

# The Sustainability Report

## 3 GOOD HEALTH AND WELL-BEING



2024/2025

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**Executive Summary – SDG 3: Good Health and Well-Being (AY 2024–2025)**

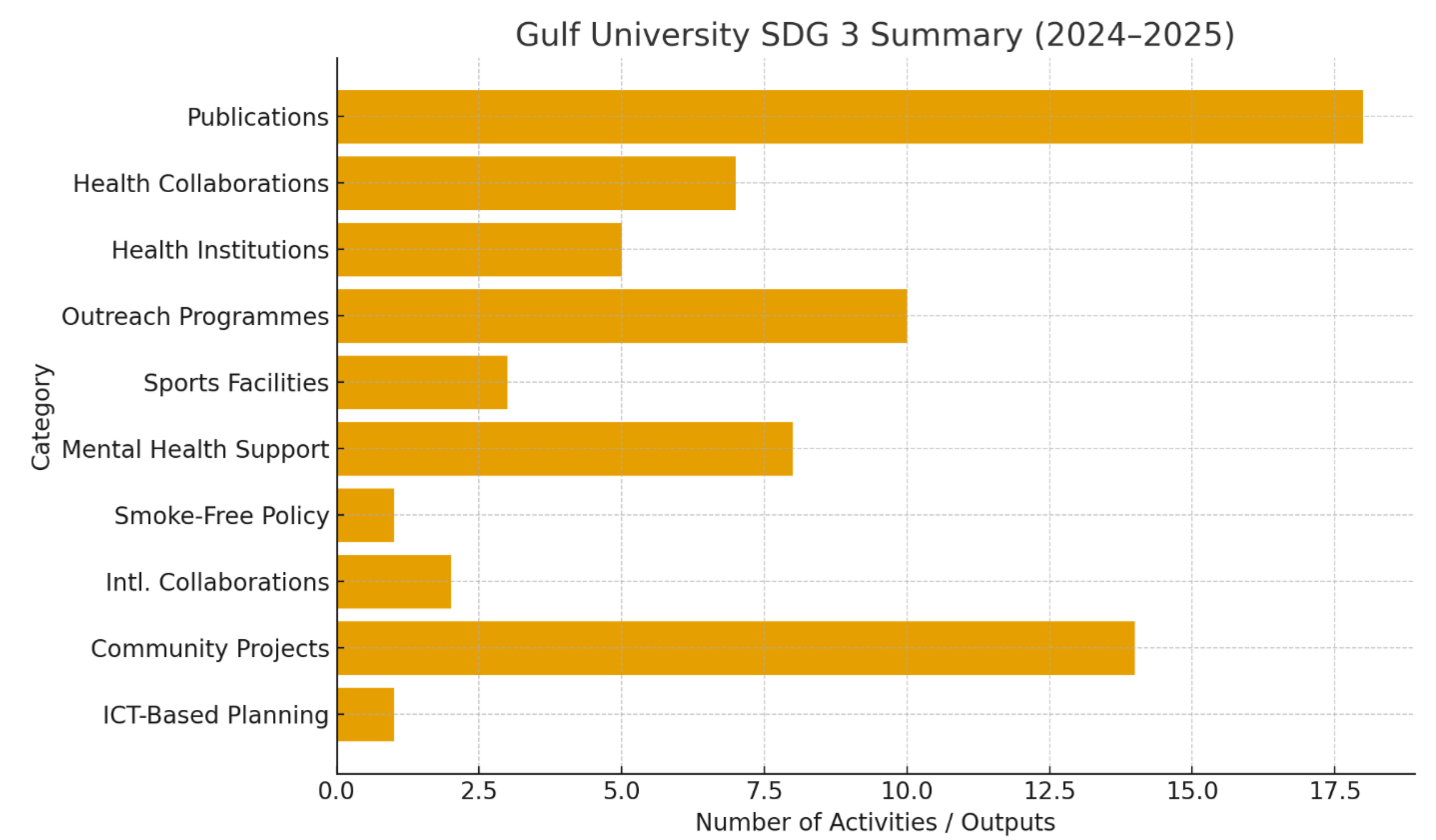
Gulf University continues to demonstrate strong commitment to SDG 3 (Good Health and Well-Being) through a coordinated framework of education, community outreach, health partnerships, research, and policy implementation. During AY 2024–2025, more than 40 events and initiatives were conducted under the joint leadership of the Sustainability & Development Makers Center (SDM-C) and the Community Engagement & Continuing Education Center (CECEC).Activities spanned research, awareness programs, wellness campaigns, sports events, medical collaborations, and digital innovations supporting public health and well-being. Each initiative was planned, monitored, and evaluated through the University’s ICT-based operational framework, ensuring transparency, continuous improvement, and alignment with the national health agenda and UN SDG targets.

**Summary Table of SDG 3 Key Components**

Category / Title	Summary of Achievements & Highlights (2024–2025)	No. of Events / Outputs
List of GU Authors’ Publications in SDG 3	18 outputs → 5 journal articles, 12 book chapters, 1 conference paper covering mental health, disease prevention, AI for health, environmental health, and safety.	18
Collaborations and Health Services	Ongoing collaboration with health partners providing screenings, donations, and discounts; supported health workshops and medical outreach for students and staff.	7 events supported by partners
Current Collaborations with Health Institutions	Partnerships with Bahrain Diabetes Society, Al Salam Hospital, Blue Bird Pharmacy, Ram Medical Center, Abdulfattah Clinic, Merck, DNP & Capt. Pharmacy; joint health campaigns and community services.	5 active MoUs / partnerships
Health Outreach Programmes	Comprehensive campaigns such as World Diabetes Day, First Aid Workshops, Mosquito Control initiative, Iftar Samim campaign, and CGM sensor donations for diabetes management.	10 outreach events
Shared Sports Facilities	Hosting the “Gold for Good Championship 2024” and other sports events promoting physical activity, teamwork and community well-being; use of GU facilities for community events.	3 major sports events
Mental Health Support	Workshops on mental health & stress management (3 direct), plus 5 indirect sessions on emotional intelligence and team leadership enhancing psychological well-being.	8 training sessions
Smoke-Free Policy	University-wide policy (GU-PL48SM v1.1 2024) published on GU website; 100 % smoke-free campus implemented from July 2024; supervised by Smoke-Free Committee.	Policy in force
University Sustainability Program(s) with International Collaborations	Joint AI projects and research with University of Northampton (UK) and international partners; AI-based diabetes risk prediction system and smart irrigation innovation.	2 international collaborations
Sustainability Community Service Projects (involving	Tree Planting (6 sites, 660 trees), Planting in Schools initiative, Donations, Health campaigns, Marathons, Peace	14 community projects



students)	Day support, and volunteer programs.	
Planning, Implementation, Monitoring & Evaluation through ICT	All SDG 3 activities planned via annual Operational & Action Plans (submitted July each year to QA Director and approved by University Council). ICT tools used for data collection, reporting and archiving. Each event features the official SDG 3 icon in photos and documentation.	Continuous system in place



List of GU authors’ publications in SDG3

Across 2024–2025, We identified **18** SDG-linked outputs: **5 journal articles**, **12 book chapters**, and **1 conference paper**. The work clusters around (1) noncommunicable disease prevention and mental health, (2) communicable diseases/COVID-19 response and risk communication, (3) road safety and injury prevention, (4) health technologies and data/AI for health, and (5) environmental determinants of health (water quality, pollution, sustainable materials/energy).

SDG 3 Publications by Type  
Counts by Type and Year

Year	Articles	Book Chapters	Conference Papers	Total
2025	3	7	0	10
2024	2	5	1	8
Total	5	12	1	18



## Thematic Areas Aligned to SDG 3 (Good Health & Well-Being)

- **Noncommunicable diseases & mental health (≈3 items):** diabetes risk modeling; stress/mental health among students; workload & mental health links.  
SDG 3 Publications by Type
- **Communicable diseases & pandemic resilience (≈4–5 items):** COVID-19 related market/behavioral responses; smart disinfection system; public health communications/consumption during the pandemic; governance/accounting shifts pre/post-COVID.  
SDG 3 Publications by Type
- **Road safety & injury prevention (2 items):** digital awareness for safer driving in Bahrain; big-data analytics for traffic accidents toward safer, “smart” cities.  
SDG 3 Publications by Type
- **Health technologies & data for health (2–3 items):** MR imaging trajectory design; fuzzy-logic risk scoring (diabetes); comparative ML methods relevant to predictive analytics.  
SDG 3 Publications by Type
- **Environmental health & determinants (4 items):** wastewater treatment via graphene-oxide nanocomposites; IoT water-quality monitoring; sustainable materials (fly ash/plastics) with potential exposure benefits; energy diversity & ecological footprint (links to health through environmental quality).  
SDG 3 Publications by Type
- **Sexual and reproductive health education (1 item):** sex education, HIV/AIDS knowledge and attitudes (Uganda).

## Training Workshop Sessions

Under the Community Engagement & Continuing Education Center, Gulf University delivered a set of free community workshops that advance SDG 3: Good Health and Well-Being, with a special focus on Target 3.4 (promote mental health and well-being). Key activities included Mental Health and Stress Management, Dealing with Stress in the Work Environment, and Attitude Building for Mental Peace (direct SDG 3 link), alongside enabling sessions such as Emotional Intelligence, Social Intelligence Across Age Groups, and Essential Skills for Team Leadership that indirectly support well-being by improving emotion regulation, relationships, and healthy team climates. In addition, Bahraini Labor Law sessions raised awareness of workplace rights and safety (supporting Targets 3.9 and 3.8), while Financial Planning among Youths contributed to reducing financial stress (Target 3.4). Collectively, these workshops enhanced community resilience, mental-health literacy, and healthier workplaces at no cost to participants. *Below is a quick mapping of your activities to SDG 3. I marked items as Direct (explicitly about mental health/well-being) or Indirect (support well-being/healthy workplaces)*

No.	Workshop Title	Linkage	Why it Fits
1	Mental Health and Stress Management	Direct	Builds knowledge and coping skills to improve mental health and manage stress.
2	Dealing with Stress in the Work Environment	Direct	Reduces work-related stress and promotes overall mental well-being.
3	Attitude Building for Mental Peace	Direct	Encourages mindfulness, emotional balance, and resilience to life stressors.
4	Emotional Intelligence	Indirect	Enhances emotion regulation and relationships, improving mental well-being.
5	Using Social Intelligence Across Different Age Groups in Society	Indirect	Promotes healthier social relations, reducing stress and loneliness.
6	Essential Skills for Team Leadership	Indirect	Builds supportive team environments that lower stress, burnout, and conflict.
7	Bahraini Labor Law	Indirect	Increases awareness of occupational safety and health (OSH) rights, contributing to healthier workplaces.
8	Financial Planning Among Youths	Indirect	Improves financial literacy and reduces financial stress — a major mental-health risk factor.

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Course Title : Mental health and Stress Management



Dr. Rumpa Roy

**Objective**

- Provide participants with a foundational understanding of mental health, including common mental health disorders and their symptoms
- Equip individuals with the ability to recognize signs and symptoms of stress in themselves and others
- Introduce a variety of stress management techniques, including mindfulness, relaxation exercises, and time management strategies
- Foster resilience skills to help individuals cope with challenges and bounce back from adversity
- Explore strategies for achieving a healthy work-life balance, reducing stress related to professional and personal demands
- Teach effective communication skills to express feelings and concerns, reducing interpersonal stressors
- Provide guidance on creating and maintaining a supportive environment, both at work and in personal life
- Inform participants about available mental health resources and encourage seeking professional help when needed.

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4 QUALITY  
LEADERSHIP

11 SUSTAINABLE  
COMMUNITIES

17 NETWORKS  
FOR THE WORLD

تكریم الجامعة الخليجية ضمن الجهات المشاركة  
في فعالية البحرين تقرأ 2025

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## **Planning, Implementation, and Evaluation of SDG 3 Initiatives**

All activities and events related to SDG 3 (Good Health and Well-Being) are systematically planned and implemented through the university's annual Operational and Action Plans, which are submitted each July to the Director of Quality Assurance for review and subsequently approved by the University Council for every academic year. These approved plans are integrated into the Academic Calendar to ensure coordination and alignment with Gulf University's institutional priorities.

The Sustainability and Development Makers Center (SDM-C) and the Community Engagement and Continuing Education Center (CECEC) work collaboratively to organize a variety of health, wellness, and sustainability-focused events, including workshops, campaigns, and community initiatives, directly supporting SDG 3 and other UN Sustainable Development Goals.

Each event follows a structured process of planning, implementation, monitoring, and evaluation. Feedback is collected from students, staff, and community participants to assess the effectiveness and identify areas for continuous improvement. As part of the documentation process, the official SDG 3 icon is displayed in all related event materials, photos, publications, and promotional designs, ensuring clear visibility of the goal being addressed and enhancing awareness of the SDGs within the university community.

All SDG-related activities are communicated through Gulf University's official digital platforms, including the university website, social media pages, and annual sustainability reports, as well as through each center's dedicated platforms and reports. The entire cycle—from planning to evaluation—is supported by the effective use of Information and Communication Technology (ICT) for event coordination, reporting, digital archiving, and data collection, reinforcing accountability and continuous improvement in achieving SDG 3 objectives.

## **Summary of Trainee Feedback – Ministry of Interior: Open Prisons and Alternative Penalty Workshops**

As part of the CECEC's continuous quality assurance and impact assessment, feedback was collected from participants of the training workshops focused on Open Prisons and Alternative Penalty frameworks. These sessions were designed to align with Bahrain's vision for modern, human-centered rehabilitation systems and justice reform.

### **Level of Effort**

Most participants (over 50%) reported putting in Excellent effort, while a significant portion rated themselves as Very Good. This indicates high participant engagement and interest in the course content.

### **Contribution to Learning**

Participants showed strong improvement in their knowledge levels between the start and end of the course. Most responses indicated an Excellent increase in understanding related to sustainable justice concepts, open prison systems, and alternative sentencing mechanisms.

### **Instructor's Skill and Responsiveness**

The trainer received strongly positive ratings, with many respondents indicating "Strongly Agree" on indicators such as clarity, presentation style, engagement, and openness to questions.

### **Course Content**

The course content was generally viewed as well-structured, relevant, and informative. Several participants appreciated the clarity of the learning objectives, the organized content, and the practical focus of the sessions.

### **Reasons for Joining**

Participants had a mix of motivations:

- 44% joined out of personal interest,
- 33% due to degree/professional requirements,
- 22% selected the course because of its suitable timing.



- Open Comments – What Was Most Valuable?
- Many responses reflected appreciation for learning new concepts related to sustainability and global frameworks.
- Highlights included:
  - “Understanding the 17 SDG goals,”
  - “Linking sustainable development with justice,”
  - “Real-world application in Bahrain’s vision.”

Suggestions for Improvement

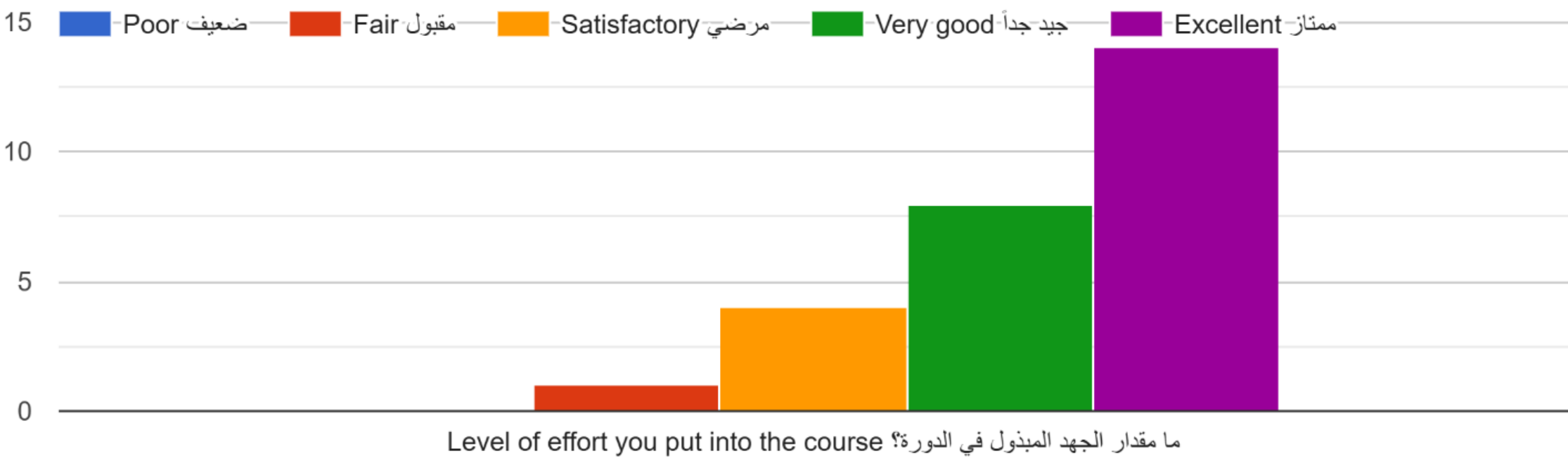
While many said the course was already good, several suggestions were offered:

- Enhance interactivity and engagement with real-world local case studies.
- Consider extending duration or offering a follow-up session to cover in-depth applications.
- Strengthen digital delivery methods where relevant.

All detailed evaluation results and participant responses have been archived on the Gulf University SharePoint system for documentation and future reference.



Level of Effort مقدار الجهد المبذول

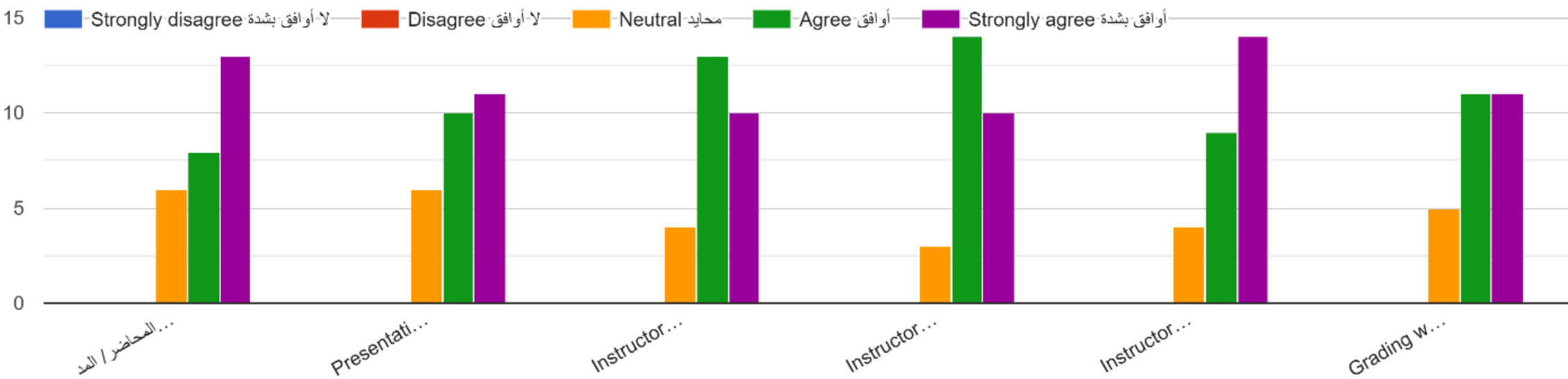


Contribution to Learning

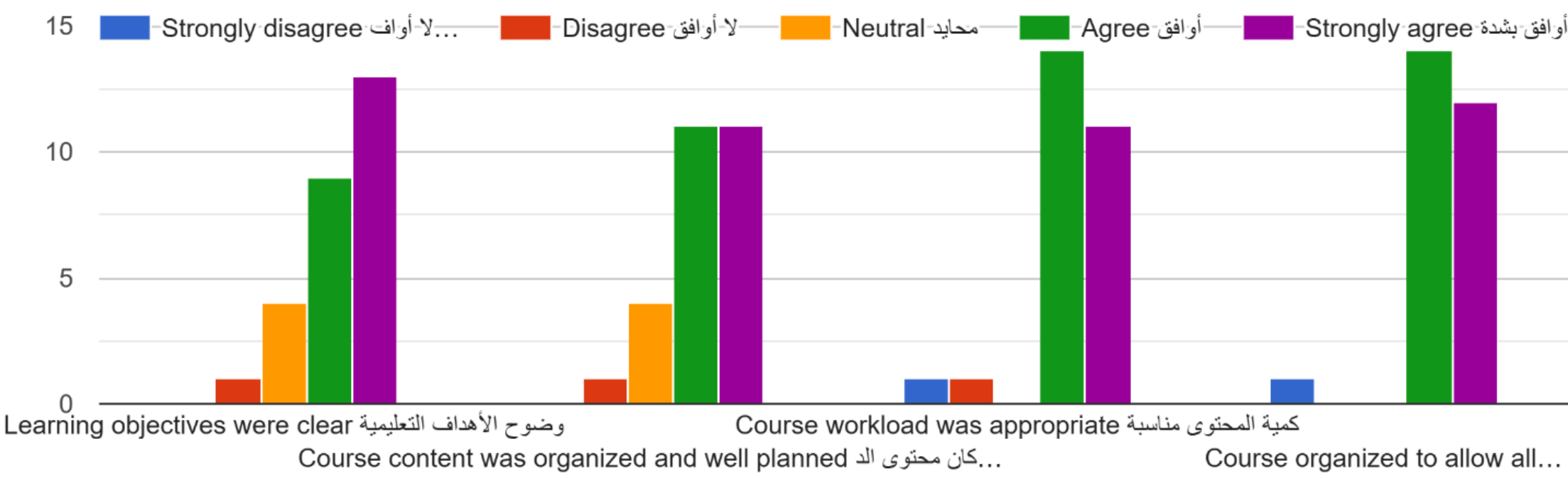
المساهمة في التعلم



Skill and Responsiveness of the Instructor مهارة واستجابة المحاضر



Course Content محتوى الدورة



What aspects of this course were most useful or valuable?

ما هي الجوانب الأكثر فائدة أو قيمة في هذه الدورة؟

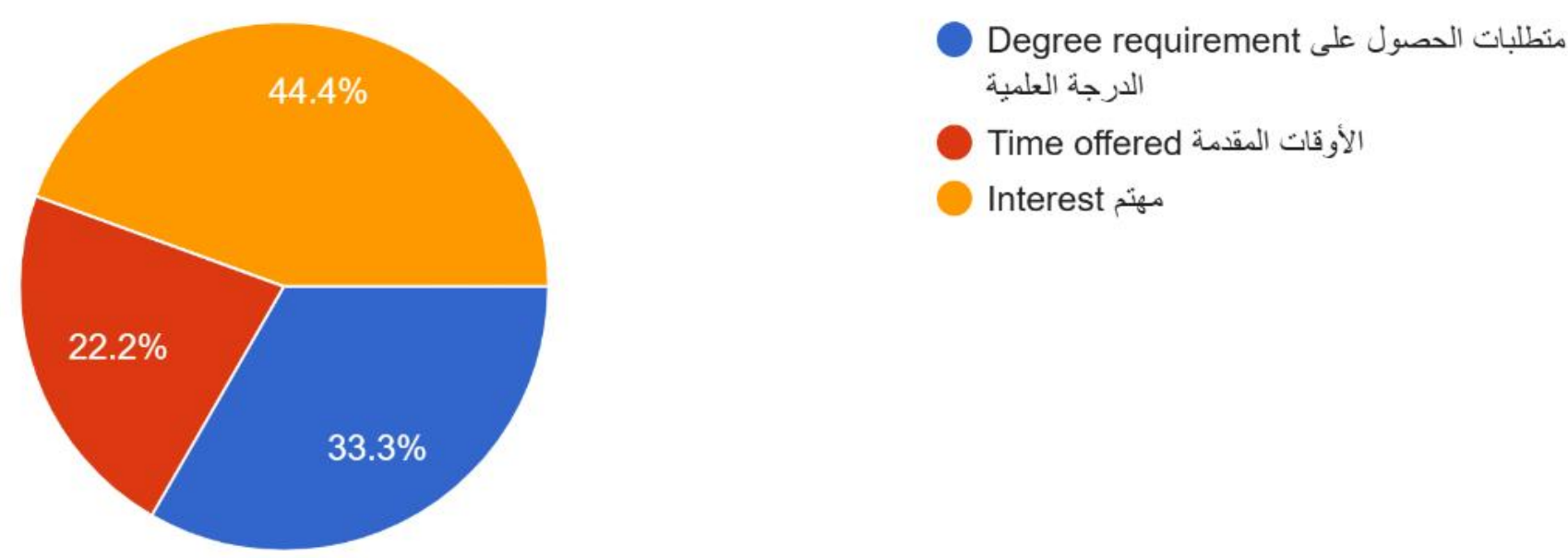
17 responses

- استفدت من هذه الدورة معرفة افكار الاستدامة والتطوير وفق منظور عالمي متطور بنظرة مستقبلية غير موجودة الان
- مفيدة في الحياء
- تعلمنا عن الاستدامة وما هيأه
- Everything
- التعاطي الإيجابي حول الأهداف البيئية للتنمية المستدامة
- كيف نفهم من الاستدامة والقواعد 17
- الاستدامة في تطوير المملكة
- مفهوم الاستدامة
- مفهوم واهداف التنمية المستدامة



لماذا اخترت هذه الدورة؟ Why did you choose this course?

27 responses



How would you improve this course?

كيف يمكن تحسين هذه الدورة؟

17 responses

والسؤال الثاني
. يمكن تحسين هذه الدورة بطرح افكار ومنظور الاستدامة وفق رؤية مملكة البحرين
الاهتمام للنواقص
لا افكر ان هناك اي شي
It's already good
. يمكن تحسين هذه الدورة بطرح افكار ومنظور الاستدامة وفق رؤية مملكة البحرين
زيادة الوقت أو تقليل المحتوى
تقسيمها على يومين

Donations and Social Responsibility

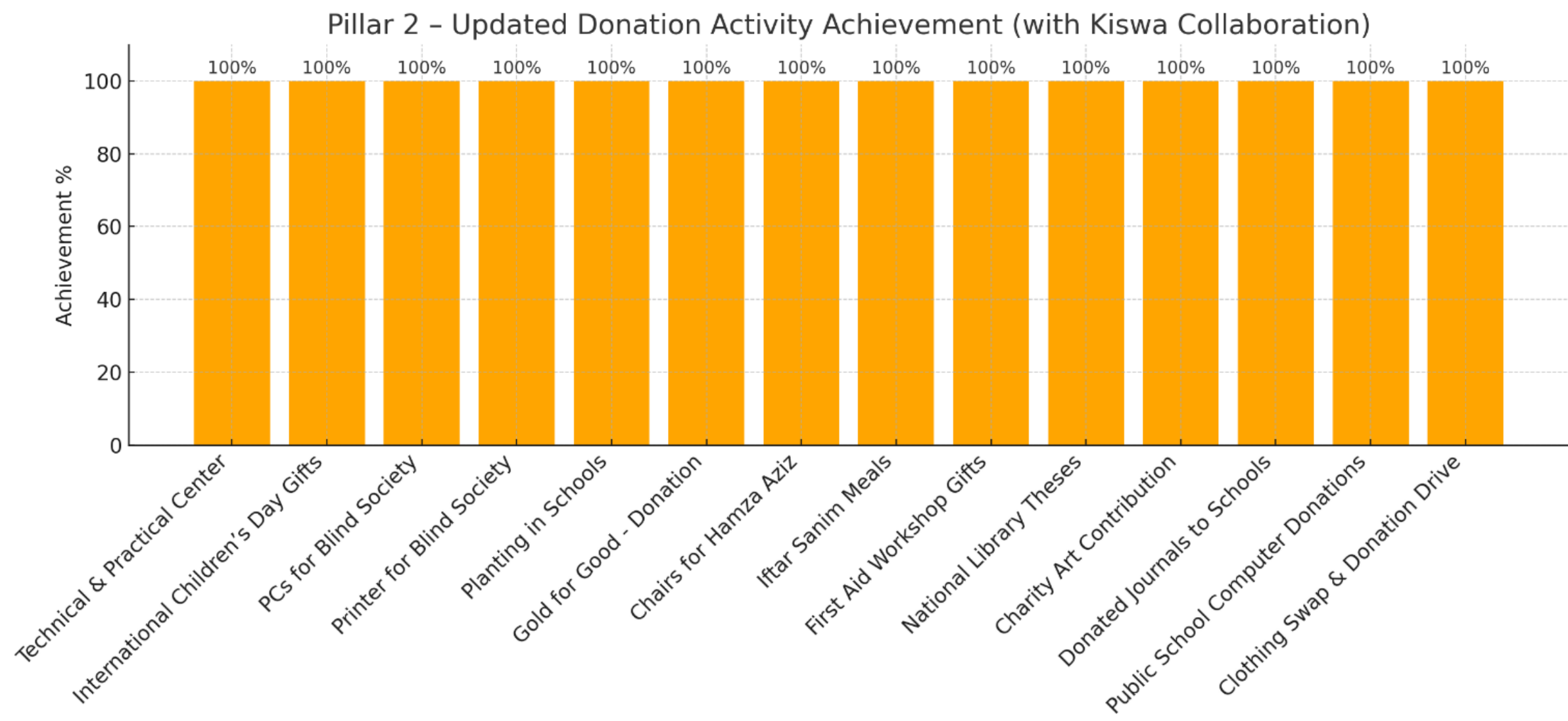
Objective: OB14.IN02 – Develop and execute community engagement and continuous learning activities

Achievement: 100%

Linked SDGs: SDG 2, 3, 4, 9, 10, 13, 17

As part of Gulf University’s commitment to societal well-being and sustainable development, the CECEC executed 14 donation and support-based initiatives throughout the academic year. These included the donation of medical and educational tools, gifts for special needs students, support for libraries, meal provision, and environmental contributions.

All activities were successfully completed, illustrating a strong dedication to equity, education, innovation, and humanitarian support. This pillar continues to serve as a model for inclusive engagement and aligns significantly with the UN Sustainable Development Goals (SDGs), notably in health, education, innovation, and community partnership.



International Children’s Day – Gift Distribution Initiative

Linked SDG: SDG 3 – Good Health and Well-being

Objective: OB14.IN02 – Enhance sustainable learning and support services

In celebration of **International Children’s Day**, the **Community Engagement and Continuing Education Center** at **Gulf University** organized a heartfelt **gift distribution campaign** to promote child well-being and joyful engagement.

As part of this initiative:

- A total of **50 educational and recreational gift packages** from **Gulf university** were distributed to children, aimed at raising awareness about health, happiness, and preventive care.
- **50 gift items** were generously donated by **Arab Sweet**, won through our students' active participation in a collaborative giveaway.
- **12 gold certificates** were awarded to students who excelled in the "**Golden Workshop**", highlighting their leadership and volunteer contributions to this initiative.

This initiative reinforces the university’s mission to support **SDG 3 – Good Health and Well-being**, emphasizing the value of community service, child wellness, and sustainable development practices. The joyful celebration not



only brought smiles to the faces of many children but also strengthened the bridge between education and community care.



### Planting in Schools and Society Initiative

Gulf University, through its Community Engagement and Continuing Education Center, implemented the "Planting in Schools and Society Initiative", resulting in the planting of over 660 trees across various educational institutions and community spaces. This initiative aimed to promote environmental sustainability, raise awareness about climate change, and engage students in actionable green practices. Planting 660+ trees in schools and community areas improves air quality and urban micro-climates and promotes healthier, stress-reducing green spaces for students and residents.





## Gold for Good – Community Donation

Donated BD 400

### Gold for Good Championship 2024

**Linked SDG:** SDG 3 – Good Health and Well-being

**Organized by:** Community Engagement and Continuing Education Centre (CECEC), Gulf University

**In collaboration with:** Royal Humanitarian Foundation

**Date:** 2024

Held over two impactful days at Khalifa Sports City, the “Gold for Good Championship 2024” was a dynamic event combining sportsmanship, humanitarian commitment, and student engagement. The championship, hosted by Gulf University through the Community Engagement and Continuing Education Centre (CECEC), featured spirited athletic competitions that celebrated unity and social responsibility.

This unique event was organized in partnership with the Royal Humanitarian Foundation, and brought together student-athletes from various disciplines to compete while contributing to a noble cause.

#### University Contribution

As part of the event’s humanitarian objective, Gulf University donated BD 400 in support of charitable causes championed by the Royal Humanitarian Foundation. This initiative demonstrated the university’s commitment to community solidarity and social impact beyond academic boundaries.

Through the two-day “Gold for Good Championship 2024,” Gulf University promoted physical activity and social well-being among students and the community. Organized by CECEC in partnership with the Royal Humanitarian Foundation, the event advanced healthy lifestyles and community Cohesion.





### Iftar Samim – Meal Distribution During Ramadan

During Ramadan 2024, Gulf University's Community Engagement and Continuing Education Center (OB16.IN02) delivered the Iftar Samim campaign, distributing 400 hot meals just before Maghrib at traffic intersections and in low-income neighborhoods/camps. While the initiative primarily advances SDG 2 (Zero Hunger) and SDG 1 (No Poverty), it also contributes to SDG 3 (Good Health and Well-Being)—particularly Targets 3.4 and 3.8—by ensuring timely access to safe, nutritious iftar that reduces fasting-related health risks and supports physical recovery and energy balance, and by easing food-insecurity-related stress through compassionate community outreach. The campaign strengthened student–faculty civic engagement and reinforced a culture of solidarity and well-being across the community.

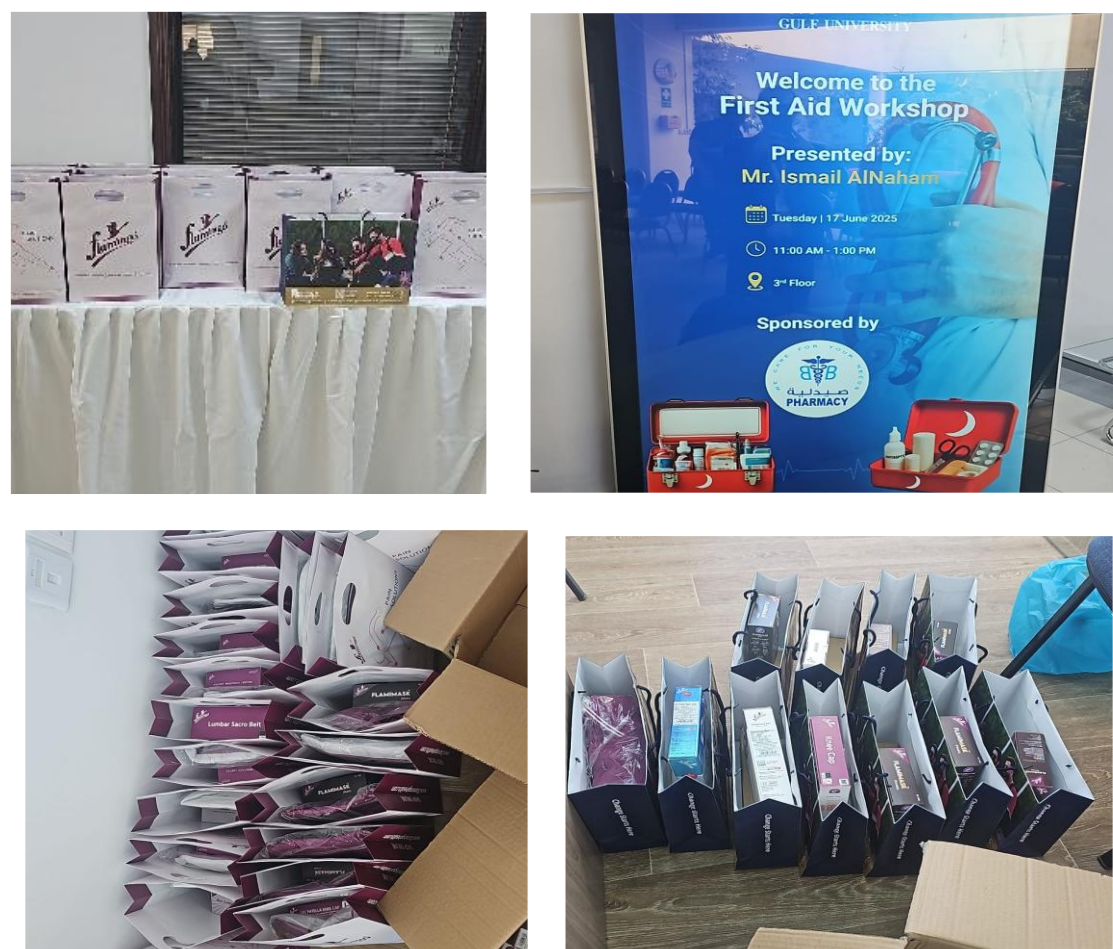


### First Aid Workshop – Participant Gifts

Linked SDG: SDG 3 – Good Health and Well-being

As part of the Gulf University First Aid Workshop, 30 practical medical toolkits were distributed to participants as takeaway gifts. These included basic health tools essential for first response, jointly sponsored by Bluebird Pharmacy and Gulf University.

This initiative aimed to equip attendees with essential health items that encourage preparedness and health awareness. The workshop and the distributed kits reflect GU's contribution to public health education and align with SDG 3 – Good Health and Well-being, emphasizing the importance of community resilience and medical readiness.





## Ongoing Initiative – Donation of Continuous Glucose Monitoring (CGM) Sensors

As part of Gulf University's continued commitment to community health and wellness, the university has initiated a donation program of 20 Continuous Glucose Monitoring (CGM) System Sensors to support diabetes awareness and management among its community members. The total amount of 320 BHD was approved by the University President, and the procurement process has been completed.

Out of these 20 units, five sensors have been donated to elderly staff members who volunteered to participate and monitor their health conditions. The remaining units are planned to be distributed to students living with diabetes as part of the university's internal wellness support program. Additionally, a portion of the sensors will be donated to children during the upcoming International Diabetes Day, as part of Gulf University's outreach campaign to promote early detection and diabetes prevention awareness.

These CGM sensors, part of the Linx CGM System, provide real-time glucose monitoring for a full month per user, offering significant health benefits and promoting proactive disease management.

## Planned Expansion:

The initiative will be expanded through a community donation campaign inviting faculty, staff, and students to contribute toward purchasing additional sensors. This continued effort reflects Gulf University's dedication to social responsibility, preventive healthcare, and the advancement of SDG 3, ensuring broader community impact through health education and support.





## World Diabetes Day: Promoting Health and Sustainable Development

### World Diabetes Day: Advancing Health Awareness and SDGs

Linked SDG: SDG 3 – Good Health and Well-being

Objective: OB14.IN02 – Develop plans and execute community engagement and continuous learning activities

On November 18, 2024, Gulf University, through its Center for Community Engagement and Continuing Education, hosted a health-focused awareness event in observance of *World Diabetes Day*. The event was held in collaboration with key national healthcare organizations, including the Bahrain Diabetes Society, Al Salam Hospital, Dr. Abdul Fattah Clinic, Nutrition Clinic, Merck, Paramedics Academy Team, and Bluebird Pharmacy.

The program offered educational sessions, medical consultations, and free diabetes screenings to the public, promoting awareness about diabetes prevention and quality of life management. This initiative directly supports the United Nations' Sustainable Development Goal 3 (SDG 3), which focuses on Good Health and Well-being.

Dr. Maryam Ibrahim Al-Hajri, Vice President of the Bahrain Diabetes Society, delivered a keynote lecture titled “*Diabetes and Quality of Life*,” highlighting the critical role of community institutions in public health awareness.

Prof. Dr. Muhannad Al-Mashhadani, President of Gulf University, commended the effort, stating:

“Our partnerships and awareness campaigns serve as important platforms for educating the community and advancing sustainable health objectives.”

Dr. Marwan Milhem, Director of the Center, also noted:

“Gulf University is committed to impactful community engagement initiatives that improve national health literacy and well-being.”

The event demonstrated Gulf University's continuous commitment to public service, education, and sustainability.





## Gulf University Showcases AI Innovation at Al Maraee Exhibition

Gulf University participated in the Al Maraee Exhibition, held over five days starting from 27 November 2024, with full coverage by both faculty members and students. The exhibition served as a platform for showcasing innovation, where the university presented an AI-driven smart agriculture project. The innovative solution enables a plant to send a WhatsApp message to the user when the soil is dry, asking: “Would you please come water me, or should I activate the water pump myself?”

This creative project was a collaboration between the Department of Electrical and Electronic Engineering and the Department of Architecture and Interior Design Engineering, demonstrating the power of teamwork, research, and interdisciplinary education. The university’s presence at the exhibition reflects its strong commitment to practical innovation, environmental awareness, and community collaboration.

### Linked Objectives: OB13.IN01 – Industry Performance (Consultancy & Research)

#### Linked SDGs:

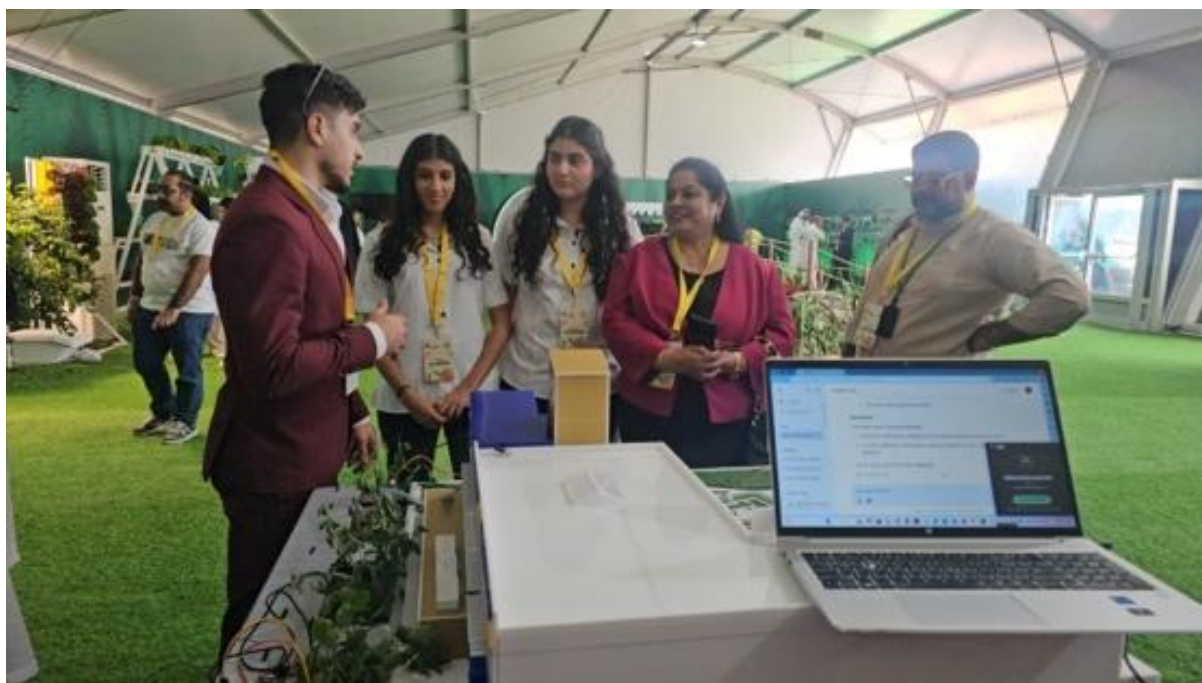
**SDG 3 – Good Health and Well-being**

**SDG 4 – Quality Education**

**SDG 9 – Industry, Innovation and Infrastructure**

**SDG 13 – Climate Action**

**SDG 17 – Partnerships for the Goals**





Gulf University Registers AI-Powered Smart Irrigation System

Linked Pillar:

- Pillar 5 – Industry Relations, Collaboration, and Consultation

Linked Objectives:

- OB13.IN01 – Industry Performance (Consultancy & Research)
- OB14.IN01 – Strategic Community Collaborations
- OB21.IN03 – Incubator for Community Initiatives

Linked SDGs:

- SDG 9 – Industry, Innovation and Infrastructure
- SDG 13 – Climate Action
- SDG 3 – Good Health and Well-being
- SDG 4 – Quality Education
- SDG 17 – Partnerships for the Goals

AI-Powered Smart Irrigation System – Officially Registered & Copyrighted!  
Gulf University proudly announces that its AI-Powered Smart Irrigation System has been officially registered and copyrighted with the Ministry of Information (Deposit No: 2025/1927/184/i) on 8 January 2025.

This innovative solution combines Artificial Intelligence and IoT technologies to monitor soil moisture and environmental data in real time, enabling automated water regulation based on need. The system reduces water waste, increases crop yield, and supports sustainable agricultural practices—making it a vital contribution to climate action and food security.

This achievement marks a milestone in Gulf University’s pursuit of applied research and practical innovation. The project highlights the synergy between academic knowledge, community engagement, and real-world problem-solving in support of Bahrain's national goals and global sustainability efforts.



Ministry of Information



وزارة الإعلام

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## Gulf University Develops AI-Based Fuzzy Logic System for Diabetes Risk Prediction

### Linked Pillar:

- **Pillar 5 – Industry Relations, Collaboration, and Consultation**

### Linked Objectives:

- **OB13.IN01 – Industry Performance (Consultancy & Research)**
- **OB14.IN01 – Strategic Community Collaborations**
- **OB16.IN01 – Community Training Services**

### Linked SDGs:

- **SDG 3 – Good Health and Well-being**
- **SDG 9 – Industry, Innovation and Infrastructure**
- **SDG 4 – Quality Education**

Gulf University continues to make impactful contributions to healthcare innovation with the development of an AI-Based Fuzzy Logic System for Precision Diabetes Risk Prediction. This initiative was led by Dr. Walid El Fezzani, Head of the Electrical and Electronics Engineering Department, in collaboration with the University of Northampton (UK) and the Sustainability and Development Makers Center at Gulf University, under the supervision of Dr. Omar Blibech.

The system employs Artificial Intelligence and fuzzy logic to predict the risk of developing diabetes based on a set of personal health indicators including body weight, family history, age, and lifestyle habits. It is designed to support individuals in understanding their risk category (low, medium, or high) and taking preventive steps. The model has demonstrated an impressive accuracy rate of 87%, making it a reliable tool for early intervention.

The project contributes to public health awareness, diabetes prevention, and proactive disease management—issues that align with the global and national health priorities. The innovation has been widely shared through national media and professional engineering forums, such as the Bahrain Society of Engineers’ “Almohandis” magazine (Issue 80), highlighting its relevance and societal value.





## Gulf University Showcases Student Innovation at “Capital Governorate is Senior Citizens Friendly” Initiative

### Linked SDGs:

- SDG 3 – Good Health and Well-being
- SDG 10 – Reduced Inequalities
- SDG 11 – Sustainable Cities and Communities

Gulf University, through its **Sustainability Center and Development Makers**, participated in the event “Capital Governorate is Senior Citizens Friendly”, reaffirming its commitment to social inclusion and community development.

Representing the university was **Dr. Omar Blibech**, Director of the Sustainability Center and Development Makers, who actively engaged in the event’s discussions and activities. As part of the university’s contribution, **students from the College of Engineering** showcased **innovative projects and designs** aimed at enhancing the quality of life for senior citizens.

These projects focused on:

- Assistive technologies and mobility solutions
- Smart and accessible living environments
- Community-based designs for active aging and inclusion

Participation reflects Gulf University’s values of **giving back to the community**, promoting **intergenerational solidarity**, and **empowering students to apply their skills for societal benefit**.





## Gulf University Participates in Fiker Training Forum Organized by Customs Affairs

Linked SDG: SDG 4 – Quality Education

Gulf University Participates in Fiker Training Forum Organized by Customs Affairs

While Gulf University's participation in the two-day Fiker Training Forum primarily advances SDG 4 (Quality Education) and SDG 17 (Partnerships for the Goals), it also supports SDG 3 (co-benefit, Target 3.4) by strengthening healthy, supportive pathways from study to work. Through sessions on youth participation models, internship mechanisms, and community services with the General Directorate of Customs Affairs, the forum promoted student preparedness, purpose, and social connectedness—factors linked to improved mental well-being and reduced transition stress.



## Gulf University Participates in "Be an Inspiration for People with Disabilities" Marathon

Linked SDG:

- SDG 10 – Reduced Inequalities
- SDG 3 – Good Health and Well-being

**Objective:** OB16.IN02 – Encourage active student and faculty participation in community issues

In a strong show of support for individuals with disabilities, Gulf University participated in the “Be an Inspiration for People with Disabilities” marathon, held under the esteemed patronage of His Excellency Sheikh Rashid bin Abdulrahman Al Khalifa, Governor of the Capital Governorate, and in collaboration with the Bahraini Motivators Society.

The event saw active engagement from Gulf University's academic staff, their families, and students, highlighting the university's dedication to inclusivity, community health, and raising awareness for people with disabilities. Through this initiative, Gulf University reaffirmed its commitment to fostering empathy, participation, and social responsibility among its community members.









## Hospital Student Family Visit

Humanitarian outreach by students to support patients and families with gifts and empathy.

Humanitarian outreach by students to support patients and families with gifts and empathy.

**Linked SDG:** SDG 3 – Good Health and Well-being

As part of Gulf University's humanitarian and community engagement efforts, a group of students organized a **hospital visit to support the husband of one of their fellow students**, who was receiving medical treatment.

The visit aimed to express solidarity, compassion, and moral support to both the patient and his family.

During the visit, students offered **small gifts and tokens of encouragement**, demonstrating empathy and care toward individuals facing health challenges. This act of kindness reflects the university's core values of **humanity, social responsibility, and emotional support**, fostering a caring and inclusive academic community.



## Mr. Esmail Visit – Follow-up Wellness and Care Initiative

**Linked SDG:** SDG 3 – Good Health and Well-Being

**Objective:** OB16.IN02 – Encourage active student and faculty participation in community issues

Following an unexpected health incident that occurred during International Accounting Day at Gulf University, the university staff organized a follow-up home visit to Mr. Esmail, who had served as a distinguished guest during the event. The purpose of the visit was to check on his health condition, offer moral support, and express appreciation for his valuable participation.

This act of care and compassion reflects Gulf University's strong commitment to community values, empathy, and social responsibility. The visit not only reinforced the importance of well-being and human connection, but also aligned with SDG 3 (Good Health and Well-Being) by promoting emotional and social support as integral aspects of holistic health care and community engagement.





### AI System Featured in National Media to Raise Diabetes Awareness

SDG 3 – Good Health and Well-being

As part of Gulf University’s ongoing efforts to improve community health awareness, the AI-Based Diabetes Risk Prediction System was prominently featured in local Arabic media. The article, published in a national newspaper, presented the project’s objectives and real-life applications in monitoring diabetes risks using AI-powered technology.

Dr. Walid El Fezzani, Head of the Electrical and Electronics Engineering Department, explained how the system helps predict the probability of developing diabetes based on eight key factors, including age, weight, family history, and lifestyle. The media coverage emphasized the system’s 87% accuracy and the importance of early detection in combating chronic illnesses.

This outreach effort supported the university’s community engagement goals, helping to educate the public on diabetes prevention and encouraging healthier lifestyle choices.

### 8 عوامل حاسمة وبدقة 87%.. الفزاني:

## نظام ثوري للذكاء الاصطناعي للتحذير بمخاطر الإصابة بالسكري

كشف رئيس قسم الكهرباء والإلكترونيات بالجامعة الخليجية د. وليد الفزاني عن تقديمه، بالتعاون مع جامعة نورثهامبتون البريطانية ومركز صناع الاستدامة والتنمية بالجامعة الخليجية، نظاماً رائداً مدعوماً بالذكاء الاصطناعي للتحذير بمخاطر الإصابة بمرض السكري، مشيراً إلى أن هذا الحل الرائد يقدم نهجاً تشخيصياً لتقييم مخاطر الإصابة بمرض السكري، ما يوفر رؤى حاسمة للرعاية الوقائية.

وقال د. الفزاني، في تصريح له، إن النظام المبتكر، القائم على نظام الاستدلال الضبابي، يتضمن ثمانية عوامل صحية حاسمة معترف بها من قبل منظمة الصحة العالمية.

وأوضح أن العوامل تشمل التاريخ العائلي، مؤشر كتلة الجسم، النشاط البدني، النظام الغذائي، ضغط الدم، مستويات الكوليسترول، العمر، وعادات التدخين، مشيراً إلى أنه من خلال تحليل هذه المتغيرات، يقدم النظام المدفوع بالذكاء الاصطناعي تقييماً دقيقاً للمخاطر ويصنف الأفراد على أنهم معرضون لخطر منخفض أو متوسط أو مرتفع للإصابة بمرض السكري.

وأضاف الفزاني أن هذا النموذج المعزز بالذكاء الاصطناعي يعالج التعقيدات

البرنامج المبتكر في شقين: زيادة الوعي بين الأفراد بشأن مخاطر صحتهم الشخصية، ومساعدتهم على اتخاذ خيارات نمط حياة مستنيرة، وتزويد الأطباء بأداة قوية لتقييم مخاطر الإصابة بمرض السكري بسرعة ودقة وبسهولة في الاستخدام وموثوق بها، ما يُصب لصالح إحداث تأثير دائم على الوقاية من مرض السكري وإدارته.

وبيّن رئيس قسم الكهرباء والإلكترونيات بالجامعة الخليجية أن نظام الاستدلال الضبابي المعزز بالذكاء الاصطناعي يستفيد أيضاً من تحسين القواعد باستخدام خوارزميات متقدمة، مما يحسن دقتها وقابليتها للتفسير.

وأردف أنه في التجارب الواقعية، حقق النموذج دقة تنبؤ بنسبة 87٪، مما يجعله أداة موثوقة لمهنيي الرعاية الصحية والأفراد على حد سواء.

وأكد الفزاني أن هذا المشروع يعكس الجهود التعاونية بين الجامعة الخليجية وجامعة نورثهامبتون في إطار البحوث العلمية المشتركة، ويعزز أهمية البحث متعدد التخصصات في معالجة التحديات الصحية العالمية الملحة، كما يتماشى مع أهداف مركز صناع

الاستدامة والتنمية في الجامعة الخليجية إلى تعزيز الابتكارات التي تساهم في أهداف الأمم المتحدة للتنمية المستدامة، وخاصة الهدف الثالث من الصحة الجيدة والرفاهية.

وأضاف الفزاني أنه مع وجود أكثر من 500 مليون حالة في جميع أنحاء العالم، يعد مرض السكري مصدر قلق صحي عالمي متزايد، موضحاً أن هذا النظام المدعوم بالذكاء الاصطناعي يعد تقدماً كبيراً في الرعاية الوقائية، وتمكين الأفراد من السيطرة على صحتهم قبل ظهور المضاعفات.

وتابع أن البرنامج لا يهدف إلى مساعدة الأشخاص على مراقبة صحتهم فحسب، بل يهدف أيضاً إلى منح الأطباء أداة تشخيصية قيّمة للكشف المبكر وإدارة المخاطر، من خلال الاستفادة من الذكاء الاصطناعي وتقنية المنطق الضبابي.


وخلص الفزاني إلى القول إنه من المقرر أن يلعب نظام التحذير بمخاطر الإصابة بمرض السكري دوراً محورياً في مستقبل الرعاية الصحية، وخاصة في الطب الدقيق واستراتيجيات التدخل المبكر، ما يساعد على تقليل عبء أنظمة الرعاية الصحية وتحسين نوعية الحياة لملايين الأشخاص حول العالم.



## Multicultural Ramadan Potluck Iftar

Gulf University’s Center for Community Engagement organized a Multicultural Ramadan Potluck Iftar that brought together academic and administrative staff in a spirit of unity and mutual respect. While celebrating cultural diversity, the gathering supported SDG 3: Good Health & Well-Being (Target 3.4) by fostering social connection, a sense of belonging, and stress relief during the fasting month—key determinants of mental well-being in the workplace. Twelve employees from different countries contributed traditional home-cooked dishes, with a friendly community vote recognizing the top three entries, strengthening interpersonal bonds and a supportive campus climate.







**gulf\_university** and 2 others
...


انسجامًا مع قيم الشهر الفضيل وروح رمضان المبارك.

Gulf University Hosts a Multicultural Ramadan Potluck Iftar


Gulf University organized a Ramadan potluck Iftar, bringing together its academic and administrative staff in a spirit of unity. The event celebrated cultural diversity, with participants sharing traditional dishes where best dishes from the different nationalities represented by GU faculty and staff were awarded 1st, 2nd and third place winners by voting, reflecting the university's commitment to a positive and inclusive work environment.

For more information about Gulf University  
[www.gulfuniversity.edu.bh](http://www.gulfuniversity.edu.bh)


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March 25


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Post



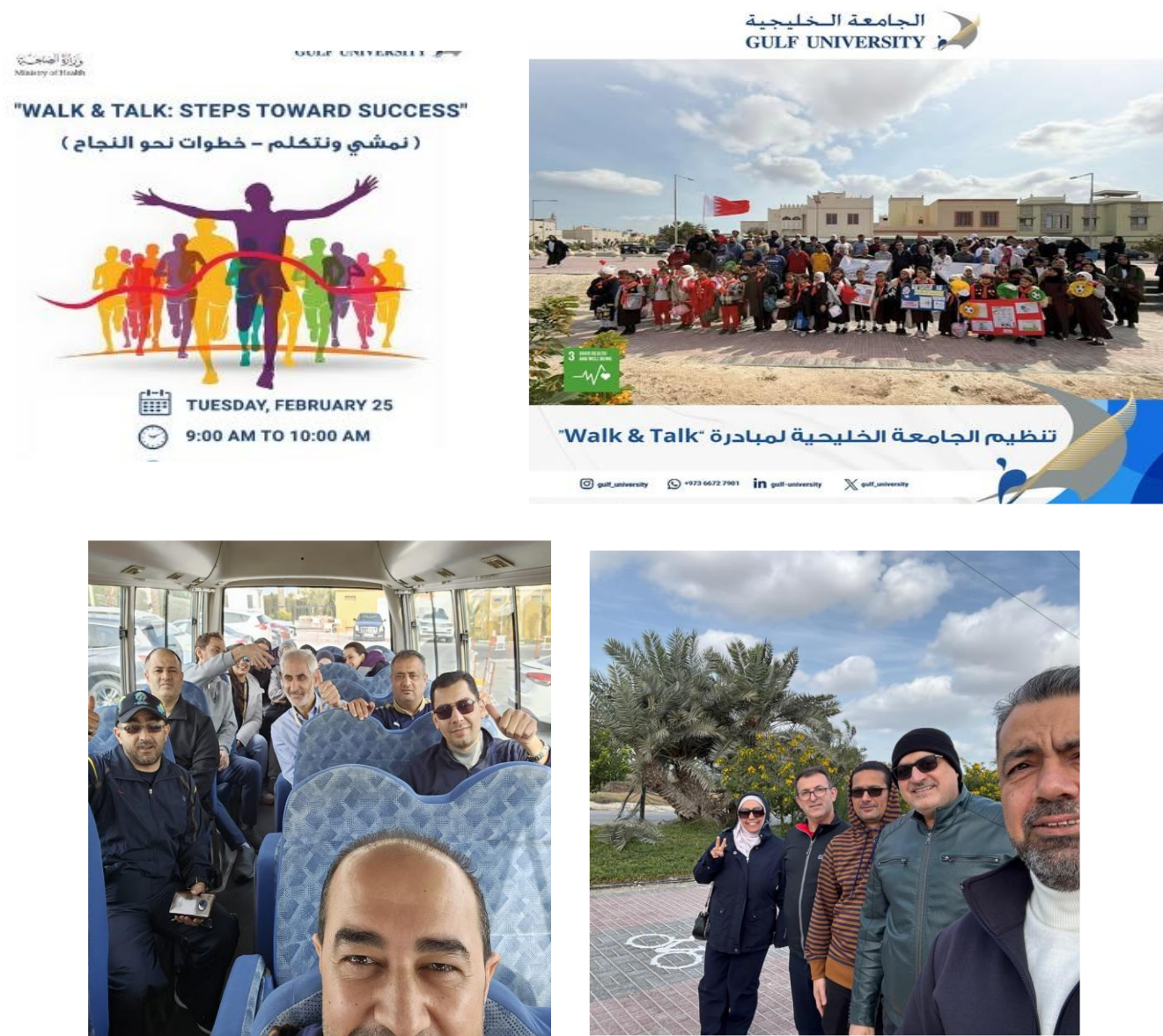
## Walk & Talk: Steps Toward Success-Wellness Initiative

Linked SDG: SDG 3 – Good Health and Well-being

In alignment with the Ministry of Health's national wellness initiative, Gulf University's Community Engagement and Continuing Education Center organized the "Walk & Talk: Steps Toward Success" event at Zayed City Park. This wellness walk aimed to promote both physical health and academic well-being among students.

The event brought together a group of students—particularly those with low GPAs or facing academic risk—and their academic advisors and instructors. Through light physical activity and informal dialogue in a relaxed outdoor setting, the initiative fostered stronger student-faculty relationships while addressing academic challenges and enhancing mental well-being.

By integrating academic guidance with physical fitness, the activity supported holistic student development and demonstrated Gulf University's proactive approach to student success. This initiative reflects the university's ongoing commitment to community engagement and health promotion as part of the United Nations' Sustainable Development Goal 3 (Good Health and Well-being).



## Gulf University Hosts "Together for Inclusive Awareness and Sustainable Safety" Awareness Event in Partnership with the Ministry of Interior

Linked SDG:

- SDG 3 – Good Health and Well-being
- SDG 4 – Quality Education
- SDG 11 – Sustainable Cities and Communities

**Objective: OB16.IN02 – Encourage active student and faculty participation in community issues**

On Thursday, February 27, 2025, Gulf University, through its Community Engagement and Continuing Education Center, proudly organized a major awareness event titled "Together for Inclusive Awareness and Sustainable Safety" in cooperation with multiple sectors of the Ministry of Interior.

This full-day event ran from 10:00 AM to 5:00 PM and witnessed wide participation from students, academic



staff, and administrative personnel. The program included several educational and safety-focused workshops delivered on the second and third floors of the university, emphasizing the themes of national safety, personal responsibility, and community preparedness. Following the workshops, attendees explored an extensive exhibition showcasing practical demonstrations, tools, and community safety initiatives conducted by the Ministry’s specialized departments. These activities enhanced student engagement through real-world exposure and practical interaction with public safety institutions. This initiative strongly aligned with the university’s strategic commitment to promote social responsibility, active citizenship, and sustainable safety awareness, contributing to national goals and the United Nations Sustainable Development Goals (SDGs).





## Gulf University Sustainability Week

During the 2024–2025 academic year, Gulf University’s Sustainability and Development Makers Center (SDM-C) organized and contributed to several initiatives directly aligned with SDG 3. The most prominent event was the Gulf University Sustainability Week (20–24 October 2024), which included a wide range of workshops, training sessions, and community activities linking health, well-being, and sustainability.

### Sustainability Week Highlights Related to SDG 3

- Out of 38 total activities, 10 were directly linked to SDG 3 (Good Health & Well-Being)
- Key SDG 3-focused sessions included:
  - *Workshop on Mental Health and Wellness* – raised awareness about psychological well-being, stress management, and healthy work–study balance.
  - *Nutrition and Sustainable Diets* – promoted healthy lifestyles and responsible food choices.
  - *Community Wellness & Fitness Activities* – integrated physical-activity campaigns with environmental actions.
  - *Tree-Planting and Clean-Up Events* – connected environmental improvement with community health outcomes.
  - *Farmers Market and Local-Food Potluck* – encouraged sustainable nutrition and community engagement for better well-being.

### Health-Related Community Engagement

- The Community Potluck Lunch, Farmers Market, and Donation Drives fostered social inclusion, nutrition awareness, and mental health through social interaction
- *Campus Clean-Up and Tree-Planting Challenges* improved both environmental and public health, emphasizing the link between healthy surroundings and community wellness.
- Partnerships involved the Ministry of Health, Supreme Council for Environment, and local NGOs working on health and sustainability awareness

### Capacity-Building and Training

- Training sessions on *AI & Metaversity for Sustainable Development* and *Smart Cities for Healthy Living* explored the intersection of technology, safe environments, and well-being

DM-C also introduced plans for a University-wide Carbon Footprint Assessment, Sustainability Club health-awareness events, and the SDG Big Quiz, all integrating health and environmental education

**DAY 1**  
**20<sup>TH</sup>**  
**OCT**



**GULF UNIVERSITY SUSTAINABILITY WEEK**



<b>10:00</b>	<b>Introduction to the SDGs: Global Interactive Presentations:</b>
<b>10:30</b>	<p>10:00-10:15: Opening speech &amp; ceremony; introducing the week's activities and University commitments to continued action towards SDGs.</p> <p>The Supreme Council for Environment (SCE) in Bahrain/Dr. SH. Fay Abdulla Al Khalifa/ Ministry of Interior/ Ministry of Health/ Ministry of Industry and Commerce/Ministry of Youth Affairs-The Supreme Council for Youth &amp; Sports/Ministry of Works/Ministry of Housing and Urban Planning/Bahrain Science Center for SDGs</p> <p>المؤسسة الملكية للأبحاث والتنمية RFH / Professor Mohanad AlFiras, President &amp; Dr. Omar Bilbech, Gulf University Sustainability &amp; Development Makers Center - SDMC</p> <p>10:15-11:00: Overview presentation on the 17 SDGs and their significance.</p> <p>Mr. Ahmed Ben Lassoued, UNIC /Dr. Mustafa Alsayed/ Mr. Nabeel Radhi, Innova Green / Dr. Najat Es'haqi/ KPMG Bahrain/KANOO Group .</p> <p>11:00-11:30:</p> <p>Discussion on "Sustainable Living" and Partnerships for the Goals: bringing together local organizations and businesses to discuss collaboration for achieving the SDGs.</p>
<b>11:30</b>	<b>Interactive Work Session</b>
<b>12:00</b>	<p>Interactive work session to explore how each SDG relates to business and everyday life of local communities.</p> <p>Mr. Mohamed Jaffer Mezal - The Supreme Council for Environment (SCE) Dr. Siddiq Balal / Dr. Najat Es'haqi / Mr. Ali Ghasra, (MOIC)</p>
<b>12:00</b>	<b>Panel Discussion</b>
<b>12:30</b>	<p>on the progress and challenges in achieving the SDGs in local/regional context in Higher Education.</p> <p>HEC Representative/ BQA Representative Dr. Rumpa Roy , D. Tanvir Hussein/Gulf University</p>
<b>12:30</b>	<b>Break at the GU Studio Café &amp; University Tour to explore Campus settings</b>
<b>13:30</b>	<b>and the launching of Sustainability Week Activities &amp; Workshops</b>
<b>13:30</b>	<p>Dr. Omar Bilbech, SDMS Director / Dr. Walid Elfezzani, SDMC Member</p>
<b>13:30</b>	<b>SDGs, ESG &amp; Community Engagement Workshop: "Participate-Collaborate-Create".</b>
<b>14:00</b>	<p>KPMG-ESG Specialist, Mr. Naren Pasupalati &amp; Mr. Kalyan Subramanian / Maryam Mahmoud AlHajri, NGOs /</p> <p>Dr. Mohamed Dawas, CECLC, Gulf University / Dr . Ahmad Alastal</p>
<b>14:00</b>	<b>Healthy activities and Mindfulness Session Promoting Mental Health and Well-Being.</b>
<b>15:00</b>	<p>MoH-Health Promotion Directorate Mrs. Maryam Almosawi /Consultant Zahra Baqer - Dr Muskan Naggi / Mrs. Maryam Lukman/ Meditation &amp; Yoga Expert/ RAM Medical Center</p> <p>Community wellness sessions featuring health screenings, health advising, health guide, lifestyle management and activities promoting physical and mental well-being. MoH Bahrain, Zainab Mahdi Abdullah, Zainab Abd Ali, Health Promotion Directorate; Think Pink: Bahrain Breast Cancer Society; , Mrs. Zainab Hasan, Mr. Ali Al-Arabi, Mrs. Sana Albaker/ Dr. Mariam Al Junaidi, Ibn Al-Nafees Hospital</p>
<b>15:00</b>	<b>Nutrition Workshop Focusing on Healthy and Sustainable Diets.</b>
<b>15:30</b>	<p>Dr. Shaima Abdelmaboud ALSALAM HOSPITAL/ Dr. Abrar Omran/ Healthy calories</p>
<b>15:30</b>	<b>Community Potluck lunch with dishes</b>
<b>16:00</b>	<p>dishes made from locally sourced, seasonal foods and different environment friendly culinary traditions/cultures.</p>
<b>16:00</b>	<b>Eco-Friendly Personalized &amp; Custom Gifts Distribution.</b>
	GUSW – Team / GU Sustainability Club

## Collaborations with health institutions

Gulf University, through the Center for Community Engagement and Continuing Education, has established strong collaborations with several health and medical institutions in Bahrain in support of SDG 3 (Good Health and Well-Being). Partner organizations include the Bahrain Diabetes Society, Alsalam Specialist Hospital, Blue Bird Pharmacy, Ram Medical Center, and Abdulfattah Clinic, in addition to corporate supporters such as Merck, DNP, and Capt. Pharmacy.

These partners have actively supported numerous university events and community activities by providing medical tools, health-screening services, and educational materials, as well as special discounts on health services and medications for Gulf University students and staff. Their contributions have strengthened community awareness of preventive healthcare, encouraged healthy lifestyles, and enhanced access to medical support for the university community.

Through these collaborations, Gulf University continues to promote a healthy and inclusive learning environment, reflecting its commitment to the principles of SDG 3 by fostering partnerships that improve public health, well-being, and social responsibility across the campus and the wider community.



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الجامعة الخليجية  
GULF UNIVERSITY

الجامعة الخليجية ومركز رام الطبي يوقعان  
مذكرة تفاهم لتعزيز التوعية الصحية

البروفيسور مهند الفراس: 'شراكتنا مع مركز رام الطبي تعكس التزام الجامعة الخليجية بخدمة المجتمع وتعزيز التنمية المستدامة'

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Gulf University, Bahrain

خصوصيات خاصة لموظفي الجامعة وطلبتها، بالإضافة إلى تسهيلات وكشوفات طبية مميزة. وأكد البروفيسور مهند الفراس، رئيس الجامعة الخليجية، على أهمية التعاون مع مؤسسات متميزة كمركز رام الطبي لتحقيق تأثير إيجابي ومستدام في المجتمع، بما يتماشى مع رؤية البحرين 2030.

Gulf University and Ram Medical Center signed a Memorandum of Understanding (MoU) to promote health awareness and enhance community service. This partnership reflects the university's commitment to sustainable development and innovative educational initiatives that improve lifestyles and public health awareness. The MoU also includes exclusive discounts for Gulf University employees and students, along with special facilities and medical check-ups. President of Gulf University, Prof. Mohanad AlFiras, emphasized the strategic

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December 7, 2024

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جمعية السكري البحرينية  
Bahrain Diabetes Society

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بمناسبة اليوم العالمي لمرضى السكري  
يدعوكم مركز خدمة المجتمع والتعليم المستمر  
للمشاركة في فعاليات وماراثون الجامعة الخليجية

الأحد ٢٠٢٤ / ١١ / ١٧  
إبتداءً من الساعة ١٠:٠٠ ظهراً  
الجامعة الخليجية

بحضور الدكتورة مريم ابراهيم الهاجري  
نائب رئيس جمعية السكري البحرينية

LINKED TO

3 GOOD HEALTH AND WELL-BEING

apt. MERCK

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GULF UNIVERSITY

Welcome to the  
First Aid Workshop

Presented by:  
Mr. Ismail AlNahani

Tuesday | 17 June 2025

11:00 AM - 1:00 PM

3<sup>rd</sup> Floor

Sponsored by

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## **Smoke-Free Policy – Promoting Health and Well-Being (SDG 3)**

Gulf University has formally adopted and published a comprehensive Smoke-Free Policy (Code GU-PL48SM, Version 1.1, 2024), which is available on the official Gulf University website to ensure transparency and accessibility for all stakeholders. Approved by the Board of Trustees and effective from July 2024, the policy establishes a 100% smoke-free environment across all university buildings, outdoor spaces, and facilities to protect the health of students, staff, and visitors, in full alignment with national health regulations and the objectives of SDG 3 – Good Health and Well-Being .

The policy prohibits smoking and the use of all tobacco products, including cigarettes, cigars, shisha, e-cigarettes, and any other smoking devices, anywhere on campus. A dedicated Smoke-Free Committee, in collaboration with Security, Human Resources, and Health Services, oversees enforcement, awareness campaigns, and communication efforts. The initiative is supported by visible signage across the campus, staff training sessions, and inclusion of the policy in student and employee orientation programs



**Title: Smoke-Free Policy**

**Code: GU-PL48SM**

**Version: 1.1**

**Date of Issue: 2024**

**Effective Date: July 2024**

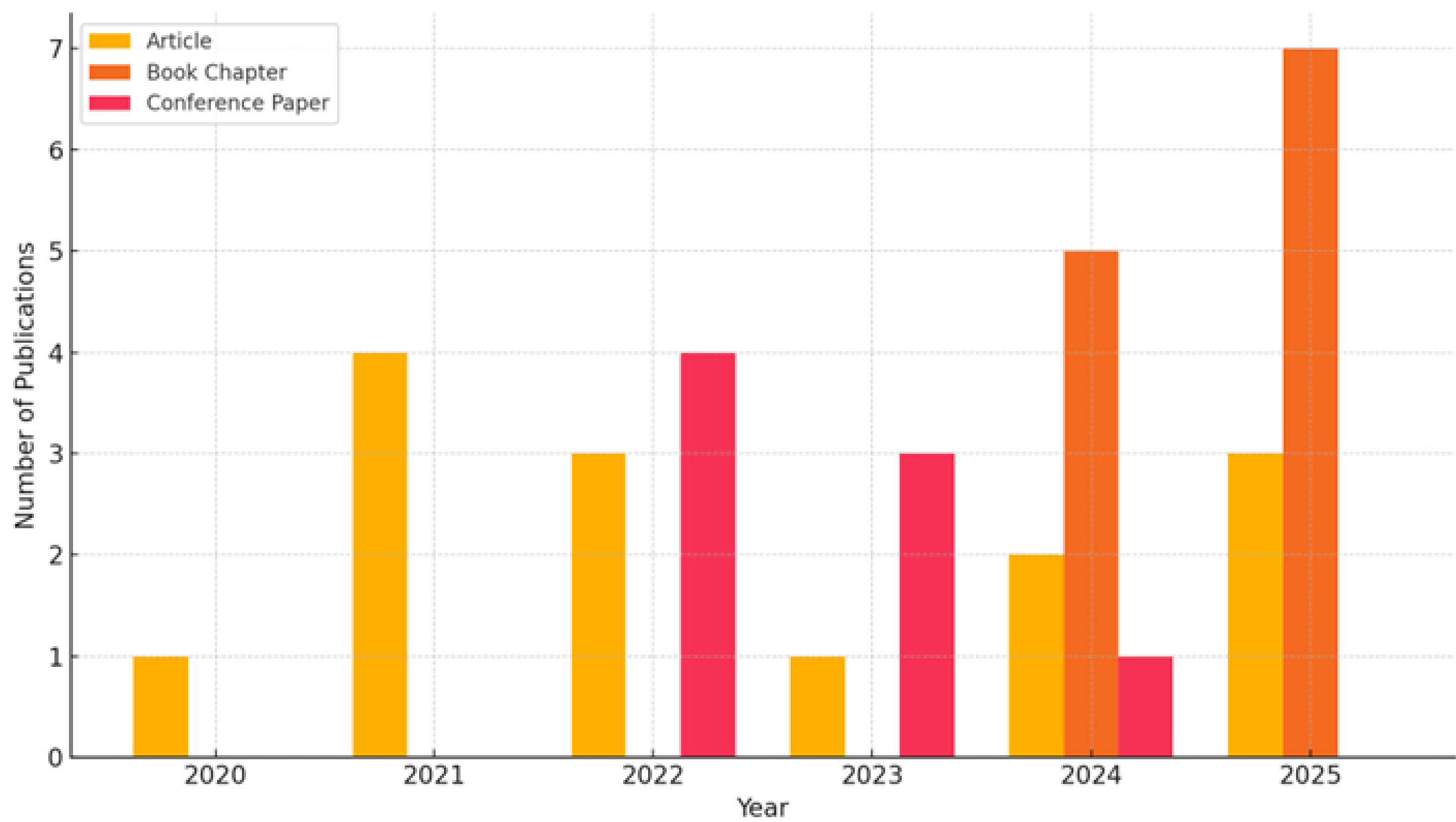
**Approval Authority: Board of Trustees**

**Document Owner: Chief Operating Officer**

**Review: The policy is subject to a periodic review every 4 years or in a shorter cycle as per amendments of regulations and policies**



**SDG 3 Publications by Type & Year**



**SDG 3 Articles in 2024-2025 (July)**

Authors Name	Title	Journal Name	Type	Year
Bala, S., Ulfat, T.J., Hossain, H., Ridzuan, A.R., Jaheer Mukthar, K.P.	From Energy Diversity to Environmental Resilience: The Role of Government Efficiency in Shaping Ecological Footprint in Bangladesh	International Journal of Energy Economics and Policy	Article	2025
Bannerjee, S.S., Pillai, R., Tabash, M.I., Al-Absy, M.S.M.	Unveiling Inter-Market Reactions to Different Asset Classes/Commodities Pre-and Post-COVID-19: An Exploratory Qualitative Study	Economies	Article	2025
Dundar, M.S., Gumus, K.Z., Yilmaz, B.	3D sampling of K-Space with Non-Cartesian Trajectories in MR Imaging	Journal of the Faculty of Engineering and Architecture of Gazi University	Article	2025
Ateeq, A.A.	Impact of Faculty Workload on Mental Health and Student Success: A Comprehensive Review	Studies in Systems Decision and Control	Book Chapter	2025
Hydrose, A., Sebastian, B., Riswana, M.H., Abdulrahman, S.V.A., Sahal, K.M.M.	Utilization of Fly Ash and Plastic Waste as Partial Replacement of Cement and Fine Aggregate in Concrete Paver Blocks	Studies in Systems Decision and Control	Book Chapter	2025
Moharam, M.M.R., Allaymoun, M.H., Isa, A.N.H.	Can Social Media Save Lives? The Impact of Digital Awareness Campaigns on Bahrain’s Drivers	Studies in Systems Decision and Control	Book Chapter	2025
El Fezzani, W.	Development of a Mamdani-Type Fuzzy Inference System for Assessing Diabetes Risk Based on Clinical and Lifestyle Factors	Studies in Systems Decision and Control	Book Chapter	2025



Hussein, T.M., Emmanuel, W., Goparaju, A., Prabakaran, S.	Structural Equation Model Analysis of Sex Education, HIV/AIDS Knowledge, and Attitude Among Students at Kampala International University, Kampala, Uganda	Studies in Systems Decision and Control	Book Chapter	2025
Hariharan, D., Ateeq, A.A., Banu, S.B.	Under Pressure: The Rising Stress Levels Among College Students	Studies in Systems Decision and Control	Book Chapter	2025
Altaher, A.E., Mohamed, E.A.S.	Sustainable Media Consumption in the Kingdom of Bahrain: Analyzing the Effects of the Coronavirus Pandemic	Studies in Systems Decision and Control	Book Chapter	2025
Tabash, M.I., Ahmed, A., Issa, S.S., Varma, M., Al-Absy, M.S.M.	Multiple Behavioral Conditions of the Forward Exchange Rates and Stock Market Return in the South Asian Stock Markets During COVID-19: A Novel MT-QARDL Approach	Computation	Article	2024
Mohammed, M.N., Aljibori, H.S., Jweeg, M.J., Aldulaimi, M., Al-Azawi, K.F.	A Comprehensive Review on Graphene Oxide Based Nanocomposites for Wastewater Treatment	Polish Journal of Chemical Technology	Article	2024
Jamil, N.A.M., Anuar, N.A.K., Rosli, D.M.F.H.M., Jaafar, H.B., Al-Absy, M.S.M.	The Extent of Goodwill Disclosure: A Comparative Study in the Pre-and Post-COVID-19 Pandemic	Studies in Systems Decision and Control	Book Chapter	2024
Job, S.R.A., Ateeq, A.A.	Smart Cities Vision: A Prototype for Future Cities	Studies in Systems Decision and Control	Book Chapter	2024
Meghana, P., Annepu, V., Jweeg, M.J., Hameed Aldulaimi, S.H.K., Alfiras, M.I.I.	Analysis of Neural Network Algorithm in Comparison to Multiple Linear Regression and Random Forest Algorithm	2024 Asu International Conference in Emerging Technologies for Sustainability and Intelligent Systems	Conference Paper	2024
Teng, L.M., Yusoff, K.H., Mohammed, M.N., Md Sapari, N.M., Alfiras, M.I.I.	Toward Sustainable Smart Cities: Smart Water Quality Monitoring System Based on IoT Technology	Studies in Systems Decision and Control	Book Chapter	2024
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**Summary of Impact and Key Performance Indicators – SDG 3 for 2024-2025**

KPI	Indicator Description	2024–2025 Result	Target Status
KPI 1	Number of SDG 3-linked events conducted	40+ events	✓ Achieved
KPI 2	Number of beneficiaries reached through health and well-being activities	≈ 1,200 individuals (direct + indirect)	✓ Exceeded
KPI 3	Number of SDG 3-related publications produced	18 publications	✓ Achieved
KPI 4	Number of partnerships with health and medical organizations	5 active MoUs	✓ Maintained
KPI 5	Implementation of campus health and safety policy	Smoke-Free Policy fully enforced	✓ Achieved
KPI 6	Student/faculty participation rate in wellness and outreach programs	> 70 % of academic staff & students engaged	✓ Exceeded
KPI 7	Mental-health training sessions conducted annually	8 sessions	✓ Achieved
KPI 8	Community donations and health-related contributions (BD value)	≈ BD 720 in cash & in-kind support	✓ On Track

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