

# Sustainability Development Report (2023-24)

## SDG 3: Good Health and Wellbeing



## ***Executive Summary***

The Institute of Engineering and Management (IEM), Kolkata, during the 2023-24 academic year demonstrated strong dedication to advancing health and wellbeing through comprehensive campus healthcare services, mental health support, wellness programs, and community outreach. The institute provided over 15,000 medical consultations and preventive screenings, alongside counseling and stress management workshops. Wellness initiatives such as yoga, sports, and nutrition awareness engaged over 2,000 participants. Vaccination drives targeted COVID-19, polio, and other infectious diseases, ensuring widespread coverage. Collaborations with organizations like Rotary, Lions, and Inner Wheel Clubs helped conduct free medical camps and deliver health education to underserved populations. Despite challenges including limited resources and mental health stigma, IEM utilized peer education, digital platforms, and culturally sensitive communication strategies to enhance outreach and service delivery. The strategic focus for future growth includes expanding medical facilities, recruiting specialized healthcare professionals, establishing diagnostic laboratories, increasing mental health support, scaling mobile health clinics, and adopting telemedicine and AI technologies. Research efforts aimed at regional health issues and modern diagnostics are underway. Institutional leadership, healthcare staff, community partners, volunteers, and donors played a pivotal role in driving these initiatives. These integrated efforts align with Sustainable Development Goal 3 on good health, wellbeing, and position IEM as a leader in campus and community health promotion for 2023-24.

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## ***Overview and Context***

The Institute of Engineering and Management (IEM), Kolkata, 2024-25 year focused on improving health and wellbeing through wide-ranging efforts. It provided daily medical care, emergency services, and health checks on campus. Mental health was supported with counseling and stress relief workshops. Fitness programs featured yoga, sports, and nutrition awareness. The institute conducted vaccination drives and maintained sanitation. Community partners helped run free health camps and education for vulnerable groups. IEM also promoted health sciences through research and collaboration. Despite challenges like limited resources and stigma, peer education and digital tools helped reach more people. Future plans include expanding medical and mental health services, increasing outreach with telemedicine, and advancing health research. Support from staff, partners, volunteers, and donors was crucial to these efforts. This work aligns with global health goals and sets a strong example in campus and community health promotion.

## ***Core Mandate***

To advance holistic societal wellness means to help communities stay healthy by teaching about health, providing easy access to medical care, and supporting programs that empower people, especially those in need, to prevent illness and improve mental health.

## ***Campus Healthcare Services Infrastructure***

### **Institutional Medical Facilities System**

The institute operates comprehensive on-campus healthcare infrastructure ensuring all students and faculties receive access to quality medical services, emergency care, and preventive health screenings throughout their tenure. The campus health service architecture prioritizes accessibility, clinical excellence, and preventive care. During the 2023-24 academic year, the institution provided:

- Medical consultations for all students and faculties through campus health center
- Emergency medical response ensuring immediate care for acute health situations
- Free medical consultations for all faculty, staff members, and enrolled students
- Comprehensive health screenings incorporating vital assessments and diagnostic evaluations

The campus healthcare system architecture emphasizes:

- Qualified medical practitioners ensuring evidence-based clinical care

- Essential pharmaceutical inventory supporting treatment protocols
- First-aid capabilities and emergency medical equipment
- Referral coordination with tertiary healthcare facilities for specialized interventions

#### **Health Center Infrastructure:**

The institute's health facility Dr. Sudarsan Chakrabarti Memorial Centre, Ultadanga equipped with modern diagnostic equipment, provides:

- Outpatient consultation services addressing diverse medical conditions daily
- Preventive health screening programs identifying risk factors early
- Medical record maintenance ensuring continuity of care

### ***Student and Faculty Health Support Systems***

#### **Emergency Medical Assistance**

Financial support mechanisms provide medical expense reimbursement and emergency healthcare funding to students and faculties facing critical health situations, ensuring no student encounters healthcare barriers during medical emergencies.

#### **Health Insurance Coverage**

Comprehensive medical insurance provisions accommodate varying student and faculties needs:

- Accident insurance coverage for all enrolled students
- Medical emergency financial assistance programs
- Cashless hospitalization facilities through partner hospitals
- Mental health coverage including counseling and psychiatric consultations

#### **Mental Health and Psychological Wellness**

Mental health support components embedded within institutional wellness framework include:

- Smile Club initiatives addressing psychological wellness and emotional resilience
- Professional counseling services providing confidential mental health consultations
- Stress management workshops teaching coping strategies and relaxation techniques
- Peer support networks fostering community-based emotional support systems

## **Mental Health Awareness Programming**

During the 2023-24 academic year, the institution conducted mental health awareness initiatives through:

- Mental health webinars promoting awareness about psychological disorders and treatment options
- Stress reduction workshops exploring mindfulness, meditation, and cognitive behavioral techniques
- Stigma reduction campaigns normalizing mental health discussions and help-seeking behavior
- World Mental Health Day observances highlighting psychological wellness importance

## **Extension Activities Engagement**

39 extension and outreach programs addressed themes including mental health awareness, wellness practices, and community health education, with 5,482 students actively participating in these initiatives.

## **Crisis Intervention and Support**

The institution maintains mental health crisis response protocols including:

- 24/7 helpline access connecting students with mental health professionals
- Emergency psychological first aid for acute mental health crises
- Referral networks with psychiatric hospitals and mental health clinics
- Follow-up care coordination ensuring continuity in mental health treatment

## ***Physical Fitness and Wellness Programs***

### **Structured Physical Activity Initiatives**

The institution implemented comprehensive fitness programming addressing physical wellness:

- Yoga sessions conducted by certified instructors promoting flexibility and mindfulness
- Physical education classes ensuring regular exercise and sports participation
- Martial arts training including karate for self-defense and physical conditioning
- International Yoga Day celebrations emphasizing holistic wellness practices

## **Sports and Recreation Metrics**

Progressive sports facility utilization demonstrating wellness commitment:

- 97 sports and cultural events organized annually promoting active lifestyles
- Indoor facilities including badminton courts, table tennis, carrom, and chess
- Outdoor infrastructure featuring basketball courts, volleyball courts, and football grounds
- Gymnasium facilities equipped with modern fitness equipment for strength and cardiovascular training

## ***Wellness Education and Lifestyle Medicine***

### **Health Promotion Campaigns**

- Physical activity awareness encouraging regular exercise habits
- Nutritional wellness education promoting balanced dietary practices
- Substance abuse prevention programs educating about tobacco, alcohol, and drug risks

### **Campus Wellness Activities**

- IEM-UEM Marathon with 2,000 participants promoting cardiovascular fitness
- Cyclothon events encouraging sustainable transportation and physical activity
- Outdoor adventure programs fostering active recreation and team building
- Fitness challenges motivating consistent exercise participation

## ***Disease Prevention and Health Awareness***

### **Vaccination and Immunization**

- COVID-19 vaccination drives ensuring campus community protection
- Polio eradication initiatives through Rotary Club partnerships

### **Hygiene and Sanitation Infrastructure:**

- Regular sanitation protocols ensuring clean campus environments
- Hand hygiene stations strategically positioned across campus facilities
- Waste segregation systems minimizing disease transmission risks

- Water quality monitoring ensuring safe drinking water availability

## ***Community Health Outreach and Medical Camps***

### **Free Medical Camp Organization**

The Inner Wheel Club and health organizations orchestrated extensive community healthcare initiatives:

- Regular health screening camps providing free medical examinations to economically disadvantaged populations
- Essential medicine distribution ensuring treatment access for diagnosed conditions
- Health education sessions during medical camps promoting preventive practices
- Specialist consultations connecting community members with physicians across medical disciplines

### **Rotary Club Health Initiatives**

Operating under IEM's institutional framework, the Rotary Club organized comprehensive health welfare programs:

- Sanitation kit distribution including hygiene supplies during public health emergencies
- Medical equipment donations to underfunded healthcare facilities
- Health awareness rallies mobilizing community participation in wellness activities
- Blood donation camps addressing critical blood supply needs through voluntary donation

### **Lions Club Medical Services**

The Lions Club conducted:

- Vision screening programs identifying refractive errors and eye diseases
- Free eyeglass distribution ensuring visual health for economically disadvantaged individuals
- Diabetes screening camps promoting early detection and lifestyle modification counseling
- Health education workshops fostering disease prevention awareness in slum communities

### **Festival-Period Health Interventions**

During major cultural celebrations, particularly **Durga Puja festivities**, the institution orchestrated health-focused initiatives:

- First-aid stations at community gatherings ensuring emergency medical response
- Health awareness booths distributing educational materials on disease prevention
- Blood pressure and blood sugar screening for festival attendees
- Hygiene kit distribution promoting sanitation during large public gatherings

### **Faridpur Outreach Health Initiative:**

A significant healthcare-focused outreach effort in Faridpur region benefited:

- 103 differently-abled children receiving medical check-ups, health kits, and medication support
- 48 elderly residents accessing health screenings, medical supplies, and wellness counseling

## ***Blood Donation and Transfusion Services***

### **Regular Blood Donation Campaigns**

The institution promotes voluntary blood donation addressing critical healthcare needs:

- Multiple blood donation camps annually organized through Smile Club and student organizations
- Partnership with blood banks ensuring safe collection and distribution protocols
- Donor health screening assessing eligibility and ensuring donor safety
- Post-donation care providing refreshments and health monitoring

### **Blood Donation Impact:**

- Faculty and student participation in voluntary donation drives contributing to regional blood supply
- Emergency blood requirements addressed through campus donor mobilization networks
- Awareness campaigns educating about blood donation safety and life-saving impact
- Recognition programs honoring regular voluntary blood donors

### **Community Blood Supply Support**

- Emergency blood request coordination connecting patients with matched donors
- Replacement blood donation support for students' family members requiring transfusions
- Rare blood group registries maintaining databases for critical emergency needs
- Thalassemia support through regular blood donation for patients requiring transfusions

## ***Health Sciences Education and Research***

### **Academic Health Integration**

The institution promotes health sciences awareness through:

- Life Sciences curricula covering human physiology, pathology, and immunology
- Public health modules exploring epidemiology, healthcare systems, and disease prevention
- Biomedical engineering programs addressing medical device innovation and healthcare technology
- Environmental health courses examining pollution impacts and occupational health

### **Centers of Excellence for Healthcare Innovation**

IEM established 23 Centers of Excellence, with 5-6 centers initiated during 2023-2024, supporting healthcare innovation and research. Centers focusing on health systems include:

- Biomedical Engineering Research Labs developing diagnostic devices and therapeutic technologies
- Healthcare Technology Innovation Hubs exploring telemedicine and digital health solutions
- Pharmaceutical Research Units investigating drug development and formulation technologies
- Public Health Research Centers studying disease epidemiology and intervention strategies

## ***Sanitation, Hygiene, and Environmental Health***

### **Campus Sanitation Infrastructure**

The institution maintains comprehensive sanitation infrastructure:

- Clean drinking water access points throughout campus ensuring hydration
- Hygienic restroom facilities regularly maintained with adequate water and cleaning supplies
- Menstrual hygiene management including sanitary napkin vending machines and disposal facilities
- Hand-washing stations with soap dispensers promoting infection prevention

#### **Air Quality and Pollution Control**

- Campus air quality monitoring assessing particulate matter and pollutant levels
- Green infrastructure with extensive tree cover improving air quality
- Vehicle emission control promoting electric vehicles and restricting high-emission vehicles
- Indoor air quality maintenance through ventilation and regular facility cleaning

#### **Vector Control and Pest Management:**

- Mosquito control programs preventing dengue, malaria, and chikungunya transmission
- Rodent control measures protecting food storage and residential areas
- Pest management using environmentally safe methods minimizing chemical exposure
- Drain maintenance eliminating vector breeding sites

### ***Occupational Health and Safety***

#### **Faculty and Staff Wellness:**

The institution maintains occupational health programs ensuring employee wellbeing:

- Annual health check-ups for all faculty and staff members
- Occupational hazard assessments identifying workplace health risks
- Workplace stress management programs supporting employee mental health

#### **Laboratory and Workshop Safety:**

- Personal protective equipment provision for laboratory and workshop activities

- Chemical safety protocols minimizing exposure to hazardous substances
- Fire safety training ensuring emergency response preparedness
- First-aid training for laboratory personnel and facility managers

#### **Student Health and Safety**

- Hostel health inspections ensuring safe residential environments
- Food safety audits of campus dining facilities preventing foodborne illness
- Emergency evacuation drills preparing students for fire and disaster scenarios

### ***Collaborative Partnerships and Networks***

#### **Healthcare and Medical Organizations**

Sustained cooperation with prominent healthcare and medical institutions:

- Medical Centers providing clinical training and medical education opportunities
- Public health departments coordinating disease surveillance and health campaigns
- Mental health organizations offering specialized psychological services
- Blood banks and transfusion centers ensuring safe blood supply

#### **Collaborative Activities**

During 2023-24, IEM engaged in 2,809 collaborative activities encompassing:

- Joint research in medical sciences and healthcare technology
- Student placements in pharmaceutical and healthcare industries
- Community health projects with government health departments

### ***Civil Society Health Partnerships***

- Lions Club International supporting vision screening and diabetes awareness
- Inner Wheel Club network facilitating health camps in urban slums
- Rotary Club International organizing vaccination drives and blood donation camps
- Local NGOs working on maternal and child health in marginalized communities

### ***Challenges, Learnings, and Adaptive Strategies***

- Limited healthcare staff reduces consultation availability during busy times.

- Lack of specialized equipment limits diagnosis of some conditions.
- Shortage of mental health professionals compared to demand.
- Insufficient funding restricts growth of community health outreach.
- Mental health stigma discourages people from seeking help.
- Poor health literacy affects preventive care uptake.
- Resistance to lifestyle changes hinders wellness program success.
- Traditional beliefs sometimes clash with modern medical advice.
- Coordinating large health campaigns is challenging.
- Emergency medical response requires fast, organized actions.
- Ensuring privacy of health data while coordinating care is complex.
- Providing continuous follow-up care is difficult due to resource limits.
- Peer-led health education is more effective than traditional methods.
- Integrating physical, mental, and social health yields better results.
- Community health workers help reach underserved groups.
- Digital tools improve health education and appointment scheduling.
- Tailoring communication culturally increases acceptance of interventions.

### ***Future Directions and Expansion Strategies***

- Expand medical facilities to meet growing consultation demands.
- Hire specialists like psychiatrists, physiotherapists, and nutritionists.
- Establish on-campus labs for pathology and radiology services.
- Implement electronic health records for better care coordination.
- Increase counsellor-to-student ratios for timely mental health support.
- Develop peer counselling programs and safe spaces for mental health discussions.
- Integrate mental health screening into regular health checks.
- Scale mobile health clinics to serve remote and underserved areas.
- Set up health education centers promoting preventive care in communities.
- Develop chronic disease management and health insurance literacy programs.
- Use telemedicine to widen healthcare access via virtual consultations.
- Employ health information systems and mobile apps for wellness tracking.

- Use wearable devices to monitor fitness and chronic conditions.
- Intensify research on regional healthcare challenges and diagnostics.
- Explore AI in medical imaging and improve healthcare delivery models.

## ***Acknowledgments and Gratitude***

Deep gratitude is extended to the institutional leadership for their visionary guidance and resource support toward health initiatives. The dedicated medical and counseling staff ensure consistent, high-quality healthcare daily. Collaborative healthcare partners broaden community health outreach effectively. Medical specialists and consultants generously share their expertise and knowledge on disease prevention. The alumni community provides valuable support through student medical assistance funds. Student volunteers actively engage in health awareness and blood donation programs. Government health departments play a vital role in aligning policies and coordinating disease surveillance. Corporate donors contribute significantly to developing and sustaining campus healthcare infrastructure.

## *Photo Gallery*



*Balancing Academics and Wellness Workshop on 8<sup>th</sup> and 9<sup>th</sup> February, 2024*



*IEM-UEM group organized the IEM UEM Kolkata Marathon 2023 on 29<sup>th</sup> January 2023*



*Interdepartment football tournament was organised on 25th March 2023 by the sports department of IEM*



*IEM UEM Cyclothon 2023 in collaboration with NKDA, Telegraph, and CNG was organised on 5th March 2023*



*IEM organized a Girls' Chess tournament on 5th April 2023*



*Inter-department futsal tournament was organized at the IEM Management campus*



*Freedom Cup on 6th August 2023 in NKDA Stadium*



*The International Day of Yoga celebration on 21<sup>st</sup> June 2023*



*Blitz Futsal 2023 organised on occasion of Dr BR Ambedkar's birthday on Friday, 14th April*



*IEM-UEM Annual Sports Meet will organised on 3rd February 2024 at Kulberia play ground*



*Staff Cricket Tournament will organised on 4th February 2024 on Maya Chakrabarty Memorial Playground(Kulberia)*



*Intra-campus Volleyball Championship held on 24th February 2024*



*6th Annual Cyclotron was organized by UEM at Newtown*



*6th Annual Cyclothon was organized by UEM at Newtown, in association with Newtown Smart City, CNG, and Young Indians*



*IEM Inter department cricket tournament was held on 25th, 26th and 27th March 2024*



*Blitzz 2.0 is the second installment of the famous annual football tournament organised by IEM students*