Centurion University
Shaping Lives...
Empowering Communities...

Times Higher Education
Sustainability Impact Ratings





SUSTAINABLE DEVELOPMENT GOAL 3 GOOD HEALTH & WELLBEING

SUSTAINABLE DEVELOPMENT GOALS

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1. 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 its vision of "Shaping Lives and Empowering Communities," the University embeds physical, mental and social well-being across its academic, research and outreach programmes.

The University's community health outreach now reaches more than **1,50,000 people every year**. More than 100 health camps and activities were conducted; the two Health Care on Wheels mobile units alone reached over 10,000 rural beneficiaries through 60+ camps, while 26,841 people have been screened at 120+ Vision Care Camps in 120 locations since 2023 (40–45 camps and 7,000–8,000 people screened each year), and 19,000+ free spectacles have been dispensed since 2023 in collaboration with Essilor and SAIL/RSP. GAIL-supported tele-consultation delivered 1,600+ remote specialist consultations.

This work rests on **23+ active collaborations** at local, national and global levels – with hospitals such as Apollo, SVNIRTAR, Kalinga and SUM; public sector undertakings including SAIL, LIC, GAIL and NMDC; government bodies such as the Ministry of AYUSH and OSACS; and international partners including Essilor International and the Dassault Systèmes Foundation. These partnerships train the health workforce: 250+ students undertake clinical internships each year, 300+ students have trained on a radiation-free CT simulator, and 200+ economically disadvantaged students have completed healthcare skill programmes.

Mental health, reproductive health and preventive fitness are treated as integral to well-being. More than 3,500 students and staff benefited from counselling and mental health support, YOGOTSAV 2025 brought together 1,700+ participants, and 200+ staff used the University's mental health services, with 81% rating the support positively. Eleven sexual and reproductive health workshops reached 3,800+ students, complemented by 280+ confidential counselling sessions and 330+ subsidised gynaecology consultations.

Health security for the university community is reinforced through a comprehensive **Health Protection Framework**. In 2025, all 13,360 students and 1,424 employees, together with 3,470 employee dependents, were protected through Group Medical Coverage, Group Personal Accident Insurance and the Parents' Education Protection Policy, backed by an institutional investment of ₹1.25 crore.

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). Its approach – *education for empowerment, health for humanity* – shows how a university can contribute to community health and wellness.

2. Summary – Our Impact on SDG 3: Good Health and Well-Being

Dimension	Impact Area / Indicator	Initiatives	2025 Data	Output	Impact	2030 Target
Inclusive Health Access and Outreach Drives	Universal health coverage – SDG 3.8	Community health outreach	1,50,000+ people reached annually	Free preventive, curative and outreach services through health camps, mobile units and vision camps	Strengthened equitable access to healthcare across rural and tribal communities	3,00,000 individuals by 2030
	Universal access and ending communicable diseases – SDG 3.8 / 3.3	Vision Care Camps and Vision Care on Wheels	26,841 people screened at 120+ Vision Care Camps since 2023 (7,000–8,000 each year); 19,000+ free spectacles since 2023; 8,000+ early detection cases through SAIL/RSP Vision Care on Wheels	Mobile eye screening, refraction and free spectacles	Improved rural eye health and fewer cases of avoidable visual impairment	Reduction in avoidable blindness by 30% by 2030
	Reduce premature mortality from NCDs – SDG 3.4	Health Care on Wheels and health camps	60+ mobile camps; 10,000+ beneficiaries; 100+ health camps and activities	Screening for hypertension, diabetes and 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	School wellness, sports and life-support training	600+ school students in wellness workshops; 500+ school students trained in CPR	Fitness, nutrition and BLS/CPR training	Promoted school-based wellness and emergency preparedness	
	Universal access to sexual and reproductive health – SDG 3.7	Sexual and reproductive health services	11 workshops; 3,800+ students; 280+ counselling sessions	Awareness, confidential counselling and contraceptive access	Enhanced access to reproductive healthcare and reduced stigma among youth	

Dimension	Impact Area / Indicator	Initiatives	2025 Data	Output	Impact	2030 Target
	Reproductive and maternal health – SDG 3.7	Specialist consultations and gynaecological care	330+ gynaecology consultations; 165+ students accessed HIV/STI counselling and testing	Affordable specialist visits, testing and HPV vaccination	Improved women's health and access to specialised reproductive care	
	End preventable deaths and reduce disease from unsafe water and sanitation – SDG 3.2 / 3.9	Nutrition and hygiene programmes	800+ women and children (nutrition); 360+ women (menstrual hygiene); 6 villages (National Nutrition Week)	Awareness on nutrition, hygiene and sanitation; sanitary kit distribution	Improved community health literacy and preventive hygiene practices	
Mental Health and Mindfulness	Promote mental health and well-being – SDG 3.4	Counselling and peer mentoring	3,500+ students and staff; 35+ formal sessions; 6+ peer mentoring networks	Free counselling, tele-counselling and 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 and daily mindfulness practice	1,000+ yoga and meditation sessions; 1,800+ students and faculty; 1,700+ YOGOTSAV participants	University-wide yoga and mental resilience training	Strengthened mental resilience and holistic well-being	Institutionalised mental health promotion model across all campuses by 2030
	Workplace well-being as part of UHC – SDG 3.4	Staff mental health policy implementation	200+ staff used services; 81% positive satisfaction	Free and charged mental health support	Promoted workplace well-being and normalised mental health care among staff	
	Preventive mental health promotion – SDG 3.4	Yoga and wellness programmes	1,200+ community yoga participants; 12+ mindfulness workshops reaching 1,200+	Free sessions for students and the community	Built a culture of wellness and preventive mental healthcare	Youth social leadership growth by 2030
Partnerships and Public Health Collaboration	Increase health financing and workforce capacity – SDG 3.c	Collaborations (local, national, global)	23+ active collaborations; 100+ health camps and activities	Partnerships with SAIL/RSP, LIC, GAIL, LTIMindtree, Essilor, Apollo and Dassault Systèmes	Strengthened collaborative healthcare delivery through multi-sectoral partnerships	
Accessible Health Systems and Awareness	Universal health coverage – SDG 3.8	Community Diagnostic Centre and PMB Janaushadhi Kendra	Weekly specialist consultations; 280 free dental consultations	Affordable diagnostics, medicines and preventive check-ups	Reduced diagnostic inequality and improved early disease detection	

Dimension	Impact Area / Indicator	Initiatives	2025 Data	Output	Impact	2030 Target
	Financial risk protection – SDG 3.8	Health Protection Framework (GMC, GPA, Parents' Education Protection)	13,360 students; 1,424 employees and 3,470 dependents; ₹1.25 crore	Medical, accident and education-continuity cover	Reduced financial burden of illness for students, staff and families	
	Research and affordable medicine access – SDG 3.b	Integrative medicine (AYUSH and NISER)	Herbal formulation and molecular research	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 Nasha Mukt campaigns	3 Nasha Mukt drives; 450+ school students took the anti-addiction pledge	Pledge drives and awareness in schools and villages	Reinforced behavioural change and tobacco-free environments	
Capacity Building and Skill Development	Health workforce and capacity building – SDG 3.c	Healthcare skill programmes and DCHP	200+ economically disadvantaged students trained; 30+ female DCHP trainees	Industry-linked training with NMDC, MOIL, LTIMindtree and TMREIS	Expanded employability and a skilled allied-health workforce	Train 2,000 health technicians by 2030
	Early warning and risk management for health emergencies – SDG 3.d	Simulation-based training with One Simulation	300+ students trained	CT procedure training without radiation exposure	Improved diagnostic accuracy and clinical preparedness	
	Public health preparedness and resilience – SDG 3.d	Student volunteer programme (NSS and YRC)	1,000+ student volunteers; 180+ units of blood donated	Field-based learning in public health	Cultivated youth leadership and experiential learning in public health	
Transformation through Technology	Digital health access and emergency response – SDG 3.8 / 3.d	Health Care on Wheels and tele-consultation	1,600+ tele-consultations	Mobile clinics supported by LTIMindtree, LIC and CureBay; GAIL Klinck tele-consultation	Expanded telemedicine reach and access to remote healthcare	20% increase in rural access by 2030

3. SDG 3 Impact at a Glance (2025)

Centurion University's initiatives ensure equitable access to healthcare, strengthen the preventive health ecosystem and empower communities through knowledge and capacity building. The table below compares key indicators with the previous reporting cycle.

Indicator	2024 Value	2025 Value
Annual community health outreach	1,00,000	1,50,000+
Health camps and activities conducted	100	100+
People screened at Vision Care Camps	16,000	26,841 since 2023 (7,000–8,000 each year)
Students trained in health programmes	1,000	1,000+
Students and staff supported for mental health	3,000+	3,500+
Staff mental health beneficiaries	120	200+
Students covered by health insurance	10,295	13,360

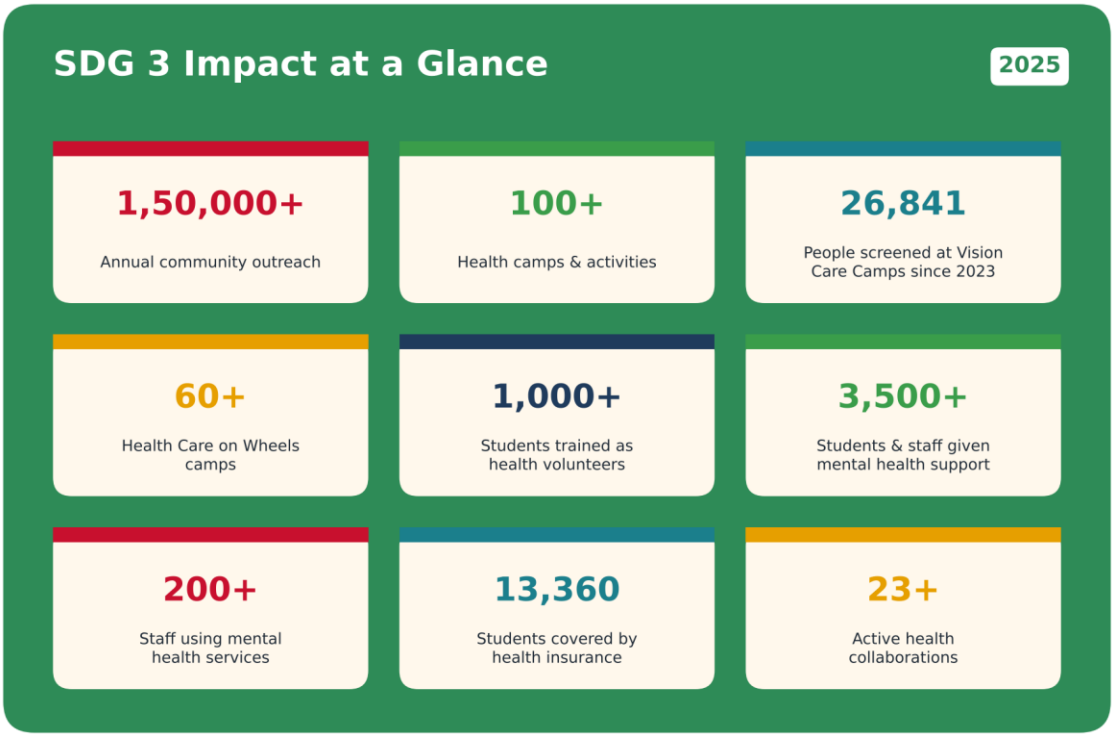


Fig. 1: *SDG 3 Impact at a Glance (2025)*

4. Collaborative Healthcare Ecosystem

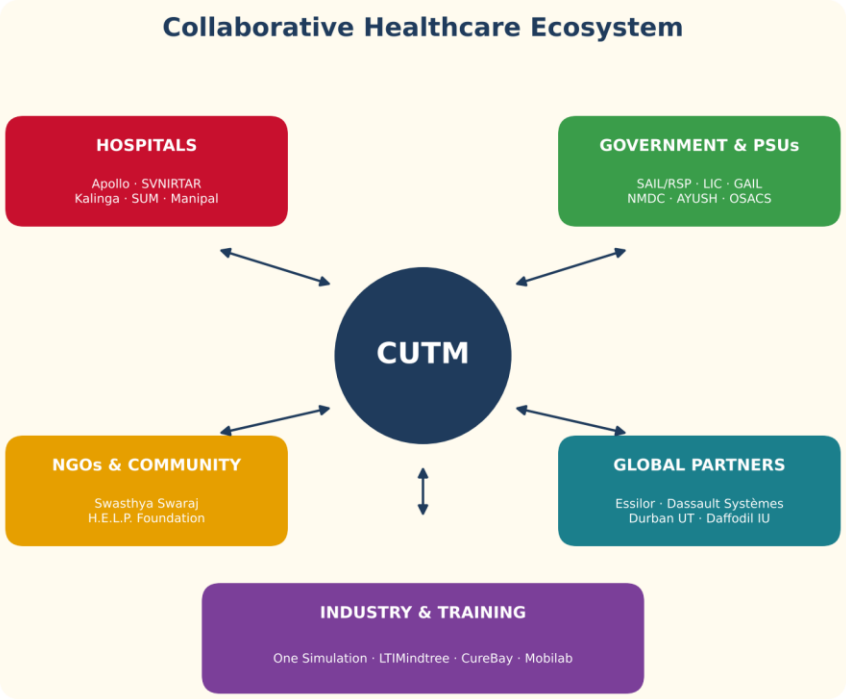


Fig. 2: *Collaborative Healthcare Ecosystem*

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

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

- **Local:** clinical partnerships with 20+ hospitals and diagnostic centres, including Apollo, Kalinga, SUM and ASHWINI, providing internships for 250+ students annually.
- **National:** partnerships with SAIL/RSP, LIC, GAIL, LTIMindtree, NMDC, the Ministry of AYUSH and NISER supporting mobile healthcare, tele-consultation, research and skill development.
- **Global:** alliances with Essilor International, the Dassault Systèmes Foundation, ENOLA Pharmaceuticals and universities in Europe, Asia and Africa for vision care, digital health and research.

Key Impact:

- 19,000+ free spectacles dispensed since 2023 in collaboration with Essilor and SAIL/RSP
- 1,600+ tele-consultations delivered
- 60+ Health Care on Wheels camps reaching 10,000+ rural beneficiaries
- 300+ students trained in CT procedures through simulation, without radiation exposure

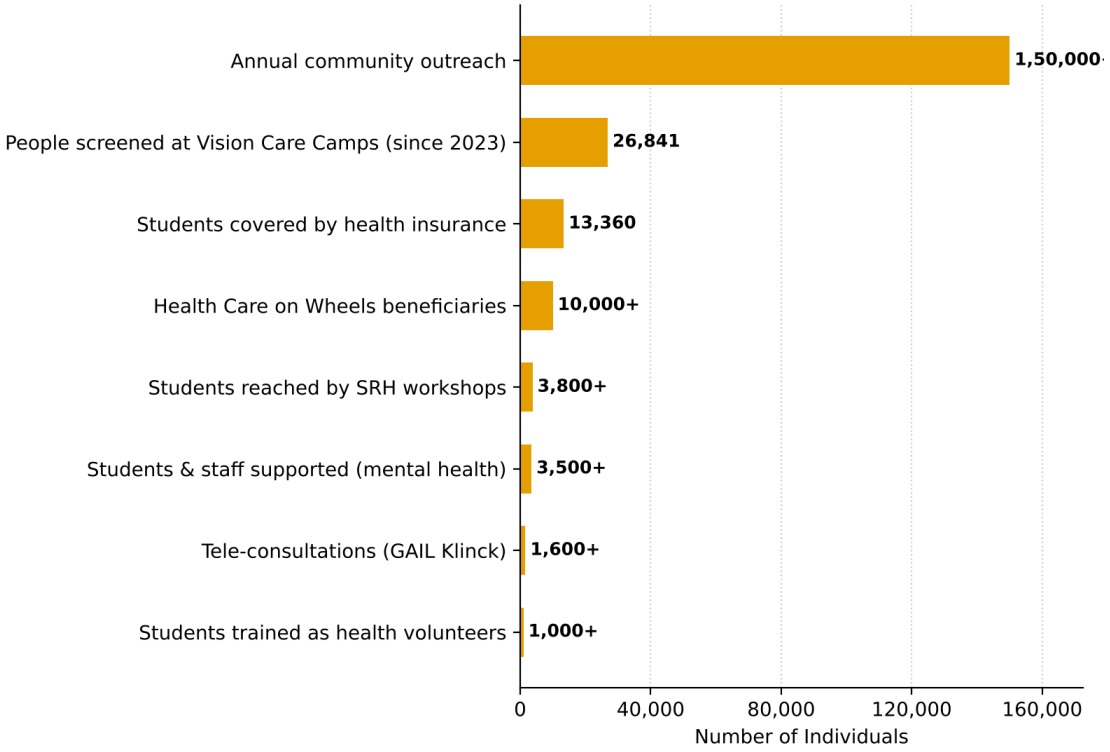


Fig. 3: *Centurion University SDG 3 – Health and Well-Being Impact Overview (2025)*

4.1 Local Collaborations

Local collaborations encompass hospitals, diagnostic centres, NGOs, district government and community organisations across Odisha, serving the dual mandate of delivering community healthcare and providing clinical training to allied-health students.

Area	Collaborators	Activities	Impact Metrics
Clinical exposure and internships	SVNIRTAR, Apollo Hospitals, Kalinga Hospital Ltd., ASHWINI Group of Hospitals, IMS & SUM Hospital, SUM Ultimate Medicare, Manipal Hospitals, Bagchi Sri Shankara Cancer Centre, Care Hospitals, Sparsh Hospital	Internships in radiology, MLT, physiotherapy and emergency care	250+ students trained annually; 20+ partners
Specialised eye care	Sankara Eye Hospital, ASG Eye Hospital, Dr. Agarwal's Eye Hospital, Ruby Eye Hospital & Lasik Centre, Mahanadi Netra Chikitsalaya, Heritage Vision Education Trust, Vision Care Eye Hospital, Bluejay Clinics	Optometry internships and community eye care	~100 students trained annually
Diagnostic training	The Healthville, Prolife Diagnostics, Nidan Diagnostics, Max Diagnostics	Training in advanced diagnostics	Improved student skills
Community health practice	Swasthya Swaraj Society, Bhawanipatna	Diploma in Community Health Practice (DCHP)	30+ female trainees from tribal districts
Research	Department of Biotechnology and Bioinformatics, Sambalpur University	Herbal drug development, molecular characterisation	Affordable therapeutics



Clinical training partnerships: physiotherapy at SVNIRTAR, optometry at ASG Eye Hospital and medical laboratory technology at Sparsh Hospital

Student Experience – Mr. Swarup Senapati, B.Sc. Medical Radiation Technology

"Getting the opportunity to complete my clinical internship at Apollo Hospitals, Bhubaneswar through Centurion University of Technology and Management (CUTM) has been one of the most valuable experiences of my academic journey. Working in a renowned multi-specialty hospital allowed me to learn beyond textbooks and understand the realities of patient care. Under the guidance of experienced radiologists and radiographers, I gained hands-on exposure to Digital Radiography,

CT, MRI, emergency imaging, radiation safety practices, patient positioning, and PACS workflow. I had the privilege of observing and assisting during emergency and trauma imaging procedures, where I witnessed how timely diagnostic imaging plays a crucial role in saving lives. This internship transformed my understanding of radiology and prepared me to work in a real clinical environment."

▶ Diploma in Community Health Practice (DCHP)

In collaboration with Swasthya Swaraj, Bhawanipatna, the University trains female students from tribal districts as frontline community health practitioners. More than 30 trainees have completed the programme, strengthening last-mile health service delivery and maternal health in the underserved areas of Western Odisha.



DCHP training in Kalahandi district (left) and healthcare skill training of NMDC-sponsored students (right)

Student Experience – Ms. Laxmi Majhi, DCHP Trainee

"My name is Laxmi Majhi, and I come from a tribal village in Kalahandi district of Odisha. Growing up, I witnessed the challenges faced by pregnant women, children, and elderly people due to limited access to healthcare. Joining the Diploma in Community Health Practice (DCHP) at Centurion University of Technology and Management (CUTM) through its partnership with Swasthya Swaraj, Bhawanipatna, changed my life. The programme equipped me with practical skills in maternal and child healthcare, nutrition, disease prevention, first aid, health education, and community outreach. Today, I feel proud to serve my community as a trained frontline health practitioner."

▶ Flagship Initiative – Health Care on Wheels (HCoW)

Health Care on Wheels operates two mobile healthcare units – HCoW-1, supported by LTIMindtree, and HCoW-2, supported by the LIC Golden Jubilee Foundation – with CureBay providing telemedicine and diagnostic support. The units bring health check-ups, NCD screening, maternal and child health awareness and health education to remote villages.

- 60+ free health camps conducted
- 10,000+ rural beneficiaries reached

- Villages covered include Dalki, Salangabahal, Dumerjore, Ushra, Padampur, Kuarmunda, Kantia, Janla, Gangapada, Haripur and Taraboi

▶ Flagship Initiative – Vision Care on Wheels and Vision Care Camps

- 26,841 people screened at 120+ Vision Care Camps in 120 locations since 2023; 40–45 camps and 7,000–8,000 people screened each year
- 19,000+ free spectacles dispensed since 2023 in collaboration with Essilor and SAIL/RSP
- 8,000+ early detection cases through SAIL/RSP Vision Care on Wheels since 2023
- Mobile Eye Camp with SAIL/RSP, Rourkela (January 2025): 790 people screened and 589 free spectacles across seven villages and institutions, including Suidhi Panchayat, Kuarmunda Panchayat, Assurchapal UP School, Kuarmunda Girls High School, HA English School, Bisra and Santoshpur Gram Panchayats



Vision screening on Health Care on Wheels (left) and the CUTM–SAIL/RSP mobile eye camp, Rourkela (centre and right)

▶ Special Population and Multi-Specialty Outreach

- Netra Yatra, Puri (June 2025): 500+ pilgrims served during the Ratha Yatra, with the H.E.L.P. Foundation
- Jharpada Correctional Home (March 2025): 239 prisoners screened and 185 free spectacles, with DG Prisons and SAIL/RSP
- Biswa Shanti Mahajagyan, Patkura (March 2025): 105 people screened and 91 spectacles
- Eye camp, Gajapati district (August 2025): 455 free spectacles distributed
- School eye screening with Trilochana Nethralaya and the Lions Club (September 2025): 722 school students
- Aruhabad Gram Panchayat, Balasore district (November 2025): 262 people screened and 226 spectacles
- Mega Health Camp, Jajpur Road (October 2025): ~400 beneficiaries, with Utkal Hospital; inaugurated by MLA Shri Akash Das

- World Health Day Camp (April 2025): ~270 beneficiaries across allopathy, Ayurveda, naturopathy, nursing and allied health, with Utkal Hospital (Mr. B. K. Subodh Singh, CEO) and Health Ville (Dr. Milind Mohan Parashar); inaugurated by Prof. (Dr.) Durga Madhab Satpathy, Director, DMET, Government of Odisha
- Faculty Wellness Camp (18 March 2025): 190 faculty and staff of CUTM and GTET screened by a multi-specialty panel, in collaboration with Shree Hospital
- Earth Week Camp (April 2025): ~210 beneficiaries for general and eye care, with Utkal Hospital





World Health Day Camp with the Director, DMET, Government of Odisha (left) and the Community Diagnostic Centre team (right)

> **Beneficiary Testimonial – Mr. Damodar Sahu, 72 Years, Puri (translated from Odia)**
> *"My name is Damodar Sahu, and I am a 72-year-old devotee. It has been my long-standing wish to participate in Lord Jagannath's Rath Yatra every year. However, as I grew older, my eyesight gradually weakened, making it difficult for me to attend the pilgrimage comfortably. During the Netra Yatra in 2025, my eyes were examined at an eye health camp organized by Centurion University of Technology and Management (CUTM) in collaboration with the H.E.L.P. Foundation. The doctors and students examined my eyes with great care, explained my eye-related problems, and advised me on the necessary follow-up treatment. I sincerely thank CUTM and the H.E.L.P. Foundation for bringing free, quality eye care services to elderly pilgrims like me."*

▶ Disease Awareness and Clinical Skill Programmes

- TB Day (March 2025): rural awareness in Rathipur village with CHC Jatni (TB Unit) – 32 participants
- Epilepsy Awareness (February 2025): seizure first-aid camp with the Ashya Mission – 36 participants
- BLS training at Kendriya Vidyalaya, Jatni (21 January 2025): CPR and emergency response for 500+ school students
- World Hepatitis Day (28 July 2025): expert session by Dr. Sushant Kumar Sethi, Senior Consultant Gastroenterology, Apollo Hospitals

- Certified PhleboPreneur Training Programme (September 2025): two-week industry–academia programme with Mobilab (Primary Healthtech Pvt. Ltd.)
- Trigger Point Dry Needling Workshop (July 2025): two-day hands-on workshop (basic level) led by Dr. Deepak Chhabra, Healing Hands Physiotherapy and Rehabilitation, Hisar, Haryana, on evidence-based musculoskeletal pain management
- Hands-on Workshop on Ocular Prosthesis (July 2025): led by Mr. Subrata Roy, Ocularist, Eye Vision & Prosthetic Lab, Gurugram, on prosthesis fabrication, fitting and patient rehabilitation
- Teleradiology & PACS Workshop (March 2025): two-day workshop by the Department of Radiology, led by Mr. Anto Ramesh Delvi (CMD, Radblox/Victory Healthcare, 30+ years' experience)
- HIV/AIDS, STI and TB IEC Campaign (24 September 2025), Cervical Cancer Elimination talk (17 November 2025) and the Mental Health and Suicide Prevention Workshop with the District Administration, Gajapati (1 September 2025)



Hands-on workshop on ocular prosthesis with Eye Vision & Prosthetic Lab, Gurugram (left) and the Teleradiology & PACS workshop with Radblox (right)

▶ **Registered Diagnostic Facility**

- Community Diagnostic Centre (Reg. No. 38/2019, Khordha)
- Services: pathology, preventive health check-ups, weekly specialist consultations and dental care

4.2 National Collaborations

National collaborations leverage partnerships with public sector undertakings, government ministries and national research institutes to scale health impact, advance research and build health workforce capacity.

Partner Organisation	Programme Focus	Impact
SAIL / Rourkela Steel Plant	Mobile eye-care vehicle; Vision Care on Wheels	8,000+ early detection cases since 2023; contributes to the 19,000+ free spectacles (with Essilor)
NMDC, MOIL, LTIMindtree, TMREIS	Healthcare skill programmes (OT Technician, Phlebotomy, GDA, Ward Technician, EMT)	200+ economically disadvantaged students trained
LIC Golden Jubilee Foundation	Health Care on Wheels (HCoW-2)	Free consultations, optical services, laboratory tests and physiotherapy
LTIMindtree	Health Care on Wheels (HCoW-1)	Diagnostics, tele-consultation and NCD screening
GAIL	Klinck Machine tele-consultation	1,600+ tele-consultations
CureBay	Telemedicine and diagnostic support	Supports HCoW camps
Ministry of AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy)	Evaluation of herbal formulations, Ayurvedic protocols and integrative medicine for chronic diseases	Affordable, evidence-based therapeutics
National Institute of Science Education and Research (NISER), Bhubaneswar	Preclinical drug development, molecular diagnostics and targeted therapeutics	Improved treatment design
SVNIRTAR, Apollo Hospitals Enterprise Ltd., Manipal Hospitals, Bagchi Sri Shankara Cancer Centre, Care Hospitals (Hyderabad), Sankara Eye Hospital, Dr. Agarwal Eye Hospital, ASG Eye Hospital, Dr. Shroff's Charity Eye Hospital (New Delhi), Disha Eye Hospitals (Kolkata), Narayana Nethralaya (Bengaluru), Tata Main Hospital (Jamshedpur), Continental Hospital (Hyderabad), Mobilab	Hospital partnerships for training and internships	Clinical exposure in imaging, rehabilitation, oncology, ophthalmology and emergency care
One Simulation	Hands-on CT workflow training	300+ students trained without radiation exposure



CT simulation laboratory developed in collaboration with One Simulation

Student Experience – Mr. Kiran Kumar Mohini, B.Sc. Medical Radiology & Imaging Technology

"Training on the CT Simulation Lab at Centurion University of Technology and Management (CUTM), developed in collaboration with One Simulation, has been one of the most valuable learning experiences of my academic journey. Before entering a real CT department, I was able to practice patient positioning, protocol selection, scan planning, parameter optimization, and image reconstruction in a completely radiation-free environment. When I entered clinical training, I found it much easier to understand the operation of an actual CT scanner because I had already mastered the workflow through simulation."

Beneficiary Testimonial – Mrs. Amina Bibi, 68 Years, Rourkela Region (translated from Odia)

"As I grew older, my eyesight gradually deteriorated, making it difficult for me to perform daily household chores, read the Quran, and carry out even simple tasks independently. Due to financial constraints, I was unable to travel to the city for an eye examination. At that time, a mobile eye-care van operated by CUTM, with the support of SAIL–Rourkela Steel Plant (RSP), visited our village. I received a free eye examination, my vision problems were identified, and I was provided with spectacles free of cost. I can now see clearly, perform my daily activities independently, and read the Quran again."

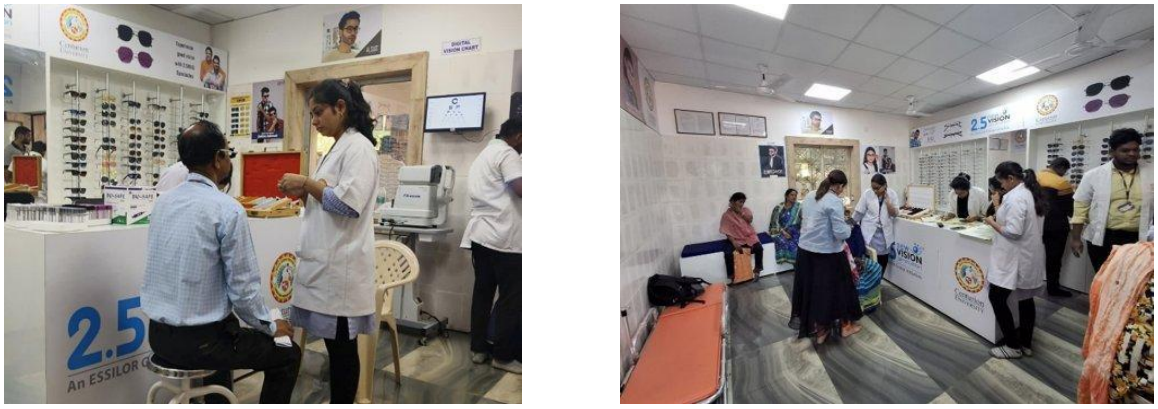
National Impact Summary

- 10,000+ beneficiaries reached through Health Care on Wheels
- 100+ health camps and activities organised
- 1,600+ tele-consultations delivered

4.3 Global Collaborations

The global collaboration network spans three continents – Asia, Europe and Africa – and encompasses international universities, corporate health partners, pharmaceutical research organisations and forensic science centres.

Partner Organisation	Collaboration Focus	Impact
Essilor International, France	'Vision for All' – vision screening, reading glasses and dispensing	19,000+ free spectacles dispensed since 2023 (with SAIL/RSP)
Dassault Systèmes Foundation	Biovia software for predictive health modelling	Therapeutic and digital health solutions
ENOLA Pharmaceuticals Pvt. Ltd.	Translational pharmaceutical research	Training and therapeutics development
Bio Forensics Research Center, Italy	Forensic health training	Student exchange programme
Durban University of Technology, South Africa	Joint health activities and academic exchange	South–South health partnership
Daffodil International University, Bangladesh	Cross-border student and academic health collaboration	Regional South Asian health learning
Republic of Zimbabwe	Collaborative activities including health outcomes	Cross-border capacity building



Essilor International 'Vision for All' collaboration – free vision care and reading glasses in rural Odisha

5. Health and Well-Being through Community Outreach

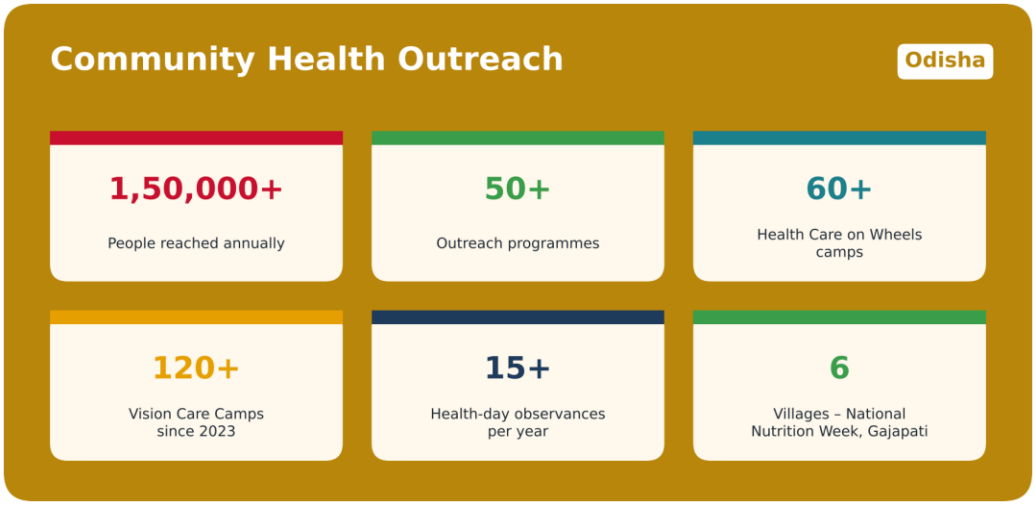


Fig. 4: *Community Health Outreach (2025)*

Centurion University's outreach programmes deliver preventive healthcare and health literacy across Odisha, led largely by student volunteers. Programmes are delivered through the National Service Scheme (NSS), Youth Red Cross (YRC), the School of Nursing, the School of Allied and Healthcare Sciences, the registered Community Diagnostic Centre and the Health Care on Wheels units, covering hygiene, nutrition, family planning, sports and exercise, ageing well and wider health topics.

2025 Highlights:

- 1,50,000+ people reached through annual community outreach
- 50+ outreach programmes and 15+ health-day observances a year
- 10,000+ people reached through 60+ Health Care on Wheels camps
- 800+ women and children benefited from nutrition counselling
- 280 free dental consultations at the Community Diagnostic Centre
- 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.

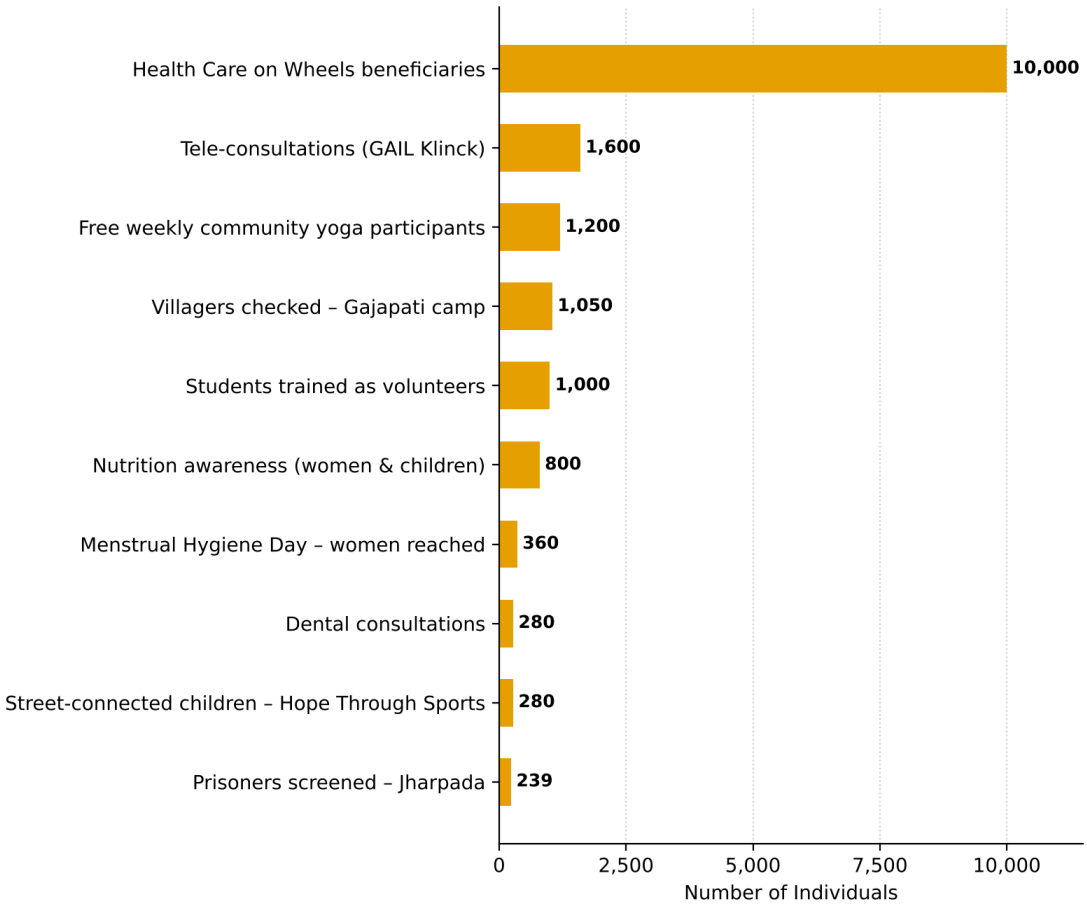


Fig. 5: *Overview of Community Outreach Impact (2025)*

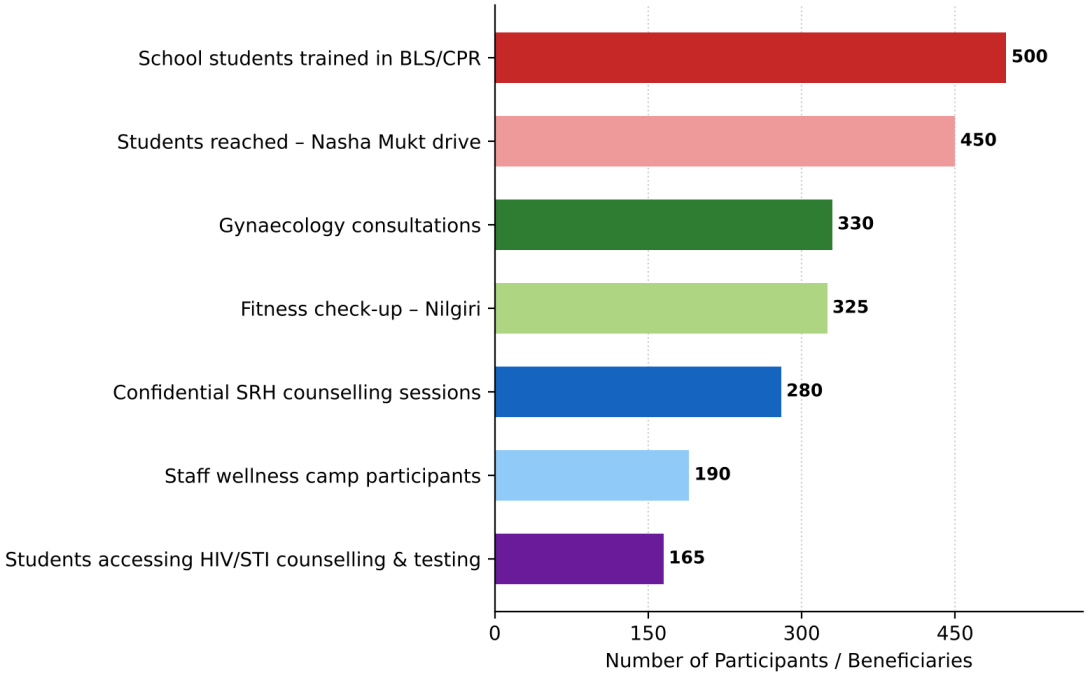


Fig. 6: *Health Services and Training Reach (2025)*

5.1 Local Community Outreach Programmes

▶ Health and Hygiene Awareness

Community hygiene programmes delivered by NSS and nursing volunteers combine demonstrations, street plays and poster campaigns on handwashing, safe drinking water, waste disposal, food hygiene and seasonal disease prevention.

- World Hand Hygiene Day (May 2025): clinical handwashing protocol and infection-prevention awareness
- Dental Camp at the Community Diagnostic Centre (February 2025), with Hi-Tech Dental College & Hospital: 280 patients received free consultations and oral-health counselling
- World Asthma Day (May 2025) and Antimicrobial Awareness Week (November 2025): inhaled-therapy education and rational antibiotic use
- Naturopathy service camps at the Wellness Centre, offering Shirodhara, steam baths, therapeutic massage and Kati Basti to students, faculty and communities



Health and hygiene awareness by student volunteers across rural Odisha

▶ Menstrual Hygiene Programmes

Menstrual Hygiene Day (28 May 2025) was observed with interactive workshops at Kusumati Panchayat benefiting 360+ women. NSS and nursing volunteers led sessions on menstrual health, distributed sanitary pads and reusable kits, and addressed myths and taboos through skits, posters and role-plays. The Swasth Nari Sashakt Parivar Abhiyan (23 September 2025) extended this work to a tribal village with free sanitary-napkin distribution.




Menstrual hygiene programmes – sanitary kit distribution and tribal village outreach

> **Beneficiary Testimonial – Mrs. Sabitri Behera, Kusumati Panchayat**
> *"For many years, people in our village felt hesitant to discuss menstrual health openly. After participating in the Menstrual Hygiene Day programme organized by Centurion University of Technology and Management (CUTM), I gained accurate information about maintaining proper menstrual hygiene, the safe use of sanitary pads, their proper disposal, and common myths and misconceptions surrounding menstruation. Following this awareness initiative, I have shared the knowledge I gained with my daughter, neighbouring women, and other women in the village."*

▶ Nutrition and Food Security

During **National Nutrition Week (1–7 September 2025)**, the School of Nursing and the NSS Unit reached six villages of Gajapati district (Dhamunigaon, Ranadevi, Kantragada, 7th Mile, R. Sitapur and Dalimbapur) with dental check-ups, eye screening (280–310 people screened and 170–200 spectacles distributed each day), balanced-diet education, dietary counselling and a nutrition food fest.




National Nutrition Week – dental care, eye screening and nutrition education across six villages of Gajapati district

NSS volunteers also run regular sessions on iron, calcium, vitamin A and protein deficiencies, breastfeeding, complementary feeding and anaemia prevention, benefiting 800+ people. The University promotes fortified foods and maintains nutrition gardens, mushroom units and livestock

farming on campus, while its low-glycaemic **DIAFIT Rice**, developed on campus, supports balanced diets for people with diabetes.

Nutrition is linked to livelihoods through the **Innovation Agriculture Project**, supported by the National Skill Development Corporation, which trains farmers and Community Resource Persons in sustainable agricultural practices across nine tribal-dominated districts of South Odisha. Under **Project Atal**, 70,000 of a targeted 1,00,000 farmers have been supported to cultivate the low-glycaemic Rajendra Nagar rice variety (15048). **Gram Tarang Foods** adds value to local produce and improves access to nutritious food.



Innovation Agriculture Project (left) and DIAFIT low-glycaemic rice developed at CUTM (right)

The **Nutrition Awareness Programme (25 September 2025)**, organised by the School of Nursing under the theme "Your Health is What You Eat," was conducted by B.Sc. Nursing and GNM students under the guidance of Ms. Eisha Swain and inaugurated by Dr. Pradeep Kumar Sarangi. Calorie charts, balanced-diet food models, posters and demonstrations showed how nutrition helps prevent diabetes, hypertension and anaemia, educating students, faculty and community members on healthy dietary practices.



Nutrition Awareness Programme – "Your Health is What You Eat," organised by the School of Nursing



Awareness rally for a balanced diet and healthy lifestyle in villages

The **3rd Utkal Kisan Mela (7–8 April 2025)** brought together 1,171 farmers, self-help groups and rural households for sessions on sustainable farming, balanced diets using millets and leafy greens, maternal and child nutrition, elderly wellness and dietary diversity. The Mela featured 54 stalls from 45 institutes, with participation from 10 private companies, 6 national institutes and 6 farmer producer organisations, and an MoU was signed between CUTM and ICAR-CTCRI.



Utkal Kisan Mela – farmers and self-help groups engaging on sustainable farming and nutrition

> **Beneficiary Testimonial – Mrs. Mamata Nayak, Kusumati Panchayat**
> *"I was pregnant when I attended this programme. Because of financial difficulties and a lack of accurate information about nutritious food, I was not getting the nutrition I needed during my pregnancy. At a nutrition awareness programme organised by the NSS volunteers of CUTM, I learned in detail about the importance of iron, calcium, vitamin A and protein during pregnancy, how to prevent anaemia, proper nutrition for mother and child, and eating a balanced diet. The fortified rice, dietary advice and awareness provided by CUTM have brought a positive change in my eating habits."*

▶ Family Planning Awareness

In collaboration with ASHAs, Anganwadi workers and ANMs in Gajapati district, the University delivers family planning drives on birth spacing, contraceptive options, safe motherhood, responsible parenthood and STI prevention, using street plays, counselling and IEC materials, with special outreach to newly married couples and adolescents. National Girl Child Day (24 January 2025), held with CHC Gurandi, reinforced menstrual health and personal safety education for girls.



Family planning awareness – students reaching households with reproductive health education

> **Beneficiary Testimonial – Mrs. Sushmita Majhi, Gurandi**
> *"After marriage, my knowledge of family planning, appropriate birth spacing, and reproductive health was very limited. After participating in a family planning awareness programme organized through the collaborative efforts of CUTM, ASHA workers, Anganwadi workers, ANMs and Gurandi Community Health Centre, I gained accurate information about healthy birth spacing, different contraceptive options, safe motherhood, responsible parenthood, and the prevention of sexually transmitted infections. The programme gave me the confidence to make informed decisions about my health and my family's future."*

▶ Sports, Exercise and Active Living

Daily yoga sessions for students and staff are led by certified instructor Dr. Pradeep Kumar Sahoo, alongside a free weekly yoga session for the local community that drew 1,200+ participants. The Yoga Club and Bodybuilding Club run ongoing yoga, aerobics and structured exercise to help prevent lifestyle-related non-communicable diseases. Community sports tournaments in cricket, football, athletics and traditional games foster fitness, teamwork and mental well-being, and the Srimad Bhagavad Gita programme promotes ethical values, emotional resilience and positive mental attitudes among community members, faculty and students.





Cricket ground open to the community (left) and Bhagavad Gita sessions (right)

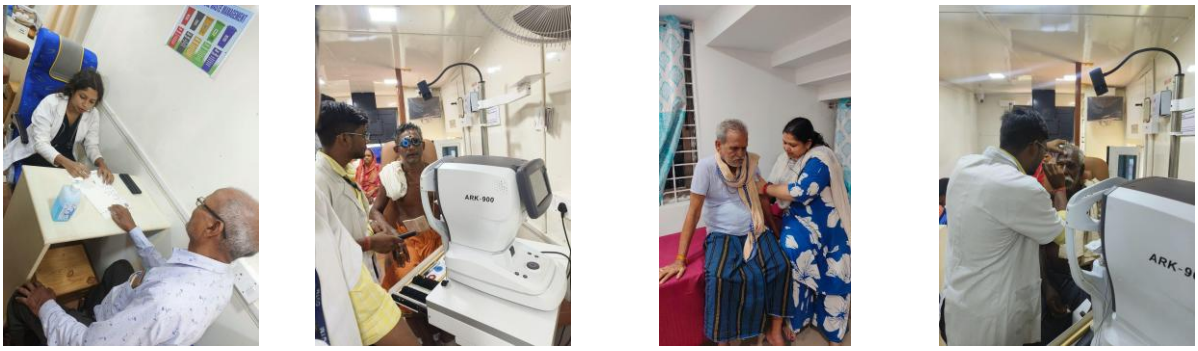
▶ Ageing Well

Dedicated outreach for older people covers mobility exercises, fall prevention, balance training, eye and dental check-ups and nutrition counselling for age-related conditions, alongside mental health awareness to address loneliness and depression. Nursing students conducted a health visit to an old age home in Balasore district (26 November 2025), and Health Care on Wheels and the Community Diagnostic Centre held geriatric screening camps, including one on 8 September 2025, providing blood pressure, blood glucose, vision and general health assessments. Vision Care on Wheels extends free eye screening and spectacles to older adults at risk of cataracts and refractive errors, and the Department of Physiotherapy provides mobility assessment, balance training, pain management and rehabilitation guidance. Students from healthcare disciplines take part under faculty supervision, building practical competencies in geriatric care.





Ageing well initiatives – health screening and wellness for older adults



Geriatric screening, vision care for older adults, physiotherapy and student engagement in elderly care

▶ Disease Awareness and Health Days

NSS, YRC, nursing and allied-health volunteers observe 15+ health days every year, including:

- World Population Day (11 July 2025) and World Breastfeeding Week (1–7 August 2025) across six villages of Gajapati district
- World Hepatitis Day (28 July 2025): 57 B.Sc. Nursing students vaccinated; Detox Drop Challenge
- World Hypertension Day (17 May 2025): 150+ students trained by health professionals to carry out community blood pressure checks
- World Mental Health Day (10 October 2025), World Food Day (16 October 2025, Barlanda village: food safety and sustainable diets), World AIDS Day (1 December 2025, with NSS and YRC at the CDMO Office) and the HIV/AIDS & STI IEC Campaign (24 September 2025)
- TB Awareness (24 March 2025) with CHC Jatni in Rathipur village, and BLS training for 500+ students of Kendriya Vidyalaya, Jatni (21 January 2025)
- Nasha Mukt Bharat Abhiyaan (13 May and 19 August 2025): substance-abuse prevention and healthy lifestyle awareness for youth and the community
- Nasha Mukt Abhiyan (18 November 2025): anti-addiction drive and pledge with 450+ students of M.S. Pur High School

5.2 Outreach to Disadvantaged Communities

The University places explicit emphasis on reaching marginalised, economically weaker, tribal and institutionally excluded populations, so that outreach is equity-centred rather than limited to easily accessible communities.

▶ Tribal Community Outreach

- Swasth Nari Sashakt Parivar Abhiyan (23 September 2025): menstrual hygiene education, sanitary-napkin distribution and a free health camp in a tribal village

- Breast Cancer Awareness, Kududa village, Gajapati (18 October 2025): breast self-examination training for tribal women
- World Cerebral Palsy Day (6 October 2025): home-rehabilitation techniques for tribal families
- National Nutrition Week (1–7 September 2025): nutrition, dental and eye care in six tribal villages of Gajapati district
- Health Care on Wheels village outreach (17 November 2025): Gurandi, Dr. Banjir and M.S. Pur villages
- Tribal health outreach camp, Kalahandi district: 650+ residents received free consultations, maternal and child health check-ups, nutritional assessment, eye screening and BP and glucose testing, with referrals to PHCs and CHCs




Tribal community outreach in Gajapati district – women's health, free screening and breast cancer awareness

▶ Prison Population Health Outreach – Jharpada Correctional Home

On 22 March 2025, a free vision-screening camp was held at Jharpada Correctional Home (Central Jail), Bhubaneswar, with DG Prisons and SAIL/RSP's mobile vehicle. Student optometrists screened 239 prisoners and distributed 185 free spectacles, extending eye care to a population typically excluded from outreach.





Jharpada Correctional Home: 239 prisoners screened and 185 free spectacles distributed

> **Beneficiary Testimonial – Inmate, Jharpada Correctional Home (name withheld for privacy)**
> *"For several months, I had been experiencing blurred vision, which made it difficult to read, write, and participate in the vocational and educational activities available inside the prison. I received a comprehensive eye examination and refraction test. The doctors, faculty members, students, and volunteers treated us with dignity and respect, making us feel that our health and well-being truly mattered. After the examination, I was provided with a pair of spectacles free of cost, and my vision improved immediately."*

▶ Children, Persons with Disabilities and Economically Weaker Sections

- **SahaCare Child Care Model:** safe, affordable childcare for children aged 3–6 years in Kargil Basti, Bhubaneswar, integrating nutrition, early learning and caregiver training through local self-help groups
- **Hope Through Sports Programme (28 January 2025):** 280+ street-connected children in 35+ competitions at Pragati Kendra, Ashok Nagar, inaugurated by Padma Shri Pramod Bhagat; the University provided health check-ups
- **Aama Ghara Orphanage, Tamando (9 November 2025):** health assessments, nutritional counselling and recreational activities for children
- **CRC-SRE (10 October 2025):** mental health awareness and psychosocial support for persons with disabilities and their caregivers, led by a clinical psychologist
- **Vision Care Camps with Essilor and SAIL/RSP:** since 2023, 26,841 people have been screened at 120+ camps, and 19,000+ individuals from economically weaker sections have received free spectacles




SahaCare community-based childcare model, Kargil Basti, Bhubaneswar




Health check-ups at Aama Ghara Orphanage (left) and free spectacles for economically weaker communities (right)

> **Beneficiary Testimonial – Mrs. Kamala Behera, 67 Years**
> *"As I grew older, my eyesight gradually deteriorated, making it increasingly difficult for me to read books, cook, sew, and perform everyday household activities. Due to my family's financial difficulties, I could not afford an eye examination or purchase spectacles. CUTM, in collaboration with Essilor International, organized a free eye screening camp in our village under the Vision for All programme. As soon as I started wearing the spectacles, I could see clearly again. I can now read my prayer books, perform household activities independently, recognize people from a distance, and enjoy spending time with my grandchildren."*

5.3 Inclusive Health Outreach for Migrant Communities

Inclusive health initiatives ensure that migrant, seasonal-worker and displaced communities in Odisha's peri-urban and industrial zones receive healthcare without discrimination:

- Free health check-ups (BP, blood sugar, BMI), vaccination awareness and linkages (hepatitis B, HPV, tetanus) and referral to government hospitals and PHCs, with IEC materials in local languages
- Psychosocial support and signposting to counselling resources for stress, trauma and social isolation, with priority attention to women and children
- Sanitation, safe drinking water and hygiene awareness by NSS and YRC volunteers in settlements with high migrant populations





Safe water, sanitation and health access campaigns for disadvantaged and migrant communities

5.4 Student Volunteering

All community health outreach is delivered primarily by student volunteers trained under faculty supervision through the NSS, YRC and professional schools. Students from radiology, nursing, physiotherapy, optometry and allied health sciences conduct screenings, vision tests, BP and sugar monitoring and awareness sessions, building clinical, communication and leadership skills. More than 1,000 students have been trained and engaged as volunteers, and YRC blood donation camps have contributed over 180 units of blood to emergency and critical care.




NSS and YRC student volunteers delivering community health outreach

Case Study: Gajapati Community Health Outreach Camp (September 2025)

✓ 55 students from nursing, radiology, physiotherapy, medical laboratory technology and optometry delivered a two-day multidisciplinary camp under faculty supervision

✓ General health check-ups for 1,050+ villagers

✓ Vision screening for 420 people, with 170 receiving free spectacles

✓ Maternal and child health consultations and nutrition counselling for 350 women and children

✓ BP and blood glucose screening for 560 adults, identifying 92 new hypertension cases and 38 suspected diabetes cases, all referred to nearby PHCs

Key outcomes:

- Early detection of hypertension, diabetes, anaemia and vision impairment, with referral to public health facilities
- Improved health literacy and hygiene practices among marginalised communities
- Experiential learning for over 1,000 student volunteers, preparing socially responsible health professionals

6. Fitness, Sports and Active Well-Being

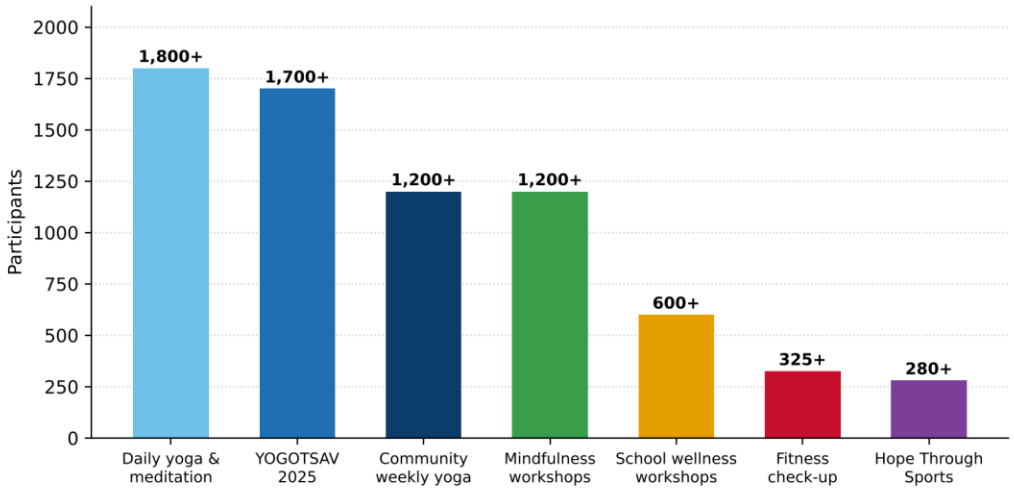


Fig. 7: *Fitness and Wellness Participation (2025)*

Through a blend of free, targeted and paid initiatives, Centurion University shares its sports facilities with local schools and the general public, and promotes *active living and preventive healthcare* through accessible fitness programmes and community engagement:

- 1,200+ participants in free weekly community yoga sessions
- 600+ local school students engaged in wellness and sports workshops

- 325 community members screened at the Nilgiri Fitness Check-up Drive (26 July 2025)
- 16 school teams hosted for the All-Odisha +2 Basketball Championships (29 August 2025)
- Paid memberships sustain the gymnasium and swimming pool for long-term health promotion

These initiatives integrate physical fitness, mindfulness and community bonding – reinforcing health as a shared responsibility. Facilities and programmes are offered under three access categories:

Access Category	CUTM Model	Usage
Free access	Open, no-cost access to core sports and wellness resources	Cricket ground, weekly yoga, community fitness and health screening, gymnasium visits
Selective free access	Targeted no-cost programmes for specific groups	Local school students, school-level basketball championships, underprivileged children and rural school programmes
Charged access	Paid access to selected professional fitness services	Gymnasium membership, swimming pool and personal-training/bodybuilding services

6.1 Free Access to Sports Facilities

Initiative	Target Group	Key Outcomes
Cricket ground open use	Local school children and general public	Approximately 230–260 users; outdoor physical activity, teamwork and community bonding
Weekly community yoga sessions	Local community	1,200+ participants; asanas, pranayama and mindfulness for stress relief
Fitness check-up drives	Campus and community members	Free BMI, BP and general health screening with lifestyle counselling
Gymnasium visits	Local community	Awareness of fitness equipment, structured exercise and healthy living
International Yoga Day (21 June 2025)	Community, students and staff	University-wide participation; ISKCON guest session; yoga books added to the library



Free access to the cricket ground for local school children and community members





Weekly yoga practice (left) and International Yoga Day, 21 June 2025 (right)

6.2 Targeted Free Access Programmes

Initiative	Target Group	Key Outcomes
Wellness and sports workshops	Local school students	600+ students; fitness, sports techniques, nutrition and mental health awareness
All-Odisha +2 Basketball Championships (29 August 2025)	Boys' and girls' school teams	16 school teams; Raghunath Jew School (boys) and Mothers Public School (girls) won the finals
District-Level Football Knockout Tournament (28 June 2025)	Youth teams from surrounding communities	Physical fitness, teamwork and community engagement
Fit India Movement (27–29 August 2025)	Community members, students and staff	Pull-up, push-up, plank and marathon events promoting regular activity
Programme for underprivileged children (11 December 2025)	Pranaballab Public School, Anandapur (Keonjhar)	Fitness coaching, exercise sessions and health education

Initiative	Target Group	Key Outcomes
School and village fitness programme (7 November 2025)	Ratanpur Primary School and village	Physical activity, hydration, nutrition and healthy routines
Hope Through Sports (28 January 2025)	Street-connected children	280+ children in 35+ competitions, with health check-ups

Quarter-finalists in the boys' competition were TSG Gurukul, ODM Global School, Mothers Public School, GD Goenka School, Gyan Bikash School, KT Global School, Raghunath Jew School and K.V. Puri; Raghunath Jew School won the final against Gyan Bikash School. In the girls' competition, the quarter-finalists were Mothers Public School, TSG Gurukul, ODM Global School, Sankalp Public School, Emarti Devi School, GD Goenka School, St. Joseph School and Govt. Girls High School; Mothers Public School won the final against St. Joseph School.



All-Odisha Boys' (left) and Girls' (right) +2 Level Basketball Championships, 29 August 2025



District-Level Football Tournament (left) and Fit India Movement events (right)

6.3 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 and youth	Promotes cardiovascular fitness, endurance and overall well-being
Paid bodybuilding programmes	Fitness enthusiasts	Encourages strength, discipline and healthy lifestyle adoption
Paid personal trainer sessions	Adults and general public	Customised plans for weight management, strength and aerobic fitness; reduces injury risk



Swimming pool (left) and gymnasium (right) available through paid membership

Best Practices

✓ Open-access sports infrastructure: the cricket ground and selected wellness resources are available beyond the enrolled student population

✓ Targeted school engagement: structured sports and wellness opportunities for local school students

✓ School-level competitive sport: All-Odisha +2 boys' and girls' basketball championships bring external school teams onto campus

✓ Integrated wellness model: physical activity combined with health screening, lifestyle counselling and preventive-health education

✓ Equity-focused programming: selected activities directed toward underprivileged children and rural school communities

✓ Multiple access pathways: free community access, selective programmes and paid professional fitness services

7. Sexual and Reproductive Health Access



Fig. 8: *Sexual and Reproductive Health Access Model*

Centurion University ensures confidential, affordable and inclusive **Sexual and Reproductive Health (SRH)** services for students through a dual model: free education, awareness, counselling and check-ups, and subsidised specialist consultations, STI testing and contraceptives. Services are delivered through the registered Community Diagnostic Centre and the Centurion PMB Janaushadhi Kendra on campus, and are supported by the University's Policy Against Ragging and Harassment, which takes a zero-tolerance approach to sexual harassment and provides counselling for students who raise concerns, and its Grievance Redressal Policy, which offers campus- and university-level committees with escalation to the University Grievance Redressal Committee and Ombudsman.

Policy Against Ragging and Harassment: https://cutm.ac.in/wp-content/uploads/2024/11/Policy-against-Ragging-and-Harassment.pdf

Grievance Redressal Policy: https://cutm.ac.in/wp-content/uploads/2024/11/Grievance-Redressal-Policy-of-CUTM.pdf

2025 Achievements:

- 11 SRH awareness workshops | 3,800+ students reached
- 280+ confidential counselling sessions
- 330+ specialist gynaecology consultations | 165+ students accessed HIV/STI counselling and testing
- World Population Day: 15+ sessions reaching 1,200+ students and community members across 12+ rural communities, with 25+ ASHA workers and partners and 1,000+ IEC materials

- 10+ reproductive health observances, including Menstrual Hygiene Day, World Breastfeeding Week, World Preeclampsia Day, World Ovarian Cancer Day, Cervical Cancer Elimination Day and World AIDS Day

Through strategic partnerships, data-driven interventions and continuous community engagement, the University creates an inclusive environment in which students and the wider community can achieve safer reproductive health outcomes.

7.1 Free Access – Education, Awareness and Counselling

Expert-led workshops, supported by peer discussions, cover safe sexual practices, menstrual hygiene, contraception, STI prevention, consent, gender equity and adolescent reproductive health in a stigma-free setting. A session on **Female Adolescent Self-Care and Healthy Habits** (18 November 2025), delivered by Dr. Pushpanjali Mishra, MD (Obstetrics & Gynaecology), addressed eight dimensions of adolescent well-being. Free and confidential counselling is provided by the University Counsellor and the Women Counselling Committee, with referral to the Community Diagnostic Centre, partner hospitals or government facilities when needed. A Female Health Awareness Programme at Jamukoli Panchayat (15 June 2025) combined screening with education for rural women and adolescent girls.



Breast cancer awareness rally by the School of Nursing (left) and the Female Adolescent Self-Care session (right)

SRH service pathway: Awareness → Counselling → Clinical Consultation → Diagnosis/Referral → Follow-up

7.2 Observance of Reproductive Health Days

Observance	Date	Key Activities
National Girl Child Day	24 Jan 2025	"Confidence through Care: A Training for Girls" seminar with CHC Gurandi; Prof. S.N. Sandhya on menstrual hygiene and nutrition, and Mrs. Mamata Padhi, PHE Officer, on personal safety
World Ovarian Cancer Day	8 May 2025	Awareness sessions with oncologists on early signs, screening and stigma reduction
World Preeclampsia Day	22 May 2025	BP screening for village women; referral for antenatal care; expert talks
Menstrual Hygiene Day	28 May 2025	Workshops; sanitary pads and reusable kits; rural outreach to adolescent girls
World Population Day	11 Jul 2025	15+ sessions; 1,200+ reached; 12+ rural communities; 1,000+ IEC materials
World Breastfeeding Week	1–7 Aug 2025	"Prioritise Breastfeeding: Create Sustainable Support Systems" across Jubarajpur, Machamara, Binhola, Puduni, Bagasala and Katalakaitha (Gajapati); street plays, demonstrations and HCoW maternal and child health consultations
Swasth Nari Sashakt Parivar Abhiyan	23 Sep 2025	Women's health empowerment programme in a tribal village with Registrar Dr. Anita Patra and Vice-Principal Prof. S.N. Sandhya; skits, flashcards, sanitary napkins and a free health camp
HIV/AIDS, STI and TB Awareness (OSACS IEC-2.0, Letter No. V-OSACS/IEC-15/2025/1621)	24 Sep 2025	With ICTC staff of DHH Paralakhemundi and the Targeted Intervention NGO team; HIV prevention, VCT and access to ART
Cervical Cancer Elimination Programme	17 Nov 2025	HPV vaccination, Pap smear and VIA screening guidance by Dr. Pushpanjali Mishra
World AIDS Day	1 Dec 2025	"Overcoming Disruption, Transforming the AIDS Response" – role plays, street theatre, posters, free counselling and voluntary testing; NSS and YRC programme at the CDMO Office





Menstrual Hygiene Day (left) and World Population Day awareness session (right)



World Breastfeeding Week – maternal nutrition and lactation counselling in rural communities

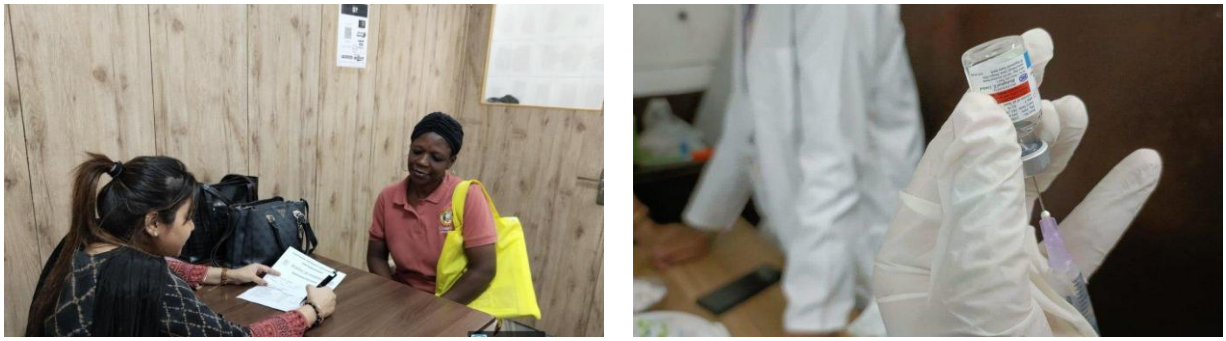




Cervical Cancer Elimination expert talk (left) and the OSACS HIV/AIDS, STI and TB awareness campaign (right)

7.3 Service Delivery Model

Service Type	Access Model	Key Features
Awareness sessions and education workshops	Free of cost	Safe sex practices, menstrual hygiene, contraception, STIs, consent, gender equity
Counselling services	Free and confidential	280+ sessions on reproductive health, relationships, pregnancy concerns and mental health
Health check-ups	Free periodic camps	Screening for reproductive health issues, anaemia and hypertension
STI testing and treatment	Subsidised / linked	Screening for HIV, syphilis and HPV; OSACS collaboration (18 September 2025) enabled 165+ students to access confidential HIV/STI counselling and testing; referral to partner hospitals
Specialist consultations	Subsidised	Weekly gynaecology at the Community Diagnostic Centre by Dr. Mamta Mohanty (MBBS, AIIMS Delhi; DGO; DNB (OBG); FAIMS; FCGP; Public Health Specialist) and Dr. Purarama Pradhan (MBBS; PGDMCH; Maternity and Child Health; Retd. CMO, CRPF); 330+ consultations; additional sessions with AMRI Hospital
Contraceptive distribution	Subsidised	Condoms and oral contraceptive pills via the PMB Janaushadhi Kendra
HPV vaccination	Cost-sharing	Vaccination drives for cervical cancer prevention
Urology consultations	Discounted	Male reproductive and genitourinary health



Gynaecological consultation at the Community Diagnostic Centre (left) and HPV vaccination drive (right)

Case Study: Confidential STI and HIV Health Access for an International Student

An international student used the University's confidential SRH support system to understand available STI and HIV screening and preventive services. Through university health facilities, referral linkages and the OSACS-supported Voluntary Counselling and Testing services, the student received information on testing options, prevention and follow-up care without stigma or

discrimination, and was able to learn their health status confidentially – demonstrating equitable access to health services regardless of nationality.

Case Study: Accessible Preventive SRH Care for a Student

A female undergraduate student accessed protection against HPV-related cervical cancer through the cost-sharing HPV vaccination initiative, at a reduced financial burden. Combined with information on HPV prevention and the importance of timely preventive care, the experience shows how health education and affordable preventive services together enable informed reproductive-health decisions.

Case Study – From Awareness to Accessible Care

✓ Context: students raised sensitive concerns on menstrual health, contraception and relationships through free workshops and confidential counselling

✓ Intervention: an integrated referral pathway linked counselling, the Community Diagnostic Centre, specialist gynaecology, diagnostics and partner hospitals

✓ Outcome: free education combined with subsidised clinical services reduced practical and financial barriers to seeking care

✓ Impact: earlier help-seeking and informed reproductive-health decisions among students

8. Mental Health and Emotional Well-Being

Student mental health is a strategic institutional priority. Globally, about 35% of students experience undiagnosed mental illness, and 75% of lifetime mental health disorders begin before the age of 24.[1],[2]

By embedding mental health support within a broader framework of well-being – combining psychological care, physical fitness and spiritual practices – Centurion University addresses immediate challenges while building a campus culture in which mental health is prioritised. Support is organised in three tiers: active promotion, free support and subsidised expert care.

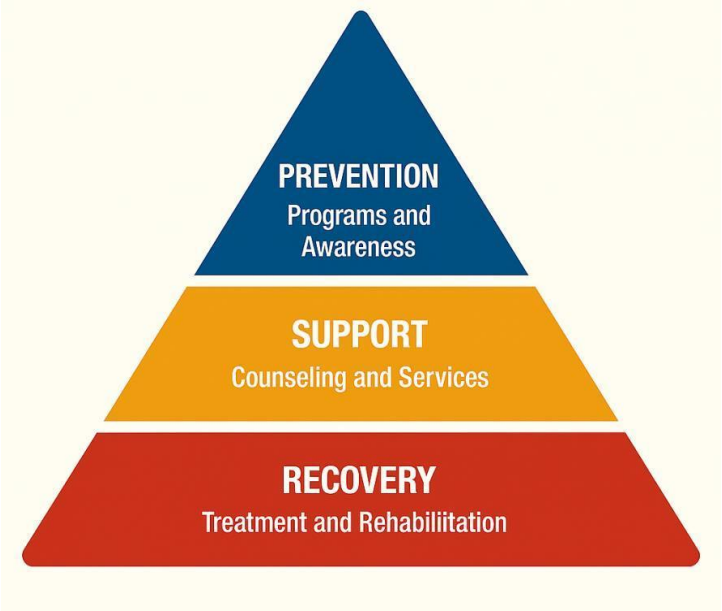


Fig. 9: *Mental Health Support Framework*

Mental health is central to the University's holistic well-being strategy:

- **Services:** counselling, yoga, mindfulness, peer support and tele-counselling
- **Impact (2025):**
    - 3,500+ students and staff supported through counselling and mental health programmes
    - 1,000+ yoga and meditation sessions, reaching 1,800+ students and faculty
    - 1,700+ participants in YOGOTSAV 2025 (5 April 2025)
    - 6+ peer mentoring networks for minority, first-generation, rural and disadvantaged students

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



YOGOTSAV 2025 – a celebration of wellness, wisdom and unity through yoga, 5 April 2025

Student Testimonial – Mr. Dwarika Nath Satapathy

"I regularly participate in the morning yoga and meditation sessions conducted on campus. I feel that starting my day with yoga asanas, pranayama and meditation helps me feel more energetic, refreshed and focused. After the session, I find it easier to concentrate during classes and continue my studies with a positive and calm mindset. Regular yoga has become an important part of my daily routine and helps me manage academic stress."

8.1 Mental Health Services and Counselling

Service Type	Access Model	Key Features
Counselling and Mentoring Cell	Free of cost	Walk-in and appointment-based support for academic stress, exam anxiety, career pressure, relationships and substance-abuse prevention
Expert counselling support	Subsidised	Dr. Manas Mahalik offering individual therapy, mental health assessments and group workshops
Tele-counselling	Free	Remote access to mental health professionals for students at geographically distant campuses
Peer Counselling Corner and Art Therapy Booth	Free	Student-led safe space and creative stress-relief activities on World Mental Health Day
Signposting	Free	Student Mentors and department-level counselling as first points of contact, with referral to the Cell or external specialists
Yoga and meditation	Free	Daily sessions by certified instructor Dr. Pradeep Kumar Sahoo

Service Type	Access Model	Key Features
Special workshops	Free	"The Art of Mind Control" – 12+ workshops on stress management and focus, reaching 1,200+
Large-scale events	Free	YOGOTSAV 2025 and International Yoga Day
Inclusive and peer mentorship	Free	6+ networks supporting minority, rural and first-generation students

▶ **Awareness Days and Partnerships**

- **World Mental Health Day (10 October 2025):** observed across all campuses – a street play and flash mob by the Drama & Dance Club; a full-day programme by the School of Allied and Healthcare Sciences and CCCDC on "Access to Services – Mental Health in Catastrophes and Emergencies" with Mrs. Reena Singh (M.Sc. Mental Health Nursing, KIIT DU) and Dr. Mamata Mohanty (MBBS, AIIMS; Public Health Specialist); talks by Regional Director Mr. Dhruba Charan Sahoo and HOD Ms. Queen Monalisa Sanatan; a programme with Clinical Psychologist Mrs. Amrita Pritam and CRC Director Mr. Gurbuksh Jagota; and a Peer Counselling Corner and Stress Relief Art Therapy Booth facilitated by Ms. Shrabanti Maita, with Vice-Principal Prof. S.N. Sandhya addressing students
- **IQAC Community Outreach at CRC-SRE (10 October 2025):** 15 B.Sc. Nursing and GNM students promoted mental-health awareness, resilience and stigma reduction through dance, song, posters and a rangoli competition themed "Healing Minds, Strengthening Communities"
- **Missionaries of Charity visit (10 October 2025):** students engaged with 350+ residents receiving psychiatric care
- **World Suicide Prevention Day (10 September 2025):** "Let's Talk – Start the Conversation" sessions on risk factors, warning signs, gatekeeping and early intervention, under the guidance of Mrs. Tejaswini Mahapatra and Mrs. R. Jhansi
- **World Alzheimer's Day (22 September 2025):** "Ask About Dementia. Ask About Alzheimer's." – dementia awareness and stigma reduction led by GNM and B.Sc. Nursing students
- **Mental Health and Suicide Prevention Workshop (1 September 2025):** with the District Administration, Gajapati; speakers included Shri Jatindra Kumar Panda, Superintendent of Police, Gajapati, Smt. Tapasai Praharaj, President, All India Democratic Women's Federation, and Dr. Anita Patra, Registrar, CUTM
- **International Yoga Day (21 June 2025):** multi-campus celebration with a session by Sugriba Mitra Das Prabhu (ISKCON); yoga books added to the campus library

- **Lived-experience engagement:** alumni and community members share recovery journeys, normalising conversations about mental health; trained peer mentors encourage dialogue and direct peers to formal support





'The Art of Mind Control' workshop (left) and World Suicide Prevention Day programme (right)





Peer support and art therapy (left) and tele-counselling access (right)

Case Study – Building Resilience through an Integrated Mental Health Support Model

✓ Context: academic workload, examination pressure, career planning and adjustment to university life can affect students' emotional well-being, so the University encourages students to seek support before concerns escalate

✓ Intervention: 1,000+ yoga and meditation sessions, 12+ "The Art of Mind Control" workshops reaching 1,200+ students and staff, multi-campus awareness programmes, peer-support networks and the free Counselling and Mentoring Cell, with referral to subsidised professional services

✓ Outcome: multiple entry points for support according to need; 35+ formal sessions, largely group sessions, which with individual counselling reached 3,500+ students and staff

✓ Impact: a shift from crisis-oriented care to a preventive, stepped-care model – Promotion → Awareness → Peer Support → Counselling → Specialist Intervention

Student Testimonial – Mr. Ayush Mohapatra

"Before my examinations, I often experienced fear, anxiety and difficulty concentrating on my studies. Through the University's Counselling and Mentoring Cell, I was able to discuss these concerns confidentially and receive guidance on managing examination-related stress. The counselling

> *sessions helped me develop a more positive approach towards examinations, organize my preparation better and remain calmer under academic pressure."*

8.2 Quantitative Impact (2025)

Indicator	Data
Formal counselling sessions delivered	35+ (largely group sessions)
Students and staff benefited	3,500+ (including individual and group counselling)
Yoga and meditation sessions held	1,000+ across campuses; 1,800+ students and faculty
Participants in YOGOTSAV 2025	1,700+
Mindfulness and resilience workshops	12+, engaging 1,200+ students and staff
Peer mentoring networks	6+ active networks
Major mental health and wellness awareness initiatives	9+

Summary of Current Strengths

Key Strength	Outcome
Integration of yoga and mindfulness	Daily sessions for 1,800+ students and faculty
Community engagement	350+ residents receiving psychiatric care engaged; outreach to persons with disabilities at CRC-SRE
Inclusive peer support	6+ structured networks supporting students from vulnerable backgrounds
Stepped-care model	Promotion → Awareness → Peer Support → Counselling → Specialist Intervention

Key Benefits of the Mental Health Focus

Benefit Area	Measurable Outcome
Academic success	Students accessing counselling report improved focus, preparation and confidence
Resilience and life skills	Regular yoga and mindfulness practice builds coping strategies
Inclusive campus environment	Peer mentoring networks reduce stigma and foster belonging
Staff well-being	81% of staff surveyed rated mental health support positively
Community impact	Students lead outreach that promotes mental health awareness and reduces stigma

[1] https://www.who.int/news/item/02-09-2025-over-a-billion-people-living-with-mental-health-conditions-services-require-urgent-scale-up
[2] https://pmc.ncbi.nlm.nih.gov/articles/PMC12481897/

9. Staff Mental Health Policy Framework

Centurion University recognises that staff well-being directly influences teaching quality, institutional productivity and the campus environment. Its three-tier staff framework combines active promotion, free in-house support and access to charged specialist services.

A. Key Policy Framework on Staff Mental Health Support

Policy Component	Details
Maternity and Paternity Policy 2024	Paid maternity leave, provisions for miscarriage, pregnancy complications, adoption and surrogacy, and 15 days of paid paternity leave, supporting physical and emotional well-being during parenthood
Policy of Non-Discrimination Against Women 2024	Confidential reporting, investigation, counselling, legal assistance and workplace accommodation, promoting psychological safety and dignity
Policy Against Ragging and Harassment	Zero tolerance of harassment involving students, faculty and staff, with dedicated committees and HR-led counselling
Grievance Redressal Policy	Campus- and university-level committees and escalation to the University Grievance Redressal Committee and Ombudsman
Partnership with mental health providers	Referral to licensed professionals and preferential rates at partner institutions, including Apollo Hospitals

Maternity and Paternity Policy: https://cutm.ac.in/wp-content/uploads/2024/11/Maternity-Paternity-Policy-1.pdf

Policy of Non-Discrimination Against Women: https://cutm.ac.in/wp-content/uploads/2024/11/Policy-of-Non-Discrimination-Against-Women-1.pdf

Policy Against Ragging and Harassment: https://cutm.ac.in/wp-content/uploads/2024/11/Policy-against-Ragging-and-Harassment.pdf

Grievance Redressal Policy: https://cutm.ac.in/wp-content/uploads/2024/11/Grievance-Redressal-Policy-of-CUTM.pdf

9.1 Implementation Mechanisms

Active Promotion of Good Mental Health

- **Awareness campaigns:** 10+ sessions for staff on recognising distress and self-care
- **Stress management and mindfulness workshops:** workplace stress, work-life balance and coping strategies
- **Daily yoga** with faculty participation, and **weekly Bhagavad Gita sessions** for emotional balance and resilience
- **World Mental Health Day 2025:** a full-day programme inaugurated by Director Prof. Jagannath Padhi, with expert speakers Mrs. Reena Singh and Dr. Mamata Mohanty; Regional Director Mr. Dhruba Charan Sahoo and HOD Ms. Queen Monalisa Sanatan on

mental health for nursing professionals; Director Dr. Pradeep Kumar Sarangi presiding with Clinical Psychologist Mrs. Amrita Pritam; and Vice-Principal Prof. S.N. Sandhya on identifying stress early, with the Peer Counselling Corner and Art Therapy Booth open to staff



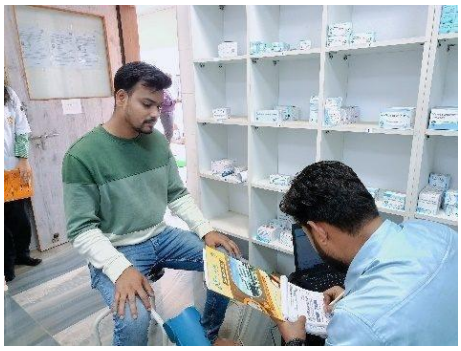


Staff mental health awareness campaign (left) and yoga for staff well-being (right)

Access to Free Mental Health Support

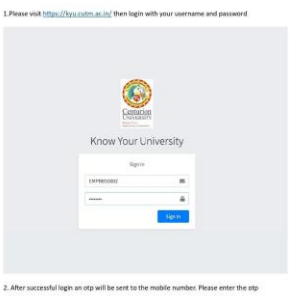
- **On-campus counselling:** free, confidential individual and group counselling with walk-in, appointment and virtual options
- **Helpline and signposting:** a designated helpline and referral to Tele-MANAS (14416), iCall (TISS) and the Vandrevala Foundation
- **Digital resources:** self-help material and wellness content through internal portals
- **Free staff wellness camps:** 190 faculty and staff of CUTM and GTET screened on 18 March 2025 at the CDC Hall by Dr. Sibani Rout (OBG), Dr. Prateek Mohapatra (Orthopaedics), Dr. Anewesh Das (General Medicine) and Dr. Sushree Sangita Kar (Dietetics & Nutrition), with counselling on lifestyle, stress-related indicators (BP, BMI) and diet–mood links; a second free camp extended the same service to staff at another campus
- **Know Your University (KYU):** a structured orientation portal, updated in March 2025, that helps new staff settle in and reduces workplace uncertainty





Free Health and Wellness Camp for 190 faculty and staff, 18 March 2025





Stress management workshop for staff, Bhagavad Gita sessions and the Know Your University (KYU) portal

Access to Charged Mental Health Support

- **Referral network:** warm referrals to clinical psychologists, psychiatrists and licensed counsellors
- **Hospital partnerships:** preferential rates at local clinics, with a specialist pathway through Apollo Hospitals
- **Employer-supported counselling:** a defined number of University-funded sessions each year for staff facing complex or long-term challenges

9.2 Measurable Impact Indicators

Indicator	2024	2025	Next-Year Target
Staff utilising mental health services annually	120	200+	220
Awareness sessions conducted per year	6	10+	15
Staff satisfaction with mental health support (survey)	–	81% positive	90% positive
Staff wellness camps organised	–	2	Annual at all campuses

10. Health Protection and Medical Benefits for Students and Employees

Centurion University recognises that a healthy university community is fundamental to excellence in education, research, innovation and social impact. Alongside its outreach for rural and underserved communities, the University has established a comprehensive **Health Protection Framework** covering students, students' families, employees and employees' eligible dependents through Group Medical Coverage (GMC), Group Personal Accident (GPA) Insurance and the Parents' Education Protection Policy.

These measures provide financial protection against medical emergencies, accidental injuries and hospitalisation, reducing the economic burden on students, employees and their families. Together with counselling, preventive healthcare, yoga and fitness programmes and community medical outreach, the framework extends healthcare support beyond the classroom and workplace to the wider university community.

10.1 Student Health Protection and Financial Security

The University safeguards the health, safety and future of its students through a three-tier Student Welfare and Health Protection Scheme, providing medical assistance during emergencies and financial security for students and their families in unforeseen circumstances.

Coverage Structure

- **Group Medical Coverage (GMC):** reimbursement of medical expenses up to ₹1,00,000 for hospitalisation or treatment due to illness
- **Group Personal Accident (GPA) Insurance:** ₹1,00,000 paid to the nominee or family in the event of a student's accidental death
- **Parents' Education Protection Policy:** educational support of up to ₹2,00,000 if the student's earning parent dies, enabling the student to continue their studies

These three layers ensure that unexpected medical or family emergencies do not become barriers to a student's higher education.

Student Coverage Trend

Year	Students Covered
2024	10,295
2025	13,360

All 13,360 students of the University were covered under the health protection schemes in 2025, up from 10,295 in 2024 – an increase of 3,065 beneficiaries (29.8%) – reflecting the University's commitment to extending healthcare protection to every enrolled student across its campuses.

10.2 Employee Health Protection and Welfare

Eligible faculty, administrative, technical and support staff are covered under Group Medical Coverage and Group Personal Accident Insurance, providing financial security during medical emergencies and reducing the economic burden of healthcare.

Employee Benefit Structure

Benefit	Coverage
Group Medical Coverage (GMC)	Medical insurance of ₹3,00,000 to ₹5,00,000 per employee for eligible hospitalisation and treatment expenses
Group Personal Accident (GPA)	Financial protection in the event of accidental injury or accidental death, as per policy terms
Claim-based medical support	Treatment through the approved insurance provider, with reimbursement as per policy guidelines

Employee Coverage Trend

Year	Employees Covered
2024	1,703
2025	1,424

The year-on-year change reflects routine workforce movement; the University has continued to provide comprehensive health protection for all eligible employees across its campuses without interruption.

10.3 Institutional Investment in Employee and Family Health Security

By extending Group Medical Coverage beyond employees to their eligible dependents, the University promotes financial security, improves access to healthcare and supports the well-being of the wider university community.

Employee and Dependent Coverage

Year	Employees	Dependents	Total Lives Covered
2024	1,703	4,116	5,819
2025	1,424	3,470	4,894

Annual Investment in Health Insurance

Year	Insurance Investment
2024	₹1,42,55,257
2025	₹1,25,05,697
Two-Year Total	**₹2,67,60,954 (₹2.68 crore)**

The University invested ₹1.25 crore in employee and dependent health insurance in 2025, and more than ₹2.68 crore across 2024 and 2025. This sustained investment treats health protection not merely as an employee benefit but as a strategic investment in institutional well-being: by safeguarding employees and their families against healthcare-related financial risk, the University strengthens staff welfare, workforce resilience and long-term organisational sustainability.

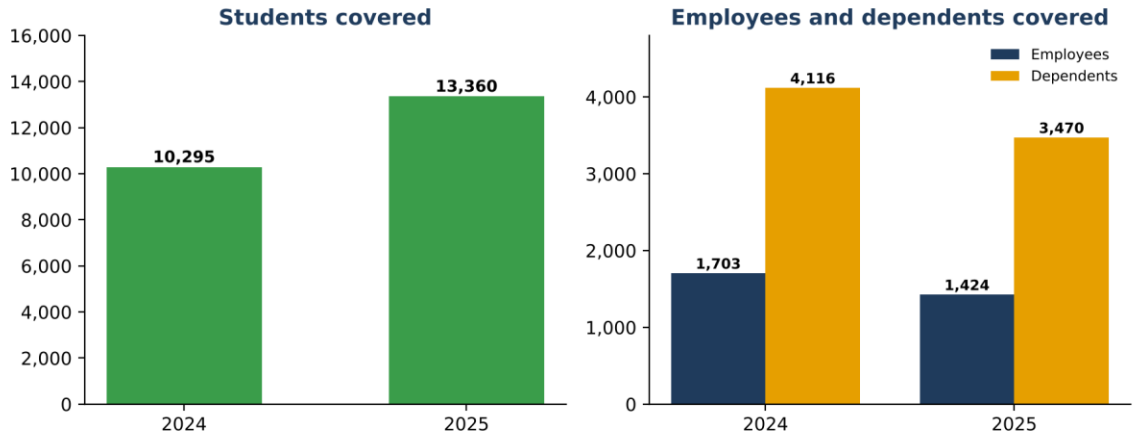


Fig. 10: *Health Insurance Coverage Trend (2024 and 2025)*

Key Highlights

- ✓ All 13,360 students covered by institutional health protection in 2025
- ✓ Health insurance extended to employees and eligible dependents across all campuses
- ✓ 4,894 employees and dependents protected through institutional health insurance in 2025
- ✓ ₹1.25 crore invested in employee and dependent health insurance in 2025
- ✓ Reduced financial risk from medical emergencies, strengthening employee welfare, family well-being and institutional resilience

10.4 Health Protection at a Glance

Students

Benefit	Coverage
Medical treatment during illness	Up to ₹1,00,000 (Group Medical Coverage)
Accidental death of a student	₹1,00,000 to nominee/family (GPA Insurance)
Death of the student's earning parent	Up to ₹2,00,000 educational support

Employees

Benefit	Coverage
Group Medical Coverage (GMC)	Up to ₹3,00,000 to ₹5,00,000 per employee
Group Personal Accident (GPA)	Accident-related financial protection as per policy

Snapshot – 2025

Indicator	Value
Students covered	13,360
Employees covered	1,424
Employee dependents covered	3,470
Total lives covered (employees and dependents)	4,894
Annual insurance investment	₹1.25 crore

Institutional Impact and Contribution to SDG 3

Year	Students	Employees	Total Beneficiaries
2024	10,295	1,703	11,998
2025	13,360	1,424	14,784

In 2025, the University provided institutional health protection to 13,360 students and 1,424 employees – a combined 14,784 beneficiaries and a 23.2% increase in total coverage over 2024. Through its integrated Group Medical Coverage, Group Personal Accident Insurance and Parents' Education Protection Policy, the University advances SDG 3 by:

- reducing the financial burden of hospitalisation and emergency medical care;
- extending healthcare protection equitably across all campuses;
- providing accidental death and disability cover for students and employees;
- safeguarding the continuation of education when a student's earning parent is lost; and

- strengthening institutional resilience and workforce well-being.

Beyond direct beneficiaries, the framework safeguards employees' eligible dependents and supports students' families. By integrating medical insurance, accident protection, family health coverage and educational continuity support within a single institutional framework, Centurion University strengthens health security, financial resilience and social well-being across its wider community.

11. Smoke-Free and Substance-Free Campus



Fig. 11: *Smoke-Free and Substance-Free Campus (2025)*

A 100% smoke-free and substance-free environment is maintained across the University's campuses, reinforced each year through awareness and pledge drives in schools and villages:

- **Nasha Mukt Bharat Abhiyaan (13 May and 19 August 2025):** awareness programmes on substance-abuse prevention and healthy lifestyle choices for youth and the community
- **Nasha Mukt Abhiyan (18 November 2025):** anti-addiction drive and pledge with 450+ students of M.S. Pur High School
- Substance-abuse prevention integrated into counselling services and community sports programmes

Impact: reduced substance use and normalised health-positive behaviour on campus and in neighbouring communities.

12. Results Matrix – SDG 3 (2025)

Focus Area	2025 Value	Target 2030
Health camps and activities conducted	100+	200
Students trained as health volunteers	1,000+	2,000
Vision screenings (Vision Care Camps)	26,841 since 2023 (7,000–8,000 each year)	25,000

Focus Area	2025 Value	Target 2030
Formal mental health counselling sessions	35+	50
Students covered by health insurance	13,360 (all students)	Sustained coverage
Tobacco-free campus	100%	Sustained

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



Fig. 12: *SDG Interlinkage Wheel*

Connections:

- **SDG 3 ↔ SDG 4:** health education, clinical internships and skill-integrated learning
- **SDG 3 ↔ SDG 8:** healthcare skill programmes, health-driven livelihoods and employee health protection
- **SDG 3 ↔ SDG 10:** equitable healthcare for tribal, migrant, incarcerated and economically weaker communities

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

14. Conclusion

Centurion University exemplifies the transformative role of higher education in achieving *universal health and well-being*. By combining academic innovation, clinical collaboration, social outreach and institutional health protection, the University creates measurable impact – reaching more than 1,50,000 people a year, training thousands of students as health professionals and

volunteers, and protecting more than 18,200 students, employees and dependents through its health insurance framework.

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



Centurion UNIVERSITY

Shaping Lives...
Empowering Communities...