



Pharos University in Alexandria  
Vice President for Graduate Studies & Research  
International Ranking committee



# THE Impact Ranking SDG3 Report

SDG

3

Good Health and  
Well-being





## SDG 3 Good Health and Well-Being

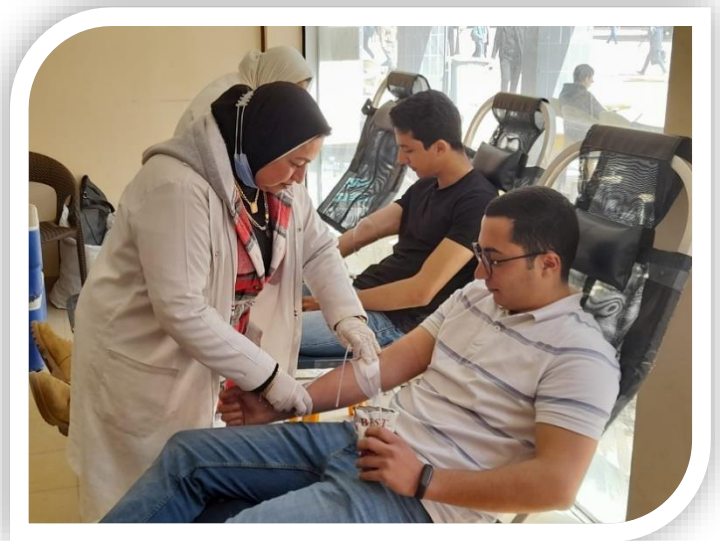
Major progress has been made in improving the health of millions of people, increasing life expectancy, reducing maternal and child mortality, and fighting against leading communicable diseases. Concerted efforts are required to achieve universal health coverage and sustainable financing for health, to address the growing burden of non-communicable diseases, including mental health, and to tackle antimicrobial resistance and determinants of health such as air pollution and inadequate water and sanitation.

Pharos University has records contributing to SDG3 in several aspects including aid convoys, health initiatives, conferences and seminars, activities of Pharos university clinics, local national and international cooperation, and international research publications. Below is a summary of Pharos University achievements in the health sector.

### Good Health and Well-Being Events

#### The Healthy Campus Initiative Campaign

The Faculty of Arts and Media Blood Donation Campaign  
The Faculty of Arts and Media in collaboration with the Faculties of Legal Studies, Engineering, Pharmacy and Dentistry organized a blood donation campaign on Tuesday, March 15th, 2022. The event was organized within the framework of PUA's participation in community service activities. The event started at 11 am with the arrival of a blood donation vehicle from the Blood Bank. The campaign was met with an overwhelming turnout of students, while the faculties cooperated in organization and motivation of the students.



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## Seminars, Conferences and Workshops

The Faculty of Health and Applied Science Technology organized a seminar entitled “Significance of a Vegetarian Diet on Health and Environment” on Tuesday 19/4/2022. The seminar was held under the supervision of Prof. Dr. Ezzat Hassan, Dean of the Faculty of Health and Applied Science Technology, and Prof. Dr. Hamdy Al-Wakeel, Vice Dean for Education and Student Affairs, and in the presence of several Faculty students. This event was held as part of the activities of the Scientific Committee of Student Activities Department. Dr. Duha Abu Zahra and students/ Muhammad Essam and Nada Hamida participated in the seminar by making a poster on the food pyramid for vegetarians. Students/ Rodina Adly and Sandy Mohamed also participated by explaining the benefits and harms of vegetarian diet.

<https://www.pua.edu.eg/significance-of-a-vegetarian-diet-on-health-and-environment-seminar/>

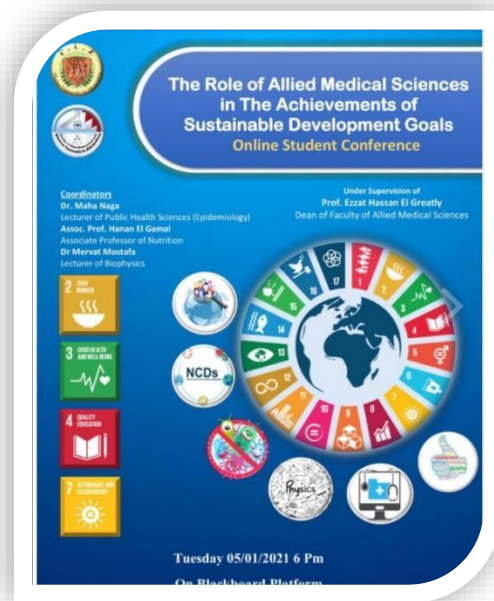




## The First student conference of the Faculty of Applied Health Sciences Technology entitled “Role of Allied Medical Sciences in the Achievement of Sustainable Development” on Blackboard platform.

This was held on Tuesday, 5 January 2021. This conference was attended by 23 students from different departments. The participating students gave a synopsis about the sustainable development goals and the effect of COVID 19 Pandemic on the progress made to reach those goals. During the conference, they discussed the role of Epidemiology, nutrition, infection control, medical informatics, and biophysics in achieving the sustainable development goals.

<https://www.pua.edu.eg/the-first-student-conference-entitled-role-of-allied-medical-sciences-in-the-achievement-of-sustainable-development/>





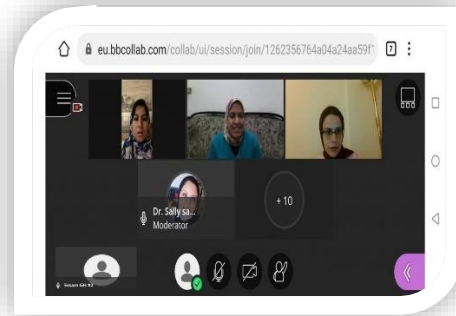
Under the auspices of Prof. Ezzat Hassan, the Dean of the Faculty of Applied Health Sciences Technology and Dr. Esraa Moneer, the Leader of student activity, a seminar entitled “Bright Side of COVID-19 Pandemic” was organized on Thursday, 24 December 2020 using Blackboard platform.

The seminar was delivered by Dr. Heba Al Shehi, a Lecturer in the Nutrition and Food Safety Technology Department who discussed with the students the positive side of COVID-19 pandemic as well as the consequences of quarantine and its effect on the environment, personal hygiene, nutrition and relationships.

Moreover, she explained that every subject has two points of view one positive and the other negative depending on how we see it. It is worth mentioning that COVID-19 and quarantine have closed factories, stopped gatherings, and banned travel but on the bright side it has positive impact such as:

- Reduced air and water pollution.
- People benefited from quarantine in taking self-improvement sessions.
- Reducing the consumption of fast food and the transformation to e-stores and home delivery to reduce gatherings.
- Schools and universities tend to e-learning.

<https://www.pua.edu.eg/bright-side-of-covid-19-pandemic/>

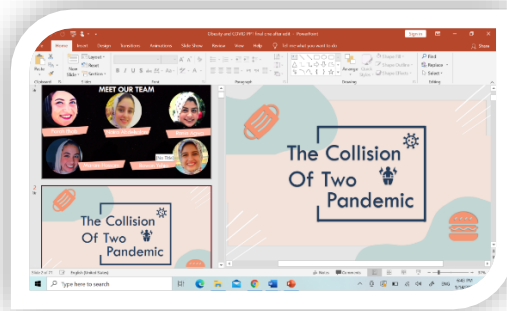




## The Faculty of Applied Health Sciences Technology Organized a Scientific Competition Entitled “Obesity and Covid-19”

It was organized on Thursday, 14 January 2021 online on Blackboard platform. The participating students were divided into 5 groups consisting of 6 students and each group prepared a presentation on obesity and Covid-19 by defining obesity, its damages, its relationship to Covid-19, and how the risk of developing it can be avoided by changing the negative lifestyle. At the end of the competition, the judging panel evaluated the presentations based on the scientific content, PowerPoint design and presentation skills.

<https://www.pua.edu.eg/the-faculty-of-applied-health-sciences-technology-organized-a-scientific-competition-entitled-obesity-and-covid-19/>

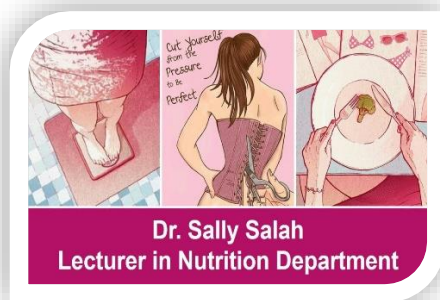




## The Faculty of Applied Health Sciences Technology held an online seminar entitled “Reasons that Can Impede Weight-Loss” on Blackboard Platform.

The seminar was delivered by Dr. Sally Salah, a Lecturer in the Nutrition and Food Safety Technology Department on Tuesday, 5 January 2021. The seminar discussed the reasons for the failure of weight-loss diets, the proposed solutions to overcome those barriers and how to make any healthy weight-loss diet work. Moreover, Dr. Doha Magdy, Dr, Nermine Khamis and Dr. Heba El Shehy, Lecturers in the Nutrition and Food Safety Technology Department had an open discussion with participating students, learning about their different experiences in following different types of diets, answering their inquiries, and providing a number of tips to improve the results of these diets.

<https://www.pua.edu.eg/the-faculty-of-applied-health-sciences-technology-organized-seminar-entitled-reasons-that-can-impede-weight-loss/>





## Medical Convoy for a Nursing Home in Al Ras Al-Souda

Within the framework of its plan for community service and environmental development, PUA has adopted dispatching several medical convoys periodically at 5/4/2022 under the supervision of Prof. Ramadan Abu El-Ala, President of Community Service & Environment Development Affairs. Accordingly, a medical convoy was prepared for a nursing home in Al Ras Al-Souda, in cooperation between the Faculty of Dentistry and the Faculty of Applied Health Sciences Technology. Further, an agreement was reached with the home's officials to transfer the elderly women to the Faculty of Dentistry, Pharos University by a bus provided by the home to receive the necessary service and carefree of charge. Physicians from the Faculty of Health Sciences Technology from the Department of Nutrition, Medical Laboratories, Dental Prosthesis, and some resident doctors conducted nutritional health education for the home residents, a nutritional screening, and provided some health tips and instructions for the kitchen staff. At the end of the visit, gifts were presented to the residents of the home in a family atmosphere.

<https://www.pua.edu.eg/medical-convoy-for-a-nursing-home-in-al-ras-al-souda/>





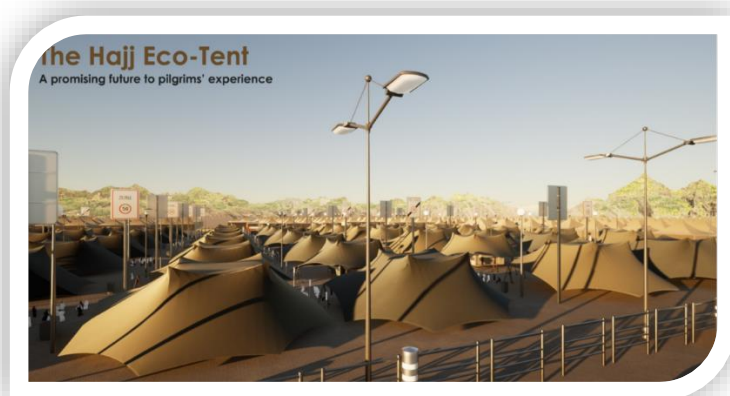


## A Sustainable and Healthy Tent for Pilgrims

In the framework of the summer training 2020-2021, the Department of Architectural Engineering participated with a group of students from the Fourth Level (8th Semester): Aisha Mohamed, Nadine Hisham and Sarah Al Murabai, under the supervision of Associate Prof. Riham Nady Faragallah and the team won the First Prize (People and Jurors Choice Award).

The main aim of the competition is to design a sustainable and healthy environment that meets all the needs of pilgrims through functional design of small spaces and upgrading their experience in the light of the increasing number of pilgrims in the city of Mina, Saudi Arabia. It takes into account the precautionary and hygienic measures to confront COVID-19, as well as applying various environmental treatments that are compatible with this desert area. In this way, the tents in the city of Mina are ready for the growth of pilgrims in the future. The Saudi office INJ Architects, in cooperation with UNI Competitions, launched an International Architectural Competition entitled: "The White Lands", in which a large group of architectural offices, architects and architectural students have participated from 23 different countries around the world. Jury Comments: Good concept with reference to the "Tent" legacy of Mina, allowing for future growth and challenges of any health threatening issues (like the current COVID-19) with good health, hygiene and distancing measures.

<https://www.pua.edu.eg/a-sustainable-and-healthy-tent-for-pilgrims/>





## Faculty of Computer Sciences and Artificial Intelligence's Sports Day

On Tuesday, March 08, 2022, the Faculty of Computer Science and Artificial Intelligence organized a sports day for its students. The day witnessed a strong participation from students, faculty members, and teaching assistants. They participated in sports activities such as football, basketball, and table tennis. In addition to physical activities, Zumba, and various games, in cooperation with Gold's Gym. At the end of the day, medals were given to the winning students, and pictures of the day's activities were taken.

<https://www.pua.edu.eg/faculty-of-computer-sciences-and-artificial-intelligences-sports-day/>





## Architecture Department's Sports Day

Under the supervision of the Activities Department, the Architecture Department of the Faculty of Engineering, organized a sports day on 29/5/2022 for the department students. The day included two football tournaments, as well as Basketball, Volleyball, Table Tennis, and many other recreational games. Further, many faculty members participated with their students in this sports day held on Pharos University playgrounds to support and encourage them to move forward in their athletic excellence as well as their scientific excellence.

<https://www.pua.edu.eg/%d8%a7%d9%84%d9%8a%d9%88%d9%85-%d8%a7%d9%84%d8%b1%d9%8a%d8%a7%d8%b6%d9%8a-%d9%84%d9%82%d8%b3%d9%85-%d8%a7%d9%84%d8%b9%d9%85%d8%a7%d8%b1%d8%a9-%d8%a8%d9%83%d9%84%d9%8a%d8%a9-%d8%a7%d9%84%d9%87%d9%86/>





## Cancer Prevention Month with The American Institute for Cancer Research

Within the framework of its keenness on community service and environmental development activities, the Community Service and Environmental Development Committee of the Faculty of Applied Health Sciences Technology with all its departments participated, under the auspices of Prof. Dr. Ezzat Hassan, Dean of the Faculty, and Prof. Dr. Hamdy Al-Wakeel, Vice Dean, in raising the awareness of the University community and Faculty personnel, on Tuesday, March 1, 2022. This event tackled comprehensive cancer control, through discussing the prevention measures, encouraging early screening, diagnosis, and treatment. Furthermore, the event included distribution of fliers and posters, along with wrapped plates containing fresh fruits, cups of fresh juices to the students and Faculty personnel, who attended the event. Advocacy and outreach activities Raising awareness about how to combat cancer through prevention, encouraging early screening, diagnosis, and treatment. Encouraging the following of a diet rich in whole grains, vegetables, and fruits. Encourage the integrating of physical activities as part of the daily life routine.

<https://www.pua.edu.eg/%d9%81%d8%b9%d8%a7%d9%84%d9%8a%d8%a9-%d8%b4%d9%87%d8%b1-%d9%85%d9%83%d8%a7%d9%81%d8%ad%d8%a9-%d8%a7%d9%84%d8%b3%d8%b1%d8%b7%d8%a7%d9%86-%d9%85%d8%b9-%d8%a7%d9%84%d9%85%d8%b9%d9%87%d8%af-%d8%a7%d9%84/>





## Obesity Day Initiative

Community Service Committee of the Faculty of Applied Health Sciences, PUA launched “Obesity Day” initiative on Tuesday, March 22<sup>nd</sup>, 2022 in parallel with the World Obesity Day. This initiative aims to raise the awareness of the students, staff members, and faculty members, and answer their questions. It also calls representatives from the faculty members of all faculties to participate in the initiative.

<https://www.pua.edu.eg/obesity-day-initiative/>





## Vaccination Activities

The Egyptian government has made COVID-19 vaccination compulsory for students above the age of 18, faculty staff and other workers at both public and private universities. Egyptian-made Chinese Sinovac shots will be supplied to vaccination centers at university hospitals to vaccinate university workers, students and higher education staff before the beginning of the next academic year, in October. Each institute and research Centre will also establish its own vaccination clinic.

### Vaccination activities in Pharos University

Pharos University has put a plan for vaccination against Covid 19 of students and staff members, as well as community nearby the university premises. The plan started on September 2<sup>nd</sup>, where 2500 doses of Sinovac were received associated with special 0,5 cc sterile syringes. Each dose received is enough for two persons which makes these amounts sufficient to vaccinate 5000 persons. The target number of persons to be vaccinated at the university for the local community is 14500 during the whole month of September with average daily dosages of about 232 recipients. The vaccination work was extended till the middle of October to meet the targeted number and receiving more doses of vaccine that would be sufficient for all. Vaccinating all members of the university community would improve the chances for a return to face-to-face educational activities. However, returning to in-person education should not mean heading back to a hybrid education system. A new system “should continue on building” digital education, while adding the benefits of face-to-face activities.



<p>Waiting Hall</p>	
<p>Reporting &amp; check ups</p>	
<p>Vaccination</p>	

The Corona Virus Boosting Dose Vaccination campaign  
The Corona Virus Boosting Dose Vaccination campaign will start at the university medical clinic on Saturday the 21st of May 2022 for 10 days in the medical focal clinic. The daily timing : 9 am to 3 pm  
<https://www.pua.edu.eg/the-corona-virus-boosting-dose-vaccination-campaign/>



## Students' community Projects in the Field of Health

- *The faculty Pharmacy and Pharmaceutical Manufacturing Project “Factors affecting COVID-19-related health literacy in Egyptian population”*
- **Project idea:** Elevating health literacy levels of individuals can be promoted via focusing on gaining capacities, such as reading and acting upon written health information, encouraging effective communication of their needs to health professionals, and understanding health instructions (Peerson & Saunders, 2009; Schyve, 2007; Seng et al., 2020). This can be addressed by educating the public to become more resourceful via improving social responsibility about the provision of high-quality, trustworthy, easy-to-access, easy-to-understand, easy-to-use, culturally appropriate, update information about COVID-19, and relevant to various populations (Hernández-García & Giménez-Júlvez, 2020; Okan, Sørensen, et al., 2020; Paakkari & Okan, 2020). However, health literacy research of COVID-19 infodemic has remained insufficient (Paakkari & Okan, 2020), because scientists often focus on the prevention of disease, not on promoting health literacy of the disease.
- *The faculty of Allied Medical Sciences Project “Assessment and Intervention Program to Raise Nutritional and Health Awareness of Females in the Reproductive Age and their children in Alexandria Rural Area "Houd 10””*
- **Project Idea:** Assessment of nutrition status of rural women to tackle any nutritional problems and evaluation of their nutritional knowledge aiming at providing targeted educational sessions to raise their awareness and improve their nutritional knowledge.
- *The faculty of Dentistry Project “Implementing “Dental Traumatic Injuries Educational Program” Among teachers of different Governmental Elementary schools in Alexandria, Egypt.)*
- **Project Idea:** Traumatic Dental Injuries (TDIs) are a serious dental public health problem among children (International Society of Preventive & Community Dentistry, 2019). It can vary from a minor tooth fracture to extensive maxillofacial damage. Oral injuries are the fourth most common area of bodily injuries. The prevalence of Traumatic injuries in permanent teeth have been reported to exceed 60%. In Egypt, a study was conducted by ElKelany M. et al concluded that the most common areas of TDIs among children were at school (50%) then at home (30%); this was mostly due to increased predisposition of accidents, fights & sports traumas at school age.





## Pharos clinics

Pharos University provides free treatment for the community in the field of dentistry and physical therapy and nutrition.

**The Faculty of Dentistry** have six clinics: student clinics & House Officer clinic, in addition to postgraduate clinic, outpatient clinic, dental implant clinic and operating room equipped with all modern medical equipment and equipment. These clinics provide therapeutic service annually to more than sixty thousand patients free of charge in various branches of dentistry, these service include Conservative Treatment, Filling, Fixed, Removable Prosthesis, Scaling, Root Planning, Pediatric and Minor surgery, these services done under supervision of highly qualified dental professors, these Practical Programs Prepare the Pharos Dental Student to be strong competitors in Labor Markets. <https://www.pua.edu.eg/faculty-of-dentistry/dental-clinic/>

Another special program for the final year student called CCC (Comprehensive Clinical Case) which include Complete Oral and Dental Rehabilitation of clinical case under supervision of Dental Staff. The CCC include most or all dental branches like (surgery, Periodontology, Endodontic, Restorative, Filling, Removable, Crown and Bridge). Comprehensive case care program (CCC) is one of the programs that distinguish the Faculty of Dentistry of Pharos University as graduation projects for students because they provide a community service aimed at raising health awareness through integrated treatment and diagnostic services carried out by college students completely free for a large number of patients (Table 1)

Table 1. New and follow-up Frequent Cases Visiting the Dental clinic

Academic Year	No. of Patients (CCC)	New coming cases (Free treatment)	Follow-up Frequent (cases Free treatment Cases)	Surgical cases
2019-2020	175	12882	31353	
2020-2021	75	10124	25344	
2021-2022	189	11865	40788	17
Total	439	34871	97485	17



Some examples:

BEFORE TREATMENT



AFTER TREATMENT



The Faculty of Physical Therapy external clinics include the following departments

- Clinic for orthopedics and surgery, post operational rehabilitation and sports injury.
- Clinic for disabled children suffering delayed motor skills
- Clinic for neurological disorders and its surgery
- Clinic for electromyography and nerve conduction velocities
- Clinic for women health.

<https://www.pua.edu.eg/physical-therapy/#1555829383849-6d2ec5ee-5bdf>



The outpatient clinic receive the revealed cases in orthopedics, traumatology, neurology, neurosurgery, pediatrics, delayed motor development, diabetic feet and sports injuries under supervision of faculty members in addition to Electromyography (EMG unit). (Table 2 and Table 3) shows the number of children and adult patients in the academic year 2019-2020 respectively



<https://www.pua.edu.eg/physical-therapy/facilities/physical-therapy-outpatient-clinics/>.

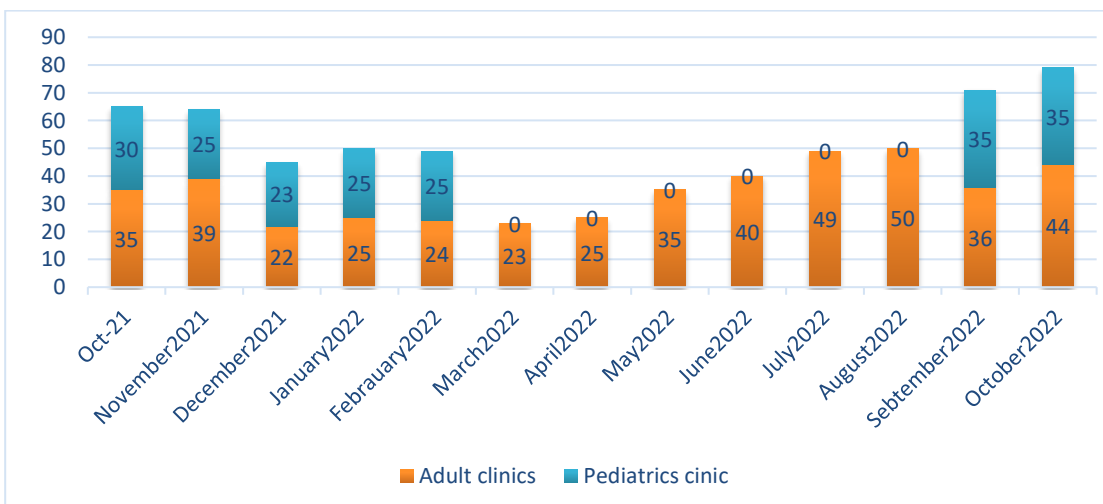
**Table 2.** The number of children patients in the academic year 2020 to 2022

Month	No. of Patients in pediatric clinic
January 2020	50
February 2020	-
March 2020	-
April 2020	-
May 2020	-
June 2020	-
July 2020	68
August 2020	102
September 2020	143
October 2020	136
November 2020	189
December 2020	201
October 2021	30
November 2021	25
December 2021	23
January 2022	25
February 2022	25
March 2022	تم توقف العمل بعيادة ( 43 الاطفال من تاريخ 3/21 )
April 2022	تم توقف العمل بعيادة الاطفال
May 2022	تم توقف العمل بعيادة الاطفال
June 2022	تم توقف العمل بعيادة الاطفال
July 2022	تم توقف العمل بعيادة الاطفال
August 2022	تم توقف العمل بعيادة الاطفال حتى يوم 27/8/2022
September 2022	35
October 2022	35



**Table 3.** The number of patients in adult clinic

Month	No. of Patients in adult clinic
January 2020	131
February 2020	-
March 2020	-
April 2020	-
May 2020	-
June 2020	-
July 2020	78
August 2020	96
September 2020	120
October 2020	143
November 2020	187
December 2020	205
October 2021	35
November 2021	39
December 2021	22
January 2022	25
February 2022	24
March 2022	23
April 2022	25
May 2022	35
June 2022	40
July 2022	49
August 2022	50
September 2022	36
October 2022	44



## The Physical Therapy Clinic

Several activities have been carried out in the physical therapy clinic.

1. The college held a two-day workshop on Thursday 3-3 and 17-3-2022 under the title of “sports emergency resuscitation” under the supervision of Dr. Akram Al-Daoudi, consultant orthopedic surgeon, for the fifth-year students, internship students at the college and some university graduates. The workshop yielded great results.



2. A training day was held for faculty members, the assistant staff and the privileged staff on Monday 28/8/2022 to explain the new devices and how to operate them.





3. Part of the training activities for internship students in the outpatient clinics of the Faculty of Physiotherapy, Pharos University, on Thursday, 1/9/2022, on the applications of Electrotherapy with the latest therapeutic technologies for different therapeutic currents devices, ultrasound and therapeutic laser and how to apply them to patients in different cases to treat device diseases. The musculoskeletal and nervous system.





## MOUS for Students Training

In 2020, the faculty of Pharmacy have signed several MOUS for cooperation between Pharos University and hospitals and pharmaceutical companies in Egypt with the aim of students training for the completion of their gradation these hospitals are:

Hospital Name with signed agreements	No of students
Alexandria University Hospital	104
Armed forced hospital	109
International center for Cardiology (ICC)	45
Andalusia Hospital	14
NAPHS	50
Zamzam Hospital - Alex	62





## Cooperation in Health Sector

### Cooperation with Hospitals, NGOs and Private sector

Pharos University cooperates with governmental and private national hospitals that belongs to the Ministry of Health in Alexandria and Beheria governorates (Table 4). Training of students of the faculties of Pharmacy, dentistry, Applied health sciences and technology, and physical therapy are held in such hospitals.

**Table 4.** List of governmental and Private hospitals in Alexandria and Beheria Governorates that cooperated with Pharos University for t students’ Training and internships

Hospital Name	Purpose
Armed Forces Hospital- Mustafa Kamel	Internships
Naval Forces Hospital	Internships
General Military Hospital	Internships
Institute of Medical research hospital	Training and internships
Faculty of Medicine Hospital of Alexandria University	Training and research
America Hospital	Training
Ahmed Maher Hospital	Students Projects
Abou Kir Hospital	Training
Gomhoria Hospital	Training
El Qasr El Ainy Hospital	Training
Dekernis Hospital	Training
Police Hospital	Training
Abou Homous Hospital	Training
Wenget Hospital	Training

Hospital Name	Purpose
El Menshawy Hospital	Training
57375 Hospital	Students activities
Burg El Arab Hospital	Students activities



## Cooperation with Ministers and governmental agencies

Pharos university cooperates with ministries and national directorates in the health sector (Table 5) as well as NGO (Table 6) for implementing Students' community projects.

**Table 5.** List of Ministries and National Directorates in the health sector that Pharos University cooperated with for implementing Students' community projects.

Institute of Cultural Affairs	Students Projects
Education Directorate – Alexandria Governorate, Ministry of education	Community service projects
Education Directorate – Beheria Governorate, Ministry of education	Community service projects
Health Directorate – Ministry of Health	Community service projects
Cairo University	Research
Alexandria University	Research
Al Azhar University	Research Project
Menia University	Research Project
Academy of Science and Technology	Research Project

**Table 6.** List of NGOs that Pharos University Cooperates with for Community Service Projects

Egyptian Network for Research Ethics Committees	Research Project
Naba'a Al Hayat Foundation	Community service projects
Mojeeb Al Salayen Foundation	Community service projects
Al Staqrar Foundation	Community service projects
Kafalat Al Yateem Foundation at Fata neighborhood	Community service projects
Al Qalaa for Community Development.	Community service projects
Eleen ElGaria association	Community service projects
Abdel Kadr Association	Community service projects
Tarek Charity Association (Mustafa Kamel)	Community service projects
Abu Masoud Suburb (Amiria)	Community service projects
Ayadi Mostakbal medical center (NGO)	Training
Omda Development Association (NGO)	Students Projects
Association of community based rehabilitation for disabled children (NGO)	Students Projects
Red Crescent Association (Mohandeseen)	



## Cooperation with Private sector

Private sector is an important sector that Pharos university is keen to cooperate with for different purposes, mainly for meeting, conferences, and workshops. Such meetings allow the recognition of new trends in the local and regional market and allow meeting the market needs.

**Table 7.** List of private sectors That Pharos University Cooperates with

Company name	Type of cooperation
Eva Pharma	Participation in Conference
Innova Pharma	Participation in Conference
Hygint Pharmaceutical company Ltd.	Participation in Conference
Goweily Academy	Workshops
Andalusia Hospital (Private Hospital)	Students activities
El Yousr Hospital (private Hospital)	Students Projects
Fawzy Moaaz Hospital (Private Hospital)	Students Projects
Carrefour	Partnership
Easy Care Company	Partnership
Mena For Touristic and Real Estate Development	Partnership



## International Cooperation in the field of Health:

**Table 8.** List of International MOUs established with European Universities in the Health sector.

Dentistry	The University of Naples Federico II, Italy
Pharmacy	Aston University, Birmingham, UK
	Kingston University, London, UK
	The University of Naples Federico II, Italy KTH Royal Institute of Technology
	JAMK University of Applied Sciences
	School of Pharmacy, University of Eastern Finland
	(AUF) Agence Universitaire de la francophonie
	Kingston University
	Aston University
Physical therapy	Goethe' University , Frankfurt, Germany

## Courses that Support Good Health and Well-Being

<https://www.pua.edu.eg/wp-content/uploads/2023/11/CoursesSDG3.pdf>

## Publications that Address Good Health and Well-Being

<https://www.pua.edu.eg/wp-content/uploads/2023/11/PublicationSDG3.pdf>