



**Centurion
UNIVERSITY**

Shaping Lives...
Empowering Communities...



Times Higher Education
**Sustainability
Impact Network**



SUSTAINABLE DEVELOPMENT GOAL 3 GOOD HEALTH & WELLBEING



**SUSTAINABLE
DEVELOPMENT
GOALS**

- 1** NO POVERTY
- 2** ZERO HUNGER
- 3** GOOD HEALTH AND WELL-BEING
- 4** QUALITY EDUCATION
- 5** GENDER EQUALITY
- 6** CLEAN WATER AND SANITATION
- 7** AFFORDABLE AND CLEAN ENERGY
- 8** DECENT WORK AND ECONOMIC GROWTH
- 9** INDUSTRY, INNOVATION AND INFRASTRUCTURE
- 10** REDUCED INEQUALITIES
- 11** SUSTAINABLE CITIES AND COMMUNITIES
- 12** RESPONSIBLE CONSUMPTION AND PRODUCTION
- 13** CLIMATE ACTION
- 14** LIFE BELOW WATER
- 15** LIFE ON LAND
- 16** PEACE, JUSTICE AND STRONG INSTITUTIONS
- 17** PARTNERSHIPS FOR THE GOALS

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Executive Summary

Centurion University is deeply committed to advancing **SDG 3: Good Health and Well-Being** through an integrated model that **connects education, innovation, and community healthcare delivery**. Guided by the vision of “Shaping Lives and Empowering Communities,” the University embeds physical, mental, and social well-being across all aspects of academic, research, and outreach programs.

In 2024, Centurion University reached over 100,000 beneficiaries through its flagship initiatives - Healthcare on Wheels, Vision Care on Wheels, and Community Health Camps - delivering 15,000+ eyeglasses, 20,000 free health check-ups, and 1,000+ tele-consultations to underserved rural and tribal communities. Through partnerships with Ashwini, Kalinga, SUM, and Ruby Hospitals, more than 350 students gained practical experience in diagnostics, optometry, and physiotherapy, reinforcing Centurion University’s model of learning through service.

Centurion University’s collaborative healthcare ecosystem extends from the local to global - with alliances including Essilor International, Western Sydney University, Dassault Systems Foundation, and the AYUSH Ministry. These partnerships advance clinical training, predictive healthcare research, and affordable therapeutic development, linking academic knowledge with tangible social impact.

The University also prioritises mental health, women’s health, and preventive fitness as integral to overall well-being. In 2024, more than 3,000 students and staff benefited from counselling, yoga, and mindfulness sessions under the “YOGOTSAV” campaign, while women’s health programs reached 3,150 students through awareness workshops and free consultations. Centurion University’s sports and fitness initiatives engaged 1,000 participants annually, promoting holistic wellness and health equity across rural Odisha.

Centurion University’s 5 Pillars of Health Impact - Clinical Training, Preventive Care, Community Outreach, Mental Health, and Women’s Well-being - ensure that every health intervention contributes to learning, livelihood, and systemic and lasting social change. By making health

education accessible, practical, and inclusive, the University advances multiple global goals, including SDG 3 (Good Health and Well-Being), SDG 4 (Quality Education), SDG 8 (Decent Work and Economic Growth), and SDG 10 (Reduced Inequalities). Centurion University’s approach - education for empowerment, health for humanity -redefines how a university can contribute to community health and wellness.

Summary - Our Impact on SDG 3 - Good Health and Well-being						
Dimension	Impact Area/Indicator	Initiatives	2024 Data	Output	Impact	2030 Target
Inclusive Health Access and Outreach Drives	Universal health coverage- SDG 3.8	Health Beneficiaries	1,00,000+ individuals	Free preventive, curative, and outreach services via Health & Vision Camps	Strengthened equitable access to healthcare across campuses and rural communities	Target 150000 individuals by 2030
	Universal access + End communicable diseases- SDG- 3.8/SDG 3.3	Vision Care on Wheels (VCOW)	16,000 screened; 15,000 spectacles distributed	Mobile eye-screening, tele-consultation, affordable vision care	Improved rural eye health and reduced cases of avoidable visual impairment	reduction in avoidable blindness by 30% by 2030
	Reduce premature mortality from NCDs & promote well-being	Health Camps & Outreach Drives	100 health camps; 20,000 check-ups	Screening for hypertension, diabetes, maternal health	Expanded preventive healthcare and early detection in underserved areas	Reduced diagnostic inequality in Gajapati and Khordha districts by 20%
	Health promotion among youth- SDG 3.4	Health Screening and Sports Workshops	500 school students engaged; 200 screened per camp	BMI, BP, Diabetes tests, sports training	Promoted school-based wellness and early preventive screening	2,000 health technicians trained by 2030
	Universal access to sexual & reproductive health- SDG 3.7	Sexual & Reproductive Health Services	6 workshops; 3,000 students; 300 consultations	Awareness, STI testing, counselling, and	Enhanced access to reproductive healthcare and reduced stigma	

				contraceptives	among youth	
	Reproductive & maternal health- SDG 3.7	Specialist Consultations & Gynaec Care	150 STI tests; 200 counselling sessions	Affordable specialist visits and testing	Improved women's health and access to specialized reproductive care	
	End preventable deaths & reduce disease from unsafe water & sanitation- SDG 3.2/ SDG 3.9	Nutrition & Hygiene Programs	600+ women & children benefited	Awareness sessions on nutrition & sanitation	Improved community health literacy and preventive hygiene practices	
Mental Health & Mindfulness	Promote mental health & well-being- SDG 3.4	Counselling & Peer Mentoring Programs	3,000+ beneficiaries; 20 sessions	Free counselling, tele-therapy, peer support	Fostered psychological well-being and reduced stress	Reduce stress-related absenteeism by 15% by 2030
	Health promotion and well-being for all ages- SDG 3.4	YOGOTSAV & Daily Mindfulness Practice	365 sessions; 1,000 participants	Campus-wide yoga and mental resilience training	Strengthened mental resilience and holistic well-being	Institutionalized mental health promotion model across all campuses by 2030
	Workplace well-being as part of UHC- SDG 3.4	Staff Mental Health Policy Implementation	120 staff utilized services	Free and paid mental health programs	Promoted workplace well-being and normalized mental health care among staff	
	Preventive mental health promotion- SDG 3.4	Yoga & Wellness Programs	1,000 participants annually	Free sessions for students and community	Built a culture of wellness and preventive mental healthcare	Youth social leadership growth by 2030

Partnerships & Public Health Collaboration	Increase health financing and workforce capacity-SDG 3.c	Collaborations (Local, National, Global)	20,000+ beneficiaries via 100+ health camps	MoUs with Ashwini, SUM, SAIL, Essilor, WSU, Dassault	Strengthened collaborative healthcare delivery through multi-sectoral partnerships	
Accessible Health Systems and Awareness	Universal health coverage-SDG 3.8	Community Diagnostic Centre	150 patients/day	Affordable diagnostics and preventive check-ups	Reduced diagnostic inequality and improved early disease detection	
	Research and affordable medicine access- SDG 3.b	Integrative Medicine (AYUSH & NISER)	Therapeutic research in chronic disease	Low-cost herbal and molecular therapeutics	Advanced low-cost, integrative healthcare for chronic conditions	Affordable care solutions for chronic disease management by 2030
	WHO Framework Convention on Tobacco Control- SDG 3.a	Anti-Tobacco and Awareness Campaigns	20 campaigns; 2,000 participants	Smoke-free pledge drives in 25 schools and villages	Reinforced behavioural change and supported tobacco-free environments	
Capacity Building & Skill Development	Health workforce and capacity building-SDG 3.c	Healthcare Skill Programs (OT Tech, EMT, Ward Tech)	200+ students trained (70% EWS)	Industry-linked training with NMDC, MOIL, Mindtree, TMREIS	Expanded employability and skilled workforce in allied health services	Train 2,000 health technicians by 2030
	Early warning & risk management for health emergencies-SDG 3.d	Simulation-based Training & One Simulation	240 students trained	CT procedure training without radiation exposure	Improved diagnostic accuracy and clinical preparedness among trainees	
	Public health preparedness and resilience-SDG 3.d	Student Volunteer Program	1,000 student volunteers trained	Field-based learning in public health	Cultivated youth leadership and experiential learning in	

					public health	
Transformation through Technology	Digital health access & emergency response-SDG 3.8/SDG 3.d	Health Care on Wheels / Tele-Consultation	1,000 tele-consultations	Mobile clinics serving GAIL & LIC beneficiaries	Expanded telemedicine reach and improved access to remote healthcare	20% increase in rural access by 2030

2. SDG 3 Impact at a Glance (2024)

Centurion University’s initiatives ensure equitable access to healthcare, strengthen the preventive health ecosystem, and empower communities through knowledge and capacity building.

Indicator	2024 Value	2025 Target
Total Health Beneficiaries	1,00,000	1,50,000
Health Camps Conducted	100	150
Vision Screening Beneficiaries	16,000	20,000
Students Trained in Health Programs	1,000	1,500
Staff Mental Health Beneficiaries	120	200

SDG 3 Impact at a Glance

2024



1,00,000+
HEALTH
BENEFICIARIES



100+
HEALTH CAMPS



1,000+
STUDENTS
TRAINED

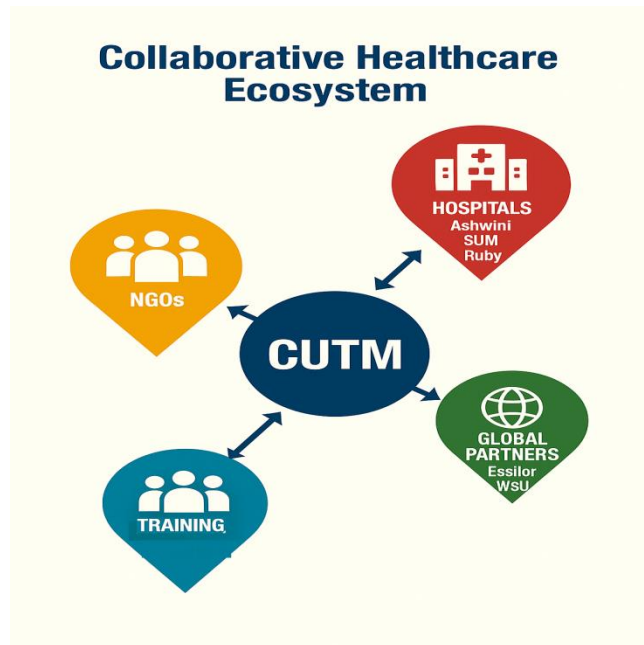


120
STAFF MENTAL
HEALTH BENEFICIARIES



**STAFF MENTAL
HEALTH
BENEFICIARIES**

3. Collaborative Healthcare Ecosystem



The university has established strong linkages with leading hospitals, diagnostic centers, research institutions, government agencies, industry partners, and international universities, creating a dynamic ecosystem that connects education with real-world healthcare delivery. These collaborations facilitate clinical training, community-based research, telehealth initiatives, and capacity-building programs, enabling students to gain hands-on experience while contributing to measurable improvements in public health outcomes.

Centurion University’s model is built upon multi-level collaborations:

- **Local:** Partnerships with Ashwini, Kalinga, SUM, and Ruby Hospitals for diagnostic and internship programs benefitting 350+ students annually.
- **National:** MoUs with LIC, GAIL, and SAIL enabling 20,000+ beneficiaries through Healthcare on Wheels and Tele-Consultation programs.
- **Global:** Alliances with Essilor International, Western Sydney University (WSU), and Dassault Systems for simulation-based healthcare and public health research.

Key Impact:

- 15,000 eyeglasses distributed through *Vision Care on Wheels*
- 1,000 tele-consultations delivered
- 100 health camps in rural and tribal Odisha
- 250 students trained in diagnostics and preventive care

Centurion University’s 5 Pillars of Health Impact

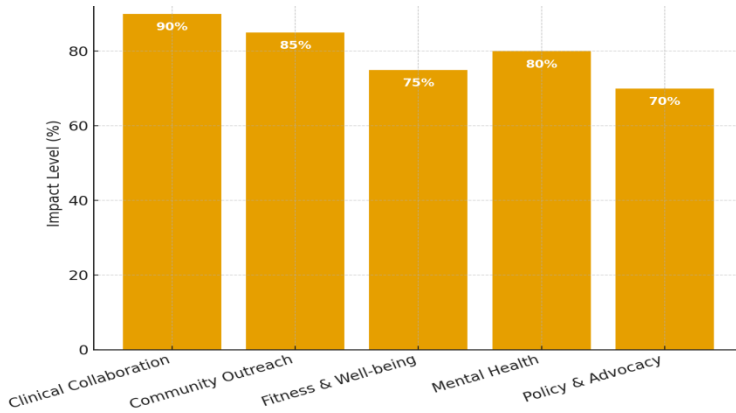


Fig 1: Centurion University SDG3 - Health and Well-Being Impact Overview

1. Local, National, and Global Collaborations in Health and Well-Being

Key Areas of Collaboration & Impact

► **A. Local Collaborations**

Area	Collaborators	Activities	Impact Metrics
Clinical Exposure & Internship	Ashwini Group of Hospitals, Kalinga Hospital Ltd., SUM Hospital, SUM Ultimate Medicare, etc.	Internships in diagnostics, radiation tech, optometry, lab tech	~250 students trained annually
Specialized Eye Care	Ruby Eye Hospital, ASG Eye Hospital, Sankara Eye Hospital, Mahanadi NetraChikitsalaya, Dr. Agarwal, etc.	Internships in optometry	~100 students trained annually

Area	Collaborators	Activities	Impact Metrics
Diagnostic Training	Prolife Diagnostics, Nidan, Max Diagnostics, etc.	Training in advanced diagnostics	Improved student skills
Research	University within the State	Herbal drug development, molecular studies	Affordable therapeutics

► **Flagship Initiative – Vision Care on Wheels (VCOW)**

- 16,000 individuals screened
- ~5,000 cases detected early (Cataract, Glaucoma, Refractive Errors)
- ~15,000 spectacles distributed
- 50 students actively involved
- **Regions covered:** Rural & tribal Odisha

► **Registered Diagnostic Facility**

- Community Diagnostic Center (Reg. No. 38/2019/Khordha)
- Services: Pathology, Preventive Health Check-ups

► **B. National Collaborations**

Partner Organization	Program Focus	Impact
NMDC, MOIL, LTI Mindtree, TMREIS	Healthcare Skill Programs (OT Tech, Phlebotomy, EMT, Ward Tech)	200+ economically disadvantaged students trained
LIC	Health Care on Wheels	1,000+ beneficiaries (Free consultations, labs, physiotherapy)
GAIL	Tele-Consultation	1,000+ remote consultations

Partner Organization	Program Focus	Impact
SAIL, Essilor	Vision care outreach, preventive screenings	16,000+ patients served
AYUSH Ministry	Integrative medicine for chronic diseases	Affordable therapeutics
NISER Bhubaneswar	Molecular research	Affordable therapeutics
SVNIRTAR, Apollo, Manipal, Bagchi Sri Sankara Cancer Centre and Research Institute	Hospital Partnerships	250+ student internships in super-specialty diagnostics, oncology, physiotherapy
One Simulation	Hands-on CT workflow training → Improved diagnostic accuracy, reduced errors	240 Students are getting trained for CT scanning procedures without Radiation

National Impact Summary

- 20,000 beneficiaries reached through various camps
- 100 health camps organized
- 1,000 tele-consultations delivered

► C. Global Collaborations

Partner Organization	Collaboration Focus	Impact
Dassault Systems Foundation	Biovia Software for predictive modelling	Therapeutic solutions

Partner Organization	Collaboration Focus	Impact
ENOLA Pharmaceuticals Pvt. Ltd.	Pharmaceutical research	Training and therapeutics
Bio Forensics Research Center, Italy	Forensic pathology training	Training and student exchange program
Western Sydney University (WSU)	Public health exchange	Student internship training on indigenous population of India
Essilor International	Vision screening, reading glasses, dispensing	15,000+ individuals served

4. Health and Well-Being through Community Outreach

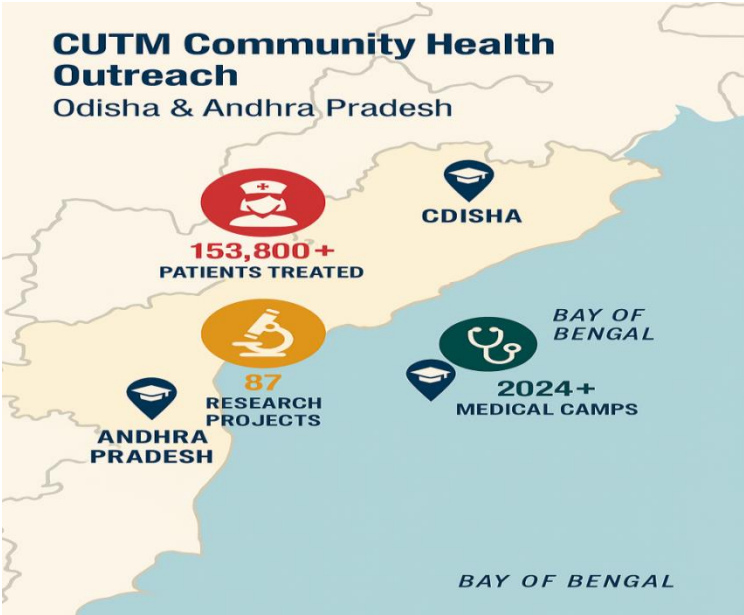


Fig. 2 Community Outreach Map 2024

Centurion University’s outreach programs are designed to deliver preventive healthcare and health literacy across Odisha and Andhra Pradesh.

2024 Highlights:

- 1,00,000+ individuals reached through free health and vision camps

- 20,000 general health check-ups conducted
- 15,000 spectacles distributed
- 600+ women and children benefited from nutritional counselling
- 1,000+ student volunteers trained

Impact: Improved health awareness, early detection of chronic diseases, and hands-on learning for students — building future-ready health professionals.

Overview of Impact (2024)

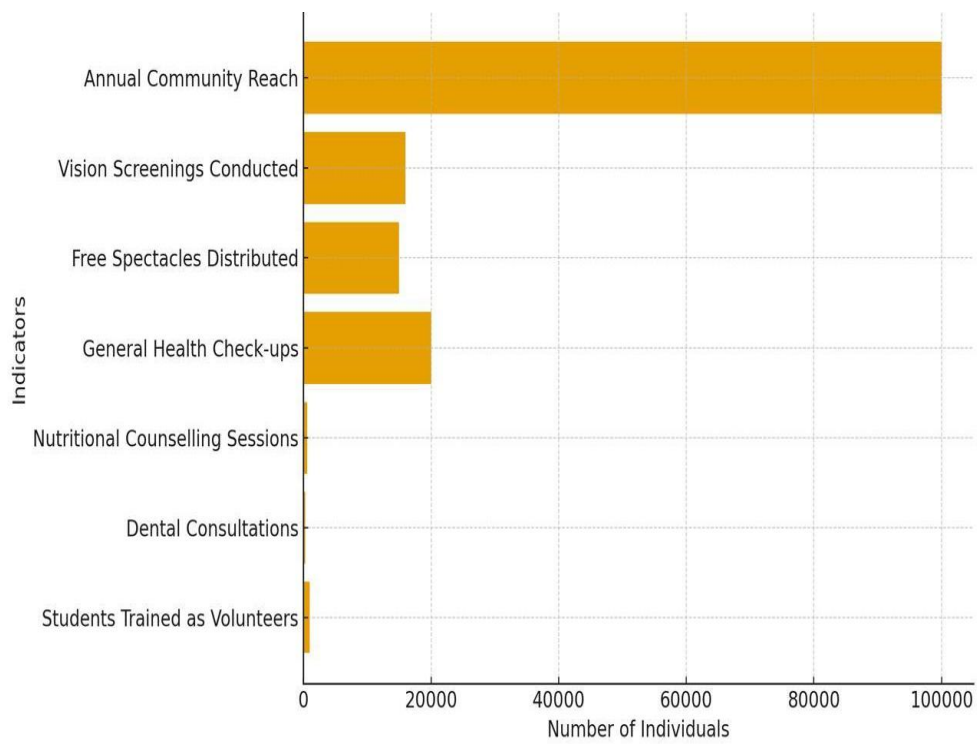


Fig 3: Overview of Impact 2024

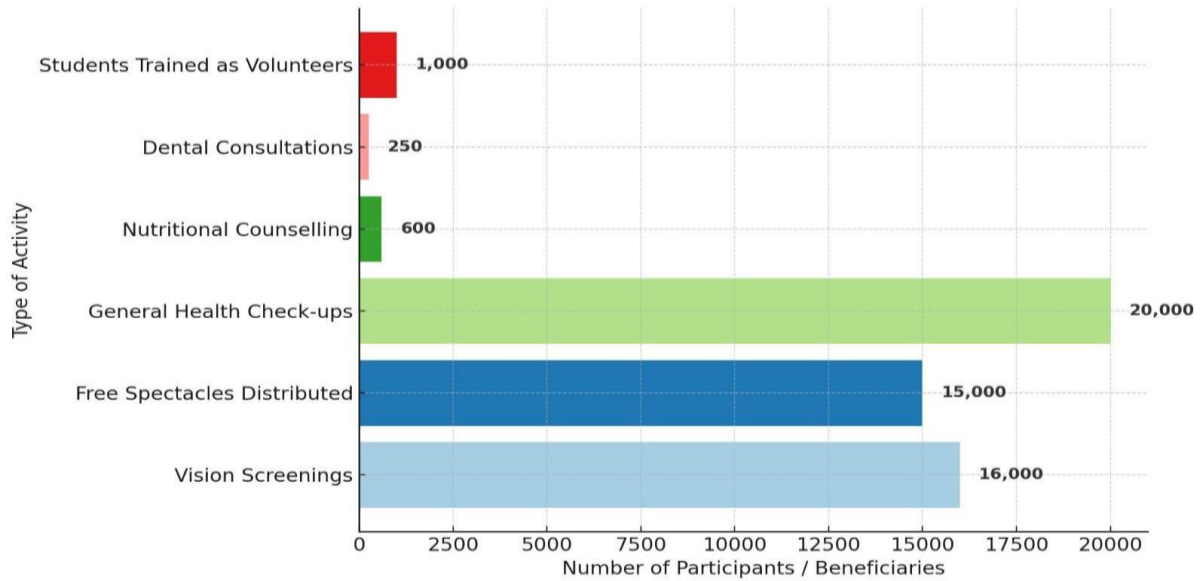
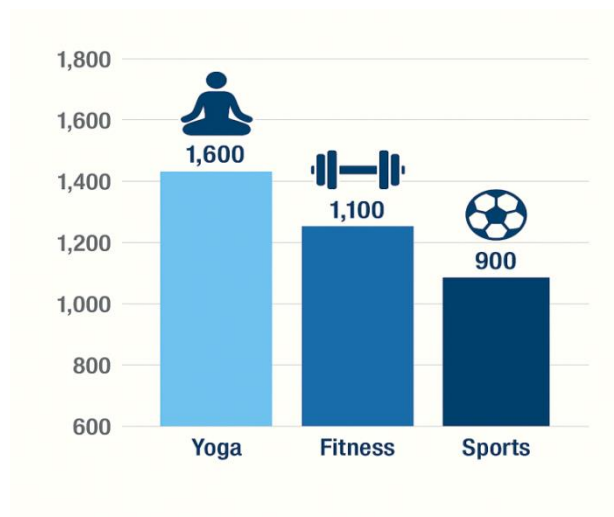


Fig 4: Community Outreach Activities Distribution 2024

Key outcomes:

- Early detection of hypertension and diabetes, preventing long-term complications.
- Improved health literacy and hygiene practices among marginalized communities.
- Enhanced experiential learning opportunities for over 1000 student volunteers, preparing future socially responsible health professionals.

5. Fitness, Sports, and Active Well-Being



Through a well-structured blend of free and paid initiatives, Centurion University provides accessible sports facilities, fitness programs, health awareness campaigns, and targeted interventions for underserved communities.

Centurion University promotes *active living and preventive healthcare* through accessible fitness programs and community engagement:

- 1,000 participants in free yoga and fitness sessions annually
- 500 school children engaged in sports wellness workshops
- 200+ screened during fitness and BMI drives
- Paid memberships sustain the *Gym & Swimming* infrastructure for long-term health promotion.

These initiatives integrate physical fitness, mindfulness, and community bonding — reinforcing health as a shared responsibility.

A. Free Access to Sports facilities

Initiative	Target Group	Key Outcomes
Cricket Ground Open Use	Local school children & general public	Encourages outdoor physical activity, teamwork, and sportsmanship; fosters community bonding
Yoga Sessions	Local community & students	Improved flexibility, mental health, stress relief; promotes preventive healthcare
Fitness Check-up Drives	Campus & community members	Free BMI, BP, and general health screenings; early detection of health risks; health awareness
Gymnasium Visits	Local community	Promotes awareness of fitness, healthy living, and exercise benefits

Initiative	Target Group	Key Outcomes
Wellness & Sports Workshops	Local school students	Physical fitness, sports techniques, nutrition guidance, mental health awareness; prevention of lifestyle diseases
Free Health Camps	General public, underserved communities	BP, diabetes, BMI assessments, general consultation; collaboration with hospitals.
Special Sessions for Underprivileged Children	Underprivileged children	Structured exercise, yoga, hygiene & nutrition education; reduces health disparities

Impact Metrics (Estimated/Reported):

- More than 500 local school students engaged in wellness workshops in 2024
- 1,000 participants in free yoga and fitness sessions annually
- 200–300 individuals screened in health camps per session

B. Charged / Paid Access Initiatives

Initiative	Target Group	Key Outcomes
Paid Gym Membership	Adults, working professionals, fitness enthusiasts	Regular access to gym equipment; prevents lifestyle diseases (obesity, diabetes, CVD)
Paid Swimming Pool Membership	Adults, youth	Promotes cardiovascular fitness, endurance, and overall well-being
Paid Bodybuilding Competitions	Fitness enthusiasts	Encourages strength, discipline, and healthy lifestyle adoption

Initiative	Target Group	Key Outcomes
Paid Personal Trainer Sessions	Adults, general public	One-on-one/group sessions; customized plans for weight management, strength, aerobic fitness; reduces injury risk

6. Sexual and Reproductive Health Access



Centurion University ensures confidential, affordable, and inclusive **Sexual and Reproductive Health (SRH)** services through free awareness workshops, subsidized STI testing, and gynaecological consultations.

2024 Achievements:

- 6 awareness workshops | 3,000+ students reached

- 300 specialist consultations | 150 STI tests conducted
- 1,500 participants in key health observances.
- 200 counselling sessions
- Observance of Key Health Days: 6 (World Population Day, World Breastfeeding Week, World Preeclampsia Day, World Ovarian Cancer Day, World AIDS Day, Menstrual Hygiene Day)
- This integrated SRH model empowers students—especially women—with informed, stigma-free healthcare access.

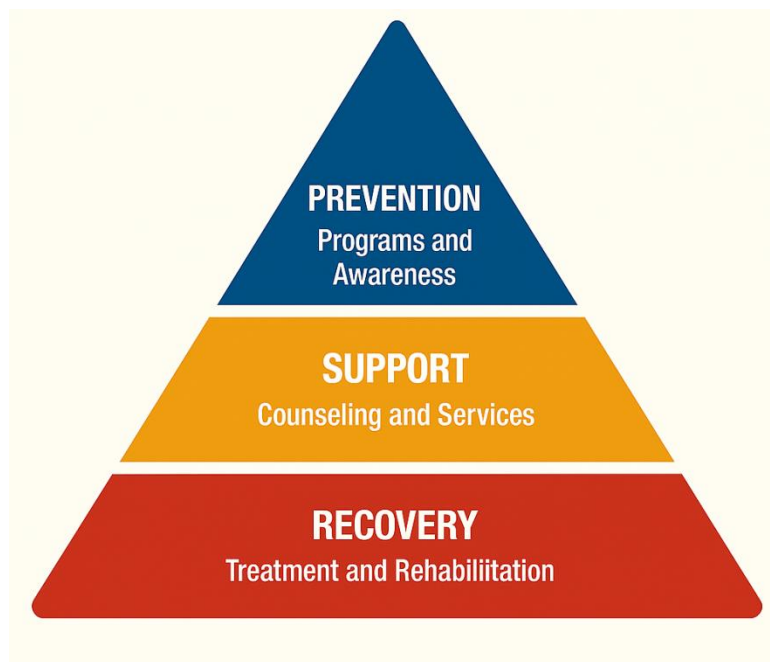
Through strategic partnerships, data-driven interventions, and continuous community engagement, Centurion University creates an inclusive environment where students and the wider community can achieve safer reproductive health outcomes, contributing meaningfully to individual well-being and the broader goal of sustainable health equity.

A. Service Delivery Model

Service Type	Access Model	Key Features
Awareness Sessions & Education Workshops	Free of cost	Safe sex practices, menstrual hygiene, contraception, STIs, consent, gender equity
Counselling Services	Free and confidential	Reproductive health queries, relationships, pregnancy concerns, mental health
Health Check-ups	Free periodic camps	Screening for reproductive health issues, anaemia, hypertension
STI Testing & Treatment	Subsidized	Affordable screening for HIV, Syphilis, HPV; referrals to partner hospitals
Specialist Consultations	Subsidized	Weekly Gynaecologist visits for consultations (Dr. Mamta Mohanty & Dr. Purarama Pradhan)
Contraceptive Distribution	Subsidized	Oral pills, condoms, emergency contraceptives via PMB Janaushadhi Kendra
Urology Consultations	Subsidized	Address male reproductive health issues

7. Mental Health and Emotional Well-Being

By embedding mental health support within a broader holistic framework of well-being—combining psychological care, physical fitness, and spiritual practices—Centurion University not only addresses immediate challenges but actively works towards creating a campus culture where mental health is prioritized as a universal human right.



Mental health is central to Centurion University’s holistic well-being strategy:

- **Services:** Counselling, yoga, mindfulness, and tele-therapy
- **Impact (2024):**
 - 3,000+ beneficiaries through counselling and awareness sessions
 - 365 daily yoga/meditation sessions
 - 1,000 participants in *YOGOTSAV 2024*
 - 5 peer mentoring networks established

Outcomes: Reduced stress, enhanced academic focus, inclusive support systems for vulnerable groups, and campus-wide mental health literacy.

A. Mental Health Services Provided

Service Type	Access Model	Key Features
Counselling & Mentoring	Free of cost	Individual therapy, stress & anxiety management, career pressure, relationship support, substance abuse prevention
Expert Counselling Support	Subsidized	Dr. ManasMahalik offering therapy, mental health assessments, workshops
Telemedicine Kiosks	Free	Remote access to mental health professionals
Faculty & Staff Well-Being	Free	Wellness sessions, resilience workshops, Bhagavad Gita self-discovery programs
Yoga & Meditation	Free	Daily sessions by certified instructors
Special Workshops	Free	“The Art of Mind Control” for stress management and focus
Large-Scale Events	Free	YOGOTSAV 2024 to celebrate yoga and wellness
Inclusive Mentorship	Free	Targeted support for minority, rural, first-generation students
Peer Mentoring	Free	Structured networks promoting dialogue and reducing stigma

B. Quantitative Impact (2024)

Indicator	Data
Counselling Sessions Delivered	~20
Students & Staff Benefited	~3,000 (including individual and group sessions)

Indicator	Data
Yoga & Meditation Sessions Held	365 (Daily across campuses)
Participants in YOGOTSAV 2024	~1,000
Street Plays & Flash Mobs Conducted	4 (Across Mental Health Day, Girl Child Day)
Peer Mentoring Networks Established	5 active peer groups
Workshops on Mindfulness & Resilience	~10, engaging ~1,000 students & staff

C. Summary of Current Strengths

Key Strength	Outcome
Integration of Yoga & Mindfulness	Daily sessions for ~1,500 students and faculty
Community Engagement	~100 psychiatric patients engaged directly, over 2,000 community members reached via outreach programs
Inclusive Peer Support	5 structured networks supporting students from vulnerable backgrounds
Awareness-Driven Approach	Organized impactful events and cultural activities reducing stigma

D. Key Benefits of Mental Health Focus at Centurion University

Benefit Area	Measurable Outcome
Academic Success	Students accessing counselling report improved focus, performance, and retention
Resilience & Life Skills	Regular yoga and mindfulness practices build coping strategies
Inclusive Campus Environment	Peer mentoring networks reduce stigma and foster belonging

Benefit Area	Measurable Outcome
Staff Well-Being	Mindfulness programs reduce burnout, improve satisfaction
Community Impact	Students participate in outreach, promoting mental health awareness and reducing stigma in local communities

A. Key Policy Framework on Staff Mental Health Support

Policy Component	Details
Mental Health Policy	The university has implemented a comprehensive mental health policy as part of its well-being strategy for staff. The policy emphasizes prevention, early intervention, and support mechanisms.
Promotion of Mental Health	Centurion University actively promotes mental health awareness via seminars, workshops, newsletters, and awareness drives. Special focus is given to reducing stigma around mental health in the workplace.
Designated Support Channels	Staff are encouraged to access counselling services and mental health resources. The university provides a structured framework that ensures privacy and confidentiality.
Partnership with Mental Health Providers	The university has formal collaborations with licensed mental health professionals and institutions to provide free and paid services to staff.

B. Implementation Mechanisms

Active Promotion of Good Mental Health

- **Workshops and Training Sessions:** Regular programs are conducted by qualified mental health professionals to equip staff with stress management, resilience building, and mindfulness techniques.
- **Awareness Campaigns:** Annual mental health awareness weeks, distribution of informational brochures, and posters across campus promote a positive environment and understanding of mental well-being.
- **Peer Support Networks:** Trained peer mentors among staff provide informal, empathetic support and guidance to colleagues.

Access to Free Mental Health Support

- **On-Campus Counselling Service:** Centurion University offers free, confidential psychological counseling by licensed counsellors available for all staff members.
- **Tele-Counselling Services:** For staff working remotely or off-site, access to tele-counselling is facilitated through institutional agreements with mental health service providers.
- **Signposting to Government Services:** Clear guidance is provided to staff about free government-run mental health helplines and services.

Access to Charged Mental Health Support

- **Specialist Consultations:** Where specialized support is needed (e.g., psychiatric evaluation or therapy), Centurion University provides information and preferential access to reputed mental health clinics and private practitioners at discounted rates for staff.
- **Employee Assistance Program (EAP):** Through partnerships with external agencies, staff can access structured paid programs offering counseling, psychological assessment, and workplace stress management services.

D. Measurable Impact (Example Indicators)

Indicator	Baseline	Target (Next 3 Years)
Number of staff utilizing mental health services annually	120 (2024)	200
Number of awareness sessions conducted per year	6	12
Reduction in reported stress-related absenteeism	5%	15% reduction

8. Smoke-Free and Substance-Free Campus



A 100% smoke-free and substance-free environment has been maintained since 2017:

- 20+ health awareness campaigns
- 2,000+ participants in pledge drives
- 25 schools and villages engaged in awareness

Impact: Reduced substance use and normalized health-positive campus behaviour.

9. Results Matrix – SDG 3 (2024)

Focus Area	2024 Value	Target 2030
Health Camps Conducted	100+	200
Students Trained	1,000+	2,000
Vision Screenings	16,000+	25,000
Mental Health Sessions	20+	50
Tobacco-Free Campus	100%	Sustained

10. Interlinkage Wheel – SDG 3 ↔ 4 ↔ 8 ↔ 10



Connections:

- SDG 3 ↔ SDG 4: Health education and skill-integrated learning.
- SDG 3 ↔ SDG 8: Health-driven livelihoods and job creation.
- SDG 3 ↔ SDG 10: Equitable healthcare reducing social inequality.

Centurion University's integrated approach ensures that every wellness intervention contributes to education, empowerment, and economic resilience.

11. Conclusion

Centurion University exemplifies the transformative role of higher education in achieving *universal health and well-being*. By fusing academic innovation, clinical collaboration, and social outreach, Centurion University creates measurable impact — reaching over 1 lakh beneficiaries annually, empowering thousands of students, and fostering health equity across rural India.

Its model — education for empowerment, health for humanity — sets a national benchmark for SDG-aligned institutional sustainability.



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Empowering Communities...