

3 GOOD HEALTH AND WELL-BEING



SDG 3

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Dental Health Services for the Campus Community

The dental check up, which involved

more than 165 participants,

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

Organized in collaboration with Guntur Hospital, the initiative aimed to raise awareness among students, staff, and lecturers about the importance of regular health and dental check-ups in maintaining overall well-being. The activity provided essential health assessments, including oral examinations, while promoting preventive care and healthy lifestyle practices. The active participation of the campus community demonstrated **how collaborative health programs can create tangible benefits, foster a culture of care, and strengthen commitment to SDG 3: Good Health and Well-Being.**

In addition to being a campus-based program, the initiative served as a platform for health education within the academic community, raising awareness about preventive healthcare and the adoption of healthy lifestyles. Healthcare professionals and campus counselors provided consultation sessions, highlighting the value of routine medical examinations, proper nutrition, and regular physical activity in supporting overall well-being. The university also held periodic blood donation campaigns, motivating students and staff to actively participate in strengthening public health efforts. Through these activities, Institut Pendidikan Indonesia demonstrates its dedication to creating a healthier campus environment and advancing the goals of SDG 3, including the reduction of premature deaths from non-communicable diseases and the achievement of universal health coverage.





Smoke Free Policy

Institut Pendidikan Indonesia enforces a comprehensive smoke free policy across the entire campus, including classrooms, offices, staircases, hallways, laboratories, kantin, and all public spaces. Clear “No Smoking” signage is placed strategically to inform students, lecturers, staff, and visitors about the rules and ensure proper compliance. The policy is actively supervised by campus security and administrative personnel to maintain a safe and healthy environment for everyone.

This program aims not only to prevent exposure to secondhand smoke but also to foster a culture of health and wellness throughout the campus. By prohibiting smoking in all areas, the university promotes responsible behavior, minimizes health risks linked to tobacco use, and supports broader public health initiatives, contributing to a safer and healthier academic community.



SMOKE FREE 
SMOKE FREE

Shared Sport Facilities

Institut Pendidikan Indonesia offers a variety of shared sports facilities for students, lecturers, and staff, including basketball courts, futsal fields, climbing walls, gym, and table tennis areas. These facilities are designed to encourage regular physical activity, develop teamwork and social interaction, and promote an active lifestyle across the campus community.

By providing accessible and well-maintained sports infrastructure, the university supports overall physical and mental well-being, reduces sedentary behavior, and fosters a culture of health. This initiative aligns with SDG 3: Good Health and Well-Being by enabling the campus community to maintain healthy habits, enhance fitness, and improve quality of life.



IPI Senam Sehat: Promoting Active Lifestyles for a Healthier Campus Community



IPI Senam Sehat program demonstrates Institut Pendidikan Indonesia's dedication to supporting SDG 3: Good Health and Well-Being, with a focus on encouraging active lifestyles, preventing illness, and enhancing the overall health and wellness of the campus community.

The program involves **more than 70 participants,**

including university leaders, faculty executives, lecturers, and staff, who join a regular IPI Senam session held every Friday at 8 AM to **promote structured physical activity and wellness across the campus community.**



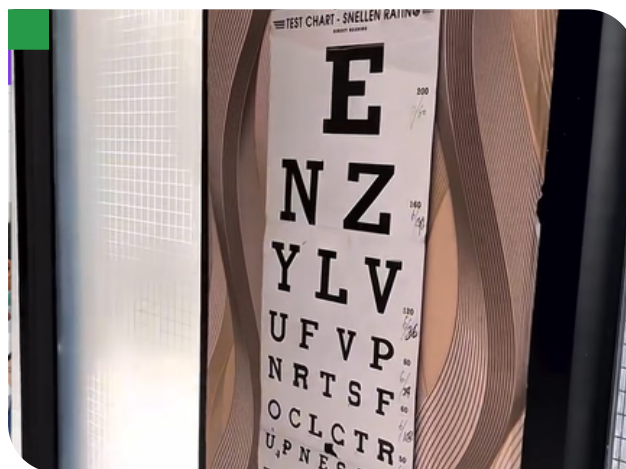
IPI Senam Sehat program acts as a model for embedding health promotion into campus culture, supporting SDG 3 targets by reducing the risk of non-communicable diseases and promoting mental health and overall well-being, while reinforcing Institut Pendidikan Indonesia's mission to cultivate a healthy, active, and resilient academic community.

Comprehensive Health Services for the Institut Pendidikan Indonesia Community

Institut Pendidikan Indonesia offers comprehensive health services, including a General Clinic and a Pharmacy, available to students, staff, and the wider community. These services ensure access to essential healthcare, with a team of qualified doctors, nurses, and pharmacists providing professional care. In addition, regular health education programs are held to promote healthy lifestyles and disease prevention, supporting the well-being of the entire campus community.



Free Eye Examination to Support Campus Health and Well-Being



This initiative demonstrates Institut Pendidikan Indonesia's commitment as a socially responsible institution by linking academic expertise with health services for the campus community. Through collaboration with healthcare professionals, the program enhances eye health awareness, strengthens preventive care practices, and expands access to essential vision services. Such efforts contribute to a healthier campus environment, reduce disparities in health access, and promote a culture of proactive well-being. Ultimately, the free eye examination supports the overall health of the IPI community and aligns with SDG 3 by advancing equitable healthcare access and fostering sustainable well-being.

More than **150** participants,

Participated in a free eye examination program, which provided visual acuity assessments, full medical eye evaluations, and, when needed, free prescriptions or eyeglasses.

This initiative reflects Institut Pendidikan Indonesia's strong commitment to supporting campus health and well-being in line with SDG 3: Good Health and Well-Being. By offering accessible eye care services, the program aids in the early detection and prevention of vision-related health issues among students, lecturers, staff, and their families. The active participation of the campus community highlights the importance of maintaining physical health as a foundation for academic and professional productivity.

