

# **Sustainability Development Report**

## **SDG 3 GOOD HEALTH AND WELL-BEING**





## ***Executive summary***

The Institute of Engineering and Management (IEM) is dedicated to promoting SDG 3: Good Health and Well-Being through integrated education, research, campus improvements, and community outreach. The institute provides comprehensive health services, including a fully equipped health center with 24/7 ambulance, medical insurance covering critical needs, and mental health counselling by qualified professionals. Campus initiatives include health checkups, yoga and fitness programs, and blood donation camps. IEM actively collaborates with organizations such as Lions Club, Rotary Club, Inner Wheel Club, and Smile Club to conduct vaccination drives, health check-up camps, and hygiene awareness programs targeting vulnerable groups including underprivileged children and elderly persons. Research projects focus on environmental health, pollution, and sustainable technologies, strengthened by partnerships with universities, industries, and NGOs. The institution faces challenges such as meeting growing healthcare demands, addressing mental health stigma, and coordinating diverse community partners effectively. Opportunities include expanding holistic wellness initiatives, leveraging interdisciplinary sustainability research, and enhancing collaborations for funding and program expansion. Future plans prioritize expanding mental health support, strengthening health insurance schemes, increasing outreach to vulnerable populations, deepening curriculum integration of health topics, scaling research capabilities, and further leveraging technology for health monitoring. These initiatives highlight IEM's commitment to fostering a healthy, sustainable campus and contributing to broader community well-being aligned with SDG 3 goals.

## ***Contents***

|                                     |   |
|-------------------------------------|---|
| Preamble                            | 1 |
| Vision and Mission                  | 1 |
| Key Achievements                    | 1 |
| Health and Wellbeing Initiatives    | 1 |
| Community Outreach and Engagement   | 2 |
| Curriculum and Research Integration | 2 |
| Partnerships and Collaborations     | 3 |
| Data and Metrics                    | 3 |
| Challenges                          | 4 |
| Future Plans                        | 4 |
| Acknowledgement                     | 5 |
| Photo Gallery                       | 6 |



## ***Preamble***

This report presents a comprehensive overview of the institution's dedicated efforts toward advancing Sustainable Development Goal 3: Good Health and Well-Being. Through an integrated approach, that combines education, research, campus improvements, and community outreach, the institute aims to foster a healthy and sustainable environment for all stakeholders. The initiatives, achievements, challenges, and plans outlined here demonstrate a strong commitment to improving both campus and wider community health outcomes, while actively engaging with principles of sustainability and global citizenship.

## ***Vision and Mission***

- **Vision:** To be recognized as a leader in creating a healthy, sustainable campus environment and in promoting community well-being through research and innovation.
- **Mission:** To deliver education, technology, and outreach initiatives that address health, well-being, and sustainability, empowering students to become impactful global citizens.

## ***Key Achievements***

- Established and expanded partnerships with healthcare providers, NGOs, and local authorities to implement health and wellness programs on campus and in the community.
- Launched new awareness programs and campus facilities (ex: biannual health checkups, diet clinic, mental health support, and sustainable nutrition campaigns).
- Achieved recognition in the Times Higher Education Impact Rankings for progress on

## ***Health and Wellbeing Initiatives***

- IEM has a dedicated health centre on campus providing free medical check-ups, basic treatments, and periodical assessments by in-house physicians. A sick room, doctor-on-call, nurse appointment, and first aid kits across departments ensure comprehensive medical support. Ambulance facility operates 24/7 on campus.
- Medical insurance coverage is provided for students and staff to cover health-related emergencies, supplemented with schemes to assist critical medical needs. Concessional schemes for diagnostic tests and health check-ups are also available.
- Health and hygiene awareness programs and workshops are regularly conducted, including sessions with experts in various medical fields focusing on wellness. For example, International Conference on Advancing Science and Technologies in Health Science (IEM-HEALS 2024) organized by Department of Basic science and Humanities, IEM Kolkata.

- Compulsory yoga and karate classes are included to promote physical fitness, supported by trained physical education teachers and well-equipped gymnasium and sports facilities.
- Blood donation camps and mental health awareness programs such as rallies to reduce stigma associated with mental illness are organized regularly.
- Psychological counselling for academic, personal, and psychosocial issues is available through professionally qualified counsellors appointed by the institute.

## ***Community Outreach and Engagement***

- IEM actively participates in humanitarian and community welfare activities, collaborating with organizations like Lions Club, Rotary Club, Inner Wheel Club, and Smile Club. These initiatives include food, clothing, and sanitary napkin distribution, vaccination drives, health check-up camps, and educational kit donations especially targeting underprivileged children, elderly, and specially-abled persons
- Several outreach programs focus on women's empowerment, education for underprivileged children, and skill development in computer literacy, robotics, stitching, and cooking for differently abled groups. Vocational training centers and donation drives for old-age homes foster community self-reliance.
- Awareness campaigns on mental health, environmental sanitation, and disease prevention are regularly conducted in and around the campus, involving students, faculty, and external stakeholders.
- The Pet Society of IEM provides medical aid, vaccinations, and neutering services to stray and community animals, demonstrating care for animal well-being aligned with community health.
- Tree plantation drives, cleanliness campaigns, and plastic reduction initiatives within the campus contribute to creating healthier spaces for students and staff.

## ***Curriculum and Research Integration***

- IEM actively participates in humanitarian and community welfare activities, collaborating with organizations like Lions Club, Rotary Club, Inner Wheel Club, and Smile Club. These initiatives include food, clothing, and sanitary napkin distribution, vaccination drives, health check-up camps, and educational kit donations especially targeting underprivileged children, elderly, and specially-abled persons.
- Several outreach programs focus on women's empowerment, education for underprivileged children, and skill development in computer literacy, robotics, stitching, and cooking for differently abled groups. Vocational training centers and donation drives for old-age homes foster community self-reliance.
- Awareness campaigns on mental health, environmental sanitation, and disease prevention are regularly conducted in and around the campus, involving students, faculty, and external stakeholders.

- The Pet Society of IEM provides medical aid, vaccinations, and neutering services to stray and community animals, demonstrating care for animal well-being aligned with community health.
- Tree plantation drives, cleanliness campaigns, and plastic reduction initiatives within the campus contribute to creating healthier spaces for students and staff.

## ***Partnerships and Collaborations***

- IEM collaborates with numerous national and international institutions including universities (Iwate Prefectural University, Rennes School of Business), government agencies, and industries to advance health-related research, curriculum development, and sustainable outreach activities.
- MoUs with organizations such as Infosys, Wipro, IEEE, and CII expand opportunities for student internships, faculty exchanges, and joint research projects focusing on sustainability and health technologies.
- Community clubs like Lions Club Kolkata IEM, Rotary Club, and Inner Wheel Club collaborate with the institute to implement health check-up camps, mental health awareness rallies, vaccination drives, vocational training, and humanitarian aid projects benefiting local vulnerable populations.
- The Office of Sustainability at UEM collaborates on clean energy projects and environmental audits, supporting health through better environmental quality, waste management, and green campus initiatives, contributing to SDG 3 targets.
- Collaborations extend to government bodies like the Ministry of Environment and Forests, MoEFCC, and other research institutes ensuring alignment with national policy frameworks on health and environmental sustainability.

## ***Data and Metrics***

| <b>Indicator/Metric</b>         | <b>Value/Description</b>   |
|---------------------------------|--|
| Health Centre Services          | Free medical check-ups, basic treatments, 24/7 ambulance         |
| Mental Health Support           | Qualified counselors, regular awareness rallies                  |
| Medical Insurance Coverage      | Provided for students and staff; critical care schemes available |
| Fitness and Well-being Programs | Yoga, karate, gymnasium, fitness classes                         |
| Blood Donation                  | Regular camps organized by institute and clubs                   |
| Health & Hygiene Workshops      | Frequent, expert-led sessions                                    |

| Indicator/Metric                        | Value/Description   |
|---|---|
| Outreach Beneficiaries                  | Underprivileged children, elderly, specially-abled persons      |
| Vaccination Drives                      | Partnered with Lions, Rotary, Inner Wheel, Smile clubs          |
| Community Aid Distribution              | Food, clothing, sanitary napkins, educational kits              |
| Campus Periodic Assessments             | Physician-led, ongoing  |
| Environmental Health Research           | Ongoing projects and collaborations                             |
| Partnerships for Health Initiatives     | NGOs, healthcare providers, local authorities                   |
| Impact Ranking Recognition              | Listed in Times Higher Education Impact Rankings                |
| Sustainable Nutrition Campaigns         | Biannual, campus-wide   |
| Insurance/Diagnostic Concession Schemes | Free diagnostic tests and healthcare services for staff members |
| Pet Society Health Drives               | Vaccination/neutering services for community animals            |

## ***Challenges***

- Campus healthcare faces challenges in advanced care and emergencies.
- Mental health support is limited and stigma persists.
- Outreach struggles due to local socio-economic differences.
- Research limited by funding, staff, and technology.
- Coordination with partners needs improvement.
- Pollution and waste affect community health.
- Must adapt quickly to changing policies and threats.

## ***Annual targets for 2025–2026***

- Expand health and well-being services on campus, including better medical and mental health support.
- Strengthen health insurance and financial aid programs for students and staff.
- Increase community outreach focused on vulnerable groups with health and hygiene education.
- Integrate more sustainability and health topics into academic curriculum.

- Boost research projects on environmental health, pollution impact, and sustainable technologies.
- Promote faculty development and student participation in interdisciplinary health projects.
- Grow partnerships with industries, government, and NGOs for internships, funding, and collaborative programs.
- Improve campus sustainability infrastructure like renewable energy, waste management, and energy efficiency.
- Conduct awareness campaigns on wellness, sanitation, and environmental health.
- Facilitate student internships and workshops aligned with current industry needs.
- Enhance digital learning platforms for expanded skill development and certification.
- Monitor and reduce campus carbon footprint through audits and green initiatives.

## ***Acknowledgement***

The management, faculty, and staff of the Institute of Engineering Management are sincerely thanked for their invaluable support and guidance in compiling this report; special appreciation is given to the Office of the Sustainability and community organizations like Lions, Rotary, and Inner Wheel Clubs for their collaborative health and outreach efforts; research scholars, partner institutions, and volunteers whose dedication and cooperation have greatly enriched this documentation are also gratefully acknowledged.



## Photo Gallery



Free Health Check up on Doctors Day



Medical room in Management House Building IEM Kolkata



Club members distributing sewing machines and mosquito nets at the old age home



Mental Health Awareness Rally





Eye check-up camp at IEM



Helping the cancer patients at SSKM Hospital



Pulseinnovate: Project making on health care



Blood Donation Camp at Duttapukur, North 24 Paraganas



Virangana: Awareness on Yoga



Sahajya: Waterfilter distribution





International Conference on Advancing Science and Technologies in Health Science (IEM-HEALS 2024)