

Report of SDG -3 Good Health and Well-Being

Health through knowledge

There are two units of NSS in Amity University Madhya Pradesh. There are 100 students in each unit. Social work is done by NSS time to time. Various villages adopted by the NSS and conducted motivational and awareness program through camp for education, LPG, hygiene and cleanliness, use of Bio toilets.

Help is here

The Student Wellness Centre is the go-to hub for counselling, education and many other supports for students. The peer-run Student Health Education Centre offers referrals to on- and off-campus resources, including those providing free health care and sexual health information and services. As well, a wide range of student groups, centres and networks are in place to help specific communities within the university

Close to home

Amity University Madhya Pradesh strong community ties can be seen in India major project **Swachh Bharat Abhiyan** the Amity University Madhya Pradesh Student Outreach Collaborative, which helps those who are marginally housed, homeless or at risk of homelessness; and the outreach initiative Amity University Madhya Pradesh Students & Staff members delivers programming for young people aged seven to 14 through free lectures from professors and workshops facilitated by students.

AUMP also organized the deaddiction camp for awareness and told all the villagers about the harm caused by smoking, tobacco, gutkha, paan masala, and liquor. Through the camp university also informed about the benefits of quitting the habit of intoxicants.

University organized the camp for Swachh Bharat Abhiyan for the people residing in the DD Nagar Gwalior and provided the necessary precautionary step for Malaria and Dengue prevention. NSS also organized the health care camp for peoples residing in the village of Kishan pura, Malanpur, Bhind.

In addition, the university in august 2021 during pandemic to combat the spreadness of covid information and necessity regarding the importance of Mask, sanitizer and vaccination shared among the peoples of the nearby villages e.g. Maharajpura, Girwai, Gangapur, Mohanpur, and Behta under the **Unnat Bhart Abhiyan (UBA)**



UBA/NSS is the largest grassroots level youth organization; one of its kind in India. It channelizes the power of youth on the principles of voluntarism, self-help and community participation. The programme aims to enhance the concept of social welfare among the students and they learn the way of providing service to the society without biasness. UBA/NSS volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity. In doing so, volunteers learn from people in villages how to lead a good life despite a scarcity of resources.

As a part of the above background, a one day Awareness campaign on Plantation, Covid – 19 awareness program, Mask Distribution and Water Management etc. has been organized by the UBA/NSS wing of Amity University Madhya Pradesh (AUMP) in Maharajpura Village, district Gwalior,

Students gave presentations to villagers regarding plantation, basic sanitation, and good health practices.





Amity Institute of Pharmacy, AUMP, organized a free patient counseling to diabetic patient at Jiwaji University, Gwalior on every Sunday. The diabetic patients were counseled by the HOI, faculty members and the student of Amity Institute of Pharmacy.



The patients were advised not to use cigarettes and other tobacco products. The canceller were also tried to solve the diabetic related problems and educate them regarding disease.



Good Health is the wealth of every human being. But this wealth of a person depends on individual, social and environmental factors. Along with social or environmental factors to a large extent, we can also develop a better immune system and a better perception of ourselves so that other conditions do not affect us adversely and we can achieve good health. Health is a positive concept. Good health does not mean merely freedom from disease, but, it also includes a jubilant and energetic feeling of well-being with a fair amount of general resistance and capacity to easily cultivate immunity against specific offending agents.

Yoga is one of the most powerful drugless systems of improvement and treatment. It is having its own concept of wellness which has been scientifically understood and presented by many since the time immemorial. Yoga can be adopted as lifestyle for promoting our physical and mental health. The aim of yoga, thus, is to encourage a positive and healthy lifestyle for physical, mental and emotional health of Faculty, staff and students.

With this objectives, Amity University Madhya Pradesh have organized different activities for spreading knowledge of yoga amongst the faculty, staff and students of AUMP at particular and society at large and celebrated International Yoga Day on Sunday, 21.06.2020 with great enthusiasm and delight.

The list of events organized to celebrate the International Day of Yoga is as under: -

1. Yoga session for Faculty/Staff/Students on regular basis.

A regular yoga training was organized with the help of Microsoft Teams platform from 11th May 2020 to 8th June 2020 on every **Monday and Friday between 8:00 a.m. to 8:45 a.m.** The training was attended by the students, faculty members and staff members of AUMP with great passion. The training focused on the asanas and pranayaam techniques for improvement of physical health, mental concentration; mind and body harmony.

2. "Expedition of Yoga"

This year, considering the COVID-19 outbreak, we conducted an online event "Expedition for Yoga" on 18/06/20 and 21/06/2020. For the participation, we had circulated the Google form link for registration with both the options available for participants. Registrations were open from 12 June 2020 to 17 June 2020. During the six days, we received the response of more than 250 students from 40 cities of 10 states including Madhya Pradesh.

