



AMITY UNIVERSITY

— RAJASTHAN —

SDG 3: Good Health and Well-Being

1. Commitment and Institutional Framework

Amity University Rajasthan (AUR) is strongly committed to advancing SDG 3, which aims to ensure healthy lives and promote well-being for all at all ages.

The university's approach is integrated into Amity's Sustainability Vision 2030 and aligns with the National Health Mission, National Nutrition Mission (Poshan Abhiyan), and the UN 2030 Agenda for Sustainable Development.

AUR promotes physical, mental, and social well-being through a blend of education, research, capacity building, healthcare innovation, and community outreach. Several constituent institutes—including the Amity Institute of Pharmacy (AIP), Amity Institute of Biotechnology (AIB), Amity Institute of Physiotherapy (AIPT), Amity Institute of Behavioral and Allied Sciences (AIBAS), and Amity School of Hospitality (ASH) actively engage in multidisciplinary health-related teaching, research, and extension activities.

2. Institutional Actions and Policies

AUR's health and well-being initiatives include:

- Establishment of specialized centres such as the Amity Centre for Positivism and Happiness and the Amity Cognitive Computing and Brain Informatics Centre to integrate mental health, neuroscience, and well-being.
- Implementation of student health programs, periodic medical check-ups, and counselling services through on-campus health facilities.
- Research programs focusing on public health, pharmacology, yoga and physiotherapy, and mental wellness.
- Active collaboration with government agencies, NGOs, hospitals, and global research institutions to enhance healthcare quality and reach.
- Integration of health promotion and nutrition awareness into community development and rural outreach initiatives.

3. Key Events and Activities (2024–2025)

1. Awareness Camp on Food Adulteration and Contamination Prevention (14 Nov 2024)

Organized by AIB at Sayari Village, Jaipur, attended by **60 participants**. Led by experts from the Government of Rajasthan, the event trained villagers on adulterant detection, food safety laws, and hygiene practices. A follow-up task force was formed for collaborative research and internships.

2. Workshop – “Healing Grace: Forgiveness in Healing Relationships” (8 Nov 2024)

Conducted by AIBAS and the Centre for Positivism and Happiness, this workshop with **100 participants** explored forgiveness and emotional regulation through Pranic Healing and mindfulness practices, strengthening participants’ mental resilience. The event, attended by 100 students, was led by Ms. Poonam Mehra, Pranic Healing instructor and trustee of GMCKS Pranic Healing Trust, Rajasthan.



3. Webinar – “Sophisticated Analytical Tools in Natural Product-Based Drug Development” (6 Nov 2024)

Hosted by AIP with **77 participants**, the session covered HPLC, UPLC, and spectrometry applications in herbal drug discovery. Future collaborations and joint publications were planned.



4. Webinar – “Food Era: Navigating Diverse Career Opportunities in Food Technology”

Featured global experts from **Marico Ltd.**, **CFTRI Mysore**, **Washington State University**, and **Teagasc, Ireland**, focusing on sustainable food innovation, research careers, and resilience in health-related industries.

5. Hands-on Training – “Preparation of Nutritious Food Products Using Locally Available Agri-Crops” (29 Nov 2024)

Organized by AIB in **Kushalpura Village**, empowering **50 rural women** in food processing, nutrition enhancement, and small-scale entrepreneurship.

6. Webinar – “Microspheres Drug Delivery System for Pulmonary Diseases” (9 Sept 2024)

Conducted by AIP for **84 participants**, the session explored advanced pulmonary drug delivery technologies for tuberculosis and lung cancer management.

7. Seminar – “Pharmacist: Meeting Global Health Needs” (25 Sept 2024)

Commemorating World Pharmacist’s Day, AIP hosted **150 participants**, focusing on global pharmacy practice, regulatory affairs, and industry readiness.

8. Symposium – “Yoga Therapy and Healing” (25 July 2024)

Organized by AIPT with **100 attendees**, the symposium explored yoga’s clinical applications for holistic healing and physical rehabilitation.

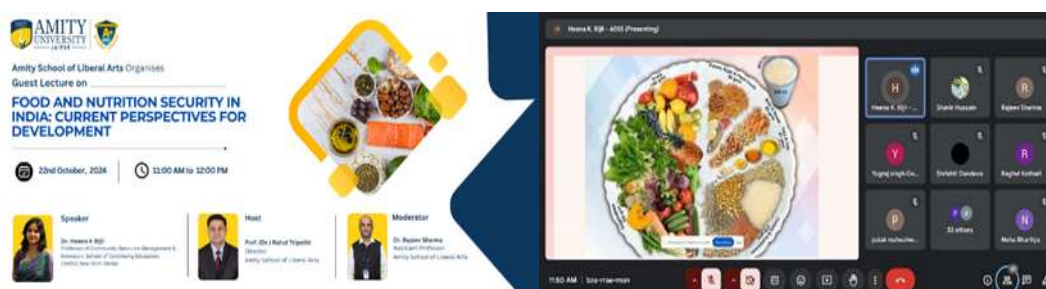
9. Symposium – “Low Back Pain: Prevention and Management” (10 Sept 2024)

Engaged **450 participants** through expert-led discussions on ergonomic interventions and physiotherapy for musculoskeletal disorders.



10. Webinar – “Food and Nutrition Security in India: Current Perspectives for Development” (22 Oct 2024)

Conducted by ASLA with **47 participants**, featuring IGNOU expert Dr. Heena Bijli. The session linked food systems, women’s health, and policy reforms for improved health outcomes.



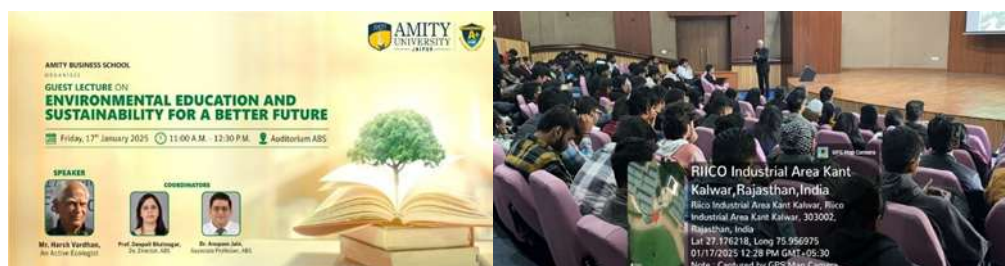
11. Two-Day Workshop – “Neurofeedback and Neuroplasticity: Innovative Approaches to Brain Health” (12–13 Nov 2024)

Hosted by the Cognitive Computing and Brain Informatics Centre, with **123 participants** from India, USA, and Japan. The workshop demonstrated neurofeedback for emotional regulation and rehabilitation, fostering international collaboration.



12. Guest Lecture – “Environmental Education and Sustainability for a Better Future” (17 Jan 2025)

Conducted by ABS with **200 students**, highlighting ecosystem health, circular economy, and environmental wellness as dimensions of SDG 3.



13. Guest Lecture – “Genomics and Non-Digestive Oligosaccharides for MDR Infections” (13 Jan 2025)

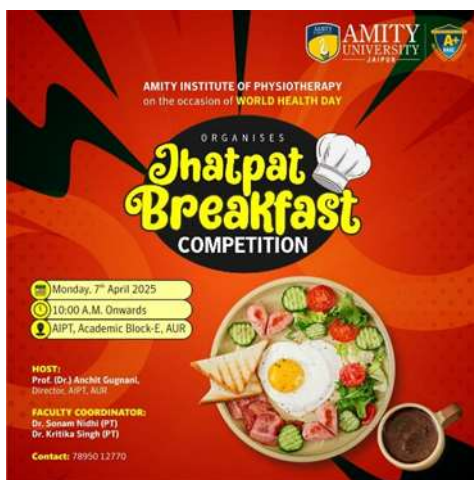
Organized by AIB with **75 attendees**, led by Dr. Sandip Patil, focusing on antimicrobial resistance and molecular drug design. Post-event collaborations were initiated.

14. Workshop – “Gait Analysis” (4 Mar 2025)

Organized by AIPT, providing hands-on training to **10 physiotherapy students** in gait cycle evaluation and motion analysis technologies.



15. World Health Day Event – “Jhatpat Breakfast Competition” (7 Apr 2025)
 Hosted by AIPT with **16 participants**, promoting nutritious, quick meals and healthy eating practices through creative competition.



16. Workshop – “Sports Injury Assessment & Management” (4 Apr 2025)
 Led by Dr. Ketan Bhatikar, attended by **20 participants**, focusing on evidence-based sports injury prevention and rehabilitation techniques.



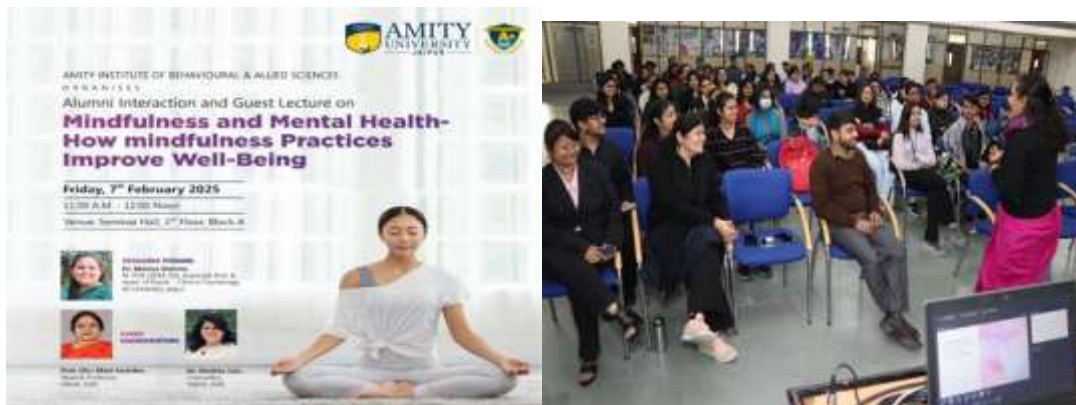
17. Industrial Interaction – “Application of AI and Digital Tools in Public Relations” (19 Mar 2025)
 Organized by ASCo, attended by **35 participants**, the event highlighted AI-driven communication for health awareness and behavioral change campaigns.



18. Workshop – “Best Housekeeping Practices: Situation Handling” (2 Apr 2025)
 ASH hosted **35 participants**, focusing on hygiene, operational safety, and management skills in hospitality for public health assurance.

19. Workshop – “Tribal Food: Traditional Nutrition Practices” (16 Apr 2025)
 Led by Chef Nishant Choubey with **90 attendees**, the event explored **indigenous food systems, sustainable cooking, and nutritional diversity**—bridging culture and health.

20. Alumni Lecture – “Mindfulness and Mental Health” (7 Feb 2025)
 Delivered by Dr. Monica Sharma (IIS University) for **82 students**, focusing on mindfulness for emotional resilience, anxiety management, and interpersonal well-being.



4. Future Roadmap (2025–2030)

- Expand **Community Health Outreach Programs** in 10 rural clusters.
- Strengthen **university health infrastructure** with smart diagnostics and telehealth initiatives.
- Publish **annual SDG 3 Health Impact Reports** benchmarked to national and global standards.