

SDG03

GOOD HEALTH AND WELLBEING

ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES



GOOD HEALTH AND WELLBEING

KEY HIGHLIGHTS (2025-2026)

BENEFICIARY DATA

RESEARCH ADVANCING GOOD HEALTH AND WELL BEING

COLLABORATIONS AND HEALTH SERVICES

NATIONAL AND INTERNATIONAL PARTNERSHIPS

FACULTY LED PROJECTS

HEALTH OUTREACH PROGRAMS

COMMUNITY HEALTH OUTREACH AND PUBLIC HEALTH IMPACT

PROMOTING GOOD HEALTH AND MENTAL WELL-BEING THROUGH STUDENT CLUBS AND ACTIVITIES

ACCESS TO HEALTH AND WELL-BEING SERVICES

UOB COUNSELING CENTER

SMOKE-FREE CAMPUS PROMOTING HEALTH AND WELL-BEING

DESIGN AND PLANNING INITIATIVES SUPPORTING HEALTH AND WELL-BEING

Key Highlights (2025-2026)

- **Over 200** SDG3 publications across 2025-2026.
- **1,000** Frontline health workers trained
- **8** Lebanese governorates reached through health capacity-building programs
- **1** Medical Simulation Center inaugurated
- **1** Climate Change & Health Fellowship Program launched
- **1** International environmental health grant awarded (EPIC Air Quality Fund)
- **4** Major medical conferences and workshops organized
- **400+** Students and community members reached through health and mental health awareness initiatives
- **362** Student-athletes supported
- **30+** Sports and recreation teams active
- **83 students received professional counseling services** through the UOB Counseling Center.
- **13 mental health and well-being activities** delivered across four campuses and online platforms.
- **350+ students reached through mental health promotion and well-being initiatives.**
- **200 secondary school students** reached through digital well-being and mental health outreach programs.
- **13 students supported through academic accommodations** related to disability, health conditions, learning difficulties, or personal circumstances.
- **200+ women reached** through breast cancer awareness and preventive health campaigns.
- 676 medical, nursing, and healthcare learners trained through the Dr. Elias G. El-Chami Medical Simulation Center.
- 1,640+ hours of simulation-based clinical training delivered in emergency medicine, surgery, trauma, obstetrics and gynecology, pediatrics, psychiatry, and patient safety.
- 606 graduates from health-related disciplines (Medicine, Health Sciences, PGME, Biology, and Psychology) contributed to strengthening the future health workforce.

Beneficiary Data

INITIATIVE	BENEFICIARIES
BREAST CANCER CAMPAIGNS	200+ women
MENTAL HEALTH AWARENESS AND WELL-BEING ACTIVITIES	350+
COMMUNITY HEALTH WORKER DEVELOPMENT AND CAPACITY-BUILDING PROGRAMS	1,000 workers
COUNSELING CENTER SERVICES	83 students
SCREEN PROTECTOR DIGITAL WELL-BEING WORKSHOP	200
HEALTH CENTER	8,875 total Patients in 2025

The University of Balamand contributes to SDG 3 through an integrated approach that combines health research, workforce development, healthcare service provision, community outreach, mental health support, and health promotion.

RESEARCH ADVANCING GOOD HEALTH AND WELL BEING

Over the past two years, the University of Balamand has produced more than **200 SDG 3-related publications**, addressing key health challenges facing Lebanon, the MENA region, and the global community. Research focused on improving disease prevention, diagnosis, treatment, healthcare delivery, and public health outcomes through interdisciplinary collaboration across medicine, health sciences, pharmacy, nursing, public health, engineering, and data science.

Non-Communicable Diseases and Chronic Conditions

A major portion of the University's research addressed the prevention and management of non-communicable diseases, particularly diabetes, cardiovascular diseases, obesity, metabolic disorders, and cancer. Researchers investigated disease epidemiology, risk factors, innovative therapies, precision medicine approaches, and long-term disease management strategies. Studies explored topics such as GLP-1 receptor agonists, diabetic kidney disease, heart failure, stroke prevention, cancer immunotherapy, and emerging oncology treatments (3, 11, 19, 21, 27, 45, 63, 95, 101, 106, 134, 168, 179, 182, 195, 196, 209).

Infectious Diseases and Antimicrobial Resistance

Research contributed to strengthening preparedness against infectious diseases through studies on antimicrobial resistance, antimicrobial stewardship, multidrug-resistant organisms, vaccination, healthcare-associated infections, COVID-19, hepatitis, and pneumonia management. These efforts support evidence-based infection prevention and improved clinical care (9, 42, 66, 76, 85, 86, 102, 128, 151, 153, 158, 164, 166, 167, 193, 207).

Maternal, Child, and Reproductive Health

Researchers addressed critical issues affecting maternal and child health, including reproductive health, infertility, pregnancy outcomes, fetal medicine, congenital abnormalities, and access to reproductive healthcare services. This work supports healthier lives for women, infants, and families across the region (1, 10, 25, 30, 31, 41, 53, 76, 87, 89, 90, 94, 132, 146, 147, 151, 155, 169, 184, 189, 203, 204, 206).

Mental Health and Well-Being

The University expanded research on mental health, behavioral health, and psychosocial well-being, examining anxiety, addiction, eating disorders, burnout among healthcare professionals, and barriers to mental healthcare access. Several studies also explored the

intersection between mental health and chronic diseases (19, 24, 79, 93, 109, 120, 194, 197, 202).

Environmental Health and Health Equity

Recognizing the growing impact of environmental and social determinants of health, researchers investigated air pollution, heavy metals, plastics contamination, environmental exposures, health disparities, refugee health, healthcare accessibility, and vulnerable populations. These studies support evidence-based policymaking and more equitable health systems (4, 13, 23, 54, 55, 56, 62, 82, 89, 103, 169, 186, 187, 188, 203, 204).



Innovation in Healthcare

Research also advanced healthcare innovation through applications of artificial intelligence, telemedicine, digital health technologies, health economics, and data-driven decision-making. These efforts contribute to improving healthcare quality, efficiency, accessibility, and patient outcomes (6, 7, 15, 37, 45, 50, 96, 115, 157).

Collectively, these publications demonstrate the University of Balamand's commitment to advancing public health, medical innovation, disease prevention, and equitable access to healthcare. Through research spanning clinical medicine, public health, digital health, environmental health, and healthcare systems, the University continues to contribute to healthier communities and the achievement of **Good Health and Well-Being**.

Collectively, these publications contribute to strengthening evidence-based healthcare, advancing medical innovation, and promoting equitable access to health services across Lebanon, the MENA region, and beyond.

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Promoting Mental Health and Emotional Well-Being Through Scholarly Engagement

Professor Carla Serhan published "*Le Voyage Quantique de la Jalousie Amoureuse"*, an interdisciplinary work that examines the psychological and emotional dimensions of jealousy and interpersonal relationships through psychoanalytic, philosophical, and literary perspectives.

By addressing emotional regulation, self-awareness, relationship dynamics, and psychological resilience, the publication contributes to broader efforts to reduce stigma surrounding mental and emotional health while encouraging informed discussion of psychological well-being. The book serves as a resource for students, academics, mental health practitioners, and the wider community, supporting greater understanding of the social and emotional factors that influence mental health and quality of life.

International Editorial Leadership in Cardiovascular Health

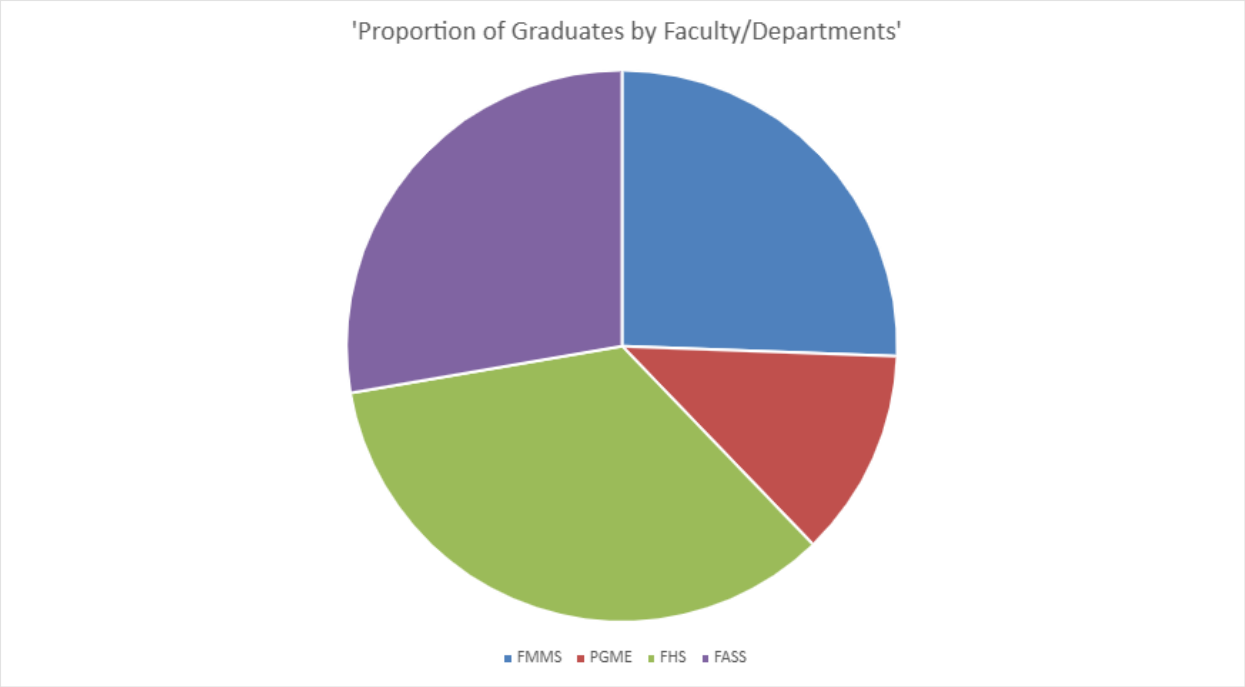
Professor Mirna N. Chahine, Professor of Biology and Cardiovascular Pathophysiology, was appointed Editor-in-Chief of *Vascular Health and Risk Management*, an internationally recognized peer-reviewed journal published by Taylor & Francis. As Editor-in-Chief, Professor Chahine will shape the journal's scientific direction and influence global research priorities in cardiovascular and vascular health, hypertension, disease prevention, and translational medicine.

This prestigious appointment represents significant international recognition of UOB's scientific expertise and academic leadership. It further strengthens the University's contribution to advancing evidence-based healthcare, accelerating scientific discovery, and promoting innovation in cardiovascular disease prevention and management worldwide.

Proportion of graduates in Health-related Disciplines

In 2025–2026, the University awarded degrees to **1,466 graduates**, of whom **606 (41,37%) graduated from health-related disciplines**, including programs in the Faculty of Medicine and Medical Sciences (FMMS), Postgraduate Medical Education (PGME), and Faculty of Health Sciences (FHS). This demonstrates the University's substantial contribution to strengthening Lebanon's and the region's healthcare workforce.

FACULTY	NUMBER OF GRADUATES BY FACULTY
FMMS	155
PGME	74
FHS	209
FAS (BIOLOGY, PSYCHOLOGY)	168



COLLABORATIONS AND HEALTH SERVICES

International Advisory Boards Driving Global Excellence

The University of Balamand strengthens its contribution to global health through distinguished International Advisory Boards that provide strategic guidance, foster international collaboration, and support academic excellence.

Faculty of Health Sciences International Advisory Board

The Faculty of Health Sciences (FHS) benefits from the expertise of an International Advisory Board composed of senior leaders from globally renowned universities and health institutions, including the University of Pennsylvania, Maastricht University, Georgetown University, Johns Hopkins University, and the University of Wollongong. The Board advises on strategic development, research priorities, internationalization, faculty and student mobility, and resource mobilization.

Through this global network, FHS remains aligned with emerging international health and education trends while strengthening its capacity to address regional and global health challenges.

For more details visit the University of Balamand | International Advisory Board

Faculty of Medicine Dean's International Advisory Board

1,000

Frontline health workers trained

The Faculty of Medicine's International Advisory Board comprises distinguished physicians and healthcare leaders from leading medical institutions in the United States. The Board provides strategic counsel on academic priorities, healthcare innovation, international partnerships, medical education, and institutional development.

This engagement ensures continuous alignment with international standards while enhancing collaboration opportunities, research excellence, and healthcare capacity building.

For more details visit the University of Balamand | International Advisory Board

Strengthening Health Workforce Capacity Through Simulation-Based Education

1,000+ m²	12	Miniature Hospital	AHA Training Center
Advanced Facility	OSCE Rooms	Fully Simulated Environment	Certified BLS & ACLS

The University of Balamand significantly advanced healthcare workforce development through the establishment and expansion of the **Dr. Elias G. El-Chami Medical Simulation Center,** inaugurated in April 2025. As a state-of-the-art facility equipped with advanced simulation technologies, the Center provides learners with immersive, hands-on clinical training in a safe and controlled environment, enabling them to develop essential competencies before engaging in real patient care.

Clinical Simulation
Realistic, high-fidelity patient scenarios

Procedural Skills
Hands-on training from basic to advanced

Virtual Reality
Immersive surgical & diagnostic simulation

BLS & ACLS Certification
AHA-certified BLS and ACLS courses

By integrating high-fidelity simulation into medical and health sciences education, the Center has strengthened the preparedness of future healthcare professionals and contributed to improving the quality and safety of healthcare services in Lebanon. This initiative directly supports **SDG 3** through the development of a competent healthcare workforce, while also contributing to **SDG 4** and **9.**





During its first year of operation, the Center trained a total of 762 learners and healthcare professionals through simulation-based educational activities and assessments. Participants included medical students, residents, nursing students, and external healthcare professionals from partner institutions.

KEY OUTCOMES 2025-26

INDICATOR	ACHIEVEMENT
Total Learners Trained	762
Medical Students Trained	425
Residents Trained	51
Nursing Students Trained	54
External Healthcare Professionals Trained	134
Simulation Teaching Hours	1,321.5
Students Contact Hours	15,365.5
Simulation-Based OSCE Examinations	933
OSCE Sittings Conducted	21

Simulation-Based Medical Education

Simulation-based learning was integrated throughout the MD curriculum, supporting the progressive development of clinical, communication, emergency response, procedural, and diagnostic skills. During AY 2025-26, medical students received more than 1,320 hours of structured simulation-based instruction.

MEDICAL PROGRAM	STUDENTS TRAINED	SIMULATION HOURS
MED II	143	313.5
MED III	114	48.0
MED IV TRANSITION TO RESIDENCY BOOTCAMP	149	960.0
TOTAL	406	1,321.5

Training of Residents and Healthcare Professionals

The Center extended its impact beyond undergraduate education by delivering simulation-based programs for residents, nursing students, and practicing healthcare professionals. Training included Basic Life Support (BLS), Advanced Cardiovascular Life Support (ACLS), laparoscopic surgery, pediatric simulation, and clinical skills development. External participants included healthcare professionals from Mount Lebanon Hospital and the Lebanese University.

PARTICIPANT GROUP	LEARNERS TRAINED	TRAINING HOURS
Residents	51	26
Nursing Students	54	68
External Healthcare Professionals	134	146
Total	239	240

Competency-Based Clinical Assessment

The Simulation Center served as a major platform for competency assessment through Objective Structured Clinical Examinations (OSCEs). During AY 2025-26, the Center supported 21 OSCE sittings involving 933 student examinations across multiple clinical disciplines. These assessments provided standardized evaluation of clinical knowledge, practical skills, communication competencies, and clinical decision-making before students progressed to higher levels of clinical responsibility.

Overall Impact of (2025-26)

Through the delivery of more than **1,320 hours of simulation-based instruction**, the training of **762 learners and healthcare professionals**, and the implementation of **933 competency-based clinical assessments**, the University of Balamand strengthened the capacity, skills, and readiness of current and future healthcare professionals during AY 2025-26. The activities of the Dr. Elias G. El-Chami Medical Simulation Center contributed directly to improving healthcare workforce preparedness, promoting patient safety, advancing clinical competence, and supporting the long-term strengthening of the health sector in Lebanon, thereby advancing **SDG 3: Good Health and Well-Being**, particularly **Target 3.c on Health Workforce Development**.



NATIONAL AND INTERNATIONAL PARTNERSHIPS

Strategic Partnerships Strengthening Health Systems, Research, and Community and Workforce Development

The University of Balamand (UOB) advances **SDG 3: Good Health and Well-Being** through a robust network of national and international partnerships that strengthen healthcare delivery, workforce development, public health research, rehabilitation services, and community resilience. By collaborating with governmental agencies, international organizations, healthcare institutions, teaching hospitals, and leading universities, UOB contributes to improving health outcomes, expanding access to quality healthcare, and building a resilient healthcare workforce across Lebanon and the region.

A flagship partnership between UOB's Department of Community Engagement (DoCE), the Ministry of Public Health (MoPH), and led to the establishment of **75 Primary Health Care Satellite Units** throughout Lebanon, expanding access to essential healthcare services for vulnerable, displaced, and conflict-affected populations. The initiative also strengthened primary healthcare systems through the training of more than **230 physicians, nurses, midwives, and community health workers**, supporting maternal and child health, vaccination awareness, disease prevention, and health promotion activities.

Building on this impact, UOB delivered health workforce development programs that reached approximately **1,000 healthcare workers across all eight Lebanese governorates**, enhancing competencies in community-based healthcare delivery, risk communication, public health preparedness, health promotion, and primary healthcare services. These initiatives have contributed to strengthening healthcare capacity and improving service quality at the national level.

Through the Faculty of Health Sciences, UOB maintains strategic collaborations with leading international universities and healthcare institutions, including **McGill University**, **Duke University**, the **University of California San Diego**, **University College Dublin**, **Johns Hopkins University**, and the **University of Pennsylvania**. These partnerships support collaborative research, faculty and student exchanges, public health capacity building, clinical education, and evidence-based healthcare innovation, enhancing UOB's contribution to national and global health priorities (Faculty of Health Sciences Partnerships).

UOB further strengthens rehabilitation and humanitarian healthcare services through collaborations with organizations such as the **International Committee of the Red Cross (ICRC)**, rehabilitation centers, community-based organizations, and public-sector stakeholders. These partnerships support rehabilitation services, emergency preparedness, health promotion initiatives, and community

resilience efforts, particularly for vulnerable populations and individuals requiring specialized care.

Clinical education and healthcare workforce development are reinforced through an extensive network of affiliated teaching hospitals and healthcare institutions coordinated by the Faculty of Medicine and Medical Sciences. These partnerships provide clinical clerkships, residency and fellowship training, specialized medical education, research opportunities, and advanced patient-care experiences. A key example is the partnership with **Mount Lebanon Hospital University Medical Center (MLH-UHC)**, which serves as a major teaching hospital supporting medical education, clinical training, and healthcare innovation (Faculty of Medicine Affiliated Hospitals; Mount Lebanon Hospital University Medical Center).

Key Achievements

- Established **75 Primary Health Care Satellite Units** serving vulnerable and underserved communities across Lebanon
- Trained **230+ frontline healthcare professionals** supporting primary healthcare delivery and public health interventions Link
- Reached approximately **1,000 healthcare workers** across all eight Lebanese governorates through capacity-building and workforce development initiatives
- Strengthened national efforts in **maternal and child health, vaccination awareness, disease prevention, and health promotion** Link
- Expanded international collaboration in healthcare research, education, and innovation through partnerships with leading global universities (Faculty of Health Sciences Partnerships).
- Enhanced clinical education, residency and fellowship training, healthcare research, and service delivery through an extensive network of affiliated teaching hospitals (Faculty of Medicine Affiliated Hospitals).

This supports **SDGs 3, 4, 10, 16 & 17**.

FACULTY LED PROJECTS

UOB Annual Medical Congresses Strengthening Health Workforce Capacity and Healthcare System Resilience

Since 2023, the University of Balamand's Faculty of Medicine and Medical Sciences has hosted an annual Medical Congress, providing a sustained platform for continuing medical education, multidisciplinary collaboration, and knowledge exchange among healthcare professionals, researchers, students, and policymakers with more than 1608 participants in the past three years and 98 healthcare institutions represented as revealed in the table below.

EVENT	YEAR	PARTICIPANTS	INSTITUTIONS REPRESENTED	CME CREDITS
1ST MEDICAL CONGRESS: UPDATES IN MEDICINE	2023	310	11	11
1ST UOB PAIN MEDICINE WORKSHOP	2024	40	18	9
UOB-FOM INTERNAL MEDICINE SYMPOSIUM	2024	305	9	11
1ST NORTH ENDOUROLOGY DAY	2025	120	4	5
3RD MEDICAL CONGRESS: ADVANCES IN MULTIDISCIPLINARY HEALTHCARE	2025	350	18	13.5
2ND UOB INTERVENTIONAL PAIN MEDICINE WORKSHOP	2025	73	25	13.5
4TH UOB MEDICAL CONGRESS: TRAUMA FROM IMPACT TO RECOVERY	2026	381	13	12.5
3RD UOB INTERVENTIONAL PAIN MEDICINE WORKSHOP	2026	29	N/A	7.5

The **2025 Congress, "Advances in Multidisciplinary Healthcare"** promoted evidence-based practice, interdisciplinary care, and continuing medical education through scientific sessions and expert-led discussions. The integration of nursing sciences further strengthened team-based approaches to healthcare delivery.



The **4th Medical Congress 2026, "Trauma: From Impact to Recovery"** held under the patronage of the Lebanese Minister of Public Health, convened healthcare professionals, emergency responders, researchers, hospital leaders, and Ministry representatives to address trauma prevention, emergency care, rehabilitation, and healthcare-system resilience. The event facilitated the exchange of evidence-based practices and strengthened collaboration between academia and national health stakeholders. For more details visit the **4th Medical Congress 2026**





Key Achievements and Contributions

- Sustained a healthcare capacity-building initiative over four consecutive years (2023–2026).
- Delivered CME-accredited scientific sessions, keynote lectures, and professional development opportunities.
- Promoted evidence-based, multidisciplinary approaches to healthcare delivery.
- Strengthened collaboration among universities, hospitals, professional associations, government agencies, and healthcare providers.

- Advanced dialogue on trauma care, emergency preparedness, patient safety, rehabilitation, and healthcare quality.

Through its annual Medical Congress series, the University of Balamand demonstrates a sustained institutional commitment to advancing healthcare quality, health workforce capacity, and healthcare-system resilience. By convening healthcare professionals, researchers, students, hospitals, and public-sector stakeholders around critical health challenges, the initiative generates impact beyond the university, supporting national capacity-building, professional development, and collaborative action toward achieving SDG 3 and related Sustainable Development Goals.

The initiative supports **SDGs 3, 4, 11, 16 & 17.**

UOB Interventional Pain Medicine Initiative: Strengthening Specialized Clinical Training

Since recognizing in 2024 the growing burden of chronic pain and the need for advanced pain-management expertise, the University of Balamand's Faculty of Medicine and Medical Sciences has delivered an annual series of **Interventional Pain Medicine Workshops**, providing physicians and healthcare professionals with advanced training in ultrasound-guided and interventional pain management techniques.

- **First Interventional Pain Medicine Workshop (April 2024)**
  - The inaugural workshop, held at UOB's Dekwaneh Campus in collaboration with experts from the **British Pain Society,** introduced physicians and healthcare professionals to advanced ultrasound-guided pain management techniques. Through expert-led instruction and practical demonstrations, participants gained exposure to innovative approaches that improve diagnostic accuracy, procedural safety, and patient outcomes.

- **Second Interventional Pain Medicine Workshop (September 2025)**
  - Building on the success of the inaugural event, the second workshop provided advanced education and practical skills training in spine and musculoskeletal ultrasound-guided interventions. The program featured leading international experts, including Dr. Zbigniew Kirkor, Head of Regenexx Clinic (UK), Dr. Martynas Juozaitis, regenerative medicine specialist at Algocells Regenxx Clinic, and Dr. Arun Bhaskar, Past President of the British Pain Society. Through expert-led lectures and hands-on training, participants strengthened their clinical competencies and gained exposure to the latest evidence-based advances in pain medicine, interventional procedures, and regenerative therapies.







- **Third Interventional Pain Medicine Workshop (September 2026)**
    - Led by Professor Maroun Ghabach, the third edition brought together physicians, residents, fellows, and faculty members for immersive cadaver-based training in advanced interventional pain procedures. Participants strengthened their procedural competencies through practical application of anatomical knowledge, enhancing precision, patient safety, and quality of care in pain management services.

Key Achievements and Contributions

Through three consecutive annual editions, UOB has created a sustainable platform for specialized medical training that:

- Strengthens specialist competencies in pain medicine through hands-on and cadaver-based training.
- Promotes evidence-based, patient-centered approaches to acute and chronic pain management.

- Enhances procedural skills, patient safety, and quality of care.
- Facilitates international knowledge exchange and collaboration with leading experts

These workshops support **SDGs 3, 4, 10 & 17.**

UOB North Endourology Day: Building Specialist Capacity in Advanced Urological Care

In February 2025, the University of Balamand Faculty of Medicine, in partnership with national and international medical organizations, organized the **first North Endourology Day** to advance specialist expertise in urological care and minimally invasive surgery.



This initiative supports **SDG 3, 4, 9 ,17**.

Open Health Day at UOB Souk El Gharb Expands Community Access to Preventive Care

The Open Health Day at the **University of Balamand's Souk El Gharb (SEG) Campus**, organized in collaboration with **Mount Lebanon Hospital University Medical Center (MLHUMC)** and supported by the **Souk El Gharb Municipality**, expanded community access to preventive healthcare services through free screenings, consultations, laboratory testing, and health education activities.

The initiative targeted community members of all ages, providing

opportunities for early detection of chronic diseases and risk factors while increasing awareness of healthy lifestyles, disease prevention, and the importance of routine health monitoring.

In addition to delivering healthcare services, the event promoted health literacy and encouraged community engagement with healthcare professionals, helping individuals make informed decisions about their health and well-being.

The Open Health Day at the Souk El Gharb Campus welcomed a total of 600 visitors, with 473 registered participants and 200 referrals. The strong turnout highlighted the impact of collaborative efforts in advancing community health and reaffirmed the University of Balamand's commitment to promoting a healthier society.

For more details visit [the Balamand News]

These activities support SDGs 3, 4, 10, 11 & 17.







LSQSH 13th Annual Conference: Towards Safe and Resilient Healthcare Systems (October 16, 2026)

The University of Balamand hosted the **13th Annual Conference of the Lebanese Society for Quality and Safety in Healthcare (LSQSH),** in collaboration with the **Ministry of Public Health,** under the theme ***"Towards Safe and Resilient Healthcare Systems."*** The conference brought together healthcare leaders, clinicians, academics, policymakers, and patient safety professionals to exchange expertise and explore strategies for strengthening healthcare quality and safety across Lebanon.

Through expert presentations and interactive discussions addressing patient safety, quality improvement, healthcare resilience, artificial intelligence, digital transformation, leadership, and value-based healthcare, the conference provided a platform for cross-institutional knowledge exchange and professional collaboration. By convening stakeholders from across the healthcare sector, the University contributed to advancing dialogue on safer clinical practices, stronger healthcare systems, and improved patient-centered care.

UOB served as a platform for **advancing healthcare quality and patient safety** beyond its institutional boundaries by convening national healthcare stakeholders, promoting evidence-based discussions, and encouraging collaborative approaches to safer, more resilient healthcare systems.

This supports **SDGs 3, 4, 9, 16 & 17.**

For more details visit the LSQSH Event Portal.

HEAL Forum: Strengthening Health System Resilience and Emergency Preparedness

In 2025, the University of Balamand launched the **HEAL Forum (Health, Emergency Action, and Leadership in Crisis Management)** to strengthen healthcare system resilience in response to conflict, economic instability, and public health emergencies. Led by the **Faculty of Health Sciences (FHS)** in partnership with **the Lebanese Army Military Healthcare**, the initiative brings together healthcare providers, public authorities, and academic experts to improve emergency preparedness, workforce capacity, and coordinated health responses.



Key Achievements and Contributions

- Trained **more than 400 medical residents and emergency response coordinators** in crisis leadership, disaster preparedness, emergency response simulations, and healthcare workforce well-being.
- Strengthened healthcare preparedness across a network of **12 affiliated hospitals**, enhancing institutional capacity to manage health emergencies and service disruptions.
- Convened **over 15 national and international stakeholders**, including public health authorities and healthcare organizations, to support coordinated emergency health planning and policy dialogue.
- Expanded experiential public health training through governance and health system engagement opportunities for Master of Public Health students.
- Reached **over 25,000 community beneficiaries** through health outreach, health literacy initiatives, community clinics, and coordinated healthcare services.

For more Details visit the Balamand FHS website

This activity supports **SDGs 3, 4, 10, 11, 16 & 17.**

Influencing National Health Policy and Environmental Health Protection

The University of Balamand contributed to national public health policy through its participation in the review of Lebanon's **National Health Strategy: Vision 2030** alongside the Ministry of Public Health, the World Bank, UNICEF, and other stakeholders. Through the expertise of its Faculty of Health Sciences, the University advocated for the inclusion of environmental determinants of health, including air pollution and toxic exposures, in national health planning and disease prevention strategies.

Key Contributions to National Health Policy and Public Health

- Contributed scientific and public health expertise to national health policy development.
- Promoted the integration of environmental health risks, including air pollution and lead exposure, into public health planning.
- Supported the National Lead Poisoning Prevention Campaign through evidence-based advocacy and awareness efforts.
- Strengthened collaboration between government agencies, international organizations, and academic experts.
- Advanced the use of research and scientific evidence in health policy and decision-making.

For more details visit the WHO.

This initiative supports **SDGs 3, 16, 11 & 17**.



UOB AWAIR Project - Advancing Environmental Health Through Air Quality Monitoring

In 2025, the **University of Balamand's AWAIR Project**, led by Dr. Myriam Mrad was selected as the **only Lebanese initiative among 322 applications from 74 countries** to receive funding from the EPIC Air Quality Fund. The project addresses air pollution as a major public health challenge by strengthening environmental health surveillance and supporting evidence-based action.



Key Contributions to Environmental Health and Air Quality Management

- Deploying **80 $PM_{2.5}$ air-quality sensors** across schools, hospitals, healthcare facilities, and densely populated communities.
- Reactivating a **reference-grade air monitoring station** to strengthen national air-quality monitoring capacity.
- Providing **real-time, open-access air-quality data** to support research, public awareness, and policy development.
- Strengthening collaboration among academic, environmental, and public health stakeholders to address pollution-related health risks.

The project directly supports **SDG 3, 11, 13, 9 & 17.**

For more details visit the AWAIR project

Climate Change and Health Fellowship Program: Building Leadership for Climate-Resilient Health Systems

In February 2025, the University of Balamand's Faculty of Health Sciences launched the **MENA region's first Climate Change and Health Fellowship Program**, designed to strengthen national capacity to address climate-related health risks. The program trained **15 senior leaders and decision-makers** from government, humanitarian, and health sectors through an intensive **8-month, 15-credit curriculum** focused on climate-health governance, environmental health, and public health resilience.

Key Contributions to Climate-Resilient Health Systems

- Trained **15 public health and government leaders** in climate-related health risk management and adaptation.
- Fostered collaboration among the Ministries of Public Health, Environment, Agriculture, and Finance, alongside humanitarian and international organizations.
- Secured **US$71,000 in international research support** to advance climate and health capacity building.
- Expanded into the **CLIMA-LEAD Executive Adaptation Diploma**, supported by UNDP and the Green Climate Fund, ensuring long-term sustainability and regional impact.

The initiative directly supports **SDGs 3, 4, 13, 16 & 17.**



Advancing Child Health Through Global Leadership in Pediatric Pain Management

In 2025, **Dr. Huda Huijer**, Dean of the Faculty of Health Sciences at the University of Balamand, was invited as a **plenary speaker** at the **15th International Symposium on Paediatric Pain (ISPP 2025)** in Glasgow. Her presentation highlighted evidence-based research on pediatric pain assessment, pain management, and palliative care, contributing to improved clinical practice and quality of life for children with acute and chronic health conditions.



Key Contributions to Child Health and Global Knowledge Exchange:

- Disseminated internationally recognized research on pediatric pain management and child health.
- Promoted evidence-based approaches to improve pediatric care and patient outcomes.
- Contributed to global knowledge exchange among healthcare professionals, researchers, and policymakers.
- Strengthened the University of Balamand's international leadership in pediatric health research and practice.

This research recognition supports **SDGs 3, 4, 10 & 17.**

For more details visit the ISPP Programme

Advancing Environmental Health: Exposome Moonshot



In May 2025, the University of Balamand was represented by Dr. Myriam Mrad Chairperson of the Public Health Department at the Faculty of Health Sciences, University of Balamand at the **Exposome Moonshot Forum** in Washington, D.C., a landmark international initiative supporting the development of the Human Exposome Project, which seeks to better understand how environmental, social, and lifestyle factors influence human health across the lifespan.

Key Contributions to Environmental Health and Global Research Collaboration

- Contributed to international dialogue on environmental determinants of health and disease prevention.
- Strengthened global collaboration in environmental health, public health innovation, and health-related artificial intelligence.
- Expanded international research networks and scientific knowledge exchange focused on improving population health.
- Enhanced UOB's participation in global efforts to develop evidence-based strategies for reducing environmental health risks.

This initiative supports **SDGs 3, 13, 9, 4 & 17.**

For mor details visit the Balamand News

Regional Leadership in Climate and Health Research

In 2025, the Faculty of Health Sciences at the UOB contributed to the **First Climate Change and Health in the Arab Region Conference (CCHAR)** and the **Tenth International Conference on Ethics in the MENA Region**, showcasing research on air pollution, environmental exposures, environmental justice, maternal and child health, and population vulnerability. Faculty members and fellows also presented achievements from the **NIH-funded GeoHealth Hub**, reinforcing UOB's regional leadership in climate and health research.





For more details visit the Balamand News

This contribution supports **SDGs 3, 13, 10, 4 & 17**.

Innovation for Cardiovascular Disease Prevention

The **University of Balamand** in collaboration with the **University of the Basque Country** (UPV/EHU), received the **Best Oral Presentation Award in Applied Sciences and Technology** at the *Doctoral Studies Days – Middle East Edition* for research on **"Enhancing Cardiovascular Disease Prediction with an Interpretable Machine Learning Framework."** Developed through an international collaboration, the project uses explainable artificial intelligence (AI) to improve early detection of cardiovascular disease while enhancing transparency in clinical decision-making.



Key Contributions to Digital Health Innovation and Cardiovascular Disease Prevention

- Developed an interpretable AI framework to improve early and accurate cardiovascular disease prediction.
- Enhanced evidence-based clinical decision-making through transparent risk assessment tools.
- Advanced precision medicine approaches for preventive healthcare and chronic disease management.
- Strengthened international collaboration in digital health and healthcare innovation.

This collaborative presentation supports **SDGs 3, 9, 4, 16 & 17.**

International Recognition for Excellence in Nursing and Health Research

The Dean of the Faculty of Health Sciences was awarded the prestigious **FNINR Ada Sue Hinshaw Award,** becoming **the first researcher from outside the United States** to receive this distinction. The award recognizes outstanding contributions to nursing science, healthcare research, pediatric pain management, palliative care, and health policy. This international recognition highlights the global impact of UOB's research and leadership in advancing evidence-based healthcare, nursing education, and patient-centered care, particularly in low- and middle-income countries.

This supports **SDGs 3, 4, 5, 10 & 17.**

ACEN ACCREDITATION: Strengthening the Nursing Workforce Through Excellence in Education

In 2025, the University of Balamand's **BSN and MSN Nursing Programs achieved ACEN accreditation**, receiving full compliance with all accreditation standards and confirming alignment with internationally recognized benchmarks for nursing education and workforce preparation.

Key Contributions to Nursing Education and Workforce Development:

- Achieved international accreditation for both BSN and MSN programs, validating educational quality and clinical excellence.
- Strengthened the preparation of highly qualified nurses equipped to meet evolving healthcare needs.
- Promoted evidence-based practice, patient-centered care, and patient safety.
- Enhanced nursing workforce capacity through continuous learning and professional development.

This achievement supports **SDGS 3, 4, 5 & 8.**

HEALTH OUTREACH PROGRAMS

UOB Celebrates International Nurses Day

The Faculty of Health Sciences annually celebrates **International Nurses Day**, recognizing the vital role of nurses in advancing healthcare quality, patient safety, and community well-being. Through educational activities, scientific discussions, and professional exchange, the event promotes evidence-based practice, continuous professional development, and excellence in nursing care.

This supports **SDGS 3, 4, 5 & 8**.





Breast Cancer Awareness and Preventive Health Outreach

The University of Balamand advances **SDG 3: Good Health and Well-Being** through community-based breast cancer awareness initiatives that promote early detection, preventive healthcare, and health education. Through the active engagement of faculty and students from the Departments of Nursing, Medical Laboratory Sciences, Nutrition, and Public Health, the University delivers evidence-based outreach programs that improve health literacy and encourage timely access to screening services.

A flagship initiative conducted in Brummana provided women with education on breast cancer risk factors, breast self-examination, prevention strategies, and the importance of regular screening. Participants were also connected to free appointments for specialized imaging and follow-up services, helping reduce barriers to preventive care.



In partnership with the **Barbara Nassar Cancer Center**, UOB further expanded its impact through community awareness events, multidisciplinary health education activities, free consultations, and preventive screening initiatives.





This activity supports **SDGS 3, 4 & 10.**





Community Health Outreach and Public Health Impact

UOB (DoCE): Strengthening Public Health Nationwide

Through its **Department of Community Engagement (DoCE)**, the University of Balamand strengthened public health capacity and preventive healthcare across Lebanon through national workforce development and community-based health initiatives.

Building on the partnerships described above, UOB's DoCE continued health workforce development activities reaching approximately 1,000 healthcare workers.

Impact and Outcomes (2025-2026)

- Trained approximately **1,000 community health workers and healthcare professionals**.
- Delivered capacity-building programs across **all eight Lebanese governorates**.
- Supported national **HPV vaccination awareness** and the development of the **National Adolescent Health Strategy**.
- Provided **Explosive Ordnance Risk Education (EORE)** to communities at risk of conflict-related injuries.
- Enhanced national capacity in health promotion, disease prevention, and risk communication.

By expanding workforce training, supporting national health

priorities, and reaching vulnerable communities, UOB strengthened public health preparedness, advanced preventive healthcare, and improved access to health information nationwide.

This initiative supports **SDGs 3, 10, 16 & 17.**

Promoting Road Safety and Responsible Driving Through Creative Advocacy

As part of its commitment to promoting health and well-being beyond clinical settings, the Académie Libanaise des Beaux-Arts (ALBA) engaged students in addressing road safety, a significant public health challenge in Lebanon. During 2025, students enrolled in the Graphic Design and Advertising program applied visual communication and social marketing principles to develop a road safety awareness campaign focused on responsible driving and civic behavior on Lebanese roads.

The project challenged students to create persuasive communication materials aimed at encouraging safer driving practices, respect for traffic regulations, and increased civic responsibility among road users. Developed with reference to

guidance and public messaging from the Ministry of Interior and Municipalities, the initiative enabled students to use design as a tool for public health promotion while contributing to broader efforts to reduce road traffic injuries and fatalities.

A total of 11 students participated in the campaign design project, producing communication concepts and campaign materials that highlighted the links between individual behavior, community safety, and public health. Through this initiative, students gained practical experience in designing for social impact while supporting SDG 3 (Good Health and Well-being) by raising awareness of injury prevention and safer mobility

NO.	ACTIVITY	PROGRAMME	TYPE	PARTNER	PARTICIPANTS	DATE
9	Responsible Driving and Road Civility Campaign	Graphic Design and Advertising	Campaign Presentation	Ministry of Interior and Municipalities*	11 students	2025

PROMOTING GOOD HEALTH AND MENTAL WELL-BEING THROUGH STUDENT CLUBS AND ACTIVITIES

The University provides comprehensive mental health support through the UOB Counseling Center and student-led mental health awareness initiatives.

Documented outreach included:

Promoting Mental Health and Well-Being

200 secondary school students reached through the *Screen Protector* initiative, promoting healthy social media use, digital well-being, and emotional resilience.
For more details visit the Psychsavy club news



150 students participated in the *Confidence Looks Good* workshop focused on self-confidence, self-esteem, and positive mental health.
For more details visit the Psychsavy News



Community Health and Social Care Visits provided psychosocial support and social inclusion for elderly residents, rehabilitation center beneficiaries, and vulnerable populations.

Link: (no link to respect the dignity and privacy of the vulnerable)



15 children supported through the *Smiles for Easter* initiative, promoting emotional well-being, social connection, and inclusion.
For more details visit the OSAUOB



Elderly residents engaged through the *Hamilat Al Teeb Visit*, reducing social isolation and enhancing psychosocial well-being.
For more details visit the OSAUOB

Prevention of Non-Communicable Diseases

200+ women reached through the Breast Cancer Awareness Campaign, promoting early detection, screening, and breast health education. For more details visit the nursing UOB



Breast Cancer Awareness Week increased awareness of cancer prevention, self-examination, and early diagnosis through multidisciplinary health education.
For more details visit the OSAUOB



School students engaged through the *Sweet Tooth to Understand Diabetes* initiative, promoting diabetes prevention, healthy nutrition, and active lifestyles.
For more details visit the OSAUOB



Reduce Road Traffic Injuries and Deaths

Students trained through the ***Mind the Road*** initiative on road safety, injury prevention, basic first aid, and emergency response. For more details visit the OSAUOB



Road Safety Awareness Campaign promoted responsible driving behaviors and injury prevention in partnership with Koun Hadi.



Access to Health Services and Health Promotion

RCYC Annual Blood Drive promoted voluntary blood donation, community health awareness, and support for lifesaving healthcare services.
For more details visit OSAUOB



Fundraising for an Elderly Shelter provided essential medical supplies and healthcare support for vulnerable. For more details visit the Premedclubseg



Collective Impact

- **200+ women reached** through cancer prevention initiatives.
- **350+ students reached** through mental health and well-being programs.
- **School students educated** on diabetes prevention and healthy lifestyles.
- **Students trained** in road safety, injury prevention, and emergency preparedness.
- **Children, elderly residents, and vulnerable populations supported** through community outreach, psychosocial support, and health promotion initiatives.

SHARED SPORTS FACILITIES AND ATHLETIC PROGRAMS PROMOTING HEALTH AND WELL-BEING

The University of Balamand (UOB) promotes physical health and well-being by providing students with free access to fitness centers, sports courts, athletic fields, tracks, and recreational facilities across its campuses. Through the **Office of Athletics, Wellness, and Recreation,** students participate in varsity sports, fitness initiatives, recreational activities, and wellness programs that support active lifestyles, disease prevention, mental well-being, and social engagement.

362

Student-athletes supported

UOB's commitment to health promotion is reflected in increasing participation across its athletics and wellness programs. During the **2025-2026 academic year, 362 student-athletes** participated in more than 30 sports and campus teams, up from 265 athletes in 2022-2023. Fitness Center utilization also increased steadily, with average daily attendance rising from approximately **84 visits per day in 2021-2022 to 129 visits per day in 2025-2026**. The University also extends access to selected sports facilities to schools and community groups, supporting health promotion beyond the campus community.

Athletic Excellence and Sports Leadership

UOB continued to advance physical well-being, leadership, and athletic achievement through the success of its students, alumni, coaches, and healthcare professionals. University athletes earned medals at regional competitions, while alumni and coaches contributed to national sports programs through coaching, sports medicine, and athlete development. These achievements promote healthy lifestyles,



teamwork, leadership, and community engagement while strengthening the University's contribution to sport and well-being at national and regional levels.


FIBA U16 ASIA CUP






U16 ASIA CUP
Roster - Staff
LBF
Charbel Saadeh
Team Manager
Gilbert Nasr
Head Coach
Elias Mouawad
1st Ass. Coach
Kreem Yamout
2nd Ass. Coach
Fouad Baaaf
Doctor
Jonathan Khalil
Fitness Trainer
Nathalie Jbeily
Sports Psychologist
Our Official Sponsor
capelli


Welcome to
MONGOLIA




capelli

DG


JORDAN 2025
CHAMPIONS




HAMPIONS




BATROUN

Community Engagement Through Sports

In 2026, UOB participated in the **Lebanese Week of Sport**, a nationwide initiative promoting physical activity, teamwork, and student well-being. The University engaged 38 varsity athletes and student representatives in activities that fostered social connectedness, active living, and community participation.

Student-led initiatives such as the **Droba Sports Game** further encouraged recreational participation, healthy competition, and student engagement across campus.

For more details visit the IEEE UOB Page

Key Contributions to Health and Well-Being

- Provided free access to sports and fitness facilities for students across UOB campuses.
- Increased participation in university athletics from **265 student-athletes (2022-2023) to 362 (2025-2026)**.
- Increased Fitness Center utilization from **84 to 129 average daily visits** between 2021-2022 and 2025-2026.
- Promoted physical activity, mental well-being, leadership, teamwork, and social inclusion.
- Extended access to selected sports facilities and activities to schools and community groups.
- Supported regional and national sports development through athlete, coach, and healthcare professional engagement.

This initiative supports **SDGs 3, 4, 10, 11 & 17.**





ACCESS TO HEALTH AND WELL-BEING SERVICES

The University of Balamand promotes a healthy, safe, and supportive campus environment by providing accessible healthcare and mental health services to students, faculty, and staff through its **University Health Center** and **Counseling Center**. These services help remove barriers to care, support early intervention, and foster physical, mental, and emotional well-being.

University Health Center

The University Health Center provides free primary healthcare services, including medical consultations, clinical assessments, first aid, preventive care, health counseling, and essential medications. Delivered by qualified physicians and nurses, services cover family medicine, internal medicine, pediatrics, orthopedics, sports medicine, and sexual and reproductive health, ensuring timely and confidential access to healthcare for the university community. The University of Balamand Health Center maintained a high standard of healthcare service delivery throughout 2025, providing accessible and continuous medical care to students, faculty, and staff. During the year 2025, the Health Center recorded a total of 8,875 patient encounters, comprising 5,275 physician consultations and 3,600 chronic medication patient visits. On average, the Center served approximately 740 patients per month, highlighting its important role in supporting the health and wellbeing of the University community.

Healthcare utilization varied throughout the year in line with campus activity and academic schedules. The 2025 results reaffirm the Health Center's vital contribution to a safe, healthy, and supportive campus environment. Through physician consultations, health monitoring, chronic medication support, and preventive healthcare services, the Center continues to enhance student success, employee wellbeing, and overall quality of campus life.

ANNUAL TOTALS AND KEY INDICATORS	2025 VALUE
TOTAL PHYSICIAN CONSULTATIONS	5,275
TOTAL CHRONIC MEDICATION PATIENT VISITS	3,600
TOTAL PATIENT ENCOUNTERS	8,875

AED Program

The University is implementing a campus-wide **Automated External Defibrillator (AED) program**, with AED units being installed at strategic locations across its campuses to ensure rapid response to sudden cardiac emergencies. The AED program complements UOB's preventive health and well-being strategy by promoting emergency preparedness, increasing access to potentially lifesaving equipment, and strengthening the University's capacity to respond to health emergencies affecting students, faculty, staff, and visitor

Key Achievements and Contributions

- Provides accessible, confidential healthcare and mental health services for students, faculty, and staff.
- Promotes preventive healthcare, early intervention, and health education.
- Supports physical, mental, and emotional well-being through integrated health and counseling services.
- Enhances student success, resilience, and quality of life through ongoing health and wellness support.

UOB Counseling Center

The UOB Counseling Center offers confidential psychological support through individual counseling, psychotherapy, support groups, awareness programs, and self-help resources. Available through both in-person and remote consultations, the Center promotes mental health, resilience, academic success, and personal well-being while fostering an inclusive and supportive campus culture.

Student Counseling Key Indicators

#	INDICATOR	RESULT	NOTES	SOURCE	SDG
1	Beneficiaries attending counseling sessions	**83**	Most attended on a regular basis	Counseling Center records	SDG 3
3	Campuses where beneficiaries used counseling	**4 of 4**	Koura 48; Dekwaneh 31; Souk El Gharb 2; Akkar 2	Counseling Center records	SDG 3
4	Students followed with academic accommodations	**13**	Coordinated with faculty	Counseling Center records	SDG 10
5	Mental health and wellbeing activities held	**13**	▪ Fall 6; Spring 6; Summer 1. ▪ Led mainly by 4 student clubs	Public posts, Annex A	SDG 3

6	Community members reached through outreach	**200+**	▪ 200 Grade 9 students (Screen Protector); ▪ Step by Step attendance not recorded	Public posts, Annex A	SDG 3, 4
7	External partners engaged	**4**	▪ Ministry of Public Health (NMHP); ▪ Collège des Frères Mont-La-Salle; Ms. Nada Koussa; ▪ Embrace Lifeline	Public posts, Annex A	SDG 3, 17

Student Counseling by campus

CAMPUS	BENEFICIARIES	SHARE
KOURA	**48**	58%
DEKWANEH	**31**	37%
SOUK EL GHARB	**2**	2%
AKKAR	**2**	2%
TOTAL	**83**	**100%**

Student Counseling Services

Counseling. A permanent OSA service, open to students and staff on all four campuses throughout the year physically or online. Sessions are led by qualified counselors. Records are held by a single clinical custodian under an OSA records framework. The counseling center currently has 3 part-time affiliated counselors serving the campuses and a full-time counseling services coordinator. A faculty member from the Department of Psychology acts as head counselor.

Academic Accommodations. 13 students with disabilities, learning difficulties, health conditions or serious personal circumstances were followed with accommodations, in coordination with faculty.

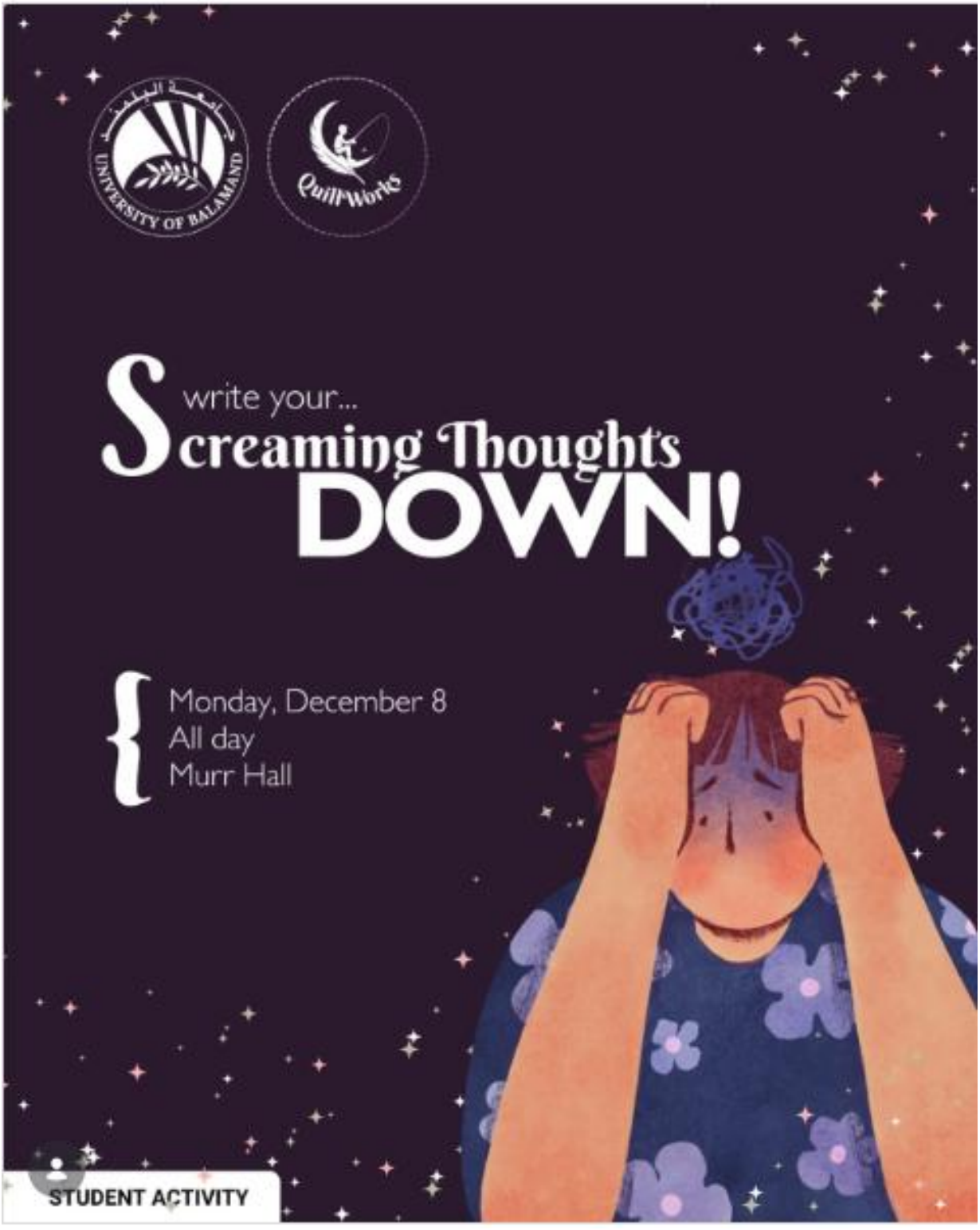
Counseling Activities:

TYPE	ACTIVITIES (ORGANIZER, SEMESTER 2025/2026)
WAR RESPONSE	▪ Doomscrolling and Coping Strategies campaigns (OSA and Psychology Club, Spring)
STRESS RELIEF	▪ Write Your Screaming Thoughts Down! (Quillworks, Fall); ▪ Musico Therapy (PsychSavvy, Fall); ▪ Color Your Stress Away (Counseling Center, Spring); ▪ Mind on Paper (Go Green Club, Souk El Gharb, Spring); ▪ Prose and Poetry (Quillworks, Spring)
AWARENESS AND STIGMA REDUCTION	▪ World Mental Health Day (OSA, Fall); ▪ Café Psy (PsychSavvy, Fall); ▪ Suicide Prevention Month campaign with Embrace Lifeline (PsychSavvy, Fall)
INCLUSION	▪ Equity, diversity and inclusion session, Student Leaders Retreat 2025 (OSA, Fall)
COMMUNITY OUTREACH	▪ Screen Protector workshop for 200 Grade 9 students, Collège des Frères Mont-La-Salle (PsychSavvy, Spring); ▪ Step by Step session with the MoPH National Mental Health Programme, led by Ms. Nada Koussa (OSA, Summer)

Continuity: the same support ran during the autumn 2024 war, including crisis support training for 45 coordinators from 22 scout associations, and continues in 2026/2027 with new partners (ABAAD, Nafsaniyoun, Youth in Action) and a dedicated counseling services coordinator. See Annex B.

Student Led Counseling Activities

ACTIVITY	ORGANIZED BY	WHERE	WHEN	EVIDENCE
Student Leaders Retreat 2025: session on equity, diversity and inclusion	Office of Student Affairs	Koura	Fall 2025/26	Open
World Mental Health Day	UOB and Office of Student Affairs	Koura	Fall 2025/26	Open
Café Psy	PsychSavvy Club	Dekwaneh	Fall 2025/26	Open
Musico Therapy	PsychSavvy Club	Dekwaneh	Fall 2025/26	Open
Suicide Prevention Month campaign	PsychSavvy Club	Dekwaneh and online	Fall 2025/26	Open
Write Your Screaming Thoughts Down!	Quillworks Club	Koura	Fall 2025/26	Open
Screen Protector: workshop for 200 Grade 9 students	PsychSavvy Club	Off campus, Ain Saadeh	Spring 2025/26	Open
Color Your Stress Away	Counseling Center, Office of Student Affairs	Koura	Spring 2025/26	Open
Doomscrolling campaign	Office of Student Affairs and Psychology Club	Online	Spring 2025/26	Open
Coping strategies campaign	Office of Student Affairs and Psychology Club	Online	Spring 2025/26	Open
Mind on Paper	Go Green Club with the Counseling Center	Souk El Gharb	Spring 2025/26	Open
Prose and Poetry	Quillworks Club	Koura	Spring 2025/26	Open
Step by Step: national mental health services and resources	Office of Student Affairs with the MoPH National Mental Health Programme	Dekwaneh	Summer 2025/26	Open


UNIVERSITY OF BALAMAND
QuillWorks
write your...
Screaming Thoughts
DOWN!
Monday, December 8
All day
Murr Hall
STUDENT ACTIVITY

ACTIVITY 2024-25	ORGANIZED BY	WHERE	WHEN	EVIDENCE
PSYCHOLOGICAL SUPPORT IN CRISIS (ONLINE WORKSHOP, PEACE FOR LEBANON CAMPAIGN)	Office of Student Affairs with the Lebanese Scouts Federation and the International Association of Orthodox Christian Scouts	Online	Fall 2024/2025	Open
HEARTS IN UNITY (SUPPORT FOR PEOPLE DISPLACED BY THE WAR)	Psychology Club	Koura	Fall 2024/2025	Open
TAKING CHARGE OF YOUR ANXIETY AND WORRY	Psychology Club	Koura	Fall 2024/25	Open
THE RIVER OF LIFE	Psychology Club	Koura	Fall 2024/2025	Open
RESILIENT HEARTS: PERSEVERANCE AND MENTAL HEALTH DURING CRISES	PsychSavvy Club	Dekwaneh	Fall 2024/25	Open
BUILD YOUR STRENGTH (POST-WAR STRESS AND EXAM ANXIETY)	Psychology Club	Online	Fall 2024/25	Open
DRESS TO DE-STRESS (PSYC251 APPLICATIONS IN STRESS MANAGEMENT)	PsychSavvy Club	Dekwaneh	Fall 2024/25	Open
WORLD AUTISM AWARENESS DAY BOOTH	Psychology Club	Koura	Spring 2024/25	Open
CONFIDENCE LOOKS GOOD	PsychSavvy Club	Dekwaneh	Spring 2024/25	
ACTIVITY 2026-27 (UNTIL DATE OF PUBLISHING THIS REPORT)				
MIND IN BLOOM (LAKESIDE WELLNESS EVENT)	Psychology Club with Youth in Action	Off campus	Fall 2026/27	Open
BEYOND "I'M FINE" (WITH ABAAD, NAFSANIYOUN CENTER AND THE UOB COUNSELING CENTER)	PsychSavvy Club	Dekwaneh	Fall 2026/27	Open

Smoke-Free Campus Promoting Health and Well-Being

The University of Balamand is committed to maintaining a healthy, safe, and smoke-free environment for students, faculty, staff, and visitors. Through its Smoke-Free Campus Policy, smoking and the use of nicotine products, including cigarettes, e-cigarettes, vapes, IQOS, and similar devices, are prohibited in all indoor university facilities. Smoking is permitted only in designated outdoor areas to minimize exposure to secondhand smoke and promote community well-being.

The policy, first issued in 2021, is reinforced through institutional regulations, awareness efforts, and periodic campus-wide communications. These include a University-wide reminder issued by the Office of Student Affairs in September 2025 reaffirming the prohibition of smoking and vaping in indoor facilities; provisions in the OSA Guide emphasizing the health risks of smoking and passive smoking and restricting smoking to designated outdoor areas; and the Staff Smoking Policy, which outlines smoke-free workplace requirements and designated smoking locations for faculty and staff.

Through these measures, the University encourages healthier lifestyle choices, reduces exposure to secondhand smoke, and fosters a healthier learning and working environment for all members of the university community.

From: UOB Announcement <UOB.Announcement@balamand.edu.lb>
Sent: Friday, September 5, 2025 3:41 PM
To: UOB Announcement <UOB.Announcement@balamand.edu.lb>
Subject: Reminder: University Smoking Policy

Dear All,

The message below is sent On behalf of Mr. Mike Salem, director of the Office of Student Affairs.

Kindly do NOT reply to this mail message.

Kind regards.

In line with the directives of the President, the University of Balamand reaffirms its long-standing policy prohibiting smoking in indoor areas of the University, including classrooms, hallways, cafeterias, lounges, and on-campus dormitories. This policy applies to all members of the University community and visitors, and covers all forms of smoking, including vapes, IQOS, and other electronic cigarettes.

Smoking is permitted only in outdoor areas. For the comfort of others, we kindly remind smokers to remain at a reasonable distance from building entrances and doorways.

We count on your continued cooperation in maintaining a safe and healthy campus environment.

Regards,

Michael P. Salem
***Director**, Office of Student Affairs*
Assistant to the Vice President for Engagement
T: +961 6 930 250 **EXT:** 3948
www.balamand.edu.lb

Design and Planning Initiatives Supporting Health and Well-Being

The Académie Libanaise des Beaux-Arts (ALBA) contributed to **SDG 3: Good Health and Well-Being** through design, architecture, and urban planning projects that addressed public health, patient well-being, accessibility, and healthy living environments. During 2025, two academic initiatives directly targeted health-related outcomes, while five additional projects primarily reported under other SDGs also generated significant health and well-being benefits.

Key SDG 3 Contributions (2025)

ACADEMIC UNIT	INITIATIVE	PARTICIPANTS	CONTRIBUTION TO SDG 3
GRAPHIC ARTS AND ADVERTISING (AGP)	Responsible driving and road civility awareness campaign	11 students	Promoted road safety, injury prevention, and responsible driving behavior
INTERIOR ARCHITECTURE	Reimagining Balamand Hospital (Koura) to improve patient and visitor well-being	16 students, 2 faculty	Enhanced healthcare environments and patient-centered design
TOTAL	**2 initiatives**	**29 participants**	**Public health awareness and healthcare environment improvement**

Health and Well-Being Outcomes Through Design Education

Students from the Graphic Arts and Advertising Department developed a road safety awareness campaign promoting responsible driving and civic behavior on Lebanese roads. Through visual communication and public awareness strategies, the project addressed a major public health challenge by encouraging safer behaviors that contribute to reducing road traffic injuries and fatalities.

At the master's level, students from the Interior Architecture Department undertook a comprehensive redesign of Balamand Hospital in Koura. The project focused on improving the physical environment experienced by patients, visitors, and healthcare providers through evidence-based design approaches that support comfort, accessibility, and well-being within healthcare settings.

Additional Projects Contributing to Health and Well-Being

Several initiatives reported primarily under other SDGs also generated positive health and well-being outcomes:

INITIATIVE	PRIMARY SDG	HEALTH-RELATED CONTRIBUTION
INCLUSION AND ACADEMIC SUPPORT FOR STUDENTS WITH SPECIAL NEEDS	SDG 10	Supported student well-being and mental health
VIO PROJECT: DAY CENTRE FOR PEOPLE WITH AUTISM	SDG 10	Enhanced well-being and support services for people with autism
ACCOMMODATIONS FOR NEURODIVERGENT STUDENTS	SDG 10	Improved student well-being and accessibility
CAR-FREE NEIGHBOURHOOD PROJECT IN ZALKA	SDG 11	Promoted active mobility, healthier lifestyles, and community well-being
NATURE RESERVE PROJECT IN DAYCHOUNIYEH VALLEY	SDG 15	Increased access to green spaces that support physical and mental health

Through interdisciplinary projects in graphic design, interior architecture, and urbanism, ALBA demonstrated how creative disciplines can contribute to public health and well-being. In 2025, ALBA engaged **29 students and faculty members in projects directly advancing SDG 3**, while several additional initiatives promoted mental health, accessibility, inclusive environments, healthy urban development, and improved healthcare spaces. Collectively, these projects illustrate the role of design and planning education in supporting healthier communities and enhancing quality of life.