



VIT[®]

Vellore Institute of Technology
(Deemed to be University under section 3 of UGC Act, 1956)

SDG 3 Good Health and Well-Being

Annual Report 2018-19

3 GOOD HEALTH
AND WELL-BEING



Ensure healthy lives and promote well-being for all at all ages

Vellore Institute of Technology

Vellore – 632014

Tamil Nadu, India

www.vit.ac.in

Report of VIT-Vellore Campus

GOAL 3: Good Health and Well-Being...

The United Nations Sustainable Development Goals (UN SDGs, also known as the Global Goals) are 17 goals with 169 targets that all UN Member States have agreed to work towards achieving by the year 2030. They set out a vision for a world free from poverty, hunger and disease.

Health has a central place in SDG 3 “Ensure healthy lives and promote well-being for all at all ages”, underpinned by 13 targets that cover a wide spectrum of WHO’s work. Almost all of the other 16 goals are related to health or their achievement will contribute to health indirectly.

The SDGs aim to be relevant to all countries – poor, rich and middle-income – to promote prosperity while protecting the environment and tackling climate change. They have a strong focus on improving equity to meet the needs of women, children and disadvantaged populations in particular so that “no one is left behind”.

Stronger Collaboration, Better Health: The Global Action Plan for Healthy Lives and Well-being for All

VIT has taken that numerous steps for stronger collaboration contributes to better health. Stronger collaboration is the path, but better health is the destination.

Engage, Accelerate, Align, Account

VIT follow Seven Accelerator theme to achieve SDG3. Ensuring healthy lives and promoting well-being at all ages is essential to sustainable development

1. Primary health care

Effective and sustainable primary health care is a cornerstone for achieving the health-related SDG targets and progress on the other accelerator themes. It provides a

platform for accessible, affordable, equitable, integrated, quality primary care and public health services for all, near where people live and work, linked to higher levels of care. It supports multisectoral action on health and engages people and communities in their own health and well-being.

- The institute recognises the service and dedication of the teaching and non-teaching staff members and offers them various welfare measures such as
 - Master health check-up for all Employees
- Round the clock on-campus health centre facilities to cater to the medical requirements of employees and their family members
- Women employees can avail 26 weeks of maternity leave

2. Sustainable financing for health

Sustainable financing enables countries to reduce unmet need for services and financial hardship arising from out-of-pocket payments by establishing and progressively strengthening systems to mobilize adequate resources for health and to spend them better to deliver more health for the money. For low-income countries where development assistance is significant, it also involves improving the effectiveness of external funding support.

Happy people are the most productive. The HR office explores and recommends welfare schemes like medical benefits, performance incentives, sabbatical leave, on-campus accommodation *etc.*, for faculty and staff. The Academic Staff College organizes relevant training programmes for the professional development of faculty. The proctoring scheme that operates under O/o Students' Welfare helps the students to resolve academic and personal problems. A team of counsellors in the Office of Students' Welfare is also available for psychological counselling.

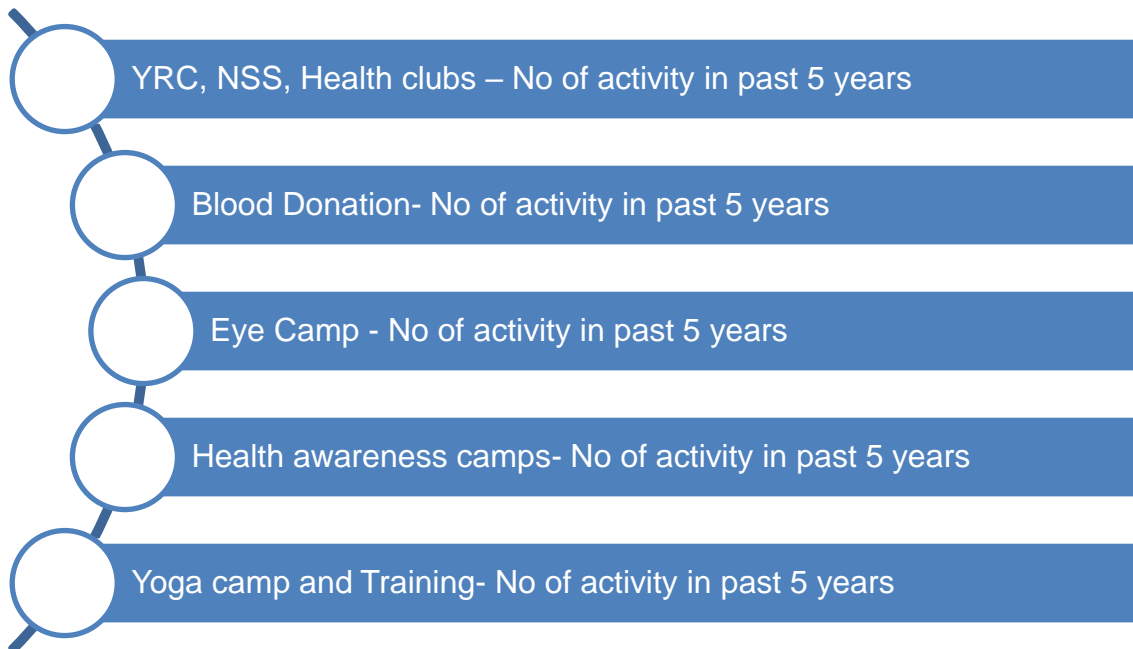
- Group Insurance Scheme for all VITians
- Mediclaim Insurance / Accident Policy for Employees and Dependents
- Employment Provident Fund & Gratuity

- LIC Pension Scheme
- Encashment of Earned Leave
- Residential accommodation in campus on subsidized rent, based on availability
- Admission at VIT for children of employees. 50% of the tuition fee is waived for the wards of non teaching staff to pursue higher studies in VIT. In addition, an educational allowance of Rs.5000 is provided to the wards of non-teaching staff (per child) irrespective of the number of children studying in educational institutions other than VIT

3. Community and civil society engagement

Ensuring that communities and civil society receive the support that they need to be meaningfully engaged enables them to bring their lived experience, perspectives and expertise to knowledge generation, policy-making and health responses that are rights-based, accountable and ensure that no one is left behind.

Specific Activities:



MoU signed with CMC, Vellore, Chettinad Hospital, Chennai, Ramachandra Hospital, Porur, Mohan Diabetes Center, Chennai, Aravind Eye Hospital Pondicherry.

4. Determinants of health

Addressing the determinants of health is vital to creating an enabling environment for health and well-being for all and ensuring that no one is left behind, including through rights-based and gender- responsive approaches, leveraging investments and action in sectors beyond health and maximizing gains across the SDGs.

1. Health care facility: <https://vit.ac.in/campuslife/healthservices>,
2. Counselling division : <https://vit.ac.in/campus-category/Counselling-Division>

5. Innovative programming in fragile and vulnerable settings and for disease outbreak responses

Ensuring that health and humanitarian services are available in fragile and vulnerable settings and responding effectively to disease outbreaks require multi sectoral coordination, long-term planning and financing, information sharing and strengthening of health system governance and workforce capacity. Action across the accelerator themes is needed to strengthen health services in these settings.

VIT has taken no of steps to inculcate the innovative steps towards strengthening outbreak responses through Students and Faculty as follows:

- **Startups: Health Care and Well Being**

Student Startup Company	Focused domain	Student Details
Alfaeous Pvt Ltd	This venture is developing innovative products in the medical devices domain	Mr.Sandal Kotawala
Ashva wearable Technologies Pvt Ltd	Builds intelligent wearable devices to overcome and augment natural human body capabilities	Ms.Anmol Ajay Saxena
Baked Goods from BSG	Making healthy and nutritious edible products from Beer spent grain	Mr.V.Harish
Punar Rehab Solutions	Building "Portable hand muscle training module" a rehab tool which combines robotics, IoT and data science to give a comprehensive approach to rehabilitation	Ms.Charmi Vinodbhai Pabar

Student Startup Company	Focused domain	Student Details
Bluhet Private Limited	Farm Automation and automatic nutrient dosing system for hydroponic farming	Mr.Tanmay M Prasad
Cleveron Techworks Private Limited	Development of Cognitive technology to facilitate effective clinical decision-making and service delivery	Mr.Venkata Krishnan
Illuminify Technologies Private Limited	Builds Text-to-Braille voice devices	Mr.Srinivasan Pranav Kumar
Lamark BioTech Private Limited	Development & Production of cold-chain Independent Proteins	Dr. Vaibhav Bhatia
Mediscient Devices(opc) Private Limited	To develop a complete functional waterproof wearable Insulin Injector- InsuPress	Karna Patel
Portable Dental Clinic	Developing portable units for dentists to help set up dental clinics with necessary instruments.	Surya M Rajendran
Smart IOT Based Algal/Bacterial Culture flasks	Developing IoT based shake flasks for bio-pharmaceutical industries, educational institutes and research laboratories.	S. Gomathi Nayagam
Symbiotic Tech Private Limited	Builds customizable, intuitive and affordable electro mechanical arm for trans-humeral amputees	Mr.Hariharan / Mr.Rishi Krishna Iyer Suresh
Tishya's medical Device Development Solutions Private Limited	Develops In vivo and Invitro fast Tissue Scanner (TissueXaner)	Dr.Ravikiran Manapuram / Ms.Sweta Patnaik
Uyiriyal Biotech Private Limited	Developing probiotic enriched millet based ready-to-eat fermented products	Dr. T. Geetha
Wogi India Private Limited	Building COVID-Free Micro Offices to unlock safe work in INDIA's offices	Prakhar Vaishnav
Xome Life Sciences Private Limited	Developing food intolerance test kits	Mr.Piyush Bhanu
The Meditube Media Pvt. Ltd	Web TV for Doctors	MR. S. NATARAJAN
Renaura Wellness Pvt. Ltd	WHO Certified Hand Sanitizer, Hard water Shampoo	Nishant Gupta & Palash Pandey

Student Startup Company	Focused domain	Student Details
3GS Wellness Pvt. Ltd	Stress Mobile: StressMobile is a tool that extricates myriad signals from voice and it uses the same for measurement of stress and other conditions	Mr. Nitin Agarwal
Mobile Veda	A simplified web platform for mobile value added services.	Mr. R. GANESH RAM
Param Health Foods Mohali- Punjab	Development of RTS Beverages like Pomegranate, Peach, Litchi, Pineapple, Mango and Ginger based health drinks.	Mr. Param Deep Singh
Virtis Bio Labs	Biotech contract research services	Mr. A. Devsenapathy and Dr. P.N. Shilpa
Plasmatech Solutions Pvt. Ltd	Expression and purification of proteins	Mr. Vignesh Narasimhan Janakiraman
Prayasta 3D Inventions Pvt. Ltd	Prosthesis/implants for augmentation of breasts in cancer patients	Vikas Garg & Shilpi Sen
Madras Mind works	Creates customized VR, AR based business solutions for Organization	Srinivasan & Sathyapriyan
Araciv Technologies Pvt. Ltd	Builds gesture controlled Human Machine interface devices	Adarsh Warriar and Abhishek Sathish

Medical Device Entrepreneur :

Medical Device Company	Focused domain	Student Details
<i>Cardea Labs and Cardea Biomedical Technologies Pvt. Ltd</i>	Atom - accurate tele-ECG on mobile Worlds first AR based portable ECG system which gives Cardiologist level interpretation using ML and AI.	Mr. Abhinav
Janitri Innovations:	Refurbishing Viable Technology to Enhance Maternal and Child Healthcare	Mr. Arun Agarwal

6. Research and Development, Innovation and Access

Research and innovation are critical to improving the quality and efficiency of health products and services, while sustainable and equitable access ensures better availability of healthcare interventions to those who need them most.

Research Publications: Good health and wellbeing

Publications	:	396
Citations	:	2577

7. Data and digital health

Quality and comprehensive data are key to understanding health needs, designing programmes and policies, guiding investment and public health decisions and measuring progress. Digital technologies can transform the way health data are collected and used and contribute to more equitable, rights-based health policies and primary health care services.

Currently VIT is engaged with Health and Well Being index through Survey instruments, once this Health and well Being Index is measured, institute will take appropriate steps to improve our health policies and primary health care services.

Report of VIT-Chennai Campus

1. Preamble

The following is a comprehensive report on ‘SDG 3 – Good Health and Well-Being’ for Vellore Institute of Technology Chennai (VIT Chennai). SDG 3 deals with ensuring healthy lives and promoting well-being for all of all ages to building prosperous societies. VIT Chennai promulgates a very high standard work culture that encompasses a healthy environment (physical and mental health) and social well-being.

2. Policies/Major decisions regarding SDG 3

The policies or major decisions regarding SDG 3 are elucidated as follows.



2.1 Health Centre

Fig.1 - Health Centre Block & Ambulance Facility

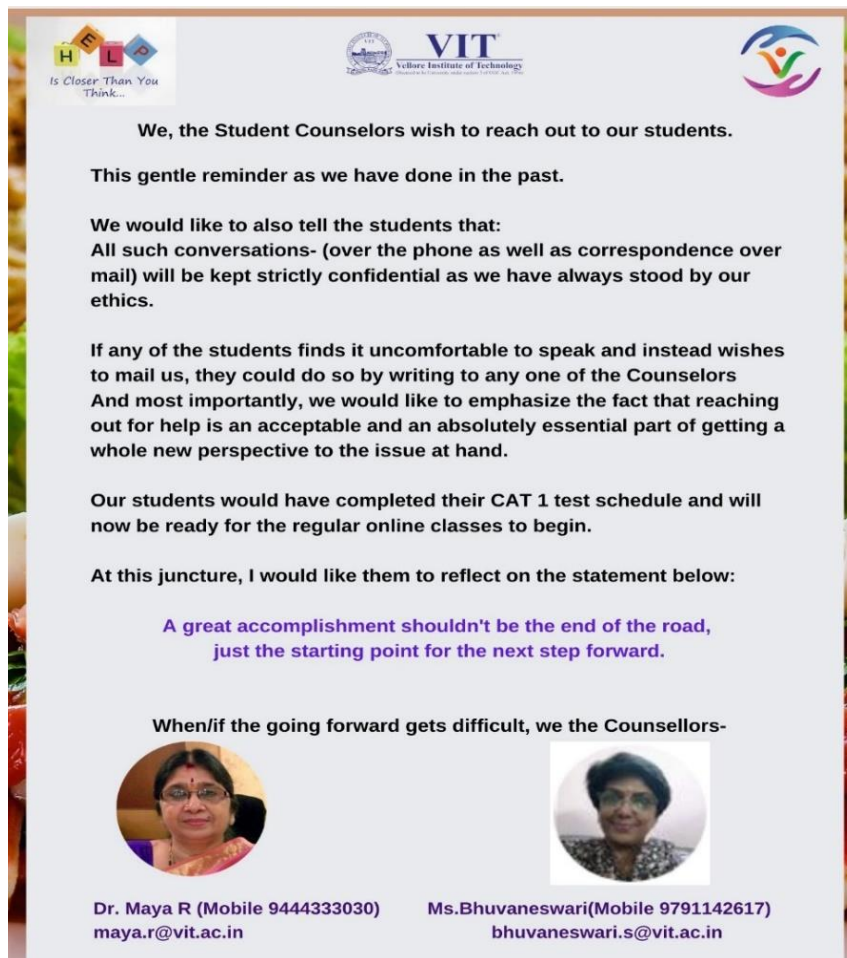
Chettinad Hospital & Research Institute (CHRI), a constituent college of Chettinad Academy of Research and Education (CARE), a Deemed to be University Under Section 3 of the UGC Act 1956 at Kelambakkam, Chennai through its primary health centre in the VIT Chennai provides round the clock primary (basic) health care services to all the students, staff and their dependents, faculty and their dependents and other employees working/residing at VIT Chennai. The Health Centre is located near the Academic Block-II (<https://chennai.vit.ac.in/campus/healthcentre/>). The primary health centre includes:

- Observation beds

- Consultation room
- Doctors and Staff Nurses
- Housekeeping facilities
- 2 Ambulances
- Emergency Help Line Number: 044-39931100

2.2 Students' Counselling

A sophisticated unit comprising of two counsellors who are specialized in Psychology are available at campus and online for providing necessary mental supports to students, faculty, and staff members. Counsellors are trained professionals who can respond to your concerns in an objective and non-judgmental manner. The counselling relationship is unique in that, it provides a safe forum for you to speak freely, knowing that what is shared will be kept private and confidential.



HELLO
Is Closer Than You Think...

VIT
Vellore Institute of Technology

We, the Student Counselors wish to reach out to our students.

This gentle reminder as we have done in the past.

We would like to also tell the students that:
All such conversations- (over the phone as well as correspondence over mail) will be kept strictly confidential as we have always stood by our ethics.


If any of the students finds it uncomfortable to speak and instead wishes to mail us, they could do so by writing to any one of the Counselors
And most importantly, we would like to emphasize the fact that reaching out for help is an acceptable and an absolutely essential part of getting a whole new perspective to the issue at hand.

Our students would have completed their CAT 1 test schedule and will now be ready for the regular online classes to begin.

At this juncture, I would like them to reflect on the statement below:

**A great accomplishment shouldn't be the end of the road,
just the starting point for the next step forward.**

When/if the going forward gets difficult, we the Counsellors-


Dr. Maya R (Mobile 9444333030)
maya.r@vit.ac.in



Ms. Bhuvanewari (Mobile 9791142617)
bhuvanewari.s@vit.ac.in

Fig.2 – Students' Counsellors

2.3 Fitness and Recreation – Yoga & Atrophic (Mental Health)

For wisdom in work, VIT organizes Yoga camps to decrease the entropy and confusion in the minds of students where mind, body and soul culminate into positive and perennial happiness and peace (<https://chennai.vit.ac.in/campus/sports/fitness/>).

2.3.1 Gymnasium

The Institute newest facilities for students include two gymnasias, one exclusively for men, and one exclusively for women. A central multi-facility piece of equipment enables several enthusiasts to work out at the same time. Girl students have a separate 4-station multi-gym. Both gyms are spacious and well equipped with modern facilities to enable comfortable and safety workouts and practices.



Fig.3 – Photograph of a Gymnasium at VIT Chennai

2.4 Prevention of Harassments

If any woman faculty, staff, or girl student has any grievance, including any kind of harassment, the same can be brought to the notice of the Convenor or any of the Committee Members of Internal Complaints Committee for necessary action and redressal.

Any physical/mental harassment towards fellow students including ragging, quarrelling, using abusive language and violent behaviour is strictly prohibited. Smoking is strictly

prohibited inside the entire campus and Hostel premises. Substance abuse is strictly prohibited

2.5 Medical Insurance

The Management is providing mediclaim coverage for the employees and their family for a sum of Rs. 2 Lakhs, and the premium for 2 lakhs is borne by VIT Chennai.

3. Academic details regarding SDG 3

The following courses are offered as part of B.Tech programs at VIT Chennai regarding SDG 3.

- HUM1021- Ethics and Values
- HUM1022 - Psychology in Everyday Life
- HUM1045 - Introduction to Psychology

4. Major events organised

4.1 Activities

The following are the programs conducted by the Academic Staff College (ASC), VIT Chennai for good health and well-being.

Table 1 – Programs conducted by the Academic Staff College

S.No.	Name of the Program	From	To	No. of Participants
1.	Socialness - a keyword for Success	20-12-2017	20-12-2017	34
2.	Use of Team Building exercises for enabling learning with fun	21-12-2017	21-12-2017	31
3.	ALOHA – A Life Of Happiness and Fulfilment	22-12-2017	22-12-2017	51
4.	Fun and Happiness in Work	05-03-2018	05-03-2018	52

4.2 Lectures organized relevant to SDG 3

- A Guest Lecture is organized by Dr. Priyadarshini J, School of Computing Science and Engineering on “Child abuse and Juveniles delinquency” for the course, HUM1721 – Ethics and Values for M.Tech, Software Engineering students on 09-10-2017. The lecture is delivered by Dr. Maya R, SSL, VIT Chennai, this session is very interactive and engaging, and students learnt a lot regarding adverse effect of Child abuse and Juveniles delinquency.



Fig.4 – Photograph taken during the Lecture on “Child abuse and Juveniles delinquency”

- A Guest Lecture is organized by Dr. Justus, School of Computing Science and Engineering on “Time Management and Health Care” on 22/10/2018. The resource person is Dr. Antony Jerald, Founder & CEO of MINDS (Multipurpose Integrated Developmental Society) Group, Chennai. Dr. J. Antony Jerald is one of the best of the Psychologist, Alternative Medical practitioner, HR practitioner and a Life coach. Dr. Jerald is an expert on the following Counselling & Psychotherapy topics: A) students-behavioral issues, adolescent issues, B) parental, family, marital and pre-marital relationship, C) stress management, D) corporate counselling / employee counselling. In this lecture, Dr. Antony Jerald talked about the importance of time and how to manage it efficiently. In addition, Dr. Antony Jerald focused on the health benefits and other associated health

care tips for students. Forty students have participated and benefited from this lecture.



Fig.5 – Photograph taken during the Lecture on “Time Management and Health Care”

- A Guest Lecture is organized by Dr. Ganesan, and Dr. M. Sivagami, School of Computing Science and Engineering on “Health Care and Analytics” on 14/12/2018 for M.Tech. CSE and Big data students and B.Tech., CSE students. The resource person for this lecture is Dr. Mohammad T. Khasawneh, Professor and Chair, Systems Science and Industrial Engineering Associate Director, Watson Institute for Systems Excellence Director, Healthcare Systems Engineering Center Graduate Program Director, and Executive Master of Science in Health Systems, Thomas J. Watson School of Engineering and Applied Science State University of New York at Binghamton.

4.3 Extension activities relevant to SDG 3

The following are some of the extension activities regarding SDG 3.

4.3.1 Number of extension and outreach programs conducted in collaboration with industry, community and Non- Government Organisations

Table 2 – Programs organized in collaboration with industry, community and Non-Government Organisations

S.No.	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the Scheme	Date	Number of students participated in such activities
1.	Blood Donation Camp 1 by NSS Club	NSS/co-organized by Blood Bank of Institute of Child Health and Hospital, Egmore, Chennai and Awakers NGO, Chennai	National Blood Policy	10.08.2017	1460
2.	Blood Donation Camp 2 by NSS/YRC Club	NSS& Health Club/co-organized by Blood Bank of Institute of Child Health and Hospital, Egmore, Chennai	National Blood Policy	21.12.2017	1570
3.	Blood Donation Camp by NCC Club	NCC/TN Medical NCC Unit	National Blood Policy	23.11.2017	1300
4.	School Outreach Program	OWASP/PSBB School, siruseri, Chennai	Sarva Shiksha Abhiyan (SSA)	08.03.2018	5
5.	Gastro Camp at VIT Chennai	Health Club/Chettinadu Super Specility Center	National Services Scheme	19.12.2017	60
6.	ENT camp at VIT chennai	Health Club/Chettinadu Super Specility Center	National Services Scheme	27.02.2018	55
7.	Say No to SAD Addiction	Health club / Mass Media and Society Group	Scheme for Prevention of Alcoholism And Substance (Drugs) Abuse	21.03.2018	304
8.	General Medical check up/ Eye Check up/Dental check up for Pungeri Village People, Thiruporur Union	NSS/Health/Chettinadu Hospital	National Services Scheme	22.02.2018	178

S.No.	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the Scheme	Date	Number of students participated in such activities
9.	Voters Enrolment Camp I	NSS/Revenue Officials	National Services Scheme	15.07.2017	20
10.	Voters Enrolment Camp II	NSS/Revenue Officials	National Services Scheme	29.07.2017	20
11.	Dental and Eye Camp at VIT Chennai	Health/Chettinad Health City	National Services Scheme	28.03.2018	119
12.	Computer for all - Week 1	Uddeshya - VIT Chennai/Team Everest NGO	Sarva Shiksha Abhiyan (SSA)	20.01.2018	5
13.	Computer for all - Week 2	Uddeshya - VIT Chennai/Team Everest NGO	Sarva Shiksha Abhiyan (SSA)	27.01.2018	10
14.	Computer for all - Week 3	Uddeshya - VIT Chennai/Team Everest NGO	Sarva Shiksha Abhiyan (SSA)	17.02.2018	8
15.	Computer for all - Week 4	Uddeshya - VIT Chennai/Team Everest NGO	Sarva Shiksha Abhiyan (SSA)	24.02.2018	6
16.	Saksham 2018	Enfuse/Chennai Petroleum Limited	Oil and gas awareness scheme	31.01.2018	57

S.No.	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the Scheme	Date	Number of students participated in such activities
17.	Car Free Sunday by Uddeshya	Uddeshya/The Hindu and Chennai Traffic Police	Go green policy	24.09.2017	66
18.	White Cane Day Activity for the visually challenged by YRC	YRC/Indian Association for Blind	Disability Scheme	01.11.2017	178
19.	Vigilance Awareness Week	Event Managers Club/Airport Authority of India	Awareness programme	01.11.2017	61
20.	Blood Donation Camp I	NSS/YRC/Madras Voluntary Blood Bureau (MVBB) , Indian Bank, Institute of Child Health & Hospital-Egmore, Kilpauk Medical College	National Blood Policy	27.10.2018	2100
21.	Blood Donation Camp II	NSS/Insitute of Child Health & Hospital-Egmore, Kilapuk Medical College	National Blood Policy	17.12.2018	1790
22.	Technical Workshop for Differently Abled Livelihood	Event Managers club/Indian Association for Blind	Disability Scheme	13.10.2018	56
23.	Dengue Awareness Program	Sports -Government Health Department, Kanchipuram	National Services Scheme	29.12.2018	130
24.	International Coastal Clean-up Day	NSS/Indian Coast Guard	Swachh Bharat	15.09.2018	131



S.No.	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the Scheme	Date	Number of students participated in such activities
25.	White Cane Day Activity for the blind by YRC	YRC/Indian Association for Blind	Disability Scheme	15.10.2018	191
26.	Fire Safety & Road Safety Awareness Programme	NSS/YRC/Tamilnadu Fire Services and Rescur Personnel and Thalambur Police Officials	Awareness programme	09.02.2019	250
27.	Election Rally	NSS/ Thiruporur and Mambakkam VAO	National Services Scheme	04.04.2019	20
28.	Vigilance Awareness Week	Event Managers Club/Airport Authority of India	Awareness programme	31.10.2018	56
