 — ensuring healthy lives and promoting well-being for all at all ages. The university's health strategy combines proactive healthcare infrastructure, inclusive policies, mental health initiatives, and community engagement. Through partnerships with renowned hospitals, comprehensive health programs, and student-led awareness campaigns, JGU reinforces that good health is not just a service but a shared responsibility and a cornerstone of sustainable campus life.

This report outlines JGU's ongoing progress across healthcare collaborations, mental health services, community outreach, sports and wellness initiatives, sexual and reproductive health programs, and environmental health measures—reflecting the university's integrated and evidence-based approach to holistic well-being.

1. Scholarly Output

JGU's research and academic engagement around public health and wellness have grown consistently, with scholarly output increasing from 12 publications in 2020 to 94 in 2024. This upward trend reflects the university's growing leadership in health-related research and interdisciplinary collaboration.



2. Health Collaborations

Health collaborations form the backbone of JGU's inclusive health strategy, ensuring that every student, staff member, and family within the community has access to exceptional medical and mental health support. The JGU Health Centre partners with leading multi-specialty hospitals such as Tulip Multi-Specialty Hospital, Crossroad Hospital, and Bhatla Heart & General Hospital to provide swift referrals and expert

care for complex cases. Formal collaborations with Max Hospital and Fortis Hospital further broaden the scope of specialized healthcare available to the campus.

Through its alliance with Apollo Pharmacy, JGU guarantees 24/7 access to quality medications and essential medical equipment. Home delivery services and laboratory diagnostics through Dr. Lal Path Labs enhance convenience, reliability, and affordability. These integrated partnerships make healthcare at JGU timely, efficient, and patient-centered.

Sukoon: Mental Health Partnership

In a pioneering move, JGU partnered with Sukoon, one of India's leading mental health chains, to bring high-quality psychological care directly to campus. Following the philosophy of "*Educate, Detect, Treat*," Sukoon provides free, confidential, and professional mental health services, including one-on-one counseling, family therapy, and mental health screenings. Its collaboration with the Centre for Wellness and Counselling Services ensures seamless access and continuous engagement through workshops, seminars, and stigma-reduction initiatives.

This partnership embodies JGU's belief that mental health deserves the same visibility and priority as physical health—creating a compassionate, inclusive, and resilient community.

3. Outreach and Free Services

Community Health Initiatives

JGU's Health Centre extends its reach beyond the campus through community-focused programs. Blood donation drives, subsidized blood screening camps in partnership with Dr. Lal Path Labs, and CPR/AED workshops strengthen both internal and external health ecosystems. These initiatives empower individuals to respond effectively in emergencies and cultivate a culture of proactive health awareness.

Accessible and Inclusive Healthcare

Every member of the JGU community—students, faculty, staff, contract workers, and their families—receives free outpatient and inpatient care, along with in-house diagnostics. Accessibility measures such as electric golf carts and stationed ambulances ensure that medical help is available instantly and comfortably, reinforcing JGU's philosophy of universal healthcare access.

Education, Wellness, and Future Plans

To promote preventive health, JGU circulates regular wellness newsletters, organizes yoga, physiotherapy, and nutrition workshops, and plans to expand outreach with mobile health vans and specialty camps in surrounding regions. These initiatives underline the university's commitment to sustained community well-being and health equity.

4. Shared Sports and Physical Wellness

At JGU, well-being extends beyond healthcare to include physical activity, teamwork, and recreation. The Naveen Jindal Sports Academy (NJSA) offers state-of-the-art

facilities and inclusive spaces designed for accessibility and participation. The university's philosophy—*“well-being is a team sport”*—comes to life through its inclusive sports infrastructure and adaptive equipment for differently-abled students and staff.

Annual sports events such as Magnus, Ryla Sport Meet, and the Alumni Sports Meet attract participation from over 30 universities and hundreds of athletes, fostering camaraderie, healthy competition, and community engagement. Partnerships with neighboring institutions like Ashoka University, Sonipat Sports Club, and Jamia University further enhance this culture of collaboration through regular inter-university matches and training sessions.

5. Sexual and Reproductive Health at JGU

JGU upholds sexual and reproductive health as a core component of individual empowerment and campus wellness. The Health Centre provides confidential consultations, routine gynecological care, and counseling on sexual health, relationships, and emotional well-being. Regular workshops, peer-led campaigns, and *Fearless Friday* sessions led by COGSHASH promote dialogue on consent, safe practices, and gender sensitivity.

Through initiatives like *Parindey*, JGU amplifies LGBTQIA+ voices, ensuring inclusivity and equity. Free access to menstrual hygiene products, contraceptives, and STI screening reinforces this commitment. These initiatives are aligned with JGU's sustainability values—encouraging eco-friendly menstrual products and waste reduction—bridging personal health with environmental responsibility.

6. Measures for Air Quality

JGU takes a science-driven approach to maintaining a healthy campus environment. Advanced air quality monitoring systems aligned with CPCB standards provide real-time data on pollutants like PM_{2.5}, SO₂, and NO₂, enabling rapid responses to pollution events. The university enforces a strict No Smoking Policy, conducts awareness campaigns, and publishes transparent air quality reports.

Future plans include scaling outdoor purification through air filtration towers, expanding indoor air management with HEPA systems, and growing green infrastructure via tree plantations and vertical gardens. Enhanced electric mobility, sustainable transit, and community engagement through “Air Quality Weeks” will further strengthen JGU's environmental health framework.

Conclusion

Through its integrated approach—spanning physical, mental, reproductive, and environmental health—JGU reaffirms its position as a leader in sustainable well-being. The university's progress under SDG 3 reflects not only the growth of healthcare infrastructure and partnerships but also a deep cultural shift toward inclusivity, prevention, and collective care.

As JGU looks ahead to 2025, its focus remains clear: to create a healthier, more resilient campus community that contributes meaningfully to national and global goals of good health and well-being for all.