

Report on

Sustainable Development

Goal 3



GOOD HEALTH AND WELL-BEING

1. Institutional Overview

Swami Rama Himalayan University (SRHU), Dehradun, aligns its core mission with the UN's Sustainable Development Goal 3—**Good Health and Well-being**—through integrated healthcare services, medical education, research, and community outreach. With a flagship multi-speciality teaching hospital and diverse health sciences programs, SRHU provides a model for sustainable, quality-driven healthcare education and delivery. (Aligned with SDG Target 3.8, 3.c)

2. Quality

a. Healthcare Infrastructure & Services

- Himalayan Hospital, a 1,200+ bedded NABH-accredited super-specialty facility, is the largest private postgraduate teaching hospital in Northern India. (Target 3.8)
- It houses specialized facilities including Cardiac and Cancer Care, Dialysis, Nuclear Medicine, Eye Bank, and DOTS-Plus Centre. (Target 3.4, 3.3)
- Advanced diagnostic and treatment infrastructure includes 1.5 Tesla MRI, 128-slice Spiral CT, PET scan, and Gamma Camera. (Target 3.b)
- Patient-centric systems include an integrated patient portal for efficient appointments and records management. (Target 3.8)



b. Academic Excellence

- SRHU offers MBBS, MD/MS, Nursing, Paramedical Sciences, Clinical Research, Epidemiology, Hospital Administration and Yoga sciences programs with a strong focus on health education and applied medical sciences. (Target 3.c)
- Courses integrate public health, mental health, nutrition, and NCD management, reflecting global and national health priorities.

- Preventive health services and health awareness topics are also embedded into the curriculum to foster early intervention and community engagement. The curricula further address national and global priorities through a diverse array of core courses, electives, skill and capability enhancement programs, and interdisciplinary modules. These cover themes such as epidemic and pandemic preparedness, environmental sustainability, climate change impacts, global health systems, occupational diseases, mental health, and Covid-19. Additionally, the University incorporates focus areas like gender empowerment, access to safe water, malnutrition, population growth, and tuberculosis elimination, thereby aligning education with multiple SDG targets. (Target 3.4, 3.5, 3.7, 3.d)

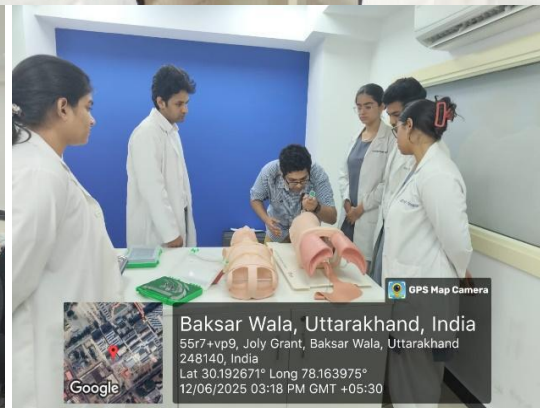
List of courses offering health education/awareness

[Click here](#)

- A rich curriculum comprising over 270 health-related programs (UG, PG, doctoral) across various schools. (Target 3.8)

c. Skills Development

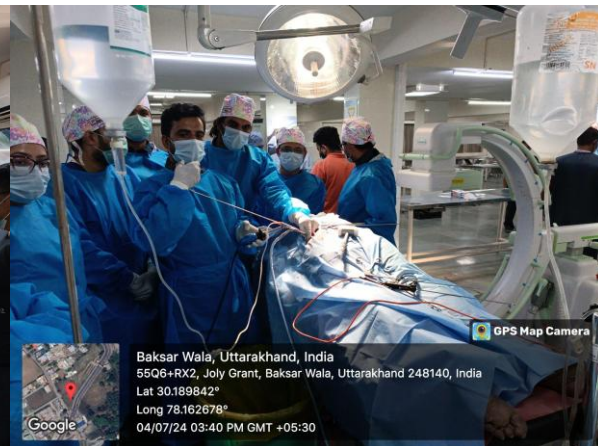
- The Skill & Simulation Centre of Excellence (SSCE) is the first in Uttarakhand offering hands-on training with high-fidelity manikins, simulators, and ACLS/BLS programs, ensuring practice-ready professionals. (Target 3.c)



Skill and Simulation Centre of Excellence (SSCE), SRHU

- Regular workshops and cadaveric trainings across domains like neonatology, trauma care, orthopaedics, surgery, and more. (Target 3.1,3.2)

Regular workshops and cadaveric training



Facility for projecting the surgical procedures and young delegates being guided during the Cadaveric workshop on Hip Arthroplasty

d. Research Excellence (Aligned with SDG Target 3.b)

SRHU demonstrates a robust culture of intramural and extramural research, driving innovation across a broad spectrum of health-related domains. Faculty and researchers have published extensively in SCOPUS-indexed journals, contributing to global knowledge in:

- **Non-Communicable Diseases (NCDs):** From breast cancer biomarkers and drug resistance in tuberculosis to cardio-metabolic research, multiple studies offer insights into disease trends, diagnostics, and therapies.
- **Cancer and Regenerative Medicine:** Cutting-edge work on cancer theranostics, proteasomal dysfunction, immunotherapy resistance, and regenerative solutions using natural compounds and nanotechnology reflects SRHU's scientific depth.
- **Infectious Diseases:** Research spans the burden and management of hepatitis, tuberculosis, rabies, and neonatal infections, emphasizing both clinical care and public health.
- **Community-Based Studies:** Investigations address maternal-child health, nutrition, adolescent awareness, and vaccination, with a strong focus on Uttarakhand's rural and tribal populations.
- **Yoga and Integrative Health:** Randomized controlled trials on yoga modules for stress, sleep, and autonomic balance among healthcare professionals showcase SRHU's leadership in evidence-based traditional medicine.
- **Pharmacology & Bioavailability:** Innovative formulations like zinc-coated curcumin and moringin-based anti-cancer studies underline the commitment to drug discovery and delivery optimization.

The university's research endeavours reflect a strong alignment with public health priorities and the Sustainable Development Goals, particularly in enhancing access to essential medicines, fostering innovation, and promoting community-centric solutions.

List of health related articles published in SCOPUS indexed journals [Click here](#)

- Projects like SANKALP (neonatal mortality reduction) show policy-impacting translational research. (Target 3.2)



Under the SANKALP initiative, a Co-development Workshop in Dehradun convened NHM officials, experts, and policymakers to strategize on reducing neonatal mortality. Swami Rama Himalayan University leads the Haridwar program, emphasizing training, innovation, and community outreach.



Two-day Simulation Lab Training under Sankalp project, guided by expert faculty from HIMS and HCN of Swami Rama Himalayan University.



Review meeting for the SANKALP initiative at the CMO Office, Haridwar on 16 May 2025



Meeting of Sankal team with Chief Secretary of Uttarakhand, Secretary, Department of Health Research & Director General of ICMR,

- Two endowment chairs are dedicated to cancer research, promoting innovation in diagnostics and treatment. (Target 3.4)



Swami Rama Chair in Cancer Research



Dr Aaron J. Ciechanover



Nobel Laureate

Technion Distinguished Research Professor
Ruth & Bruce Rappaport-Technion-I.I.T- Integrated cancer center
The Rappaport Faculty of Medicine & Research Institute Technion, Israel
Institute of Technology, Israel

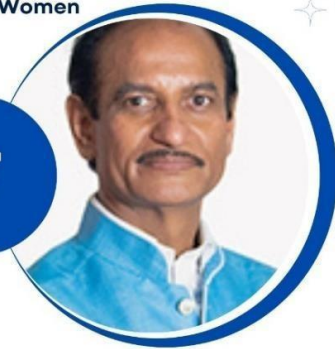
Chair Professor- Swami Rama Chair in Cancer, Swami Rama Himalayan University.



ENDOWMENT CHAIR in the field of Research in Breast Cancer in Young Women



Dr Rakesh Kumar



Chair Professor- Research in Breast Cancer in Young Women,
Swami Rama Himalayan University.

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- Research output includes indexed publications in Scientific Reports, Cellular Signalling, BMJ Case Reports, Journal of Surgical Oncology, etc. (Target 3.d)

3. Sustainability

a. AYUSH and Holistic Health

- SRHU integrates Yoga, Ayurveda, Naturopathy, and Homeopathy through its AYUSH Learning and Therapy Centre, promoting sustainable, low-cost, and culturally rooted healing. (Target 3.4, 3.5)



Panchakarma: A unique Ayurvedic therapy that blends prevention with cure, restoring balance and vitality naturally.

- Regular yoga sessions and stress management workshops are conducted for students and staff to promote mental well-being. (Target 3.4)



The School of Yoga Sciences conducts regular Yoga sessions for students well being

b. Environmental Integration

- The 200-acre green campus prioritizes energy efficiency and environmental health.
(Target 3.9)



Snippets of lush green campus

Swami Rama Himalayan University demonstrates strong environmental integration through several recent initiatives:

- **MoU for Climate Action & Sustainability:** Recently, SRHU signed a landmark MoU with the International Institute of Parliamentary Studies (promoted by Uttarakhand Vidhan Sabha), specifically highlighting collaboration in climate action and environmental governance.



SRHU signed a historic MoU with the International Institute of Parliamentary Studies, Research & Training, The collaboration will advance joint efforts in climate action, public health, women empowerment, rural innovation, and governance.

- **Recognition for Green Practices:** The University earned top honours in 2025 at regional sustainability forums, including the Platinum Award for green practices at the CII Northern Region and previously securing the Gold Award from CII for eco-friendly initiatives. Before this, SRHU was recognized as Renewable Energy Champion at CII-Northern Region Green Practices Awards, 19-20 December, 2024, Gurugram.

SRHU bagged the Platinum Award in the Service Category at the 4th CII Northern Region Green Practice Awards 2025, recognizing its strong commitment to environmental sustainability



SRHU recognized as Renewable Energy Champion at CII-Northern Region Green Practices Awards 2024

- **Green Energy Infrastructure:** SRHU invested in renewable energy by commissioning a 2.9 MW solar plant, significantly contributing to its clean-energy goals.



- **Campus-wide Eco Initiatives:** Most recently, the university's Harela plantation drive planted nearly 500 native saplings on campus, reinforcing environmental awareness and sustainability values



4. Impact

a. Community Engagement

- Through its Community Medicine department, HIMS, and Community Health Nursing department, HCN, Rural Development Institute (RDI) and partnerships with the State Health Department, Wipro Cares, and New Space India Ltd, SRHU implements maternal, child, and adolescent health interventions across underserved Uttarakhand villages, aiming to reduce maternal and child mortality. (Target 3.1 and 3.2)



Observation of health related days in the community and engagement of students and stakeholders for health awareness

- The University organizes vaccination drives, screening camps, and nutrition education sessions to strengthen disease prevention and early detection, directly supporting SDG Target 3.3 (ending communicable diseases).



Health screening camp in progress



Health screening of children and nutrition awareness session in progress

- For community engagement, the University conducts door-to-door awareness campaigns, ASHA worker training, health literacy sessions, and local stakeholder meetings, ensuring culturally sensitive and inclusive participation from women, adolescents, and marginalized populations—fostering ownership, trust, and sustained behavioural change at the grassroots level.



ASHA training program certificate distribution



communication with the community stakeholder



Community engagement at Anganwadi centre



Nutrition kit being provided to pregnant woman



Local stakeholder meetings, ensuring participation from women, adolescents, and marginalized populations

b. Capacity Building

- Introduced Diploma in Yogic Sciences & Holistic Health, promoting wellness-oriented education and community outreach. (Target 3.4, 3.c)

B.Sc Yoga Science & Holistic Health at HSYS



Enhanced Exposure

The program offers students the opportunity to attend seminars and develop their writing and presentation skills.



Practical Exposure

The program also provides practical exposure through visits to Ashrams, Ayurveda Hospitals, Yoga Centers etc.



Experiential Learning

Students get a chance to conduct classes in Hospitals, Schools, etc., to get real-world exposure and experience.



Applications of Yoga

Camps with Specialists, enable students to gain insights into the practical application of Yoga Science in various fields.

M.Sc. Yoga Sciences at HSYS



Integrative Research

Encourages integrative research for promoting the fusion of ancient and modern healing sciences.



Advanced Knowledge

The program offers advanced understanding of the philosophical and therapeutic knowledge of yoga.



Proficiency in Yogic Techniques

Enables yoga proficiency in designing customized programs for individuals with specific health conditions.



Diverse Career Opportunities

Opens doors to diverse career opportunities in healthcare, research, education, and entrepreneurship.

- Frequent clinical workshops, public lectures, and training programs build professional capacity and community health literacy. (Target 3.c)

c. Collaborations

- Over 40 national and international MoUs with partners like ICMR, CSIR, IOCL, Smile Train India, and American Heart Association. (Target 3.b, 3.d)
- Projects with organizations like DBT, ICMR, and BCIL further innovation in translational and regenerative health solutions. (Target 3.b)

List of ongoing collaborations with industry, research institutions and Hospitals [Click here](#)