



## **SDG 3 - Good Health and Well-being**

### **Equator University of Science and Technology**

### **Times Higher Education Sustainability Impact Ratings 2026**

#### **3.3.2: Health Outreach Programmes**

##### **Statement:**

The Equator University of Science & Technology (EQUaT) delivers outreach programs and projects for the local community, disadvantaged people, and refugee/immigrants to improve and promote health and well-being.

##### **Free Dental Camp in Collaboration with Punjab Dental Professionals (Pakistan)**

The Equator University of Science & Technology (EQUaT) collaborated with Punjab Dental Professionals (Pakistan) and Ugandan dental experts to organize a free dental camp in the Greater Masaka Region, providing essential oral health services to the community free of cost.

During the camp, free dental services were offered to over 100 community members, significantly improving oral health outcomes in the region. At the same time, EQUaT students gained valuable volunteering and hands-on training experience, enhancing their practical skills in health outreach.

The initiative exemplified both international and national health collaboration, uniting professional institutions across borders to deliver healthcare and share best practices. By bridging global expertise with local needs, the camp showcased EQUaT's commitment to advancing SDG 3 - Good Health and Well-being, while strengthening community well-being and promoting preventive oral healthcare.

##### **Evidence:**

<https://equsat.ac.ug/news/eqsat-hosts-free-dental-camp-with-experts-from-pakistan-and-uganda>



## **Awareness on World AIDS Day**

The Equator University of Science & Technology (EQUaT) joined the global community in commemorating World AIDS Day through a comprehensive outreach programme that combined awareness, education, and counselling. The event focused on equipping students and staff with accurate knowledge about the spread and prevention of HIV/AIDS, while also addressing the critical issue of stigma reduction against people living with the condition.

Facilitated by the University's counsellor, the sessions provided preventive health guidance, responsible lifestyle advice, and personal counselling for students and staff. The programme created a safe space for dialogue, fostering compassion and empowering the university community with knowledge and psychosocial support.

This outreach directly contributes to SDG 3 - Good Health and Well-being by enhancing community awareness, promoting preventive health practices, and supporting well-being.

### **Evidence:**

<https://equsat.ac.ug/news/equsat-commemorates-world-aids-day-with-awareness-and-counselling-sessions>

## **Breast Cancer and Cervical Cancer Awareness**

The Equator University of Science & Technology (EQUaT) organized a health outreach event to commemorate World Cancer Day, raising awareness about breast, cervical, and other cancers. Medical experts shared practical guidance on prevention, early detection, lifestyle adjustments, and patient support.

The event included a movie screening to illustrate the real-life challenges faced by cancer patients, fostering empathy and community support. It reached students and community members, equipping them with knowledge and actionable strategies for cancer prevention and health promotion.

This outreach initiative aligns with SDG 3 – Good Health and Well-being by promoting health education, preventive care, and community well-being.

### **Evidence:**

<https://equsat.ac.ug/news/equsat-commemorates-world-cancer-day-with-awareness-seminar>



## **I-Talk Seminar**

The Equator University of Science & Technology (EQUaT) organized the I-Talk seminar, led by the Guild Government, as a health outreach program, focused on supporting student health and well-being. The program focused on mental health, career guidance, and personal development, and was facilitated by the university's Counsellor, Vice Chancellor, Dean of Students, and other experts.

Over 100 students attended, participating in interactive sessions and social activities such as truth or dare, board games, bottle flipping, campfire, etc. These activities promoted peer support, social connectivity, and stress relief.

By combining educational sessions with interactive engagement, the seminar enhanced mental resilience, well-being, and holistic personal development, extending health outreach to the student community.

### **Evidence:**

<https://equat.ac.ug/news/equat-guild-hosts-i-talk-seminar-on-mental-health-and-personal-development>

## **Medical Knowledge Competition**

The Medical Knowledge Competition, organized by the Faculty of Health Sciences (FHS) in collaboration with the EQUaT Medical Students Association (EUMSA), served as an innovative health outreach activity. Officiated by Dr. Mulwanyi Francis, Dean of FHS, and Halima Patrick President EUMSA, the event engaged students in an interactive learning experience that promoted medical knowledge, teamwork, and critical thinking beyond regular classroom routines.

By combining academic enrichment with a fun, competitive environment, the event contributed to students' health education, professional growth, and well-being, while also strengthening the culture of peer learning in the medical field.

### **Evidence:**

<https://equat.ac.ug/news/equat-faculty-of-health-sciences-and-eumsa-host-medical-quiz-competition>



## **Sexual and Reproductive Health Care Services at EQUaT**

The Equator University of Science and Technology (EQUaT) provides dedicated sexual and reproductive health care services to support the well-being of its students and staff. The university operates a specialized office on campus that offers counselling, awareness, and health services tailored to students' needs. In addition, the Masaka Regional Referral Hospital (MRRH) has established another reproductive health office accessible to EQUaT students.

Both services are available to students and the wider community, free of charge, ensuring equitable access to essential reproductive health care, education, and support. This initiative reflects EQUaT's commitment to promoting good health, well-being, and inclusivity within its academic and surrounding communities.

### **Evidence:**

<https://equsat.ac.ug/news/equsat-opens-mental-health-and-sexual-reproductive-health-office-to-the-public>