



SDG 3: Good Health and Well Being

ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES

IITGN's dedication to addressing SDG 3 - 'Good Health and Well-being' is evident through a comprehensive suite of healthcare initiatives. These programs prioritise the physical and mental well-being of our students and staff, ensuring a sense of security and inclusivity. We extend medical insurance coverage to our community, alleviating the financial burdens of healthcare expenses. Specially-abled students receive financial aid, enabling mobility through automatic wheelchairs, thus promoting independence and confidence.

To provide immediate medical assistance, our campus has a 24/7 ambulance service, reflecting our commitment to timely and efficient healthcare. We have partnered with leading hospitals in Ahmedabad, ensuring access to top-quality medical care for our community members. Financial assistance is provided to mitigate the impact of substantial medical bills, reinforcing our commitment to our people's well-being. During the COVID-19 pandemic, we effectively managed the situation, creating safe spaces and providing nutritious food for everyone, safeguarding the health of our community. We actively participate in humanitarian initiatives such as blood donation camps, underscoring the importance of contributing to the greater good.

Furthermore, we ensure the consistent maintenance and accessibility of first aid kits in all hostels, promoting preparedness for any medical situation. These collective healthcare efforts exemplify our unwavering commitment to the well-being of our IITGN community, aligning with the principles of SDG 3 and reinforcing the importance of good health and access to quality medical care for all.

RESEARCH

Nearly 70 researchers at the institute have their research focus on health and well-being. More than 120 articles were published in reputed journals covering topics related to anticancer agents and therapies, clinical trials, phytochemicals from medicinal plants, health risks and groundwater, drug delivery systems, rheumatoid arthritis, autism, smart wearable devices, Parkinson's, health and nutrition service delivery, photopharmacology, antiviral drug resistance, nanobiomaterials, etc. in the years 2021 and 2022.

There is large ongoing research to ensure that pharmaceuticals are employed only where they are needed, with as few adverse effects and off-target consequences as possible. The review paper by Prof Dhiraj Bhatia titled Recent advances in nanoparticle-based drug delivery systems for rheumatoid arthritis treatment gives an overview of contemporary nanotechnology-based tactics for treating rheumatoid arthritis, as well as how the nanotherapeutic regimen could be enhanced in the future.

As Individuals with autism spectrum disorder (ASD) face milestones in understanding other's preferences and intentions that in turn affect their reciprocity and interaction skills during a collaborative partnership. Professor Lahiri U. advocates the use of digital-medium-based multiuser platforms to encourage learning of collaborative interaction skills among these children. In her article titled “Multiuser Digital Platform to Promote Interaction Skill in Individuals With Autism”, she with her team has developed a multiuser virtual-reality-based interaction skill learning platform (M-VISP) in which the users can interact with each other through turn-taking using the digital platform.

Study conducted by Rishiraj Adhikary, Zeel B. Patel Nipun Batra throws light on an important issue that is air pollution. Although it is a year-long problem in India, the news media limelight on the issue is periodic (temporal bias). They also highlighted that news media prefer to focus on the air pollution issue of metropolitan cities rather than the cities which are worst hit by air pollution (geographical bias). Also, the air pollution source contributions discussed in news articles significantly deviate from the scientific studies. They further suggested potential solutions as well as the policy implications of the problem

EDUCATION

IITGN's Curiosity Lab and Centre for Cognitive and Brain Sciences hosted 'Camp CogSci' from January 7 to 9, 2022, to introduce Cognitive Science, Artificial Intelligence and Neuroscience to students of classes 8th to 12th as well as teachers, parents, and scholars of education, to generate excitement, curiosity, and have fun during learning. Top academics from India and abroad addressed the workshop, which was coordinated by Prof Jaison Manjaly.

Phase 2022: IITGN, in collaboration with the University of Strathclyde, UK, organised the third edition of PHASE (Photonics for Health, Atmosphere, Safety and Education), during January 6-7, 2022. PHASE 2022 was a hybrid-mode Indo-UK workshop on Optical Sensing and Imaging with a wide range of expert talks, lab tours, and hands-on practical sessions. The event was coordinated by Prof Arup Lal Chakraborty (IITGN) and Dr Ralf Bauer (University of Strathclyde).

OPERATIONS

World-Class Sports Facilities and Athletic Excellence: At IIT Gandhinagar, we place great emphasis on physical fitness and sports as integral components of a healthy and balanced lifestyle. Recognizing the importance of allowing students to choose sports that resonate with their interests and abilities, we ensure equal opportunities for all to excel in their chosen disciplines. With this ethos in mind, we have established extensive sports facilities, fostering an environment where students can practise and attain professionalism in their respective sports.

New Sports Complex: The much-anticipated new Sports Complex of the Institute for various indoor and outdoor sports/activities is now functional with several state-of-the-art facilities, including Badminton Courts, Squash Courts, Table Tennis, Volleyball Court, Basketball Court, Yoga Hall, Gym, Climbing Wall, Football Ground, Cricket Ground, Athletic Track, and so on. The world-class facility is already attracting enthusiastic participation from students and the community. IITGN has always encouraged its community to adopt an active and healthy lifestyle, and these facilities would help them practise and attain professionalism in the sports/activity of their choice while ensuring their fitness and wellness.

Student Well Being initiative: IITGN lives by its “students first” motto. To strengthen further its support for every single student of IITGN, the Institute has initiated a new enterprise named “Student Well-Being”. As a part of this initiative, a team of committed faculty members offer a supporting hand to IITGN students for any of their concerns, be it academic or non-academic. The team also celebrated Student Well-Being Week during November 15-19, 2021, wherein students were encouraged to just walk-in and meet the team to talk and share any of their concerns.

Counseling Services at IITGN: Counseling at IIT Gandhinagar plays a pivotal role in nurturing the emotional and psycho-social well-being of our entire campus community, encompassing students, staff, and faculty members. Our dedicated counselling services provide comprehensive support and guidance, ensuring the mental and emotional wellness of all those associated with IITGN.

Our range of services includes crisis resolution, offering immediate assistance in times of need, and conducting comprehensive viva-voce sessions for undergraduate students. We collaborate with the Career Development Services (CDS) to provide career counselling, aiding individuals in making informed decisions about their academic and professional paths. Importantly, these services are available year-round, demonstrating our unwavering commitment to our community's well-being. Group counselling and therapy sessions provide a safe space for individuals to explore and address various challenges they may encounter. We also conduct gender sensitivity training, fostering a more inclusive and understanding environment within the campus.

In addition to these core services, Counselling at IITGN organises a variety of activities and workshops aimed at enhancing emotional and social well-being. Our services extend to psychometric and personality testing, guiding individuals in understanding their strengths and areas for growth. We also provide direction to suitable resources available on campus, encompassing academics, extra-curricular activities, and social life.

Moreover, we play a key role in facilitating the orientation of undergraduate and postgraduate students, ensuring they have a smooth and informed transition into our institution. Our approach is underpinned by a set of guiding values, which include empathy and trust, non-judgmental support, fostering self-reliance, and absolute confidentiality. These values form the bedrock of our counselling services, embodying our commitment to providing a safe, supportive, and empathetic environment for our campus community."

Hostel and Housing Sanitation, Hygiene, and Maintenance: We uphold the highest standards of cleanliness and hygiene in our hostels and housing facilities. These areas undergo daily cleaning routines

to ensure a pristine living environment. Additionally, we conduct periodic fogging to prevent the outbreak of diseases, maintaining the well-being of our residents. All rooms are well-ventilated, further enhancing the overall quality of life for our students and staff.

COMMUNITY OUTREACH

In yet another initiative towards community outreach, IITGN has started Medical Camps at the construction workers' colonies, which are held on a weekly and rotational basis in one of the labour colonies. Every time they serve approximately 40-50 workers and their family members. These camps are running successfully with persistent and diligent efforts by Dr Riya Saini and the medical staff of the Institute.

NYASA arranged a regular vaccination program for kids with the help of the Public Health Centre, Palaj. The medical centre team of IITGN was also made available for construction workers. Reusable and one-time-use sanitary napkins were procured and distributed in the workers' colony through the assistance of AVNI and the Desai Foundation.

IIT Gandhinagar as an institution has always believed in the general health and well-being of not only our community members but also of our neighbours. Sanjeevani, the flagship event of Nyasa, is a health camp that brings together people from villages, community workers and doctors to a common point where they can interact, engage and resolve their health issues. During the previous Sanjeevani, we had several health camps conducted within the villages. However, since IIT Gandhinagar has always been welcoming and open to its surroundings, this time we hosted Sanjeevani on our campus with families and children coming from neighbouring villages including Basan, Lekawada, Alampur, Siholi and Rampura. The event was conducted in Academic Block 7 at IIT Gandhinagar with each of the classrooms being converted into a check-up room for a certain specialty. The specialties covered the General Physician, Ophthalmologist, ENT specialist, Dermatologist, Gynecologist, Paediatrician, Orthopaedic surgeon, Physiotherapist, and Dentist. There were more than 450 beneficiaries of the program and nearly 40 doctors and supporting staff, along with volunteers from MSU and IIPH G conducted the program. Different stalls and awareness programs were conducted that included Nutrition and Physical Fitness and First Aid, Hygiene, Waste Disposal and safe drinking water, Diseases (Diabetes, and Cancer), Nasha Mukti, AIDS Awareness, Men's health and wellbeing, Women's health and wellbeing, Child's health and wellbeing, Farmer's awareness, NEEV, Centre for creative learning (CCL). Blood donation camp was also held in which 45 students donated blood. Yoga was introduced for the first time in the Sanjeevani health mela.

The discipline of Humanities and Social Sciences initiated the Medical Humanities Colloquy. The first talk in the series was delivered by Dr Vinia Dakari, Adjunct Lecturer, National and Kapodistrian University of Athens, Greece, on Aug 13, 2021, and the second talk was delivered by Dr Arthur Rose, Postdoctoral Research Fellow, University of Exeter, UK, on Sep 14, 2021. Prof Arka Chattopadhyay and HSS doctoral candidate Swati Joshi are the coordinators of the colloquy.

The Physical Education Section organised a virtual Summer Championship from June 28 to July 31, 2021. For this, the entire student community was divided into four groups namely: Aakash, Agni, Naag, and Prithvi. Each week, the participants competed amongst each other by performing several fitness

exercises. Moreover, the championship also conducted competitions such as chess tournaments, running challenges, and sports quizzes through various online platforms.

IITGN student in District Football team: Saniya Patwardhan, a BTech student at IITGN, was selected as the main goalkeeper in the Gandhinagar District Football Association's Senior Women's team for the inter-district tournament held from Sep 21-27, 2021.

Dr Chandan Kumar Jha, a PhD alumnus and now a Postdoctoral Fellow at IITGN, has won the prestigious INAE Young Innovator & Entrepreneur Award 2021 for developing a highly sensitive and reliable instrumented glove that is helpful in faster therapy and rehabilitation of patients suffering from disabilities due to stroke and cerebral palsy.

Halla Bol, an annual student-run gaming event, was held from Oct 14-26, 2021, and saw participation from more than 750 community members of the Institute. A total of ten games were played during the course of 13 days with the teams consisting of students, faculty, and staff. The event serves as a forum to nurture healthy interaction and interpersonal relations among the community members.

6th edition of Disha Cup: The Physical Education Section of the Institute organised the sixth edition of the Disha Cup, the annual cricket tournament for its outsourced workforce, from March 11 to 13, 2022. This time, the Institute also introduced a volleyball tournament to the event. A total of 220 support staff of the Institute, including security guards, maintenance staff, mess workers, office boys, housekeeping staff, drivers, horticulture staff, groundsmen, hostel facility staff, shop employees, and laundry staff, participated in the tournaments.

Beat The Warden Challenge: On the occasion of Republic Day, the Physical Education Section organised a running event called 'Beat the Warden Challenge'. The IITGN community participated enthusiastically to complete a 5 km run in less than the time taken by the Hostel Warden, Prof Chandan Kumar Mishra.

Intra College Sports League: Continuing the tradition of organising several leagues for the IITGN community members, the Sports Council organised a series of sporting events such as Cricket Combat League, League of Football Players, Badminton Super League, Srija Memorial League, ATHE League, Intra Institute Table Tennis League, and IITGN Basketball League, from March 14 to April 3, 2022.

IITGN Cricket League: On May 30, 2022, IITGN commenced the IITGN Cricket League (ICL) with the objective to bring together cricket enthusiasts from different corporates and institutions in the vicinity and give them a memorable experience of playing a professional tournament. The 18-matches league was played between 12 teams in the new cricket ground at IITGN. ONGC emerged as the winner of the league in the final match played with Gujarat Secretariat on June 28, 2022.

The IITGN community celebrated the 8th International Day of Yoga with great energy. The demonstration and practice of yogasanas in the morning was followed by two insightful sessions on "Relevance of Yoga in Everyday Life" by Prof Nitin Padhiyar, IITGN and Hemant Shah, an independent yoga instructor.

The Physical Education section organised a League of Residents for the IITGN staff, faculty members and their families from May 6-8, 2022. The three-day event included several sports and games such as football, cricket, badminton, table tennis, walkathon, sack race, relay race, parent- kid doubles badminton championship, tour de IITGN cyclothon, parent- kid table tennis doubles, etc.

IITGN organised a one-month Squash Coaching Camp from May 23 to June 23, 2022, at the newly built Sports Complex of the institute. For the first time, the coaching camp and squash courts at the Institute were made available for external participants as well, including participants from neighbouring villages. The one-month-long squash camp was led by Mr Mukesh Rai, a Squash Racket Federation of India (SRFI) certified coach from Delhi.

The Institute also hosted World No 1 girls junior badminton player Ms Tasnim Mir on May 2, 2022. She visited IITGN's newly built Sports Complex, interacted with the Institute community in a Q&A session, and played an exhibition match in the new badminton court.

Webinar series on "Robotics for Rehabilitation and Elderly Care": This webinar series brought experts from medical, social science, and engineering domains to contemplate the benefits and limitations of such intervention in the assessment and monitoring of disabled and elderly health. The focus of this online series is to update with the current understanding and state of the art research work on Robotics for Rehabilitation and Elderly Care. The online series covered a variety of topics by eminent researchers around the globe on Biomechanics, dynamics of human-robot cooperation, human movement control, movement disorders, rehabilitation strategies, robotic exoskeletons, dynamics, control and optimization. More than 700 participants attended the seminar series, consisting of 5 webinars conducted over a period of two months, from January to March 2021.

Our annual events, including Blithcron, Amalthea, Hallabol (our gully sports competition), and the Winter Carnation, consistently draw enthusiastic participation, bringing together a multitude of individuals from our community. These events serve as a welcome break from the daily routine, offering unique opportunities for engagement and involvement in various activities. In doing so, they play a vital role in contributing to the overall well-being of our community members, creating a vibrant and dynamic campus life that encourages personal growth and a sense of belonging.

In a humble tribute to Mahatma Gandhi on the eve of his birth anniversary, the Indian Institute of Technology Gandhinagar (IITGN) orchestrated a massive cleanliness drive in the neighbouring Palaj village. This initiative, named "Ek Tareekh-Ek Ghanta," was an integral part of a series of activities held during the two-week "Swachhata Pakhwada" celebration under the theme of "Swachhata hi Sewa." Over 100 members of the IITGN community, including students, faculty, and staff, dedicated one hour of 'Shramdaan' to cleanse the Palaj village and played a vital role in raising awareness among the villagers about the significance of maintaining cleanliness in our immediate surroundings, exemplifying our commitment to community well-being."