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Dr. Santosh M Dandyagol
College Director of Physical
Education. Government First
Grade College, Zalaki,
Vijayapura, Karnataka, India

Dr. Jyoti A Upadhye
Professor, Department of
Physical Education and Sports
Science. Karnataka State
Akkamahdevi Women
University, Vijayapura,
Karnataka, India

Corresponding Author:
Dr. Santosh M Dandyagol
College Director of Physical
Education. Government First
Grade College, Zalaki,
Vijayapura, Karnataka, India

Sustainable development goals (SDG3): Indian story

Santosh M Dandyagol and Jyoti A Upadhye

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Abstract

25th December 2015 is a historical day as heads of united nation general assembly setup 17 goals known as Sustainable development goals (SDG's) or in other words simply global goals, as to aim of achieving by AGENDA 2030. The goals are broad, interdependent and on social causes and it's a responsibility of everyone in the world.

In 17 goals one was "Ensure healthy lives and promote well being for all at all ages."

Ensure of healthy life and wellbeing one of the most important component for the sustainable development of humanity.

Keywords: Physical activity, wellbeing, NCD's, etc

Introduction

The developing international challenge approximately worrying for the planet and making sure prosperity for all supposed that through 2015, the United Nations set up a sequence of worldwide goals. These goals are grouped into 17 Sustainable Development Goals (SDGs), which in flip are divided into 169 unique goals that element and specify every of the SDGs. This inspiration of worldwide sustainability is framed below the concept "Agenda 2030" and emphasizes that everyone ranges of society, each collective and individual, need to make contributions to reaching the SDGs. In addition to specializing in ecology as a critical axis, those goals consist of extra issues which include round production, waste generation, poverty or fitness and welfare, city improvement or peace, amongst others. In this way, many spheres of intervention may be covered, now no longer simplest environmental however additionally economic, ethical, and sociological, with a clean purpose, which includes balancing present day improvement with destiny progress. However, even though the SDGs are an offer to be performed in 15 years (2015-2030), a few studies has highlighted that the SDGs' tempo of fulfillment isn't as speedy as expected. Therefore, all authorities and non-authorities establishments need to collaborate to facilitate the purchase of those goals.

Within those institutions, training has to be taken into consideration a key aspect in consolidating sustainable behavior in destiny generations. The United Nations Decade of Education for Sustainable Development (2005-2014) already designated this significance, pointing to integrating sustainable improvement moves into all factors of training to sell adjustments in know-how and attitudes in the direction of sustainability. Therefore, on the institutional level, training, in all its amplitude, is one of the most important axes on which to shape sustainability. This significance is diagnosed via way of means of Sachs, which highlighted how training became a key aspect in reaching the longstanding inspiration of the Millennium Goals.

Physical activity

Physical activity (PA) is useful to fitness and wellness and conversely, Physical inactiveness will increase chance of no communicable diseases (NCDs) and different bad fitness outcomes. Together, physical inactiveness and sedentary behaviors push in no communicable diseases (NCDs).

Improving stages of physical activity helps in gaining fitness and wellness make contributions to attainment of world NCD objectives and some of the Sustainable Development Goals.

However, this can require improved commitments and investments via way of means of Member States; innovation and contributions from non-kingdom actors; pass quarter coordination and collaboration; and ongoing steering and tracking from WHO.

Physical Activity (PA) is a body movement which requires more energy than resting. PA includes activities which may be performed at a leisure time or at work. PA includes;

- Walking
- Cycling
- Dancing
- Yoga
- Swimming
- Cleaning work at home or work place

Benefits of Physical Activity (PA)

- Decreases risk of cardiac arrest
- Improve quality of sleep
- Weight management
- Reduces anxiety
- Helps to cope with depression
- Improves bone health

WHO's guidelines on physical activity (PA) and sedentary behavior suggests for the age of 05 and upper the suggestion elements the quantity of bodily activity (frequency, depth and duration) required to provide large fitness advantages and to lessen fitness risks.

The guidelines that any quantity of bodily interest is higher than none; all bodily interest counts; all age businesses must restrict the quantity of time being sedentary and muscle strengthening advantages everyone. WHO Guidelines on bodily interest, sedentary behavior and sleep for kids below five years of age offer suggestions on the quantity of time in a 24-hour day that younger kids, below five years of age, must spend being bodily energetic or napping for his or her fitness and well-being, and the most endorsed time those kids must spend on screen- primarily based totally sedentary sports.

Wellbeing

Health is the combination of things in a person's body, mind, emotions and wellbeing that make him happy and satisfied with life. It is also called wellness, good life or Wellbeing.

Wellbeing is also known as wellness, prosperity or quality of life. So the, Wellbeing of a person is what is ultimately good for the person, what is in the self-interest of this person. Wellbeing can refer to both positive and negative Wellbeing. In its positive sense, it is sometimes contrasted with ill-being as it's opposite. The term "subjective Wellbeing" denotes how people experience and evaluate their lives, usually measured in relation to self-reported Wellbeing.

NCD's

NCD's stands for non communicable diseases, also known as chronic diseases or life style diseases. they are a group of different conditions that do not spread from person to person but cause death or a permanent disability in the long term. non communicable diseases such as cardiac arrest, lung disease, diabetics, cancer, hyper tension, etc., account for 74% of deaths worldwide.

Various physiological and improper diets, lack of exercises are the major contributors for the NCD's. Mental health diseases like trauma and depressions are also part of the NCD's.

Various factors of NCD's are as under

- **Physiological factors**
 - Blood pressure
 - Cholesterol
 - Obesity

Behavioral factors

- Imbalanced diet
- Stress
- Life style
- Alcohol and tobacco

Irrespective of the age, gender and region of all the ages leads to risk of NCD's, in this behavioral factors can be modified with a proper life style changes.

Preventions

NCD's mostly affects socio-economic balance, so as to control by the proper prevention measures to be followed. Such as

- Following healthy diet
- Regular physical activity
- Mental peace or relaxation
- Avoiding tobacco and alcohol
- Adequate Sleep or rest

SDG3 and Indian story

SDG 3 holds special significance for India, considering the unique challenges posed by its vast and diverse population. Despite notable economic advancements, the nation grapples with issues of equity and limited access to quality healthcare, especially in rural areas.

The rising prevalence of non communicable diseases like heart disease, cancer, and diabetes accentuates the urgency of viewing health as a pillar of progress. India has made remarkable strides in pursuing SDG 3.

Some key initiatives by the government include;

1. **National Health Mission (NHM):** This initiative targets enhanced availability and access to quality and affordable healthcare, particularly for rural populations, the underprivileged, women, and children. The NHM emphasizes public health services in areas such as women's and child health, sanitation, immunization, and nutrition, setting specific targets based on key indicators to drive progress toward SDG 3.
2. **Ayushman Bharat Health Insurance Scheme:** Launched as a cornerstone of healthcare reform, this scheme aims to provide free medical services to the underprivileged, intending to cover serious illnesses for around 500 million individuals.
3. **National Programme for Health Care for the Elderly (NPHCE):** This program focuses on delivering specialized healthcare services for the elderly, including outreach initiatives to ensure comprehensive care.
4. **Immunization:** India has successfully enhanced immunization rates against various diseases, such as measles, polio, and tetanus. The COVID-19 vaccination effort was unprecedented, becoming the largest globally and reaching over 90 percent of the population in a remarkably short period.
5. **Malaria Eradication:** As reported by the World Malaria Report in 2019, India was responsible for nearly 3 percent of the global malaria burden. However, the country has achieved significant reductions in malaria incidence and mortality, with a 24 percent decrease in

2017 compared to 2016 and a further 28 percent reduction in 2018.

- 6. Tobacco Control:** Addressing one of India's most pressing public health challenges, the government has adopted several strategies to combat tobacco use. The National Tobacco Control Program (NTCP) aims to diminish tobacco consumption through initiatives such as increased taxation, advertising bans, health warnings, and cessation support services.

Through these initiatives and ongoing efforts, India continues to advance toward the goals set out in SDG 3, reinforcing the commitment to health as a foundational element of social and economic progress.

Conclusion

India is currently navigating several hurdles on its journey to achieving the Sustainable Development Goals (SDGs). A significant obstacle is the lack of adequate funding, particularly concerning SDG 3, which focuses on health and wellbeing. To establish robust health systems, sustained investment is crucial for delivering quality healthcare services to everyone. A holistic approach that encompasses health, education, finance, and environmental considerations is essential to tackle these challenges effectively. Key to overcoming these obstacles is government initiatives, adequate funding, and successful public-private partnerships. These elements are vital not only for attaining SDG 3 but also for ensuring that every individual has access to quality healthcare and overall wellbeing. Looking ahead, the realization of SDG 3 in India is critical for enhancing health outcomes and bridging existing disparities. Achieving this goal will contribute significantly to building a sustainable and equitable society. India's aspiration to become a true economic superpower hinges on the health of its population, underscoring the necessity of prioritizing health and wellbeing for all citizens.

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