SDG 3

3.1. Research on Health and Well-Being
Publications within SDG 3: Health and Well-Being (2022-24)

Parameter	Data
Scholarly Output	1753
Field-Weighted Citation Impact	3.38
Citation Count	22,712

3 GOOD HEALTH AND WELL-BEING

Between 2022 and 2024, **Amrita Vishwa Vidyapeetham** made an extraordinary contribution to advancing **United Nations Sustainable Development Goal 3 — Good Health and Well-being,** through pioneering research at the intersection of medicine, technology, and societal impact. With an impressive **1,753 scholarly outputs** and a **Field-Weighted Citation Impact of 3.38**, Amrita's health sciences research stands significantly above the global benchmark, reflecting both excellence and innovation. The university's research portfolio spans transformative themes such as **COVID-19, Cancer Diagnosis**, Cardiology, and Diabetic Retinopathy, where advanced technologies including **Deep Learning, Convolutional Neural Networks, and Transfer Learning** are driving breakthroughs in early detection and clinical decision support. Through **555 international collaborations**, Amrita has strengthened global partnerships to accelerate medical innovation and improve patient outcomes worldwide. Garnering over **56,000 views and 22,700 citations**, Amrita's SDG 3 research exemplifies its leadership in using digital health, artificial intelligence, and compassionate science to enhance global health resilience and well-being.

3.3 Collaborations and health services

Amrita's Health Network: Local Roots, Global Reach

Amrita Vishwa Vidyapeetham has built a multi-tier healthcare partnership network to strengthen access to quality care. In 2024, Super Specialty Medical Camps were organized in remote areas such as

Marayoor, serving 746 patients, while tribal health teams reached Wayanad

communities. A formal collaboration with the Nagaland Government launched monthly specialty clinics, and the "TB-Free Haryana" consortium advanced infectious-disease control. Internationally, Amrita joined Stanford's SPARK Global Program, becoming the first Indian institution in the network. These initiatives collectively move India closer to universal healthcare.

Health for All: Amrita's Grassroots Wellness Crusade

Amrita's community health outreach delivers medical care and wellness education to vulnerable groups across India. In 2024, multi-specialty medical camps were held in rural villages, supported by specialized Ayurveda and eye-care services. The "MathruSparsham" initiative provided free heart surgeries for children, while the **Amrita Village Health Champions Training Program** certified 36 villagers from 15 states as community health advocates. With student volunteers from NSS and ALIVE, Amrita now

supports 101 villages through continuous engagement and follow-up care.

Safe and Supported: On-Campus Sexual Health Services

Amrita Vishwa Vidyapeetham ensures free, confidential, and comprehensive sexual and reproductive healthcare for students and staff. On-campus clinics provide contraceptive counseling, STI screening and treatment, and gynecological consultations. Educational workshops on reproductive health and consent are paired with individualized counseling and a 24-hour confidential helpline. The program promotes health literacy, personal safety, and inclusive medical access within the campus community.

Your Mind Matters: Free Mental Health Support for Students

Amrita's Bengaluru campus offers comprehensive, free mental-health services to every student. Individual counseling, group-therapy sessions, and a 24-hour crisis helpline provide safe, immediate access to care. Regular workshops on mindfulness and stress

management encourage help-seeking and reduce stigma. The initiative ensures that emotional well-being remains a core part of student life, reflecting Amrita's belief that education and mental health must grow together.

Supporting the Supporters: Wellness Network for Staff

Amrita extends its mental-health outreach to faculty and staff through programs such

as **Mastery Over Mind (MaOM)** and **Amrita Soukhyam**. By 2024, more than 1,000 employees participated in campus meditation, counseling, and psychiatric-care sessions. Dedicated helplines handled over 500 calls per month during peak stress periods, and workplace workshops promoted healthy coping and work-life balance. This system reinforces a culture of holistic wellness across Amrita's campuses.

Empowering Future Advocates: Workshop on Women's Health

To mark the 9th Ayurveda Day on **October 10, 2024**, Amrita's Department of

Gynaecology and Obstetrics conducted an awareness workshop for social-work students. The program focused on menstrual hygiene, PCOS management, breast and cervical cancer awareness, and reproductive health education. By training future social workers to address women's health challenges, Amrita strengthens community-level advocacy and reduces stigma around reproductive issues.

Building Resilience: Life Skills for Student Mental Health

In August 2024, Amrita's Mental Health Team under AMMACHI Labs and AIAR hosted interactive sessions for over 500 incoming students from computing and cyber-security programs. The workshops explored emotional regulation, stress management,

WISE
Amrita University's Center for Women's Empowerment and Gender Equality started the WISE (Women in Sustaining Environment) initiative in Karnataka, which aims to train rural women as Water

Ambassadors, i.e. champions for safe water management, by equipping them with relevant technologies and soft skills. Expected outcomes include improved household-level water management practices and strengthened community ownership of water systems.

Kenya Eye Care
In October 2024, Amrita University's Center for Women's Empowerment and Gender Equality launched a pilot eye-health

training programme in Samburu County, Kenya, Africa, training approx. 30 local women to identify and prevent common eye diseases within their communities. This initiative plays a crucial role in advancing women's empowerment by equipping them to serve as community health advocates in eye care.