

SDG 03

GOOD HEALTH &
WELL-BEING



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ACTIVITY 01: BASIC LIFE SUPPORT TRAINING SESSION

Organized By:
The Department of Pharmacy



The Directorate of Sustainability and Environment (DSE) in collaboration with Pharma Spark organized an engaging Basic Life Support (BLS) Training Session to support SDG 3: Good Health and Well-Being, specifically targeting SDG 3.3 and 3.8, which focus on ensuring access to essential health services and strengthening the capacity for health risk management. Students from various departments registered with enthusiasm and gathered to learn life-saving skills such as CPR, choking management, and emergency response techniques. The session began with a formal opening, after which certified trainers demonstrated each step while encouraging students to practice hands-on skills using training mannequins. Participants actively asked questions about emergency protocols and real-life applications, making the session interactive and informative. The training not only boosted students' confidence in handling medical emergencies but also emphasized the importance of community readiness.



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ACTIVITY 02: BREAST CANCER AWARENESS WALK

Organized By:
The Department of Pharmacy



The Breast Cancer Awareness Walk and Seminar were successfully organized by the Directorate of Sustainability and Environment (DSE) in collaboration with the Pharma Spark Society, in alignment with SDG 3 (Good Health and Well-Being), particularly target 3.4 (reducing premature mortality through prevention and health promotion). The primary objective of the activity was to spread awareness about the importance of early detection, regular screenings, and preventive practices to reduce the risks of breast cancer. The awareness walk began at 12:50 pm from J Block and concluded at 1:20 pm in front of the university fountain, serving as an interactive platform for open discussions, distribution of informational material, and addressing students' queries. This was further strengthened by an educational seminar held in the Industrial Lab, which provided a detailed understanding of prevention strategies, early diagnosis, and the importance of regular check-ups. Together, these integrated efforts successfully broke social stigmas, promoted self-care, and encouraged students to take their health seriously and spread awareness within their communities, ultimately fostering empathy, responsibility, and a strong commitment to prioritizing women's health and overall well being



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ACTIVITY 03: BREAST CANCER AWARENESS SEMINAR

Organized By:
The Department of Pharmacy



The Directorate of Sustainability and Environment (DSE) organized an impactful Breast Cancer Awareness Session to support SDG 3: Good Health and Well-Being, specifically targeting SDG 3.4, which focuses on reducing premature mortality from non-communicable diseases through prevention and awareness. Students from different departments registered and gathered enthusiastically to learn about early detection, self-examination techniques, and the importance of regular screenings. The event began with an informative opening session led by healthcare professionals, who visited each awareness booth and answered insightful questions about symptoms, risk factors, and preventive measures. Interactive demonstrations, awareness posters, and Q&A circles encouraged active participation from students across campus. To emphasize community health, informational material and pink ribbons were distributed, helping spread the message of early diagnosis. The session concluded with a certificate ceremony to honor the volunteers and organizers, making it a meaningful and memorable initiative toward promoting women's health and saving lives.



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ACTIVITY 04: ANTIMICROBIAL RESISTANCE AWARENESS

Organized By:
The Department of Pharmacy



The Directorate of Sustainability and Environment (DSE) organized an AMR Awareness Desk aligned with SDG 3: Good Health and Well-being, particularly Target 3.d, which focuses on strengthening capacities for early warning, risk reduction, and management of health risks. Through interactive learning approaches, including the “Pop the Balloon” challenge, the activity enhanced public awareness of antimicrobial resistance by correcting misconceptions and promoting responsible antibiotic use. One-on-one discussions and guided questions informed participants about how the misuse and overuse of antibiotics contribute to resistance and emphasized preventive behaviors such as completing prescribed courses and avoiding self-medication. By strengthening health literacy and encouraging responsible practices, the initiative contributed to community-level risk reduction and supported efforts to combat antimicrobial resistance.



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ACTIVITY 05: PHARMACISTS AS EDUCATORS: PROMOTING HEALTH AND WELL- BEING

Organized By:
The Department of Pharmacy



The Directorate of Sustainability and Environment (DSE), in collaboration with Pharma Spark Society, organized an awareness session aligned with SDG 3: Good Health and Well-being, particularly Targets 3.4 and 3.8, focusing on the role of pharmacists in improving community health outcomes. The session highlighted how pharmacists, as accessible healthcare professionals, support disease prevention and management by promoting the safe and rational use of medicines, improving treatment adherence, raising awareness about side effects, vaccination, and healthy lifestyle choices. By emphasizing preventive care, patient education, and equitable access to safe and effective medicines, the activity reinforced the importance of pharmacists as frontline health educators and advocates. The session demonstrated that achieving good health and well-being requires a multidisciplinary approach, where pharmacists complement doctors and healthcare institutions in strengthening community-level healthcare systems.



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ACTIVITY 06: WOMEN HYGIENE AWARENESS; ISLAMIC PERSPECTIVE

Organized By:
The Department of Pharmacy



The Directorate of Sustainability and Environment (DSE), in collaboration with the Pharma Spark Society and Beyond Borders Club at Capital University of Science and Technology, organized an awareness session titled “Women Hygiene Awareness: An Islamic Perspective,” aligned with SDG 3: Good Health and Well-being particularly Targets 3.4, 3.7. The session integrated medical knowledge with Islamic guidance to address personal and menstrual hygiene, promote preventive health practices, and dispel common misconceptions. By providing accurate, culturally sensitive health education, the activity enhanced health literacy, supported informed decision-making related to reproductive and personal health, and empowered female students through inclusive, values-based education.



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ACTIVITY 07: WORLD MENTAL HEALTH DAY

Organized By:
The Department of Pharmacy



The Directorate of Sustainability and Environment (DSE) in collaboration with Pharma Spark organized an inspiring event in honor of World Mental Health Day, supporting SDG 3: Good Health and Well-Being. Students from various departments participated with great enthusiasm, setting up interactive awareness booths focused on stress management, emotional resilience, and the importance of seeking help. The event began with an opening ceremony, after which guests visited each booth, engaging students in meaningful discussions about mental wellness, coping strategies, and the significance of reducing stigma around mental health. Activities such as mindfulness sessions, positivity walls, and wellness challenges encouraged active participation from students across campus. All proceeds collected were donated to mental health support initiatives, reinforcing the event's commitment to promoting holistic well-being. The day concluded with a certificate distribution ceremony, appreciating the efforts of student organizers and marking the event as a memorable step toward fostering a healthier, more supportive campus community.



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ACTIVITY 08: MIND MATTERS: ONE-ON-ONE COUNSELLING SESSION

**Organized By:
The Department of Pharmacy**



The Mental Health Awareness and Psychological Support Initiative was successfully organized by the Directorate of Sustainability and Environment (DSE) in collaboration with the Pharma Spark Society, in alignment with SDG 3: Good Health particularly Targets 3.4. The initiative addressed rising academic pressure, personal responsibilities, and future uncertainties that contribute to stress, anxiety, and burnout among university students. In response to the limited availability of safe and confidential emotional support platforms, the event provided accessible, professional psychological support within the university setting. By promoting early mental health support, reducing stigma associated with counseling, and fostering coping and life skills, the initiative contributed to improved mental well-being, enhanced academic engagement, and the holistic development of students through inclusive and supportive education.



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ACTIVITY 09: A SYMBOL OF SUPPORT FOR BREAST CANCER AWARENESS TEA PARTY

**Organized By:
The Department of Pharmacy**



The Directorate of Sustainability and Environment (DSE), in collaboration with Pharma Spark, organized the Pink Tea event as part of Breast Cancer Awareness activities in alignment with SDG 3: Good Health and Well-Being, particularly Targets 3.4 and 3.d. The event promoted preventive healthcare by raising awareness about early detection, risk factors, and healthy practices related to breast cancer. A relaxed and inclusive environment encouraged students and faculty to engage in open discussions, helping to normalize conversations around women's health and reduce stigma associated with cancer awareness. The symbolic use of the color pink reinforced solidarity, empathy, and collective responsibility toward disease prevention. By strengthening health literacy, encouraging early awareness, and fostering a supportive community culture, the event contributed to improved well-being and proactive health behaviors.



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ACTIVITY 10: ICE BREAKER ACTIVITY

Organized By:
The Department of Psychology



The Department of Psychology conducted an “Ice Breaker Activity” under the umbrella of the Directorate of Sustainability and Environment (DSE) for newly enrolled first-semester students in alignment with SDG 3, particularly Target 3.4, which focuses on promoting mental health and emotional well-being. The session introduced students to the Directorate’s mission, goals, and opportunities, fostering awareness and engagement. Interactive activities encouraged open communication, self-expression, and peer connection to ease the transition into university life. A reflective chit-based exercise further supported emotional sharing and inclusivity. The initiative reduced initial stress, strengthened senior-junior rapport, and cultivated a supportive and welcoming academic environment.



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ACTIVITY 11: INTERNATIONAL PEACE DAY

**Organized By:
The Department of Psychology**



The Department of Psychology, under the umbrella of the Directorate of Sustainability and Environment (DSE), organized an International Peace Day event aligned with SDG 3, particularly Target 3.4, promoting mental health and emotional resilience. The celebration included a symbolic Peace Tree installation where students and faculty shared messages of compassion, unity, and coexistence, encouraging emotional expression and connectedness. An educational seminar titled “Role of Media in Peace Building Among Nations,” delivered by journalist Mr. Azaz Sayed, highlighted the impact of responsible media in reducing conflict and fostering mutual understanding. Students actively participated in discussions on mindful media consumption and constructive communication. The initiative effectively combined creativity and awareness, reinforcing the link between peace, societal harmony, and psychological well-being within the university community.



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ACTIVITY 12: LET'S TALK IT OUT - GUIDED SUPPORT GROUP SESSIONS

Organized By:
The Department of Psychology



The Department of Psychology conducted a two-day Support Group Series under the umbrella of the Directorate of Sustainability and Environment (DSE) to promote emotional well-being, peer support, and mental health awareness among students. The initiative aligned with SDG 3, particularly Target 3.4, by offering structured psychological support and practical coping strategies. An interactive affirmation-based registration activity created a welcoming and reflective environment. The Wellbeing Center facilitated themed sessions on anger management, anxiety, and stress management, focusing on grounding, self-regulation, and emotional awareness. Guided activities encouraged healthy emotional expression within a confidential and empathetic setting. The initiative provided a safe space for students to build resilience, strengthen coping skills, and enhance overall psychological well-being.



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ACTIVITY 13: MENTAL HEALTH AWARENESS DAY 2025

Organized By:
The Department of Psychology



The Department of Psychology organized a Mental Health Awareness event under the umbrella of the Directorate of Sustainability and Environment (DSE) to promote emotional well-being, mindfulness, and self-care among students. The initiative aligned with SDG 3, particularly Target 3.4, by strengthening awareness of mental health and emotional resilience. The courtyard was transformed into an interactive wellness space featuring games, motivational boards, and reflective activities such as a Positive Affirmation Wall that encouraged peer support. Team-based activities enhanced communication, balance, and emotional awareness in an engaging manner. The event fostered a positive and inclusive environment, reinforcing the commitment to building empathy, mindfulness, and psychological resilience within the university community.

