

**Ambitious Goal**

Stimulate a culture of health and wellness that meet the physical and mental health needs of our students, faculty and staff.

**Objectives**

1. Develop comprehensive health and wellness programs that address physical, mental, and emotional well-being for students, faculty, and staff.
2. Establish campus spaces and policies that encourage healthy behaviors and sustainable practices, such as providing access to green spaces, promoting active transportation, and implementing healthy food options.
3. Conduct educational campaigns and workshops to raise awareness about the importance of health, wellness, and sustainability, providing information on healthy lifestyle choices and sustainable living practices.
4. Expand access to health and wellness resources on campus, including counseling services, fitness facilities, nutritional guidance, and mental health support programs.

**Actions**

1. Implement regular mindfulness and stress management workshops for students, faculty, and staff, focusing on techniques for managing physical and mental health challenges.
2. Establish designated outdoor relaxation areas with seating and greenery, providing spaces for relaxation, meditation, and social interaction to support overall well-being.
3. Launch a campus-wide health and sustainability awareness campaign, utilizing various communication channels such as posters, social media, and newsletters to disseminate information and resources on healthy living and sustainable practices.

### **Key Performance indicators**

1. Number of health awareness activities carried out per year.
2. Number of initiatives related to health and wellness activities.
3. Number of visitors to medical clinics and health care centers.
4. Number of visitors to the university Gym.

### **Alignment with Sustainability Development Goals**

This Action Plan aligns with UN Sustainable Development Goals:

SDG 3 Good Health and well-being

### **Alignment with JUST Strategic Plan 2022-2026**

This Action Plan aligns with JUST Strategic Goal 5 University Environment and Infrastructure

### **Challenges**

1. Cultural obstacles
2. Unclear regulations regard the health and wellness

