



SDG SAMVAAD



FROM THE EDITORS

Good Health and wellbeing enhance our quality of life. Indeed, health is one of our biggest wealth. But does everyone have access to good healthcare in India? While, there have been significant improvements in the healthcare system; accessibility to and affordability of quality healthcare, still remains the biggest challenge for a large segment of the population in India. The global movement on sustainable development, since 2015, has given us yet another chance to ensure healthy lives for all. To prompt states to improve their health outcomes, NITI Aayog in collaboration with the Ministry of Health and Family Welfare is spearheading the Health Index Initiative. To know whether India can fulfill the targets of SDG 3 by 2030, and how you can contribute towards good health and wellbeing, we invite you to read the second issue of SDG Samvaad.

We thank Professor Ajit Parulekar (Director, GIM) and Professor Neeraj Amamani (Dean, Academics, GIM) for their constant support and encouragement in the activities of CSSA.

Write to us: cssa@gim.ac.in

Professor Divya Singhal and Dr. Sreerupa Sengupta
Editors, SDG Samvaad
Coordination Team, CSSA

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3 GOOD HEALTH AND WELL-BEING





Dr. Kheya Furtado
Assistant Professor
Healthcare Management, GIM

The 'web of causation' model is familiar to those who have devoted their career to the understanding and improvement of health outcomes. It implies the multifactorial nature of health and the implied complexity of interventions, aimed at improving health and well-being. The SDGs are a case in point. Originally enlisting 13 targets, translating into about 26 monitorable indicators, prioritization of interventions to meet these targets is challenging. It therefore proceeds that India (and other low and middle-income countries) need to re-orient their focus to systems thinking and systemic interventions, rather than disease-specific interventions. Only then can we hope to meet most, if not all our SDG 3 targets in time. I list three essential areas that need immediate action (by no means a complete or detailed list):

SDG 3: HOW DO WE GET THERE ON TIME?

1. Improve data collection and collation systems:

A large number of well-intentioned dashboards utilizing sophisticated data analytics and visualization tools exist, for monitoring progress towards SDGs. However, they all rely on the same input data. Indian health system and services data are incomplete and thereby inaccurate. Data from private sector providers are scarce and largely unavailable. Regularly updated and comprehensive data is vital to develop micro-plans and accurately evaluate ongoing efforts.

2. Higher engagement between private sector and government:

Despite some successes, the large potential of the for-profit private sector has not been sufficiently leveraged for the achievement of health system outcomes. Across private sector providers, pharmaceutical, medical device and technology companies, bold steps by the government and these entities are vital for productive partnerships that can make healthcare accessible and affordable for all (Goal 3.8 which remains currently elusive).

3. Higher public spending and better management of public health services:

Serious political commitment to the SDGs must be backed by the necessary financial investments. What Covid-19 did in a few months (and many years of health policy documents and advocacy failed to achieve), was to illustrate the centrality of public health to life- as we know it.

TARGET 3-1  REDUCE MATERNAL MORTALITY	TARGET 3-2  REDUCE ALL-CAUSE MORTALITY AMONG 65 YRS	TARGET 3-3  INCREASE COMMUNICABLE DISEASES	TARGET 3-4  REDUCE HARMFUL USE OF SUBSTANCES AND PROMOTE MENTAL HEALTH
TARGET 3-5  PREVENT AND REDUCE HARMFUL USE OF SUBSTANCES	TARGET 3-6  REDUCE ROAD INJURIES AND DEATHS	TARGET 3-7  INCREASE ACCESS TO SEXUAL AND REPRODUCTIVE HEALTH CARE, FAMILY PLANNING AND EDUCATION	TARGET 3-8  ACHIEVE UNIVERSAL HEALTH COVERAGE
TARGET 3-9  REDUCE HARMFUL USE OF SUBSTANCES	TARGET 3-10  INCREASE THE PROPORTION OF HEALTHY AND SAFE CONSUMPTION OF PRODUCTS	TARGET 3-11  SUPPORT RESEARCH, DEVELOPMENT AND URBAN ACCESS TO AFFORDABLE AND SAFE MEDICINES	TARGET 3-12  REDUCE HARMFUL USE OF SUBSTANCES AND PROMOTE MENTAL HEALTH





Increased investments in front-line health workers, the majority of whom function as contractual workers, public health managers (currently medical doctors are expected to function as managers), public sector nurses and doctors to ensure the competitiveness of the sector and their retention, are only some of the areas in which more health spending is required. The Health sector in India has come a long way since the MDGs.

However, bold reforms are necessary, if we are to really get to SDG

Incremental Performance	Overall Performance		
	Aspirants	Achievers	Front-runners
Not Improved (0 or less)	Uttarakhand Haryana	Uttar Pradesh Karnataka Gujarat	Kerala
Least Improved (0.01-2.0)	Madhya Pradesh Assam Odisha	Maharashtra Telangana West Bengal	Tamil Nadu
Moderately Improved (2.01-4.0)	Bihar Rajasthan	Chhattisgarh Andhra Pradesh	Punjab
Most Improved (more than 4.0)	Jharkhand Ghar Pradesh	Jammu & Kashmir	



CATEGORIZATION OF LARGER STATES ON INCREMENTAL AND OVERALL PERFORMANCE

Source: Healthy States, Progressive India, NITI Aayog, World Bank and Ministry of Health and Family Welfare (2019)

Incremental Performance	Overall Performance		
	Aspirants	Achievers	Front-runners
Not Improved (0 or less)	Andhra Pradesh Sikkim	Meghalaya Goa	--
Least Improved (0.01-2.0)	Nagaland	--	Mizoram
Moderately Improved (2.01-4.0)	Tripura	Manipur	--
Most Improved (more than 4.0)	--	--	--



CATEGORIZATION OF SMALLER STATES ON INCREMENTAL AND OVERALL PERFORMANCE

Source: Healthy States, Progressive India, NITI Aayog, World Bank and Ministry of Health and Family Welfare (2019)

PERFORMANCE OF STATES AND UTs ON SDG 3

Source: UN and NITI Aayog (2019). SDG India: Index and Dashboard (2019-2020)



Nurturing Sustainability Mindset



Rahul Kumar

Member of Health Club, GIM

MAINTAINING GOOD HEALTH AND WELL BEING (SDG3): ROLE OF HEALTH CLUB, GIM

The Health Club at GIM is a student led initiative and plays a proactive role in maintaining the physical as well as mental health of all students on campus.

The Health Club meticulously plans meals of every student. Each meal is planned in a way keeping in mind the nutritional requirements of every student. Facilities such as gymnasium and swimming pool (which are also managed by the health club) ensures physical and mental wellness of students.

IMPACT:

Nutritionally balanced food and diet helps maintain physical health of students. Swimming helps to improve the fitness of students and gymnasium helps in reducing the fat levels and improving their strength.

SUSTAINABLE DEVELOPMENT GOALS

GOOD HEALTH AND WELL-BEING

#SDGwithSamarthan

Actions

Individual level
One - Whenever do something for someone that it always enhances the wellbeing in an individual. NEF cites research showing that being a volunteer can help to reduce mortality among older adults.

Institutional Level
Providing access to affordable health and safety services in campus in terms of wellbeing programs for staff and students to reduce incidence of non-communicable diseases and promote mental health.

SCCN Campus Advisory
The advisory is prepared with the help of WHO and UNEP experts. It is the collection of available information from the academic resources and simple steps students can undertake in their daily life. (link in caption)

3 SUSTAINABLE DEVELOPMENT GOALS

Samarthan, CSR club of GIM, has always been at the forefront of raising awareness about social issues among students and the community. Last year, the club, launched a campaign on SDGs on Instagram. The purpose of the campaign was to orient students and youth about the relevance of SDGs and the need to talk about the Global Goals. Samarthan chose social media to launch their SDG campaign so that they can encourage their friends and more students to join this journey. The uniqueness of the campaign lies in the SDG-specific action plan developed by the students.

AN EFFORT TOWARDS MENTAL HEALTH

Samarthan which had been running a campaign on SDGs on the social media, recently organised an event on campus to open up discussions on mental health and wellbeing (SDG 3.4). The idea of the event is aptly captured in the following quote – “After a long tiring day, the small talks or superficial socialization do not make us feel better, but a meaningful conversation with a close friend, a sense of security from family, resting in our mother’s lap, or even heartfelt advice from a stranger makes things so much better.” According to Samarthan, the initiative on Letter Earthlings, created the perfect ambience to talk on mental health among students.

SAMARTHAN
in association with
THE GOODWILL TRIBE
Presents
LETTER EARTHLINGS
“What mental health needs to more sunlight, more water, and more unshaken assistance.”
- Glenn Close
#LetLettersDoTheTalking
Date: February 05, 2021
Time: 17PM to 12AM
Venue: The area between Library & Cafeteria
CONTACT: 9178441462984848
MIDNITE@GIMSDARBAN.COM



Localizing SDG 3: Voice from the Field

Dr. Nandita De Souza, Director, Developmental and Behavioural
Pediatrician, Sethu,
Centre for Child Development and Family Guidance

OUR PRIORITY SDGS

The Sustainable Development Goals (SDGs) emphasize on protecting the most vulnerable people, children and people with disabilities are at the centre of the SDGs. Sethu, since 2015, has been working relentlessly towards translating the ambitious plans of SDGs into definitive actions at the ground level. Our organizations address 4 SDGs out of the spectrum of 17 goals of sustainable development.



Sethu's clinical services promote the mental well-being of the child and family through early detection of developmental and behavioural challenges and provision of appropriate interventions to enhance bio-psycho-social functioning.



Sethu focuses on building teacher capacity for inclusive education ensures that all children learn



Through training and awareness activities Sethu enhances the participation of children with disabilities in all aspects of life and responds to SDG 10.



Sethu's Child Protection Program and emphasis on respectful discipline seeks to ensure the safety of all children.

RESPONDING TO SDG3

Health and wellbeing are the foundation on which developmental progress lies. Sethu focuses on the developmental, behavioural and emotional well-being of children and families by providing trans-disciplinary services for assessment, counselling, various therapies and educational interventions. There are many threats to children's wellbeing, such as birth injury, poor nutrition, emotional trauma and so on, which can adversely impact the child's development and behaviour. Through a partnership with children and families, detailed history taking and assessments, efforts are made to identify these risk factors early and provide appropriate interventions. Since Sethu's work is large with children with disabilities, the team ensures that families are aware of how they can promote the health of their children. It is also known that caring for a child with a disability can increase carer burden and hence Sethu's focus extends to fostering the mental health of caregivers too.





Students' Speak: Youth for SDG



**PARTH PRAJAPATI,
 STUDENT, PGP, GIM**

The United Nations Sustainable Development Goals (SDGs) of 2015 provides an integrated framework of social inclusion, economic development, and environmental sustainability. Now, only nine years remain for the world leaders to achieve SDGs. The COVID-19 pandemic, at the start of the SDG Decade of Action, knocked us off-kilter. The hard-earned progress on poverty eradication, health, education and gender equality has either been halted or reversed. Despite all the ravage and darkness, the pandemic has taught us many things. The crisis helped us see how the systems on which we depend – for food, health and climate – are interdependent. We have realized the benefits of universal health coverage, equality, universal access to basic services like energy, water and sanitation, quality education, and the internet. All these insights are invaluable for us to build back better. The youth of the world are playing a proactive role in this movement and are fighting relentlessly for justice, equality and sustainability.

Motivation for SDG Samvaad

A strong knack for creating a healthy environment and its understanding is what pulls us towards SDG Samvaad. We see newspapers delivering news and information on various topics ranging from sports, politics, fashion to automobiles and many others. Yet, only a few of these cover the crux and critical facet of life, i.e. sustainability. We find ourselves to be fortunate, as future managers, to be able to focus on the corporate role in attaining the SDGs that will guide us towards the path of sustainability, bringing unfathomable benefit to our society. With this edition, we are imbibing the importance of health, which is being tested a lot during these unprecedented times of the Covid 19 Pandemic. We hope to share this knowledge and bring awareness amongst the community about Sustainable Development Goals.



Sakshi Singh, Rachita Donti,
 Soumya Singh, Harshul Bhatia
 (PGDM 2020-22)

TAKE ACTION

**We invite students, faculty,
 industry and the
 government to share their
 good practices on
 SDG 3,4,5,8,10,12, 17**

Connect with us :



@cssagim

Centre for Social Sensitivity and Action

Goa Institute of Management

Poriem, Sattari, Goa 403505,

Tel: 0832-2366700

Website: www.gim.ac.in

Email: cssa@gim.ac.in

Concept

Dr. Sreerupa Sengupta, Assistant Professor, GIM

Student Team

Harshul Bhatia, Rachita Donti, Sakshi Singh & Soumya Singh

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Challenges

- ENVIRONMENTAL FACTORS KILL MILLIONS OF PEOPLE** every year causing nearly one quarter of all deaths worldwide.
- POLLUTION, CHEMICAL EXPOSURE, CLIMATE CHANGE, and ULTRAVIOLET RADIATION** contribute to more than 100 DISEASES affecting primarily young children and older people.
- AIR POLLUTION** is the world's largest environmental health risk killing 8.5 million people prematurely every year.

Solutions

- AVOID AND REDUCE POLLUTION** to prevent millions of premature deaths every year.
- Work with energy, transport, agriculture and industry sectors to REDUCE HEALTHIER ENVIRONMENT**
- ADOPT CLEANER ENERGY** to reduce indoor and outdoor air pollution and save millions of lives every year.