



Gulf University's
THE SUSTAINABILITY REPORT
ON
SDG 3

3 GOOD HEALTH
AND WELL-BEING



2022-23

CONTENTS

- **Infographics: Achievement Report for the year 2022-23**
- **Training Sessions for females' teachers**
- **Breast Cancer Day**
- **Martyr's Day**
- **Afforestation Day**
- **Sports Day**
- **The Beach Clean-Up Event**
- **The Blood Donation Drive**
- **Orphan Day**
- **“AIN” initiative Team visit focused on addressing visual pollution.**
- **Resource, Materials, and facilities sharing with community.**
- **Hosted a Lecture titled “Parental Care, Prevention, Protection,**
- **Sustainable Development, and Humanity Relief of Royal Humanitarian**
- **Foundation.**
- **The first regional forum on sustainability and community service**
- **Comparative Experiences**
- **The “3Rs Workshop” at Gulf University**
- **On-Campus/Off-Campus Actions: In-Progress**
- **Stop Smoking/No Tobacco Day**
- **Concluding Remarks**

INFOGRAPHICS

Achievement Report for the year 2022-23



Training Sessions

Organizing Number Workshops

The training courses delivered by Dr. Mona Janahi entitled “The professional development of early childhood teachers in the light of contemporary trends. The aim of this course was to increase the awareness of teachers in how they can Identify the behavioral problems that children fall into at the pre-school stage, their causes, and find the best solution that can solve the problems.



Community Services

Breast Cancer event

The Community Engagement Centre, in collaboration with SSU and the Student's Council, orchestrated a meaningful awareness event titled "Her Fight Is All of Ours." This impactful gathering, held on October 30, 2022, aimed to foster unity and raise awareness about the critical significance of early screening and detection.





Martyr's Day

The Community Engagement Centre, in collaboration with SSU and the Student's Council, orchestrated an event to commemorate Martyr's Day. Prof. Mohanad Ismael Ibrahim Al Fira, the esteemed president of Gulf University, along with academic staff and students, actively participated in this meaningful occasion held on December 17, 2022. Martyr's Day is an annual celebration at GU, dedicated to honoring the brave individuals who made the ultimate sacrifice for the Kingdom of Bahrain and its people.





Afforestation Day

The Community Engagement Centre, in collaboration with SSU and the Student's Council, organized Tree Day, a significant event aimed at environmental conservation. Prof. Mohanad Ismael Ibrahim Al Fira, the esteemed president of Gulf University, along with academic staff and students, actively participated in this tree planting exercise held on December 3, 2022. As part of GU's ongoing commitment to mitigate the adverse effects of climate change, the university conducts this annual event to preserve the environment. Over 900 plants were planted, fostering a higher level of awareness and responsibility among GU members and the wider community.





Sport Day

Dr. Mohammed Dawwas, representing the Community Engagement Centre, joined forces with SSU and the Student's Council to orchestrate a Sports Day at the university. The primary objective of this event was to encourage physical activity and cultivate a strong sense of community among the student body. The Sports Day offered a platform for students to participate in a wide range of sports and recreational activities, promoting a healthy and active lifestyle.







The Beach Clean-Up Event

Gulf university presented by Dr. Mohammed Dawwas, SSU, and Student's council organized The Beach Clean-Up Event in collaboration with SSU and Student's Council on 02/03/2023 at 10:00 AM to 12:00 PM. The aim of this event is to not only clean up the beach but also to raise awareness about the importance of keeping our environment clean and free from litter to give back to our community and to work together towards a common goal.

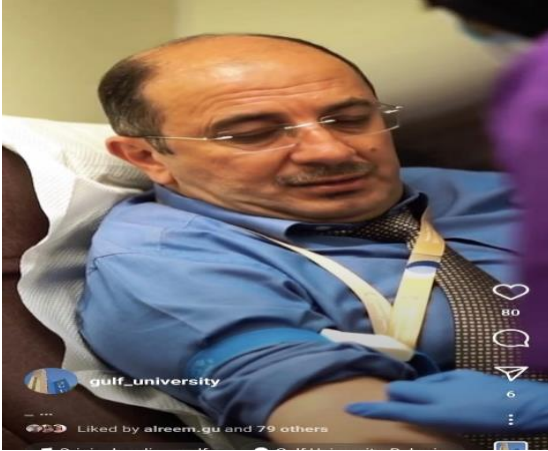




The Blood Donation Drive Event

Community engagement and continuing education Centre, SSU, and Student's council organized a blood donation drive in collaboration with King Hamad University Hospital on Sunday 05/03/2023 at 08:00 AM to 01:00 PM. The aim of this event was to increase the awareness of the staffs and students about the blood donation campaign which considered as one of the noblest deeds that a person can do to save someone's life who are suffering from serious illnesses or injuries.



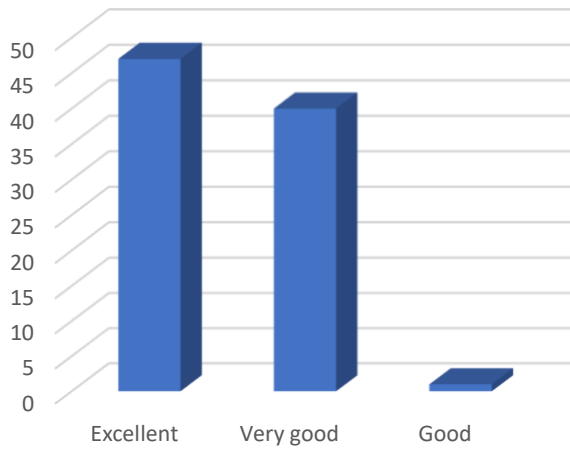


Orphan Day

Community engagement Centre presented by Dr. Mohammed Dawwas, SSU, and Student's council organized Orphan Day on May, 04th, 2023. The aims of this event was to achieve several objectives, which may include raising awareness about the plight of orphans and their needs, encouraging the community to support them, and highlighting the role of organizations and individuals in improving their welfare.



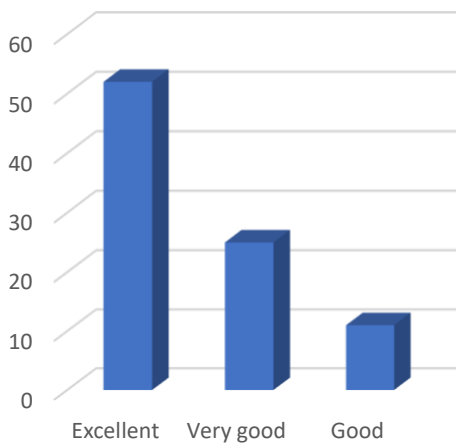
تقييم الفعالية بشكل عام



تقييم مكان الفعالية



الوقت المحدد لإقامة الفعالية



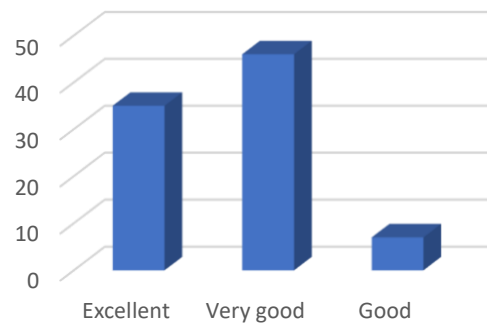
مساهمة المشاركين في النقاش والانشطة



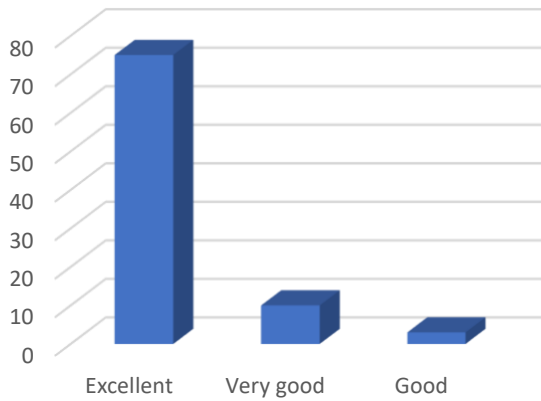
ما مستوى تأثير الفعالية على سمات العمل
الجماعي لديك



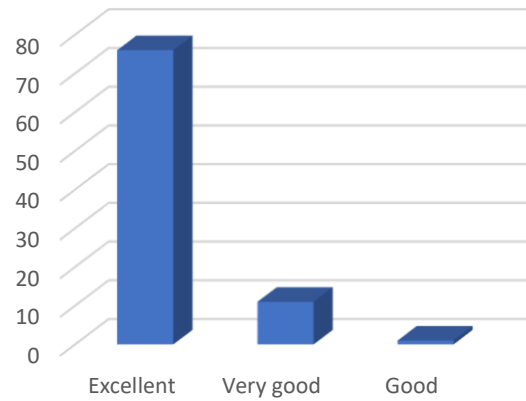
تأثير تلك الفعالية على مهارات الابداع
لديك



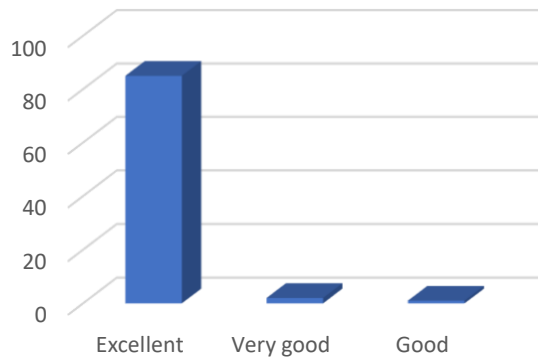
مستوى تأثير الفعالية على تنمية روح المبادرة
عندك



تأثير الفعالية على مهارات الاتصال
والتواصل لديك



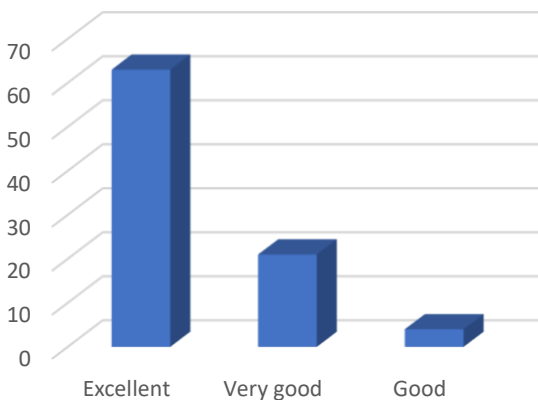
تأثير تلك الفعالية على قدرتك على تحمل
المسؤولية



تأثير تلك الفعالية على روح القيادة عندك



تأثير الفعالية على قدرتك على التكيف و
التعلم المستمر



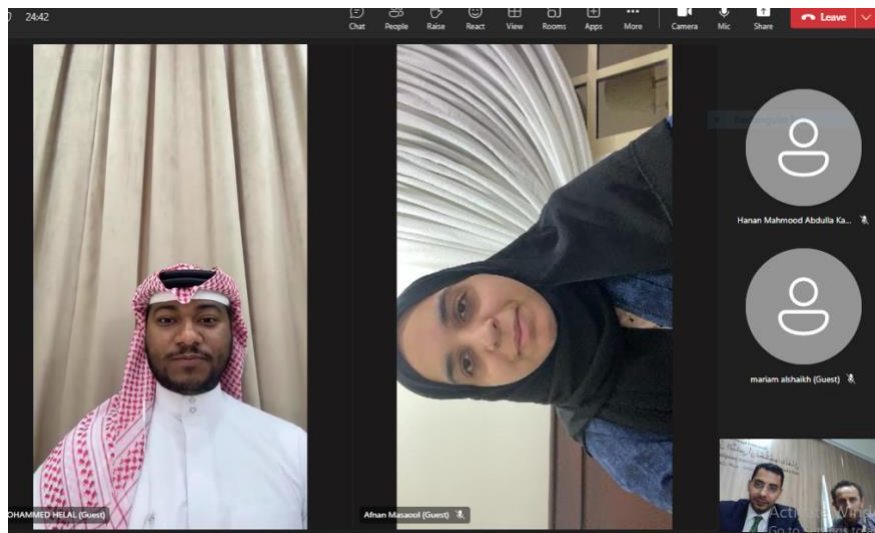
تنمية المسؤولية الاخلاقية تجاه المجتمع





“AIN” initiative Team visit (25/06/2023)

Dr. Mohammad Dawwas, Director of GU's Community Engagement and Continuing Education Centre, along with Dr. Mahmoud AlZgool, the Head of the Administrative Science Department, welcomed a delegation of participants from the Youth Leader initiatives. These initiatives, organized by the Good Word Society and Arab Planning Institute in Kuwait under the patronage of HH Sheikh Isa Bin Ali Al Khalifa, focused on addressing visual pollution. During the meeting, both parties engaged in discussions on potential collaboration and the establishment of a memorandum of understanding in the near future.



Nasser Vocational Training Center (NVTC) (14/02/2023)

As part of the Community Engagement Centre's initiatives at GU, a delegation consisting of Prof. Dr. Mohanad Ismael Ibrahim Al Fira (The President of Gulf University), Dr. Mohammed Dawwas (Director of the Community Engagement and Continuing Education Centre), Dr. Osama Al Rawi (Dean of the Engineering College), and Dr. Walid Elfezzani (Head of the Electrical & Electronic Engineering Department) visited the Nasser Vocational Training Center (NVTC). The purpose of the visit was to understand the training needs and specific requirements of NVTC, with the aim of developing customized training programs that align with their goals. During the meeting, Dr. Mohammed Dawwas emphasized Gulf University's commitment to fostering positive change within the community through educational workshops and programs. Both parties engaged in discussions to activate a memorandum of understanding, signifying their intent for future collaboration.



Resource, Materials, and facilities Sharing.

As a part of GU's Community Engagement Centre's ongoing initiatives, the CE Centre facilitated the utilization of university facilities by two esteemed institutions, namely Addon International Contracting Est and Inspirational Team. The underlying objective behind providing university facilities for local community institutions is to cultivate a collaborative and inclusive environment that mutually benefits all involved. By granting access to a wide array of university resources,

including libraries, labs, meeting spaces, specialized equipment, and big hall, the local community institutions gain the opportunity to enhance their programs, services, and overall capacity. This collaborative effort enables the community institutions to leverage the extensive resources and expertise offered by the university, promoting knowledge exchange and fostering a culture of growth and development.

The Sixth Forum of the Royal Humanitarian Foundation under the title "Humanitarian Initiatives"

Dr. Hussian Seroor, a member of the CECE Centre, along with a group of students, participated in the Sixth Forum of the Royal Humanitarian Foundation titled "Humanitarian Initiatives." This esteemed event, held on December 12, 2022, received the generous patronage of His Highness Sheikh Nasser bin Hamad Al Khalifa, the representative of His Majesty the King for Humanitarian and Youth Affairs. The forum aimed to support Bahrain's leading role in humanitarian endeavors and emphasize the "Humanitarian Initiatives" competition, which seeks to engage all segments of society, particularly the youth, in contributing inspirational ideas to philanthropic endeavors. This aligns with the vision of His Majesty the King and the strategic vision of the foundation.





Gulf university Hosted a Lecture titled “Parental Care, Prevention, Protection, Sustainable Development, and Humanity Relief of Royal Humanitarian Foundation.”

As part of the Community Engagement Centre's initiatives at GU, the CE Centre collaborated with the Faculty of Administrative & Financial Sciences to organize a lecture titled "Parental Care, Prevention, Protection, Sustainable Development, and Humanity Relief of the Royal Humanitarian Foundation." The lecture, presented by Neila Fouad Al-Shaer, took place in the main building on December 6, 2022. It focused on highlighting the responsibilities and activities undertaken by the Royal Humanitarian Foundation in the areas of parental care, prevention, protection, sustainable development, and humanity relief.





GU organized the first regional forum on sustainability and community service: Models and Comparative Experiences



Forum Vision:

The Community Engagement & Continuous Learning Center, in cooperation with the Sustainability & Development Makers Center at Gulf University have organized the “The first regional forum on sustainability and community service: Models and Comparative Experiences” as a scientific platform for the researchers and experts in community services and sustainability and highlighted most important topics and discuss the latest developments and share their experience and its impact on the community service sector.

Forum Goals:

- To identify the role of the community engagement & continuous learning center and the sustainability center in universities and its role in community service and supporting sustainability.
- To encourage conducting studies and scientific research on community service and sustainability within the Bahrain 2030 vision.
- To share the experiences from universities, public and private organizations in the community service field in the Arab and Gulf regions.

- To contribute to establishing the general frameworks that help in solving the social issues, and to reach the local and regional community in a fast and productive manner.
- To deal with youth issues and empower women and special needs individuals.
- To activate the role of universities and service centers towards solving social issues
- The “**Climate Champions**” Competition, organized by the HEC and the British Council in Bahrain, with an effective participation of GU Students, coordinated by the SDM-C.
- The “**2nd Edition of the National Research Competition for Undergraduate Students**”, with a effective participation of GU Students, coordinated by the SDM-C, by submitting a community service-centered research project.



2nd Edition of the National Research Competition for Undergraduate Students

**Social innovation by interior design:
Towards collaborative environments for community service
in Kingdom of Bahrain.**

**Student Name: Afaf Mohamed Mahfoodh
HEI: Gulf university**



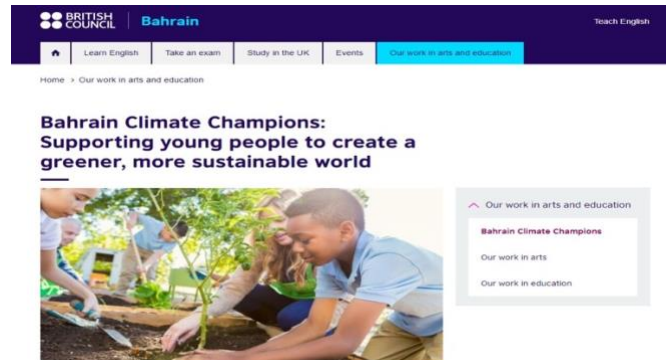
-The “**SDGs Competition**” between GU Students, coordinated with the SDM-C.

-The “**3Rs Workshop**” at Gulf University, proposed by the SDM-C.

-The planning for GU Students participation to Competition organized by the “**EEG-Emirates Environmental**” Group, Dubai, November 2022.

-Representing Gulf University at all UN **Academic Impact** workshops, webinars and sessions.

The "3R's" GU Workshop



Gulf University | Wednesday, November 3rd, 2022 | One Day Workshop-Based Competition.



Towards a GU "Zero Waste" Green Campus...



- Introduction / Collective Debriefing.
- Teams Formations
- Materials Acquisition*/Selection & Brainstorming Session.
- First design pitch & Directives.
- Idea Development & Production.
- Presentation Session/Jury.

(*). Plastic bottles used tin cans, plastic bags, used old Furniture, small green plants, Tools & Craft Tools.

On-Campus/Off-Campus Actions: *In-Progress*:

Developed Projects:

AREA 01. ENVIRONMENT:

- Transformation of GU building toward sustainability: Daylight entrance optimization for all spaces, energy efficiency, fabric façade.
- Green Campus: increase green areas/Green constructions/Greenhouse (local production), Green Roof.
- GU FabLab for innovative and creative projects relevant to sustainability.
- New life for 50 computers for internal use / for donation.
- Waste management and Grey water Tanks.
- Recycling.
- Nonprint Campus.
- Participation to local and international competitions/events relevant to sustainability.

Ongoing Projects:

- Skylights for Design Studios + Solar Panels for energy efficiency.
- Lighting sensors for whole GU main building.
- Photometric sensors and windows' actuators for daylight optimization.
- Water recycling solutions; self-watering systems for GU green areas.
- GU main building Green Roof.

Upcoming Projects:

- Compactors + Composters designed and produced using recycled materials at GU.
- The "Objects' Clinic" at GU, for products' life cycle extension.
- Transport: "GU Carpooling Mobile App".

AREA 02. EDUCATION:

- Encouraging research and co-research projects relevant to sustainability involving instructors and students / Target for number publications.
- Sustainability course for all programs at GU; as general course for Human Resources, Business, Accounting, Media, Interior Design Engineering supporting group work/interdisciplinary approaches for collaborative projects.
- 03 courses relevant to Sustainability for IDE program; Sustainability Engineering & Design and Smart & Sustainable Interiors.

AREA 03. ENTREPRENEURSHIP:

- Entrepreneurship & Innovation (projects, courses, local, regional and international collaborative projects).
- Research on Green HR.
- Range of staff professional development activities relevant to sustainability.

Research on Sustainable Projects: Initiatives and Ongoing Actions:

- Proposed - Fabric Facade Project (testing, analysis, simulation, experiments, validation software...ext.); the proposal presented by the Netherlands consultant partner,
- Proposed - Ongoing Green corridors.
- Proposed - Greenhouses between the Design Studios.
- Proposed - Ongoing Green Roof Project.
- Proposed - Ongoing Main Entrance Green Lobby.

Aims and objectives:

- Optimizing energy efficiency, designing efficient daylighting systems, developing water recycling solutions and considering "GU building" life cycle assessment based on scientific research.
- Make the GU building landmark in the surrounding socio-cultural environment.
- Develop new architectural style more attractive and sustainable to increase the number of registered students.
- Provide a positive impact of the campus interior environments on the wellbeing and comfort of both staff and the students.
- Creating a scientific value for the statistical data available about the implemented solutions for thermal insulation, cooling loads & natural ventilation, insulating materials currently used at GU buildings, and self-sufficiency solutions.
- Real sustainable practice implementation on the campus facilities and build environments.
- Supporting research collaboration at institutional levels (initiated research collaboration with Brunel University – UK).

The expected research collaboration could be in terms of:

- Co-development of the required testing & experiments and validation of the simulations phase.
- Proposed ideas for the technical installation and feasibility studies.
- Collaboration on the implementation phase and research on relevant engineering processes.
- Publish research based on the implemented processes, selected projects and technologies employed.

Stop Smoking/No Tobacco Day

In collaboration with the Ministry of Interior's Anti-Smoking Clinic, represented by Dr. Salah Abdul Wahab, and the World Health Organization office, represented by Ms. Shaneen Mohebat, the Community Engagement Centre (CE Centre) at GU organized an awareness exhibition on the occasion of World No Tobacco Day. The primary objective of this exhibition is to raise awareness regarding the harmful consequences of smoking and to advocate for a smoke-free campus environment. Through the presentation of informative displays, interactive activities, and engaging presentations, the exhibition aims to provide comprehensive education to students, faculty, and staff about the health risks associated with smoking, while highlighting the numerous benefits of quitting. Additionally, the event strives to offer valuable resources, support, and guidance to individuals who wish to quit smoking, encouraging them to proactively adopt healthier lifestyles. Ultimately, the exhibition endeavors to promote smoke-free habits, and empowers individuals to make informed choices concerning their own health and the well-being of those around them.



<https://www.gulfuniversity.edu.bh/centers/community-engagement-and-continuing-education-center/community-services/community-services/>

CONCLUDING REMARK

Gulf University has been actively engaged in various activities and initiatives aligned with Sustainable Development Goal 3 (SDG 3) - Good Health and Well-being. Here is a summary of their efforts:

- 1 Training Sessions for Female Teachers: The university organized training sessions specifically for female teachers, focusing on their professional development and empowerment in the education sector.
- 2 Breast Cancer Day: Gulf University observed Breast Cancer Day, likely raising awareness about breast cancer, and promoting early detection and prevention methods.
- 3 Martyr's Day: The university commemorated Martyr's Day, honoring and remembering individuals who sacrificed their lives for the nation.
- 4 Afforestation Day: Gulf University celebrated Afforestation Day, emphasizing the importance of planting trees and promoting environmental sustainability.
- 5 Sports Day: The university organized a Sports Day, likely encouraging physical activity and promoting a healthy lifestyle among students and staff.
- 6 The Beach Clean-Up Event: Gulf University organized a beach clean-up event, demonstrating their commitment to environmental conservation and raising awareness about the impact of pollution on coastal ecosystems.
- 7 The Blood Donation Drive: A blood donation drive was conducted at Gulf University, contributing to the availability of blood for medical emergencies and supporting healthcare initiatives.
- 8 Orphan Day: The university dedicated a day to orphan care, likely raising awareness about the needs and challenges faced by orphans and promoting support for their well-being.
- 9 "AIN" Initiative Team Visit: A team from the "AIN" initiative visited Gulf University, focusing on addressing visual pollution and likely providing guidance on sustainable practices for a visually clean environment.
- 10 Resource, Materials, and Facilities Sharing: Gulf University actively shared resources, materials, and facilities with the community, promoting collaboration and supporting community development.

- 11 Hosted Lecture on Parental Care and Sustainable Development: The university hosted a lecture titled "Parental Care, Prevention, Protection, Sustainable Development, and Humanity Relief of Royal Humanitarian Foundation," likely addressing the importance of parental care and its role in sustainable development.
- 12 The First Regional Forum on Sustainability and Community Service: Gulf University organized the first regional forum on sustainability and community service, providing a platform to share experiences and models related to sustainable practices and community engagement.
- 13 The "3Rs Workshop" at Gulf University: The university conducted a workshop focused on the "3Rs" (Reduce, Reuse, Recycle) concept, promoting environmental sustainability and waste management practices.
- 14 On-Campus/Off-Campus Actions: In-Progress: Gulf University was actively involved in ongoing actions, both on-campus and off-campus, likely related to initiatives promoting health, well-being, and sustainability.
- 15 Stop Smoking/No Tobacco Day: The university observed Stop Smoking/No Tobacco Day, raising awareness about the harmful effects of smoking and promoting a smoke-free environment.

Gulf University's diverse range of activities and initiatives demonstrates their commitment to promoting good health, well-being, sustainable development, and community engagement, in line with SDG 3.
