

ICFAI Foundation for Higher Education

Report on

SDG 3 Good Health and Well-being



Preamble

Sustainability encompasses a paradigm shift in thought, behaviour, and operation that strives to fulfil the requirements of the current generation while safeguarding the capacity of resources to sustain future generations. The following are some essential aspects:

Social and Environmental Responsibility: Preserving natural resources, minimizing environmental damage, and minimizing carbon footprints are the primary objectives of sustainable practices.

Social equity: It is the practice of ensuring that all communities and individuals are treated fairly and equitably, and that decision-making processes take social justice and inclusiveness into account.

Economic viability: Sustainability aims to establish long-lasting economic systems that strike a balance between profitability and the adverse social and environmental consequences.

Innovation and adaptability: The adoption of innovation and adaptability is of the utmost importance in order to discover novel resolutions to preexisting challenges and effectively respond to evolving conditions.

Holistic approach: A holistic approach to decision-making entails taking into account the interdependencies among social, environmental, and economic factors.

Education and awareness: Advocating for education and raising awareness regarding sustainability contributes to the development of a responsible society and facilitates constructive transformation.

The university believes that through the implementation of sustainable practices across multiple domains, including resource management, policy formulation, business operations, and lifestyle selection, it is possible to strive for a more harmonious and balanced world that benefits both current and future generations.

IFHE believes and implements in the adage energy saved is energy produced.

About IFHE Hyderabad

The ICFAI Foundation for Higher Education (IFHE), Hyderabad, is a deemed-to-be university established under Section 3 of the UGC Act, 1956. Spread over a 91-acre, lush green campus, IFHE is one of India's largest multidisciplinary universities, with integrated programs across management (IBS Hyderabad—AACSB accredited), science & technology (IcfaiTech), law, architecture, and the social sciences. The institution is widely recognized for its student-centric, research-driven approach, robust international collaborations, and direct engagement with social responsibility and sustainability. Emphasizing "Learning for Leadership," IFHE has secured A++ NAAC accreditation and is consistently ranked among India's top private universities for management, law, and engineering.

The university campus is equipped with state-of-the-art infrastructure—including advanced classrooms, laboratories, digital learning hubs, residential hostels, sports facilities, and a strong network of faculty drawn from academic and industry backgrounds. With over 10,000 students and a strong alumni base, IFHE's teaching, research, and outreach focus on ethics, practical skills, problem-solving, and social impact—directly aligned with the UN SDGs, especially in water, health, innovation, justice, and partnerships.



Institutional Policy and Governance

The ICFAI Foundation for Higher Education places the physical and mental well-being of its campus community at the centre of its sustainability strategy.

Health, safety, and wellness are governed by three key institutional frameworks:

Health & Safety Policy : Ensuring safe campus operations, emergency preparedness, and first-aid readiness.

<https://ifheindia.org/anti-ragging-policy>

Handbook on Sexual Harassment of Women at Workplace (POSH Act 2013) – adopted and implemented through the Internal Complaints Committee (ICC).

<https://www.ifheindia.org/Handbook-on-sexual-harassment-of-women-at-workplace.pdf>

Anti-Ragging Norms and Ethical Code of Conduct – maintaining a zero-tolerance environment toward harassment or bullying.

All three operate under the Dean–Student Affairs and Campus Safety Officer with regular orientation and awareness drives.



Campus Health Infrastructure

The university maintains a comprehensive on-campus medical support system that includes:

- A 24 × 7 Health Centre with qualified medical officers and nursing staff.
- Ambulance services stationed on campus for emergency transport.
- Periodic health check-up camps for students, faculty, and staff.
- First-aid rooms in each academic block and hostel.

The facility maintains tie-ups with nearby super-speciality hospitals for advanced care. Health records and emergency response drills are reviewed each semester.



Health Awareness and Preventive Programmes

During 2024, multiple awareness programmes were organized across schools:

- **“EcoFlow – Promoting Sustainable Menstrual Health”** – awareness and hygiene drive for women students.
- **“Health and Hygiene Awareness Programme”** – session on personal cleanliness and nutrition.
- **“Mind Matters – Stress Management and Well-Being”** – seminar addressing emotional resilience.
- **“Yoga for Youth”** – workshop conducted on International Yoga Day emphasizing physical wellness.

These events were coordinated jointly by the **Centre for Sustainability Studies** and the **Counselling Cell** with active student participation.



Public Health and Community Outreach

IFHE's commitment extends beyond campus through outreach programmes:

- **Health Camps** in adopted villages under Unnat Bharat Abhiyan (UBA) offering free medical consultation and distribution of essential medicines.
- **“Walk for Well-Being”** and blood-donation drives conducted in collaboration with Red Cross Society.
- **Clean and Green Village Campaigns** promoting hygiene, waste segregation, and safe drinking water.

These activities reinforce preventive health education and community participation in rural health improvement.



Mental Health and Counselling Support

The **Student Counselling Centre** provides confidential psychological counselling, mentoring, and stress-management support.

Each student is attached to a faculty mentor under the institutional mentoring policy, ensuring continuous emotional and academic guidance.

Periodic “Mental Health Week” activities include art therapy, meditation, and talks on work-life balance.



Safe and Inclusive Campus Environment

A culture of safety and inclusion is maintained through:

- Regular POSH awareness sessions under the ICC.
- Anti-Ragging Workshops for first-year students.
- Display of emergency helpline numbers and grievance-redress posters in all hostels.
- Periodic safety audits of laboratories and residences.

These actions ensure gender safety, psychological comfort, and a respectful environment for all.



Research and Academic Integration

The *School of Business and Technology* integrates wellness and occupational health topics into coursework and research:

- Projects on work-life balance, mental-health awareness, and public health communication.
- Case-study development under AACSB themes linking business ethics with employee well-being.
- Participation in national seminars on Health and Technology Innovation (as listed in SDG 3, 8 & 9.docx).

These initiatives align pedagogy with the principles of SDG 3 and professional ethics.

Collaborations and Partnerships

Strategic collaborations have enhanced IFHE's health-related outreach:

- **Aster DM Healthcare** – expert session on Digital Transformation in Healthcare.
- **ACCESS Health International** – Colloquium on healthcare management and policy.
- **WE Hub (Telangana Govt)** – empowerment programme integrating women's health and entrepreneurship.

These partnerships combine academic discourse with applied learning in healthcare innovation.

Health Metrics and Performance Highlights (2024)

- 24 × 7 Health Centre functional with qualified staff.
- 2 medical camps conducted in UBA villages.
- 3 on-campus health-awareness programmes (EcoFlow, Hygiene, Stress Management).
- 150 participants in Yoga and Well-Being workshops.
- Mentoring coverage – 100 % students assigned faculty mentors.
- POSH and Anti-Ragging sessions held – Full coverage of new entrants.



Alignment with THE Impact Ranking Indicators

- 3.3.1 & 3.3.2: Health Centre operations and outreach health camps.
- 3.3.3: Awareness and education programmes on physical and mental well-being.
- 3.3.4: Collaboration with healthcare organizations (Aster DM Healthcare, ACCESS Health Intl.).
- 3.3.5: Mental-health counselling and faculty mentoring framework.
- 3.3.6: Gender-safety and anti-harassment policies under POSH Act 2013.

Conclusion

IFHE sustains a **holistic approach to health and well-being**—combining healthcare infrastructure, preventive awareness, inclusive policies, and research.

Through consistent engagement with communities and healthcare partners, the university nurtures physical, mental, and social wellness across and beyond campus.

These verified, measurable initiatives position IFHE as a model institution actively contributing to **Sustainable Development Goal 3 – Good Health and Well-Being**.