

# Arab Academy for Science, Technology & Maritime Transport



**Arab Academy**  
for Science, Technology & Maritime Transport



**Report 2021/2022**

# SDG 3

## Our Aim in 2021-2022

•**AASTMT** aspires to ensure good health and promoting well-being for all. We focus on key targets to boost the health of local community through different ways; awareness events, medical convoys and regulatory policies.

## THE Impact Ranking Scores 2020-2021

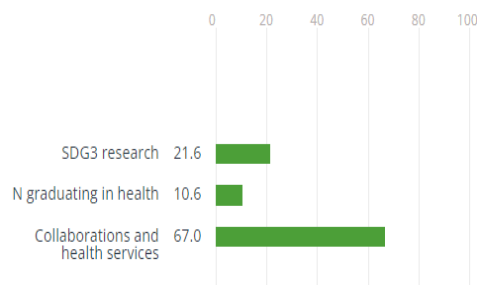


3 

**GOOD HEALTH AND WELLBEING**

RANK  
**801-1000**  
SCORE  
**35.2** out of 1218 institutions

[Details](#)



## SDG 3

## GOOD HEALTH AND WELL-BEING

**3** GOOD HEALTH AND WELL-BEING



## Our Progress through 2021-2022

AASTMT succeeded to develop different initiatives in the aim to reach out for disadvantaged people and help raising health awareness in the local community.

The number of students graduating from AASTMT health institutions has been dramatically increased with the aim to have highly skilled health practitioners boosting the health standards of the local community.

Different collaborations with national and international health institutions are maintained to ensure high quality of health education.

## Community Engagement

In recognition of AASTMT important role of raising awareness and community service, different events and medical convoys have been sent to rural places in the aim of helping the local community of having a better health and health education.

### **AASTMT participation in the national campaign “100 days of health”**

AASTMT student have participated in the national initiative “100 days of health”. Students roamed the streets of Port-Said/Port-Fouad to spread awareness about the risks of breast cancer, and chronic diseases such as diabetes and hypertension.



The [AASTMT participation in the national campaign “100 days of health”](#) on social media

## Medical Convoys

- AASTMT participation in Medical Convoys held by the Ministry of Health in Alexandria governorate during the period from March to July 2023. 130 students from the college of medicine actively participated in medical convoys held in 9 villages in remote areas in Alexandria governorate. They assist physicians in providing curative services and provide health education messages to attendees.





[Medical Convoys 1](#) on social media:

[Medical Convoys 2](#) on social media:

The AASTMT college of Dentistry has sent several convoys to rural villages to provide disadvantaged people with minor dental treatment procedures that were carried out in the mobile dental clinic provided by the Faculty of Dentistry - Alexandria University (according to AASTMT-Alexandria University partnership agreement). This was in addition to a full oral screening and oral health education.

**Medical Convoys [College of Dentistry El Alamein](#) on AASTMT's news page:**

- Students and staff share in (the health education session) held in (Alexandria cars club) about chronic diseases prevention and control.

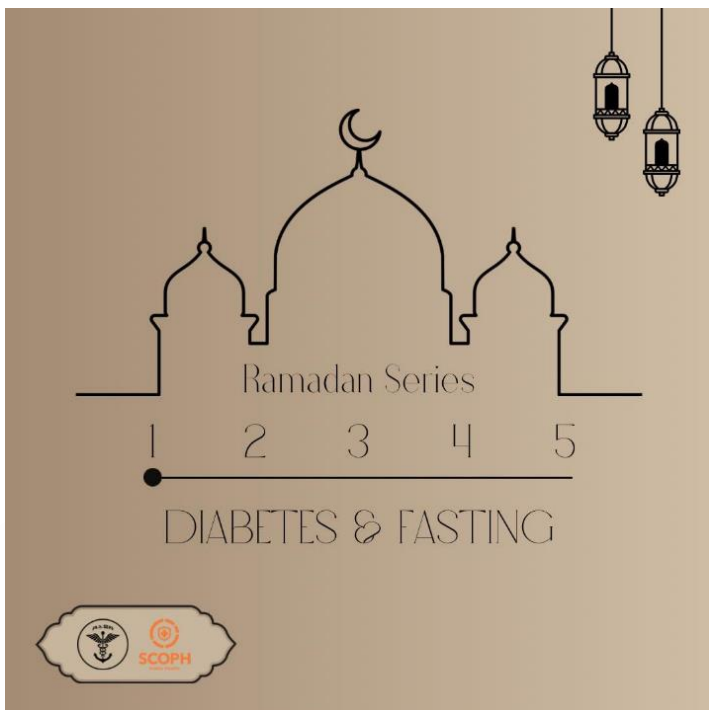


health education session on social media

- An awareness campaign to address the risks eye and ear diseases due to the use of public pools was conducted in different Sports Centers in Port-Said.



- Eating disorders awareness campaign.



[Eating disorders awareness campaign](#) on social media

### **EPSF-AAST Association Awareness campaigns:**

EPSF-AAST association has an active role in spreading awareness of different diseases, health education and the organization of blood and plasma donation campaigns.

[EPSF-AAST Association Awareness campaigns on](#) YouTube channel:

## **Events**

### **Awareness of Sexually transmitted Diseases:**

#### **National HIV Day**

June 27th is considered to be the national HIV testing day. A day that emphasizes the importance of testing for HIV to know your status, protect yourself, and keep yourself healthy with precautionary measures.





# National HIV Testing Day



[Sexually transmitted Diseases](#) on social media

[National HIV testing Day](#) on social media

## AIDS Awareness Event

Join us on the third Sunday of May to light a candle and remember the many lives lost to AIDS, and to honor those who dedicated their lives to helping people living with and affected by HIV.

Let's spread love and solidarity to build stronger communities and end HIV stigma and discrimination.





[AIDS Awareness Event](#) on social media

### **Awareness of the negative impact of female genital mutilation (FGM) on female health**

FGM is an outdated practice that should be stopped in the modern world. It is a harmful practice that violates the rights and dignity of millions of people around the world.

In this session Karim Hashem, our LORA spoke about FGM and its effects on women and girls.



[Awareness of the negative impact of female genital mutilation \(FGM\) on female health workshop on social media](#)

Mai Shalwah, a second-year medical student at AAST College of Medicine was honored to represent Egypt and the LC AMSA-AAST in New Delhi as a medical student.

IFMSA-Egypt presented the activity “Anti-FGM” and won Third Place in the Rex Crossley Awards during IFMSA August Meeting 2023 held in Delhi, India.



Mai Shalooah represents Egypt and the LC AMSA-AAST in New Delhi as a medical student on social media:

### **Cervical Screening Awareness Week**

Cervical screening awareness week is an annual event that takes place to raise awareness about the importance of cervical screening for women's health.

Regular screenings can save lives, so let's encourage all the women to prioritize their well-being.





**CERVICAL SCREENING AWARENESS WEEK**

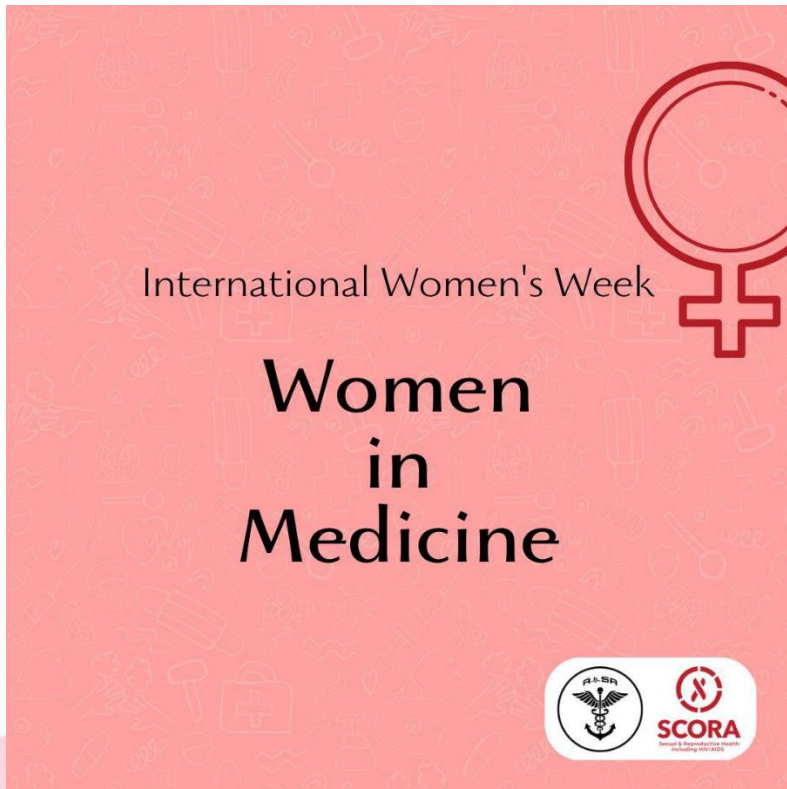
**JUNE 19TH-24TH**



[Cervical Screening Awareness Week](#) on social media:

### **Women in Medicine Event**

Women have practiced medicine since antiquity even before the professionalization of modern medicine. Be it herbal remedies, alternative medicine, or midwifery, they have proved their natural roles as caregivers time and again, despite more numbers of men in the profession since ancient times. The history of women in medicine is long and wide, starting in ancient Greece till the present day.



[Women in Medicine Event](#) on social media

### **Summer Camp (Mental Health and Burnout)**

During the summer camp of College of Medicine, trainers; lynour Nabil, Ahmed Hassan and Seif Ata gave sessions about Mental Health and Burnout, Unearthing the Treasures of Literature and Motivation.



Summer Camp workshop on social media

### **Mental Health Debate**

A very intriguing debate to discuss mental health issues was conducted in AAST-Alamein Campus.

The debate topics were:

- 1- There is a relationship between artistic talent and mental illness
- 2- Mental illness is stigmatized by society
- 3- Physical violence does not promote mental illness





[Mental Health Debate](#) workshop on social media:

## World Suicide Prevention Day

Suicide is a serious public health concern. It can affect anyone and is complex with risk factors varying by age, gender, and ethnicity. Individuals suffering from suicidal thoughts often show warning signs that can be easily missed. By knowing what to look for and being direct with our concerns, we can help start conversations, encourage positive behavior change, and emphasize the importance of seeking help.



[World Suicide Prevention Day](#) workshop on social media:

### **Men and Mental Health (Breaking the Stigma)**

Mental health is just as important for men as it is for women, but there is still a stigma attached to men seeking help for mental health problems. This stigma can prevent men from getting the help they need, and it can lead to serious consequences, such as suicide.



[Men and Mental Health](#) workshop on social media:

### **A Guide to intersectionality and Toxic Relationships Awareness**

On the Monday 5 June, 2023, Sessions were organized by experienced trainers to give a guide to intersectionality and talking about Toxic Relationships.





**TOXIC RELATIONSHIPS**  
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**AAST ALAMEIN**  
MONDAY, 5 JUNE

Toxic Relationships Awareness workshop on social media:

AINABLE  
EVELOPMENT  
GOALS



