

ANNUAL REPORT

SDG

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GOOD HEALTH AND WELL-BEING



UNIVERSITY OF CHITTAGONG
Chittagong-4331, Bangladesh

SGD3: GOOD HEALTH AND WELL-BEING

Impact we are making

Our major aim for health research is to improve the life and well-being of the population in the southern region of Bangladesh. The University Research and Publication cell always encourages and finances the research that has a community interest. One good example of such an initiative between the University of Chittagong, Biomedical Research Foundation, Chittagong Medical College and Bangladesh Thalassemia Samity Hospital involves the Thalassemia awareness initiative (Grant: Research/Cell/CU/6429/2018). Which was published recently ([Hasan et al. 2023](#)).

Photo: University-funded Thalassemia awareness program

Thalassemia is a genetic disorder and it can be prevented beforehand by doing a screening by avoiding carrier-carrier marriage. This research program was unique and



only came true due to its special policy to enrol the highest number of underprivileged Aboriginal students to the university who ultimately serve their community after graduation. This project, it was not only assessed their knowledge of thalassemia and perspective but also funded them to screen for the disease and provide necessary post-counselling to more than hundreds of Aboriginal students using experts from Chittagong Medical College. Such initiatives not only prevent the hundreds of screened students from getting thalassemic children but also spread awareness to the community to minimise the burden of the disease from the community in the long run.

Contribution to health education

The University of Chittagong is the largest and oldest institute in the southern region of Bangladesh responsible for providing quality education in health since 1968. With recent policy changes by the Government of Bangladesh from the academic year 2017-2018 all the colleges are now affiliated to the Chittagong Medical University. The university was solely responsible for maintaining the quality of medical professionals to ensure the increasing demand for doctors and medical professionals. There are 16 medical colleges currently affiliated with the university with the remaining 325 students who are going to finish their studies soon. The degrees currently offered by the university involve



undergraduate courses like Bachelor of Medicine Bachelor of Surgery (MBBS) and Bachelor of Dental Surgery (BDS).

Photo: Final professional MBBS examination under the University of Chittagong held in Cumilla Medical College.

CONTRIBUTION TO HEALTH RESEARCH

Current collaborations with health institutions

Our researchers at the University of Chittagong maintained a good research network within Bangladesh as well as globally. The current ongoing health research collaboration is reached with 21 institutes including universities, medical colleges, diagnostic centres and research institutes. These institutes span from a local diagnostic centre called Epic Healthcare Limited, Chattogram to the Marshall Centre for Infectious Diseases, The University of Western Australia founded by the Nobel laureate Professor Barry Marshall. The list of current collaborating institutions is given below.

Sl	Name	Category
1	Epic Healthcare Limited	Diagnostic centre
2	Chevron Diagnostics Limited	Diagnostic centre
3	BIRDEM	Hospital
4	Chittagong Diabetes Hospital	Hospital
5	Bangladesh Institute of Tropical and Infectious Diseases	Hospital
6	250 bedded General Hospital, Chattogram	Hospital
7	Dhaka Medical College	Medical College
8	Chattogram Maa-O-Shishu Hospital	Medical College
9	Sir Salimullah Medical College, Dhaka	Medical College
10	Mymensingh Medical College	Medical College
11	Rangamati Medical College	Medical College
12	ICDDR	Research Institute
13	Child Health Research Foundation (CHRF), Bangladesh	Research Institute
14	Chittagong Research Institute for Children Surgery (CRICS)	Research Institute

15	Nishpap Autism Institute	Research Institute
16	Institute of Epidemiology Disease Control And Research (IEDCR), Bangladesh	Research Institute
17	Kanazawa University Medical Centre, Japan	University
18	McGill University Health Centre (RI-MUHC), Canada	University
19	The Milken Institute School of Public Health, The George Washington University, USA	University
20	Marshall Centre for Infectious Diseases, The University of Western Australia	University
21	James P Grant School of Public Health, BRAC University	University

Health outreach programmes

In an effort to promote health and well-being, the University of Chittagong has implemented a comprehensive health research outreach program. This program encompasses a Diabetes Awareness Campaign for school and college students, internship opportunities for biomedical science and medical students from Bangladesh, and health camps in Rohingya refugee camps.

The Diabetes Awareness Campaign aims to educate students about the risk factors, symptoms, and management of diabetes. This campaign includes interactive workshops, presentations, and distribution of educational materials. The goal is to empower students with knowledge and encourage them to adopt healthy lifestyle choices to prevent diabetes.

To foster future generations of health professionals, the university offers internship programs to [students from biomedical science departments and medical colleges in Bangladesh](#). These internships provide students with hands-on experience in research laboratories and clinical settings, allowing them to gain valuable skills and contribute to ongoing research projects.

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HEALTH

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Student's awareness can help prevent diabetes



Photo: Courtesy

Most of the diabetic patients do not know that they have the disease, while most of them who know do not follow the rules to save themselves, academicians and researchers said on Sunday.

[Coverage of our health outreach program in a daily newspaper.](#)

Recognizing the need for healthcare services in underserved communities, the university organizes health camps in [Rohingya refugee camps](#). These health camps were organized to increase awareness of various health conditions. The university's commitment to improving the health and well-being of vulnerable populations is evident in this initiative.

[Addressing the specific needs of aboriginal communities](#), teachers and students work on a research project addressing the barriers to accessing healthcare services for older indigenous people in the Chittagong Hill Tracts, Bangladesh. Additionally, teachers and students of the University of Chittagong work as a team that helps [visually impaired students with audiobooks and exam hall stenography](#).

The university's health research outreach program demonstrates a dedication to promoting health, education, and well-being across diverse communities. By addressing diabetes awareness, providing internship opportunities, and organizing health camps, the university is making a positive impact on the lives of individuals and communities worldwide.

Shared sports facilities

For student residences, the University of Chittagong has 5 different playgrounds for boys and a shared central field for boys and girls. But to promote physical exercise and sports to help students and staff maintain sound well-being during their days at the university we have a dedicated indoor sports centre at the Gymnasium complex where any student group can play indoor games like basketball, Tennis, badminton, Karate etc. Apart from that there is a shared gym inside the gymnasium. Apart from that, all the university-managed residential units have indoor sports facilities for resident students.



Central Gymnasium complex, University of Chittagong



Indoor sports facility at Gymnasium complex



Shared gym facility.

Free sexual health care and mental health support for students

The University Medical Centre, the Psychology Department and Chittagong University authority jointly organize sexual health care sessions once a month.

Smoking free policy

In alignment with the Bangladesh government's anti-smoking policy, the University of Chittagong has designated all departments, faculties, and offices as smoke-free zones.