

SDG 3 - UST's Commitment to Good Health and Wellness

The University of Santo Tomas (UST), guided by its mission to form competent and compassionate persons committed to serve the Church, the nation, and the global

- 1.4. [Mental Health Walk 2024](#): To combat mental health stigma, the UST Psychology Department and Psychology Society organized the Mental Health Walk 2024, a community-driven activity that combines physical wellness with mental health advocacy. This initiative underscores the holistic nature of well-being and the importance of safe spaces for mental health discussions.
- 1.5. [Bridging Art to Mental Health](#): Recognizing the therapeutic potential of the arts, the program Bridging Art to Mental Health integrates creativity into mental wellness advocacy. By using art as a medium for emotional expression and healing, this initiative offers innovative ways to address the psychological impact of the pandemic.

2. Physical Health and Fitness

The physical health of the Thomasian community has always been a priority for UST, as it is integral to academic success and overall well-being. This commitment has translated into **continuous investments in physical health programs and infrastructure**.

2.1.

