

# SUSTAINABLE DEVELOPMENT GOALS

## Transcendental Meditation An Effective and Innovative Instrument To Support Governments Achieving the U.N. Sustainable Development Goals Targets



## SPECIFIC GOALS & TARGETS ADDRESSED BY THE TRANSCENDENTAL MEDITATION PROGRAMME IN THE CONTEXT OF THE EUROPE AND FRIENDS PROJECTS

*(selected from the 2030 Agenda for Sustainable Development)*

**3 GOOD HEALTH  
AND WELL-BEING**



**ENSURE HEALTHY LIVES  
AND PROMOTE WELL-BEING FOR ALL  
AT ALL AGES**

**Goals and Targets**

**3.4** - By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being

**3.5** - Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol

**3.8** - Achieve universal health coverage, including financial risk protection, access to quality essential health-care services and access to safe, effective, quality and affordable essential medicines and vaccines for all

**3.a** - Strengthen the implementation of the World Health Organization Framework Convention on Tobacco Control in all countries, as appropriate

**3.c** - Substantially increase health financing and the recruitment, development, training and retention of the health workforce in developing countries, especially in least developed countries and small island developing States

**4** QUALITY  
EDUCATION



# ENSURE INCLUSIVE AND EQUITABLE QUALITY EDUCATION AND PROMOTE LIFELONG LEARNING OPPORTUNITIES FOR ALL

## Goals and Targets

**4.1** - By 2030, ensure that all girls and boys complete free, equitable and quality primary and secondary education leading to relevant and effective learning outcomes

**4.2** - By 2030, ensure that all girls and boys have access to quality early childhood development, care and pre-primary education so that they are ready for primary education

**4.3** - By 2030, ensure equal access for all women and men to affordable and quality technical, vocational and tertiary education, including university

**4.4** - By 2030, substantially increase the number of youth and adults who have relevant skills, including technical and vocational skills, for employment, decent jobs and entrepreneurship

**4.5** - By 2030, eliminate gender disparities in education and ensure equal access to all levels of education and vocational training for the vulnerable, including persons with disabilities, indigenous peoples and children in vulnerable situations

**4.6** - By 2030, ensure that all youth and a substantial proportion of adults, both men and women, achieve literacy and numeracy

**4.7** - By 2030, ensure that all learners acquire the knowledge and skills needed to promote sustainable development, including, among others, through education for sustainable development and sustainable lifestyles, human rights, gender equality, promotion of a culture of peace and non-violence, global citizenship and appreciation of cultural diversity and of culture's contribution to sustainable development

**4.a** - Build and upgrade education facilities that are child, disability and gender sensitive and provide safe, non-violent, inclusive and effective learning environments for all

**4.c** - By 2030, substantially increase the supply of qualified teachers, including through international cooperation for teacher training in developing countries, especially least developed countries and small island developing States

**8** DECENT WORK AND  
ECONOMIC GROWTH



# PROMOTE SUSTAINED, INCLUSIVE AND SUSTAINABLE ECONOMIC GROWTH, FULL AND PRODUCTIVE EMPLOYMENT AND DECENT WORK FOR ALL

## Goals and Targets

**8.3** - Promote development-oriented policies that support productive activities, decent job creation, entrepreneurship, creativity and innovation, and encourage the formalization and growth of micro-, small- and medium-sized enterprises, including through access to financial services

**8.5** - By 2030, achieve full and productive employment and decent work for all women and men, including for young people and persons with disabilities, and equal pay for work of equal value

**8.6** - By 2020, substantially reduce the proportion of youth not in employment, education or training

**8.8** - Protect labour rights and promote safe and secure working environments for all workers, including migrant workers, in particular women migrants, and those in precarious employment

**16** PEACE, JUSTICE  
AND STRONG  
INSTITUTIONS



# PROMOTE PEACEFUL AND INCLUSIVE SOCIETIES FOR SUSTAINABLE DEVELOPMENT, PROVIDE ACCESS TO JUSTICE FOR ALL AND BUILD EFFECTIVE, ACCOUNTABLE AND INCLUSIVE INSTITUTIONS AT ALL LEVELS

## Goals and Targets

**16.1** - Significantly reduce all forms of violence and related death rates everywhere

**16.2** - End abuse, exploitation, trafficking and all forms of violence against and torture of children

**16.a** - Strengthen relevant national institutions, including through international cooperation, for building capacity at all levels, in particular in developing countries, to prevent violence and combat terrorism and crime