

Report On:

GOAL - 12

RESPONSIBLE CONSUMPTION AND PRODUCTION



National University of Medical Sciences (NUMS) – An SDG Engaged University



NATIONAL UNIVERSITY OF MEDICAL SCIENCES

(NUMS) has taken a pledge to make NUMS a Zero Waste Campus in fulfilment of its environmental and social accountability. Zero waste (ZW) means '*Generating little or no waste*'.

NUMS has Zero Waste Management approved policy and practices which fulfils the requirements of multiple SDGs.

Research Publication: 19


Research Grants: 02

Components of NUMS Zero Waste Management Plan



NUMS Zero Waste Management Plan includes the procedures and practices that are designed to achieve a reduction in resource consumption, an increase in resource reuse and reduction of waste

being sent to landfill sites. These activities are intended as a hierarchy of approaches to materials management with the end result of Zero Waste. These activities include following:

- a. Ethical Sourcing- Environmentally preferable purchasing
- b. **Segregation of waste at source** (in offices etc.) and **disposal of segregated waste** in an environmental friendly manner. Waste is segregated into following categories & subcategories in allocated/color coded bins;
 
 - i. Recyclables- Three subcategories (Paper, plastic, metal/glass)
 - ii. Compostable- Two subcategories (Food waste, Garden Waste)
 - iii. Landfill waste
- c. Proper Disposal
 - i. Recycling- Recyclables to be sent to relevant facilities for recycling in an environment friendly manner
 - ii. Composting (Rot)- Establishment of facility
 - iii. Landfill- landfill waste if generated should be send to scientifically developed landfill sites.
- d. Promotion of **5 Rs** of Zero Waste practices to motivate change in behavior of individuals and thereby develop a cultural change.
- e. These **5 Rs** are
 - i. **Reduce**- Discouraging use of single use products at every level. Reducing the use of paper and any non-essential items.
 - ii. **Reuse**- Encourage use of reusable and sustainable items. By introducing eco-friendly products in the University
 - iii. **Recycle**- Encouraging use of products which can be recycled
 - Paper, Plastics, Glass, Metal (Recyclables)
 - iv. **Rot**- Composting of food waste and garden waste at the Campus

- v. **Raise Awareness-** Through workshops, talks, webinars, conferences, posters, campaigns and the University website(hyperlink) - *Environmental Stewardship- at NUMS – Website shall contain relevant information and resources like awareness videos, updates, brochures, posters, events, interviews, calendar.
- f. Waste tracking and audit.

Regular Waste Tracking is being done since September 2021

The waste calculations (01 September 21- 31 July 22) are as follows:

- Recyclables: **926 kg** (84.3 kg/ month on average)
- Compostable (Food waste): **1863.9 kg** (207 kg/month on average)
- Landfill waste: **909.8 kg** (101 kg/month on average)



NUMS established “GREEN OFFICE”

The main objective for establishing this office is to;

1. Motivate and facilitate students and Staff of University to take up their civic and social responsibility towards a more sustainable University and wider community.
2. Integrate sustainability in Practices/Culture, Policies, Curriculum and Research at the National University of Medical Sciences.

The Office comprises members of;

- NUMS Environmental Stewardship Committee (NESC)
- Green Youth Club (GYM) Club members.

This office, through its involvement of all the departments of NUMS has developed an Environmental Policy Document aimed at attaining Sustainable Development Goals (SDGs). This will ensure empowerment of students and staff of NUMS in planning and execution of initiatives related to sustainability at NUMS and beyond.

NES will communicate with different departments and directorates, to implement strategies for making their department and the University more sustainable. It will also support staff members and students to carry out their own green ideas and engage in sustainable activities which will be visible on social and print media in addition to other forums. It will also organize different events to spread awareness of sustainability at NUMS, its constituent and affiliate institutions and wider community.

NUMS COLLABORATIONS

Sr.	Organization	National /International
1	Global Consortium on Climate and Health Education (GCCHE)	<ul style="list-style-type: none"> • International, Mailman School of Public Health, Columbia University. • The GCCHE includes members from over 275 health professions schools of medicine, nursing, social work, and public health, representing 36 countries and three regional association members. • It provides a platform for member institutions to collaborate and exchange ideas and tools to integrate training on the health impacts of climate change into their curricula.
2	Global Climate and Health Alliance (GCHA)	<ul style="list-style-type: none"> • International, The Alliance was launched following the inaugural Climate and Health summit, which took place in 2011 during the 17th Conference of the Parties (COP17) to the United Nations Framework Convention on Climate Change (UNFCCC).
3	Planetary Health Alliance (PHA)	<ul style="list-style-type: none"> • International-Harvard Chan School of Public Health, Harvard University, Boston, Massachusetts.. • A consortium of over 200 universities, non-governmental organizations, research institutes, and government entities from around the world committed to understanding and addressing global environmental change and its health impacts.
4	The NCD Alliance (NCDA)	<ul style="list-style-type: none"> • International-Geneva. The NCD Alliance (NCDA) is a robust global network of more than 2,000 organizations in 170 countries, including global and national NGOs, scientific and professional associations, academic and research institutions. • It provides a platform for member institutions to address NCDs and its risk factors thus enabling the nation to progress across the three pillars of sustainable development i.e., economic growth, social equity, and environmental protection.
5	Green Earth Recycling (GER)	<ul style="list-style-type: none"> • National University of Medical Sciences and the Green Earth Recycling (GER), Lahore officially signed the five-year Document of Understanding (DoU)

NUMS Green Corner



NUMS has established a green corner as an area which showcases the project Zero Waste for the NUMS community, any visitors and especially new students as they join NUMS. This green corner demonstrates the university's commitment to promoting sustainability and environmental responsibility, improving air quality, and adding to the beauty of the campus.

It displays

- NUMS Zero Waste pledge
- Composting areas. Earthen pots are used for composting to show that composting is a clean process and if done well, does not lead to odor, flies or any other problem.
- A set of color coded and labeled bins for awareness purposes These color-coded bins are for different types of recyclable waste such as plastic, metal, glass and paper and for landfill waste.
- Different flowering plants and seasonal plants where compost prepared in NUMS is used as a fertilizer.



NUMS Environment Stewardship Committee (NESC)

NESC consists of following **four** wings. NUMS Pro Vice-Chancellor is **Patron-in-Chief** of the committee whereas the faculty and staff are members of the committee.



Research Wing:

- Develop, review and supervise projects for eco sustainability
- Apply for grants
- Maintain data of all eco-sustainability related activities
- Evaluate effectiveness of research wing

Liaison and Communication Wing:

- Develop training material in accordance with training needs of NUMS and community and conduct innovative sessions to generate awareness and change behaviors and practices.
- Evaluate effectiveness of training and awareness wing.

Structure and Organisation:

- Develop linkages with relevant organizations for visibility and multi organizational initiatives and coordinate the same.
- Promote and ensure timely visibility of all activities and initiatives related to eco sustainability at NUMS and beyond.
- Support advocacy of environmentally friendly activities.

Implementation Wing:

- Ensure efficient implementation of eco sustainable practices through effective planning and monitoring, in liaison with Administration Directorate and other support departments
- Evaluate/audit effectiveness of training and awareness wing.

Green Youth Movement (GYM)

GYM Club is part of a government initiative called Prime Minister Youth Program. It was entrusted to



the Ministry of climate change and implemented in Universities across the country through HEC. The student body of NUMS environment committee was renamed as GYM club. Objectives of GYM Club are aligned with those of NESC and it works in Liaison with NESC.

The main objectives of GYM club include the following;

- Sensitize and organize youth for the promotion of environmental conservation and eco-friendly behavior
- Promote research and eco-innovation to spearhead environmental conservation
- Promote young eco-inventors at regional, national and international level

Thematic Areas:

GYM Club focuses on following five thematic areas;

1. Agriculture & Forestry
2. Liquid and Solid Waste
3. Water
4. Energy Conservation
5. Eco-Tourism

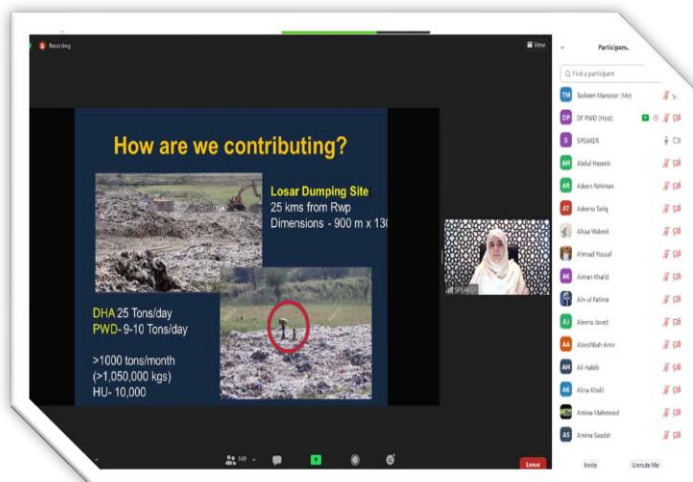


GYM clubs of all Universities can select 2 out of these five areas and they get support from HEC for conducting activities around these two area. Thematic areas adopted by the NUMS GYM club are 'Liquid and solid waste' and 'Eco-tourism'

Going Zero Waste for a Clean Green Pakistan - Bridging the Gap

This year, Pakistan hosted the World Environment Day in partnership with the United Nations Environment programme. In observance of this important day, as a multidisciplinary initiative, a webinar was conducted in NUMS, titled - **Going Zero Waste for a clean green Pakistan - Bridging the Gap, on June 9, 2021.**

The event was attended by more than 200 multigenerational and multidisciplinary students and faculty. This webinar was conducted from the platform of NUMS Samaaj Khayal forum and was organized by the combined efforts of Departments of Health Professions Education (HPE), Social and Behavioral Sciences (DSBS), Department of Biological Sciences (DBS) and Public Health (PH), of National University of Medical Sciences.



The highlight of the event was the panel discussion, titled **"Inclusive Climate Action: Building Sustainable, & Resilient Communities"**. The panelists included national and international experts.

NUMS IS COMMITTED TO THIS INITIATIVE AND PLEDGES TO GO ZERO-WASTE IN FULFILLMENT OF ITS ENVIRONMENTAL AND SOCIAL ACCOUNTABILITY

Stewardship

GREEN YOUTH MOVEMENT (GYM) Initiation Ceremony



Under the umbrella of Kamyab Jawan Programme, Green Youth Movement (GYM) Club was established as an HEC-led directive as a step to fulfil the Prime Minister's vision of clean and green Pakistan entrusted to Ministry of Climate Change.

The main goal of GYM club is to engage the youth in schools, colleges, and universities to promote eco-friendly culture across the

country.

Environment Committee and GYM Club through their initiatives are contributing directly towards Sustainable Development Goals (SDGs 2, 12, 13, 14, 15).

NUMS-Environment committee organized the pledge ceremony for Green Youth Movement on December 14, 2021, to increase awareness of environment sustainability among youth.



The Pledge ceremony was followed by a bake-sale by students of all NUMS departments. Stalls were also set up to display eco-friendly alternatives for awareness and sale. The event also raised awareness regarding the two important R's: Reuse and Reduce, by reusing banners and flyers in the event. Moreover, no disposable items were used in the event to reduce the waste, rather proper crockery was used, and the guests were encouraged to wash their own utensils.

GYM CLUB ELECTIONS

Green Youth Movement (GYM) Club was established at NUMS on the directive of Higher Education Commission to raise awareness among the students about environmental issues and involve them in preserving the environment. To elect the members of the GYM Club, 'Green Elections' for the posts of Green Youth Movement Captain and Vice-Captain were held at the NUMS PWD Campus on **3 March 2022**. The whole event was planned and organized by the students and supervised by the members of the environment committee. The process of selection of candidates for the election for GYM Club began with registration, followed by interviews. The candidates were nominated based on their interviews, seniority among different batches and willingness. The election candidates conducted their campaigns in an organized and friendly manner, one day prior to the elections. They went to different classes and gave short speeches to gain the students' votes.

The vote count was completed in 30 minutes by faculty of the university. The results of the elections were announced afterwards.

About Energy and Water Conservation

The University aims to regulate water and energy usage by promoting change in campus procedures as well as in individual attitudes and actions. This strengthens the University's commitment to environmental sustainability. Examples of some of the measures undertaken to conserve electricity and water are: :

1. Messages for water conservations near all water taps.
2. Restrictions on use of heating and cooling beyond designated hours.

ECO Tourism

GYM CLUB & DBS STUDENTS' TRIP TO MUSKHPURI TOP

The National University of Medical Sciences (NUMS) has taken a pledge to adopt zero waste practices to conserve the environment. Green Youth Movement (GYM) Club is a representative club of NUMS for promotion of raising awareness about climate changes in all members of NUMS community especially students, and society at large. It is an HEC-led initiative as a part of the Prime Minister's Kamyab Jawan Program. The GYM-Club works in liaison with the NUMS Environment Stewardship Committee (NESC). The students of GYM Club are motivated and enthusiastic for playing a pro-active role in protecting the environment as their social responsibility. GYM Club focusses on two thematic areas: 'Eco-tourism' and 'Liquid and solid waste management'. The students of GYM Club planned a trip to Mushkpuri peak as an eco-tourism activity. This activity also demonstrates the commitment of the NUMS family towards Sustainable Development Goals (SDGs).

This one-day trip on 4 June 2022 was arranged by the Department of Biological Sciences for the third and fifth semester students, along with the MS pioneer batch students. The total number of people who went on the trip was 65, which included faculty and other staff members along with the students. The smooth conduct of the trip required a reliable administrative support, provided by one of the NUMS societies; NUMS Hiking Society. NUMS Scientific Society convener, Assistant Professor Dr. Saeed Ahmad

accompanied the trip and provided detailed guidance regarding the arrangements to make the trip successful and safe.

Before embarking on the journey, attendance was taken and documented at sharp 7:30 am on the said date, and students left at 8:15 am. It was a 3-hour journey by bus. Upon arrival, the students were divided in groups. Each student group was accompanied by faculty members and guards. The hike to the top began at 11:30 am and it took 3.5 hours to reach the top of Mukshpuri hiking trail. The lush green nature and novelty of the experience made the hike exciting and entertaining. The students had a break for tea and refreshment, followed by a photography session. Subsequently, the GYM Club members performed their drive of cleaning and collecting the waste material from Mukshpuri peak under the supervision of Captain Gym-Club, Hawaid Ahmed. This activity was helpful in motivating other tourists for adopting environment friendly practices. Few other groups were also seen who were collecting waste from surrounding areas. The cleaning drive was completed at 4:00 pm, after which the group headed back to the buses. Before departure, the students' attendance was taken again, and the return journey began.

Dinner was arranged by the faculty in one of the hotels in Murree. The stay there was for an hour and the trip returned to the campus around 9:30 pm. Family members were waiting for the day scholars, and the hostellites were accompanied by guards for their safe return to their hostels.

It was a memorable trip of students with their faculty members. The students were enthusiastic, demonstrated cooperative attitude and maintained a friendly environment during the whole trip. The trip was safe and full of excitement. The students adored the journey with the hope of browsing new places in the future with the spirit of protecting and conserving the environment.

TALK- ZERO WASTE LIFE STYLE ISPR INTERNSHIP PROGRAMME 2021

Dr Adeela Bashir, lead coordinator of NUMS Environmental Stewardship Committee (NESC) and Assistant Professor from NUMS department of Health Professions Education was invited by the Inter Services Public Relations (ISPR) to deliver a talk on ‘Zero Waste Life Style’ at their annual internship program 2021 on 15 September 2021. ISPR is a media and public relations (PR) wing of Pakistan Armed Forces and it broadcasts and coordinates military news and information to the country’s media and civil society. ISPR organizes this annual Internship program which provides an inspiring forum for youth. For year 2021, more than 200 students from 41 Universities across Pakistan participated in this sought-after internship programme. During this program, lectures and talks by eminent guest speakers and subject matter experts are planned.

National University of Medical Sciences is the first University in Pakistan that has taken pledge to go zero-waste in fulfillment of its environmental and social accountability. Dr Adeela Bashir, has been actively involved in campaigns for raising civic awareness for environmental issues and climate action over last nine years.



Participants of the program showed keen interest and students asked a number of questions and at the end of the session. Finally, they joined Dr Adeela in taking a pledge to propagate the cause of adopting Zero waste practices within their institutions and the wider community for cleaner and greener Pakistan and a safer and healthier planet for the generations to come.

Celebration of “WORLD ENVIRONMENT DAY” at NUMS - 2021

World Environment Day is celebrated annually on 5th June to encourage awareness and work towards preserving the Ecosystems. We all depend on healthy environment for our survival but unfortunately people have been destroying the nature for their personal benefits. With this challenging situation, the World Environment Day is focused on the ecosystem restoration and the theme for 2021 is “Reimagine. Recreate. Restore.” which means preventing, halting, and reversing environmental damages. Every year a country is given the responsibility to host the event. This year Pakistan has been selected as a host in recognition of its efforts in environmental conservation and protection through various policies and programs being implemented in the country. All around the world events are celebrated to raise awareness about the environmental protection. A similar program was organized by the NUMS Department of Public Health under the supervision of HOD Prof Dr. Uzma Hassan. Associate Professor Dr. Tamkeen Jaffry briefed the students about the importance of the day and guided how they can contribute in this noble campaign. Students participated by designing posters to highlight the importance of tree plantation and prepared models to emphasize the value of recycling. Additionally they made a short video to share all the relevant information regarding growing trees, cleaning up trash and proper use and disposal of plastic products to protect our ecosystem.

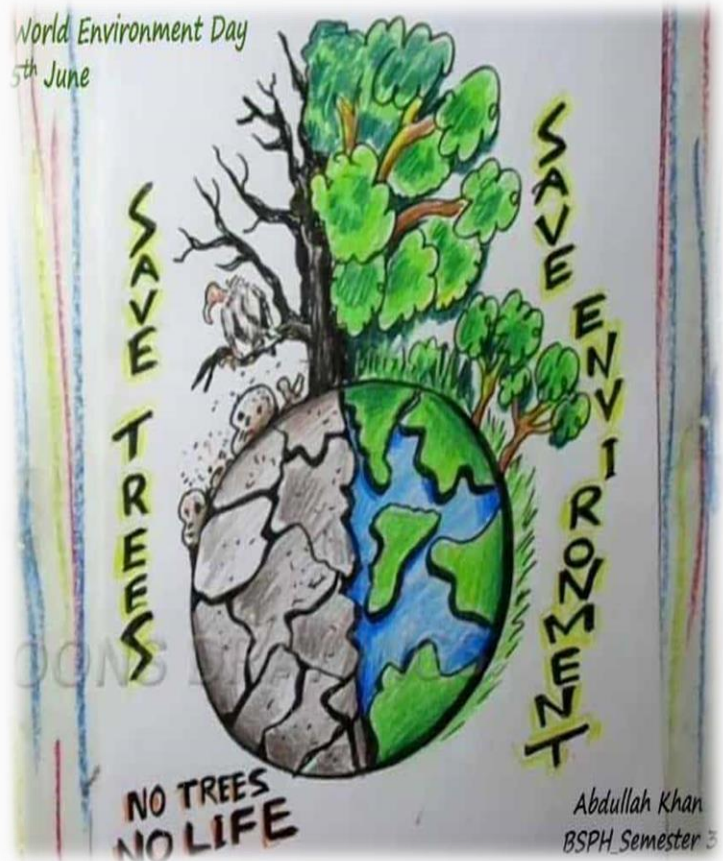
Recycling of plastic cane
SAARMA SALEEM
BSPH3



RECYCLING OF PLASTIC
BOTTLES
NOOR UL AIN SHAH
BSPH SEMESTER III



Sakeha Ahmed
BSPH Semester 3



Abdullah Khan
BSPH Semester 3

NUMS DEPARTMENT OF PUBLIC HEALTH ORGANIZED WORLD HEALTH DAY 22

The NUMS Department of Public Health conducted the “World Health Day” with a theme "Our Planet, Our Health", held at National University of Medical Sciences, PWD campus on Wednesday, 06 April 2022 at 1130 Hrs.

World health day is celebrated every year on 7th April by activities, which serves as an opportunity to focus on important aspects of health. These activities are not restricted to a single day but continue as yearlong campaigns. In the midst of a pandemic, a polluted planet, increasing diseases like cancer,



asthma, heart disease, on World Health Day 2022, WHO will focus global attention on urgent actions needed to keep humans and the planet healthy and foster a movement to create societies focused on well-being. WHO estimates that more than 13 million deaths around the world each year are due to avoidable environmental causes. This includes the climate crisis, which is the single biggest health threat facing humanity.

The student of all the three batches of BSPH organized the event remarkably. Banners and standees were installed in the University premises along with oath taking selfie corner to create awareness about “Our Planet, Our Health”. The students of BSPH participated in different activities including role-play, presentations, videos and posters. The purpose was to highlight the importance of impact of air pollution on our health and planet.

Dr Jawad Hassan, HoD Department of Biological Sciences and Dr Sehar Iqbal , HoD Department of Nutrition and Human Dietetics graced the occasion by their presence and appreciated the great potential and talent of students exhibited during the event. They acknowledged the efforts and dedication of the

members of department of Public Health in organizing the seminar and congratulated the Public Health team on the successful activity of World Health Day

The Head of Department Public Health Prof.Dr Uzma Hassan in her concluding remarks stressed on the urgency of creating sustainable well-being societies committed to achieving equitable health now and for future generations without breaching ecological limits.

The HoD gave vote of thanks to all the guest and participants and appreciated her team of Department of Public Health; Dr Tamkeen Jaffry, Dr Hina Shan, Dr Rehma Gilani ,Dr Raima Asif and Ms. Rubab Zulfiqar on their hard work and commendable job. Prof. Dr Uzma Hassan distributed certificates among the winner students and thanked the students for their enthusiastic contribution. She expressed her gratitude to all honorable guests for taking out the time to attend the Event.



Awareness Sessions on Zero-Waste Policy and Practices at NUMS – A Collaboration between NESC and NCL/RD Dte

We all come across the tear-jerking photographs of environmental destruction and pollution every now and then. However, such issues only set the internet on fire for a little while before flickering into nothing. Environmental changes are driven by many factors including urbanization, intensification of agriculture, population and economic growth, transportation, and rising energy use. Sadly, the deterioration process is predominantly caused by irresponsible human activities.

In order to tackle this problem, zero-waste lifestyle is the goal we all must strive for. It is the conservation of all resources by means of responsible production, consumption, reuse, and recovery of products, packaging, and materials without burning and with no discharges to land, water, or air that threaten the environment or human health. According to Merriam-Webster dictionary, zero-waste simply means generating little or no waste.

Training and Awareness Wing of NUMS Environmental Stewardship Committee and NUMS Center of Lifelong Learning / Resource Development attempted to bridge the gap between muddled intentions to save the Earth and on ground zero-waste strategies.

The principal objective of the awareness sessions on zero-waste policy and practices for NUMS community is creating awareness and sensitivity regarding environmental challenges and zero-waste concept, and motivating them to adopt 5Rs (Reduce; Reuse; Recycle; Rot-Compost; Raise-Awareness) of zero-waste practices to minimize generation of waste at NUMS.

Various zero-waste measures are taken at NUMS including awareness activities, reduce and reuse initiatives, solid waste segregation at source, organic waste composting at campus, and application of 5R awareness of zero-waste practice for research and data collection. NUMS was initially producing 100% landfill waste, whereas applying 5R zero-waste practice has drastically

reduced it to 24.1% in just three-month period (Sep-Nov 2021).

These sessions are undertaken in relation to SDG 12 (Responsible Consumption and Production) and SDG 13 (Climate Action).

NUMS || Students from department of biological sciences and MS students went for one day trip on

4th June, 2022 to Mukshpuri top. The students were accompanied by male and female faculty along with security personals. The students departed at 8:00 AM and reached the destination at 11:00 AM. The hike took almost 5 hours two sided.

Along with fun and amazing experience, the students representing Green youth movement club at NUMS under the supervision of Captain Gym-Club performed their duties as well by collecting the waste material from track and rest places leaving behind a clean and clear message.

Students had dinner on their way back and the whole community reached the campus safely. It was astonishing experience quoted by the students



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