



SDG 03

Good Health and Well-being

3 GOOD HEALTH
AND WELL-BEING



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SDG 03 Good Health and Well-being



Unpad Holds Blood Donation Drive to Support Those in Need

The blood donation drive, which involved

more than 165 participants,

represents Universitas Padjadjaran's active contribution to advancing SDG 3: Good Health and Well-being, particularly in strengthening **public health systems, community awareness,** and social responsibility.

Beyond serving as a humanitarian act, the event also functioned as a public health education platform, promoting preventive healthcare and healthy lifestyle awareness among participants. Health professionals from Unpad Hospital provided **counseling sessions, emphasizing the role of regular medical checkups, balanced nutrition, and active lifestyles in improving individual well-being.** The campaign encouraged the public to take a proactive role in supporting the healthcare system by becoming regular blood donors. Through this initiative, Universitas Padjadjaran reinforces its commitment to building a healthier society, enhancing health equity, and supporting the broader goal of universal access to quality healthcare, as envisioned in SDG **targets reduce premature mortality from noncommunicable diseases and achieve universal health coverage.**

Organized in collaboration with **Unpad Hospital** and the Indonesian Red Cross (PMI) of Sumedang Regency, the initiative aimed to raise public understanding of the importance of regular blood donation in maintaining an adequate and safe blood supply. This activity not only provided life-saving resources for patients in need but also promoted the values of **solidarity, volunteerism, and community resilience.** The collective participation of students, staff, and local residents demonstrated how collaborative health initiatives can create tangible social impact and foster a culture of care within the community.



“Unpad Wellness” Program Encourages the Unpad Community to Become Agents of Change

The **Unpad Wellness Initiative** represents Universitas Padjadjaran’s commitment to advancing SDG 3: Good Health and Well-being, particularly in promoting **healthy lifestyles, disease prevention, and workplace well-being.**

The program involves

100 participants

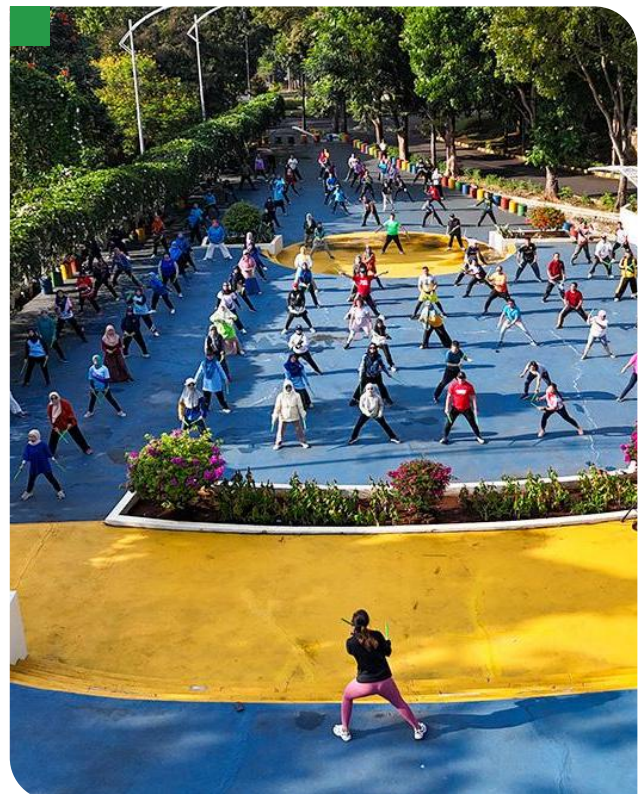
comprising university leaders, faculty executives, lecturers, and educational staff who will undergo a three-month structured mentoring program.



The Unpad Wellness Initiative serves as a model for integrating health promotion into institutional culture, contributing to SDG Target reduce premature mortality from non-communicable diseases) and strengthen prevention and treatment of mental health and well-being, while reinforcing Universitas Padjadjaran’s broader mission to nurture a healthy, productive, and resilient academic community.

Each participant is also encouraged to invite five additional individuals, expanding the program’s reach and fostering a culture of health awareness across the academic community. This initiative underscores the university’s belief that well-being and productivity are interlinked, and that the physical and mental health of its members are foundational to sustaining institutional excellence and academic performance. By cultivating wellness-oriented habits, Unpad seeks to establish a supportive environment where health becomes a shared institutional value.

The program’s implementation is guided by measurable health performance indicators, including reductions in waist circumference, blood pressure, and cholesterol levels, as well as the achievement of a healthy body weight among participants. Regular monitoring, mentoring, and health education sessions form the backbone of this initiative, empowering individuals to take proactive steps in managing their health. Beyond physical outcomes, the program encourages behavioral change, mental health awareness, and stress management, ensuring holistic well-being within the university.



Free Eye Examination to Promote Physical Health



This initiative further illustrates Unpad’s role as a socially responsible institution that bridges academic expertise with community service. Through collaboration between academia and the healthcare sector, the program strengthens public health literacy and expands access to essential medical services. Such partnerships play a vital role in building a healthier society, reducing health disparities, and fostering a culture of preventive care. Ultimately, this activity not only enhances the well-being of the Unpad community but also contributes to national efforts in achieving universal health coverage and promoting sustainable development through equitable healthcare access.

More than 200 participants

took part in a free eye examination program that included visual acuity tests, comprehensive medical eye check-ups, and the provision of prescriptions or eyeglasses at no cost.

This initiative demonstrates Universitas Padjadjaran’s strong commitment to promoting public health and well-being in alignment with Sustainable Development Goal (SDG) 3: Good Health and Well-Being. By providing accessible eye care services, the program contributes to early detection and prevention of vision-related health issues, particularly among students, faculty members, and their families. The high level of participation also reflects the growing awareness within the university community of the importance of maintaining physical health as a foundation for academic and professional productivity.



Unpad Psychological Services



Universitas Padjadjaran demonstrates a strong commitment to promoting **mental health and well-being**, in alignment with SDG 3: Good Health and Well-being, which emphasizes reducing mental health burdens and strengthening preventive care. Through the **Center for Character Development and Counseling**, the university provides free and accessible **psychological consultation services** for both students and staff. These services aim to help members of the academic community develop resilience, manage stress, and achieve emotional balance while navigating academic and social challenges. By offering professional counseling support, the university ensures that mental health is treated as an integral part of holistic well-being, complementing efforts to enhance academic performance and personal growth.

The counseling center's programs encompass a broad range of issues, including learning difficulties, career planning, academic and interpersonal relationships, and adjustment to university life. In addition, the center provides support for those experiencing stress, depression, anxiety, frustration, or emotional distress, helping them find healthy coping mechanisms through character-building and therapeutic interventions. These initiatives not only enhance individual well-being but also foster a supportive and inclusive campus environment where mental health awareness is openly discussed and prioritized. By embedding mental health care within its institutional framework, Universitas Padjadjaran actively contributes to SDG Target 3.5, promoting mental health education, early intervention, and accessible counseling services that empower its academic community to thrive both personally and professionally.

Health Services Provided by UNPAD



Unpad provides a comprehensive range of **health services**, including a **General Clinic, Dental and Oral Clinic, Maternal and Child Health (MCH) Clinic, Clinical Laboratory, Pharmacy, Medical Team Services, Ambulance, Medical Check-Up, and Unpad Gym**. These facilities are open not only to students and staff but also to the wider community, ensuring equitable **access to essential healthcare services**. The medical team comprising qualified doctors, dentists, nurses, and pharmacists delivers professional and holistic care to meet diverse health needs. Regular health education initiatives and preventive programs are also organized to promote healthy lifestyles and raise awareness about disease prevention. The Clinical Laboratory supports accurate diagnosis and effective treatment through modern equipment and standardized medical procedures, while the Unpad Gym encourages physical activity and wellness as integral components of overall health.

Through these integrated efforts, Universitas Padjadjaran contributes to Sustainable Development Goal (SDG) 3: Good Health and Well-Being, which emphasizes ensuring healthy lives and promoting well-being for all. Unpad's healthcare initiatives aim to enhance the quality of life of its academic community and surrounding residents by **prioritizing accessibility, prevention, and continuous health education**. The university's commitment to health promotion aligns with broader national and global efforts to achieve universal health coverage and strengthen community resilience through preventive healthcare. By combining medical services, physical fitness programs, and educational outreach, Unpad demonstrates a model of sustainable campus health management that supports long-term productivity, inclusivity, and social well-being.