

United International University (UIU)

Annual Sustainability Report 2024

Focus SDG 3: Good Health and Well-being

Introduction

United International University (UIU) is deeply committed to ensuring healthy lives and promoting well-being for all members of its community—students, faculty, and staff. Our strategy for **Sustainable Development Goal 3: Good Health and Well-being** focuses on providing comprehensive health services, maintaining a safe and healthy campus environment, and contributing to regional health capacity through education and partnership.

Throughout 2024, UIU strengthened its institutional frameworks by expanding mental health resources, enforcing strict health policies, and establishing vital collaborations with external health institutions. These initiatives underscore UIU's holistic approach to supporting the physical and mental health of its community.

1. Health Services and Psychological Support

UIU ensures access to essential medical and mental health services for its community members, reflecting the goals of universal health coverage.

1.1. Accessible Medical Services

The UIU Medical Center offers **free regular medical services to students**. A dedicated medical doctor service is available to all concerned, demonstrating the commitment to primary health care on campus.

1.2. Mental Health and Psychological Counselling

UIU provides dedicated mental health support services. The **Mental Health and Psychological Counselling Center** offers confidential counselling services to both **students and staff**, recognizing the importance of holistic well-being for the entire community. The Directorate of Career Counseling & Student Affairs (DCCSA) also

collaborates with the Medical Center to provide comprehensive support, including occasional awareness programs on mental health, diet, and nutrition.

1.3. Staff Welfare and Well-being

Beyond direct counselling, UIU supports staff well-being through practical measures. Faculty members have access to a dedicated faculty lounge equipped with refreshment and gaming facilities to promote relaxation. Furthermore, the University has established MoUs with several health institutions and hospitals to provide **affordable healthcare provision for all staff and students**.

2. Policy Enforcement and Healthy Campus Environment

UIU maintains strict policies and invests in infrastructure to cultivate a healthy, secure, and preventive campus culture.

2.1. Tobacco and Drug-Free Campus Policy

UIU is designated as a **strictly tobacco-free campus**. A long-standing policy prohibits smoking and any kind of tobacco use on the premises, actively promoting a healthy, smoke-free environment. Furthermore, the University enforces **strict anti-drug measures**, where possession or any trace of drug use leads to immediate expulsion, supported by a strong proctorial body for enforcement.

2.2. Physical Health Facilities and Environment

The physical campus design prioritizes well-being, with 40% of the space kept open, surrounded by two large playgrounds. This commitment to green space supports student and employee health. UIU offers shared sports facilities, including a large green field and **gymnasium facilities**, accessible to both students and employees, encouraging physical activity.

3. External Collaborations and Health Capacity Building

UIU extends its health commitment beyond its gates through strategic partnerships and academic programs.

3.1. Collaborations with Health Institutions

UIU has secured **current collaborations (MoUs)** with various local and national hospitals, health institutions, and pharmaceutical companies. These partnerships facilitate affordable healthcare for the community and enhance academic experiences. For instance, collaboration with Incepta Pharmaceuticals Ltd. provides students with industry insights through facility visits and guest faculty appointments.

3.2. Contribution to Health Workforce

While UIU has recently established the School of Life Sciences, dedicated to health-related professions, no students have yet graduated. This program represents a significant long-term investment in building the national health workforce capacity. The first graduates are anticipated in 2027.

4. Progress Toward SDG 3 Targets

The following table summarizes UIU's policy status and commitment against key THE Impact indicators for SDG 3.

SDG 3 Target	UIU Policy Achievement	Status
3.3.1 Collaborations with health institutions	MoUs established with local/national hospitals and pharmaceuticals for healthcare and academic exchange.	☑ Achieved

SDG 3 Target	UIU Policy Achievement	Status
3.3.6 Smoke-free policy	University is a strictly tobacco/smoke-free campus; policy is actively enforced.	☒ Achieved
3.3.7 Mental health support for staff	Mental Health & Psychological Counselling Center offers services to both staff and students.	☒ Achieved
3.3.9 Free health service for students	Free regular medical services provided to students via the UIU Medical Center.	☒ Achieved
3.4.3 Shared Sports Facilities	Gymnasium and large green fields are shared and accessible by students and employees.	☒ Achieved
3.2 Graduates in health professions	School of Life Sciences established (2023); first graduates expected in 2027.	☐ In Progress
3.3.8 Policy on sexual/reproductive health	Services and awareness programs offered (DCCSA/Medical Center); a formal, explicit policy document needs verification.	☐ In Progress

5. Impact Summary and Future Direction

Community Impact: UIU provides direct, free medical services to students and subsidized healthcare access to staff through external partnerships, while offering dedicated mental health resources for the entire community.

Environmental Impact: The commitment to a smoke-free, drug-free campus and the maintenance of extensive open green spaces provide a foundational environment for physical and mental well-being.

Academic Impact: The establishment of the School of Life Sciences ensures a strategic, long-term contribution to developing a skilled health workforce for the region.

Conclusion

UIU's dedication to SDG 3: Good Health and Well-being is evident in its robust infrastructure, accessible support services, and clear preventative policies. By treating health holistically covering the physical environment, mental resilience, and institutional partnerships the University affirms its role as an institution that not only educates but also cares for the overall vitality of its people. The next phase will focus on formalizing policy documentation and enhancing data-driven program evaluation.