

Outreach programs and projects in the local community to improve or promote health & wellbeing

AIOU has always delivered outreach programmes and projects in the local community to improve or promote health & wellbeing. These programs are related to hygiene, nutrition, family planning, sports, exercise and other health and well-being related topics. The main target groups are always local communities, disadvantaged people like transgenders and disabled persons and refugees or immigrant communities.

1- One Day Community Outreach Event on “Nutrition for Healthier Living”

Office of Research, Innovation & Commercialization (ORIC) &
Department of Environmental Design, Health and Nutritional Sciences
Allama Iqbal Open University, Islamabad
PRESENTS





One Day Community Outreach Event on
**Nutrition
for
Healthier Living**

Thursday
October 07, 2021
10 AM - 10 PM
at
The Centaurus Mall, F-8, Islamabad

**EAT
RIGHT
STAY
HEALTHY**

Free ✓ BMI value
✓ Consultant advice
✓ Healthy lifestyle tips

3 GOOD HEALTH AND WELL-BEING 2 CLEAN WATER 17 PARTNERSHIPS FOR DEVELOPMENT



2- Online Interactive Session on “Breast Cancer Awareness and Screening”

3- Awareness at the School/College level about Waste Reduction to improve Health



4- Awareness rising at school/college level to promote health & wellbeing and provide them with assistance and advice



5- Community event at local school on Healthy Lunch



6- Educating transgenders on skills and health:



7- AIOU has Afghan refugee program for Afghan refugees who have not been able to get access to basic health facilities.