
SUSTAINABLE
DEVELOPMENT
GOALS


3
GOOD HEALTH
AND WELL-BEING

Policy for Community Health Outreach & Public Well-Being Policy

Policy Created On	07/01/2022	**Approved by**
Revision 1:	29/01/2024	
Responsible Units	Dept. of Physiotherapy; Dept. of Nursing; Dept. of Cardiovascular Technology; Dept. of Radiology	**REGISTRAR**
SDG Alignment	SDG 3 Targets 3.1, 3.2, 3.3, 3.4 and 3.8	

Registrar
Chaitanya (Deemed to be University)
6-100/5, Himayathnagar Village, Moinabad (M)
Ranga Reddy District, Hyderabad

Chaitanya (Deemed to be University) ★ Hyderabad ★
Himayathnagar(V) Moinabad (M) Rangareddy (D)

Community Health Outreach & Public Well-Being Policy

1. Purpose

To institutionalize the University's commitment to community health outreach, ensuring that neighboring rural and semi-urban populations receive preventive, diagnostic, and educational health services through planned, documented, and regularly reviewed programs.

2. Policy Statement

Chaitanya (Deemed to be University) mandates the planning, execution, and documentation of regular community health outreach programs. The University is committed to delivering free healthcare screenings, hygiene promotion, non-communicable disease (NCD) prevention, and physical therapy camps to surrounding underserved populations, thereby fulfilling the mandate of UN SDG 3.

3. Scope & Objectives

- Conduct free community diagnostic camps, rural health drives, and elderly wellness screenings.
- Educate communities on non-communicable diseases (cancer, diabetes, cardiac disease) and on communicable disease control.
- Deliver emergency life-support (CPR) training and health literacy sessions in local languages (Telugu and English).
- Mobilize faculty and healthcare students to extend clinical services beyond the campus.

4. Responsibilities & Operational Workflow

- **Department Heads & Outreach Coordinators:** plan dates, coordinate local community venues and assign faculty leads.
- **Student Volunteers:** conduct surveys, health education talks, basic health checks, and patient mobilization.
- **University Medical/Clinical Services:** provide medical equipment, transport, diagnostic kits, and referral support.

5. Monitoring & Review

For every outreach activity, the responsible departments maintain a dated record of the event, venue, number and category of participants, and geotagged photographs. Records are consolidated into one report per reporting period and submitted to the University administration for verification and archiving. The policy is reviewed annually in May and updated in line with SDG 3 targets and University or regulatory requirements.

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3.3.2 COMMUNITY HEALTH AND WELL-BEING OUTREACH

1. Summary of Documented Community Outreach Activities

The following major outreach programs were organized during the reporting period (Jan 2025 – December 2025):

Date	Event / Program Name	Location / Venue	SDG 3 Target Focus
06 Mar 2025	Angiogram services	Chaitanya University Campus	Target 3.8
13 Mar 2025	Cardiopulmonary Resuscitation (CPR) Workshop	Chaitanya University Campus	Target 3.4 / 3.8
27 Mar 2025	Consultation & Counselling	Chaitanya University Campus	Target 3.4
26 Jun 2025	Communicable Diseases Awareness & Hand Hygiene	Narsingi, Hyderabad	Target 3.3
04 Jul 2025	Cardiac Stress Test	Chaitanya University Campus	Target 3.4
05 Jul 2025	Community Physiotherapy & Awareness Health Camp	Aziz Nagar, Telangana	Target 3.4 / 3.8
14 Aug 2025	NCD Awareness (Cancer, Diabetes, CVD)	Moinabad, Ranga Reddy Dist.	Target 3.4
08 Sep 2025	Free Physiotherapy Medical Camp for Senior Citizens	Chaitanya University / Media	Target 3.4 / 3.8
08 Sep 2025	World Physio Day Outreach Camp for Elderly	Swadhar Greh Old Age Home	Target 3.4 / 3.8
28 Sep 2025	5K Healing Partners Run & Sports Injury Camp	People's Plaza, Hyderabad	Target 3.4 / 3.8

13 Oct 2025	Universal Health Access & Diagnostic Screening Camp	Banjara Hills, Hyderabad	Target 3.8
28 Oct 2025	ECG Recording	Chaitanya University Campus	Target 3.4
20 Feb 2025	Maternal Health Education & Mortality Reduction	Red Hills, Lakdikapul	Target 3.1
13 March 2025	2D Echo Checking	Chaitanya University Campus	Target 3.4
19 Mar 2025	Pulse Polio Campaign & Child Immunization	Narsingi Immunization Booth	Target 3.2
Jan 25 - December 25	Free CR X-Ray Screening (167 Cases Catered)	Radiology Block 2 Room 005	Target 3.8

2. Photographic & Field Evidence Records

Event 1: CPR Training Workshop (13 March 2025)

The Department of Physiotherapy organized a hands-on Cardiopulmonary Resuscitation (CPR) training workshop to prepare students to respond to life-threatening emergencies. The resource persons were Dr. Krishna Prabhakar and Dr. Rajya Lakshmi from TX Hospitals. They instructed students in CPR technique and emergency airway management.







Activities carried out

- Demonstration of the CPR sequence, including checking responsiveness, calling for help, chest compressions and rescue breaths.
- Guidance on correct hand position, compression depth and rate, and allowing full chest recoil.
- Training in emergency airway management, including opening and maintaining the airway.
- Supervised practice by students on training manikins, with feedback from the experts.
- Discussion of when to start CPR, how to work as a team in an emergency, and how to hand over care to the emergency services.

Resource persons
Dr. Krishna Prabhakar and Dr. Rajya Lakshmi, TX Hospitals.

Participants
Physiotherapy students.

Outcomes and impact

- Students gained practical skills to give immediate life support during cardiac and respiratory emergencies.
- Greater confidence in handling emergencies in clinical settings, rehabilitation units and the community.
- Stronger readiness to reduce preventable deaths, since early CPR can greatly improve survival after cardiac arrest.
- A closer link between the department and partner hospital professionals.

Event 2: Cardiac Diagnostic Services, Consultation & Counselling (Feb-March 2025)

The Department of Cardiovascular Technology at Chaitanya Deemed to be University provides cardiac diagnostic and counselling services that support SDG 3 – Good Health and Well-Being. Using procedures such as angiography, electrocardiography (ECG), 2D echocardiography and cardiac stress testing, the department supports early detection and management of heart disease, a leading cause of premature death from non-communicable diseases.

During the reporting period from February to March 2025, the department documented six services: an angiogram, consultation and counselling, a cardiac stress test, ECG recording, 2D echo checking, and verification and finalization of echo reports by the doctor. Patient counselling and health education supported prevention and awareness of cardiovascular disease.

SERVICE PHOTOGRAPHS (1 - 6)



Photo 1: Angiogram Procedure (6 Mar 2025)

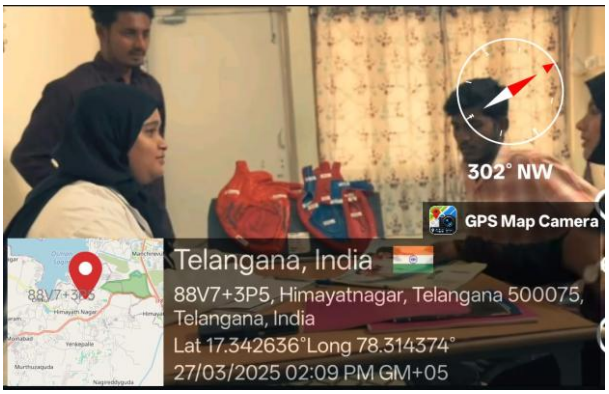


Photo 2: Consultation & Counselling (27 Mar 2025)

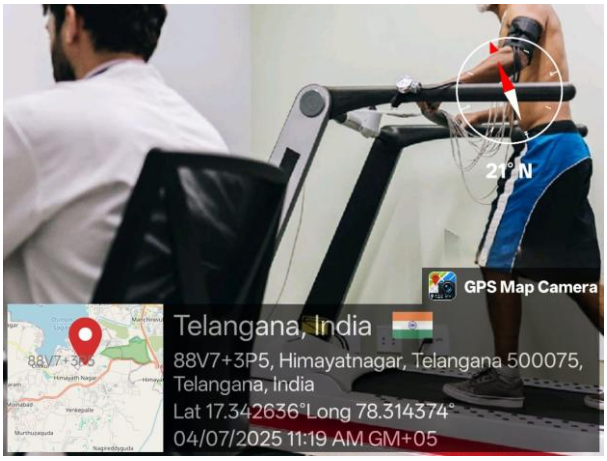


Photo 3: Cardiac Stress Test (4 Jul 2025)



Photo 4: ECG Recording (28 Oct 2025)



Photo 5: 2D Echo Checking (13 March 2025)

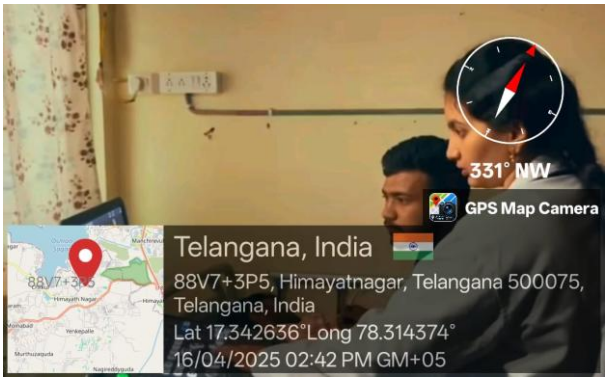


Photo 6: Echo Report Verified by Doctor & Report Finalization (16 Apr 2025)

DEPARTMENTAL SERVICE STATISTICS & DETAILS

Organizing Unit	Department of Cardiovascular Technology
Primary Services Offered	Cardiac diagnostics (angiogram, ECG, 2D echo, cardiac stress test) and cardiac consultation & counselling
Services Documented	6 services (photo-documented)
Beneficiaries Served	Community
Venue	Department of Cardiovascular Technology

Service-wise Summary

No.	Service	Date (GPS stamp)	Location (GPS stamp)	SDG 3 Focus
1	Angiogram	6 Mar 2025	Himayatnagar, Hyderabad	Target 3.8 – Quality essential healthcare
2	Consultation & Counselling	27 Mar 2025	Himayatnagar, Hyderabad	Target 3.4 – Prevention & health promotion
3	Cardiac Stress Test	4 Jul 2025	Himayatnagar, Hyderabad	Target 3.4 – Early detection of heart disease
4	ECG Recording	28 Oct 2025	Himayatnagar, Hyderabad	Target 3.4 – Cardiovascular diseases
5	2D Echo Checking	13March 2025	Himayatnagar, Hyderabad	Target 3.4 – Cardiovascular diseases
6	Echo Report Verification & Finalization	16 Apr 2025	Himayatnagar, Hyderabad	Target 3.8 – Quality essential healthcare

BREAKDOWN OF SERVICES PROVIDED

1. Angiogram

- Diagnostic angiography procedure in the cardiac cath lab.
- Imaging support by trained cardiovascular technologists.
- Sterile technique and radiation safety protocols followed.

2. Consultation & Counselling

- Heart health consultation and counselling for patients.
- Explanation using anatomical heart models.

4. ECG Recording

- Electrocardiogram recording with lead placement by technologists.
- Detection of rhythm abnormalities and other cardiac conditions.
- Educational posters on cardiomyopathy displayed in the unit.

5. 2D Echo Checking

- Non-invasive echocardiography using ultrasound.

- Guidance on preventing heart disease and follow-up care.

3. Cardiac Stress Test

- Treadmill stress testing with continuous ECG and BP monitoring.
- Assessment of heart function under exercise.
- Supports early detection of coronary heart disease.

- Assessment of heart structure and pumping function.
- Supports diagnosis and monitoring of heart conditions.

6. Echo Report Verification & Finalization

- Echo findings reviewed and verified by the doctor.
- Final reports prepared for patients after verification.
- Ensures accurate, quality-assured cardiac diagnosis.

SUMMARY OF THE EVENTS

Angiogram (6 Mar 2025): A diagnostic angiography procedure was carried out in the cardiac cath lab with imaging support from cardiovascular technologists, following sterile and radiation safety protocols.

Consultation & Counselling (27 Mar 2025): Patients and community members received heart health consultation and counselling, supported by anatomical heart models, with guidance on preventing heart disease.

Echo Report Verification & Finalization (16 Apr 2025): Echo findings were reviewed and verified by the doctor, and the reports were finalized to ensure accurate diagnosis.

Cardiac Stress Test (4 Jul 2025): Treadmill stress testing with continuous ECG and blood pressure monitoring assessed heart function under exercise and supported early detection of coronary heart disease.

ECG Recording (28 Oct 2025): ECG recordings were taken to detect rhythm abnormalities and other cardiac conditions, with educational posters on cardiomyopathy displayed in the unit.

2D Echo Checking (13 March 2025): Non-invasive echocardiography assessed heart structure and pumping function for diagnosis and monitoring.

CONTRIBUTION OF STUDENTS AND FACULTY TO SDG 3 TARGETS

Contribution of Students

- Assisted in ECG lead placement, stress test set-up and patient preparation.
- Practiced echocardiography and cardiac monitoring under supervision.
- Supported patient registration, positioning and comfort during procedures.
- Took part in counselling and awareness activities for community members.
- Gained hands-on exposure to cath lab and diagnostic protocols.

Contribution of Faculty

- Supervised and guided students during all diagnostic procedures.
- Verified echo and ECG findings and finalized patient reports.
- Led patient consultation and counselling sessions.
- Ensured sterile technique, radiation safety and quality standards.
- Trained students in accurate, ethical and patient-centred cardiac care.

Event 3: Communicable Disease Awareness & Hand Hygiene Programme (26 June 2025)

The Department of Nursing carried out a community-based programme to prevent communicable diseases through early identification, hygiene promotion and health education. Nursing students visited households in the community, interviewed family members using survey sheets and recorded health information, including tuberculosis-related details. A hand-hygiene demonstration was also conducted for children at a washing area, where the correct handwashing technique was taught and practised. The activity concluded with a group awareness formation on the Chaitanya campus.



Particulars of the event

- **Mode:** House-to-house survey, demonstration and group health talk.
- **Target group:** Families in the community, school-going children and local residents.
- **Key topics:** Hand hygiene, safe water and sanitation, tuberculosis and other communicable-disease prevention, early reporting of symptoms.
- **Methods:** Household interviews, return demonstration of the handwashing steps, pamphlet and verbal health education

Event 4: Aziz Nagar Community Health Camp (05 July 2025)

The Department of Physiotherapy organized a rural outreach program in which faculty members and students visited villages to identify and assess people with physical and musculoskeletal health problems. Many of these residents had limited access to specialist care because of distance, cost and lack of awareness. The team carried out physical evaluations and identified patients who needed further treatment. They then arranged for these patients to be mobilized and transported to the university hospital for free treatment and rehabilitation.







Activities carried out

- Door-to-door and community-level screening of rural residents, with priority given to elderly people, people with mobility difficulties, and those with chronic pain.
- Physical evaluation covering posture, joint range of motion, muscle strength, balance, gait and functional ability.
- Counselling on ergonomics, safe movement, posture correction and simple home exercises.

- Referral and coordination of transport for patients needing further care, so that they could reach the hospital without cost.
- Registration and guidance at the hospital for physiotherapy, rehabilitation and related services at no charge.

Role of faculty and students

Faculty members supervised the clinical assessments and decided on referrals. Students took part in screening, history taking, basic assessments and patient education. This gave them hands-on community exposure and strengthened their sense of social responsibility.

Beneficiaries

Rural and economically disadvantaged residents, particularly the elderly, people with disabilities, and those with chronic pain or reduced mobility.

Outcomes and impact

- Early identification of physical impairments and movement disorders.
- Improved access to quality rehabilitation care without financial burden.
- Greater community awareness of physiotherapy and preventive musculoskeletal health.
- Reduced risk of long-term disability and better quality of life for the patients treated.

Contribution to SDG 3

This program advances universal access to quality, affordable healthcare. It supports healthy ageing and well-being by connecting underserved rural populations with specialist rehabilitation services.

Event 5: Non-Communicable Diseases Awareness (14 August 2025)

Nursing students conducted a community health-education session to reduce premature deaths caused by non-communicable diseases (NCDs) such as cancer, diabetes and cardiovascular disease. Community members, including men and women of different age groups, were seated together while students explained the topic through a verbal presentation supported by hand-made illustrated posters in the local language. The posters used pictures and short Telugu captions to explain risk factors, warning signs and protective behaviour so that the message could be understood by all participants.

Particulars of the event

- **Mode:** Community group talk with visual aids (illustrated posters and charts in Telugu).
- **Target group:** Adult men and women, elderly residents and families of the village.
- **Key topics:** Risk factors of cancer, diabetes and heart disease; healthy diet and physical activity; avoiding tobacco and alcohol; the importance of regular screening and early treatment.
- **Methods:** Lecture-cum-discussion, poster presentation and question-and-answer interaction.





Event 6: Universal Health Coverage & Diagnostic Screening (13 October 2025)

The programme was organised to bring quality and affordable healthcare services within reach of the community. Nursing students, working under supervision in a clinical setting, provided health-service support such as screening and collection of blood samples from clients while observing aseptic technique and wearing gloves. Clients were guided about the services available to them, so that they could use primary and diagnostic care at an affordable cost.

Particulars of the event

- **Mode:** Supervised clinical screening and service delivery at a health facility.
- **Target group:** Patients and community members attending the facility.
- **Key services:** Health screening, venous blood sample collection for diagnostic testing, client counselling.
- **Methods:** Hands-on clinical procedures under supervision, infection-control practices and patient education.







Event 7: Maternal Healthcare & Mortality Prevention

A health-education programme for mothers and caregivers was held in a hospital out-patient area. A nursing student used a health-education chart to explain maternal and child health messages to women waiting for consultation, one of whom was carrying an infant. The session aimed to improve awareness of safe motherhood and to encourage women to use the available maternal healthcare services.

Particulars of the event

- **Mode:** Individual and small-group health education using a chart at the hospital.
- **Target group:** Pregnant women, mothers of infants and their family members.
- **Key topics:** Antenatal check-ups, danger signs in pregnancy, nutrition and iron-folic acid supplements, institutional delivery, postnatal care and breastfeeding.
- **Methods:** Chart-based teaching, one-to-one counselling and question-and-answer interaction.

Students providing health education using flipcharts to the mothers



Event 8: Pulse Polio Immunization Drive

The Department of Nursing took part in the Pulse Polio immunisation campaign to protect newborns and children under five years of age from avoidable deaths and disability. Oral polio vaccine drops were administered to children at the immunisation booth by the nursing team, using vaccine carriers to keep the vaccine at the right temperature. Students also recorded the details of each child immunised and counselled parents about the importance of completing routine vaccination schedules.

Particulars of the event

- **Mode:** Immunisation booth with oral polio vaccine (OPV) administration and record keeping.
- **Target group:** Newborns and children under five years of age, accompanied by parents or caregivers.
- **Key activities:** OPV administration, cold-chain handling, registration of beneficiaries, parent counselling on routine immunisation.
- **Methods:** Direct vaccination service, documentation and individual health education.

Relevance to SDG 3

Vaccination is one of the most cost-effective ways of preventing child deaths. The Pulse Polio campaign supports Target 3.2 (ending preventable deaths of newborns and children under five years of age) and Target 3.b (supporting vaccines for the diseases that primarily affect developing countries).

Students actively involving in pulse polio immunization drive.




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NHM, తెలంగాణ


తెలంగాణ ప్రభుత్వం

Event 9: Free Radiology & CR X-Ray Screening

The Department of Radiology at Chaitanya Deemed to be University provides essential diagnostic imaging services utilizing Computed Radiography (CR) X-ray technology to support healthcare delivery, preventive screenings, and early disease detection across the university and nearby community.

Through specialized Computed Radiography (CR) equipment and safety-compliant protocols (radiation protection), the department ensures accurate diagnostic images, prompt service delivery, and enhanced patient safety.



Photo 1: CR X-Ray Facility Setup

5. Key Highlights, Monitoring & Review

5.1 Key Highlights of the Reporting Period





Patient Positioning

- 16 outreach activities and services are listed & arranged in date order in Section 3.
- Coverage includes CPR training, cardiac diagnostics, communicable-disease and NCD awareness, physiotherapy camps for senior citizens and sports injuries, universal health access screening, maternal-health education and Pulse Polio immunisation.
- Policy aligned to SDG 3 Targets 3.1, 3.2, 3.3, 3.4 and 3.8.

IQAC Committee:

Sl. No.	Name	Role	Signature
1	Prof. T. Murali Krishna	IQAC Coordinator	
2	Dr. K. V. N. S. Pavan Kumar, EEE	Member	
3	Dr. J. Kumara Swamy, Chemistry	Member	
4	Dr. M. Raju, Biochemistry	Member	
5	Dr. M. Srinivasa Rao, Pharmacy	Member	
6	Mr. K. Praveen Kumar, Computer Science	Member	
7	Dr. R. Praveen Kumar, CSE	Member	
8	Mr. M. Naveen Kumar, Civil Engineering	Member	
9	Mr. B. Rajeshwar, ECE	Member	
10	Dr. P. Omkar, Agriculture	Member	
11	Mr. V. Deepak Kumar, Commerce & Business Management	Member	
12	Dr. A. Naveen, Physics & Electronics	Member	
13	Mr. B. Yasu, Mathematics & Statistics	Member	
14	Mr. B. Shivaprasad, Forensic Science	Member	
15	Mr. R. Sridevi, Mechanical Engineering	Member	

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