



## University Activities and Initiatives for Promoting Good Health and Well-Being (2024–2025)

### Sports Day at Menoufia National University (MNU) 15 May 2025

The MND Family, in collaboration with the Sports Committee of the Student Union at the Faculty of Medicine, Menoufia National University, organized a special sports day under the patronage of Dr. Ahmed El-Qassad, President of Menoufia University and Acting President of Menoufia National University, and Dr. Nancy Asaad, Vice President for Academic Affairs. The event was supervised by Dr. Ahmed Hamdan, Program Director.

The organizing team included students Mahmoud El-Saadany, President of the Student Union; Mohamed Mamdouh, Vice President; Youssef Shehata, Head of the MND Family; Haneen Radi, Secretary of the Sports Committee; and Karim Raafat, Assistant Secretary of the Sports Committee, with support from the University's Student Affairs Department.

The day featured several sports activities such as table tennis, chess, and arm wrestling. Competition results were as follows: **Table Tennis:** Ahmed Lasheen (boys), Aya Ahmed (girls), **Chess:** Yousry Ayman (boys), Amani Hussein (girls), **Arm Wrestling:** Mohamed Assiwi (boys), Noha Haitham (girls).

Dr. Ahmed Hamdan honored and awarded the winners at the end of the event.





## **The Faculty of Dentistry at Menoufia National University (MNU) organizes a celebration of World Oral Health Day. 23 March 2025**

Under the patronage of Dr. Ahmed Al-Qassed, President of Menoufia University and Acting President of Menoufia National University (MNU), and in the presence of Dr. Nancy Asaad, Vice President for Academic Affairs, Dr. Ashraf Balbaa, Dean of the Medical Sector, and under the supervision of Dr. Asmaa Khater, Program Director, and Dr. Bassam Shaaban, Program Coordinator, the Faculty of Dentistry organized a celebration of World Oral Health Day and hosted Dr. Mohamed Khater, Dr. Mohamed El-Sawy, and Dr. Mahmoud Saeed as key-speakers at the celebration.

This celebration was organized as part of our commitment to raising awareness of the importance of oral and dental health. The goal was to spread awareness about the importance of oral health care and its positive impact on overall health. It also highlighted the importance of oral and dental health and how to prevent related diseases. It encouraged everyone to undergo regular dental checkups for early detection of any health problems. It also supported scientific research by showcasing the latest research and innovations in the field of dentistry. This celebration also reflected the college's commitment to its societal role in promoting public health through a focus on oral and dental health.

The celebration included a variety of activities targeting college students, including awareness lectures delivered by specialized dental professors on oral and dental diseases and how to prevent them. The event emphasized the importance of this event as an opportunity to remind students that oral health is an integral part of overall health and that neglecting oral health can lead to serious health problems such as heart disease and diabetes. A comprehensive exhibition showcased dental care products and provided practical advice to attendees. Participants in organizing the celebration were also honored. The event was organized by the college students and sponsored by Haleon PLC for Consumer Healthcare and Diab Dent Dental Store for Medical Equipment. <https://www.facebook.com/share/p/19qqg3MJK9/>





**The Faculty of Medicine at Menoufia National University (MNU) organized a medical convoy for the health unit in Toukh Tanbesha, examining more than 300 patients. 20 August 2025**

In line with Al-Menoufia National University's commitment to community service and environmental development, and under the patronage of Dr. Ahmed Al-Qassed President of Menoufia University and Acting President of Al-Menoufia National University, and Dr. Nancy Asaad, Vice-President for Academic Affairs, with supervision by Dr. Ashraf Belba, Dean of the Medical Sector, Accountant Mohamed Said, Secretary-General of Al-Menoufia National University, and Dr. Ahmed Hamdan, Director of the Medicine and Surgery Program—The Faculty of Medicine organized an extensive medical convoy to the health unit in Toukh Tanbesha village, Menoufia Governorate. The convoy included faculty members, doctors, and students from various specialties, coordinated by Dr. Ayat Shaaban, Program Coordinator, the Student Welfare Department, and the Faculty's Student Union.

The convoy offered free medical examinations across several clinics, with participation of: Dr. Ahmed Hamdan (ENT Professor), Dr. Nabih El-Khouly (Professor of Obstetrics, Gynecology, and Infertility), Dr. Mohamed Ramadan Sultan (Professor of Psychiatry and Neurology), Dr. Ahmed Mokhtar (Assistant Lecturer in Internal Medicine), Dr. Mohamed Fawzy (Lecturer in Pediatrics and Neonatology), Some cases requiring advanced intervention were referred to university hospitals for further treatment.

The convoy also included health education activities, raising awareness about proper nutrition, prevention of chronic diseases like hypertension and diabetes, and special campaigns that focused on maternal and child health. Residents of the village expressed deep appreciation for the efforts made, praising the quality of medical services that helped alleviate suffering and provide essential healthcare.







## **The Faculty of Pharmacy at Menoufia National University (MNU) organizes health awareness campaigns to serve the community 30 April 2025**

The Faculty of Pharmacy at Al-Menoufia National University organized two health awareness campaigns at Toukh Secondary School and Al-Ittihad Preparatory School. These campaigns were part of the college's initiative to spread awareness about parasitic diseases and prevention methods, under the patronage of Dr. Ahmed El-Qassed and Dr. Nancy Asaad, supervised by Dr. Ashraf Belba and Dr. Amr Kamal, Director of the Clinical Pharmacy Program. Participants included microbiology and immunology faculty members Dr. Amal Issa Saafan, Dr. Samar El-Refaai, Dr. Moaz El-Saadawi, and Dr. Mohamed Salah.

Second-year pharmacy students led the campaigns, delivering simplified lectures and interactive activities about dangerous parasites and prevention through personal and food hygiene. The activities were well-received by students and teachers. Additionally, the Faculty of Pharmacy held awareness sessions for university students and staff across all academic programs to promote health culture and social responsibility, affirming the university's role in community service and preparing students to be ambassadors of awareness and prevention for local community.





## **The Faculty of Dentistry in Menoufia organizes an awareness convoy to serve the community and promote oral and dental health** **24 April 2025**

- The Faculty of Dentistry at Menoufia National University (MNU) organizes an awareness convoy to serve the community and promote oral and dental health.

- Under the patronage of Dr. Ahmed Al-Qassed President of Menoufia University and Acting President of Menoufia National University (MNU), and Dr. Nancy Asaad, Vice-President for Academic Affairs, and under the supervision of Dr. Ashraf Balbaa, Dean of the Medical Sector, Dr. Asmaa Khater, Director of the Oral Medicine and Dental Surgery Program, and Dr. Bassam Shaaban, Program Coordinator, the Faculty of Dentistry organized an awareness convoy to the Official Language School in the village of Toukh Tanbesha. Dr. Mahmoud Saeed, a lecturer at the faculty, participated in the convoy's activities, along with the university's Student Care Department, the Faculty's Student Union, and a number of students.

- Dr. Asmaa Khater highlighted that dental awareness convoys are essential for promoting public health and community service, emphasizing that student participation is a key part of their medical training. Through real-life practice, students develop social awareness, confidence, and communication skills necessary to address diverse patient needs effectively. Dr. Mahmoud Saeed noted that free diagnostic examinations for oral and dental diseases were conducted for the school's students, awareness sessions were held on the importance of daily dental care, and oral hygiene supplies (brushes, toothpaste, and floss) were distributed to the students.







## Celebrating the 8<sup>th</sup> United Nations Global Road Safety Week

13 May 2025

• Students from the Smart City Planning and Construction Program at the Faculty of Engineering, Menoufia National University (MNU), organized an awareness campaign under the patronage of Dr. Ahmed Al-Qassed, President of Menoufia University and Acting President of MNU, and Dr. Nancy Asaad, Vice President for Academic Affairs, with the supervision of Dr. Ibrahim Hashem, Dean of the Engineering Sector. The event coincided with the 8th United Nations Global Road Safety Week, which this year focused on walking and cycling as safe, sustainable modes of transportation.

The campaign aimed to raise awareness among students about the importance of adhering to traffic rules and how effective infrastructure planning and design contribute to road safety and accident prevention. It also supported the global call for national and local initiatives to make walking and cycling safer. Students emphasized that promoting walking and cycling not only enhances road safety but also improves public health, reduces environmental pollution, and supports sustainable urban development.

Engaging in these activities contributes to the prevention of non-communicable diseases such as obesity, diabetes, and hypertension, while improving mental health, reducing stress, and encouraging healthy physical and cognitive development in youth. Safe walking and cycling also foster cleaner, healthier, and more livable cities by minimizing air and noise pollution.

The Smart City Planning and Construction Program at MNU focuses on preparing engineers capable of designing and managing sustainable smart cities that enhance the quality of life. The curriculum integrates disciplines such as urban planning, civil engineering, artificial intelligence, and renewable energy.

Students also applied their learning through an Intelligent Transportation Systems (ITS) awareness activity, part of a course taught by Dr. Yara Bassiouni, aimed at improving traffic flow, reducing accidents, and promoting efficient road and vehicle management through technology.





**Director of the Physiotherapy Program at Menoufia National University and 80 Students Participate in the “Physiotherapy Towards Sustainable Health” Conference at Benha University: Student Jana Abdel Sabour Honored for Her Scientific Research February 22, 2025**

Under the patronage of Dr. Ahmed Al-Qassed, President of Menoufia University and Acting President of Menoufia National University (MNU), and Dr. Nancy Asaad, Vice President for Academic Affairs, Dr. Youssef Al-Baalawy, Director of the Physiotherapy Program, led a delegation of 80 students from the Faculty of Physiotherapy to participate in the scientific conference **“Physiotherapy Towards Sustainable Health”** held at Benha University on **February 22, 2025**. The event was inaugurated by Dr. Nasser El-Gizawy, President of Benha University, and Dr. Tamer Samir, President of Benha National University, in the presence of several vice presidents, deans, professors, and specialists in the field of physiotherapy.

Dr. Al-Baalawy explained that the conference featured over **50 lectures and research papers** by professors and experts, more than **30 student research presentations**, specialized workshops by leading experts, and an exhibition of medical devices and pharmaceutical companies. He chaired one of the scientific sessions and delivered a lecture titled *“Reaching Kinematics Improvement After Using Modified Constraint-Induced Movement Therapy in Hemiparetic Patients,”* emphasizing best practices in improving motor function among stroke patients and the importance of student participation in scientific events to enhance their knowledge and skills.

During the conference, **student Jana Abdel Sabour**, a second-year student at MNU, presented a significant research paper on **the applications of artificial intelligence in physiotherapy**. She was honored by the conference president for her outstanding contribution and innovative research topic.





## **Faculty of Nursing at Menoufia National University Organizes Scientific Day “Empowered Against Diabetes... Awareness is Our Strength” March 18, 2025**

Under the patronage of Dr. Ahmed El-Kased, President of Menoufia University and Acting President of Menoufia National University, and Dr. Nancy Asaad, Vice President for Academic Affairs, the Faculty of Nursing organized a scientific day titled “*Empowered Against Diabetes... Awareness is Our Strength.*” The event was honored by the presence of Dr. Nasser Abdelbary, Vice President for Education and Student Affairs, who actively participated in the activities, along with Dr. Ashraf Belba, Dean of the Medical Sector, Dr. Ibrahim Hashem, Dean of the Engineering Sector, and Mr. Mohamed Saeed, Secretary-General of the University.

Supervised by Dr. Manal Farid, Program Director of Nursing Sciences, and coordinators Dr. Omima Okbi and Dr. Entesar Kamel, the event aimed to raise awareness about diabetes prevention and management through education and healthy lifestyle practices. Sessions covered types, causes, symptoms, and complications of diabetes, the importance of early detection, proper nutrition, and physical activity.

The day featured interactive presentations, a theatrical performance on managing diabetic emergencies, and a patient interview. A scientific exhibition displayed informative posters, awareness brochures, blood sugar testing, and healthy meal samples. Outstanding students were honored, and attendees praised the students’ creativity, awareness, and commitment to community health promotion.







**On World Cancer Day**

**February 4, 2025**

**CARE Family Organizes a Visit to Baheya Hospital to Support Cancer Warriors and a Trip to the Cairo International Book Fair**

Under the patronage of Dr. Ahmed Al-Qassed, President of Menoufia University and Acting President of Menoufia National University, and Dr. Nancy Asaad, Vice President for Academic Affairs, the CARE Family organized a visit to Baheya Hospital in solidarity with *World Cancer Day* (February 4). The event was supervised by Dr. Hala Said, Family Advisor, with coordination by the Student Care Department.

The visit aimed to raise awareness about cancer prevention, emphasize early detection, and support patients and survivors. Led by student Youssef El-Gaaar, Family Coordinator, and Engy Ashraf, Head of the Cultural Committee, students met Baheya staff and patients, learning about the hospital's role as a non-profit organization providing medical and psychological care to women with cancer across the Middle East and North Africa. The activity reflected the university's commitment to fostering empathy, volunteerism, and social responsibility among students.

The group also toured Baheya's departments, attended awareness workshops, and participated in discussions on patient support. Later, students visited the Cairo International Book Fair, exploring local and international publishers, attending cultural seminars, and engaging in book signing events combining humanitarian engagement with intellectual enrichment.

