



Sustainable Development Goals

3 GOOD HEALTH
AND WELL - BEING





Volunteering: Prevention Campaign

“Cuidando Mi Salud”

[“Taking Care of my Health”]

DISTRICT OF CHORRILLOS

The faculty and students of the Dentistry, Medicine, Physical Therapy, Nutrition and Dietetics, and Psychology programs, along with the University Life department, joined efforts to conduct the “Cuidando mi Salud [Taking Care of my Health]” campaign, aimed at families from the No. 6094 Santa Rosa Educational Institution located in the district of Chorrillos. Additionally, Afro-Peruvian dances performed by the UPC Peruvian Dance Troupe delighted all the attendees. It was an entertaining activity framed in the “Encuentro con familias” [Meeting with Families] program, promoted by the Ministry of Education, which seeks to strengthen the relationship among the members of the educational community, as well as to foster learning and harmonic coexistence.



Volunteering: Prevention Campaign “Taking Care of my Health”



DISTRICT OF MANCHAY

This healthcare campaign where students of the School of Psychology and of different programs from the School of Health Sciences participated was aimed at children aged 3 to 5, teenagers and adults. They made early diagnosis of changes in the psychomotor development and postural (trunk and feet) problems, and provided adults with customized medical consultation. It benefited 109 children-teenagers and 61 adults, providing 190 specialized medical attentions.

Ten students and three professors of the Physical Therapy program participated in this activity held on June 23, 2019.

Voluntary Work at Paul Harris Shelter - Chincha



Students belonging to the Academic Excellence Group carry out learning missions in Chincha, Ica. In missions conducted on August 10 and 11, and December 14 and 15, 2019, the students visited the Paul Harris shelter, which serves high-risk girls and teenagers, and the preschool belonging to the Nuestra Señora de la Reconciliación [Our Lady of Reconciliation] solidarity center. In these institutions and with their populations, they do recreational activities, workshops; conduct craft classes, motivational talks and Christmas campaigns (in December). Furthermore, they run fundraising campaigns to enhance the centers.



UPC Loaned Sports Facilities for the Pan American Games - LIMA 2019



We became a training venue for the Pan American Games Lima 2019. We signed an agreement with the Lima 2019 committee through which our sports facilities were available to the delegations of different countries for their training, specially for the men and women football teams. To this end, the Lima 2019 Operations and Overlay team directly coordinated with the Villa Campus Operations team to determine flows and comply with the protocols established in both institutions.



Interprofessional Healthcare Campaign -Colegio Mayor Secundario Presidente del Perú [President of Peru High School]



On Sunday, May 19, students and professors from the Dentistry, Medicine, Physical Therapy, Nutrition and Dietetics, Psychology and Music programs, as well as UPC Volunteering program's students conducted the "Taking Care of my Health" campaign, aimed at students from the Colegio Mayor Secundario Presidente del Perú. In order to contribute to the good health status of Colegio Mayor students, and raise awareness of good habits of health and comprehensive health assessment, they worked together with the University Life Department in the school premises located at Centro Vacacional Huampaní [Huampani Vacational Center].

(DISTRICT OF CHACLACAYO)



VIVA vive valores [VIVA Live Values] – Educational Seminar



On November 26, the educational seminar called “Enfoque integral para fortalecer el bienestar en los colegios” [A comprehensive approach to strengthen welfare at schools] was held at the UPC auditorium, Salaverry campus, in alliance with Alicorp. The aim of this event was to be a space for information, trends and experiences on how to improve the educational community's welfare. The topic was addressed from different perspectives, such as neuroscience, nutrition, psychology, physical education and the importance of a kind treatment for a healthy development. The speakers were: Miguel Figueroa, biologist specialized in Neuroscience; Claudia Ontaneda and Emilio Lafferranderie, directors of the UPC Nutrition and Psychology programs; Carlos Zegarra, olympic judoka and sports consultant; Gustavo Rivara, MD., pediatrician and neonatologist of Clínica Delgado; and Killa Miranda, Director of the Regional Bureau for Education of Metropolitan Lima (DRELM).



Voluntary Blood Donation - UPC



Our country is currently among the the lowest-ranked Latin America countries in terms of voluntary blood donors. The World Health Organization's (WHO) goal is for all countries to obtain their blood supplies from voluntary donors by 2020. Consequently, it recommends that 2% of each country's population should donate blood in order to supply health care centers. However, according to the National Program of Hemotherapy and Blood Banks (PRONAHEBAS), Peru only reaches 1.2% .



Thus, in 2019, we had more than 1,600 registered donors and more than 900 accepted donors, of which 64% were women and 36% were men. Thanks to our volunteers, more than 2,700 patients were benefited at different local public hospitals.



Annual Fundraising for The Peruvian Cancer Foundation Ponle Corazón (“Put Your Heart Into It”)



UPC has maintained a close relationship with the Peruvian Cancer Foundation for many years. We support them in spreading their annual Ponle Corazón campaign, and we have also opened our campuses to raise funds. In 2019, the Corazón Solidario [Supportive Heart] fundraising campaign was taken to the Lima Central Tower offices participating all UPC members. The Institutional Image and Social Responsibility Management Office was responsible to give the money donated to the Peruvian Cancer Foundation in order to help them to attend their patients. This is UPC's contribution in the fight against cancer in accordance with Section 126 of the University Law.



UPC Participated in European Researchers Meeting of Human Reproduction



Biologist Diego Florián Joseph, professor at UPC School of Health Sciences, presented his research “Aptámeros de ARN para el reconocimiento de la proteína SRY humana” [RNA aptamers for identifying the SRY human protein] in the last meeting for researchers of the European Society of Human Reproduction and Embryology. This presentation is part of a project selected in the 6th edition of the UPC Annual Research Incentive Contest (2018).

Florián's research involves the development of RNA molecules that identify and bind to the SRY protein. As this protein is present only in Y sperm cells, its detection could help distinguish Y sperm cells from the X ones, which would be a great advance in human reproduction research. “During my participation, I could meet people who are also dedicated to reproductive biology, and strengthen the relationship with other researchers. Moreover, I was a speaker in a group of experts in the area and made UPC's efforts known in assisted reproduction and embryology, a field in which we had not been present before,” said Diego Florián after his presentation.

