



**SUSTAINABLE DEVELOPMENT GOALS**



Progress Report 2024-2025

Trident Academy of Technology

**3** GOOD HEALTH AND WELL-BEING





## SDG 3 GOOD HEALTH AND WELL-BEING

Trident Academy of Technology collaborates with Patanjali Yog Peeth and the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya for yoga and mental health sessions. These promote physical fitness, meditation, and stress management. Health outreach programs with KIIMS Hospital and Kartavya Club focus on women's health, hygiene, and awareness, benefiting students and local communities.

The institution opens its sports facilities to local schools and communities, fostering inclusivity and physical wellness. Events such as Annual Sports Meets, volleyball matches with local teams, and inter-school chess championships encourage teamwork, leadership, and community engagement.

Trident, through its Kartavya Club, organizes yoga sessions on International Yoga Day to promote holistic health and mental well-being. A 24-hour open-air yoga gym and fitness center are available to students and faculty to encourage mindfulness, fitness, and a balanced lifestyle.

Trident Academy of Technology enforces a strict Tobacco and Alcohol-Free Policy to maintain a healthy environment. Awareness sessions during student induction highlight health risks of substance use. The policy bans smoking, sale of tobacco, and alcohol consumption on campus, ensuring compliance through disciplinary measures.

