

SUSTAINABILITY DEVELOPMENT REPORT 2022-23

SDG3: Good Health and Well-Being



Executive Summary

The Institute of Engineering and Management (IEM), Kolkata, demonstrates a strong commitment to advancing Sustainable Development Goal 3: Good Health and Well-being, through comprehensive health, wellness, and medical support systems. In the academic year 2022-23, IEM provided a robust framework of medical facilities, counseling, emergency health aid, preventive programs, physical wellness initiatives, and extensive campus campaigns. The institution prioritized both curative and preventive health measures, integrating physical, mental, and social well-being for all stakeholders.

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Vision, Mission, and Strategic Objectives

Vision Statement

To foster a safe, healthy, and supportive environment for every student and staff member, ensuring universal access to quality healthcare, mental wellness resources, and healthy lifestyle opportunities. IEM envisions itself as a leader and role model in campus health ecosystems and community outreach.

Mission Statement

The mission for SDG 3 at IEM is to provide timely, accessible, and inclusive health services backed by institutional support mechanisms, routine medical surveillance, and a culture of wellness. This includes proactive disease prevention, mental health promotion, awareness campaigns, investment in sporting infrastructure, and collaborative outreach efforts.

Strategic Objectives for 2022-23

- Ensure 100% coverage of medical support and emergency aid to students, staff, and alumni.
- Deploy campus-wide health checks, vaccination drives, and routine monitoring for communicable diseases.
- Promote mental health, resilience, and stress management through 4,285+ counseling sessions.
- Conduct at least six major health and wellness workshops annually.
- Encourage physical activity and healthy living via mandatory yoga, sports, and fitness classes.
- Facilitate outreach programs in partnership with local NGOs to extend health awareness and medical aid within the broader community.
- Integrate wellness education and public health modules across key academic curricula for lifelong impact.

Health & Wellness Infrastructure and Initiatives

IEM maintains a fully equipped campus health center offering general medical consultations, emergency care, and preventive services. The center is staffed with qualified physicians, nurses, and support personnel providing daily consultations and managing acute incidents. In 2022-23, the emergency medical assistance system was expanded to reimburse critical medical bills for students, alumni, and staff facing life-threatening conditions. Routine health camps, vaccination drives including COVID-19 and seasonal influenza, hemoglobin and BMI screenings, and access to prescribed medications are part of campus health activities. A formal application process facilitates prompt financial and medical support, with special attention to those with chronic or acute needs. The institute has partnerships with local hospitals for advanced care referrals. Counseling services addressed mental health with over 4,285 professional and peer sessions addressing stress, anxiety, and well-being, supported by NGOs. Wellness weeks, motivational talks, self-help workshops, and confidential online platforms promote mental health awareness. Physical wellness includes mandatory yoga and fitness classes, an athletics complex hosting sports tournaments, nutrition counseling, and fitness demonstrations, led by certified coaches. Preventive health programs encompass screenings, vaccinations, awareness drives on various diseases, and blood donation camps organized by student clubs including Smile and Social Welfare Clubs. Health education is integrated into curricular and extracurricular activities. Outreach teams distribute hygiene kits and conduct demonstrations for self-care. Community health extension involves collaborations with NGOs like Lions Club, Rotary Club, Innerwheel Club, and Kolkata Nivedita Shakti conducting vaccination drives, medical kit distributions, and supporting underserved populations, focusing on urban poor, children, and elderly. NSS volunteers actively participate in health sensitization, sanitation, and awareness campaigns with public health bodies.

Data and Metrics

Performance Indicator	Annual Target	Achievement
Medical emergencies supported (reimbursements)	100	121
Counseling sessions conducted	4,000	4,285

Health/wellness workshops held	6	8
Blood donation and vaccination drives	8	10
Student participation in sports/wellness activities	5,000	5,355
NGO outreach beneficiaries	2,000	2,216
Complaints/grievances resolved within 48 hours	100%	Achieved

Challenges, Response, and Mitigation

Challenges

- Meeting diverse and growing health needs in a large campus
- Ensuring rapid response for emergencies
- Overcoming stigma and barriers to seeking counseling
- Maintaining hygiene and infection control in shared facilities
- Sustaining engagement in physical activity post-pandemic
- Mobilizing funds for medical aid, especially high-value cases

Mitigation Responses

- Strengthened staff capacity and medical aid funds
- Streamlined application, support, and referral systems for emergencies
- Expanded awareness and destigmatization campaigns for mental health
- Upgraded health center infrastructure and hygiene protocols
- Incentivized participation in sports and wellness programs

Future Roadmap and Strategic Plan (2023-24 and Beyond)

- Expand financial and institutional support for medical emergencies
- Increase access to advanced diagnostic and therapeutic technologies on campus

- Launch digital health records platform and telemedicine support
- Broaden mental health services, including anonymous online platforms
- Engage broader student and faculty participation in wellness and fitness programs
- Deepen partnerships with public health bodies for wider outreach
- Systematically track health indicators, publish annual health outcomes reports

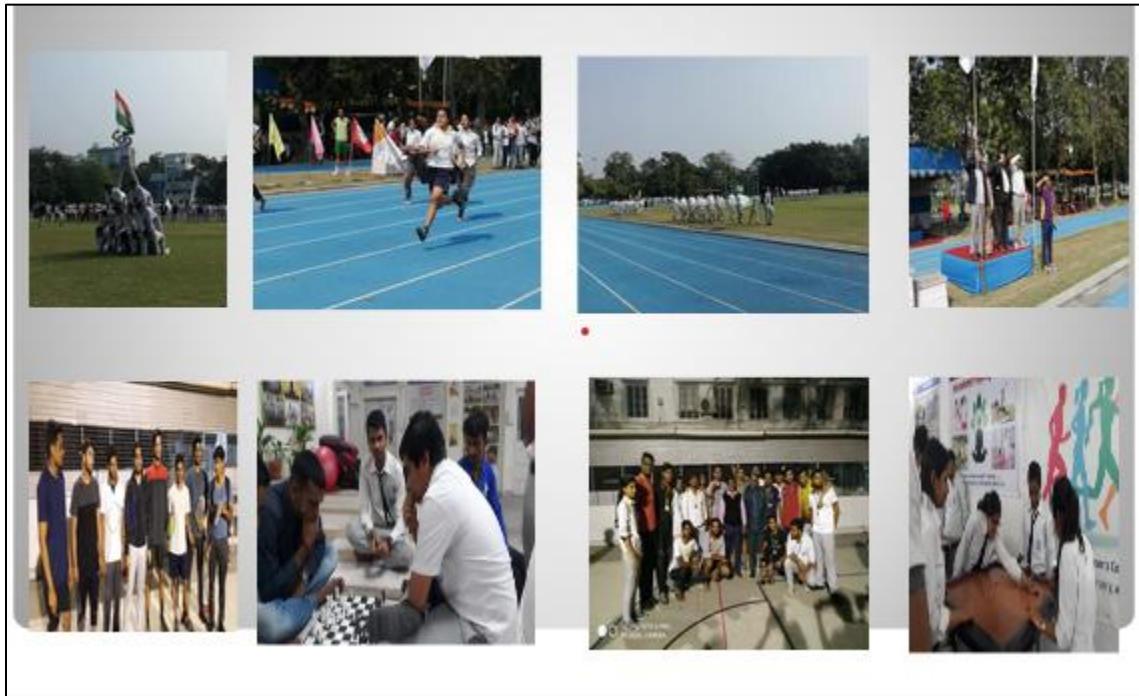
Conclusion

IEM Kolkata stands out as a model institution for integrating health, wellness, and medical support with its academic mission. Through its preventive and curative initiatives, mental health promotion, and community engagement, the institute ensures the well-being of all members and extends its positive impact across the local region. Continuous improvement, stakeholder responsiveness, and a holistic strategy affirm IEM's leadership in SDG 3: Good Health and Well-being.

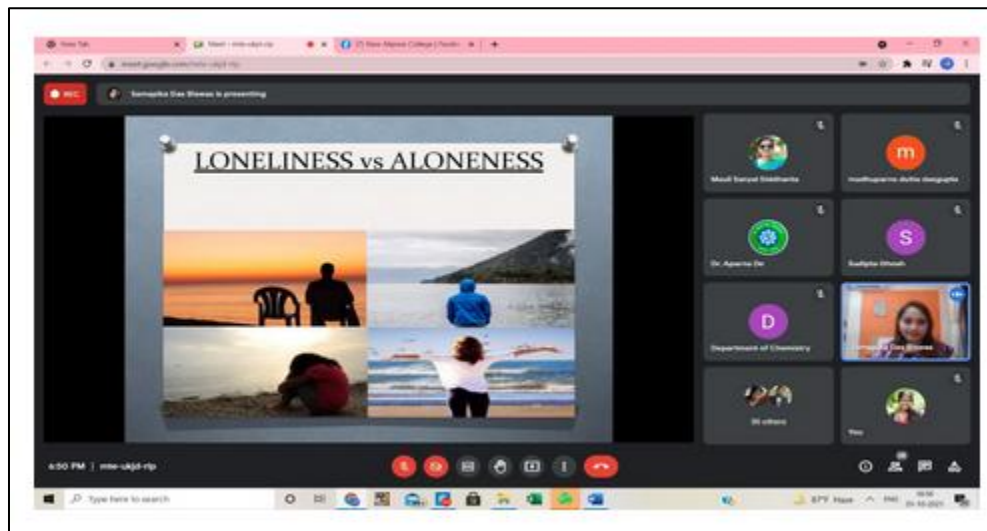
Photo Gallery



Celebration of Doctor's Day on 1st July 2022



Glimpses on Sports and Games activities of the BSH



Dr. Samapika Das Biswas (RCI registered Psychologist) held a Counselling & Students' Mentoring session on an interesting topic "LONELINESS vs ALONENESS".



Kolkata Heritage Walk



Celebration of International Yoga Day



Chair Yoga Session



Creative Workshop for IEM Mechanical students



IEM Freedom Football Cup