

SUSTAINABLE DEVELOPMENT GOALS

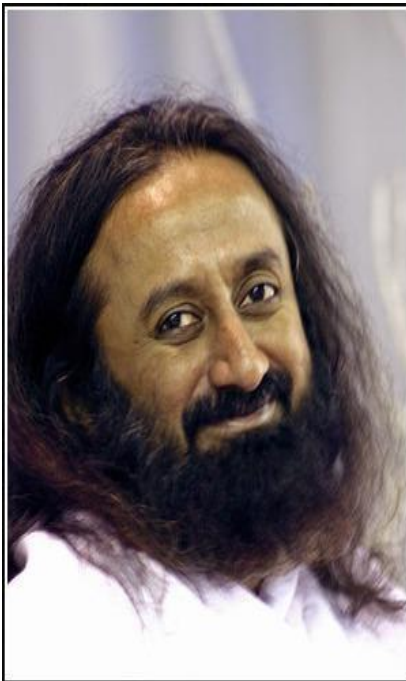


LEARN LEAD SERVE

SDG – 3 Good Health and Well-being

Table of Contents

	Page No.
About Us	4
Sustainable Development Goals	5
Targets	5
Introduction	5
Number graduating in health professions	6
Collaborations and health services	6
Current collaborations with health institutions	6
Health outreach programs:	8
Facilities to student on Mental Health Issues:.....	11



The signs of good health are an intellect which is free from inhibition and arrogance, a heart which is full of compassion is healthy, a confusion-free mind, a trauma-free memory and a sorrow-free soul.

— *Sri Sri Ravi Shankar* —

“Health is not merely an absence of disease. Health is being established in the Self. It is the dynamic expression of life”.

Gurudev Sri Sri Ravi Shankar

About Us

Sri Sri University was established as a State Private University in Odisha, India which started its first academic year in 2012 and has been envisioned by Global Humanitarian, Gurudev Sri Sri Ravi Shankar ji. The University offers a range of pivotal, unique, and cutting-edge undergraduate, postgraduate degree programs under eight Faculties, short-term, diploma, and certificate courses, Doctoral studies (Ph. D.), that offers the best of the East and offers the best of the West.

The impressive list of undergraduate programs offered at Sri Sri University includes Degree of Ayurvedacharya (B.A.M.S.), B. Sc. (Data Science), B. Sc. (Osteopathy), B. Sc. (Psychology & Contemplative Studies), B. Sc. (Food, Nutrition, and Dietetics), B. Sc. (Agri-business), Bachelor in Interior Design, etc., and that of post graduate programmers offered includes M.Sc. Osteopathy (first time in Asia), MBA (Entrepreneurship), MBA (General Management), MBA (Agri-Business Management), M.Com., M.A./M.Sc. in Psychology and Contemplative Behavior, M.Sc. Environment Science, B. Tech. & M. Tech. (Artificial Intelligence & Machine Learning), etc.

Located in a sprawling 188- acre green lush campus, Sri Sri University takes pride in offering a curriculum that enriches both domain expertise and life skills. It provides a unique social culture that nurtures a rich learning environment and aids excellence in students through its virtually smoke-free, alcohol-free, drug-free, and completely vegetarian campus. The University defines Excellence as an academic process of motivating the students to learn in ways that make a sustained, substantial, and positive influence on how they think, act, and feel which defines our core value of Learn-Lead-Serve.

Sri Sri University has been ranked by Times Higher Education World University Impact Rankings on Sustainable Development Goals (SDGs) in the band of 801-1000 based on all 17 SDGs. In the top four individual SDGs, Sri Sri University was ranked in the band of 201-300 for SDG 2: Zero Hunger & SDG 15: Life on Land and was ranked in the band of 301-400 for SDG 14: Life below Water & SDG 12: Responsible Consumption & Production. Sri Sri University has been ranked 1st in Odisha, 7th in India, and 304th in the world as per UI Green Metric Awards World University Rankings 2020 which is a quantum jump from 2019's ranking which was 4th in Odisha, 12th in India, and 416th in the world.

Being from the parentage of the Art of Living, one of the largest volunteer based organization in the world, and given the stature of the work of our founder Poojya Gurudev Sri Sri Ravi Shankar ji in the last four decades, we aspire to contribute in finding solutions to the problems faced by the world at large by way of conflict resolution, agriculture, Arts & Crafts, etc. Few of our initiatives in this regard includes the creation of Sri Sri University Resource Centre for Climate Change & Sustainability Education & Practices, Sri Sri Advanced Global Centre for Conflict Resolution and Peace Studies, and Sri Sri Centre for Advanced Research in Water Resources and Environment Management, to name a few.



SUSTAINABLE DEVELOPMENT GOAL 3 –
GOOD HEALTH AND WELL BEING

Ensure healthy lives and promote well-being for all at all ages.

Sustainable Development Goals

The Sustainable Development Goals (SDGs) or the “2030 Agenda” is the universal call for action for better health, end poverty and ensure that all people enjoy peace and prosperity. SDGs is a collection of 17 goals otherwise known as the Global Goals with 169 targets. Out of which goal 3 solely focuses on health, which is “to ensure healthy lives and promote well-being for all age group.” SDG3 comprises 13 targets, including four listed as “means-of-implementation” targets. The other selected goals which highlights health related targets includes end of malnutrition in all form, achieving universal and equitable access safe drinking water and, hygiene and sanitation.

Targets

GOAL 3.2 Number graduating in health professions

Goal 3.2.1 Proportion of graduates in health professions

GOAL 3.3 Collaborations and health services

Goal 3.3.1 Current collaborations with health institutions

Goal 3.3.2 Health outreach programs

Goal 3.3.3 Shared sports facilities

Introduction

The health care scenario is rapidly changing all over the globe, orienting itself towards an integrated system where the different disciplines complement each other in their strengths and weaknesses. The Faculty of Health & Wellness stands to offer an effective approach to the treatment of many conditions and imbalances, complementing the technology-driven and highly specialized advances that are taking over the medical field.

Ayurveda, Osteopathy, Yogic Science, Sports Physiology, and Physical Education are supported on a philosophy that underscores the role of self-regulating mechanisms in both health and disease. The Faculty of Health & Wellness in Sri Sri University provides the ground for the holistic development of our students. The rigorous academic environment is combined with an experiential understanding of the mind through yoga and meditation, equipping the students with the domain knowledge, soft skills, and internal resources required to serve their patients with compassion and dedication



SUSTAINABLE DEVELOPMENT GOAL 3 –
GOOD HEALTH AND WELL BEING

Ensure healthy lives and promote well-being for all at all ages.

Number graduating in health professions

Proportion of graduates in health professions

The health care scenario is rapidly changing all over the globe, orienting itself towards an integrated system where the different disciplines complement each other in their strengths and weaknesses. The Faculty of Health & Wellness stands to offer an effective approach to the treatment of many conditions and imbalances, complementing the technology-driven and highly specialized advances that are taking over the medical field.

Osteopathy, Yogic Science, Sports Physiology, and Physical Education are supported on a philosophy that underscores the role of self-regulating mechanisms in both health and disease.

The Faculty of Health & Wellness in Sri Sri University provides the ground for the holistic development of our students. The rigorous academic environment is combined with an experiential understanding of the mind through yoga and meditation, equipping the students with the domain knowledge, soft skills, and internal resources required to serve their patients with compassion and dedication.

Total **49 number** of graduate pass out as a health profession from SSU

Collaborations and health services

Current collaborations with health institutions

A memorandum of understanding (MOU) is an agreement between two or more parties/institutions.

MOUs are not legally binding, but serve to document each collaborator's expectations or intentions.

Sri Sri University has MOU's with several prominent institutions across the globe. The list of collaboration are given in table below.



**SUSTAINABLE DEVELOPMENT GOAL 3 –
GOOD HEALTH AND WELL BEING**

Ensure healthy lives and promote well-being for all at all ages.

Sri Sri University	Sri Sri School of Yoga	06.04.2019	5 years	05.04.2024
Sri Sri University	International Association for Human Values	22.05.2019	5 years	21.05.2024
Sri Sri University	Kaivalyadhama Sreeman Madhav Yoga Mandir Samiti, Lonavla	11.06.2019	5 years	10.06.2024
Sri Sri University	Swamy Vivekananda Yoga Anusandhana Samsthana, Bengaluru	18.12.2019	5 years	17.12.2024
Sri Sri University	Japan Yoga Niketan	24.01.2020	5 years	23.01.2025
Sri Sri University	Lingham Yoga Centrum, Malaysia	20.02.2020	5 years	19.02.2025

Table: collaborations with local, national, or global health institutions to improve health and well-being outcomes





**SUSTAINABLE DEVELOPMENT GOAL 3 –
GOOD HEALTH AND WELL BEING**

Ensure healthy lives and promote well-being for all at all ages.

Table: List of camp (2021)

Sl. No	Camp Name	Date	Patients Attended
01	Free Vaccination	25-05-21	750
02	FREE X-Ray Camp	31-05-2021	32
03	Amruta Piyusha (Breastfeeding Week)	05-08-2021	-
04	Swarna Prasana Camp	07-08-21	211
05	Camps on Different Villages		300
06	Covidshield Vaccination drive at MPH	25Aug 2021	200
07	Swarna Prashana Camp	04.09.21	721
08	Free COVID Vaccination Camp	16.09.21	327
09	Suvarna Prashan camp	02.10.21	968
10	Medical camp of the year started in Padmalabhnagar Village.	21 Oct 2021	200
11	Medical camp of the year started in Nua Sahi Village.	23 Oct 2021	150
12	Health Camp started at Mundamuhana Village.	30 Oct 2021	300

List of Webinars -

sr no.	Name of Webinar	Date
1.	National Webinars by the Staff of SSUAYH	28-05-2021
2.	Webinar on Renal Disorders: The Challenge	04-06-2021
3	Webinar on use of Ayush Kwatha as Immunomodulator	09-06-2021
4	Webinar on the implication of Tarpana in management of Netraroga	12-06-21
5	Webinar on diagnosis and management of Piles & Fissure in Ano.	18-06-21
6	Webinar on Ayurvedic treatment protocol for the Management of Mild Covid-19 patients	22-06-21
7	Webinar on Significance of Diet and Nutrition in post Covid Management	26-06-21
8	Webinar on month wise Pregnancy care during Covid-19 Pandemic.	28-06-21
9	Webinar on Research & Innovation through the Department of Ayurgenomics	22-07-2021
10	Webinar on Immunity Building Nutrients and foods	07-08-21
11	Prevention Through Immunomodulator	09-08-21
12	Webinar on Ayurveda for Poshan	02-11-21
13	ANEMIA and its Prevention	12-11-21

National seminar Conducted (Physical Mode)

Sr.no.	Name of Seminar	Date	No. of participants
1	National CME on Preventive, Curative and Rehabilitative management of critically ill patients through Ayurveda	11.12.2021	150



OUTREACH PROGRAMMES FOR MENTAL WELLBEING BY SRI SRI UNIVERSITY

Sri Sri University has 30 Art of Living Teachers who are trained by Gurudev Sri Sri Ravi Shankar ji to teach meditation & yoga programmes. All these members have facilitated numerous programmes throughout the past 3 years July 2019 to June 2022 and have benefited 4170 people in total which include people from all walks of life from students from different Universities, working professionals, senior citizens, and Drivers, Kitchen staff, students, teaching faculties etc. from Sri Sri University.

S. No.	Year	No. of participants
1	July 2019 - June 2020	2146
2	July 2020 - June 2021	1020
3	July 2021- June 2022	1004



SUSTAINABLE DEVELOPMENT GOAL 3 – GOOD HEALTH AND WELL BEING

Ensure healthy lives and promote well-being for all at all ages.

Yesplus : YES, the full form of which is Youth Empowerment Seminar, is a powerful and dynamic program conceived by the founder of the world renowned Art Of Living Foundation, Gurudev Sri Sri Ravi Shankar. As the name suggests this program is conducted solely for college students and the youth. Young students who are on the brink of stepping in to the world as adults are exposed to both the good and the bad. Somehow the bad lingers in the form of peer pressures, failures, addictions, bad influences and so on. Tackling the 'bad' and coming out a winner is what the YES! Program focuses on. The YES! as created by Gurudev Sri Sri Ravi Shankar uses yoga, meditation and several team building processes to churn out the best from the youth. Doing a YES! Course is a gateway to a place where nothing negative exists and helps in channelising the raw energy of the youth into something effective and productive.

Breathing and meditation : It all began in 1982 when he cognized the Sudarshan Kriya™ after a ten-day silence period. The technique remains a centerpiece of all programs of the Art of Living. Through a myriad of programs, teachings, and social service projects across 156 countries, Gurudev has empowered and transformed the lives of millions. Recognized globally as an impactful mediator, Gurudev has played a pivotal role in restoring peace in several conflict zones. His body of work is a testimony to his vision of a stress-free and violence-free society. Our breath connects the body and the mind. It holds the secret to a stress-free and fulfilling life. The core of this workshop is the Sudarshan Kriya™, the most powerful breathing technique that can transform your life.

Advance level of mediation : "That state when you don't want anything... then the blessings that flow out are bound to materialize." - Sri Sri. The Blessings Program is a subtle yet powerful program that includes unique processes and meditations designed to take the individual to a deep state of gratitude and fullness. Participants report that more than any other program they have taken, they become

aware of the tremendous grace that flows to them and through them. This is an advanced program for mediators who want to pull back the curtains and experience those critical moments that will improve their mediation skills. Designed for litigators and mediators, this highly interactive program moves the mediation process from static to dynamic. We will examine the timeworn models of mediating litigated cases and ask lawyers to rethink the process beginning with the terms of engagement and progressing through the use of improvisational techniques that increase the probability of settlement.



**SUSTAINABLE DEVELOPMENT GOAL 3 –
GOOD HEALTH AND WELL BEING**

Ensure healthy lives and promote well-being for all at all ages.

sri sri yoga level 1 : Are you tired of the competitive or superficial culture that surrounds some mainstream yoga? Sri Sri Yoga deepens your self-awareness, and centeredness with a holistic approach to yoga. Sri Sri Yoga offers a non-judgmental atmosphere so you can find your own edge-of stretching without pain, of pushing yourself without competing. Experience all aspects of a complete yoga practice, including traditional asanas (postures), simple pranayamas (breathing techniques), guided meditation and knowledge of yoga.

Facilities to student on Mental Health Issues:

Psychology is the science of behavior and cognitive processes. “Behavior” encompasses all observable actions or reactions of living organisms that can be measured. “Cognitive processes” embrace every aspect of the working mind – thoughts, memories, mental images, reasoning, decision making and so on.

“Psychology and Contemplative Studies” as a field of specialization is being seen as an approach to incorporate insights and pedagogical approaches to holistically understand human development and provide insights to deal effectively with various issues in a way that promotes one’s well-being and mental health.

Vivechana ~ The Counselling Space

Catering to psychometric assessments and various indigenous forms of therapeutic inter-ventions, ‘Vivechana’ will provide our students in-depth experiential opportunities to learn as well as administer psychological tools of evaluation and measurement over and apart to practicing counselling skills amidst real life situations.