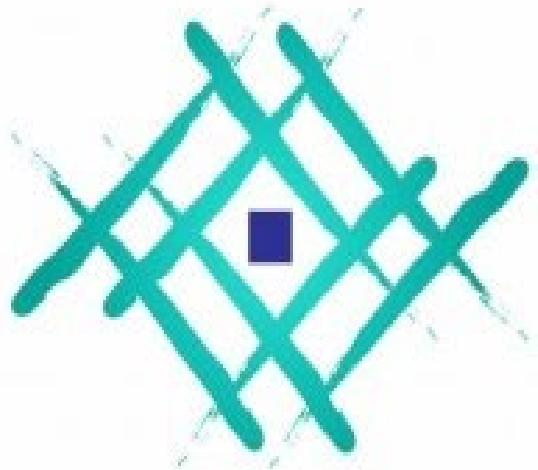


# University Report on SDG 3



جامعة القصيم  
Qassim  
University

## 3 GOOD HEALTH AND WELL-BEING



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## SDG3: GOOD HEALTH AND WELLBEING

### **Qassim University's Pursuit of SDG 3: Advancing Good Health and Well-Being**

Sustainable Development Goal 3 (SDG 3) focuses on ensuring healthy lives and promoting well-being for all at all ages. Qassim University, located in Saudi Arabia, recognizes the critical importance of SDG 3 and has undertaken comprehensive initiatives to address health challenges, promote well-being, and contribute to the overall improvement of the population's health.

#### Health Sciences Education:

Qassim University's commitment to SDG 3 is evident through its emphasis on health sciences education. The university offers a range of programs in medicine, nursing, pharmacy, dentistry, and other health-related disciplines. By training a skilled and knowledgeable healthcare workforce, Qassim University plays a significant role in addressing health needs and ensuring quality medical care for the community.

#### Clinical Training and Skill Development:

The university's dedication to SDG 3 is further demonstrated through its clinical training facilities and simulation labs. Qassim University provides students with hands-on training opportunities that mirror real-world healthcare scenarios. This practical experience enhances their clinical skills, ensuring that they are well-prepared to provide effective and compassionate care to patients.

#### Public Health Initiatives:

Qassim University is actively involved in public health initiatives that aim to prevent diseases and promote well-being. The university collaborates with local health authorities to organize awareness campaigns, vaccination drives, and health screenings. These initiatives not only contribute to disease prevention but also empower individuals to take control of their health.

#### Research for Health Innovation:

The university's commitment to SDG 3 extends to its research efforts focused on health innovation and improvement. Qassim University's research projects address critical health issues, such as infectious diseases, chronic conditions, and healthcare delivery. By generating knowledge and innovative solutions, the university contributes to advancements in medical practices and patient care.

#### Health Promotion and Awareness:

Qassim University actively engages in health promotion and awareness activities within its campus and surrounding communities. The university organizes workshops, seminars, and health fairs that cover topics ranging from mental health to nutrition. These initiatives aim to educate individuals about healthy lifestyles and preventive measures.

#### Mental Health Support:

Recognizing the importance of mental health, Qassim University provides counseling and mental health support services to its students. The university's counselors offer a safe and supportive environment where students can discuss their concerns, seek guidance, and receive assistance in managing mental health challenges.

### Community Health Clinics:

Qassim University operates community health clinics that provide healthcare services to underserved populations. These clinics offer medical care, diagnostic services, and consultations, ensuring that individuals who lack access to traditional healthcare facilities receive the attention they need.

### Collaborations with Health Institutions:

The university collaborates with healthcare institutions, hospitals, and medical centers to ensure that its programs are aligned with current healthcare practices. These partnerships facilitate the exchange of expertise, enable students to gain clinical experience, and ensure that graduates are well-prepared to contribute effectively to the healthcare sector.

Qassim University's commitment to SDG 3 is reflected in its multifaceted efforts to advance good health and well-being. Through education, clinical training, research, public health initiatives, mental health support, community engagement, and collaborations with health institutions, the university contributes significantly to the improvement of health outcomes and the well-being of individuals. Through its dedication, Qassim University plays a pivotal role in advancing SDG 3 and ensuring healthier lives for the community it serves.

## Medical Care

<https://qa.qu.edu.sa/files/shares/handbooks/Student%20Manual.pdf> [1]

Medical care is one of the student rights. Therefore, the University presents free medical care to their students through its medical clinics in the University City in Mulidaa. These comprises general, surgery and specialized clinics, besides the dental clinic. These clinics offer medical care to the staff and officers of the University in addition to the students.

Also, the governmental hospitals offer comprehensive medical care to the Saudi citizen including the students, and also they offer medical care to the international students. The University currently constructs and prepares the University Hospital in its main site, which is a comprehensive medical project. It is a part of the Medicine City which will serve all the University related persons and the society people as well.

## The First Gynaecological Surgery

[https://twitter.com/QU\\_QUMC/status/1643874864762179584](https://twitter.com/QU_QUMC/status/1643874864762179584) [2]



### أول عملية

بدأ الفريق الطبي بالمدينة الطبية بجامعة القصيم من إجراء أول عمليات جراحة النساء في المستشفى الجامعي بنجاح، وقد تمت العملية بإشراف فريق طبي متخصص حيث تم اتباع أحدث الإجراءات الجراحية واستخدام التقنيات الحديثة في مجال الجراحة

وتأتي هذه الجهود في إطار تعزيز الرعاية الطبية التكاملية لتلبية الاحتياجات الصحية الشاملة لكافة أفراد المجتمع

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مركز الاتصال الموحد : 0163023000

## The College of Pharmacy launches an awareness campaign to prevent breast cancer

<https://www.qu.edu.sa/content/news/602> [3]



The College of Pharmacy at Qassim University, in cooperation with Tahour Charitable Society and Al-Amal and Mental Health Hospital, launched an awareness campaign on the occasion of the World Day for Mental Health and Breast Cancer Awareness in the Unaizah Mall building, in Unaizah Governorate, and the campaign contained two sections, one for mental health, and the other for breast cancer awareness, and 18 students participated in providing medical and awareness services to visitors, where they measured the pressure and sugar of the guests, who numbered more than 200 visitors, and answered their questions and inquiries about standards and controls Maintain public health.

For his part, Dr. Yasser Al-Moqbel, Vice Dean of the College, stressed the need to activate international events dedicated to raising awareness of certain diseases, and investing these occasions in spreading awareness among members of society, and introducing the reasons for preventing these diseases, and methods of treatment in the event of infection, pointing out that the colleges of Qassim University provide many health, awareness and cultural services to the people of the region, sensing its societal role as the largest scientific and academic institution in the region.

Al-Muqbel explained that faculty members and students at the College of Pharmacy always take the initiative to participate in service, awareness and health events for the people of the Kingdom, pointing to the major campaign carried out by the College of Pharmacy last summer in several regions of the Kingdom under the slogan "Health We Care to Car", which was accepted and appreciated in the areas to which it went, and achieved many health and awareness goals for large numbers of visitors to the campaign's headquarters.

## Academic Advising

<https://www.qu.edu.sa/content/news/11> [4]

### Academic Support and Advising Academic

advising is considered one of the pillars of university education in the Kingdom, as it aims to guide students to obtain the best results, adapt to the university environment and seize the opportunities available to them, by providing them with academic skills that raise the level of their educational achievement. Due to the importance of academic advising in the faculties of the university, it is necessary to form a unit or committee specialized in academic support and guidance.

#### General concepts:

- The Academic Support and Counseling Unit is a unit established by a decision of the Dean of the College and is concerned with planning, coordinating and supervising the implementation of the academic supervision process in the college, and the committee is responsible to the Dean of the College or the Vice Dean for Educational Affairs.
- The responsibility for academic advising lies with all faculty members and not only the Academic Support and Advising Unit, so all faculty members will participate in academic supervision activities for students.
- An academic advisor is a faculty member or the like assigned by the Academic Support and Advising Unit to perform the task of academic advising for a group of college students.
- The unit works in coordination and cooperation with the Department of Guidance and Counseling at the Deanship of Student Affairs.

Mission of the Academic Support and Advising Unit:

The Academic Support and Advising Unit is concerned with providing support and guidance to college students in order to benefit from their own abilities, work to develop their skills, and encourage them to excel and academic creativity, to graduate in the specified period of time after they have acquired scientific experiences and practical skills that provide them with a successful opportunity to work, as well as study their psychological, health, financial and functional problems and contribute to solving them.

Objectives of the Academic Support and Advising Unit:

- Preparing students to learn and adapt to university life.
- Provide students with correct information about the college, educational policies, resources and study programs.
- Enhancing students' academic achievement, raising their abilities and overcoming obstacles during their educational achievement.
- Reducing the chances of academic failure (preventive guidance).
- Providing advice and assistance to college students with academic problems.
- Caring for students with low and faltering academic achievement, paying attention to them and following them up until they raise their academic level.
- Care and assistance to students socially, financially, healthily, psychologically and functionally if necessary.
- Paying attention to outstanding and talented students and providing what would enhance their abilities and support their creativity.

Tasks of the Academic Support and Advising Unit:

- Develop a plan for academic supervision in the college.
- Supervise the implementation of the academic supervision plan.
- Spreading awareness among students about the nature of the unit, its importance and how to benefit from its services through meetings, bulletins and the college's website.
- Introducing students to the objectives and mission of the college, its educational programs, its scientific departments, the fields of work of its graduates, and the aspects of care and services it provides to its students, as well as enlightening and guiding them to choose the appropriate specializations that suit their abilities and potentials.
- Distributing new students to academic supervisors and publishing lists on bulletin boards and the college's website at the beginning of each year.
- Submit periodically (mid-semester) a report that includes the work of the unit as well as a report on the levels of students to the college administration.
- Study the cases referred to it by the college administration and prepare reports on them and submit them to the competent authorities.
- Consider students' academic problems raised by advisors and seek to solve them with the college administration.

- Considering students' complaints of an academic nature and devising solutions that suit them or submitting them to the college administration if necessary.
- Considering students' complaints about any course and finding solutions and submitting this to the college administration.
- Raising awareness of the importance of academic advising and the importance of communicating with the academic advisor by publishing brochures and publications and using the college website for this purpose.
- Supervising orientation programs for new students to introduce the study and testing system in the college.
- The committee meets periodically every 4 weeks or according to new reports in order to discuss periodic reports or exceptional reports submitted by academic advisors.
- Contribute to solving students' psychological, financial, social and functional problems and submit them when necessary to the Deanship of Student Affairs to take the necessary action.

Tasks of the academic advisor:

- Familiarity with the registration, deletion and addition dates announced by the Deanship of Admission and Registration.
- Knowing the study plan of the college and the graduation requirements for students, and ensuring that the student's schedule agrees with the study plan of the college.
- Preparing and updating the academic advising record file for each student, where the advisor opens a special file for each student in the group that includes the registered subjects and the level of the student's grades in them, and includes the cumulative average, as well as the minutes of the periodic meetings between the advisor and the student, in addition to any reports or warnings directed by the course of the subject, through which the level of the student can be evaluated.
- Organizing periodic interviews (at least once at the beginning of each semester) with each of the students he supervises in order to:
  - Identify the performance of students in the past semester.
  - Urging the student and encouraging him to more diligence and praise him if he is distinguished in some courses.
  - Discuss difficulties, if any, and search for appropriate solutions.
  - Discuss the appropriate options for the student in the next semester (registering or dropping courses, raising the average, choosing a specialization, etc..).
- Provide assistance to the student in the event of difficulty in registering or conflict of some subjects.
- Careful follow-up of the student's scientific achievement in the subjects in which he or she is registered, writing periodic reports and attaching them to the student's file.
- Addressing faculty members if the student's level is low.
- In the event of the student's lack of attendance or poor achievement level, the advisor intensifies periodic meetings and discusses the student accurately about the reasons and tries to solve them or submit them to the Academic Advising Committee.



- discovery Students' talents and development.
- Helping students on how to make the most of the e-learning website in the college.
- Encourage students to participate in academic and extra-curricular activities.
- It is preferable not to change the advisor for the student from his or her enrollment until his graduation • The Dean of the College or his deputy does not sign the certificate of good conduct and behavior until after a letter received from the academic advisor that this student has completed or completed all requirements.
- It is necessary to build an academic friendship relationship between the counselor and the student or the mentor and the student to dissolve the differences between them.
- It is preferable that the role of the counselor be as a social and career advisor for the student to know his or her social conditions and help her stability or the student's career future and contribute to opening the horizons of job opportunities for him or her, training or continuing higher studies.
- Allocate office hours to meet students in his office to discuss the problems they face during the study.
- Introducing students to the objectives and mission of the college, its educational programs, its scientific departments, the fields of work of its graduates, and the aspects of care and services it provides to its students, as well as enlightening and guiding them to choose the appropriate disciplines that suit their abilities and potentials.
- Submit a periodic report on students' performance to the Academic Support and Advising Unit (before the end of the semester). The report includes the student's academic performance (better or worse than before) and the actions taken to address the worst performance.
- Submit a report on the problems that need the intervention of the unit or college administration.
- Encourage students to make use of the library and manage time effectively.
- Encourage students to study as groups and benefit from their peers.

#### Responsibility and role of the student:

- Bears full responsibility for his or her academic performance as academic advising is a mechanism of assistance.
- View the college directory and website to identify the requirements of the department, college and university.
- Familiarity with the details of the academic calendar and critical dates that concern registration, withdrawal, apology, etc.
- Knowing his academic advisor and the dates of his office hours.
- Meet with the mentor to consult on the academic and career goals, the program and the study schedule, and inquire about all aspects that he deems ambiguous.
- Implement the recommendations of the mentor and keep meeting the mentor according to the agreed dates.
- Notify the advisor of any variables that may affect his program or academic performance.

## The University Launches an Initiative for Psychological Support for Health Practitioners

<https://www.qu.edu.sa/content/news/1834> [5]

The university, represented by the College of Medicine, announced the launch of an initiative under the slogan "Psychological support for health practitioners in the Qassim region" in light of the Corona pandemic, provided by a number of specialists and consultants from the Department of Psychiatry, and under the supervision of the Community Service Unit at the college, where the initiative is implemented remotely for a period of 3 days from 10 pm to 12 pm from 22-24/6/2020 AD, through the Zoom program.

This initiative aims to provide psychological counseling for health practitioners in the region in order to support them psychologically and to mitigate the effects of psychological and professional pressures they have been exposed to since the beginning of the spread of the epidemic of infection with the emerging Corona virus at the beginning of this year, as they were at the forefront of the ranks to address this pandemic and implement the preventive measures and precautionary measures taken by the government of the Kingdom to confront this crisis.

The initiative begins on Monday, 22/6/2020 AD, by providing psychological support consultations for health practitioners with Dr. Muhammad Al-Hamid, Assistant Professor of Psychiatry, and psychological support consultations continue on Tuesday, 23/6/2020 AD, with Dr. Abdullah Al-Qafari, Assistant Professor of Psychiatry, and on the third and last day, Dr. Sumaya Al-Juhani, Assistant Professor of Psychiatry, provides a number of psychological consultations to help health practitioners in the region overcome the psychological effects and psychological support during this pandemic.

## They provided their services to more than 30,600 people. <> university employees and students participate in the "Awareness, Health and Education" campaign at the Dome Center

<https://www.qu.edu.sa/content/news/2970> [6]



Qassim University's fourth campaign "Awareness, Health and Education", which was held at the Qubba Center in Al-Asyrah Governorate, over a period of five days, presented 247 diverse programs,

benefiting 30341,<> beneficiaries, in various fields of legitimacy, education, medical clinics, dentistry, health and nutrition, in addition to training and skill programs, veterinary clinic, optometry clinic, medical laboratories, radiology, physiotherapy and first aid.

The programs provided by the university to the people of the Qubba Center and its surroundings also included awareness of the harms of drugs and their danger to the individual and society, in addition to recreational and sports programs, where the campaign was supervised and implemented by more than 600 university employees and students, who formed 17 committees and work teams specialized in the medical, scientific, legal and educational fields, in addition to the organizational and executive committees, where the activities and events of the campaign were distributed to its headquarters in the Celebrations Center in the Qubba Center, boys' and girls' schools, mosques, mosques and government departments.

This campaign comes in its fourth edition, which was held more than 150 km from the university's main headquarters in Buraidah, within the framework of the university's keenness to provide community services to all the people of the Qassim region and reach them in their places, as the university has previously provided three versions of this campaign in several governorates in the Qassim region.

## A hotline for legal and family consultations with an awareness, health and education campaign in the mind of falcons

<https://www.qu.edu.sa/content/news/784> [7]

The organizing committee of the "Awareness, Health and Education" campaign organized by the university for the second year in a row has allocated a hotline for family counseling implemented by the Esaad Center for Family Counseling "Boys and Girls", where the number (920012020) has been allocated to receive men's calls, while it receives women's consultations on the number (0163822999), and the campaign also provides a Sharia consultation service, where calls are received and answered by His Eminence Sheikh Dr. Fahd Ali Al-Salami on the number (0560602041) for a period of 7 days throughout the campaign period.



Dr. Abdul Rahman Al-Nassian, Dean of the Deanship of Community Service at the university and Executive Director of the campaign, explained that this service was provided to serve the community, and to answer all legitimate inquiries, and also provides family advice for men and women, as the university provides an appropriate environment by providing a special and confidential atmosphere between the caller and the receiver, and offering appropriate treatment through specialists, and it also aims to reach the beneficiaries in their places, who could not come to the campaign and want to treat their problems in particular.

Al-Nassian stressed that the university seeks to benefit the province of Aqlet Al-Suqour and its neighboring villages and instill Islamic values and intellectual awareness across all fields, as the

campaign was keen on family, social and legal awareness through specialized courses and Sharia programs targeting mosques, schools and some specialized sites.

## The Harm and Risks of Tobacco

<https://twitter.com/qunsad/status/1664008486122844164> [8]

In parallel with #اليوم\_العالمي\_لمكافحة\_التبغ, the Deanship of Student Affairs at #جامعة\_القصيم is holding a lecture entitled "The Harm and Risks of Tobacco" tomorrow, Thursday, remotely.

to sign up:

<https://forms.office.com/r/jZeMdB2Wwh>



## Quit Smoking.. back to life..

[https://twitter.com/moe\\_gov\\_sa/status/1663948526789722117](https://twitter.com/moe_gov_sa/status/1663948526789722117) [9]



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