

Promoting Health and Well-being for All: Alfa University College's Progress on SDG 3 – Good Health and Well-being

At Alfa University College (AUC), Malaysia, we uphold a strong commitment to the United Nations Sustainable Development Goal 3 (SDG 3): Good Health and Well-being, which aims to ensure healthy lives and promote well-being for all at all ages. Recognizing that education and healthcare are closely interconnected, AUC integrates health education, community engagement, and research into its mission to create a healthier society.

Through its academic programs, public initiatives, and community partnerships, the university plays a vital role in promoting preventive healthcare, mental health awareness, and sustainable health practices both on campus and beyond.

Our key activities and achievements include:

- **Health Awareness and Screening Campaigns:** AUC regularly organizes free health check-ups, medical screening programs, and wellness awareness campaigns for students, staff, and the surrounding community to encourage early detection and preventive care.
- **Public Health Education and Outreach:** Faculty and students from the Faculty of Medicine, Nursing, Pharmacy, and Allied Health Sciences conduct health education programs addressing key issues such as nutrition, hygiene, maternal health, and disease prevention.
- **Research on Public and Global Health:** AUC researchers actively engage in collaborative studies focusing on public health improvement, infectious disease control, mental health, and health system sustainability contributing evidence to support better healthcare policies.
- **Mental Health and Well-being Support:** The university provides counselling services, stress management workshops, and peer support initiatives to foster mental wellness among students and staff.
- **Collaborations with Healthcare Partners:** AUC works closely with hospitals, clinics, NGOs, and health ministries to enhance healthcare accessibility and promote health-related volunteerism among students.
- **Student-Led Health Volunteering:** Health science students actively participate in community health camps and rural outreach programs, offering care, support, and health education to underserved populations.











At Alfa University College, we believe that health is the foundation of learning, productivity, and prosperity. Our progress under SDG 3 reflects our enduring dedication to shaping a community where every individual can lead a healthy, balanced, and fulfilling life guided by compassion, knowledge, and service.