



REPORT ON SDG-3 GOOD HEALTH AND WELLBEING



A brief description of activities on United Nations SDG-3 undertaken by Tezpur University

Current collaboration with health institute 2023

Tezpur University maintains strategic collaborations at the national level with health institution, viz Lokopriya Gopinath Bordoloi Regional Institute of Mental Health (LGBRIMH), Tezpur. These partnerships are commitment to advancing health and well-being outcomes. By leveraging shared expertise and resources, collaborative efforts drive impactful research, foster knowledge exchange, and address critical health challenges affecting communities on both local and national scales.

Tezpur University's commitment to health and well-being is further strengthened through collaborative research activities with Faculty members from the Lokopriya Gopinath Bordoloi Regional Institute of Mental Health (LGBRIMH), Tezpur. Faculty from LGBRIMH actively engaged with researchers at Tezpur University, contributing their expertise to produce impactful research outcomes in health and wellness

Health outreach Programmes 2023

Tezpur University actively promotes health and well-being in the local community through outreach initiatives led by the National Service Scheme (NSS). Programs include blood donation camps, yoga sessions, Nasha Mukti awareness, National Nutrition Week, World bicycle day and World Suicide Prevention Day. These efforts engage students and the community in essential topics such as hygiene, nutrition, mental health, and physical wellness, fostering a healthier and more informed society.



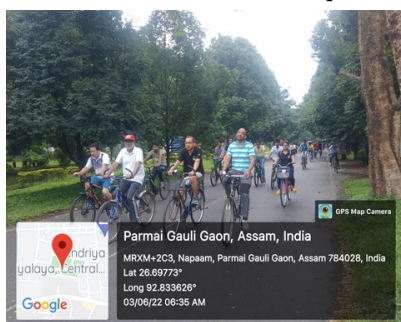
Blood Donation Camp



Yoga sessions



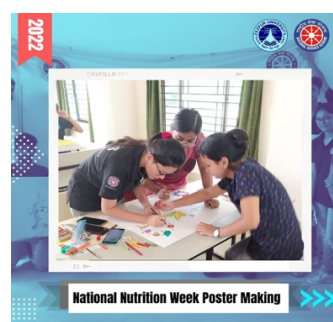
Nasha Mukti awareness



World Bicycle Day



International Yoga Day



National Nutrition Week

Source- <https://www.tezu.ernet.in/nss/Events.html>

Sexual and reproductive health care services

The university's Health Centre operates with a team of regular medical professionals provides a comprehensive medical care. Specialists from the field of Paediatrics and Obstetrics & Gynaecology, visit the centre on weekly basis and offer consultations. These specialized services ensure that students and campus dwellers receive essential care, information, and education, promoting overall health and wellness within the university community.



Visiting Days of Specialists			
Sl. No.	Name	Visiting Days	Timing
01.	Dr. Matiur Rahman (Child Specialist)	Tuesday & Thursday	October to March- 3PM to 5 PM April to September- 4PM to 6 PM
02.	Dr. Purnima Das (Gynaecology)	Wednesday & Friday	4 PM to 6 PM
03.	Dr. Utpal Bora (Physiotherapy)	Wednesday & Friday	6 PM onward

University Health Centre

Source- https://www.tezu.ernet.in/other/health_centre.html

Mental health Support

Tezpur University provides mental health support through a Consultant Clinical Psychologist who offers regular counseling and follow-up services to students and employees. The university also organizes workshops and awareness programs to promote mental well-being.



2 Days Mental Health Camp in association with LGBRIMH, Tezpur

Source- https://www.tezu.ernet.in/students_affairs/people/19

Smoke-free policy

Tezpur University follows good practices by enforcing a strict "No Smoking" policy across all public areas on campus, promoting a healthy and smoke-free environment for all stakeholders' students, staff, and visitors.



Source- Field Visit (notification poster across the campus)

<https://www.tezu.ernet.in/admin/GoodPractices.pdf>