



## SUSTAINABLE DEVELOPMENT REPORT 2019

# Good Health and Well-being

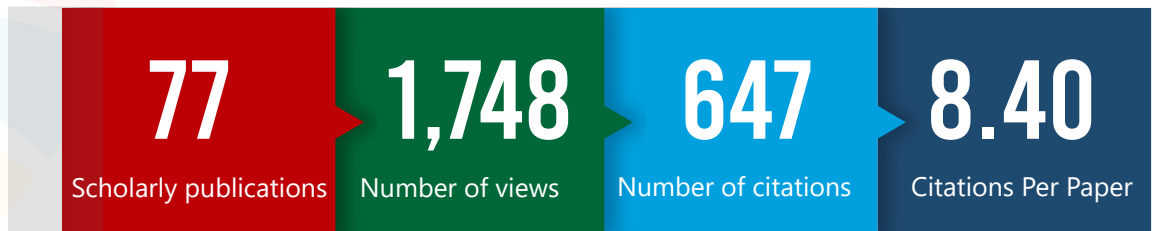


## Good health and well-being ■

Prince Sultan University is fully committed to good health and wellbeing which is clearly reflected on different fronts. On research front, the university faculty members produce quality research on health issues from different perspectives, particularly computer science and engineering. PSU has entered into collaborations with local and global health institutions. For example, the university's prosthetics centre collaborates with Sultan Bin Abdulaziz Humanitarian City in Saudi Arabia and Nia Technologies Incorporation in Canada. The university also pays great attention to the health of its students and staff through wide range of policies, services and activities. Few such instances are smoke-free policy, mental health support through counselling offices at both male and female campuses, arrangement of campus visits by different hospitals and health centres to raise awareness of important health issues, such as diabetes, breast cancer, drug abuse, etc. The university extends its services to the local community to improve health and well-being through different strategies such as organizing blood donation campaigns, visiting hospitals and schools by outreach committees, holding mental health awareness sessions from Psychology Club and providing sports training through physical education clubs. The university makes its sports facilities including swimming pools, basketball and volleyball courts and football pitches, accessible to the local community in pre-scheduled programs. Additionally, the university arranges regular sports competitions for schools and other institutions and offers special sports training programs for different age groups.

## Metrics ■

### Research on Good health and well-being



PSU has 77 scholarly publications on Good health and well-being that has 1,748 views, cited 647 times and has 8.40 citations per paper.





## Collaborations and health services

### Current collaborations with health institutions



نظمها نادي (YDA) بالجامعة في مئذنة السنة التحضيرية

## حملة للتبرع بالدم لمدة ثلاثة أيام

ككتبت: بنبلهمان الجبير  
نظم نادي YDA بالجامعة لمدة ثلاثة أيام حملة للتبرع بالدم أقيمت في مئذنة السنة التحضيرية بالتعاون مع مستشفى الهمامة وتطبيق وتين وختم الفهود وعصير النخاضية ومخابز السعودية وجيل الطب للمستحضرات الطبية وسبرل بروتوكول. ونأسي هذه الحملة التي تحرس الجامعة على تنظيمها كل عام، والتي لقيت إقبالاً كبيراً من منسوبيها وأساتذتها وملازمها انطلاقاً من مسؤوليتها الاجتماعية.

## Research, Development and Collaboration Agreement

This Research, Development and Collaboration Agreement (Agreement)

Is made effective March 15, 2018 (Effective Date)

Between

### Prince Sultan University

A duly registered university with the Ministry of Education of Saudi Arabia as a Non-Profit Private Educational Institute, whose registered office is at Riyadh, Saudi Arabia.



-and-

### Nia Technologies Inc.

A corporation organized under the Canada Not-Profit Corporations Act. (Nia)



(Individually a Party and collectively the Parties)

WHEREAS PSU wishes to gain knowledge from, and work with, Nia in its continuing research and development of digital tools used and useful to the prosthetics and orthotics industry (collectively the Project and often referred to by Nia as 3D PrintAbility);

AND WHEREAS Nia wishes to support, assist and collaborate with PSU in pursuit of the Project;



### اتفاقية تعاون

إنه بتاريخ ١٤٣٩ / ٩ / ٥ هـ الموافق ٢٠١٨ / ٥ / ٢٠ م تم بعون الله وتوفيقه توقيع هذه الاتفاقية بمدينة الرياض من كل من:-

١- مؤسسة سلطان بن عبد العزيز آل سعود الخيرية ومقرها الرياض وعنوانها ص ب ٦٤٤٠٠ الرياض ١١٥٣٦ ويمثلها في التوقيع على هذه الاتفاقية صاحب السمو الملكي الأمير فيصل بن سلطان بن عبدالعزيز بصفته الأمين العام ويشار إليها فيما بعد (طرف أول) .

٢- جامعة الأمير سلطان ومقرها الرياض وعنوانها ص ب ٦٦٨٣٣ الرياض ١١٥٨٦ ويمثلها في التوقيع على هذه الاتفاقية صاحب السمو الأمير الدكتور عبدالعزيز بن محمد بن عياف بصفته رئيس مجلس الأمناء ويشار إليها فيما بعد (طرف ثاني) .

أقر الطرفان أعلاه بأهليتهما المعتررة شرعاً ونظماً على التعاقد والتصرف واتقفا على ما يلي:

هيك:

حيث أن الطرف الثاني يقدم خدماته في مجال التعليم ، وحيث أن الطرف الأول جهة تهدف الى دعم المنظمات غير الربحية بغية تطوير الخدمات المستدامة والفاعلة ، التي تهدف الى دعم أفراد المجتمع لتمكينهم من تنمية مجتمعاتهم المحلية ، وحيث سبق للطرف الأول توقيع اتفاقيات تعاون مختلفة مع الطرف الثاني ويرغب حالياً في





## Health outreach programmes



### SUMMARY OF OUTREACH ACTIVITY IN 2020

Dr. Suriya Mamid

Coordinator Outreach Committee

General Sciences Outreach Committee organized the second event this year "A day for our healthy hearts". The event was held on 27th February, 2020 at Building 102 main lobby from 10:00 AM to 1:00PM. A group of medical professionals from King Faisal Specialist Hospital & Research Centre Riyadh were invited by our university for this event. Five (5) booths were placed in the campus and for each booth, five professionals from (KFSH&RC) were deputed. They counseled the students, staff and admin officials and provided them with all necessary information about how to keep their hearts healthy and how to stay fit. They

also explained to them the benefits of proper nutrition. The names of the booths were as:

- Nutrition Booth
- Physical Therapy Booth
- Fitness Booth
- Nursing Heart Center Booth

Sincere thanks are due to Dr Hiba Khosiam, Dr Elham Dannoun, Dr Fahda -AlThonyan and members of outreach committee Dr Seema Gul, Dr. Noor Hameeduddin, Ms Arooj Yaswi and Ms Neelofar Nadeem who rendered full cooperation and support to make this event a great success. I look forward, to work in association with all faculty, students and administration to make all future events a great success too.

Academic field trip to college of medicine, King Khalid Hospital Riyadh KSA



### NCAAA Reviewers' Visit to PSU Central Library on the Women's Campus

The meeting between library staff and the NCAAA external reviewers for the IDE program accreditation went well. Two female reviewers were quite impressed by the library collections, services and equipment during their tour around the library on Feb 3rd, 2020. Kudos to the library staff.



### Awareness of Children's Cancer

In observation of International Childhood Cancer Day, PSU Library (Women's Campus) plans to pay a visit to children who are now receiving cancer treatment from King Saud University Medical City on February 23 2020. To help raise awareness of children's cancer research and related issues in this country, library staff and volunteers have prepared brochure about this special event. Moreover, gifts like reading material have been provided to children with cancer at the medical city as well.



## Smoke-free policy

The university makes sure that all its shareholders such as (faculty, staff, students, scholars, supportive staff and visitors) follow strict rules and make PSU, a smoke-free campus.





Shared sports facilities

Prince Sultan University  
Women's Campus  
Health and Physical Education Department

*invites you to watch and support*

**4TH WOMEN'S BASKETBALL TOURNAMENT**

*"Train Believe, Achieve"*

with

PSU Falcons  
KSU Capital  
PNU Titanium  
AOU Wolves

March 5, 8, 12 and 15, 2020  
Sports Building, PSU Women's Campus  
5:00-7:00 pm



**PHYSICAL EDUCATION ACTIVITIES TERM 191**

**SCHEDULE**

ACTIVITY	DAY	TIME	VENUE
Basketball	Thursday	2-5 PM	SB08
Volleyball	Monday & Wednesday	12-1 PM	SB08
Indoor-Soccer	Sunday Tuesday Thursday	12-1 PM 4-5 PM 1-2 PM	SB08
Badminton	Sunday Thursday	4-5 PM 12-1 PM	SB 08
Handball	Tuesday	12-1 PM	SB 08
Bowling	Sunday & Wednesday Tuesday	12-1 PM 11 AM-12-PM	SB03
Yoga	Sunday	12-1 PM	SB06
Pilates	Sunday	2-3 PM	SB06
Zumba	Tuesday	12-1 PM	SB06
Aqua-aerobics	Monday	12-1 PM	S201
Nutrition Consultation	Monday to Wednesday	12-1 PM	S313

**JOIN US!!!**

Don't forget to wear appropriate sports attire...

PHYSICAL EDUCATION WEEK 2019

**MOTHER + KIDS FUN DAY**

@PSU WOMEN'S BASKETBALL GYM

FILLED WITH FUN GAMES AND PRIZES FOR ALL MOTHERS AND KIDS!!

**THURSDAY MARCH 21 @4-6 PM**

ENJOY & HAVE FUN!!!

Mental health support

LEARNING THROUGH SHARING EXPERIENCES AND DISCUSSION FOR SOLUTION

21st of June 8-9 PM

**SOURCES OF ANGER AND ITS MANAGEMENT WORKSHOP**

PRESENTER: MS.GHAZALA IMRAN  
FELLOW HEA UK FACULTY DES ,PSU  
COORDINATOR STUDNETS AFFAIR PYP,DES  
COORDINATOR PSYCHOLOGY CLUB & SLEC

<https://meet.google.com/kdg-puiu-rfr?authuser=2>

TLC Teaching & Learning Center

SPONSORED BY: Psychology Club

جامعة الامير سلطان  
PRINCE SULTAN UNIVERSITY

**WORKSHOP For Students**  
"Self-help techniques to control nervousness and panics in exams"

FOR MALE AND FEMALE

**SUNDAY 1<sup>st</sup> MARCH, 2020**  
VENUE: Prince Sultan Hall / from 12:00 to 1:00 PM



# SUSTAINABLE DEVELOPMENT GOALS

## PSU's commitment to SDG 2030

PSU is committed to United Nations' Sustainable Development Goals (SDGs) through effective institutional resource management, innovative teaching and learning, research, national and international partnerships, continuous studies, and outreach. PSU shall undertake the following activities: form higher and steering committees, evaluate each SDG, formulate and develop related SDG policies, conduct awareness campaigns to the PSU community, establish a sustainability office, identify the SDGs related to each college, program, and course, and lab centers at PSU, and implement sustainability-related initiatives.

## Vision

Prince Sultan University strives to support Saudi Arabia's Vision 2030 and the United Nations' Sustainable Development Goals (SDGs) by paving the way for higher education in KSA and Middle East.

## Mission

Supporting the Saudi Arabia's Vision 2030 and the PSU's strategic directions, PSU aligns its mission with SDGs by providing quality education, sustainability initiatives, lifelong learning, scientific research, and community service.

جامعة الأمير سلطان  
PRINCE SULTAN  
UNIVERSITY



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