

3 GOOD HEALTH AND WELL-BEING



Introduction

Sri Devaraj Urs Academy of Higher Education and Research (SDUAHER) continues to uphold its mission of contributing to Sustainable Development Goal 3 (SDG 3) – ‘Ensure healthy lives and promote well-being for all at all ages’. The University’s strategic approach integrates medical education, community outreach, healthcare delivery, and research. The R.L. Jalappa Hospital and Research Centre serves as the cornerstone of SDUAHER’s health impact, offering accessible, affordable, and compassionate care to the community. Through a combination of education, policy, and innovation, SDUAHER works to improve maternal and child health, strengthen disease control mechanisms, promote mental health, and ensure environmental sustainability. The University’s collaborative partnerships with hospitals, universities, and NGOs at both national and international levels reinforce its efforts to meet global health standards.

During 2023–24, SDUAHER implemented multiple initiatives addressing maternal health, adolescent well-being, communicable and non-communicable diseases, and mental health. Faculty and students actively participated in outreach activities that benefited underprivileged populations across rural Karnataka. Research productivity in the health sciences continues to rise, reflecting the institution’s growing influence in the academic and clinical domains.

United Nations proposed Sustainable development goals to continue the legacy of Millennium development goals (MDG). The purpose is to put holistic health to all with the concept of sustainability. Various targets were taken from Millenium Development Goals (MDG) and expanded with targets goals and indicators which included reducing maternal and child mortality, ending epidemics like HIV/AIDS and malaria, tackling non-communicable

diseases, and promoting mental health. Achieving all these goals requires collaboration across various sectors of health.

Key targets of SDG 3

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- 3.1 • **Maternal mortality** :By 2030, reduce the global maternal mortality ratio to less than 70 per 100 000 live births.
 - 3.2 • **Neonatal and child mortality**: By 2030, end preventable deaths of newborns and children under 5 years of age, with all countries aiming to reduce neonatal mortality to at least as low as 12 per 1000 live births and under-5 mortality to at least as low as 25 per 1000 live births.
 - 3.3 • **Infectious diseases**: By 2030, end the epidemics of AIDS, tuberculosis, malaria and neglected tropical diseases, and combat hepatitis, waterborne diseases and other communicable diseases.
 - 3.4 • **Noncommunicable diseases**: By 2030, reduce by one third premature mortality from noncommunicable diseases through prevention and treatment, and promote mental health and well-being.
 - 3.5 • **Substance abuse**: Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol.
 - 3.6 • **Road traffic**: By 2020, halve the number of global deaths and injuries from road traffic accidents.
 - 3.7 • **Sexual and reproductive health**: By 2030, ensure universal access to sexual and reproductive health-care services, including for family planning, information and education, and the integration of reproductive health into national strategies and programmes.
 - 3.8 • **Universal health coverage**: Achieve universal health coverage, including financial risk protection, access to quality essential health-care services, and access to safe, effective, quality and affordable essential medicines and vaccines for all.
 - 3.9 • **Environmental health**
By 2030, substantially reduce the number of deaths and illnesses from hazardous chemicals and air, water and soil pollution and contamination.

Maternal and child health: Reduce the global maternal mortality ratio to less than 70 per 100,000 live births and end preventable deaths of new born and children under five. At this university all deliveries are conducted with ZERO COST which includes both Normal delivery and Caesarean section. Institution supports Adolescent and sexual health for all students of university through Adolescent clinics run by Department of Obstetrics and Gynaecology.



24/7 free delivery services are provided at RL Jalappa Hospital and research centre. Normal delivery and Caesarean section are conducted free of costs for all antenatal mothers. The state of art obstetric department of SDUAHER provides comprehensive care from conception ante-natal check-ups during pregnancy which includes free prenatal check-ups, labor and delivery, and postnatal care for both mother and baby. They also manage high-risk pregnancies and obstetric emergencies.

Education and Graduation in Health Professions

Education is at the heart of SDUAHER's contribution to SDG 3. The University offers a wide range of undergraduate and postgraduate programs in medicine, nursing, physiotherapy, and allied health sciences. Each curriculum is designed to combine academic excellence with ethical practice and community orientation. Through its constituent institutions, SDUAHER nurtures healthcare professionals who are skilled, compassionate, and socially responsible. Students gain exposure to diverse health systems through internships, community postings, and interprofessional training. The faculty adopts innovative teaching methods, integrating problem-based learning, simulation training, and early clinical exposure to bridge the gap between theory and practice. In 2024, SDUAHER recorded 454 of graduates entering health-related professions, underscoring its pivotal role in strengthening India's healthcare workforce. Many of its alumni now serve in primary health centres, tertiary hospitals, and research institutions across the country. The University's focus on lifelong learning ensures continuous professional development through workshops and continuing education programs.

**Sri Devaraj Urs Academy of Higher Education and Research
Tamaka, Kolar-563101
14th Annual Convocation – 04.05.2024**







Photo: Graduates Taking the Oath during Convocation Ceremony

Research and Innovation in Health and Well-being

SDUAHER has established a robust research ecosystem that prioritizes studies addressing major public health challenges. Faculty members and postgraduate students undertake

interdisciplinary research projects spanning communicable diseases, non-communicable conditions, reproductive health, and public health interventions. Research is not confined to laboratories; it extends into field settings through collaboration with government health agencies and non-profit organizations. The Research and Development Cell, supported by the Central Ethics Committee, oversees the quality and ethical compliance of all projects. The institution encourages open access publishing and participation in conferences, fostering a culture of scientific inquiry. A growing number of SDUAHER's research papers are being cited in clinical practice guidelines and health policy frameworks, demonstrating real-world impact. The University regularly organizes scientific symposia, continuing medical education (CME) programs, and workshops on research methodology and data analysis. Collaborative projects in areas like radiology, pharmacology, and community health have led to tangible improvements in diagnosis, treatment, and preventive care outcomes.



Photo: Research Scholars Presenting Papers during Annual Research Day

Collaborations and Partnerships for Health Impact

Collaborations are at the core of SDUAHER's strategy to enhance healthcare education, service, and research. The University has built strong networks with national and international institutions to strengthen public health systems, facilitate knowledge exchange, and enhance clinical training. These partnerships are rooted in a shared vision of improving access to quality healthcare and advancing medical research aligned with the priorities of Sustainable Development Goal 3.

This summarises SDUAHER's active Memoranda of Understanding (MoUs) and collaborative partnerships with higher education institutions, hospitals, research organisations, industry partners, non-profit entities, and international institutions. These collaborations support research, teaching, community engagement, capacity building, and specialised health services, contributing to SDUAHER's commitments under the United Nations Sustainable Development Goals (SDGs).

1. Academic and Research Collaborations

Partnerships with institutions such as Centre for Brain Research (CBR), Sri Ramachandra Institute (SRIHER), VIT Vellore, Nitte University, JNCASR, Adichunchanagiri University, RLJIT, California State University Fresno, and Skanda Life Sciences facilitate joint research, faculty exchange, advanced diagnostics research, intellectual property support, and collaborative academic activities.

These collaborations strengthen interdisciplinary research, promote innovation, and enhance scientific output, particularly in biomedical sciences, public health, oncology, neurosciences, and clinical sciences.

2. Clinical and Healthcare Collaborations

MoUs with Narayana Health, Manipal Hospital, Aster RV Hospital, Sri Jayadeva Institute of Cardiovascular Sciences, Genea Fertility Centre, Karnataka Cancer Society, and multiple specialised ophthalmology partnerships with Vittala International Institute of Ophthalmology (VIIO) support clinical training, specialised diagnostics, fertility services, cancer screening, retinal surgeries, corneal procedures, and retinopathy of prematurity (ROP) care.

These collaborations improve student training quality, expand patient care services, promote community outreach, and strengthen SDUAHER's healthcare ecosystem.

3. Community Service and Public Health Collaborations

Partnerships with organisations such as Karnataka Cancer Society, Spastics Society of Karnataka, SARWC Mulbagal, Millet Welfare Trust, District Blindness Control Programme, and Karnataka Haemophilia Society enable SDUAHER to deliver community-based health services, screening programmes, early intervention services, rehabilitation services, and public health activities.

These collaborations directly support SDGs related to health, well-being, and community empowerment.

4. Industry and Skill-Development Collaborations

MoUs with MS Summit Solutions, BigTec Pvt. Ltd., Technomed Electronics, IBUS Network & Infrastructure, Hari Krishna Cyber Security, Neel Metal Products Ltd., Vesoma Sports Medical Centre, Physiotattva and Life Intellect Consultancy support skill development, technology integration, telecommunications, physiotherapy training, cyber security exposure, and IP-related consulting.

These partnerships build employability, technical capacity, and industry-aligned skill development for students and faculty.

5. International Collaborations

Global partnerships with California State University Fresno, Peace Tree Innovations Society (Canada), Ayurveda Beauty College (Tokyo), and High Field Diagnostics Ltd. (UK) support international research, academic exchange, healthcare training, policy development, and cross-border educational activities.

These collaborations strengthen SDUAHER's global engagement and international visibility.

6. Specialised Programme-Specific Collaborations

Collaborations such as SGBS Unnati Foundation, Prepare for English (IELTS training), Institute of Disability Rehabilitation and Research, Manasadhara Programme (Mental Health), and ICMR-NCDIR enable targeted training, professional development, disability rehabilitation, and research methodology enhancement.

Summary

Across 61 active MoUs spanning 2018–2024, SDUAHER maintains a comprehensive network of partnerships across healthcare institutions, universities, research organisations, community-based groups, and industry partners. These collaborations advance research innovation, enhance student learning, strengthen community outreach, improve healthcare delivery, and expand global engagement.

Collectively, these partnerships directly contribute to SDUAHER's performance in THE Impact Rankings, supporting SDG 3 (Good Health and Well-Being), SDG 4 (Quality Education), SDG 9 (Industry, Innovation and Infrastructure), SDG 11 (Sustainable Communities), and SDG 17 (Partnerships for the Goals).

Table: List of Active MoUs and Collaborative Projects

Title of the MoU	Name of the partnering institution/ industry /research lab/corporate house with contact details	Year of commencement	Duration	Year wise List the actual activities under each MoU
Centre for Brain Research (CBR)	Centre for Brain Research (CBR)	2018	10 years	Research related activity with NIMHANS
Narayana Hrudayalaya Limited, Bangalore	Narayana Hrudayalaya Limited, Bangalore	2019	9 years	To provide mutual support and cooperation to help the students enrolled in the Programs obtain practical training and skill development.
MS Summit Solutions, Kolar	MS Summit Solutions, Kolar	2019	5 years	Vendor agrees to provide their software application –Learning Management System for e-Learning activities of Institution
University of Horticulture Science, Bagalkote	University of Horticulture Science, Bagalkote	2020	05 years	Desire to implement in the areas of mutual interest, cooperative and collaborative activities, which would address multidisciplinary scientific, technological and educational problems of relevance to the country
S-VYASA, Bangalore	S-VYASA, Bangalore	2021	5 years	International conference SAMANVAYA 2023, Workshop on Sookshma Meditation for Faculty, MBBS, AHS & Nursing students
Sri Jayadeva Institute of Cardiovascular Science, Bangalore	Sri Jayadeva Institute of Cardiovascular Science, Bangalore	2021	05 years	Desire to implement in the areas of mutual interest, cooperative and collaborative activities, which would address multidisciplinary scientific, technological and educational

				problems of relevance to the country
Anand Lab and Neuberg (by Hospital) Bangalore	Anand Lab and Neuberg (by Hospital) Bangalore	2021	2 years Renewed Every 2 years once	Providing reliable, fast, affordable and specialized pathological diagnostic services, hospital outsourcing services, preventive care services and medical research services.
SDU College of Nursing, Kolar	Sri Devaraj Urs College of Nursing	2021	05 years	Desire to implement in the areas of mutual interest, cooperative and collaborative activities, which would address multidisciplinary scientific, technological and educational problems
Manipal Hospital Whitefield, KR Pura, Bangalore	Manipal Health Enterprises Private Limited	2021	6 years	To provide mutual support and cooperation to help the students enrolled in the programs to obtain practical training and skill development with no financial consideration.
ULLRS SDUAHER & Lib. Information Centre of SDU College of Nursing for Collaborative use of Lib.facilities	ULLRS SDUAHER & Lib. Information Centre of SDU College of Nursing for Collaborative use of Lib.facilities	2021	5 years	To support disseminating quality library services to users
MOU in collaborating and co-operate in training and research activities specific to Radiation Biology and Bio dosimetry	Sri Ramachandra Institute of Higher Education & Research (Deemed To Be University), Chennai, India	2021	05 Years	Collaborative Research Programme
Skanda Lite Sciences Pvt. Ltd, Bangalore	MoU with Skandha Pvt Limited	2021	05 Years	Skanda Life Sciences and SDUAHER have reached a consensus for mutual consultancy, i.e.

				academics, research and observership for Allied Health Sciences program students of SDUAHER training at Skanda Life Sciences and faculty & Ph.D. scholars from programs of SDUAHER can utilize the R&D services
Peace Tree Innovations Society, Canada	Peace tree Innovations Society Canada	2021	05 Years	Recognizing the importance of mutual collaboration and the contributions to society made by the two institutions, both institutions share a desire to develop mutually strengthening and enriching educational health care services and research experience for both faculty and students including any outreach activities like educational conferences and workshops.
SDUAHER & Narayana Health, Bangalore for Joint Research and academic activities	SDUAHER & Narayana Health, Bangalore for Joint Research and academic activities	2021	6 years	Set down the mutually agreed board framework for joint research and academic activities in various fields of interest.
SDUCON and Faculty of AH &BS, SDUAHER for infrastructure and Learning source facilities	SDUCON and Faculty of AH &BS, SDUAHER for infrastructure and Learning source facilities	2021	5 years	To provide quality services to the students
RLJH&RC & Vittala International Institute of Ophthalmology - Renewal	RLJH&RC & Vittala International Institute of Ophthalmology - Renewal	2022	2 years	To provide the services of EYE screening of prematurely born babies for Retinopathy of Prematurity as well as to treat VIIO shall arrange for intravitreal Anti VEGF and Laser treatment of babies

				diagnosed with ROP at NICU
SGBS Unnati Foundation, Bangalore & FAH&BS 90 hours of class room training	SGBS Unnathi Foundation, Bangalore	2022	03 Years	Unnati concentrates on youth empowerment for students which helps to get vocational training with a certification of job guarantee, UNXT, a 165 hour Training program during the academic years 2021-24 through Career Counselling and Placement Cell or in general.
SDUAHER & Ayurveda Beauty College, Tokyo, Japan, Educational & Health Care Services	Ayurveda Beauty College, Tokyo, Japan	2022	03 Years	Desire to develop mutually strengthening and enriching educational, health care services and research
P.Vijayashree, Proprietor & Director of Academics and Training of Online Coaching Centre	Prepare for English Korattur, Chennai	2022	05 Years	Prepare for English primarily focuses on coaching students for the International English Language Testing System
Type I DM research	CDEC, Bangalore	2022	2 years	PhD scholar - Ongoing student research
Medical Retina	Vittala International Institute of Ophthalmology	2022	3 years	1)Retina OPD & Consultation, 2) Investigations-OCT, B-Scan, FFA etc, 3) Procedures viz., Laser treatment , Intra- vitreal injections, Posterior subtenon injections.
Retinopathy of prematurity	Vittala International Institute of Ophthalmology	2022	6 years	Screening of ROP Babies Intra- vitreal Anti VEGF and Laser Treatment

Cataract	District Blindness Control Officer District Health & Family Welfare Society blindness control division	2022	2 years	Screening of Population 1. Identifications of cases fit for Cataract surgery 2. Pre-operative Examination & Investigations 3. (SICS/Phaco-emulsification) 4. Post- operative care 5. follow-up services with refraction & Glass 6. Submission of Cataract records
Aster R.V. Hospital, Bangalore for Interns training (AHS)	Aster R.V. Hospital, Bangalore	2022	06 Years	To provide mutual support and cooperation to help the interns enrolled in the Programs to obtain practical training and skill development. There is no financial consideration involved in this agreement.
Bigtech Pvt.Ltd., Bangalore for Specific Collaborative activities of academic, health care services	Bigtec Pvt.Ltd	2022	5 years	To develop mutually strengthening and enriching educational health care services and research experiences for both faculty and researchers including any outreach activities like educational conferences and workshops.
Vellore Institute of Technology, Vellore for Research & Academic activities	Vellore Institute of Technology, Vellore for Research & Academic activities	2022	5 years	Academic
California State University, Fresno USA to pursue cooperation in areas of Education & Research	Participating in the collaborative research. Exchange of research publications. Educational materials and instructional information	2022	5 years	To outline the possible ways in which SDUAHER and Fresno State could develop and carry out collaborative research, education and exchange activities that are desirable, mutually beneficial, and contribute to fostering

				a cooperative relationship between the two institutions of the countries.
Nitte (Deemed to be University), Mangalore	Nitte (Deemed to be University), Mangalore	2022	5 years	To develop appropriate scientific relationship between the parties as set forth and to enhance collaboration and co-operation towards knowledge enhancement.
RL Jalappa Institute of Technology, Doddaballapura	RL Jalappa Institute of Technology, Doddaballapura	2022	5 years	To develop appropriate scientific relationship between the parties as set forth and to enhance collaboration and co-operation towards knowledge enhancement.
Life Intellect Consultancy Pvt.Ltd., Bangalore	Life Intellect Consultancy Pvt.Ltd., Bangalore	2022	5 years	To enable cooperation between Life intellect and SDUAHER. SDUAHER desires to retain the services of Life intellect for providing Intellectual Property rights consulting services and its associates, scientists, researchers, staff members, students and incubates.
Spastics Society of Karnataka, Bangalore	Neurorehabilitation Centre	2023	3 years	Collaboration is with the altruistic objective of providing early intervention and multi-disciplinary rehabilitation services for children with neuromuscular disorders and development disabilities, with a board spectrum approach. This collaborative service to the disabled is purely non-commercial in nature,

				and will be conducted in the total spirit of service.
Karnataka Cancer Society	Cancer Screening	2023	5 years	To create awareness on Cancer, screening for early detection of cancer, cancer treatment, rehabilitation of cancer survivors and cancer research in general and specific to breast cervical and oral cancer
Genea Fertility Centre, Bangalore	Genea Fertility Centre, Bangalore	2023	2 years	OPD Services, Intra Uterine Insemination Services and In-Vitro Fertilization Services
RLJH&RC with Primer Academy of Medical Sciences, Bangalore – 43.	RLJH&RC with Primer Academy of Medical Sciences, Bangalore – 43.	2023	3 years	To provide health care services, health education and research (both In-patients and Out-patients)
Cornea	Vittala International Institute of Ophthalmology	2023	3 years	Keratoplasty
Alia yavar jung	Alia yavar jung	2023	1 year	Corneal Implant surgery
Hari Krishna Cyber Security, Bangalore with FAHBS	Hari Krishna Cyber Security, Bangalore with FAHBS	2023	6 years	Shall participate in conduct of cyber security course whenever applicable in the curriculum or separate for university students. They visit campus for the purpose of teaching and training students of the university or by virtual mode as the circumstance/situation demands.
Karnataka Haemophilia Society, a Non-Government Organization, Davangere.	Hemophilia	2023	3 years	Providing health care service health education and research and the areas of collaboration between the parties is Haemophilia care &

				related bleeding disorders.
The ICGA	ICGA Foundation	2023	5 years	To work together with other partners of ICGA to frame knowledge-based and data-driven policies to reduce cancer burden in the country.
Surgical Retina	Vittala International Institute of Ophthalmology	2023	3 years	Vitreo retinal surgeries
ZEE ZHU Director of High Field Diagnostics Ltd.,	ZEE ZHU Director of High Field Diagnostics Ltd., White Building studios, 1-4 Cumberland place, Southampton, UK – SO15 2NP.	2023	5 years	Work together to promote collaborative research in the country, towards capacity building to develop/adopt/deploy state-of-the-art technologies for research, diagnosis and cure and research guided by evidence based medicine.
Basera MOU	Basera MOU	2023	3 years	Health care services, Health education and Research
Vittala international institute of ophthalmology	Vittala international institute of ophthalmology	2024	2 years	Retinopathy of Prematurity screening in
SARWC ,Mulbagal	Service Agency for Rural Women and Children, Mulbagal	2024	1 years	Free medical and Health services
Millet Welfare Trust old age home & Orphanage	Millet Welfare Trust old age home & Orphanage	2024	5 years	Health care services and Academic Training
District Health & Family welfare office, Kolar Manasadhara	Manasadhara	2024	1 year	Training and rehabilitations of the persons with severe mental disorders
Adichunchanagiri University	Adichunchanagiri University	2024	5 years	Clinical Research and Collaborative activities
Neel Metal Products LTD	Neel Metal Products LTD	2024	1 year	Hospital agree to extend the in- patient medical treatment to the workers & employee of NMPL at discount charges applicable

Narayana Hrudayalaya Limited	Narayana Hrudayalaya Limited	2024	1 year	appointing NH to Manage and operate a Cardiac care Unit in the hospital RLJH & RC
Jain Deemed to be university Bengaluru	Jain Deemed to be university Bengaluru	2024	4 years	Jain and SDUAHER shall hereinafter be referred individually as party and collectively as parties
IBUS Network and Infrastructure PVT. LTD	IBUS Network and Infrastructure PVT. LTD	2024	1 Year	The Licensee is interested in providing telecommunications coverage networking services including in building solutions and WIFI in the said property
Kiran Nuclear Medicines and pet CT centre Bengaluru	Kiran Nuclear Medicines and pet CT centre Bengaluru	2024	4 years	partnership firm having its centre at # 221, 13th cross Road, Indiranagar stage I, offers diagnosis , PET CT Scan, SPECT, Radionuclide therapy and also Isolation wards for high dose Radionuclide therapies
ICMR-NCDIR	ICMR-NCDIR	2024	2 years	To assess the feasibility and validity of the physician-derived Cause of Death (phyCoD) approach in deducing cause of death for non-institutional deaths
JNCASR	JNCASR	2024	1 Year	The Agreement details the terms and conditions, financial arrangements, modalities of collaboration , intellectual property rights, responsibilities and obligations of the JNCASR and SDUAHER pertaining to the Collaboration from the Effective date.
Technomed Electronic Chennai 96	Technomed Electronic Chennai 96	2024	1 years	Technomed is a leading manufacturer and exporter of physiotherapy Equipment's in India. It

				has an in-house R and D, Quality control, Vast sales and services network all over India making it one of the leading Physiotherapy equipment's manufacturers.
Vesoma Sports Medical Centre Excellence PVT LTD	Vesoma Sports Medical Centre Excellence PVT LTD	2024	1 year	Practical observation and training facilities for physiotherapy services to be provided by the first party this strategic collaborative alliance will enable the RLCOPT students to learn the actual practice of healthcare during their training, internship
Additional Medical Director BMST Bangalore	Additional Medical Director BMST Bangalore	2024	1 year	BMST and RLJH & RC are desirous to enter into a mutual agreement and both parties thereby have entered into this contract to be executed in accordance with the terms and conditions laid out hereunder.
Sanmukha innovations PVT LTD Bengaluru	Sanmukha innovations PVT LTD Bengaluru	2024	2 years	purpose of Clinical performance evaluations and field-testing activities in and around Kolar and in connection with the above, the parties hereby agree
Physiotattva JP Nagar Bengaluru	Physiotattva JP Nagar Bengaluru	2024	1 year	For facilitating Career Placement specifically related to physiotherapy to the beneficiaries of RLJCOPT the constituent college of SDUAHER.
The Institute of Disability Rehabilitation and RC	The Institute of Disability Rehabilitation and RC	2024	4 years	The collaboration for carrying out joint activities of academic merit specifically related to physiotherapy to the beneficiaries if RLJCOPT

				the constituent college of SDUAHER.
The Director NIMHANS Bengaluru	The Director NIMHANS Bengaluru	2024	1 year	The deliberations it was realized that the travel and accommodation money for field data collectors have to provided health insurance and communication charges which in available with NIMHANS as part of the sanctioned budget from SKAN research trust .

Source: Office of Research and Development, SDUAHER 2024

Photo: MoU Signing Ceremony with Narayana Health and International Delegates

Non-communicable diseases: To contribute to the global target of reducing premature mortality from non-communicable diseases such as cancer, cardiovascular diseases, and diabetes, SDUAHER conducts a wide range of community-based health initiatives throughout the year. Multiple general health camps, mega health camps, and mobile health camps are organized to screen and manage common NCDs, including Diabetes Mellitus, Hypertension, and various forms of cancer. The Mobile Health Van extends services to remote and underserved villages, ensuring that essential healthcare reaches populations with limited access. These camps are conducted by a multidisciplinary team from R. L. Jalappa Hospital and Research Centre comprising physicians, surgeons, obstetricians, paediatricians, otologists, ophthalmologists, community physicians, ECG technicians, medico-social workers, public relations staff, and dedicated nursing personnel. Their coordinated efforts enable comprehensive screening, early diagnosis, health education, and timely referral, thereby supporting community well-being and contributing to the broader goal of reducing the burden of non-communicable diseases.

- **Health Outreach and Community Engagement**

SDUAHER’s outreach philosophy is grounded in the belief that sustainable health development must begin at the grassroots level. The University’s Extension and Outreach Cell, along with departments such as Community Medicine and Public Health, regularly conducts health camps, awareness programs, and field activities in rural and underserved areas of Kolar District.

Through the Mobile Health Unit, SDUAHER provides free consultation, diagnostic services, and medicines to populations that lack easy access to healthcare facilities. The outreach programs are often interdisciplinary, involving faculty and students from medicine, nursing, physiotherapy, and allied health sciences. These activities focus on conditions such as diabetes, hypertension, anaemia, and oral cancer, ensuring that healthcare reaches the most vulnerable communities.

In 2024, over 250 extension and outreach programs were organized, including special health camps for women and children. These activities not only contribute to better health outcomes but also offer invaluable experiential learning for students. Community participation is encouraged through collaboration with local panchayats, NGOs, and government agencies.

General health camps



Health camps at Anganwadi of Kolar



Distribution of free drugs at camps



Maternal and child health services at camp



Department of Obstetrics and Gynecology conduct weekly camps at Primary Health centre of Kolar to deliver Antenatal care services at village door steps

Mental Health and Emotional Well-being

Recognizing that mental health is as vital as physical health, SDUAHER has instituted a structured framework to support the emotional well-being of its students and staff. The Department of Psychiatry oversees counselling services, preventive programs, and awareness campaigns that address issues such as stress, anxiety, and academic pressure.

For students, confidential counselling sessions are available by qualified Clinical Psychologists and student counsellors. The mentor–mentee system ensures that faculty regularly interact with students to identify potential psychological distress early. Workshops on stress management, mindfulness, and suicide prevention are conducted throughout the year. For staff members, SDUAHER provides mental health support through regular health check-ups, peer counselling, and wellness seminars. The University has formalized access to mental health resources for all employees. This initiative has been widely appreciated and serves as a model for other higher education institutions.



Mental health services for SDUAHER students

Promoting mental health and substance abuse awareness has been driven through school health promotion approaches. Mental wellness clinic has been established at the University to access easy mental health solutions for common illness like Anxiety, depression and substance use.

Mental Awareness promotional activities outside campus



SDUAHER actively contributes to preventing substance abuse among adolescents through extensive health education initiatives led by the Department of Psychiatry. Psychiatrists conduct awareness sessions in schools and colleges across all six talukas, focusing on the most common forms of substance use among young people, their short- and long-term health risks, and the legal consequences associated with consumption. These programmes educate students on the clinical features and complications of addiction, enabling early recognition and informed decision-making. A strong emphasis is placed on developing healthy coping strategies, particularly the importance of adaptive coping and the dangers of avoidant or maladaptive coping mechanisms that can predispose adolescents to substance use. In addition to school-based sessions, the Department of Psychiatry regularly conducts mental health camps that provide counselling, screening, and support services for individuals in need. These coordinated efforts play a significant role in strengthening community awareness and reducing vulnerability to substance abuse among adolescents.



Mental health awareness to general public and school children by Psychiatrist

Sexual and Reproductive Health Services for Students

SDUAHER is committed to ensuring that its students have access to reliable, confidential, and comprehensive reproductive healthcare services. The Department of Obstetrics and Gynaecology, in collaboration with Community Medicine, conducts periodic health education programs on reproductive health, menstrual hygiene, contraception, and prevention of sexually transmitted infections (STIs). A dedicated Adolescent and Reproductive Health Clinic operates within R.L. Jalappa Hospital, offering counselling and clinical services for young adults. These services are accessible to both male and female students in a supportive and non-judgmental environment. Educational workshops organized by faculty experts emphasize informed decision-making and respect for personal and reproductive rights. In addition, awareness events such as 'International Women's Day', 'Adolescent Health Week', and 'World Population Day' are observed to promote reproductive health literacy. Information materials, health talks, and group discussions ensure that students are empowered to make informed health choices.

Awareness Workshop on Reproductive Health Conducted by Department of OBG



Department of Community medicine and Obstetrics & Gynaecology conducts school-based education on adolescent health, risk taking behaviours among adolescents and also role of obstetrics counselling in adolescent pregnancy. Special emphasis is given to adolescent pregnancy, which remains common in many villages. The healthcare team regularly provides awareness sessions on the risks and complications of teenage pregnancy and the importance of reproductive health, helping young girls make informed and healthier life choices.

All efforts are made for free referral. Awareness is also created about the various services available to antenatal mothers under key government programmes such as the Integrated Child Development Services (ICDS), Janani Suraksha Yojana (JSY), and Poshan Abhiyan. These sessions help ensure that women understand their entitlements and access essential maternal health and nutrition benefits.

Smoke-Free and Substance-Free Campus Initiatives

SDUAHER upholds a strong commitment to creating a healthy and safe learning environment through its comprehensive Smoke-Free and Substance-Free Campus Policy. The policy prohibits the possession, sale, or use of tobacco, alcohol, and narcotic substances on all institutional premises, including hostels and affiliated facilities. Implementation of the policy is managed through regular campus inspections, awareness campaigns, and counselling programs. Students and staff receive continuous education on the harmful effects of tobacco and substance abuse through posters, seminars, and commemorative observances such as

'World No Tobacco Day'. Offenders are counselled and referred to deaddiction services when required, ensuring that the institution's approach remains preventive and supportive rather than punitive. The Tobacco Cessation Centre at R.L. Jalappa Hospital provides accessible counselling and medical assistance to individuals seeking to quit tobacco use. Collaborative programs with the District Tobacco Control Cell have further reinforced the University's outreach efforts. Periodic surveys are conducted to monitor compliance and evaluate the impact of awareness initiatives among students.



Pledge taken by SDUAHER students on No Tobacco day to say NO to smoking



World No Tobacco Day Awareness Conducted by Students for various schools

Universal health coverage: The University supports universal health coverage by ensuring access to quality essential healthcare services and medicines for all individuals. During health camps, free medications are provided to all outpatients, helping reduce financial barriers to treatment. For those requiring inpatient care, referrals are facilitated under various state and central government health schemes, ensuring that patients receive timely and affordable treatment across appropriate healthcare facilities. Charity scheme for those patients who do not have any government schemes are implemented so that no patient is deprived of any health services.

Empanelled Insurance and Government Health Schemes

Sl. No.	GOVT. SCHEMES	SL. NO.	PRIVATE SCHEMES
1	AROGYA BHAGYA YOJANE – Police personnel & retired employees with their family members	1	UNITED HEALTH CARE INDIA PVT LTD
2	KARNATAKA STATE FIRE & EMERGENCY SERVICES – police personnel with their family members	2	ICICI LOMBARD GENERAL INSURANCE COMPANY
3	KARNATAKA STATE PRISONS AND CORRECTIONAL SERVICES – police personnel with their family members	3	FUTURE GENERAL INDIA INSURANCE COMPANY LTD
4	AYUSHMAN BHARAT-AROGYA KARNATAKA SCHEME – BPL & APL card holders	4	PARAMOUNT HEALTH SERVICES & INSURANCE
5	KARNATAKA AROGYA SANJEEVINI SCHEME-(KASS) - state government employees, spouse and eligible dependent family members	5	SBI GENERAL INSURANCE COMPANY LTD
6	ESIC (employees state insurance corporation tertiary care)– ESI card holders	6	MEDI ASSIST INSURANCE TPA PRIVATE LIMITED
7	ESIS-MS (employees state insurance scheme medical services - secondary care- ESI card holders	7	MEDI ASSIST HEALTHCARE SERVICES LIMITED
8	Dr NTR VAIDYA SEVA SCHEME- 01-07-2024 - Andhra rations card	8	HEALTH INDIA INSURANCE TPA - SKDRDP
9	YESHASVINI CO-OPERATIVE MEMBER HEALTH CARE SCHEME – Yeshasvini card holders	9	IFFCO TOKIO GENERAL INSURANCE COMPANY
10	EX-SERVICEMEN CONTRIBUTORY HEALTH SCHEME (ECHS) - Ex-servicemen & family members	Sl. No.	COMPANIES / CORPORATES
11	KARNATAKA STATE ROAD TRANSPORT CORPORATION (KSRTC) – Employees & their dependents	1	BEML (BHARATH EARTH MOVERS LTD.,)
12	BENGALURU ELECTRICITY SUPPLY COMPANY (BESCOM) – Employees & their dependents	2	HONDA MOTORCYCLE & SCOOTER INDIA PVT. LTD
13	Railway health unit MOU - Employees & their dependents	3	TATA ELECTRONICS SYSTEMS SOLUTIONS PVT LTD
14	D.B.C.S. Kolar, C.B.PURA & Chittoor dist. For cataract surgeries. – Free eye camps	4	NEEL METAL PRODUCTS LIMITED A JBM GROUP COMPANY
		5	VISHWAKARMA REFRACTORIES PRIVATE
		6	BHUWALKA CASTINGS AND FORGING PRIVATE LIMITED
		7	SMT DANAMMA CHANNABASAVAIHAH COLLEGE (SDC)
		8	BANDO (INDIA) PRIVATE LIMITED

Free General health camps



Monthly regular health camps conducted throughout Kolar by camp health team. All camp patients who have been referred from the camps receive free admissions at wards and free drugs at hospital. Highest level of Concession is provided for surgeries making health care affordable to everyone.

Old age camps



- **Healthcare access:** Mobile van services have been delivering services to those who cannot attend regular camps. Healthcare services added with concepts of preventive, promotive and curative approach for comprehensive and integrated health services.



Mobile clinic at distant villages



Sports and Fitness Infrastructure

Promoting physical well-being is an integral part of SDUAHER's approach to holistic health. The University maintains an extensive sports and fitness infrastructure, including indoor and outdoor facilities for athletics, football, volleyball, cricket, basketball, and yoga. These facilities are available not only to students and staff but also shared with nearby educational institutions and community groups.

The R.L. Jalappa Central School, for instance, regularly uses SDUAHER's sports grounds for training and inter-school tournaments. This collaboration encourages community engagement in physical activity, fosters social interaction, and supports youth development. The University's physical education department also conducts annual sports meets and health fitness assessments for students and faculty.

In addition to sports events, yoga and meditation sessions are organized to promote mindfulness and mental resilience. By integrating physical fitness into academic life, SDUAHER contributes to the broader objectives of SDG 3 by enhancing both physical and psychological well-being among its stakeholders.



Annual Intercollegiate Sports Meet Held at SDUAHER Grounds

Conclusion

Sri Devaraj Urs Academy of Higher Education and Research's engagement with Sustainable Development Goal 3 reflects a comprehensive and sustained effort to enhance health and well-being at multiple levels—education, service delivery, research, and community engagement. The University's integrated approach ensures that academic knowledge translates into societal benefit, particularly for underserved populations.

With a strong foundation of ethical education, committed faculty, and visionary leadership, SDUAHER remains steadfast in its mission to promote health, prevent disease, and ensure the well-being of all. Through its continued dedication to SDG 3, the University not only contributes to local health systems but also strengthens India's standing in the global health landscape.