

Report on SDG 3

Progress Towards Health and Wellbeing



Daffodil International University

September 2024

Progress Towards Health and Wellbeing

SDG3:

Sustainable Development Goal 3, regarding "Good Health and Well-being", is one of the 17 Sustainable Development Goals established by the United Nations in 2015. The official wording is: To ensure healthy lives and promote well-being for all at all ages.

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DIU's Contributions & Progress:

Number of Graduates in Health disciplines	780+
Total graduates in all disciplines	Around 5,000
Number of academic departments in public health disciplines	4
Publication of Academic Journal: DIU Journal of Allied Health Sciences	2 Issues
Number of Students in Health disciplines	2,693
Number of Total Students	17085

DIU Medical and Fitness Center:

Medical Center	01 (with required amenities)
Emergency Health support	Yes
Ambulance service in campus	01 (24/7)
Full time doctors (Residents)	03 (MBBS)
Full time nurses	03
Full time Psychologists	02
Number of students received healthcare services	2056
Number of staff received healthcare services	857
Number of students received fitness/Gym facilities	1020
Number of staff received fitness/Gym facilities	105
First Aid Box	Available in every department

Contributions to Research and Knowledge:

The researchers of Daffodil International University conducted research and subsequently published the research results in reputed journals that contributed to the knowledge domain of SDG-3. Below is a highlight of such contribution:

Title	Authors	Scopus Source Title
Nano-Conversion of Ineffective Cephalosporins into Potent One against Resistant Clinical Uro-Pathogens via Gold Nanoparticles	Rizvi, S.M.D. Hussain, T. Alshammari, F. Sonbol, H. Ahmad, N. Faiyaz, S.S.M. Kamal, M.A. Khafagy, E.-S. Moin, A. Abu Lila, A.S.	Nanomaterials
Contamination and ecological risk assessment of Cr, As, Cd and Pb in water and sediment of the southeastern Bay of Bengal coast in a developing country	Islam, M.S. Islam, M.T. Antu, U.B. Saikat, M.S.M. Ismail, Z. Shahid, S. Islam, A.R.M.T. Ali, M.M. Al Bakky, A. Ahmed, S. Ibrahim, K.A. Al-Qthanin, R.N. Idris, A.M.	Marine Pollution Bulletin
SARS-CoV-2 variant omicron XBB.1.5: challenges and prospects - correspondence	Channabasappa, N.K. Niranjana, A.K. Emran, T.B.	International journal of surgery (London, England)
Wave-Shaped Microstructure Cancer Detection Sensor in Terahertz Band: Design and Analysis	Khan, M.R.H. Chowdhury, A.A. Islam, M.R. Hosen, M.S. Mim, M.H. Nishat, M.M.	Applied Sciences (Switzerland)
The moderating role of market turbulence beyond the Covid-19 pandemic and Russia-Ukraine crisis on the relationship between intellectual capital and business sustainability	AlQershi, N. Saufi, R.B.A. Ismail, N.A. Mohamad, M.R.B. Ramayah, T. Muhammad, N.M.N. Yusoff, M.N.H.B.	Technological Forecasting and Social Change
Anxiety and Stress Related to COVID-19 Among the Community Dwelling Older Adults Residing in the Largest Refugee Camp of the World	Anwar, A. Yadav, U.N. Huda, M.N. Das, S. Rosenbaum, S. Ali, A.R.M.M. Mondal, P.K. Rizwan, A.A.M. Hossain, S.F.A. Das Shuvo, S. Mistry, S.K.	Community Mental Health Journal
Comparative Assessment of Three Medicinal Plants against Diabetes and Oxidative Stress Using Experimental and Computational Approaches	Shah, M.S. Talukder, M.S.H. Uddin, A.M.K. Hasan, M.N. Sayem, S.A.J. Mostafa-Hedeab, G. Rahman, M.M. Sharma, R. Swelum, A.A. Mohamed, A.A.-R. Emran, T.B.	Evidence-based Complementary and Alternative Medicine
Groundwater quality, fluoride health risk and geochemical modelling for drinking and irrigation water suitability assessment in Tundla block, Uttar Pradesh, India	Saraswat, A. Ram, S. Kouadri, S. Raza, M.B. Hombegowda, H.C. Kumar, R. Golui, D. Maurya, P.K. Ilić, P. Rahman, M.M. Jena, R.K.	Groundwater for Sustainable Development

Soil contamination and health risk assessment at coastal Upazilas of the Bangladesh: a case study	Kader Arafin, S.A. Meraz, M.M. Abdo, H.G. Rahman Sobuz, M.H. Meraz, M.M. Abedin, M.J. Ferdous, J. Fazlul Hoque, A.K.M. Almohamad, H. Abdullah Al Dughairi, A. Albanai, J.A.	Environmental Pollutants and Bioavailability
An Insight into COVID-19 and Traditional Herbs: Bangladesh Perspective	Rahman, M.M. Shohag, S. Islam, M.R. Akhter, S. Mim, S.A. Sharma, R. Rauf, A.	Medicinal Chemistry
Comparative Efficacy of Metformin and Glimpiride in Modulating Pharmacological Network to Increase BDNF Levels and Benefit Type 2 Diabetes-Related Cognitive Impairment	Anirudhan, A. Ahmad, S.F. Emran, T.B. Angulo-Bejarano, P.I. Sharma, A. Ahmed, S.S.S.J.	Biomedicines
Nanoinformatics and Personalized Medicine: An Advanced Cumulative Approach for Cancer Management	Khan, F. Akhtar, S. Kamal, M.A.	Current Medicinal Chemistry
Tumor-Net: convolutional neural network modeling for classifying brain tumors from MRI images	Bitto, A.K. Imam Bijoy, M.H. Yesmin, S. Mahmud, I. Mia, M.J. Badruzzaman Biplob, K.B.M.	International Journal of Advances in Intelligent Informatics
Exploring the role of natural bioactive molecules in genitourinary cancers: how far has research progressed?	Islam, F. Nath, N. Zehravi, M. Khan, J. Jashim, S.B.-T. Charde, M.S. Chakole, R.D. Kumar, K.P. Babu, A.K. Nainu, F. Khan, S.L. Rab, S.O. Emran, T.B. Wilairatana, P.	Natural Products and Bioprospecting
Level of fear towards COVID-19 and its determinants among healthcare providers in Malaysia: A cross-sectional study	Ching, S.M. Cheong, A.T. Yee, A. Thurasamy, R. Lim, P.Y. Ismail, I.Z. Mohammad, N.M. Ho, B.K. Ng, J.Y. Tan, S.F. Rashid, Z.Z.Z. Jogulu, S.R. Lee, K.W. Taher, S.W.	Malaysian Family Physician
A Critical Review on the Potency of Phytoconstituents in the Management of COVID-19	Raman, K. Rajagopal, K. Swaminathan, G. Jupudi, S. Dhama, K. Barua, R. Bin Emran, T. Osman, H. Khandaker, M.U.	Journal of Pure and Applied Microbiology
A Novel Hybrid Approach for Classifying Osteosarcoma Using Deep Feature Extraction and Multilayer Perceptron	Aziz, M.T. Mahmud, S.M.H. Elahe, M.F. Jahan, H. Rahman, M.H. Nandi, D. Smirani, L.K. Ahmed, K. Bui, F.M. Moni, M.A.	Diagnostics
Covid-19 effects on private tuition in bangladesh and internet of things based support system	Akhund, T.M.N.U. Newaz, N.T. Mesbahuddin Sarker, M.	International Journal of Computing and Digital Systems

Naringin and Naringenin Polyphenols in Neurological Diseases: Understandings from a Therapeutic Viewpoint	Emran, T.B. Islam, F. Nath, N. Sutradhar, H. Das, R. Mitra, S. Alshahrani, M.M. Alhasaniah, A.H. Sharma, R.	Life
The Fractal Viewpoint of Tumors and Nanoparticles	Alexiou, A. Tsagkaris, C. Chatzichronis, S. Koulouris, A. Haranas, I. Gkigkitzis, I. Zouganelis, G. Mukerjee, N. Maitra, S. Jha, N.K. Batiha, G.E.-S. Kamal, M.A. Nikolaou, M. Ashraf, G.M.	Current Medicinal Chemistry
The presence of toxic heavy metals in tuna fishes from Laccadive sea and concomitant health risk	Nadhiya, A. Khandaker, M.U. Mahmud, S. Abdullah, W.H.	Radiation Protection Dosimetry
Nigelladine A among Selected Compounds from Nigella sativa Exhibits Propitious Interaction with Omicron Variant of SARS-CoV-2: An in Silico Study	Miraz, M.M.H. Ullah, M.A. Nayem, A.A. Chakroborty, B. Deb, S. Laskar, A. Tithi, N.U. Saha, N. Chowdhury, A.R. Alam, K.M.K. Wahed, T.B. Khursheed Alam, M. Kundu, S.K.	International Journal of Clinical Practice
Impact on GDP and the stock market during pandemics or epidemics of 21st century	Hossen, M.A. Rahman, M.M. Nahid, M.N.A. Islam, R. Banshal, S.K. Gupta, V. Dass, P.	Journal of Interdisciplinary Mathematics
Machine Learning-Based Model to Predict Heart Disease in Early Stage Employing Different Feature Selection Techniques	Biswas, N. Ali, M.M. Rahaman, M.A. Islam, M. Mia, M.R. Azam, S. Ahmed, K. Bui, F.M. Al-Zahrani, F.A. Moni, M.A.	BioMed Research International
Facile acid fermentation extraction of silkworm pupae oil and evaluation of its physical and chemical properties for utilization as edible oil	Ferdousi, L. Begum, M. Yeasmin, M.S. Uddin, J. Miah, M.A.-A. Rana, G.M.M. Chowdhury, T.A. Boby, F. Maitra, B. Khan, R. Emran, T.B. Siddique, M.A.B.	Heliyon
Assessment of radionuclides from coal-fired brick kilns on the outskirts of Dhaka city and the consequent hazards on human health and the environment	Siraz, M.M.M. Rakib, M.D.A. Alam, M.S. Al Mahmud, J. Rashid, M.B. Khandaker, M.U. Islam, M.S. Yeasmin, S.	Nuclear Engineering and Technology
Yellow fever virus, a mosquito-borne flavivirus posing high public health concerns and imminent threats to travellers - an update	Malik, S. Pandey, I. Kishore, S. Sundarajan, T. Nargund, S.L. Ghosh, A. Bin Emran, T. Chaicumpa, W. Dhama, K.	International journal of surgery (London, England)
Quantification of radiological hazards associated with natural radionuclides in soil, granite and charnockite rocks at selected fields in Ekiti State, Nigeria	Isinkaye, M.O. OlaOlorun, O.A. Chandrasekaran, A. Adekeye, A.S. Dada, T.E. Tamilarasi, A. Sathish, V. Khandaker, M.U.	Heliyon

	Almujally, A. Tamam, N. Suliman, A.	
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Other Progress and Initiatives

Collaborations with local, national or global health institutions to improve health & wellbeing outcomes

Local Collaboration

Partnership with National Liver Foundation of Bangladesh (NLFB) for Hepatitis Prevention: NOHep Village Initiative



The Department of Public Health at Daffodil International University (DIU) has established a strategic partnership with the National Liver Foundation of Bangladesh (NLFB) through the NOHep Village Initiative, focusing on raising awareness about liver health and preventing hepatitis in communities across Bangladesh. By implementing educational campaigns and health initiatives, this partnership aims to

increase health literacy and provide underserved populations with crucial information and resources for liver disease prevention, contributing to improved health outcomes. This effort aligns with SDG 3 (Good Health and Well-being) by emphasizing disease prevention and health promotion while also supporting SDG 10 (Reduced Inequalities) through equitable access to health education and services.

Partnership Between Daffodil International University and DOCTOR'S Cupping Corner

The Department of Public Health at Daffodil International University (DIU) met with DOCTOR'S Cupping Corner in Shamoli, Dhaka. The meeting, led by Dr. Sayed Al Mansur, Chairman of DOCTOR'S Cupping Corner, focused on exploring research collaborations in prophetic medicine and opportunities for public health studies at DIU. Dr. Md. Rakibul Hasan also represented DOCTOR'S Cupping Corner at the meeting.



DIU and BCCP Collaborate for Research Dissemination Conference



DIU collaborated with the Bangladesh Center for Communication Programs (BCCP) for research, and its students and faculty participated in a Research Findings Dissemination Conference at the CIRDAP International Conference Center, Dhaka.

Preventive Oncology Collaboration



The Department of Public Health at DIU is working toward a collaboration with Gonoshasthaya Community-Based Cancer Hospital to advance research in preventive oncology. This partnership seeks to promote awareness of cancer risk factors, develop early detection strategies, and implement community-based health interventions, ultimately reducing cancer incidence and improving public health outcomes. By emphasizing preventive measures and community awareness, this initiative supports SDG 3 (Good Health and Well-being) and strengthens collaborative efforts for cancer prevention under SDG 17 (Partnerships for the Goals).

National Collaboration:

Collaboration with Dhaka National Medical College

Prof. Dr. Md. Shahjahan of the Department of Public Health of DIU had a collaboration with Dhaka National Medical College as a public health expert. He conducted



the IRB Members training programme as a resource person at Dhaka National Medical College, Dhaka.

Collaboration with Bangladesh Institute of Child Health (Dhaka Shishu Hospital)



Prof. Dr. Md. Shahjahan, Professor, Department of Public Health, DIU based on a collaboration with Bangladesh Institute of Child Health (Dhaka Shishu Hospital) contributed as a Resource Person at a training on Institutional Review Board (IRB) Processes and Procedures. This specialized session, designed for IRB members, focused on reinforcing ethical standards and procedural accuracy in research.

Exploring Collaboration with Police Staff College



The Public Health Department of DIU explores collaboration opportunities with Dr. Mohammad Shahjahan, Additional Deputy Inspector General of Police and Director of Research and Publication at the Police Staff College. This potential partnership aims to integrate public health research with law enforcement initiatives, enhancing both community health and public safety.

International Collaboration

Global Health Research Collaboration between DIU Public Health Department and Murray State University (USA) and Thammasat University (Thailand)

Daffodil International University has launched a global health research collaboration with Murray



State University (USA) and Thammasat University (Thailand), aiming to enhance public health research, promote knowledge exchange, and address critical global health challenges. This partnership involves joint research initiatives, educational programs, and the dissemination of research findings, enriching the academic and practical skills of DIU faculty and students. By focusing on disease prevention and global health education, this collaboration directly contributes to SDG 3 (Good Health and Well-being) while fostering international research partnerships in alignment with SDG 17 (Partnerships for the Goals).

Collaboration of DIU Public Health Department with Birmingham City University (BCU), United Kingdom (UK) and Duke University in the USA



WHO Simulation for Medical Students

DIU collaborated with WHO Bangladesh to organize the WHO Simulation 2023, which provided medical students with an immersive experience in simulating World Health Organization protocols and operations. This hands-on event, held at the Daffodil Smart City campus, developed leadership and decision-making skills essential for addressing global health challenges.



DIU hosted two impactful events to promote mental well-being in the workplace



DIU organized a seminar on "Mental Health at the Workplace" where Dr. Mahjabeen Haque, Counseling Psychologist and Professor at Dhaka University, shared practical insights on managing stress and fostering a

healthy work environment. DIU also arranged a workshop on "Balancing Wellbeing at the Workplace" where Ms. Zohora Parveen, Clinical Psychologist at Dhaka University, led an interactive session with activities aimed at building mental resilience and work-life balance.

Advancing Healthcare through Research, Education, and Community Engagement: An Initiative by Daffodil International University

Daffodil International University (DIU), through its Health Informatics Research Lab (HIRL), aims to advance research and innovations in healthcare by developing and disseminating solutions that address health needs, inform policy, and support evidence-based decision-making. The initiative focuses on three key areas: (1) Research and Innovations in health care, (2) Education and Training to enhance human capital at all levels, and (3) Community Engagement through collaboration with international, regional, and national healthcare providers. Following a visit, the team will organize workshops, seminars, and submit research grant proposals. Visit: <https://www.facebook.com/hirlab>



Empowering Minds: Keynote on Personal Development with AIMST University's Faculty of Medicine



We have a collaboration with the Faculty of Medicine, AIMST University, Malaysia. Dr.

Moniruddin Chowdhury of AIMST University and Visiting Professor at the Department of Public Health, DIU, delivered a keynote speech on "Manage Your Mind and Achieve Your Best Self." The session provided valuable insights and was an enriching experience for everyone involved. This collaboration supports SDG 3 (Good Health and Well-being) by addressing mental well-being and personal development. It also aligns with SDG 4 (Quality Education) by providing valuable insights and learning opportunities related to personal and professional growth.

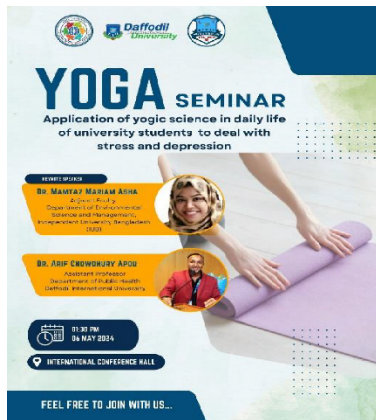
Landscaping of Existing Legislation, Policies, and Standards on Lead Poisoning in Bangladesh: A Workshop by UNICEF and ESDO



UNICEF and the Environment and Social Development

Organization (ESDO) organized the workshop "Landscaping of Existing Legislation, Policies, and Standards on Lead Poisoning in Bangladesh," which focused on evaluating the country's current framework for addressing lead poisoning. Dr. Mahfuza Parveen, Associate Professor of the Department of Environmental Science and Disaster Management (ESDM) at DIU, actively participated in discussions on the status of lead poisoning in Bangladesh, highlighting gaps in the existing legal policies.

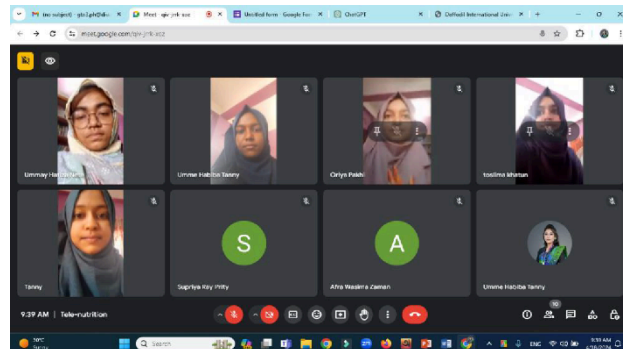
Exploring Yoga's Vital Role in Bridging



The Department of Public Health organized a seminar titled "Exploring Yoga's Vital Role in Bridging," held at the International Conference Hall, emphasizing the profound connection between body, mind, and soul. This event underscored the significance of yoga in fostering overall well-being, encouraging community participation in practices that enhance both physical health and mental clarity. The seminar supports SDG 3: Good Health and Well-being by promoting holistic health through yoga, SDG 4: Quality Education by educating the community on integrative health practices, and SDG 17: Partnerships for the Goals by fostering collective well-being initiatives.

Tele-nutrition program focused on adolescents

Dr. Arif Chowdhury Apou and Umme Habiba Tanny led a Tele-nutrition program aimed at providing crucial support and guidance to adolescents for healthier living. This initiative reflects our commitment to community engagement by empowering young individuals with the knowledge and resources to make informed dietary choices and lead healthier lives. The program aligns with SDG 3: Good Health and Well-being by promoting adolescent nutrition, SDG 4: Quality Education by educating youth on informed dietary choices, SDG 2: Zero Hunger by addressing nutrition and food security, and SDG 17: Partnerships for the Goals through collaborative health efforts.



Adoption of the Framework Convention on Tobacco Control (FCTC) Article 5.3

The Department of Public Health had the privilege of attending the inaugural adoption of the Framework Convention on Tobacco Control (FCTC) Article 5.3 by medical students as a 'Guest of Honor.' This landmark event underscores our dedication to supporting

initiatives that empower future healthcare professionals to take leadership roles in tobacco control and promote public health.

Seminar on the prevention and reversal of non-communicable diseases using lifestyle modification



The Department of Public Health at Daffodil International University recently organized an insightful seminar titled "The Science of Prevention and Reversal of Non-Communicable Diseases through Lifestyle Modification," featuring Dr. M. Jahangir Kabir (JK Lifestyle) as the keynote speaker. Dr. Kabir shared invaluable insights on how simple lifestyle changes can prevent and even reverse non-communicable diseases, offering our community practical tools for improving health and well-being. This seminar

supported SDG 3: Good Health and Well-being by focusing on disease prevention through lifestyle changes, SDG 4: Quality Education by providing practical health knowledge, and SDG 17: Partnerships for the Goals by collaborating with experts to promote wellness.

Dengue prevention and control awareness event



The Department of Public Health at Daffodil International University recently held a successful community-focused event to raise awareness about Dengue prevention and control. This effort underscores the university's commitment to promoting a healthier future, aligning with SDG 3: Good Health and Well-being by advancing health education on Dengue prevention.

Free Healthcare Initiative for underprivileged individuals by Daffodil Bandhushobha

On October 31, 2023 as part of Prothom Alo's 25th anniversary celebrations, Daffodil Bandhushobha provided free healthcare to over 200 underprivileged individuals in Ashulia, Dhaka. This initiative supports SDG 3 (Good Health and Well-Being) by enhancing access to medical services for marginalized communities.



Health Outreach at Chandpur District of Bangladesh



Daffodil International University (DIU) has demonstrated a firm commitment to bridging the gap between academic knowledge and real-world impact, making strides in research that drives sustainable community development. This commitment was recently exemplified through an impact evaluation conducted by a team of DIU faculty members and researchers on the Jeebika I & II projects in Chandpur, Bangladesh. The Jeebika projects, - a Livelihoods Enhancement Project, is dedicated to improving the socio-economic stability and health condition of vulnerable populations. Through initiatives that empower individuals with financial independence, skill development, and essential resources, the project aims to uplift marginalized communities, helping them build sustainable and resilient livelihoods. DIU's impact evaluation of the Jeebika project exemplifies

the transformative power of grassroots development and community-driven research. Through their assessment, DIU researchers have documented the project's positive effects on income, health, education, and social cohesion, providing valuable insights into how development initiatives can achieve sustainable, long-lasting impact.

Free Health Camp for Local Community



A free medical health camp was organized by the DIU Medical Center for the local community people at Dattapara and Changaon area of Birulia upazila. The community people received free medical consultation, medical diagnostic support for dengue test and needy patients were also provided with free of cost medicines and free medical tests.

Family Planning and Reproductive Health Related Service

The women of the Dattapara and Ashulia areas who are not much aware of the family planning and reproductive health issues as



well as suffer from related complications get reproductive healthcare and family planning guidance and services from the DIU Medical Center. The female students of DIU also get services for their various gynecological complications.

Educational Session on Preventing Sexual Harassment in Campus



Daffodil International University (DIU) held a crucial educational awareness session on preventing sexual harassment, led by Professor Dr. Mehtab Khanam, a renowned psychotherapist in Bangladesh. Organized by the university's Complaint Committee to Prevent Sexual Harassment, the session aimed to educate students on recognizing and addressing sexual harassment. It also explored the impact of early life experiences and attachment styles on adult behaviors, fostering a deeper understanding of respectful interactions.

Access to DIU Medical Center and Counseling Services

The university's on-campus health services include access to professional counselors and health care providers who are trained to offer advice and support on sexual and reproductive health matters. Students can confidentially discuss topics such as sexual health, family planning, and reproductive wellness. Additionally, DIU's Psychological Service Unit works closely with health providers to ensure students have access to comprehensive and non-judgmental care, contributing to SDG 3 (Good Health and Well-being) and SDG 5 (Gender Equality).



Community Awareness Programme on World Stroke Day



The DIU Public Health Club successfully organized a rally on World Stroke Day, raising awareness about stroke prevention and supporting those affected. The event highlighted the risks and early signs of stroke, the importance of timely medical intervention, and encouraged community engagement in preventive health measures. Together, we can

reduce the global impact of stroke prevention as awareness can save lives.

Partnership for Elderly Welfare and Social Value Preservation

Daffodil International University, Daffodil Family, and the Bangladesh Senior Citizen Welfare Society have signed an MOU to address the decline in social values and support the elderly. This partnership aims to alleviate the suffering of the elderly and foster an elderly-friendly society, aligning with SDG 10 (Reduced Inequalities) and SDG 11 (Sustainable Cities and Communities). Engr. Md. Fazlur Haque and Dr. Hamidul Haque Khan represented their respective organizations in this significant CSR initiative.



Water Purifier Distribution for Flood Relief

To aid communities affected by severe flooding, DIU's Department of Public Health distributed 1,000 water purifier packets donated by the University of Dhaka's Department of Applied Chemistry and Chemical Engineering. The DIU Volunteer Service Club led the distribution effort on August 30, 2024, providing clean drinking water to those in need. This outreach project addresses urgent public health concerns and supports SDG 3 (Good Health and Well-being) by preventing waterborne diseases, SDG 6 (Clean Water and Sanitation) by ensuring safe water access, and SDG 13 (Climate Action) by responding to climate-induced crises.



Art of Giving: Feeding 1,000 disadvantaged people



On June 17, 2024, DIU celebrated the Art of Giving Program, initiated by Dr. Md. Sabur Khan. The initiative provided lunch to 1,000 underprivileged individuals at seven different locations, promoting values of generosity and community service. This effort not only addressed immediate food insecurity but also encouraged a culture of giving, contributing to SDG 10 (Reduced Inequalities) by supporting marginalized groups and SDG 17 (Partnerships for the Goals) through collaboration with local partners.

Sharing sports facilities with the local community

Daffodil International University (DIU) emphasizes making its sports facilities accessible to the wider community. The university has established numerous initiatives to promote physical well-being and foster community engagement through sports. These facilities are shared with local schools, sports clubs, and the general public, encouraging active participation in various sporting activities.

DIU Hosted Friendly Football Match at its playground

DIU hosted a friendly match against BPL team, Bangladesh Navy, ending in an exciting 1-1 draw! Where national player Rahmat Mia leading DIU and former national captain Mamunul Islam headed the Navy team, both sides played a strong, competitive game. The field was packed with enthusiastic DIU students, cheering passionately for their home team and creating an unforgettable atmosphere.



Local community people engagement in local games at DIU premises sports facilities



Local School Children Using DIU Sports Facilities





Community Access to DIU Sports Week 2023



During the DIU Sports Week 2023, which featured events such as football, cricket, and volleyball matches, the university invited members of the local community to participate and spectate. The sports facilities, including indoor courts and outdoor fields, were made accessible to accommodate both DIU students and the general public. This initiative aimed to promote sportsmanship and physical activity among a diverse audience, reinforcing DIU's role as a hub for community sports engagement.

Ispahani-Prothom Alo Inter University Football Tournament 2023 Hosted at DIU Playground

DIU hosted the prestigious Ispahani-Prothom Alo Inter University Football Tournament 2023, which involved football teams from various universities across the country. The event was not only a university affair but also opened to local spectators, providing the general public with an opportunity to engage with the sporting activities and enjoy the games. The university's football fields and related facilities were made available to accommodate a large



number of participants and spectators, fostering a sense of community and inclusivity.

The July Memorial Mini Marathon at DIU



The July Memorial Mini Marathon – March for Martyrs was held at Daffodil International University premises, honoring the brave souls of the July-August 2024 student movement. Participants both students and community youths ran not just to remember but also to promote a healthier, more active lifestyle. This event combined fitness with a deeper cause, celebrating the courage of those who fought for justice and freedom. Organized by the Social Business Students' Forum - SBSF in collaboration with the Daffodil International University Health and Fitness Club - DIU HFC, it was a powerful tribute and a step towards a better, stronger Bangladesh.

Access to mental health support for Students

Psychological Service Unit of DIU for its Staff & Student Mental Health

The Psychological Service Unit at DIU, is a key resource for mental health support for both staff and students on campus. This unit offers individual counseling sessions and organizes workshops to help students and staff manage academic stress, office stress, personal difficulties, and mental health challenges. By creating a safe and supportive environment for DIU stakeholders to seek psychological assistance, DIU promotes emotional well-being and resilience. This effort supports SDG 3 (Good Health and Well-being) and contributes to a balanced and healthy academic atmosphere.

Office of the Students' Affairs

HOME ABOUT US ▼ E

Meet the Psychologist

Bilkis Khanam

Psychologist
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Daffodil International University
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Rakibul Hasan Sourav

Psychologist
Office of the Director of Students' Affairs
Daffodil International University
Contact: 01847334932



Stress Management Workshops for Female Students

DIU's Psychological Service Unit, part of the Students' Affairs Department, conducted two workshops titled "Managing Exam Stress" specifically for the female residents of Rowshan Ara Scholars Garden, the university's female dormitory. These workshops aimed to equip female students with effective techniques to handle exam-related anxiety and stress, thereby enhancing their emotional well-being and academic performance. They also provided a supportive environment where female students could openly discuss mental health challenges. This effort supports SDG 3 (Good Health and Well-being) and SDG 5 (Gender Equality).



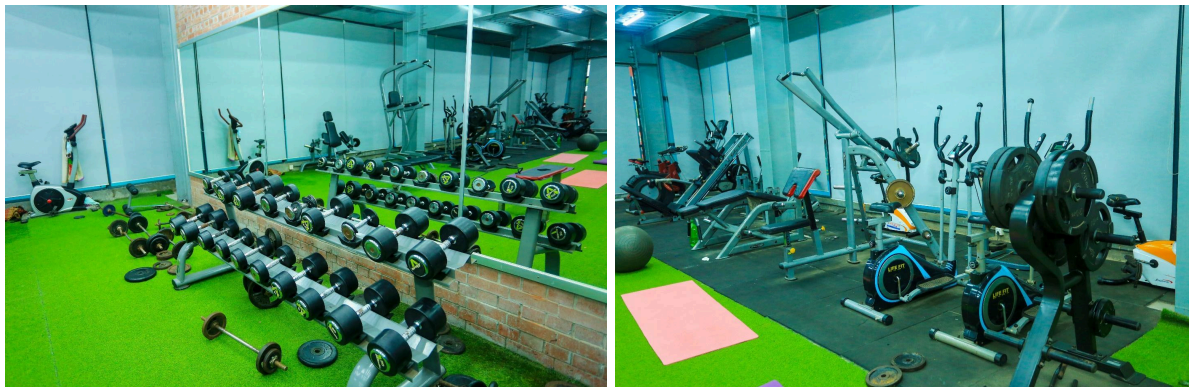
World Suicide Prevention Day Awareness Session



The Psychological Service Unit at DIU, part of the Office of the Director of Students' Affairs, conducted an awareness session titled "Creating a Supportive Campus Community" in observance of World Suicide Prevention Day. The session focused on raising awareness about mental health issues among students and emphasized the importance of fostering a supportive and inclusive environment on campus. This initiative highlights DIU's commitment to mental well-being and aligns

with SDG 3 (Good Health and Well-being) by equipping students with the knowledge and tools to build a caring and compassionate community.

On-Campus Medical and Fitness Center



DIU has established a well-equipped Medical and Fitness Center on campus, offering a range of health services to students and staff, including mental health support. The center features two full-time psychologists who provide counseling and therapy sessions, addressing the emotional and psychological needs of students. Additionally, the center is staffed with resident doctors and nurses to handle both emergency medical situations and routine healthcare, ensuring comprehensive support for students' physical and mental well-being. This initiative underscores DIU's dedication to student welfare and aligns with SDG 3 (Good Health and Well-being) by providing continuous access to essential health services.

Interactive Workshop on Work-Life Balance for DIU Staff

DIU also hosted an interactive workshop called "Balancing Wellbeing at the Workplace," led by Clinical Psychologist Ms. Zohora Parveen from Dhaka University. The workshop featured engaging activities designed to enhance mental resilience and promote a healthy work-life balance for staff. Participants learned practical approaches to managing stress and improving overall well-being, fostering a supportive and productive work culture. This effort showcases DIU's dedication to staff mental health and well-being, contributing to SDG 3 (Good Health and Well-being) through proactive stress management initiatives.



Enhancing Mentoring and Counseling Excellence Initiative

Daffodil International University (DIU) has implemented a structured initiative to enhance mentoring and counseling services for students, aimed at promoting their overall well-being and academic success. The university conducted assessments of its mentoring program over three months and identified 34 faculty members who excelled in providing exceptional support to students. To recognize and learn from these mentors, DIU will issue formal letters of appreciation and organize workshops where these exemplary faculty members can share their best practices.

Additionally, peer support groups will be established to provide guidance and mentorship to less experienced faculty members, fostering a culture of continuous improvement in student counseling. For mentors requiring further development, DIU has planned individualized coaching, specialized workshops, and regular performance reviews starting in Fall 2024. These efforts reflect the university's commitment to offering comprehensive and effective support for students' mental health and well-being, aligning with SDG 3 (Good Health and Well-being) and promoting a supportive academic environment.