



UNIVERSITY OF EL-OUED

Report on the United Nations
Sustainable Development Goal 3:
Good Health and Well-being



This report presents the University of El Oued's dedication to advancing SDG 3, prioritizing health and well-being through medical education, mental health support, and community health programs.

Introduction



The University of El Oued is dedicated to enhancing health and well-being through various initiatives aligned with SDG 3, which targets good health and well-being for all. This report details the university's efforts in fostering collaboration with health institutions, providing health outreach programs, facilitating mental health support, promoting sports and wellness, and upholding smoke-free policies. Through these actions, the university supports the health and welfare of its students, faculty, and the broader community, contributing to the United Nations' Sustainable Development Goals.

Current Collaborations with Health Institutions

In a world where global health challenges require collaborative solutions, the University of El Oued has partnered with renowned health experts and academic institutions to enrich its medical education programs:

- *Local Health Collaboration for Enhanced Well-Being:* The University of El Oued has also forged strong partnerships with [local health institutions](#) and medical professionals to enhance health and well-being in the community. Through collaborative initiatives with [regional hospitals and clinics](#), the university facilitates workshops, health screenings, and educational sessions for students and the public. Local doctors frequently participate in these programs, offering insights on essential health topics such as preventive care, mental health, and nutrition. This ongoing collaboration fosters a well-rounded healthcare education and directly benefits community health outcomes.
- *International Expertise and Student Engagement:* the University's [Medicine Department](#) has initiated collaboration with highly skilled Algerian expatriates, including Professor Sued Mohammed, a renowned kidney transplant specialist based in France. Professor Mohammed recently visited the university's medical annex, where he delivered a motivational lecture that

provided students with invaluable insights into advanced kidney transplant techniques. This engagement enabled students to gain real-world understanding of high-impact healthcare practices, enhancing their global perspective and connecting them to the latest advancements in medical science. Such collaborations enrich students' training and broaden their exposure to cutting-edge international medical practices.

|  Higher Education Ministry and Scientific Research University of Echahid Hamma Lakhdar El-Oued Faculty of Law and Political Sciences & Annex of Medicine  | | |
|---|--|--------------------------|
| International Symposium on Law & Medical Sciences | | |
| <i>Program</i> | | |
| Tuesday 30/04/2023 | | |
| Welcome | | |
| 08:00-08:30 | Speech of the Director of the international symposium | Pr. DEROUICHE Samir |
| | Speech of the Dean of the Law and Political Sciences faculty | Pr. DARRADJI Makki |
| 08:30-09:00 | Speech of the Dean of the Natural and Life Sciences faculty | Dr. ZAATER Abdelmalek |
| | Opening of the international symposium by the Rector of the university | Pr. FARHATI Omar |
| Conferences | | |
| 09:00-09:20 | Dr. LEHDIDJI Samir (Tunisia) | La Résposabilité Médical |
| 09:20-09:40 | Dr. SOUID Mohamed (France) | L'éthique Médical |
| 09:40-10:00 | Dr. BARAKET El-Amine (Algeria) | Nutrition Thérapeutique |
| 10:00-10:20 | Dr. OUAKOUAK Cherif (Algeria) | الأخطاء الطبية |
| 10:20-11:00 | Discussion | |
| 11:00 | Closing of the international symposium | |

- National Academic Partnerships: Collaboration with the University of Batna's Faculty of Medicine represents a robust exchange of knowledge and best practices. This partnership enhances the quality of education and practical training offered, with the goal of producing well-prepared graduates who contribute effectively to healthcare improvements at a national level. These collaborations not only raise academic standards but also provide a network of resources and support for students and staff, contributing to improved public health outcomes in the region.

Health Outreach Programmes

Outreach programmes at the University of El Oued promote [health awareness and accessibility](#) in the local community:



- Breast Cancer Awareness: October's "Pink Month" campaign, led by the Ibn Sina Scientific Club of medicine students at the university of El Oued, focused on breast cancer prevention, educating the university and surrounding community on early detection, risk factors, and prevention techniques. By fostering knowledge on such prevalent health concerns, the university equips community members with valuable tools for preventive health.

جامعة الشهيد حمه لخضر- الوادي -
كلية العلوم الاجتماعية والانسانية
قسم علم النفس وعلوم التربية
بالتنسيق مع
مخبر التنمية الاجتماعية وخدمة المجتمع
فرقة الخدمة الاجتماعية لذوي الفئات الهشة

LSOSS

يوم دراسي
حول التربصات الميدانية

رئيس الفرقة: ا.د احمد جلول رئيس اليوم الدراسي : د. غدايفي هند
المشرف العام: د. اسماء لشهب

تربص

يوم الخميس 2 مارس 2023 الثامنة صباحا (8:00)

بقاعة المحاضرات الكبرى

اليوم الدراسي خاص
طلبة الثالثة ليسانس والثانية ماستر شعبي علم النفس وعلوم التربية

Educational Visits for Youth: The medicine department at the university of El Oued hosted primary school students from Trelli Habib School, introducing them to healthcare principles and professions. During these visits, students engaged in interactive discussions with medical faculty and staff, learning about hygiene and wellness. This initiative fosters a culture of health from a young age, emphasizing the importance of healthcare in a community setting.



- *Mental Health Field Experiences:* Third-year clinical psychology students visited the Specialized Psychiatric Hospital "Mujahed Maârouf Bouamama" in Ouargla, gaining direct experience in observing and understanding mental health disorders. This field trip provided students with exposure to clinical environments, better preparing them for future roles in mental health care while raising awareness of mental health in the community.



Shared Sports Facilities

Physical well-being is a critical aspect of health, and the University of El Oued supports this by sharing sports facilities with the local community:

- *Community Sports Events*: The university hosts a variety of sports events, including football tournaments and fitness programs, that are open to the public. These activities encourage physical fitness, community engagement, and teamwork, enhancing the health and social integration of participants. By opening these facilities to the community, the university serves as a hub for local wellness and social interaction.
- *Supporting Students with Disabilities*: Inclusivity is a core value in the university's sports program. The institution sponsors and encourages students with disabilities to compete in national sports events, helping build confidence and physical endurance. By making these sports accessible, the university promotes an inclusive approach to health and fitness, ensuring all students benefit from physical activities.



Reproductive and Preventive Health Care Services for Students and Staff

The university ensures students have access to essential health services, focusing on education and preventive care:

- *Free-Access Health Clinic*: The on-campus clinic offers students and staff comprehensive health care, including reproductive health services, preventive care, consultations, and educational resources. These services empower students with the knowledge needed to make informed health decisions and encourage a proactive approach to reproductive health. Regular health check-ups and accessible information create a safer and more informed campus environment.
- *Workshops on Family Planning and Hygiene*: The clinic's workshops emphasize family planning, reproductive health, and personal hygiene, giving students and staff crucial resources and guidance on topics that are often stigmatized. By addressing these areas openly, the university fosters an environment where students can seek advice and support without judgment, promoting holistic health.



Mental Health Support for Students

Mental health support services are fundamental to a healthy university experience. At El Oued, students have access to professional counselling and support:

- *Counselling and Psychological Services:* The University Counselling Centre provides personalized counselling for issues like anxiety, depression, and stress management. These services are crucial in managing the pressures of academic life, supporting students in achieving balance and mental well-being.
- *Workshops and Prevention Programs:* Workshops on substance abuse and stress management are regularly organized. For instance, a recent workshop highlighted the dangers of drug addiction and provided tools for prevention. Through these sessions, students gain the skills and knowledge needed to make positive lifestyle choices, fostering resilience against mental health challenges.



Mental Health Support for Staff

Staff well-being is equally prioritized, ensuring a supportive work environment:

- Counselling Services for Faculty and Staff: Faculty and staff have access to mental health support through the University Counselling Centre. Addressing occupational anxiety and providing coping mechanisms creates a more positive and productive workplace, improving overall job satisfaction.



Smoke-Free Policy

The university's commitment to a smoke-free campus policy demonstrates its dedication to fostering a healthy, safe environment:

- *Implementing a Smoke-Free Campus:* The university has maintained a smoke-free policy, reducing the health risks associated with second hand smoke and creating a cleaner, more enjoyable environment for students, staff, and visitors. This policy aligns with global health recommendations, furthering the university's commitment to well-being.

Conclusion

The University of El Oued's diverse and impactful initiatives directly contribute to SDG 3 by fostering health, wellness, and educational outreach. These efforts not only enhance the well-being of the university community but also support the health needs of the broader public. By nurturing partnerships, promoting mental and physical wellness, and implementing policies that uphold safety and inclusion, the university is a model of institutional commitment to sustainable health development.