



SDG 3: Good Health and Well-being

GD Goenka University – Sustainability Initiatives and Achievements

3.3.4 - “Does your university as a body provide students access to sexual and reproductive health-care services including information and education services?”

Yes, University as a body provide students access to sexual and reproductive health care services including Information and education services

GD Goenka University is committed to promoting the health, safety, and well-being of all its students, and this includes ensuring comprehensive access to sexual and reproductive health-care services. The University provides students with confidential counselling and guidance through its Health Centre and Counselling & Wellness Cell, where trained medical professionals and counsellors offer support on reproductive health, menstrual health, contraception awareness, safe sexual practices, and emotional well-being.

Additionally, the University regularly conducts health-awareness workshops, gender-sensitization programmes, and seminars on reproductive and menstrual health, often in collaboration with qualified external health experts. These initiatives ensure that students receive accurate information, evidence-based education, and the opportunity to ask questions in a safe and stigma-free environment.



The on-campus Medical Centre provides first-level health services, including consultations, essential reproductive health support, and referrals to partnered hospitals when specialized care is required. Sanitary napkin dispensers, menstrual hygiene support, and awareness drives further reinforce the university's commitment to student well-being.

Through these services and initiatives, GD Goenka University ensures that all students have reliable access to sexual and reproductive health care, information, and education—reflecting its strong alignment with SDG 3: Good Health and Well-Being and its dedication to creating a healthy, informed, and supportive campus environment.

GD Goenka University provides students with access to sexual and reproductive health-care services, education, and counselling. The Department of Psychology regularly conducts awareness programs, workshops, and interactive sessions through Uplearn academy that is focused on adolescent health, menstrual hygiene, emotional well-being, safe relationships, and reproductive rights. Certified healthcare professionals and faculty experts from the School of Healthcare and Allied Sciences lead these initiatives to ensure medically accurate and culturally sensitive guidance. Students also have access to on-campus medical support, confidential counselling services, and referral pathways when needed. By fostering an environment of trust, respect, and knowledge, the University empowers students to make informed decisions about their health, contributing to their overall well-being and long-term personal development.

GD Goenka University (GDGU) is committed to promoting health and well-being among students and the community, aligning with SDG 3: Good Health and Well-being. Under indicator 3.3.4, the university has undertaken multiple initiatives focusing on sexual and reproductive health education, adolescent health, and hygiene awareness.

Key Initiatives and Evidence

1. Comprehensive Health Program on Adolescent and Reproductive Health

Event Title: Empowering Adolescents through a Comprehensive Health Program

Date: 19 September 2023

Venue: Government Girls Senior Secondary School, Sohna

Organized by: GD Goenka University, Department of Public Health

Description

GD Goenka University conducted an outreach program focused on adolescent and reproductive health awareness for school-aged girls. The session was facilitated by university faculty members and MPH students. Topics covered included menstrual hygiene, safe reproductive health practices, and the importance of early awareness.

The programme encouraged open and interactive discussions, allowing participants to express concerns, clarify doubts, and engage in a supportive environment.



Impact

- Increased awareness and understanding of menstrual and reproductive health among adolescent girls.
- Encouraged open dialogue on sensitive topics, contributing to reduced stigma.
- Improved confidence among participants to manage their reproductive health and make informed decisions. [\[3.3.4 evidences | PDF\]](#)

2. Webinar on “Sexual Well-Being in Youth” (World Health Day 2024)

Event Title: Webinar on “Sexual Well-Being in Youth”

Date: 7 April 2024

Venue: Online

Organized by: NSS Unit, GD Goenka University, in collaboration with the Department of Public Health

<https://www.gdgoenkauniversity.com/nss>



Description

As part of the World Health Day 2024 activities, GD Goenka University conducted an online webinar focusing on sexual well-being among youth. The session addressed key aspects of sexual and reproductive health, including safe practices, emotional well-being, and the importance of informed decision-making.

The webinar incorporated interactive discussions, enabling students to ask questions, clarify doubts, and engage in a safe environment guided by qualified resource persons.

Impact

- Enhanced understanding of sexual and reproductive health among participating students.
- Encouraged responsible and informed behaviour regarding sexual well-being.
- Provided a confidential and accessible platform for students to discuss sensitive topics without stigma. [\[3.3.4 evidences | PDF\]](#)

3. Health Literacy and Hygiene Education Programs (2024)

Events:

- Health Literacy Program at Sohna Dhani Government School
- Hygiene Awareness Program at Aravali School, Bhondsi

Dates: 12 March 2024 & 18 July 2024

Description

In 2024, GD Goenka University continued its commitment to community health promotion through a series of health literacy and hygiene education programs conducted in nearby schools. The sessions were led by faculty members and public health students, focusing on essential topics such as personal hygiene, menstrual hygiene management, nutrition, and prevention of common communicable diseases.

The activities incorporated practical demonstrations, visual posters, and interactive learning tools, enabling schoolgirls to better understand the importance of maintaining hygiene and adopting healthy daily practices. The engaging format ensured active participation and encouraged students to ask questions and clarify misconceptions.

Impact

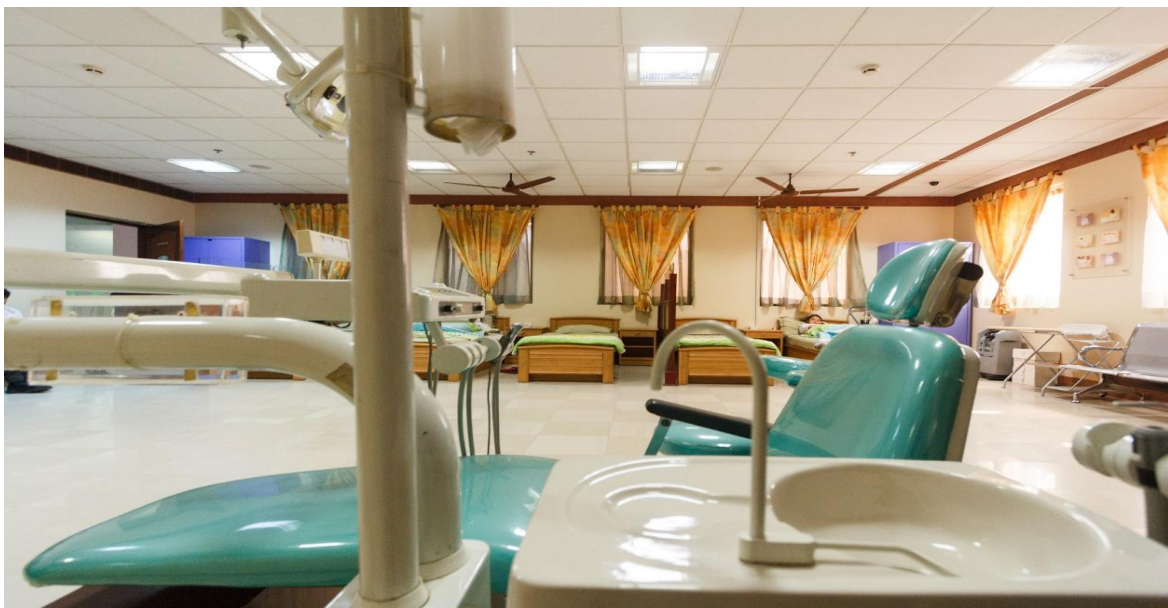
- Strengthened awareness among schoolgirls regarding the critical role of hygiene in overall and reproductive health.
- Supported behavioural changes by motivating students to adopt safe hygiene practices consistently.
- Fostered a positive, informed attitude toward menstrual health and personal well-being.[\[3.3.4 evidences | PDF\]](#)



1. **Opening of GD Goenka Health and wellness center:** On April 17, 2024, we celebrated the inauguration of the Park Hospital Outpatient Department (OPD), marking a pivotal moment in our journey towards a healthier future together. This collaboration with Park Hospital signifies a remarkable stride in elevating healthcare services for our students, faculty, and the local community. The OPD will be a beacon of high-quality healthcare, offering consultations, diagnostics, and specialised medical care, all geared towards enhancing the overall well-being of our university community. [Opening of GD Goenka Health & Wellness Center](#)



Health check-up camp at various interval as in collaboration with fortis hospital vartha is being organized twice a year. [link to website](#)



Infirmary

GD Goenka University, our commitment to faculty/staff well-being is paramount. That's why we offer a comprehensive health care facility that operates round the clock, ensuring access to qualified physicians and physiotherapists whenever needed. Our fully equipped infirmary provides primary healthcare services, ensuring students' medical needs are promptly addressed at any hour. Additionally, we provide a complimentary ambulance service for medical emergencies, available 24/7 to residents of GDGU Campus, Parker, Residency, and TDI, ensuring swift and reliable assistance in times of need. [Work Culture @ Wellbeing](#)

Hospital Tie-Ups

GD Goenka University, we prioritize the health and well-being of our community members. To ensure access to quality healthcare, we have established partnerships with various hospitals in Sohna and Gurugram. As a Goenkan, you benefit from exclusive discounts on outpatient consultations at esteemed institutions such as Medanta, Fortis, Ahuja Eye Hospital, Vardan, Aarvy, and Vardan Hospital. Furthermore, we actively promote preventive healthcare by organizing health check-ups camps for our employees and staff. These initiatives underscore our commitment to fostering a healthy and thriving community within the GD Goenka University family.

Counselling Centre for Well-being

GD Goenka Centre for Well-being, we prioritize the emotional health and resilience of our employees. Through our comprehensive program, we offer both complementary and private counseling sessions tailored to individual needs. These sessions, whether conducted one-on-one or in a group setting, are designed to foster an emotionally secure environment where concerns regarding mental and emotional well-being can be openly addressed.

Our dedicated counselors work collaboratively with employees to explore and leverage personal strengths, empowering them to effectively navigate life's challenges. By emphasizing proactive approaches to emotional wellness, we strive to cultivate a supportive workplace culture where every individual feel valued, heard, and equipped to thrive.



International Yoga Day Celebration – 21 June 2024

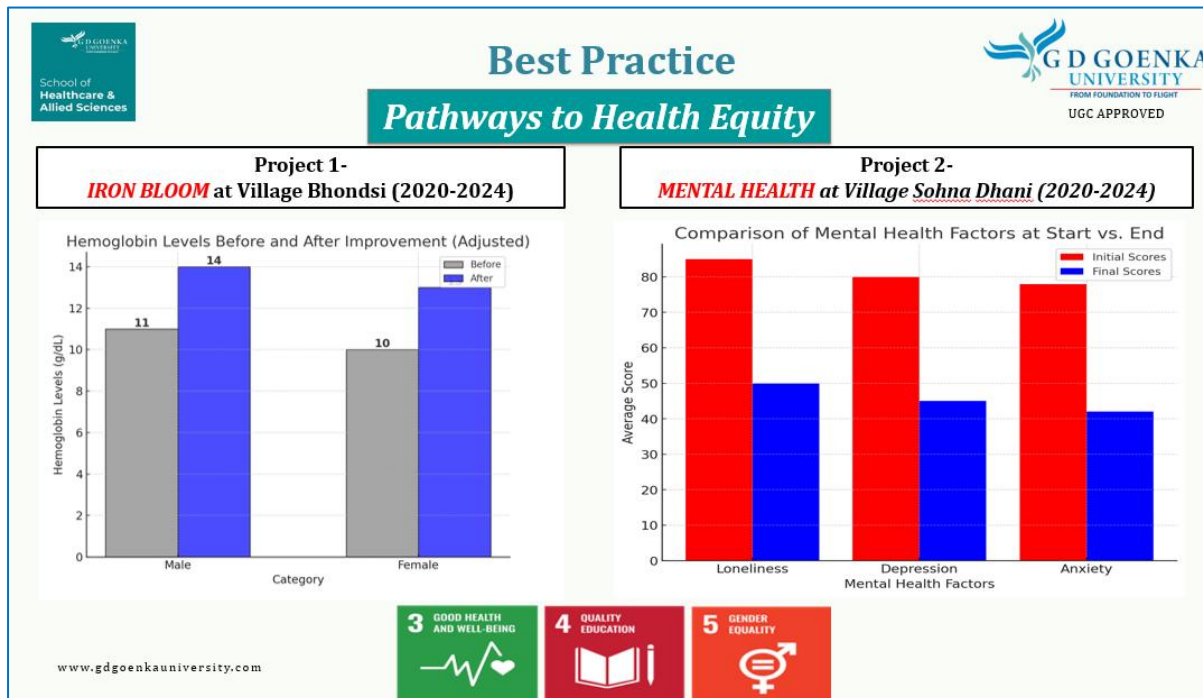
International Yoga Day was celebrated with great enthusiasm at GD Goenka University on 21 June 2024. The NSS Unit organized a special yoga and meditation session for faculty, staff, and students in the campus courtyard, creating a calm and engaging atmosphere.

The session featured two distinguished resource persons: **Dr. Vijata Arya**, Yoga–Naturopathy Doctor and Managing Director at Kayakalp Yoga Prakritik Chikitsalaya, Sohna Gurugram, and **Brahmakumari Sister Alka**, Meditation Specialist and Public Speaker.

Dr. Vijata Arya led the yoga session, guiding participants through foundational postures and emphasizing the transformative power of yoga in attaining inner balance and overall well-being. The event concluded with a soothing guided meditation conducted by Sister Alka, helping participants experience relaxation, mindfulness, and mental clarity.

The celebration served as a meaningful tribute to India's rich yogic heritage and reinforced the university's commitment to promoting holistic health and wellness on campus.





The initiatives undertaken by GD Goenka University align strongly with SDG 3.3.4 as they promote sexual and reproductive health education, gender-responsive health literacy, and preventive health awareness among students and the broader community. Through targeted outreach, interactive workshops, and expert-led sessions, the university ensures that learners receive accurate, age-appropriate information essential for making healthy and informed decisions.

Conclusion

GD Goenka University's proactive initiatives in adolescent health and reproductive health education clearly demonstrate its commitment to achieving SDG 3.3.4. Through targeted outreach, interactive learning sessions, and collaborations with community partners, the university has created meaningful and measurable impact. These efforts have contributed to:

- Enhancing awareness and understanding of reproductive health among young girls.
- Reducing stigma and encouraging open dialogue on sensitive health topics.
- Promoting sustainable and informed health practices that support long-term well-being.

These actions reflect the university's dedication to fostering a healthier, well-informed, and empowered community.