

## EDITORIAL

# Good Health and Well Being

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United Nations Sustainable Development Goals (UNSDGs) is an integrated approach towards for peace and prosperity for people and the planet. In 2015 the 17 SDG has been adopted by United Nations members. The current special issue encompasses 39 articles, all targeted to the Sustainable Development Goal3 : “Good Health and Well Being” one of the 17 SDGs. The articles aimed to enlighten the researchers, readers, academicians and health workers towards achieving and ensuring healthy lives and promoting the well-being for all at all ages is essential to sustainable development.

The current issue consists of 28 original research based articles which deals with health care aspects, gadget application, novel approach towards cancer treatment, Vitamin D, usefulness of language based questionnaire among patients with heart failure. Family Support as Caregivers , experimental work on smoking effect, different fruit and herbal extracts on metabolic activity, oxytocin, ayurvedic music therapy, health workers motivation, depression, novel approach for cancer care. Exercise and its effects as well as COVID pandemic. The effect of physical nostril breathing on hypertension, ultrasound diagnosis tool, community

and environmental barriers of filarial type of diseases, psychosocial aspect including parent, gadgets, and friends among children. As well as experimental profile of COVID 19, Hepatitis B type of fatal diseases has been investigated and reported.

Five review articles on COVID 19 care experience and quality of work life among health workers, use of technology in health sector starting from medication and application, adverse ergonomical effect of gadgets, as well as herbal medication.

The issue also having six case studies on asthma, HSV, gastric tuberculosis, Congenital cystic adenomatoid malformation, Herpes Zoster. The researchers also work on COVID affected patients.

The issue is representing a diversified articles and research aspects, including some articles focused in relation to COVID 19 pandemic. And in general all articles focuses to achieve the SDG 3 : Good Health and Well being target for the humankind. We are sure the researchers will get information and start collaborative networking research to move forward.