Arab Academy for Science, Technology & Maritime Transport

Arab Academy
for Science, Technology & Maritime Transport



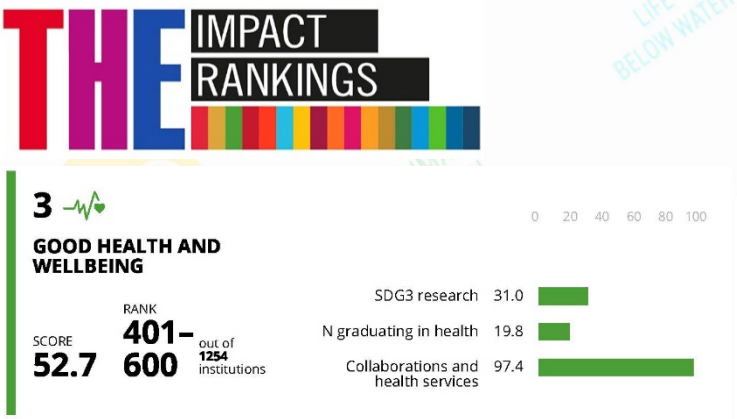
Report 2024 / 2025

SDG 3

Our Aim in 2024 -2025

AASTMT is committed to advancing Good Health and Well-being (SDG 3) and improving the quality of life of its students, staff, and the wider community. The Academy translates this commitment into action through a comprehensive range of initiatives, including health awareness and prevention campaigns, medical convoys, community outreach programmes, accessible healthcare services, student and staff health support, and the provision of sports and recreational facilities. Through institutional policies, local and international partnerships, and collaborative activities, AASTMT works to promote healthier lifestyles, improve access to health-related services, and contribute to the well-being of the communities it serves.

THE Impact Ranking Scores 2023-2024



SDG 3

GOOD HEALTH AND WELL-BEING



Key Milestones in 2024-2025

The Arab Academy for Science, Technology and Maritime Transport (AASTMT) is committed to advancing Good Health and Well-being (SDG 3) through institutional policies, healthcare services, awareness initiatives, and community engagement activities that benefit students, staff, and the wider community, including disadvantaged and underserved groups.

The Academy supports community health through medical convoys, outreach programmes, health awareness campaigns, and initiatives promoting disease prevention and healthier lifestyles. Within its campuses, students and staff benefit from accessible healthcare services, health guidance, and initiatives addressing physical and mental well-being. Preventive health campaigns, including those addressing smoking and vaping, are further supported by AASTMT's official Smoke-Free Campus Policy.

AASTMT also encourages active and healthy lifestyles through its sports and recreational facilities, which are available free of charge to students and staff and accessible to the wider community during Academy-hosted tournaments and events.

Through local and international partnerships with universities, hospitals, and healthcare institutions, AASTMT promotes academic–clinical collaboration, professional training, research, and community health initiatives. These efforts strengthen healthcare education and contribute to improving health awareness and well-being within the communities it serves.

Community Engagement

In recognition of its role in promoting health awareness and serving the community, AASTMT organizes a variety of health-related initiatives, including sports events, medical convoys, and outreach activities in rural and underserved areas. These efforts aim to improve community health, promote active lifestyles, raise health awareness, and provide local communities with valuable health education and support.

Health Outreach Program:

Community Health Outreach and Medical Convoy for Underserved Communities in Kafr El-Dawar

Date: 7 December 2024 **|** **Campus / unit:** College of Pharmacy, Alamein

Fourth- and fifth-year pharmacy students, supervised by Dr. Dina Mahdy, joined the annual medical convoy of the Mowasah Hospital Patients' Care Association in Ezbet Ali, Al-Tarah, Kafr El-Dawar. Residents received medical examinations, free medicines, health education and preventive counselling. Partners: Rotary Club of El-Yacht, Alexandria Pharmacists Syndicate, Pharaonia Pharmaceuticals, Vitabiotics, Global Nabi and Pharco. The convoy provided healthcare services to 800 patients, including medical examinations, free medications, health education, and preventive counseling.



Community Health Outreach and Medical Convoy for Underserved Communities in Kafr El-Dawar on facebook

Community Health Outreach Medical Convoy Supporting Healthcare Access in El-Dabaa, Matrouh

Free medical convoy for Dabaa Hospital, Matrouh: 267 patients

Date: 26 December 2024 **|** **Campus / unit:** Colleges of Medicine and Pharmacy, Alamein

The Colleges of Medicine and Clinical Pharmacy, with Matrouh Governorate, ran a medical convoy at Dabaa Hospital covering seven specialties: cardiology, gastroenterology, paediatrics, ophthalmology, ENT, dermatology, and obstetrics and gynaecology. 267 patients received free consultations, and pharmacy interns dispensed free medicines donated by Vitabiotics, the Alexandria Pharmacists Syndicate and Medizen Pharmaceutical Industries.



Community Health Outreach Medical Convoy Supporting Healthcare Access in El-Dabaa, Matrouh on facebook

Local Communities:

World Oral Health Day: Free Dental Check-Ups and Dental Anxiety Awareness

Date: 26 and 27 February 2025 **|** **Campus / unit:** College of Dentistry

Dental interns, coordinated by Dr. Ghada Mahmoud, delivered talks on dental anxiety and coping strategies and offered free dental examinations to attendees.



World Oral Health Day: Free Dental Check-Ups and Dental Anxiety Awareness on facebook

Health Sciences Summer School for High-School Students

Date: 29 July 2025 **| Campus / unit:** College of Pharmacy, Alamein (with Abu Qir)

High-school students in the College of Pharmacy summer school took part in hands-on sessions: measuring blood pressure and pulse with physiological monitoring equipment, and pharmaceutical quality-control tests in the Central Laboratory for Pharmaceutical Analysis. The programme built health literacy and interest in health careers. Approximately 80 students were engaged in the hands-on sessions.




Health Sciences Summer School for High-School Students on facebook

Free Eye-Surgery Convoy, Matrouh General Hospital

Date: November 2025 **Campus / unit:** College of Medicine

Under the patronage of the AASTMT President, the College of Medicine, with Matrouh Governorate and the Ministry of Health, ran a free convoy performing eye surgeries for patients at Matrouh General Hospital.



Antimicrobial Resistance Awareness in Schools and Primary Care Units, Borg El Arab and El Hamam

Date: November 2025 (World AMR Awareness Week) **| Campus / unit:** College of Medicine

With AMSA-AAST and the Drug Information Center, Matrouh East Line, students visited 5 schools and 3 primary healthcare units to run interactive sessions for mothers, patients and schoolchildren on responsible antibiotic use. The campaign reached more than 500 community members, promoting awareness of antimicrobial resistance and the importance of responsible antibiotic use. The College of Medicine at the Arab Academy for Science, Technology and Maritime Transport (AASTMT) branch in New Alamein hosted students from the College of Medicine at Ahfad University for Women (AUW), within the framework of enhancing academic cooperation and the exchange of expertise between the two institutions.



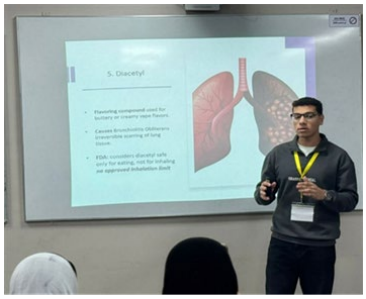

Antimicrobial Resistance Awareness in Schools and Primary Care Units, Borg El Arab and El Hamam on facebook

Vaping Prevention Campaign (Wave 2), Forsan School

Date: 13 November 2025 (school); 16 to 17 November 2025 (campus) **| Campus / unit:** Colleges of Pharmacy, Dentistry and Medicine, Alamein

Led by Dr. Dina Mahdy, students and staff delivered sessions, games and quizzes at Forsan School on the respiratory and oral health risks of e-cigarettes. The initiative engaged approximately 120 school pupils in age-appropriate discussions on tobacco prevention and healthy lifestyle choices, helping to strengthen early health literacy and support tobacco-free behaviors among young people**.**



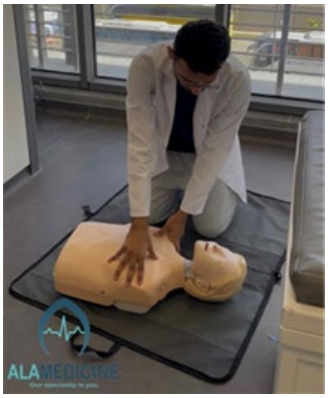


Vaping Prevention Campaign (Wave 2), Forsan School on facebook

CPR Workshop for People without Medical Background

Date: 10 December 2025 **| Campus / unit:** College of Medicine (Alamedicine)

A two-hour workshop trained more than 70 community members without a medical background to recognise an unconscious person and give CPR until help arrives.



CPR Workshop for People without Medical Background

Sign Language Training for Future Healthcare Professionals

Date: 22March2025| **Campus / Unit:** College of Medicine

College of medicine hosted 20 deaf members of Asdaa Association for the Deaf and Hard of Hearing in Alexandria where medical students communicated with members with sign language to enable them to interact directly with medical students without the need of interpreters. The event was held at the closing of the sign language elective course. The program was supported by faculty members and certified sign language instructors and this course reflects the college commitment to improve healthcare accessibility for people with disabilities.

Beneficiaries: Approximately 30 medical students completed the elective course and participated in direct interaction activities with 20 members of the deaf and hard-of-hearing community.



Sign Language Training for Future Healthcare Professionals on facebook

Dental Convoys Serving Underserved Communities

Date: 22 October 2024 | **Campus / Unit: College of Dentistry**

The College of Dentistry-El Alamein continued its commitment to community health through regular dental convoys designed to provide essential oral healthcare services to underserved populations. Led by faculty members and supported by dental students, the convoys delivered dental examinations, preventive interventions, oral health education, and treatment services to community members with limited access to healthcare. These initiatives reflect the college's ongoing commitment to social responsibility and improving oral health outcomes while giving students practical experience in community dentistry and public health service.



Bringing Quality Dental Care to Underserved Areas [aast.edu]

AASTMT College of Dentistry supports Ministry of Health with specialized training in Marsa Matrouh

Date: October 2024 | **Campus / Unit:** College of Dentistry-El Alamein

The College of Dentistry-El Alamein at AASTMT delivered a specialized training course for healthcare professionals from the Ministry of Health</Ministry of Health in Marsa Matrouh. The program aimed to enhance participants' clinical knowledge and professional skills through targeted dental education and capacity-building activities. The initiative supported workforce development in the healthcare sector and strengthened collaboration between academic and public health institutions, contributing to improved healthcare service quality in the region.

Estimated trainees: Approximately 20–25 healthcare professionals.



AASTMT College of Dentistry Outreach Initiative [aast.edu]

Health Sciences Workshops for High-School Students

Date: 4 August 2024 (before the window) | **Campus / unit:** Admission and Registration, Alamein

High-school students took part in microbiology, pharmaceutics and pharmacology workshops, including preparing an antiseptic gel and measuring pulse rates.



Health Sciences Workshops for High-School Students on facebook

Current Collaborations with Health Institutions:

AASTMT demonstrates a strong commitment to improving health and well-being through a broad network of local, national, and international collaborations with universities, hospitals, healthcare providers, and research institutions. These partnerships span multiple disciplines, including pharmacy and medicine, and involve academic institutions across Europe, Asia, Africa, and North America, alongside Egyptian universities and healthcare entities. Through its current Memoranda of Understanding and cooperation agreements, AASTMT promotes joint research, academic exchange, professional training, and collaboration with healthcare institutions.

Industry–Academia Collaboration and Pharmaceutical Industry Training – Vitabiotics Egypt

As part of the ongoing collaboration between AASTMT and Vitabiotics Egypt, five outstanding Pharmacy students from the Main Campus successfully completed an intensive one-week training program in September 2024. The program provided hands-on exposure to modern pharmaceutical manufacturing technologies and key industry practices, covering Quality Management Systems (QMS), Good Manufacturing Practices (GMP), Good Hygiene Practices (GHP), Quality Assurance (QA), Health, Safety and Environment (HSE), Quality Control (QC), and Research and Development (R&D). The training strengthened the link between academic learning and industrial practice, equipping students with valuable practical knowledge and insights into international pharmaceutical manufacturing standards.



Industry–Academia Collaboration and Pharmaceutical Industry Training – Vitabiotics Egypt on facebook

Clinical Training Collaboration with Ayady Al Mostaqbal Oncology Hospital

As part of the ongoing collaboration between AASTMT and Ayady Al Mostaqbal Oncology Hospital, female Pharmacy students from Al-Ahfad University, Sudan, hosted by AASTMT, participated in a specialized clinical training visit to the hospital. The visit provided practical exposure to oncology pharmacy services, including chemotherapy dose calculations and cancer treatment preparation, highlighting the partnership's role in advancing clinical pharmacy training and healthcare education.



Clinical Training Collaboration with Ayady Al Mostaqbal Oncology Hospital on facebook

Collaboration with Pharco Pharmaceuticals in Pharmaceutical Manufacturing Training

As part of the ongoing partnership between AASTMT and Pharco Pharmaceuticals, 20 Pharmacy students participated in an industrial training visit to Pharco on 1 December 2024, focusing on Good Manufacturing Practices (GMP). The initiative provided students with direct exposure to pharmaceutical manufacturing operations and strengthened the collaboration between academic education and the pharmaceutical industry.



Collaboration with Pharco Pharmaceuticals in Pharmaceutical Manufacturing Training on facebook

Academic–Healthcare Collaboration with the Armed Forces Medical Complex

Under the established cooperation protocol between AASTMT's Faculty of Pharmacy and the Armed Forces Medical Complex in Alexandria, fourth-year Pharmacy students participated in a practical training program at Mostafa Kamel Military Hospital. The successful completion of the program and the award of training certificates on 3 November 2024 highlighted the ongoing institutional collaboration, which aims to strengthen clinical training, bridge academic education with professional practice, and enhance students' readiness for the healthcare sector.



Academic–Healthcare Collaboration with the Armed Forces Medical Complex on facebook

International Academic Partnership – Al-Ahfad University, Sudan

On 7 October,2024, AASTMT's Faculty of Pharmacy – Main Campus welcomed female students from Al-Ahfad University, Sudan, who joined the Academy to complete the final two years of their Pharmacy studies. An orientation program was organized to introduce the students to the faculty's academic facilities, research laboratories, pharmaceutical manufacturing training unit, virtual patient simulation system, and AI-assisted drug design and synthesis facilities. The visit also included meetings with academic leadership and faculty members to discuss academic arrangements and student support. This partnership reflects AASTMT's commitment to international academic collaboration, student mobility, and cross-border educational opportunities in pharmaceutical sciences.



International Academic Partnership – Al-Ahfad University, Sudan on facebook

International Academic and Research Collaboration with the University of Monastir, Tunisia

AASTMT's Faculty of Pharmacy – Main Campus welcomed a delegation from Tunisia, including the Dean of the Faculty of Medicine at the University of Monastir and a representative of the Health Care Innovation Cluster, to explore opportunities for academic and research collaboration. The visit highlighted the faculty's advanced educational and research facilities and provided a platform for exchanging expertise and exploring potential partnerships in pharmaceutical education, healthcare innovation, and scientific research.



International Academic and Research Collaboration with the University of Monastir, Tunisia on facebook

International Academic Collaboration and Practical Training – Belarusian State Medical University

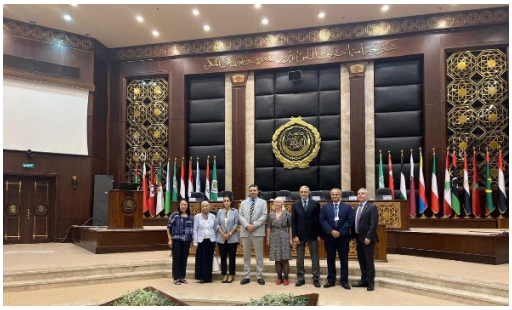
In September 2024, four Pharmacy students from AASTMT's Main Campus participated in an introductory practical training program at Belarusian State Medical University, held from 8–14 September 2024. The program provided students with opportunities to enhance their practical skills in pharmaceutical and medical sciences, gain international academic exposure, and benefit from hands-on training in an international educational environment. This initiative reflects AASTMT's commitment to international academic cooperation, student mobility, and strengthening graduates' professional readiness.



International Academic Collaboration and Practical Training – Belarusian State Medical University on facebook

International Academic Collaboration with the University of Central Lancashire (UCLan), UK

On 25 September 2024, AASTMT welcomed a high-level delegation from the University of Central Lancashire (UCLan), UK, headed by Professor Cathy Jackson, Deputy Vice-Chancellor for Health and Campus Development, at its Abu Qir Main Campus. The visit aimed to strengthen academic cooperation in the medical and healthcare sectors and explore opportunities for joint academic programs and collaborative research projects, particularly in medical education and health technologies. The meeting provided a platform for exchanging expertise and developing future academic and research partnerships between the two institutions.



International Academic Collaboration with the University of Central Lancashire (UCLan), UK on facebook

Pharmaceutical manufacturing Certificate: Gabriele d'Annunzio University, Italy, with Alexandria University

Two fifth-year AASTMT Pharmacy students successfully completed an international pharmaceutical industry training programme organized by the Faculty of Pharmacy,

Alexandria University, in collaboration with Università degli Studi “Gabriele d’Annunzio,” Italy. The programme offered a professional certificate in Pharmaceutical Manufacturing Excellence and included practical training delivered by experienced academics and pharmacists from Egypt and Italy. This initiative provided students with valuable hands-on experience in pharmaceutical manufacturing, strengthened international academic and professional exchange, and supported their preparation for careers in the pharmaceutical industry.




Pharmaceutical manufacturing Certificate: Gabriele d'Annunzio University, Italy, with Alexandria University
Pharmaceutical manufacturing Certificate: Gabriele d'Annunzio University, Italy, with Alexandria University

Erasmus+ Academic and Student Exchange Collaboration with Sapienza University of Rome, Italy

As part of the EU-funded Erasmus+ project, the AASTMT College of Pharmacy hosted a delegation from Sapienza University of Rome from 6–8 July 2025 for a joint workshop and research facilities visit to strengthen academic and research collaboration. Building on this partnership, seven fourth-year Pharmacy students received Erasmus+ scholarships to study at Sapienza University during the first semester of the 2025/2026 academic year, expanding opportunities for international academic exchange and student mobility.



Erasmus+ Academic and Student Exchange Collaboration with Sapienza University of Rome, Italy on facebook
Erasmus+ Academic and Student Exchange Collaboration with Sapienza University of Rome, Italy on facebook

Shared Sports Facilities:

Swimming and Football School for Children of AASTMT Employees and the Surrounding Community

AASTMT established a summer sports school for the children of Academy employees and members of the surrounding community. The programme offered swimming sessions in the evenings and a range of games and sports activities throughout the mornings, providing children with opportunities for physical activity, skill development, and healthy recreation.



Swimming and Football School for Children of AASTMT Employees and the Surrounding Community | AASTMT

Medical Support During Sporting Tournaments

Medical teams provide on-site support during sporting tournaments and events, helping to safeguard participants' health and respond to medical needs throughout the competitions.



Medical Support During Sporting Tournaments | AASTMT
instagram

International Youth Sports Championships Hosted by AASTMT

AASTMT hosted the World Youth Championship for Under-15s alongside the First Arab Modern Pentathlon Championship, welcoming more than 350 participants from 26 countries. By providing its sports facilities for these international competitions, the Academy supported opportunities for young athletes to compete, encouraged international sporting exchange, and strengthened its role in promoting sports within the wider community.



Arab Academy for Science, Technology and Maritime Transport - | AASTMT

Sexual and Reproductive Health Care Services for Students:

AASTMT supports the health and well-being of its students and staff through accessible healthcare services and health-awareness initiatives. In particular, the Academy provides free sexual and reproductive health awareness and support, helping students access relevant information, guidance, and support to make informed decisions about their health. These efforts are complemented by educational activities and awareness events that promote preventive healthcare and overall well-being.

SCORA 101 – Raising Awareness of Sexual and Reproductive Health and Rights

The AASTMT student community was introduced to SCORA, the Standing Committee on Sexual and Reproductive Health and Rights, including HIV and AIDS. The initiative aims to raise awareness of sexual and reproductive health issues, promote health education, and encourage student engagement in related awareness activities. (Octobre 2024)

SCORA 101 – Raising Awareness of Sexual and Reproductive Health and Rights on facebook

Voices vs. Violence – Awareness of Gender-Based Violence and Child Marriage

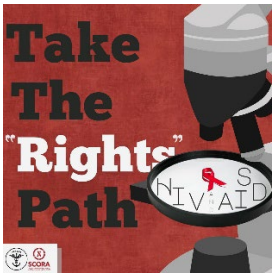
The initiative raised awareness of gender-based violence (GBV) in healthcare settings and child marriage, encouraging open discussion and greater understanding of these critical issues. It aimed to empower participants to speak up, promote awareness, and support efforts to prevent violence and protect vulnerable groups. (November 2024)



Voices vs. Violence – Awareness of Gender-Based Violence and Child Marriage on facebook
Voices vs. Violence – Awareness of Gender-Based Violence and Child Marriage on facebook

World AIDS Day – HIV Awareness and Anti-Stigma Activities

In recognition of World AIDS Day on 1 December, AASTMT organized several awareness sessions and educational workshops to promote understanding of HIV and AIDS, support people living with HIV, and address stigma and discrimination. The activities emphasized compassion, human rights, and the importance of community engagement in working towards ending AIDS as a public health threat by 2030.





World AIDS Day – HIV Awareness and Anti-Stigma Activities on facebook
World AIDS Day – HIV Awareness and Anti-Stigma Activities on facebook
World AIDS Day – HIV Awareness and Anti-Stigma Activities on facebook

Mental Health and Sexual and Reproductive Health Awareness for Survivors of Gender-Based Violence

The session explored the psychological impact of gender-based violence on survivors, with particular attention to female genital mutilation (FGM) as a violation of sexual and reproductive health and rights. It highlighted the connection between FGM, trauma, and mental well-being, emphasizing the importance of awareness, survivor support, and access to appropriate care.



Mental Health and Sexual and Reproductive Health Awareness for Survivors of Gender-Based Violence

Mental Health Support for Students:

AASTMT Clinic offers comprehensive medical services in diverse health fields and partners with reputable hospitals, pharmacies and clinics.

Medical & Mental Health Clinics

Its Medical Services Department operates on-campus clinics offering free professional support for emotional, psychological, and mental health concerns

clinic Medical Services Department - AASTMT

Programs & Awareness Workshops

El Alamein branch organizes regular mental health workshops, such as “Take Care of Your Mental Health” on World Mental Health Day

Programs & Awareness Workshops

Access to Free Support:

Free Psychological Support at AASTMT Medical Services Clinics

Date: Ongoing **| Campus / unit: [Alexandria-Cairo-Portsaid]**

The Medical Services Department runs on-campus clinics that give students free professional support for emotional, psychological and mental health concerns.

clinic Medical Services Department - AASTMT

Counselling and Mental Health Staff at the Accessibility Center

Date: Ongoing **| Campus / unit:** Alexandria

The Accessibility Center in Alexandria includes counselling and mental health staff who work with welfare and disability advisers to support students with mental health difficulties.

Counselling and mental health staff at the Accessibility Center

Signposting to National Free Services

Date: Ongoing | **Campus / Unit:** All Campuses

AASTMT promotes student well-being by signposting students to free national mental health and addiction support services provided by the General Secretariat of Mental Health and Addiction Treatment (GSMHAT), including psychological counseling, psychiatric care, addiction treatment, and referral services. Students are encouraged to access the national 24/7 Mental Health Support Hotline (16328) for free psychological support, crisis intervention, and referral to specialized mental health services.

Beneficiaries: All AASTMT students across campuses.

clinic Medical Services Department - AASTMT

Active Promotion of Good Mental Health:

"Take Care of Your Mental Health": World Mental Health Day workshop

Date: 10 October 2024 | **Campus / Unit:** Alamein Campus

As part of the World Mental Health Day activities, Student Affairs at the Alamein Campus organized the “Take Care of Your Mental Health” workshop to raise awareness of mental well-being among approximately 80 students. The workshop addressed the importance of mental health, stress management, emotional resilience, self-care practices, and seeking professional support when needed. Interactive discussions encouraged students to adopt healthy coping strategies and maintain a balanced lifestyle.

"Take Care of Your Mental Health": World Mental Health Day workshop

Psychological Awareness Workshop on Depressive Disorder

Date: 6 March 2024 **| Campus / unit:** Alamein

A workshop on the signs, risk factors and treatment of depression, with practical guidance on stress management, mindfulness and help-seeking.



Psychological Awareness Workshop on Depressive Disorder

Mental Health Support for Staff:

Access to Free Support:

Mental Health Care under the Staff Medical Insurance Scheme

Date: Ongoing **| Campus / unit:** All campuses

AASTMT supports staff well-being through its healthcare and medical services system, which provides access to healthcare consultations and referral services through the Medical Services Department. Staff members can obtain medical support through the Academy's healthcare arrangements and are directed to appropriate specialist services when required.

[aast.edu]

Active Promotion of Good Mental Health:

Seminar: "Improving Mental Health in the Workplace"

Date: October 2024 **| Campus / unit:** Geneklis

Dr. Kamal El-Fawal, consultant in psychiatry and neurological disorders, led a seminar for approximately 50 staff members on the role of mental health in workplace performance and productivity.



Seminar: "Improving Mental Health in the Workplace"

Smoke-Free Policy:

AASTMT Smoke-Free Policy

Date: Approved / Reviewed: 2024 **| Campus / unit:** All Campuses and Facilities

Smoking is prohibited in all indoor facilities, academic buildings, administrative offices, laboratories, libraries, healthcare facilities, and enclosed public spaces across AASTMT campuses. The policy applies to students, staff, faculty members, visitors, and contractors. Designated smoking areas are provided in selected outdoor locations away from building entrances, pedestrian pathways, and ventilation systems. The use of electronic cigarettes,

vaping devices, and other smoking-related products is subject to the same restrictions as conventional tobacco products. Compliance is monitored by campus security and administrative authorities. Violations may result in disciplinary measures in accordance with AASTMT regulations, including written warnings and other sanctions for repeated non-compliance. The policy is approved and enforced by the University Administration to promote a healthy, safe, and smoke-free learning and working environment.

AASTMT Smoke-Free Policy

Smoking ban in the Student Code of Conduct

Date: available online during reporting period **|** **Campus / unit:** All campuses

Smoking is banned under Article 17, Chapter 2 of the Student Code of Conduct. Violations lead to disciplinary measures under Article 13, Chapter 3.

Smoking ban in the Student Code of Conduct

Implementation (supporting):

Vaping Prevention Campaign (Wave 2)

Date: 13 to 17 November 2025 **|** **Campus / unit:** Alamein campus and Forsan School

The second wave of vaping initiative campaign was led by Dr. Dina Mahdy as a collaboration between colleges of Pharmacy, Dentistry and Medicine. Three staff members and 6 pharmacy students presented Sessions on nicotine dependence, the oral and respiratory effects of e-cigarettes and the harmful chemicals in vaping products, with myth-versus-fact games and quizzes, at Forsan School and on the Alamein campus.




Vaping prevention campaign (Wave 2) on facebook

Upcoming Goals

AASTMT aims to further strengthen its contribution to SDG 3: Good Health and Well-being by expanding collaborations with national and international hospitals, clinics, and universities to enhance healthcare training, research, and community engagement. Future priorities include developing health awareness initiatives addressing mental well-being, disease prevention, and healthy lifestyles, alongside strengthening campus-based health and wellness activities. The Academy also seeks to expand its community outreach through medical convoys, health screening activities, and mobile healthcare initiatives, particularly in rural and underserved areas, to improve health awareness and support the well-being of the wider community.