

3 GOOD HEALTH
AND WELL-BEING



SDG 3 Progress Report 2023

University of Dhaka



SDG 3: Good Health and Well-Being

The University of Dhaka has played a pivotal role in advancing Sustainable Development Goal 3 in 2023, which focuses on ensuring healthy lives and well-being for all regardless of their age. Through a combination of various academic studies, programs, research and community outreach, seminars, and healthcare training, the university has supported the global goal of improvising and enhancing the healthcare system along with mass public awareness.

- *The Department of Clinical Pharmacy and Pharmacology* plays a vital role in fostering and actively preparing highly skilled professionals through various research, such as research on therapeutic compounds, addressing severe issues like liver diseases in Bangladesh, and genetic studies. *The Department of Clinical Psychology*, participated in collaborative research, projects, workshops, and skill-based training sessions to improve the overall well-being of health.
- *The Department of Clinical Psychology*, arranged “*Training on Basic Psychotherapeutic Counselling Skills, 2023*”
- *The Department of Psychology*, organized multiple community outreach seminars, workshops and research in 2023, in order to create a supportive environment for the students.
- *The Department of Educational and Counselling Psychology*, arranged a workshop on “*A Journey to Accomplishment 2023*”.
- *The Institute of Health Economics* conducted advanced health research in 2023, for instance, the 19 health-related research projects which effectively contributed valuable insights in addressing public health concerns and improving healthcare policies.
- *The Tourism and Hospitality Management Department* conducted research on travel decision-making during health distress and on the psychological empowerment of ethnic minority tourists: *The Moderating Role of Psychological Empowerment*.
- *The International Symposium on “One Health. One World” (December 2023)*, basically emphasized the interconnectedness of health, society, and the environment.

This symposium brought together participants from- Japan, China, Malaysia, Myanmar, Sri Lanka, Vietnam, and India. The focus was to discuss international health research and climate challenges and urban safety.

- *The Seminar on “Nutrition, Health and Population” (August 2023)*, highlighted the significance of diet and health concerns.

The workshop was aimed at providing essential training and educating the participants regarding nutrition, public health, and population challenges and how they can contribute to population health improvements.

- The Department of Psychology, organized seminars, conferences and various workshops, including the *Social Skills Training Workshop 2023*, in order to promote mental health awareness and reduce stigma among the participants.
- The resident halls of the university, notably *Amar Ekushey Hall*, Ruqayyah Hall, organized multiple blood donation drives in 2023 and ensured a steady and smooth supply for emergencies as well as raised awareness regarding blood donation. These events enhanced access to essential health concerns and community resilience among the students.