

American International University-Bangladesh

Sustainable Development Goals Report



SDG 17: PARTNERSHIPS FOR THE GOALS



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AIUB SDG 3: Good Health and Well-Being – Sustainability Report 2025 (THE Impact Rankings)

American International University-Bangladesh (AIUB) demonstrates a strong commitment to **SDG 3: Good Health and Well-Being**, both on campus and beyond. This report highlights AIUB's initiatives in health services, academic programs, wellness promotion, and community engagement, aligning with the Times Higher Education (THE) Impact Rankings criteria for SDG 3.

Campus Health Services

AIUB's on-campus ambulance is part of its emergency medical services, ready to transport patients to hospitals in critical situations.

AIUB operates an on-campus **Medical Center** that provides free primary healthcare to all students, faculty, and staff. Located in the campus Annex building and open weekdays (9:00 AM–5:00 PM), the center is staffed by full-time medical professionals who offer consultations and dispense free medications. The facility is fully equipped with six beds and can handle routine check-ups as well as emergencies. Key services include blood pressure and glucose monitoring, oxygen therapy, nebulization, and special care for pregnant women and lactating mothers. The Medical Center also keeps an air-conditioned **ambulance** on standby for urgent transport of patients to external hospitals.

Mental health support is another priority. AIUB has partnered with *wEvolve*, a professional mental health organization, to provide counseling and psychological services on campus. Students and staff can book confidential one-on-one counseling sessions with qualified psychologists, including online sessions during weekends or holidays. Through *wEvolve*, the university offers workshops and self-help resources on issues like stress management, anxiety, depression, and effective communication. This holistic approach creates a safe, stigma-free environment where individuals can seek help for emotional well-being.

AIUB also supports **maternity and child health** for its community. The campus Medical Center gives special attention to expecting mothers – offering prenatal check-ups and priority care for pregnant women – and provides free emergency hygiene products for women's health needs. To help student and staff parents, AIUB operates an on-campus **Daycare Facility**. This daycare enables students and employees with young children to pursue their studies or work, knowing their children are in a safe, nurturing environment during the day. The facility allows parents to balance childcare with their academic or professional responsibilities, giving them peace of mind that their children “are being well taken care of” as part of the AIUB family.

In response to public health emergencies, AIUB has implemented strict **health safety protocols** on campus. Notably, at the onset of the COVID-19 pandemic, the university and its student clubs launched a two-week Hygiene Awareness Campaign in March 2020 aiub.edu aiub.edu. Student volunteers were stationed at campus entry points to ensure everyone used hand sanitizer upon entering, and they distributed informational leaflets on COVID-19 prevention

measures aiub.edu. This proactive campaign instilled habits of cleanliness and safety, helping keep the campus community safe and virus-free aiub.edu. Additionally, AIUB facilitates access to **vaccinations** as part of its health outreach. For example, in December 2024 the university held a Cervical Cancer Awareness Program that offered on-site HPV vaccinations to students who registered. Organized by AIUB's Office of Student Affairs and Women Forum in collaboration with a pharmaceutical partner, this initiative educated participants on cancer prevention and provided the vaccine on campus, ensuring convenient access. These measures underscore AIUB's dedication to maintaining a healthy campus through both preventive care and responsive health services.

Academic and Research Contributions

Health and well-being are integrated into AIUB's **academic offerings and research** agenda. The university's **Faculty of Health and Life Sciences** includes a Department of Public Health, which offers a graduate *Master of Public Health (MPH)* program. This four-semester MPH program prepares professionals in public health policy, management, and research. The curriculum covers core areas such as epidemiology, biostatistics, public health nutrition, and health program management. Notably, it includes specialized courses like *Reproductive and Sexual Health*, ensuring graduates are knowledgeable about community health issues, family health services, and relevant policies. Through such programs, AIUB is equipping students with the expertise to address public health challenges and contribute to the nation's "health for all" vision.

AIUB actively promotes **research** in health and well-being. Faculty and students undertake studies on contemporary health issues, often in collaboration with external institutions. For example, a team of AIUB students recently conducted a nationwide survey on COVID-19 vaccination perceptions and outcomes in Bangladesh. Their research, presented at a 2025 health conference, found that COVID vaccine uptake in Bangladesh rose from 5% in 2020 to about 80% in 2024, accompanied by improved public confidence in vaccines. They also identified misinformation and fear of side effects as early barriers and highlighted how targeted awareness campaigns helped overcome these challenges. Such studies showcase AIUB's contribution to understanding and solving public health problems through evidence-based research.

Collaboration with **local and global health organizations** amplifies AIUB's impact. The Department of Public Health regularly partners with hospitals and NGOs to enrich learning and serve the community. In June 2019, the department teamed up with Universal Medical College & Hospital to organize a day-long *Medical Camp* on campus. Over 250 students, teachers, and staff received free health check-ups and consultations at this camp, including blood pressure/BMI measurement, nutrition counseling, eye and dental exams, blood sugar testing, and general medical consultations. The camp was inaugurated by AIUB's Vice Chancellor and included discussions with the hospital's managing director about future collaborations between the two institutions. This example illustrates how AIUB leverages partnerships to enhance healthcare access for its community. AIUB has also co-hosted seminars with organizations like the Down Syndrome Society of Bangladesh and NiHealth (a mental health service) to address topics such as mental health in public health, fostering dialogue between academia and healthcare practitioners. These collaborations demonstrate AIUB's engagement with the broader health sector and its commitment to translating academic knowledge into real-world health solutions.

Wellness and Preventive Health Programs

Beyond clinical services and academics, AIUB invests in **wellness and preventive health** to promote a healthy lifestyle for students and employees. Physical fitness is encouraged through modern on-campus recreational facilities. The university boasts a well-equipped **gymnasium** with separate workout areas and schedules for different groups. The gym, located on campus (10th floor of building D), is furnished with up-to-date fitness equipment and staffed by two instructors who guide users in exercise routines. To ensure inclusivity and comfort, AIUB provides dedicated gym hours by group – for example, there are exclusive morning sessions for female students and afternoon sessions for male students, while evenings are reserved for faculty and staff. This structured approach allows all members of the AIUB community to integrate regular exercise into their daily routine. Additionally, AIUB's **Office of Sports** supports a range of sports teams, clubs, and intramural activities, from basketball and football to swimming and cricket, to further encourage active living and teamwork on campus (various sports facilities like courts, a swimming pool, and fields are available).

Nutrition and hygiene are recognized as vital components of well-being. AIUB's on-campus **cafeteria** and food kiosks provide a variety of *healthy dining options* for students and staff throughout the day aiub.edu. From breakfast to dinner, the cafeteria offers nutritious and affordable meals, ensuring the university community has access to balanced diet choices on campus aiub.edu. The dining facilities not only serve wholesome food but also play a role in educating students about healthy eating habits. Meanwhile, hygiene promotion is woven into campus culture. The 2020 Hygiene Awareness Campaign (mentioned earlier) is one example of how AIUB reinforces personal and environmental hygiene as a preventive health measure aiub.edu. The university has since maintained enhanced sanitation practices (e.g. hand sanitizer stations, routine disinfection of facilities) to prevent infectious diseases and create a safe campus environment.

Mental wellness is addressed through both counseling services and **preventive workshops**. AIUB's mental health initiative (wEvolve) routinely organizes seminars and training sessions to help individuals build resilience and coping skills. These sessions cover topics such as stress management, mindfulness meditation, overcoming exam anxiety, and maintaining healthy sleep habits. For instance, counselors conduct group workshops on stress and anger management techniques, and annual events like Mental Health Day are celebrated in coordination with student clubs to raise awareness about psychological well-being. By providing these resources, AIUB proactively helps students and employees manage stress before it escalates into serious health issues. Other wellness offerings include periodic **health screening programs** – the campus Medical Center organizes free health check-up days (for blood pressure, blood sugar, vision, etc.) as part of preventive care, and invites experts to deliver talks on topics like nutrition, exercise, and disease prevention. Overall, AIUB's wellness and preventive programs foster a campus culture where healthy choices are supported and celebrated.

Community Outreach and Public Engagement

AIUB extends its health and well-being efforts to the **wider community** through outreach programs, volunteer initiatives, and service partnerships. The student-led **AIUB Social Welfare Club** – “Shomoy” is at the forefront of many health-related outreach activities. Under

university support, Shomoy mobilizes students to participate in community service projects that improve public health awareness and access.

Some key outreach initiatives include:

- **Health Education & Awareness Campaigns:** In December 2024, AIUB Shomoy collaborated with Popular Pharmaceuticals PLC to host a *Cervical Cancer Awareness* program on campus. This event educated young women about cervical cancer risks and prevention strategies, and importantly provided on-site vaccination services (HPV vaccines) to participants. Earlier, in 2019, AIUB also facilitated a *Breast Cancer Awareness* seminar in partnership with the Blue Sky Charitable Foundation, disseminating information on breast cancer detection and treatment to students and faculty. These programs underscore the university's commitment to spreading knowledge about critical health issues and offering preventive solutions to not only its own members but also the broader public (many such events are open to alumni and community members). Additionally, student clubs have conducted *hygiene and safety workshops* in local schools – for instance, volunteers ran sessions on handwashing and sanitation in nearby communities as part of hygiene awareness drives. AIUB's Environment Club even joined a city-wide noise pollution awareness campaign in 2025, highlighting the health impacts of noise and advocating for a quieter, healthier urban environment. Through these efforts, AIUB actively engages in public education to promote healthy behaviors in society.
- **Free/Subsidized Health Services to Underserved Groups:** AIUB is dedicated to helping vulnerable populations meet their basic health needs, especially during emergencies. In 2024, when severe floods struck Bangladesh, AIUB students and staff organized a relief mission titled “*Students of AIUB: Standing with the Flood-Affected.*” This large-scale effort delivered essential food and **medical supplies** (like first aid kits, medicines, water-purification tablets, etc.) to over 1,200 affected families in hard-hit regions. Student volunteers even assisted local rescue teams in reaching and caring for stranded villagers. By providing direct health and survival necessities to disaster victims, AIUB demonstrated its capacity to improve access to basic healthcare in times of crisis. The university has also hosted community **medical camps** outside its campus in partnership with NGOs. For example, Shomoy members joined doctors from a local charity to hold a free health camp in a rural area (screening villagers for diabetes and hypertension and dispensing medicines at no cost). Such outreach clinics ensure underserved communities receive medical attention and health counseling that they might otherwise lack. Furthermore, AIUB regularly invites underprivileged children to campus for free dental check-ups and vision tests as part of its social responsibility programs (often tied to the *Kathpencil Pathshala* education initiative). These ongoing projects reflect AIUB's mission to extend well-being beyond the campus gates, aligning with national goals for universal health coverage.
- **Student Volunteering and Community Service:** A hallmark of AIUB's impact is the passion of its students and faculty for volunteerism in health initiatives. The **Shomoy Club** organizes an annual on-campus **Blood Donation Campaign** in collaboration with the Bangladesh Red Crescent Society. For instance, on March 6, 2024, Shomoy and Red Crescent jointly hosted a day-long blood drive at AIUB that was inaugurated by the Pro-Vice Chancellor and attended by Red Crescent officials. Dozens of students, faculty, and alumni volunteered as donors; each received a donor card and refreshments as a token of appreciation for potentially saving lives. (An earlier blood drive in 2022 attracted approximately **165 donors**, exemplifying the strong participation and

community impact of these campaigns.) AIUB also encourages its students to volunteer in public health projects off-campus. Through Shomoy and other student organizations, volunteers regularly engage in activities like distributing free winter clothing and sanitary products to the homeless, raising funds for patients needing expensive treatments, and teaching basic health and hygiene to children at orphanages. These experiences instill leadership and empathy in students while directly benefiting the community. AIUB's institutional support (via the Office of Student Affairs and guidance of faculty mentors) ensures that student-led health initiatives are well-organized and sustainable. The university takes **immense pride** in its socially responsible students who "actively engage in initiatives aimed at making a positive impact in society". Their commitment to volunteerism – be it through blood donation, disaster relief, or health education – reflects AIUB's core values and its long-term contribution to public well-being.

In conclusion, AIUB's multifaceted approach to SDG 3 encompasses robust **campus health infrastructure**, forward-looking **academic programs and research**, comprehensive **wellness and preventive care**, and compassionate **community outreach**. Through on-campus clinics and counseling, AIUB ensures the immediate health needs of its members are met in an accessible way. Through its curriculum and collaborations, the university is developing the next generation of health professionals and generating research to tackle pressing health challenges. By promoting fitness, nutrition, and mental well-being, AIUB fosters a healthy campus culture that can serve as a model for others. And by extending its resources and knowledge to the wider community – from vaccination drives to flood relief – AIUB amplifies its impact on public health and exemplifies the spirit of the **THE Impact Rankings**. These collective efforts demonstrate that AIUB is not only committed to the **good health and well-being** of its own community, but is also an active contributor to national and global health objectives, truly embodying the ethos of SDG 3.