



Good health and wellbeing (SDG3)

Annual report (2024)

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Details via web link: <https://www.aun.edu.eg/AUIRO/en/sdg3> .

Assiut University is one of the oldest and largest Egyptian universities; it was constructed in 1957; it is present in Assiut city with more than 3 million people, about 450 kilometers south of Cairo. Furthermore, their medical sector is one of the oldest and most prominent in Upper Egypt, with over 3000 healthcare providers serving area covering over 20 million people each year.

The medical sector at Assiut University plays a vital role in improving health outcomes and making a meaningful impact on people's lives. Its medical education programs and outstanding research activities are designed to meet the evolving needs of modern healthcare and society. The academic structure includes undergraduate (Bachelor's) and postgraduate (master's and Ph.D.) degrees offered through the Faculty of Medicine, Faculty of Pharmacy, Faculty of Veterinary Medicine, Faculty of Nursing, Faculty of Dentistry, and the South Egypt Cancer Institute (SECI).

In the academic year 2023/2024, Assiut University graduated with a total of 4224 students in health professions, including 2745 undergraduate and 1479 postgraduate students.

Assiut University Hospital plays a major role in community development and in improving health outcomes, contributing effectively to the achievement of the Sustainable Development Goals (SDGs) and Egypt's Vision 2030. The main roles of Assiut University can be summarized as follows:

- Assiut University Hospital Complex signed 54 medical treatment contracts, providing care for approximately 25243 patients, while the



South Egypt Cancer Institute (SECI) signed 25 contracts, serving around 30726 patients.

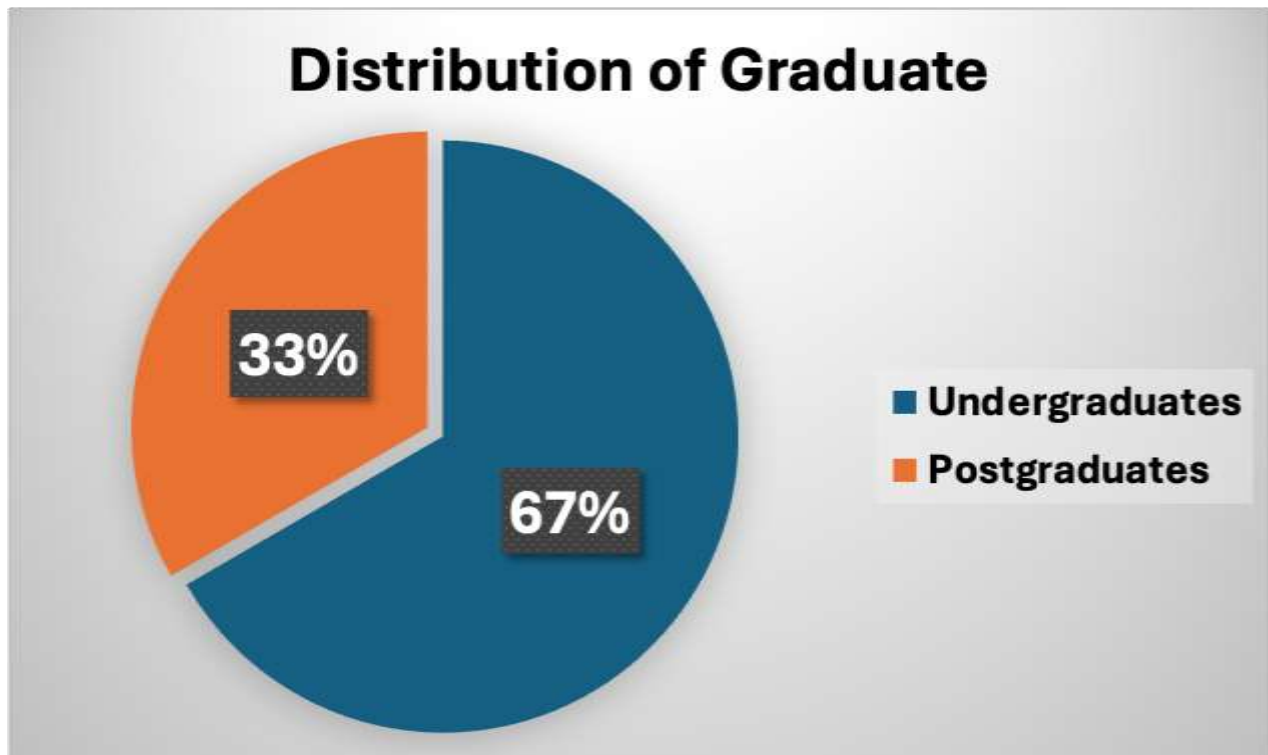
- In collaboration with Operation Smile, Assiut University conducted 3 international and 16 national missions, performing 3582 surgeries and. In addition, 9 training courses were organized for 1071 service providers, alongside 5 training workshops attended by 40 participants and 40 families.
- Assiut Kidney Transplantation Unit Activities in 2024. Frequency rate (number of patient visits) = 1464 patients or donors, including follow-up cases after transplantation and new cases. Number of patients who benefited = 192 patients. Number of kidney transplants = 16 new cases performed through 2024. An international organ transplant conference held in Cairo, which is part of the "Donate Life Egypt Initiative", under the auspices of the Minister of Health and Population, brings together a group of scientists and pioneers in organ transplantation from various countries around the globe.
- Assiut University organized approximately 49 international workshops and conferences during the reporting period.
- The faculties and institutes of Assiut University actively participated in numerous community and educational activities during the 2024 academic year, including 88 medical convoys, 77 seminars and symposia, 16 training courses, and 55 curriculum development activities aimed at improving health and wellbeing.
- Assiut University shared its sports facilities with the local community serving 13356 beneficiaries through seasonal activities and services at the Assiut University Olympic Village, benefiting approximately 1984 individuals, and through the Youth Care Administration at the Moreover, some individual faculties having their sport facilities; like Faculty of Agriculture, serving 320 beneficiaries. Other beneficiaries include Sports Activities within Faculty of Nursing 3,400, Achievements of Student Union Activities for the Sports Activities 2408, Faculty of Pharmacy 3540, Faculty of Science 1320, Physical education 500 beneficiaries
- Mental health support services for students were provided by the Department of Psychiatry and the Student Hospital, benefiting 837 students. The Bright Minds Unit is an initiative by the Faculty of Medicine, dedicated to promoting mental health and well-being among medical students, internship doctors, and the assistant teaching staff. The unit provides a safe, supportive, and confidential space for individuals to express their concerns,



seek guidance, and receive psychological and emotional support. This shadowing program took place at the Faculty of Medicine, Assiut University. The program included Six specialties, and over fifty students participated. The main goal was to expose Preclinical medical students early to real clinical life, and to motivate them by showing that every single concept they study has an important application in practice — they learn and then apply. Students at Faculty of Medicine organize annually Student Day Program parallel to the Faculty of Medicine Annual Conference

- Mental health support services for staff were provided by the Department of Psychiatry at Assiut University. In addition, annual faculty staff satisfaction surveys were conducted, with approximately 88.7% of the staff at Faculty of Medicine participating.
- Assiut University has maintained a smoke-free policy since 2014, which is scheduled for revision in 2024. In 2024, Assiut University hosted 3 lectures at the annual conference of the Assiut Chest Society, one workshop and two seminars on the hazards of smoking.

Number and percentage of student graduates in health professions





Number of students graduated in health professions based on type of faculty		
Faculty	Undergraduate	Postgraduate
Faculty of Medicine	1030	466
Faculty of Pharmacy and Clinical Pharmacy	20	258
Faculty of Dentistry	117	-
Faculty of Nursing	1313	71
South Egypt Cancer Institute	-	15
Faculty of Education, Department of Mental Health	133	531
Faculty of Arts Department of Mental Health	132	21
Faculty of Social Work • Department of Social Work • Department of Personal Services	-	2
Faculty of Physical Education • Department of Sports training • Department of Physical Education and Sports • Department of sport Management	-	15 27 62
Molecular Biology Institute	-	11
Total	2745	1479
Total	4224	



3.3.1 Collaborations with health institutions to improve health & wellbeing:

1-National Collaboration:

Item	Assiut University Hospital complex	South Egypt Cancer Institute	Total
Number of active contracts for medical treatment within the University facilities	54	25	79
Number of patients benefited from the above contracts in 2024	25243	30726	55969

2-International Collaboration:

A-Collaboration with Operation Smile:

Missions	Surgeries	courses	Service provides	workshops	Workshop provides
3 international 16 in country	3582 new patients	9	1071	5	40 +40 families

B- Assiut Kidney Transplantation Unit Activities

Frequency rate (number of patient visits)	patients who benefited	Number of kidney transplants	Sharing in Conference
1464	192	16	1



C- International workshop and conferences held in Assiut University during the year 2024:

Each year, Assiut University holds numerous scientific conferences and training workshops covering a wide spectrum of medical specialties and health promotion fields.

Faculty	No of International workshop	No of International conferences
1- Faculty of Medicine	10	35
2- South Egypt Cancer Institute	-	2
3- Faculty of Nursing	-	1
4- Faculty of Pharmacy	-	1
Total	10	39
Total	49	

3.3.2 The University Outreach programs to improve local health awareness:

N of medical conveys	N of seminars and Symposia	N of training courses	N of curriculum
88	77	16	55

I- Medical Conveys by Faculties.

Faculty	Number
Faculty of Medicine	21
Faculty of Pharmacy	3
Faculty of Dentistry	7



South cancer Institute	22
Faculty of Nursing	12
Faculty of Veterinary Medicine	14
Assiut University Center for Sustainable Development	6
Faculty of Art	2
Faculty of social work	1
Total	88

II- Seminars and symposia:

Faculty	Number
Faculty of Medicine	18
South Egypt Cancer Institute	19
Faculty of Pharmacy	8
Faculty of Dentistry	1
Faculty of Veterinary Medicine	11
Molecular biology Institute	6
Faculty of Social Work	9
Faculty of Arts	5
Total	77



III- Number of Training Courses/ and on job training visits

Faculty	Number
Faculty pf Medicine	9
Faculty of Veterinary Medicine	5
Faculty of social work	2
Total	16

V- Numbers of curriculum improving health and wellbeing:

Faculty	Number
Faculty of Veterinary Medicine	2
South Egypt Cancer Institute	3
Faculty of Medicine	23
Faculty of Nursing	27
Total	55



3.3.3 Sharing the university sports facilities with the local community:

Place	Number of beneficiaries
Olympic village	1984
Student Union sports Activities	2408
Faculty of Agriculture	204
Faculty of Pharmacy	3540
Faculty of Science	1320
Faculty of Physical Education	500
Faculty of Nursing	3,400
Total	13356

3.3.4 Sexual and Reproductive Health care Services:

Awareness classes.	Number of attendees
Awareness Symposium Entitled "Overview of Dengue Fever"	120
Field Visit to Al-Salam Preparatory School to raise awareness about lung cancer and the dangers of smoking	200
Awareness Launch of a Workshop for Internship Doctors (Batch 59) titled: "Professional and Psychological Support Resources in Coping with Stress"	450
Training course on "Basic Care for Low-Birth-Weight Newborns and Assistance with Breathing	20
100 million Health Campaign for early detection of	120



breast cancer.	
Awareness Seminar on “Prevention of Cancerous Tumors in Women at the Faculty of Law”	50
Awareness Seminar on the Prevention of Gynecologic Cancers at the Faculty of Education	65
Awareness Seminar Entitled “Bloodborne Viruses: Medical and Community Perspectives”	125
Awareness Seminar on “The Medical, Religious, and Legal Perspectives of Female Genital Mutilation (FGM)”	27
Awareness Seminar on “The Medical, Religious, and Legal Perspectives of Female Genital Mutilation (FGM)”	37
Awareness for Students Early detection of obesity, anemia, and malnutrition cases	110
Awareness for Students and stall members about the importance of early screening and balanced nutrition	300
Awareness for Students and employees “Proper nutrition during Ramadan and malnutrition-related diseases among the student community”	200
Specialized Health Day – Clinical Nutrition Diploma Participants	50
Awareness for Students and employees about malnutrition, obesity, and chronic diseases.	320
Awareness classes for mothers are entitled cervical cancer.	70
Awareness classes for mothers are entitled prevention of premature birth.	40
Awareness classes for women entitled freezing eggs.	45



Awareness classes for deaf students entitled menstruation and personal hygiene.	25
Awareness classes for students are entitled reproductive health and nutrition.	30
Presidential Initiative for Early Detection of Breast Cancer	120
Awareness Seminar for Girls: Respiratory Diseases	40
Awareness Seminar for Girls: First Aid	300
Awareness Seminar for Girls: Personal and menstrual Hygiene	100
Awareness Seminar for pregnant women: Antenatal Care	100
Awareness Seminar for mothers: Breastfeeding and Vaccinations	150
Awareness for students Hepatitis B vaccination campaign	1550
Awareness seminar on children's sexual education as a part of Safe Child Initiative	27
The Sixth Awareness Day at the Department of Pediatric Dentistry for parents to maintain good oral hygiene habits from an early age	50
Awareness for parents on preserving their children's oral and dental health. The Seventh Medical Convoy to the Women's Health Hospital	100



3.3.5 Mental Health Support for Student:

1. Community and student services provided by Psychiatry Department in Assiut University

Free service unit	4073
Private and insurance sector	27251
Sessions	5405



Community and student services provided by Psychiatry department (free and private) in Assiut University

Free Of Charge



With Charge





Session

114

Behavior medication session
for hyperactive children

176

Behavior medication session for
children and adolescents abnormal
behavior (conduct disorder)

253

CBT session for inpatients

79

CBT session for outpatients

4642

IQ Test + ADHD/Hyperactivity
Scales + Personality and Autism Scales +
Memory Structure/Classification

150

Addiction Treatment Unit

*CBT: Cognitive Behavioural therapy



2: Services provider to students regarding mental health.

Services and Activities

04
Holding courses and workshops
in the field of psychological
measurement and
statistics in the sports field.

01
Providing scientific
consultations in the field of
psychological measurement
and statistics in the sports field.

05
Providing psychological
measurement and tests in the
sports, educational and social
fields for researchers in various
specialties.

02
Providing the service of applying
psychological measurement to
conduct research,
studies and research projects.

06
Providing solutions to applied and
methodological and problems in
psychological
and statistical measurement and
evaluation in the sports field.

03
Assisting researchers in
constructing and codifying
psychological measures and tests
for the purposes of scientific
research.

07
Providing lectures for undergraduate
students to train on the use of devices,
psychological measurement, and statistics
to serve the educational process at the
college.



3. Services provided by student hospital in Assiut University in mental health

First: Diagnosis of cases and their number:

Diagnosis	Number of cases
Mood Disorder	100
Anxiety	300
Depression	250
Schizophrenia	30
Obsessive Compulsive Disorder (OCD)	50
Post traumatic stress disorder (PTSD)	38
Personality Disorder	20
Eating disorders	14
Somatoform Disorders	13
Addiction	10
Total Number of cases :837	

Second: type of services provided:

1. Diagnosing cases and providing medication.
2. Psychotherapy sessions.
3. Promoting students' mental health.
4. Supporting the mental health of students and their families.
5. Studying and addressing the impact of mental health on academics.
6. Improving public awareness of mental health issues.



4- Services provided by Bright Minds Unit, Faculty of Medicine– Assiut University

- The Bright Minds Unit is an initiative of the Faculty of Medicine, dedicated to promoting mental health and well-being among medical students, internship doctors, and the assistant teaching staff. The unit provides a safe, supportive, and confidential space for individuals to express their concerns, seek guidance, and receive psychological and emotional support.
- Through its activities, Bright Minds aims to enhance mental resilience, emotional awareness, and academic performance. The unit organizes awareness sessions, group discussions, and workshops addressing topics related to stress management, burnout prevention, communication skills, and work–life balance.
- \A total of 21 individual support sessions were conducted by members of the Bright Minds Unit team. These sessions included 9 undergraduate students, 7 internship doctors, 3 assistant lecturers, and 2 resident doctors who were facing psychological or academic challenges.
- Bright Minds Unit organized a series of group activities and workshops (7).

5- Services provided by Clinical shadowing Unit, Faculty of Medicine– Assiut University

- This shadowing program took place at the Faculty of Medicine, Assiut University
- The program included Six specialties, and over fifty students participated
- The main goal was to expose Preclinical medical students early to real clinical life, and to motivate them by showing that every single concept they study has an important application in practice — they learn and then apply



- The Program Consisted of Two Steps:
 - Step 1: It was an introduction to what the students will see later in the clinical step. It mainly consisted of lectures that explained the basic principles and prepared students for real hospital exposure.
 - Step 2: It involved direct observation in different hospital departments, where the students follow doctors during their clinical work.
- Clinical Shadowing Unit organized an opening event to promote the program and initiate student recruitment. The students were pleasantly surprised by the overwhelming number of students who enrolled and attended. followed doctors during their clinical work.

6. Student Conference at Faculty of Medicine

Students at Faculty of Medicine organize annually Student Day Program on the sidelines of the Faculty of Medicine Conference

3.3.6 Smoke-free police:

1. Assiut University has had a smoking-free policy since 2014 and due for revision in 2025
2. In 2024, Assiut University hosted 3 lectures in the annual conference of the Assiut Chest Society, one workshop and two seminars on the hazards of smoking.



3.3.7 Mental Health Support for Staff:

1. Services provided by the Psychiatric Department at Assiut University to staff.
2. In Year 2024, Faculty Staff Satisfaction Surveys: about 83.5% of staff in Faculty of Medicine participated in the surveys.
3. The Bright Minds Unit is an initiative of the Faculty of Medicine, dedicated to promoting mental health and well-being among the assistant teaching staff. The unit provides a safe, supportive, and confidential space for individuals to express their concerns, seek guidance, and receive psychological and emotional support.