



Dr. Bhimrao Ambedkar University Agra

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SDG – 3: Good Health and Well-Being

**(ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING
FOR ALL AT ALL AGES)**

3 GOOD HEALTH AND WELL-BEING





Dr. Bhimrao Ambedkar University, Agra, is committed to achieving **Sustainable Development Goal-3: Good Health and Well-Being**, which focuses on ensuring healthy lives and promoting well-being for all at all ages. The University recognizes that a healthy academic environment is essential for academic excellence, productivity and social responsibility. Through structured health services, preventive healthcare initiatives, and awareness-driven programs, the University has integrated health and wellness into its institutional framework.

To ensure accessible healthcare on campus, the University has established an **Arogya Kendra (Health Centre)** that provides regular health check-ups and basic medical assistance to students, faculty, and staff. The availability of on-campus healthcare services ensures timely support, early diagnosis, and referral services when necessary. This initiative strengthens preventive care and reduces health-related disruptions to academic life.



The University also promotes gender-sensitive health infrastructure by facilitating menstrual hygiene management through the installation and demonstration of a **sanitary napkin vending machine**, ensuring dignity, accessibility, and awareness among female students.



Sanitary Napkin Vending Machine



Utilization and Demonstration of Sanitary Napkin Vending Machine



Preventive health awareness remains a key priority of the University. During the COVID-19 pandemic, awareness sessions were conducted to educate students and the surrounding community about safety protocols, preventive measures and responsible health practices. Informational materials were distributed to enhance public health literacy and promote responsible behaviour. Such initiatives demonstrate the University's proactive approach toward community health resilience and emergency preparedness.



Session with nearby young villagers to spread awareness around for COVID-19 by, Chief Medical Officer, Agra, Principal, S.N Medical College, Agra and other specialized doctors on 28th August 2021

The University's **Women Cell** has played a pivotal role in advancing women's health and well-being. Special awareness lectures on breast cancer were organized to sensitize female students about early detection, preventive screening, and self-care practices. Additionally, a health check-up camp was conducted to provide medical consultations and preventive screening services within the campus. These initiatives not only support physical health but also foster confidence and awareness among women stakeholders.





University has also recognized the importance of nutrition and lifestyle management as critical components of well-being. Diet counselling initiatives have been conducted to guide students and staff toward healthier food choices and sustainable lifestyle practices. Moreover, training programs such as the “**Child Protection and Child Rights**” awareness session highlight the University’s broader understanding of well-being, linking physical health with psychosocial safety and community responsibility.



“World Day against Child Labor” awareness program on Child Rights and Safety for slum school students on 11.06.2022. Ms. Monika Singh (Chairman, Child Welfare Committee), Agra with students of Akansha

Through these integrated efforts—ranging from healthcare infrastructure and menstrual hygiene support to disease awareness, counselling, and preventive screening—Dr. Bhimrao Ambedkar University, Agra demonstrates its sustained commitment to SDG-3. The University continues to strengthen its health ecosystem by promoting preventive care, inclusivity, awareness, and community engagement, thereby fostering a culture of holistic well-being within and beyond the campus.