

SDG3



Good Health and Well-being

2023-2024

Alexandria University supports SDG 3 – Good Health and Well-being through extensive clinical, public health, and community-based medical initiatives that address priority diseases, enhance prevention, and improve treatment outcomes for women, men, children, adolescents, young adults, middle-aged, and the very elderly. University faculties conduct advanced research on cancer, breast neoplasms, liver cell carcinoma, lung neoplasms, diabetes mellitus, cardiovascular disease, obesity, asthma, COVID-19, HIV infection, stroke, and other conditions, focusing on risk factors, incidence, prognosis, mortality, complications, mutation, biomarkers, and treatment response. Studies include in vitro, animal models such as mice and rats, comparative studies, cohort studies, prospective studies, retrospective studies, and case reports, with emphasis on cell division, apoptosis, signal transduction, gene expression, DNA, proteins, pathways, and mechanisms of disease. Through hospitals, screening programs, diagnosis, intervention, evaluation, management, surgery, radiotherapy, chemotherapy, and antineoplastic activity, the university strengthens healthcare delivery and supports underserved populations. Community outreach includes public health education, surveys, questionnaires, early detection, pregnancy and maternal care, child health, and chronic disease prevention, reinforcing Alexandria University's role in promoting health, human well-being, and sustainable development.

Higher Institute of Public Health Holds its 11th International Conference on Universal Health Coverage and its Relationship to Public Health



Under the auspices of Professor Dr. Abdelaziz Konsowa, President of Alexandria University, the Higher Institute of Public Health organized its 11th international conference today, held under the title "Universal Health Coverage and its Relationship to Public Health: A Global and National Perspective". Its activities will last for two days with the participation of more than 15 Arab and foreign countries,

with the aim of exchanging international and local experiences on universal health coverage and its relationship to public health and introducing participants to the variables, achievements and difficulties in implementing comprehensive health insurance, and other important health topics.

The opening ceremony was attended by Dr. Heba El-Qadi, Dean of the Higher Institute of Public Health and President of the Conference, Dr. Abla El-Alfy, Deputy Minister of Health and Population, Dr. Mohamed Al-Jarallah, former Minister of Health of the sisterly State of Kuwait, Dr. Nima Saeed Abid, Representative of the World Health Organization in the Arab Republic of Egypt, in addition to a number of deans and vice deans of faculties at Alexandria University, a group of experts and specialists from the Higher Institute of Public Health, UNICEF, the World Bank, the Imperial College of England, the Islamic Organization for Medical Sciences, the Middle East Network for Community Health, the Arab Society for Public Health, the Egyptian Ministry of Health and Population, the Ministry of Social Solidarity, as well as the faculties of medicine at Egyptian universities, the African Centre for Women's Health, the Military Medical Academy, the Health Insurance Authority, the General Authority for Health Care, the General Authority for Accreditation and Health Control, the Arab Academy for Science, Technology and Maritime Transport, and other local and international organizations.



In her speech, Dr. Heba El-Qadi stressed that the conference offers a rich program on comprehensive health coverage from all its medical, economic, developmental and social aspects through a group of specialists from the institute, in partnership with international expertise from international and local organizations. El-Qadi pointed out that the conference includes 14 sessions covering topics related to comprehensive health coverage, such as health insurance in Egypt, lessons learned, future prospects, health economics and financing comprehensive health coverage, digital transformation including artificial intelligence and telehealth care, electronic health records, indicators for measuring and applying comprehensive health coverage, modern laboratory technologies and comprehensive health coverage, comprehensive health coverage facilitators, challenges and possible interventions, and

comprehensive health coverage for refugee, immigrant and displaced communities. At the end of her speech, she stressed that she hopes that the conference will come out with recommendations that push comprehensive health coverage towards better prospects for citizens' health.

Dr. Abla El-Alfy stressed the need to pay attention to the early upbringing in an individual's life, stressing that the "Golden Thousand Days in a Child's Life" initiative was launched, which provides important services to the mother and foetus so that the upbringing is healthy and sound. She pointed out that this initiative is a term that refers to the first thousand days in a child's life, stressing that attention must be paid to this initiative starting from the presence of the foetus in the mother's womb, natural birth, breastfeeding, and attention to healthy nutrition for the individual to be healthy citizens capable of giving to their country, their families, and society as a whole.

Dr. Nima Saeed Abid stressed that the conference topic is of utmost importance, especially since it discusses comprehensive health coverage, and reflects the shared visions between Egypt and the World Health Organization. He pointed out that he looks forward to the conference recommendations coming out in a way that serves the health service provided to citizens, especially with the Egyptian state launching the comprehensive health coverage system in 2018 to provide distinguished medical services to the Egyptian citizen, that are consistent with the global strategy and goals of sustainable development.

Dr. Ahmed Al-Jarallah stressed the need to pay attention to health economics and introduce this science into the field of health. Al-Jarallah praised the conference topics that cover all aspects of the health system, which are among the most important topics of the hour. He expressed his hope that the conference would come out with recommendations that are in line with the rapid health developments around the world.



Alexandria University Organizes Educational Seminar on World Diabetes Awareness Day



Under the auspices of Professor Dr. Abdelaziz Konsowa, President of Alexandria University, Dr. Saeed Allam, Vice President of the University for Community Service and Environmental Development Affairs, inaugurated today the educational seminar held on the occasion of World Diabetes Awareness Day, preventive and diagnostic procedures, and therapeutic measures for disease cases, and the most important advice for diabetics. The seminar was attended by a group of deans and vice deans of faculties, faculty members, employees, and students in the conference hall at the Faculty of Nursing.

In his speech, Dr. Saeed Allam stressed the university's keenness to organize educational seminars within the framework of the university's active participation in the presidential initiative "A New Beginning to Build the Egyptian Person," which is concerned with building the person in all aspects of life in general and in the fields of health and education in particular. He pointed out that today's celebration included lectures to introduce diabetes, its causes, symptoms and complications, and the preventive and therapeutic measures for the disease. He recommended that students exercise, maintain their weight, avoid bad eating habits, and follow a safe, healthy lifestyle through healthy food and physical activity, avoid tobacco use, early detection and periodic examinations to detect diabetes, and healthy and therapeutic treatment in the pre-diabetes stage.

For her part, Dr. Nefertiti Hassan Zaki, Dean of the Faculty of Nursing, pointed out the importance of raising awareness of diabetes, given the presence of millions of people suffering from this disease, which has had a negative impact on their physical health, to acknowledge the urgent need to continue efforts to improve human health and provide access to treatment and health education. She explained that Alexandria University, in light of the United Nations General Assembly's declaration that November 14 of each year is World Diabetes Day, is raising the necessary awareness through its scientific cadres and the participation of all societal parties by implementing several activities to spread awareness and health culture related to this disease.

Dr. Gihan Desouky, Professor of Internal and Surgical Nursing Department at the Faculty of Nursing, explained that diabetes is one of the most widespread chronic diseases in the world, with more than 500 million people affected, which negatively affects public health and causes a huge burden on health

and economic systems. According to the latest official statistics, Egypt has the highest number of diabetics among Arab countries, reaching 10.9 million people in 2021.

The seminar included presentations by Dr. Iman Youssef, Professor of Internal Medicine and Diabetes and Vice Dean of the Faculty of Medicine for Education and Student Affairs, and Dr. Salwa El-Badri, Head of the Department of Internal and Surgical Nursing at the Faculty of Nursing, to introduce diabetes and how to control it. In the same context, several medical units were organized to measure blood pressure, sugar, height and weight in various faculties of the university with the aim of early detection of blood pressure, diabetes and obesity among students.

President of Alexandria University Inaugurates the 23rd International Dental Conference



Professor Dr. Abdelaziz Konsowa, President of Alexandria University, inaugurated the 23rd International Dental Conference, in the presence of Dr. Mohamed Diaa, President of Ain Shams University, Dr. Essam El-Kurdi, President of El Alamein International University, Dr. Mahmoud Mohi El-Din, President of Pharos University, as well as the heads of Al-Salam and Sinai Universities, the General Syndicate of Dentists, a number of members of the House of Representatives and the Senate, Vice Presidents of Egyptian Universities, and participants from Arab and foreign countries.



In his speech during the opening of the conference, Dr. Konsowa stressed that the success story within the Faculty of Dentistry is part of the success stories taking place within Alexandria University, stressing that Alexandria University works institutionally to serve the educational process. He announced that Alexandria University currently has 52 double degrees with major international universities and aims to reach 87 degrees by the end of the academic year. Dr. Konsowa added that the university also seeks to establish international branches, in line with the state's vision for higher education, alongside Alexandria Public University and external branches in Chad and South Sudan, all with quality education and global competitiveness.

Dr. Konsowa also pointed to the importance of scientific research, stressing the need for scientific research to serve the economy and society. At the end of his speech, Dr. Konsowa announced the launch of an initiative within Alexandria University funded by the university's own resources with a value of 30 million Egyptian pounds to finance a group of research and creative ideas for Alexandria University members, and part of these ideas will be the launch of the technology park for Alexandria University. He called for coming out of this conference with recommendations that can be implemented in the form of start-up companies or know how to serve the industry.

Dr. Ahmed Abdelhakim, Dean of the Faculty of Dentistry and Chairman of the Conference, pointed out that this year's conference is characterized by a great scientific momentum represented by the participation of a large number of Egyptian, Arab and foreign universities, stressing the interest of the political leadership in the issues of development and scientific research, as the Ministry of



Higher Education launched the National Strategy for Higher Education and Scientific Research to achieve the goals of developing education and raising its quality. He added that the Faculty of Dentistry seeks to implement the goals of the strategy in terms of developing and updating curricula, programs, examination systems and evaluation, as the philosophy of the Faculty is to establish a distinguished structure for practical and academic dental sciences according to the highest international standards in quality and scientific research for its students.

Dr. Mohamed Moataz Khamis, Professor at the Faculty and Conference Rapporteur, confirmed that this conference is one of the most important conferences in Egypt and the Middle East thanks to the efforts of the participating professors, and this year it includes 80 professors and researchers from 23 countries to present research and ideas, improve the services provided and cooperate with distinguished local and



international scientific entities, with the aim of enhancing the exchange of knowledge and reviewing the latest modern technologies in the field of dentistry and providing advanced solutions to the challenges facing this field.

The conference hosts more than 80 lecturers and the conference program includes lectures rich in important topics on modern dental implant techniques, jaw tumor treatment, and 3D printing techniques (CAD/CAM), which reflects the remarkable development in the use of modern medical

technology. The lectures also focus on topics of interest to a wide segment of attendees, such as dental aesthetics, the risks of smoking on oral health, and orthodontics for children.

At the end of the opening ceremony, the university president honored the presidents and vice presidents of universities, participants from different countries, and members of the House of Representatives and the Senate.



Alexandria University aspires to restore the historic status of Alexandria University and to achieve a comprehensive qualitative leap in various fields of knowledge within a frame work of noble human values, enabling it to take a leading position in its national , Arab, African, Mediterranean and global environments.



Medical Convoys for people I need – cooperation with “volunteering id Life” NGO

December 024



In continuation of Alexandria University's active participation in the presidential initiative for human development "Bedaya: A New Beginning for Building the Human Being", and under the auspices of Professor Dr. Abdelaziz Konsowa, President of Alexandria University, the Community Service and Environmental Development Sector, headed by Dr. Saeed Allam, Vice President of the University for Community Service and Environmental Development Affairs, organized a community service medical convoy, on Friday, December 13, 2024, to the King Mariout area in western Alexandria.

This came with the participation of a number of university faculties, namely (Medicine - Dentistry - Pharmacy - Science - Nursing - Higher Institute of Public Health - Medical Research Institute).

the convoy was organized in cooperation with the **"Volunteering is Life" Foundation**, stressing the importance of these convoys in providing **medical services to citizens in the most needy areas** in the villages of Kahla, Abul-Reesh, Ard El-Qerd, Ard El-Sa'aida, El-Wadi, Masna'a El Toob, and Bashary in the King Mariout area.

During the day, 79 dermatology cases, 40 pediatrics cases, 34 nose and ear cases, 92 orthopedic cases, 102 internal medicine cases, 35 ophthalmology cases, and 95 dental cases were examined, totaling 477 cases, in addition to providing free medicines and transferring some cases to university hospitals, as well as providing free consultations in various medical specialties.

The Faculty of Nursing participated in the activities of the convoy by giving a health education seminar for the people of the region about mental health and wellness, types of psychological stress, its warning symptoms and how to deal with it, in addition to performing chronic diseases tests such as blood pressure and diabetes, where 70 cases of blood pressure and blood sugar were measured.

The Faculty of Science participated through a team from the Department of Botany and Microbiology, where they provided an explanation to the people of the region on how to grow mushrooms at home, how to make natural organic fertilizer, and awareness of plant diseases and the environmental damage of cutting trees.

Awareness and educational services were also provided to citizens of different ages and children through the Department of Community Medicine at the Faculty of Medicine.

At the end of the day, the people of the area thanked Alexandria University for this humanitarian initiative on behalf of the people of the village, especially the most needy, and for providing them with distinguished medical care.

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- [Research](#)
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Within Presidential Initiative "Beginning", Alexandria University Launches Integrated Convoy to Abis 8 Village

Created: 12 October 2024



As part of Alexandria University's continued active participation in the presidential initiative for human development (Bedaya) "A New Beginning for Building the Human Being", and under the auspices of Professor Dr. Abdelaziz Konsowa, President of Alexandria University, the Community Service and Environmental Development Sector, headed by Dr. Saeed Allam, Vice President of the University for Community Service and Environmental Development Affairs, launched yesterday, Friday the 11th of October 2024, a combined convoy to the village of Abis 8, with the participation of a large number of university faculties in all medical, community, educational and service disciplines, with the aim of providing services, awareness programs and various activities to serve the people of the village.

Dr. Tamer Abdallah, Vice Dean of the Faculty of Medicine for Community Service and Environmental Development, and Rapporteur of the University's Convoys Committee, pointed out that the total number of cases that were examined amounted to 619 cases from various medical specialties, by specialist doctors from the Faculty of Medicine, the mobile dental clinic, and the contribution of the Medical Research Institute. The convoy, through the Faculty of Pharmacy, provided free medicines to patients. He explained that critical cases are transferred to university hospitals to complete the treatment plan if necessary. He added that all faculties have contributed to providing several activities through their professors and students, as follows:

The Faculty of Nursing team conducted blood sugar and blood pressure measurements, early screening for breast cancer, and provided advice to families about proper nutrition for children, with a total of 85 cases.

The Faculty of Veterinary Medicine delegation went to the village of Abis 4 - Al Rawda, for medical examination of animals, livestock and birds, where the total number of animals examined was 246 and the total number of birds was 642, in addition to providing awareness to the villagers about the dangers of small ruminant plague and the importance of vaccination programs against infectious diseases, warning them about diseases common to humans and animals and ways to avoid them.

The delegation of the Higher Institute of Public Health participated in a group of educational health awareness activities that targeted women and children from the residents of the region, where lectures were given on ways to deal psychologically with children during the school entry period, the importance of healthy balanced food and family planning methods, ways to maintain the ideal weight, and the importance of exercising.

A group of Faculty of Agriculture's professors participated in providing agricultural consultations to the villagers.

The delegation of the Faculty of Education also participated in holding immediate literacy exams at Abdelaziz Haroun School in Abis 8 village for 104 illiterate individuals, in coordination with the Directorate of Education in Alexandria Governorate. A writing assignment was made after holding the exams, in coordination with the General Authority for Adult Education, with the participation of members of the Literacy and Adult Education Authority.

The faculty members and students of the Faculty of Specific Education participated in implementing various artistic workshops concerned with human development and how to benefit from the aesthetics of handicrafts such as macramé, embroidery and crochet art, employing leftover jeans fabrics in wonderful artistic works and crafts, how to form ceramics with ropes, how to recycle household waste to produce aesthetic supplements, and how to produce handicrafts as a nucleus for carrying out small projects.

The Faculty of Early Childhood Education also participated in presenting various activities for children, with the participation of a group of faculty members and students from different departments, where a theatrical performance was presented, artistic and sports activities were presented with children, as well as activities to recycle some environmental materials, and gifts were presented to children. The total number of participating children was 75 boys and girls.

The Anti-Violence Against Women Unit at the university presented comprehensive awareness workshops for women and children through a group of entertaining awareness performances, which included awareness to differentiate between harmful and beneficial insects and how to deal with each of them, awareness about the most important beneficial and harmful eating habits for women's and

children's health to prevent chronic diseases such as diabetes, and providing community awareness of the problems they may face with their families. The coordinators presented this awareness within the framework of the interactive puppet theatre presented by the unit's volunteers, and sweets and school supplies were presented and distributed to the children.

Civil society also participated in supporting children with a distinguished group of umbrellas for winter, in addition to providing some in-kind gifts to bring them joy and happiness.

Alexandria University Organizes Community Service Medical Convoy to Vocational and Social Rehabilitation Association (NGO) in Seyouf Area

December 2024



In continuation of Alexandria University's active participation in the presidential initiative (Bedaya) for human development "A New Beginning for Building the Human Being", and under the auspices of Professor Dr. Abdelaziz Konsowa, President of Alexandria University, the Community Service and Environmental Development Sector, headed by Dr. Saeed Allam, Vice President of the University for Community Service and Environmental Development Affairs, organized a community service medical convoy yesterday, Tuesday, December 3, 2024, to the Vocational and Social Rehabilitation Association in Seyouf area east of Alexandria.

A group of professors and doctors from the Faculties of Medicine, Dentistry, Pharmacy, Nursing, the Higher Institute of Public Health, the Medical Research Institute, the Faculty of Specific Education, the Faculty of Early Childhood Education, the Faculty of Science, and the Anti-Violence Against Women Unit participated in organizing the convoy.

The Convoys Committee at the University, pointed out that the organization of the convoy coincided with the celebration of the International **Day of People with Disabilities**, stressing the importance of these convoys in providing medical services to citizens in the most needy areas, and enhancing communication and coordination between the university and civil society institutions that participate in these events. It also reflects the university's keenness to achieve the goals of sustainable development, and implement the presidential "Bedaya" initiative, which places people with disabilities at the top of its priorities. He announced that during the day, a total of 527 medical cases were examined, divided into 73 dermatology cases, 32 pediatrics, 60 nose and ear cases, 35 obstetrics and gynecology, 78 orthopedic cases, 119 internal medicine, 50 ophthalmology cases, and 80 dental cases, in addition to providing free medicines and transferring cases whose condition required them to university hospitals, providing free consultations in various medical specialties, organizing health awareness seminars, various activities, and a puppet theater for children, in addition to distributing

gifts to children with disabilities from the association's residents. Different categories of the association's residents and the people of the area benefited from the convoy's services.

Within Presidential Initiative "Beginning", Alexandria University Launches Integrated Convoy to Abis 8 Village

Created: 12 October 2024



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Alexandria University Organizes Comprehensive Medical Convoy to El Wadi Village in King Mariout Area

Created: 05 February 2024



Under the auspices of Professor Dr. Abdelaziz Konsowa, President of Alexandria University, and under the supervision of the Community Service and Environmental Development Sector headed by Dr. Saeed Allam, Vice President of the University, and within the framework of the university's role in serving the areas most in need, Alexandria University organized a comprehensive medical convoy to El-Wadi village in the King Mariout area, in cooperation with Inner Wheel Alexandria Capital and Inner Wheel Sporting organizations, to provide medical services to the people of the region.

Dr. Wafa El-Sehli, professor at the Faculty of Medicine and rapporteur of the university's convoy committee, stated that the convoy witnessed the medical examination of a large number of cases from the village's people, explaining that the total number of cases that were examined amounted to 637 cases, distributed as follows: 61 gynaecology cases, 92 dermatology cases, 92 internal medicine, 110 paediatrics, 49 otorhinolaryngology, 91 orthopaedics, 83 dental cases, and 59 ophthalmia. She added that several cases were transferred to the main university hospital, including 1 paediatric case, 20 dental, and 10 otorhinolaryngology.





The convoy witnessed a large turnout from the villagers, who expressed their happiness and thanks to Alexandria University for the presence of the convoy and its recurrence on a regular basis to serve the citizens of the village.

Medical Convoys: Alexandria University Organizes Comprehensive Community Medical Convoy to Bahig Area in Borg El Arab

Created: 03 August 2024



Under the auspices of Professor Dr. Abdelaziz Konsowa, President of Alexandria University, the comprehensive community medical convoy organized by the Community Service and Environmental Development Sector headed by Dr. Saeed Allam, Vice President of the University for Community Service and Environmental Development Affairs, under the umbrella of "Decent Life" (Hayah Karima) initiative, was launched yesterday, Friday, August 2, 2024, to the Bahig area in Borg El Arab. Participants included 200 faculty members, administrators and students from the Faculties of Medicine, Dentistry, Pharmacy, Nursing, Veterinary Medicine, Education and Physical Education for

Boys and Girls, Special Education, the Higher Institute of Public Health, the Medical Research Institute, the Anti-Violence Against Women Unit, the National Council for Women, Rotary Alexandria Capital, Alexandria Harbor, the Drug Bank, and the "Doctor for You" fraternity.

The convoy included examining and treating 825 cases in all medical specialties, holding immediate exams for the illiterate in literacy classes, family and psychological counselling sessions, mental health, awareness seminars for women, sewing and crafts workshops, and an entertainment section with children. The convoy also included examining, diagnosing and treating diseases and surgeries for small and large animals and poultry for free. A sports day was also organized at the Bahig Youth Centre in the form of various matches and competitions, and Rotary Hyper distributed sweets, school bags and stationery to the children of the area.