



Al Ain University

SDGs > SDG3

SDG3: GOOD HEALTH AND WELLBEING

Sustainable Development Goal 3 (SDG 3) focuses on ensuring healthy lives and promoting wellbeing for all at all ages. In Al Ain, a city in the United Arab Emirates (UAE), the government and Al Ain University (AAU) are working together to address this critical global goal, prioritizing the health and wellbeing of residents.

Government Initiatives:

The UAE government has implemented comprehensive initiatives to promote good health and wellbeing in Al Ain:

Quality Healthcare: The government ensures the provision of high-quality healthcare services, including hospitals, clinics, and specialized medical centers, accessible to all residents.

Preventive Healthcare: Initiatives and campaigns promote preventive healthcare measures, encouraging regular check-ups, vaccinations, and healthy lifestyles.

Mental Health Support: The government recognizes the importance of mental health and provides mental health services and support to residents.

Healthy Lifestyle Promotion: Initiatives promote physical fitness, healthy diets, and active lifestyles to reduce non-communicable diseases.

Al Ain University's Role:

AAU actively contributes to SDG 3 through various educational, research, and community engagement efforts:

Health Sciences Programs: AAU offers health sciences programs, including nursing, medicine, and pharmacy, to educate future healthcare professionals and support the local healthcare workforce.

Research on Healthcare: The university conducts research on healthcare-related topics, addressing public health challenges, medical advancements, and disease prevention.

Medical Awareness Campaigns: AAU organizes health awareness campaigns, seminars, and workshops to educate students and the community on health-related topics.

Clinical Training: Students in healthcare programs gain practical experience through clinical training in partnership with local healthcare institutions.

Challenges and the Way Forward:

Despite progress, challenges remain in achieving SDG 3 in Al Ain, including lifestyle-related diseases, access to specialized care, and mental health support. To address these challenges:

Mental Health Services: Expanding mental health services and reducing the stigma surrounding mental health issues is essential.

Lifestyle Education: Promoting education on healthy lifestyles, including nutrition and physical activity, can reduce the burden of non-communicable diseases.

Community Engagement: Involving the community in healthcare initiatives and awareness campaigns can empower individuals to take control of their health.

Research Collaboration: Collaborations between AAU and healthcare institutions can lead to research-driven solutions for health challenges.

In conclusion, the UAE government and Al Ain University are actively working together to achieve SDG 3 - Good Health and Wellbeing in Al Ain, UAE. Through healthcare initiatives, education, research, and community engagement, both entities are making significant contributions to ensuring access to quality healthcare and promoting the wellbeing of residents, aligning with the global commitment to good health for all.

[AAU concludes the First International Conference on Pharmacy and Biomedical Sciences](#)

Al Ain University concluded the First International Conference of Pharmacy and Biomedical Sciences, which lasted for two days, from 18 to 19th of January 2023, at Abu Dhabi campus. More than 170 researchers and participants attended the conference, and more than 100 research papers from 40 academic and non-academic institutions were reviewed from 20 different countries.

The conference discussed research related to various fields of health and medical sciences and addressed proposals and innovative solutions to serve the community and meet its needs through scientific research and workshops presented by a group of speakers, researchers, specialists, professors, pharmacists, nutrition experts, trainees and students. The conference addressed several domains, most notably: Clinical Pharmacology, and Pharmacy Practice, Pharmacology and Molecular Therapeutics, Drug Design and Discovery, Biomedical Sciences, Pharmaceutical Technology and Nutrition and Food Science. The conference included keynote addresses made by: Prof. Marc von Etzstein - Professor of Chemical Biology and Medicinal Chemistry, Executive Director of the Glycomics Institute, University of Griffiths, Queensland, Australia, and Professor Jonathan Laing - Professor of Public Health, University of Sunderland,

UK.

On the sidelines of the conference, a competition was organized for graduate students, which aimed to give them the opportunity to present their scientific research and share their knowledge. In this competition, 26 students from various universities from inside and outside the UAE participated, and 9 winners were selected by an experienced jury. Three of the winners were from Al Ain University: Abdullah Abu Hajal (Al Ain Campus) got the first place in the category of 'Best Poster' in terms of 'Best Scientific Quality', Molhm Sakkal (Al Ain Campus) got the first place in the category of 'Best Presenter', and Nour Samani from Al Ain University (Abu Dhabi Campus) got the second place in the category of 'Best Design'.

While the remaining six prizes went to: Aisha Al-Mutairi from the Emirates Health Services Corporation/first place in the category of 'Best Design', Aseel Al-Jawabri from the UAE University / second place in the category of the 'Best Poster' in terms of scientific quality, Aseel Siddiq from Trinity College Dublin/second place in the category of 'Best Presentation', Maram Abbas from the Dubai College of Pharmacy /third place in the category of the 'Best Poster', Maryam Dabbous/third place in the category of the 'Best Design', and Hisham Al-Ashmouni from the Gulf Medical University/third place in the category of 'Best Presentation'.

[Al Ain University organizes the First International Conference on Pharmacy and Biomedical Sciences](#)

Al Ain University organizes its First International Conference on Pharmacy and Biomedical Sciences this upcoming Wednesday, which will last for two days, from 18 to 19th of January 2023, at Abu Dhabi Campus. More than 150 researchers, academics and students from 10 Arab and foreign countries will be participating in the conference, and more than 120 research papers will be reviewed.

This is the first time that Al Ain University organizes the Pharmacy and Biomedical Sciences Conference, which is a scientific conference that provides an opportunity for researchers, specialists, professors, pharmacists, nutritionists, trainees and students to participate in their research related to various fields of health and medical sciences, and to contribute to presenting proposals and innovative solutions to serve the community and meet its needs, through During the scientific research and workshops presented by a group of invited speakers and researchers and participants in the conference in several aspects, most notably: Clinical Pharmacy and Pharmacy Practice, Pharmacology and Molecular Therapies, Drug Design and Discovery, Biomedical Sciences, Pharmaceutical Technology, Nutrition and Food Sciences.

The conference will include an exhibition of a group of pharmaceutical companies and providers of medical equipment and laboratory materials, and an additional workshop on molecular modeling presented by Schrödinger, as well as a scientific competition for postgraduate students in conjunction with the conference activities.

[Two Bilateral Cooperation Agreements](#)

"Al Ain University signs two bilateral cooperation agreements with the Private University of Applied Sciences in Jordan and the University of Management and Science in Malaysia to enhance student exchange for #Pharmacy_College students, create exceptional opportunities for participation in unique educational experiences abroad, develop research projects, and organize joint events."

[Healthy Day for Cervical Cancer Awareness Month](#)

In recognition of Cervical Cancer Awareness Month, the Deanship of Student Affairs (Abu Dhabi Campus) partnered with Millennium Hospital to organize a healthcare day.

The event included free examinations and consultations with doctors and specialists to raise awareness about cervical cancer. Dr. Suha Abdel Qader, a Consultant Obstetrician and Gynecologist at Millennium Hospital, provided a comprehensive overview of cervical cancer and ways to prevent it.

[Open Health day](#)

[Breast Cancer Awareness](#)

Because they are dearest to our hearts, we care about their health ?

Together to raise awareness against breast #????? ?

[Al Hilal Student Club promotes awareness of breast cancer](#)

The Red Crescent Student Club in the Deanship of Student Affairs (Al Ain campus) organized a series of awareness activities for Breast Cancer Awareness Month.

Dr. Fairouz Rady from Kanad Hospital was a guest speaker who talked about breast cancer, its types, symptoms, causes, and complications. She stressed the importance of psychological and social support to be provided to the patient. Also, a group of medical centers sponsored and provided gifts, awareness brochures, and free services to female students.

Prof. Ibtehal Abu Rezeq, AAU Vice President of Development and Follow-Up, emphasized early screening, and the role of students in urging women in their communities to do the examination,

in order to combat this disease.

[Healthcare Open Day for breast cancer awareness](#)

Coinciding with Breast Cancer Awareness Month, a healthcare open day was organized by the Deanship of Student Affairs (Abu Dhabi Campus), in collaboration with various hospitals and medical centers. The event included free consultations and examinations, such as blood sugar tests, foot disease tests, and vascular examinations, in addition to gift distribution. Also, medical advice was provided by a number of specialists about breast cancer, its causes, and self-examination procedures. It was emphasized that women should consult the doctor and do a mammogram if they are over the age of 40, and/or have a family history of cancer.

[Workshop Entitled “Mental Health and Wellbeing in the workplace”](#)

The Continuing Education Center at Al Ain University (Abu Dhabi Campus) presented a workshop about the benefit of the Department of Antiquities and Museums in Ras Al Khaimah entitled "Mental Health and Wellbeing in the Workplace" presented by Dr. Samer Abdel Hadi from the College of Education and Human Sciences.

The workshop touched on various titles that include each of the areas of mental wellness and its dimensions, and the importance of mental health care, due to its great impact on work and productivity, in addition to its direct impact on the individual and society.

[A Virtual Webinar Entitled “Emotional Intelligence”](#)

A virtual webinar titled "Emotional Intelligence" was organized by the College of Engineering at Al Ain University's Abu Dhabi campus, moderated by Dr. Tareq Oshan, and presented by Ms. Tasneem Sheikh, a distinguished academician in the Human Resources and Business fields from Higher Colleges of Technology. The webinar aimed to enlighten attendees about the significance of emotional intelligence in the current fast-paced world, and Ms. Tasneem's presentation was informative, insightful, and beneficial for all participants, including Al Ain University administration staff, academic staff, and students. They all gained valuable insights on the topic of emotional intelligence from her presentation.

[The College of Communication and Media organizes the](#)

[Happiness Day event under the slogan "Let Happiness Be A Habit"](#)

In cooperation with the Deanship of Student Affairs, the College of Communication and Media at Al Ain University (Abu Dhabi Campus) organized the Happiness Day event under the slogan "Let Happiness Be a Habit" on the occasion of the International Day of Happiness.

The Happiness Day event included various activities and events, including the distribution of roses and souvenirs to members of the academic and administrative staff and students. The book "Reflections on Happiness and Positivity" by His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, was distributed to members of the academic and administrative staff, which presents an administrative and developmental vision based on optimism and positivity.

The event aimed to enhance the work and studies environment, support positivity, spread happiness and optimism among its employees and students, and show us the importance of making happiness a habit and having a happy, positive, and motivating working and learning environment.

[AAU No Smoking Policy](#)

AAU is committed to providing a smoke-free environment to protect the health and comfort of members of the university community from the adverse effects of tobacco smoke. This policy shall be implemented by the following rules and regulations, which may be changed from time to time.

Rules and Regulations

- There shall be no smoking of tobacco products within any building or facility owned or operated by the University.
- Smoking is permitted in the outdoor areas of the university premises.
- While all other buildings and facilities on university property are smokefree, it should be particularly noted, there shall be no smoking in:

conference rooms, classrooms, laboratories, or lecture halls.

auditoriums.

offices.

libraries and bookstores.

cafeterias and food and beverage service areas.

storage or warehouse areas, and anywhere that hazardous substances are found.

corridors, lobbies, entries or stairways.

sports or recreational areas.

[Awareness Workshop Entitled “Drugs, a Deadly Disease”](#)

An awareness workshop titled "Drugs, a Deadly Disease" was organized by the Deanship of Student Affairs at Al Ain University (Al Ain Campus) in collaboration with the Drug Enforcement Department. The workshop, presented by Lieutenant Colonel Mohammed Salem Al Ameri, took place on the International Day against Drugs.

The workshop covered various aspects, including defining drugs and their detrimental effects on national security, society, and individuals. It also highlighted the main factors leading to addiction and stressed the significance of educating young people to prevent drug abuse. Additionally, the workshop emphasized the responsibility of every member of society, particularly the youth, to promote a culture of addiction prevention among their peers. The ultimate goal is to achieve a nation free from substance abuse and addiction.

Furthermore, Lieutenant Colonel Mohammed emphasized that preventing drug abuse is a collective duty, and he underscored the role of families in monitoring and guiding children from an early age.

[Raising awareness of Addiction in cooperation with the “Drug Control”](#)

Coinciding with the International Day against Drugs, the Deanship of Student Affairs at Al Ain University organized an awareness lecture in cooperation with Abu Dhabi Police - Directorate of Drug Control, presented by Colonel Mohammed Al Ameri,

The lecture gave a detailed explanation about drugs and the risks of addiction to individual health, family, and society.

[Lecture entitled \(Dialogues of awareness about the harm caused by smoking\)](#)

Anxious to students' health and to spread awareness, the Deanship of Student Affairs organized a lecture entitled (Dialogues of awareness about the harm caused by smoking),

which was organized in cooperation with College of Pharmacy in Al Ain University –Al Ain Campus. It was presented by Dr. Nadia Hussain, Assistant Professor in the College of Pharmacy. The lecture was attended by faculty and students from the College.

Dr. Nadia Hussain started with a brief about smoking, defined the meaning of Nicotine, what and how does it works, and its effects, She also, explained the reasons of why smokers are resort to such a bad habits.

She also defined the smoking triggers as: “The things that person do them daily and trigger them to smoke”, and mentioned how to notice and stop the smoking triggers.

After that, the lecture was about the ugly facts on smoking, risks from smoking: the risks, percentage of smokers between male’s vs females and the harmful, diseases that can be exposed to smoker, unlike the non-smokers.

The last part of the lecture was overshadowed by the tips of how to quit smoking successfully, such as, make a plan, adopt healthier lifestyle, and get support from family and friends.

Dr. Nadia Hussain summed up the lecture with the 10 health benefits if the smokers stop smoking, she added: “You can do it, because nothing in life is impossible”.

At last, Dr. Amal Youssef from the College of Pharmacy, honored Dr. Nadia Hussain for her efforts in presenting the lecture.

[View Page](#)