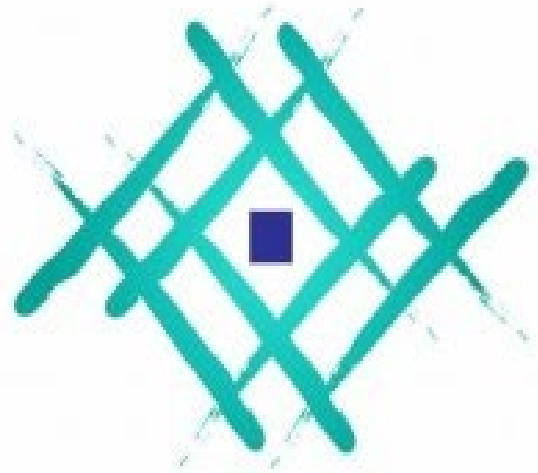


University Report on SDG 3



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.

3.3 Health impact

Universal Health Coverage (UHC) is achieved when a country can provide all its population with effective and sufficient health services of appropriate quality. Qassim University, Saudi Arabia, aims to achieve Universal Health Coverage (UHC) by a combination of free public healthcare and mandatory cooperative health insurance. To ensure the effectiveness of this policy, every individual should have a strong knowledge of their health-care rights and the system that guarantees it.

3.3.3 Does your university as a body share sports facilities with the local community, for instance with local schools or with the general public?

The Summer Club at QU

<https://twitter.com/QassimUniv1/status/1682470331028500480> [1]



The summer club at #جامعة_القصيم continues to present cultural and sports competitions and programs, including: drawing arts, scientific experiments, and artificial intelligence, for the various participating groups, in the gymnasiums in the university city.

The conclusion of the futsal championship of the Sports Federation of Saudi Universities at the university's sports hall

<https://www.qu.edu.sa/content/news/2872> [2]



Under the patronage of His Excellency the Minister of Education and Chairman of the Board of Directors of the Sports Federation of Saudi Universities, Mr. Yousef bin Abdullah Al-Benyan, the thirteenth edition of the futsal championship was concluded on Sunday evening, January 15, 2023, at the university's sports hall, where the final match of the championship was held between Imam Abdulrahman bin Faisal University and King Saud University, in the presence of His Excellency the Vice President for Educational Affairs, Dr. Muhammad Al-Sharekh, and His Excellency the President of the Sports Federation of Saudi Universities, Prof. Dr. Khalid Al-Muzaini.

After the match, the Imam Abdulrahman bin Faisal University team was crowned the winner of the championship and medals were handed over to the teams that won the first three places, among the teams of 28 universities, where the tournament witnessed the participation of more than 400 players who competed during 5 days, during the morning and evening periods, in the sports halls in the university city, in addition to the reserve halls in King Abdullah Sports City in Buraidah, and the hall of Al-Raed Club.

For his part, the Dean of the Deanship of Student Affairs, Dr. Muhammad Al-Ajlan, explained that Qassim University has harnessed its capabilities to host this edition of the tournament and prepare sports facilities to host its more than 50 matches by forming organizational teams from its employees and student volunteer teams to follow up the stadiums before and after the matches, as well as following up the services provided inside the stadiums, communicating with universities, receiving delegations at the airport and delivering them to the residence, in addition to the participation of teams from the university mobile and the University Security Department in organizing entry And going out to the stadiums and organizing entry to the platform, as well as providing medical services and ambulance in all matches.

He added that during the days of the tournament, all matches were equipped with light nutrition services, and popular food for the participating delegations, in addition to providing a volunteer with each delegation, and the presence of volunteers around the clock to serve the participating teams, and to ensure that all the necessary requirements for each match are provided before its start.

The University Opens the Sports Hall and Hosts the Saudi Universities Futsal Championship

<https://www.qu.edu.sa/content/news/795> [3]

Today, Wednesday, the Saudi Universities Futsal Championship, hosted by Qassim University within the Fifth Settlement of the Federation's championships in its eighth season under the patronage of His Excellency the Minister of Education, Dr. Ahmed Al-Issa, kicked off today, Wednesday, and the tournament will continue until next Saturday, witnessing the participation of more than 450 players representing 25 public and private universities and colleges.



His Excellency Prof. Dr. Abdul Rahman bin Hamad Al-Dawood, President of the University, welcomed during his speech at the opening ceremony of the tournament the attendance of members of the Sports Federation of Universities, university employees, and participants in the competition, expressing his happiness to host this great tournament, which coincides with the opening of the new gymnasiums at the university, where His Excellency stressed that the university welcomes any cultural, sports, scientific or research activator, held among its corridors, stressing that Qassim University, praise be to God, is full of scientific and cultural events, which look forward through These works to the glory and glory of our dear homeland.

Al-Daoud expressed his sincere thanks to all university employees for their great efforts to complete the gymnasium project, and to show it in this beautiful appearance, explaining that these facilities came only with the support of the government of the Custodian of the Two Holy Mosques, and His Highness the Crown Prince, which pays great attention to the homeland and the citizen, and supports everything that is in the interest of youth, pointing to the support and directives of His Royal Highness Prince Dr. Faisal bin Mishaal bin Saud bin Abdulaziz, Governor of Qassim Region, and His Highness his deputy. Prince Fahd bin Turki bin Faisal bin Turki bin Abdulaziz, who are always keen to support and support this university in all its services and activities.

Al-Daoud addressed his speech to the guests and participants of the tournament, saying: "We are happy with you at this university and we hope that my colleagues and I have provided what befits your presence and participation, and I ask God Almighty to reconcile everyone, and achieve the goals set by colleagues in the Sports Federation of Saudi Universities," stressing that such activities consolidate the bonds of national cohesion among the youth of Saudi universities.

For his part, the Secretary-General of the Sports Federation of Saudi Universities, Dr. Salah Al-Sakka, explained that the tournament is witnessing this year the participation of 387 players representing a number of public and private universities and colleges, namely: um Al-Qura, Islamic, Jeddah, Imam Muhammad bin Saud Islamic, Prince Muhammad bin Fahd, Al-Baha, Al-Jawf, Northern Borders, Imam Abdul Rahman bin Faisal, Taif, Qassim, King Khalid, King Saud, King Abdulaziz, King Faisal, Tabuk, Jazan, Hail, Prince Sattam bin Abdulaziz, Shaqra, Taibah, Najran and Ibn College Sina for National Medical Sciences.

Al-Sakka pointed out that this championship is the second and final stage of the university championship, where the first stage was held in the internal league system in each university among the college teams, through which one team was selected that includes the most prominent players in

the internal league as a university team to represent it in the final tournament held at Qassim University in the league system of one round, in which the first place holder from each group qualifies for the second round, in addition to the best two teams in the groups, where the second round matches are held in a system The exit of the defeated, while the order of the teams is determined by the total points, and each team represents 5 key players and 7 in the reserve bench, and "Al-Saqaa" confirmed that the championship matches are held in accordance with the laws of the International Federation of the game,

The opening matches of the tournament began today, where Hall (B) witnessed the match that took place between Jazan University and the University of Hail, while Hall (A) hosted the match that took place between Al-Baha University and Imam Muhammad bin Saud Islamic University.

The university team achieves the title of the Futsal Sports Federation Championship

<https://www.qu.edu.sa/content/news/799> [4]

The university team achieved the Saudi Universities Sports Federation Futsal Championship Cup, within the sixth assembly competitions of the Universities Association championships, which were held in the sports halls at the university's headquarters, under the auspices of the Minister of Education and Chairman of the Board of Directors of the Federation, Dr. Ahmed Al-Issa, and with the participation of 25 universities and colleges from all over the Kingdom, where the university team repeated its achievement for the second time in the history of the tournament, which is held for the fourth time in a row, and the Jazan University team came in second place, and Taibah University came in third place, while The University of Hail was content with fourth place in the championship.



The President of the Universities Union, Dr. Abdullah Al-Buqami, in the presence of Dr. Ali Al-Aqla, Dean of the Deanship of Student Affairs at the university, and Dr. Fahd Al-Dhalea, Vice Dean for Activities, handed over the first place cup and gold medals to the winning teams, led by the Qassim University team, which defeated the University of Hail team with a score of 6 goals to one goal in the final match that took place between them on Saturday morning at the sports hall in the university city, to be crowned champion of the fourth edition of the football championship (five-a-side), which was hosted by the university over the course of Four days from 26-29 March.

The national team players had started their training to compete in the tournament about two full months ago, after the completion of the sports activities of the university's indoor championship, which was won by the College of Education and in which 23 colleges participated, as a result of which the members of the team representing the university team were selected by the university's sports activity officials.

The results were 2-1 against King Saud University, 2-0 against um Al-Qura University, 4-0 against Shaqra University, and then the team advanced to the round of 16 to meet Mohammed Bin Fahd University and beat it 5-2, to advance to the quarter-finals and meet Prince Sattam bin Abdulaziz University team and beat it 2-0, and also beat In the semi-final match of the tournament against the

University of Hail with three goals to two, then he climbed to the final of the tournament and faced Jazan University and beat him 6-1, to win the championship cup.

The conclusion of the futsal championship of the Sports Federation of Saudi Universities at the university's sports hall

<https://www.qu.edu.sa/content/news/2872> [5]

Under the patronage of His Excellency the Minister of Education and Chairman of the Board of Directors of the Sports Federation of Saudi Universities, Mr. Yousef bin Abdullah Al-Benyan, the thirteenth edition of the futsal championship was concluded on Sunday evening, January 15, 2023, at the university's sports hall, where the final match of the championship was held between Imam Abdulrahman bin Faisal University and King Saud University, in the presence of His Excellency the Vice President for Educational Affairs, Dr. Muhammad Al-Sharekh, and His Excellency the President of the Sports Federation of Saudi Universities, Prof. Dr. Khalid Al-Muzaini.



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For his part, the Dean of the Deanship of Student Affairs, Dr. Muhammad Al-Ajlan, explained that Qassim University has harnessed its capabilities to host this edition of the tournament and prepare sports facilities to host its more than 50 matches by forming organizational teams from its employees and student volunteer teams to follow up the stadiums before and after the matches, as well as following up the services provided inside the stadiums, communicating with universities, receiving delegations at the airport and delivering them to the residence, in addition to the participation of teams from the university mobile and the University Security Department in organizing entry And going out to the stadiums and organizing entry to the platform, as well as providing medical services and ambulance in all matches.

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The university team is crowned with the Saudi Universities Sports Federation Football Championship Cup

<https://www.qu.edu.sa/content/news/2918> [6]

Qassim University football team was crowned with the Saudi Universities Sports Federation Football Championship Cup for the fourth time in its history, after winning the final match yesterday evening, Tuesday, 29/8/1444 AH, over Al-Baha University team with three goals for free



The final match of the tournament was held under the patronage of His Excellency the Minister of Education, Mr. Yousef bin Abdullah Al-Benyan, and in the presence of His Excellency the President of Qassim University, Prof. Dr. Abdulrahman bin Hamad Al-Dawood, His Excellency the President of the Sports Federation of Saudi Universities, Prof. Dr. Khalid bin Saleh Al-Muzaini, His Excellency the Vice President for Educational Affairs, Dr. Muhammad Al-Sharekh, His Excellency the Vice President for Planning, Development and Quality, Dr. Khaled Bani Al-Harbi, and His Excellency the Secretary-General of the Sports Federation of Saudi Universities, Dr. Abdulelah Al-Selwi.

The final match of the tournament, which was held at Al-Taawon Club Stadium in Buraidah, witnessed a strong rivalry between the two teams amid a large public presence, as the Qassim University team was crowned the championship deservedly after the university's high level presented throughout the two halves of the match, as Qassim University played 7 finals since the start of its participation in this tournament, of which it achieved four championships.

For the fifth year in a row. The University Launches the Summer Club Activities

<https://www.qu.edu.sa/content/news/2781> [7]



The activities of the summer club at Qassim University were launched in its fifth consecutive year inside the university's gymnasiums, where the club's activities and events continue for more than 30 days under the supervision of the Deanship of Student Affairs at the university, to invest the summer vacation period and the leisure time of students in developing their talents and cultural, sports, scientific and other skills, as an extension of the university's efforts to contribute to achieving the goals and objectives of the human capacity development program by presenting the summer club during the summer vacation in its new form.

The club's activities this year include a number of in-person and virtual programs, targeting the age of the first grade of primary school until university students, where the participants were divided into four categories: primary (buds and boys), intermediate (cubs), secondary and university (youth), where registration is still available for those wishing to participate in these activities and competitions from the people of the region.

The university's summer club offers various activities in several diverse fields, including sports, which include competitions (football, futsal, bowling, swimming, fitness hall, soap court, table tennis, tennis, billiards, and hockey), and the cultural aspect includes several competitions and development courses, most notably courses in English, French and Japanese, and learning to design and program robots, which aim to develop capabilities and develop basic and future skills for beneficiaries.

The club's programs also contain various competitions and competitions for memorizing the Holy Quran and the Sunnah of the Prophet, in addition to virtual programs and courses, an oasis for poetry and painting in all its forms, and the development of national heritage.

For his part, the Dean of Student Affairs, Dr. Muhammad Al-Ajlan, said that the club's programs include many new cultural, social, sports, skill and educational events, and various visits inside and outside the university, noting the university's community role in activating the energies of all youth groups, including supervisors, whose percentage of the club's employees exceeds 90% of university students who are about to graduate, wishing that these efforts will be crowned with success and success for all employees.

The Summer Club offers courses in «equestrian, mental sports and intellectual security»

<https://www.qu.edu.sa/content/news/1324> [8]



The summer club at the university offers new training courses for registered members of the region in several fields that are considered the most prominent of their kind in the Qassim region, where the club launched in its fourth week a course on intellectual security, and another on equestrian

education, which was well received and a great demand from members, as this course, which is currently being implemented at the headquarters of the university's new sports facilities, came with the aim of spreading the culture of equestrian on the psychological and physical level and learning the correct ride while providing full safety tools, under full supervision From specialized Saudi trainers, in order to occupy the students' leisure time for their benefit, provide them with good qualities, cultivate the love of horses in them, and provide them with special skills according to their needs.

In the same context, the club had launched at the beginning of its third week the effectiveness of «mental sports» for mind sports, which aims to develop mental skills and logical thinking, in addition to increasing focus and information retrieval, through a range of diverse programs that it offers, in addition to self-defense courses, to discover talented people with high mental abilities among those registered in the summer club through accurate programs presented to the student in a few minutes according to issues and competitions limited to a certain time and according to his chronological age. After that, preliminary qualifiers are made according to the jury and according to multiple stages, after which the passers are nominated to complete the program until the final qualifiers, and in turn, the Deanship of Student Affairs at the university develops and qualifies the winners and the able so that they are able to raise the name of the university, the region and the Kingdom of Saudi Arabia in international forums.

His Excellency the President of the University sponsors the "Sports Achievement Makers" ceremony and honors the university's teams and students

<https://www.qu.edu.sa/content/news/2975> [9]



The University, represented by the Deanship of Student Affairs, held a ceremony for the makers of sports achievement, under the patronage of His Excellency Prof. Dr. Abdulrahman bin Hamad Al-Dawood, President of the University, and in the presence of His Excellency the Vice President of the University, Dr. Muhammad bin Abdulrahman Al-Saawi, His Excellency the Vice President for Educational Affairs, Dr. Muhammad bin Fahd Al-Sharekh, and a number of deans of colleges and university students. This celebration aimed to honor the students and teams that achieved 17 sports achievements for the university during this year, and who received many sports cups that reflect the will and determination of the university's sports teams in achieving excellence and excellence at the national and Gulf levels that the university obtained, namely: the third place cup for the Saudi Universities Sports Federation Volleyball Championship in its thirteenth season, and the third place cup for the Saudi Universities Sports Federation Championship for the cross-country championship

"female students" in its third season. The university also won the third place cup for the Saudi Universities Sports Federation Goalball Championship in its thirteenth season, the third place cup for the Saudi Universities Sports Federation Championship for the cross-country championship in its thirteenth season, the third place volleyball cup in the ninth sports session for universities and higher education institutions in the Gulf Cooperation Council countries, and the first place cup for the Saudi Universities Sports Federation Football Championship in its thirteenth season. For his part, His Excellency the President of the University said in his speech before the ceremony: Today we celebrate and are happy with the university's sports achievements that honored us in the university, the region and higher education, which came after the success of God Almighty, and then with the unlimited support we receive from our wise government - may God protect it - and from His Highness the Emir of the region and his deputy, who had a role in what the university has accomplished not only at the sports level, but at various other levels, praising as well the efforts of the Dean of the Deanship of Student Affairs, agents and directors of various activities. And the departments in the Deanship, who promised at the beginning of the year that the year 1444 AH will be a different year, and they have thankfully fulfilled their promise and achieved several local and regional achievements. Al-Daoud also expressed his thanks to the students, saying: You are the makers of achievement from sons and daughters, all thanks and appreciation to you, and today we vary in these centers, and God willing, in the next competitions, we will have achieved higher than what we have achieved today, and this is not far from men and girls who worked hard and diligently, and I also do not forget to thank colleagues and deans of the colleges to which these students who have achieved these achievements belong, as their cooperation with the Deanship of Student Affairs, their interaction and appreciation had a role. He added: I am proud to be one of this team that presents this historical achievement that is recorded in the history of the university's achievements, and we hear and read about the university achievement and this is thanks to God, and then with the support of our wise government and His Highness the Emir of the region and his deputy and your efforts all thank you again and again. His Excellency the President of the University honored the employees of the Deanship of Student Affairs who exerted their efforts to serve the student and the university, and the winners of the university's colleges league, in which 22 colleges participated and more than 440 students participated, were honored, and the first place was achieved in the college league of the College of Science and Arts team in Al-Rass, and the second place was won by the team of the College of Arabic Language and Social Studies, and His Excellency honored the recipients of university teams for individual games, and university teams for team games.

The Sixth Summer Club

<https://twitter.com/QassimUniv1/status/16809865845339422704> [10]



انطلقت فعاليات النادي الصيفي السادس بـ #جامعة_القصيم بتنظيم عمادة شؤون الطلاب والذي يشتمل على مجموعة من الأنشطة التربوية والعلمية والرياضية المتنوعة، لاستغلال فترة الإجازة الصيفية لمختلف الفئات العمرية بما يعود عليهم بالنفع والفائدة، ويستمر لمدة شهر بالصالات الرياضية بالمدينة الجامعية.

#النادي_الصيفي_QU6

Translated from Arabic by Google

The activities of the sixth summer club in #جامعة_القصيم were launched by the Deanship of Student Affairs, which includes a group of various educational, scientific and sports activities, to take advantage of the summer vacation period for different age groups in a way that benefits them. It lasts for a month in the gyms in the university city.

#النادي_الصيفي_QU6



Saudi Arabia Football Championship

<https://twitter.com/QassimUniv1/status/1638276147476672512> [11]

His Excellency the President of جامعة_القصيم# presents the جامعة_الباحة# team with silver medals after finishing second in the #الاتحاد_الرياضي_للجامعات_السعودية# championship in the thirteenth edition.



The First Individual Championship

<https://twitter.com/QassimUniv1/status/1632330201668505600> [12]

Yesterday evening, the first individual championship for the regions for the age groups 8-10 years was concluded, which was hosted by جامعة القصيم #جامعة_القصيم represented by the Deanship of Student Affairs in cooperation with the Saudi Tennis Federation for three days in the tennis courts in the university city.



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