



Report on:

SDG-3 (GOOD HEALTH AND WELL-BEING)

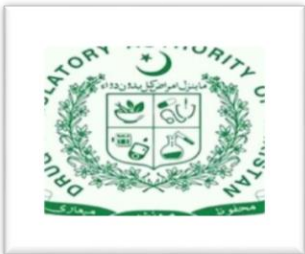


National University of Medical Sciences (NUMS)

An SDG Engaged University

NUMS Collaborations with Health Institutions

(National & International)



Business Design Thinking



1. **IMPACT OF CLIMATE DRIVEN NATURAL CALAMITIES ON CHRONIC DISEASES AND DISABILITY IN A GLOBAL WEEK TO ACT ON NCDs AND SDGs**



NUMS Department of Public Health (DPH) conducted Global Week for Non-Communicable Diseases (NCDs) and UN Sustainable Development Goals (SDGs) from 15 August to 5 September 2022. The advocacy event on September 5, marked the end of the awareness and health promotion Campaign. Prof. Dr. Uzma Hassan, Head of Department Public Health, speaking on the subject said that the youth-led activity is to mark the inextricable interconnections between health, chronic diseases, and sustainable development. Cardiovascular diseases, chronic respiratory disease, cancers, diabetes, and mental health problems are constantly on the rise and these major groups of NCDs (also called chronic diseases) account for 77% of all NCD deaths in Low-and middle-income countries like Pakistan.

Dr. Hina Shan, Assistant Professor DPH and Focal Person of NUMS to NCD Alliance (NCDA) highlighted flash floodings have caused massive socioeconomic constraints and afflicted health systems with the ongoing impacts of COVID-19. According to the latest statistics by the United Nations Office for the Coordination of Humanitarian Affairs (UNOCHA) the devastating floods have affected 3.6 million acres of crops, killed 750k livestock, and 1.69 million houses have been destroyed worsening the fragile humanitarian situation of people. NCDs have socioeconomic implications with physical and psychological strains requiring shared responsibility and multisectoral action to scale up and accelerate action on NCDs.

Awareness regarding Resistance of Antibiotics and Bacteria

05 Students from AFGMI-AHS have participated in a competition of “*Spreading Awareness regarding antibiotic misuse and resistance*” conducted by NUMS on **26th of November, 2021** under the theme of **NUMS-World Antimicrobial Awareness week (WAAW)**. They have won the competition with a distinction of overall First prize.



World Immunization Week as a Practical Learning Activity

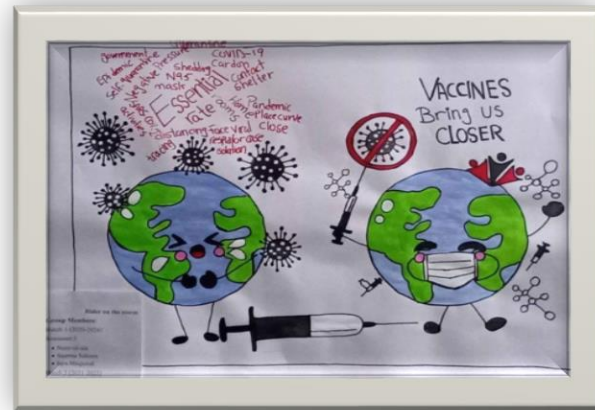
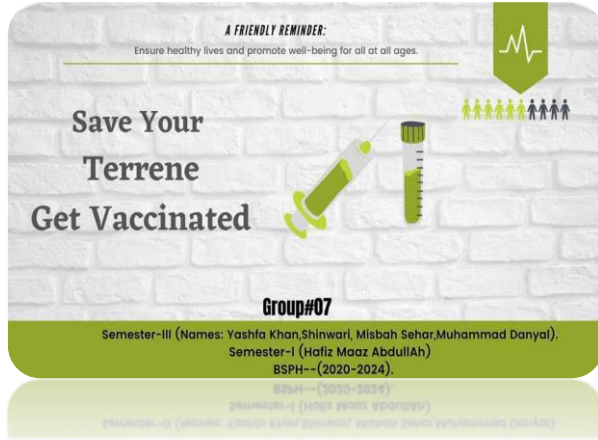


World Immunization Week, April 24 to 30th, serves a great opportunity to create awareness among people to learn more about how to protect against vaccine preventable disease. The aim of celebrating this is to promote the use of vaccines to protect people of all ages against disease. Immunization is widely recognized as one

of the world’s most successful health interventions. Immunizing children can avert up to 17pc of childhood mortality in Pakistan thus help contribute towards achieving Sustainable Development Goal (SDG) 3 on reducing child morbidity and mortality. Diseases with higher transmissibility like measles and polio pose a much higher risk to hit back strongly. Moreover, associated morbidity and mortality further intensify the burden on health system. This year WHO theme for world immunization week is ‘*Vaccines bring us closer*’

The NUMS Department of Public Health conducted practical learning activity on Wednesday April 28th, 2021 with its students and faculty. The goal was to create engaging public awareness and

Education material around immunization so as to promote importance of vaccination in improving the health and wellbeing of everyone, everywhere. Students presented video and poster projects, highlighting vaccine mechanism, myths around vaccine, benefits of vaccination, risk of non-immunization and schedule of EPI program.



Deadly Dengue: Spread Awareness and Stop The Transmission

NUMS Department of Public Health conducted the “Dengue Awareness Seminar”- a part of the “Dengue awareness Campaign” with a theme “Deadly Dengue: Spread Awareness and Stop the Transmission”, on Tuesday, **30 November 2021** with active participation from both faculties and students of Multidisciplinary Sciences (MDS) and Social Sciences and Humanities (SSH)

To identify the causes and risk factors as well as the possible protective and preventive measures to avoid contracting Dengue, banners and standees were installed within the University Premises along with flyer distribution in various localities of Rawalpindi and Islamabad encouraging individuals to initiate and continue their efforts to keep their surroundings dengue-free.



Awareness on Breast Cancer

BREAST CANCER
Awareness Month

On Behalf of
NUMS Faculty of Biological Sciences

We cordially invites you to
Breast Cancer Awareness Webinar

Time: 9am-10.30am
Thursday (21st October, 2021)

www.numspak.edu.pk

CANCER SYMPOSIUM
9th March 2022

Registration open from
21st February, 2022

One day cancer symposium as Our Little contribution in – line with WHO theme for world cancer day (2022) “Close the Care Gap”

Opportunities for students to learn, explore and share thoughts with oncologist and scientists of the field.

Event details: renowned Speakers talk, panel discussion, Competitions among students: power point, video making, and poster

- Cancer awareness—why it is important to raise awareness on cancer
- Achieving sustainability by raising awareness
- Concept of healthy lifestyle in preventing cancer
- Healthy Food choices
- Global health emergencies, preparedness and responses
- Current Research trends
- Common types of cancer: causes and symptoms

we will fight together to close the care gap for cancer.

NUMS organized Cancer Symposium



On **March 9th 2022**, NUMS organized Cancer Campaign in line with World Health Organization 2022 with the theme **‘Close the care gap’**,. The symposium is planned to join the cause and to allow the general population to understand and adopt precautionary measures for the control of the disease by health professionals. With the precarious nature of the situation, immediate attention is required to

limit the spread.

The event involved the active participation from students and faculty of NUMS, Islamabad. The students from Ibadat International University, University of Lahore (Islamabad campus), COMSATS University, CUST, Health Services Academy (HAS), PMAS-ARID Agriculture University, RIPHA international University have actively participated in different competition organized at NUMS. The highlights of the event were talk by

renowned clinical experts, basic scientists and field experts, student’s oral presentation competition, role play, poster exhibition and competition, video screening competitions.

Session on Work Life Balance



On Dec 2021, the seminar was coordinated by a student/Ambassador of Youth Club from Dept of Psychology. The Guest speaker of the day was Raja Zia-ul-Haq, CEO of Youth Club. Youth Club is a non-Profit Organization that works to inspire Youth, being the torch-bearers of the nation.

Documentary screening on "Life Around Us: Visible Invisibilities"

The event was organized by students from the Department of Social and Behavioral Sciences (DSBS) on **8th Dec, 2021**. Total of 10 documentaries were screened with distinctive themes. Students put in their efforts in formulating the content of the research based documentaries by recognizing the significance of Sustainable Development Goals and produce short videos/documentaries. Students were also asked to suggest possible outcomes of the explored problem from the community keeping in view the implication model from health psychology and medical social work.

Following are the chosen topics and covered SDGs by students.

S. No	Topics	SDGs
1.	Health Psychology in Early Life	4, 10 & 11
2.	Substance Use and Abuse	3,4, 12 & 17
3.	Health Psychology in Later life	3,10 & 17
4.	Health Psychology in Rural and Remote Areas	1,2,3,4,7 &17
5.	Muffled Scream: Child Abuse	5, 16 & 17
6.	Violent Behavior and Mental Health	3 & 4
7.	Unrecognized Heroes: Significance of Working Women Contribution	3,5,8 & 10
8.	Hope for the People with Difficult Abilities	3,11 & 17
9.	Thalassemia: Challenges and Social Responsibilities	3,7 & 12
10.	Transgender Community and Their Rights	1,3,4,5,10 & 16

Social Issues Awareness Activity

On 25th May 2022 students of BS AHS (MLT, MIT & CP) Batch 2021 performed skits that highlighted social issues. These skits were part of their English course and were supervised by their course instructor. Students from MIT department performed a skit that highlighted the **“Negative impact of social media on youth”** which leads to suicide. As use of social media has grown over the past decade so too is the suicide rate among youngsters as suicide has now become the second leading cause of death among youngsters. Second skit was performed by the students of MLT department on **“Life before and after social media”** which is also an interesting topic.

Another group from MLT department performed a skit which highlighted the **“Diseases transmitted through blood specially AIDS”**. AIDS carries with it a stigma that ensures that society doesn't discuss it openly and the only way to fight the spread of it is through creating awareness. Students of MLT department performed another interesting skit which was on the **“Stereotypes in Pakistan”** that is also a big problem in our society as people put label on how a person should act or live according to his / her race, sex, personality etc. Last by not the least, students of CP department showed the **“Impact of educated parents on student's life”** through a very funny skit.

Hands-on Training Workshop on Real-Time PCR

Skill enhancement of the personnel in the areas lying at the intersection of biomedical research and healthcare practices is the need of the hour to bridge the gap between research and practice. Keeping this in view, a two-day Hands-on training workshop on Real-Time PCR was organized by the Department of Biological Sciences, NUMS in collaboration with Sure Biodiagnostics and Quaid-i- Azam University, at the NUMS PWD campus. A cohort of 25 researchers/academicians and professionals attended this hands-on training workshop, which included practical aspects of qPCR including RNA extraction, cDNA synthesis, assay designing, and data analysis.



The lecture part consisted of a detailed overview and theoretical knowledge of the Real-time PCR technique and experiment design. Moreover, data acquisition and analysis were also thoroughly demonstrated by the instructors. The event was sponsored by Sure Biodiagnostics, a leading company dealing in scientific equipment and laboratory items.

China CDC MODPAD-MOV 2021 training Program

Faculty from NUMS Department of Biological Sciences participated in the four-day ModPad-MoV 2021



training program about Molecular Diagnosis, Pathogen Determination and Molecular Vaccinology Techniques, organized by China CDC (Chinese Center for Disease Control and Prevention).

The aim of the training program was to facilitate/improve the laboratory capacities of NUMS in conducting molecular detection assays and implementing molecular diagnosis and vaccine development for the potential microbial pathogens which will help to establish linkages between China CDC and NUMS and scaling up laboratory capacities for prevention and control of pandemic and epidemic-prone diseases in Pakistan in close collaboration with Chinese experts.

Participation in World Microbe Forum Sponsored By Health Security Partners

Dr. Wasim Sajjad Assistant Professor Department of Biological Sciences, NUMS attended World Microbe Forum which was sponsored by Health Security Partners USA. Dr. Wasim Sajjad was been selected to receive the Bill and Melinda Gates Abstract Award for Scientists from Low-Middle and Low Income Countries to assist in covering registration expenses to attend World Microbe Forum, **June 20-24, 2021**, a joint digital between American Society for Microbiology (ASM-2021) and Federation of European Microbiological Societies (FEMS-2021).

Workshop on Healthcare Quality Assurance



Healthcare has become a chief concern around the world these days. Thus, there is a growing demand to understand healthcare businesses in order to guarantee quality services to patients. When casualties walk into a healthcare facility, the staff needs to see beyond broken bones, torn flesh, and busted organs; the patients bring not only medical challenges but also natural expectations to be cared for with respect, equality, and quality from the healthcare deliverers.

NUMS perceptively identified the need to address the topic of healthcare quality assurance with respect to the UN SDGs 3, 4, and 17. It thought-out an ingenious workshop on 'Healthcare Quality Assurance' on 17th June 2022 facilitated by Manager Quality Assurance, NUMS Ms. Sumiya Nauman (CSSGB, CPHQ, and the focal person for NUMS' Impact Rankings by THE).

Quality is never an accident; it is always the result of high intention, sincere effort, intelligent direction, and skillful execution. She methodically explained how to use Deming's 14 points to sustain and improve overall quality by giving daily life examples. Ms. Sumiya shed ample light on the three aspects of quality – namely measureable quality, prospective quality, and appreciative quality – by dishing out relevant healthcare examples. She italicized the importance of quality management principles, explicitly pinpointing leadership commitment as the key due to its trickledown effect. She also described the SPO Paradigm i.e., Structure + Process = Outcome.

Based on the fact that quality is everybody's job, the resource person revealed that Quality Assurance Department has evolved to be a Quality Resource Center.

NUMS Pakistan in collaboration with Ege University, Turkey is organized a two-day hands-on workshop on identification of sand-fly and diagnosis of Cutaneous Leishmaniasis

The main purpose of this workshop was to provide deep theoretical knowledge as well as a chance to practically perform the preparation of NNN- media, microscopic identification of Leishmania parasite, extraction of DNA from the lesion aspirates, and sand-fly identification.



Khud Ko Pehchaano-Training Of Trainers At NUMS As Part Of Youth Engagement Program By GSM

National University of Medical Sciences (NUMS) and Green Social Marketing (GSM), Pakistan had signed a memorandum of understanding (MoU), to jointly implement a Youth Awareness Program called ‘Khud ko Pehchano’, funded by Punjab Population Innovation Fund (PIIF) and Population Welfare Department (PWD), Punjab, on August 17, 2022. The aim of this program is to create social awareness on Sexual and Reproductive Health and Rights (SRHR), gender-based violence, premarital counselling, benefits of birth spacing and authentic information about modern contraceptives.

In order to attain set targets laid down above, 20 nominated master trainers from NUMS were trained through a formal training session on Oct 26, 2022, who will further train 400 NUMS’ students on the mentioned topics.



The key training topics included the following:

- Basic knowledge about Sexual and Reproductive Health and Rights (SRHR)
- Premarital Counseling
- Healthy timing and spacing of pregnancy (HTSP)
- Modern methods of contraception
- Myths and misconceptions about family planning
- Gender Based Violence & mitigation strategies

The training was interactive and participants shared their experiences and best practices. A ‘Fish Bowl Activity’ ensured inclusion of all participants, generated interest in the topic and helped develop in-depth understanding of the topics.

Participation in a course on School HEALTH SERVICES AT Integrated Health Services, Isb

NUMS Department of Public Health provides students innovative, experienced based and life changing education. A memorandum was signed between Integrated Health Services (IHS) and Department of Public Health, National University of Medical Sciences (NUMS). A group of twelve students from Public Health Department of NUMS participated in a week-long Certificate Course on school health services, from 19th September 2022 to 23rd September 2022, organized by School Health Department of Integrated Health Services (IHS). The objective of this course was to provide knowledge, develop positive attitudes, and strengthen decision making skills and to equip with the practical on ground orientation and hands-on experience in the community health. The main emphasis was given to health issues aligning with the SDG “Ensure Healthy lives and Promote Well-being for all Ages”.



The DPH students were encouraged to be a part of this project by the faculty of Public Health. During the course NUMS students were briefed by the Health Manager of IHS about the objectives, survey, data collection and comprehensive report writing. Then students were assigned the tasks to develop questionnaires and community mobilization material such as posters, flash cards etc. They also prepared communication strategies and conducted small awareness sessions related to physical activities, waste management, and prevention of waterborne diseases. As a part of course requirement, they visited the schools in the near community and conducted the survey encompassing the condition



of water, sanitation and hygiene assessment. Additionally, to assess the health status students also performed the nutritional assessment of the school children by measuring height and weight as well as by calculating BMI. Furthermore, the faculty of Public Health gave a lecture on drug abuse to provide awareness regarding the detrimental effects of drugs to the youth. After completing the survey, NUMS student jointly formulated comprehensive group reports and, based thereupon, presented it. It was greatly appreciated by IHS doctors and Public Health Consultants as these were comprehensively covering all aspects of the assigned topics.

Participation at INTERNATIONAL VACCINE INSTITUTE (IVI) SEOUL, KOREA

The International Vaccine Institute (IVI) is a nonprofit International Organization initiated by United Nations Development Program (UNDP) devoted to new vaccines for global health, and is headquartered in Seoul, Republic of Korea. After its establishment in 1997, the IVI has initiated training course on vaccinology annually. Each time, the IVI selected ten fellows based on their novel work in the field of vaccine science to participate in their annual vaccinology course. Dr. Muhammad Tariq Navid, Assistant Professor in the Department of Biological Sciences, National University of Medical Sciences in Rawalpindi, Pakistan represented Pakistan as IVI Fellow. Dr. Navid is working on vaccine development in Pakistan. He has developed novel Rabies recombinant vaccines



while staying at State Key Laboratory for Agricultural Microbiology, P.R. China. Dr. Navid has awarded 13 million grant from Higher Education of Pakistan (HEC) for remodeling of foot and mouth disease (FMD) vaccine in Pakistan through novel recombinant strategies. In recognition of his work on vaccine development, Dr. Navid was invited by IVI to participate in this specialized event. Lead representatives from various global dynamic institutions were the part of

this IVI's event. This representation has opened new horizons for international linkages and collaborations with reputed organizations for the NUMS-Pakistan.

NUMS Faculty Visited Qarshi Industries to Explore Potential Areas of Collaboration

A team of faculty members from the Sections of Phytochemistry and Natural Product Research and Biotechnology visited Qarshi Industries, Hattar, Haripur on September 19, 2022 to explore the areas of mutual interest in order to establish collaboration between the two institutions.

Qarshi is one of the top herbal industries in Pakistan, manufacturing more than 300 products. Apart from its prestige in product manufacturing from indigenous resources, Qarshi has ongoing research and development (R&D) activities in herbal materials standardization, including DNA barcoding, medicinal plant gardening supported by herbarium, seed bank and tissue culture facilities, and product development laboratories.

At the Qarshi Industry, NUMS Scientists were warmly welcomed and briefed about the existing product lines and future research programs. At the meeting, both sides deliberated on how a discovery/innovation at NUMS can be put use at industry through collaboration. The areas of mutual interest identified include, possibility of working on joint research on new product development, plant cell culture, funding and placement of MS/PhD students at Qarshi for their research work and training the manpower and help establish research facility. Later, NUMS team visited Qarshi Herb Garden,

various laboratories and also met with the staff and scientists working there.

The NUMS team from Phytochemistry and Natural Products Research was represented by Dr. Aman Karim, Dr. Sayed Afzal Shah, Dr. Nosheen Akhtar, Dr. Irum Mushtaq, from Biotechnology Dr. Muhammad Adil, and Microbiology was represented by Dr. Saeed Ahmad.

The team from Qarshi Industry was represented by Mr. Muhammad Imran (Head of the Qarshi Research International), Dr. Nasir Hayat Khan (In-charge, Department of Product Process Innovation), Mr. Rashid Afzal (Manager Horticulture) and Dr. Shafi Ullah (Senior Scientific Officer, Quality Control, Publications and Research).

Significance of Blood Donation for Women

On World International Women’s Day, Students from Faculty of Social Sciences and Humanities held an awareness session on donating blood for women and from women. Women are strong and equally capable compared to male counterparts to donate blood, to serve the humanity which not only benefits

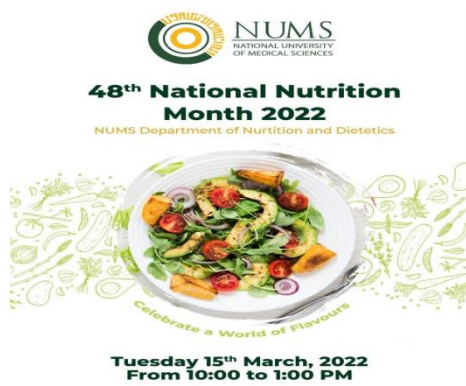


the recipient but also serves the donor, both physically as well as psychologically. under the umbrella of community services of “Red Ray”.

This program was held in compliance to SDG 3 “Good Health and Well-being”, SDG 10 “Reduced Inequality” and SDG 17 “Partnerships for the Goals”

NUMS Celebrated 48th National Nutrition month on March 15, 2022

National Nutrition Month is being celebrated all over the world every March and was started by Academy of Nutrition and Dietetics. During this month information about balanced food choices, along with physical activity and good eating habits is being dissipated among general public. The theme for this year is “Celebrate a World of Flavors”.



Contribution / Achievements

Selection of NUMS faculty for TWAS-2021 Innovation and Science Diplomacy Event

Dr. Hussain Mustatab Wahedi from the NUMS Department of Biological Sciences has been selected for the highly competitive TWAS – 2021 Innovation and Science Diplomacy Workshop held from **9th to 13th of August 2021**. This event is part of the series of TWAS Regional Workshops on Science Diplomacy, aimed at introducing science diplomacy and innovation diplomacy key concepts and issues to the bright young scientists from all over the world. A total of 143 young scientists from around the world and only two from Pakistan have been selected for this prestigious event.

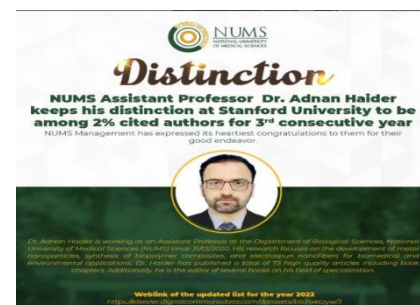


The Competitive Technology Transfer Support Fund (TTSF) Grant From HEC

Dr Mahwish Ali, Assistant Professor NUMS Department of Biological Sciences wins a grant from HEC worth 8.2 Million PKR. This project titled **“Development of efficient Biological water purification systems for industrial wastewater”** awarded under HEC-TTSF grants scheme, is the first step towards commercialization of this technology for industries. This project will provide a solution for a national issue and help the government to achieve SDG-6 “Clean Water and Sanitation”. Moreover, by the implementation of this technology the end-user will not only meet the National Environmental Quality Standards of wastewater discharge but also get the benefit of reusing the treated water for gardening, toilet flushing and agriculture.

Distinction at Stanford University

NUMS Asst. Prof Dr Adnan Haider, Department of Biological Sciences keeps to be among 2% cited authors for 3rd consecutive year. His research



focuses on the development of metal nanoparticles, synthesis of biopolymer composites, and electrospun nanofibers for biomedical and environmental applications. Dr. Haider has published a total of 73 high quality articles including book chapters. Additionally, he is the editor of several books on his field of specialization.

Stanford University, USA in collaboration with Elsevier publishes a list of top 2% cited authors every year. We are proud that Dr Adnan Haider's name has appeared for the third 3rd consecutive year in the list of 2022. The current citations of Dr. Haider's current citations are 3566 with H-index of 27 and i10 of 42 Index 42 (12/10/2021, Google scholar

COMMUNITY ENGAGEMENT

Community Project for Well-Being

NUMS RED RAY (NR2) Project

In 2020, at the crucial time period of COVID-19, students from Department of Social and Behavioral Sciences dare to initiate a community service program titled NUMS Red Ray which is lately joined by NUMS Department of Psychology students, under the mentorship of Lecturer Clinical Psychology,

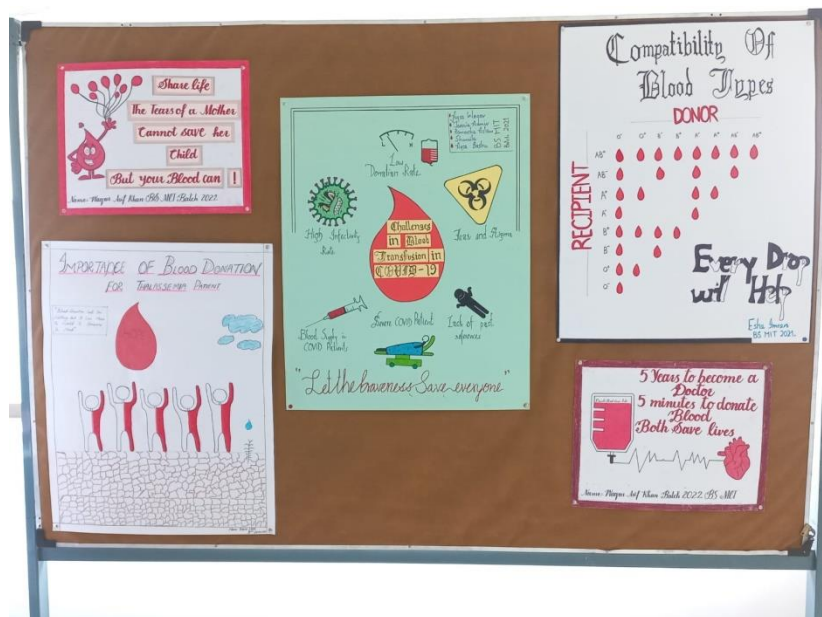
The incubation period of the program was marked with the individual efforts and donations followed by the congregation of students, the common interest to serve the cause of blood donation. The program not only engages volunteers for donation but also facilitates transportation services for those who have mobility issues. The members allocated as student ambassador of different organization at NUMS, are given opportunities to organize awareness sessions as well as blood donation camps.

The mission statement of this program is to work for the cause of blood donation to our vulnerable fellow beings who require blood transfusion for their survival and sustenance. Blood donation is a sacred act which can contribute to save precious lives, one donation can save up to three precious lives. The activities in NK2 is led by student leader in different domains, i.e., Medical Social Worker, Public Health Social Worker and Mental Health Social Worker. Initially students participated individual donation but later on the students of NUMS collaborated and worked together to improve and enhance their outreach. Blood camps were organized for specific disease as well as for rare blood group types. Online counseling has been offered to individuals who are with different phobias. At the instances where direct blood donation is not feasible the members play their part in expanding networking so that other donors can receive the news and can contribute to donation.

During the pandemic too, not only blood, but members worked for the cause of plasma donation to save the lives of those struggling with the Covid-19 complications. This civic engagement not only encouraged maximum participation in humanitarian cause but also facilitate them learning new life skills. NR2 is in process of opening NUMS Blood Bank at AFIT. So, far NK2 team successfully facilitated 80 direct beneficiaries, around 104 indirect beneficiaries (General population) and 100 plus donors.

Under the slogan of WHO, promoting health for all, NK2 is passionate to work on Sustainable Development goals (SDGs) i.e. ‘good health and wellbeing’ ‘Reduced Inequality’, and ‘Partnerships for Goals’. NK2 team will be caring forward this program under “Civic Society” of NUMS.

Blood Donation Drive and Awareness Campaign



19th May-2022 came as yet another proud moment for NUMS. Students from BS Allied Health Sciences, AFGMI Batch 2019-2022 successfully arranged an awareness campaign and camp on Blood Donation. Students from all 4 Batches made impactful presentations to enlighten the importance of Blood Donation. A large number of posters were made

embellished with beautiful colors and interesting slogans. All of the posters were displayed leaving the viewers in awe. After the seminar session, students were taken to AFIT where they made donations. Divided into groups they were shown the whole procedure of Blood Donation and Testing. The students were given an effective orientation session where the procedure of blood donation and myths relates to it were addressed.

NUMS Flood Relief Drive - 2022



Ramadan Drive – 2022



Knowing the pain of your people makes it hard to sleep. NUMS Students of BS (AHS) MLT, MIT & CP were well aware of this pain, so they laid the foundation of a self-run humanitarian organization WMD (We Make a Difference). This Ramadan they have provided rations to approx. 400 deserving families. Moreover, they also organized a public awareness campaign along with a food drive under the name "Bread for every Breath" to provide food to street vendors and poor street kids, which was a huge success. They also hosted Iftar Dastarkhawans for approx 100 people.

Activities / Dialogues to discuss Well-Being of Society

During year 2021, the dialogue/sessions/talks on below mentioned topics were organized at NUMS with the subject expert as guest speakers. The sessions were attended by students, faculty and staff members. The sessions included the topics;

- ❖ Understanding Transgender Rights
Movement: Opportunities and Challenges
- ❖ Preventive Nutrition in Pakistan: Where do we stand
- ❖ Cultural Heritage of Gilgit Baltistan: Rock-Carvings and inscriptions
- ❖ Sociology of Knowledge: The Connection Between the Objective and the Culturally Relative approach to knowledge
- ❖ During Covid-19, Uncertainty in Educational institutions, student's mental health and coping strategies
- ❖ Post-911 Militancy in Pakistan: A Geopolitical Perspective
- ❖ Sensitivity and Inclusivity of Persons with Disability
- ❖ Environment Friendly Practices
- ❖ Community Development and Human Rights. "Helpline is like an Ambulance"



❖ COVID-19, Politicizing Statistics and Statisticizing Politics

NUMS – A Smoke Free Zone

NUMS has adopted the HEC Policy on Drug and Tobacco Abuse in HEIs in 2021 and constitutes a committee “Anti-Drug and Tobacco Abuse” having the student representation in the committee too. It also keeps on conducting awareness sessions for its students, staff, faculty and for community as well.



NUMS has also declared its campuses as a smoke-free zone and shared with all members. Signs are posted at prominent places. NUMS Constituent colleges including Army Medical College and AFGMI have also posted the “No-Smoking” signs at main places like cafeteria, visitors offices, corridors, etc.

EXTRA CURRICULAR ACTIVITIES AT NUMS

Students participation in extracurricular activities is must for their health and give them peace of mind. NUMS Pro Vice Chancellor urged the students to actively participate in co-curricular activities for the sake of their health and harness their inner talents.

Speaking as the chief guest at the award distribution ceremony organized by Faculty of Social Sciences and Humanities on “Students Appreciation,” on Jan.13,2022, he said such practices were an important dimension of the co-curricular activities as these will “ not only keeps you fit, healthy and active but also contributes towards peace of mind.” Dean SSH, HOD (DSBS) Prof Dr Azam Chaudhary, Faculty, and a large number of students were also present during the ceremony.

Maj Gen Saleem Ahmad Khan (Retd) distributed awards among the position holders. In Athletics, Ms. Enaab Khan from DSBS who has secured the first position in the “Marathon Race for Blood Donor Day” and Pinktober Run competition was given the award. Similarly, awards were given to a group of four students, namely Mr. Muhammad Mukarram Bin Afzal, Momenah Tanveer, Roman Jalil, and Samaha Saher from the Department of Psychology for securing 1st position in Dramatics, at the ‘ART FEST 2021’ which was held at UET KSK in October, 2021 and in which over 1000 students from more than 150 universities participated. He awarded Ms. Sana Batool from Department of Social and Behavioral Sciences who secured 1st position in Calligraphy competition during the same Art Festival 2021. Ms. Enaab Syed from Department of Social Sciences and Behavioral Sciences was awarded for securing 1st position in the Picture Description competition held at Hitech University, Taxila. Ms Adeena Tariq from Department of Social Sciences and Behavioral Sciences was given prize for securing 2nd position in story writing competition.

Ms. Salma Ayaz, English Lecturer DSBS in her remarks said that NUMSIANS were not only excelling in their academics but are also proving their mettle in co-curricular activities including sports, drama, artwork, event management, and many more.

NUMS Student wins following Sports Awards during July 2021 - June 2022

Enub Khan, BS- Social Science of Health

Awards:

1. Fastest Female of 2022
2. First Pakistani Female to Complete Ultra-trail of Margalla Hills and broke the record of the Foreigner
3. Islamabad Run With US - 5K Race Winner
4. Red Crescent 5K Winner
5. Margalla Backyard Ultra – 2021
6. Margalla Trail Runner - 1st Position
7. Winter Trail Running Series 2022
8. Adams- Islamabad Marathon 2022 - 42.2 KM
9. Inter-Club Hill - Half Marathon 21.1KM
10. Islamabad Speed Run - 5K Race
11. Kulsum Pinktober 5K Run

Mental Health Services and Activities at NUMS

Mental Health Awareness

World Mental Health Day 2022 was celebrated by Students of Allied Health Sciences, Semester II of AFGMI under the mentorship of Ms. Saira Javed (Lecturer Clinical Psychology/NDP, Incharge Psychologist, N-TRC).



The theme of 2022's World Mental Health Day, set by the World Federation for Mental Health, was 'Make mental health and wellbeing for all a global priority'.

World Mental Health Day is also a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling.

In this regard students from the course of Behavioral Sciences (Semester II) at AFGMI displayed their projects in form of roll plays.

Prof. Dr. Shazia Khalid (Head, NUMS Department of Psychology) was invited as Chief Guest of the event and Ms. Taskeen Mansoor (PhD Scholar, Quaid-i-Azam University) was invited as judge of the event. Total 55 participants took the part in today's event. Whereas, 9 projects were displayed on various burning psychosocial issues which includes:

1. Defamation
2. Broken family
3. Post traumatic stress disorder
4. Neglected transgenders
5. Smiling depression
6. Gender discrimination
7. Bulling
8. Cyber Harassment and
9. Gas lighting

Chief guest and judge highly appreciate the efforts of students and mentor. They extended their gratitude to all teams for highlighting such sensitive issues so gracefully and swiftly delivered a message on importance and seriousness of mental health. At the end of the event, certificates were distributed among top three best projects and souvenir were presented to guests and supervisor.

The day was celebrated and projects were displayed in compliance to SDG 3 “Good Health and Wellbeing”, SDG 4 “Quality Education”, SDG 5 “Gender Equality” and SDG 17 “Partnerships for the Goals”

Samaaj Khayaal: Transformation and Communication Skills for the teachers to prevent suicide behavior on Feb 23, 2022



The guest speaker is Prof: Nadeem, who is an expert in diagnosing Psychological disorders, Addiction, Personality & Psychoeducational assessment. He specializes in helping students overcome Academic issues, Procrastination, School Dropouts, Bullying, Sexual Abuse, Internet, and Gaming Addiction, Self Criticism, Parental pressures, Single parenting, and Attention Deficit and Hyperactivity Disorders. He is skilled in CBT, Dialectical and Behavior Therapy dealing with complex cases like Post-Traumatic Stress Disorders, Neurological injuries.

NUMS organized Webinar on *Psychological First Aid/ Child & Adolescent Mental Health*

1st session was conducted on Aug 4, 2021. The webinar series is focused on the mental health awareness and coping strategies to be utilized by general public to improve their emotional wellbeing. Around **190 participants** around the globe participated in the session. The valuable information regarding the limitations and challenges community is facing in particular part of Pakistan along with the mental health concerns and strategies to deal with them were shared. The practical management strategies and complete layout to provide Psychological first aid was shared. The significant points taken from this webinar regarding psychological first aid/ Child & Adolescent Mental Health is to properly channel youth's energies in a positive productive way. As well as ways to properly observe, listen, and connect with the individual in trauma to stabilize them using different techniques. The eight core actions for psychological aid were discussed. The techniques for dealing an individual in traumatic situation by understanding the individual through active listening, social engagement ensuring the safety and security. Following were the Worthy experts from other institutions:

- Dean Institute of Clinical Psychology Prof. Dr. Uzma Ali
- Dr. Salman Shehzad (Associate Professor, UOK),
- Dr. Sobia Aftab (Associate Professor, UOK),
- Dr. Hina Imran (Associate Professor, UOK).

The **second webinar** of the series was conducted on **Friday 6th August, 2021** on ***Role of Social Support in Mental Health Issues.***

Around **72 participants** around the globe joined the webinar. The guests included the following;

- Vice Chancellor, Rawalpindi Woman University Professor Dr Anila Kamal
- Dr. Sadia Saleem, Dean, School of Professional Psychology, University of Management and Technology, Lahore.
- Dr. Rizwana Amin, Associate Professor at Bahria University, Islamabad
- Dr. Razia Anjum, Lecturer at Government Women University, Sialkot
- Dr. Zakia Bano, hoD Dept of Psychology/ Focal Person



Online Counselling Session

As the world is facing a crisis of pandemic of Covid-19, it is essential to take care of those who fall prey to this virus. During this seismic shift it is necessary for everyone to keep their spirits high, both morally and spiritually.

Department of Social and Behavioral Sciences facilitated the students in these hard times with the flexible online class timings, adopted different strategies for different subjects, keeping in view the comfort of students ensuring a healthy mindset in these hard times

The Group Counselling Sessions are held weekly with interaction through online application along with full time availability on mobile/WhatsApp in case any student want to take suggestions or word their problems, expecting solutions to them, thus providing Individual Counselling Sessions as well.

This thoughtful act on the behalf of department is of much help to students and their significant others to keep them away from developing distress and depression. These sessions aim at engaging students in constructive activities. This platform provides students with strategies to cope up with stress, fear and other detrimental effects associated with the COVID-19 outbreak that may exacerbate student’s situation.

Clinic's Patients' Data 2022

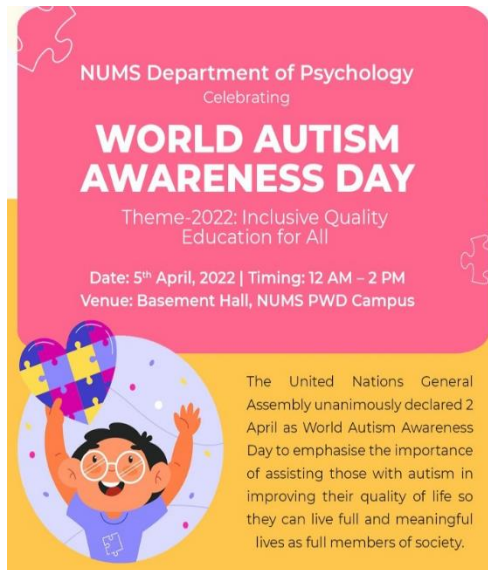


No of Registrations 2022	Assessment	Therapy
07	02	26

- NUMS Department of Psychology was established in Oct 2022.
- NUMS Psychological testing lab is also approved to be developed in Dec 2022.

- NUMS Psychological Clinic is also working and providing services to the students, staff within and outside NUMS.

NUMS Celebrated “World Autism Awareness Day” on 5th April 2022



The United Nations General Assembly unanimously declared World Autism Awareness Day to emphasize the importance of assisting those with autism in improving their quality of life so they can live full and meaningful lives as full members of society.

Students from all HEC recognized University are welcome to submit their posters to inculcate the awareness regarding autism. Last date for poster submission is 4th April 2022.

NUMS Department of Psychology (NDP) celebrated "World Autism Awareness Day" on 5th April 2022. The United Nations General Assembly unanimously declared 2nd April as World Autism Awareness Day to emphasize the importance of assisting and raising awareness regarding those with Autism.

This year the theme of World Autism Awareness Day, as decided by the UN, is "Inclusive Quality Education for All." This theme targets the 4th sustainable development goal (SDGs), quality education for all, including persons with disabilities.

The event was fully loaded with engaging activities and an inter-university poster competition. The event consisted of an exclusive interview with Dr. Temple Grandin; an acclaimed author, activist, and autistic; whose biopic has been produced by HBO in 2010 named Temple Grandin. Students of NDP gave their zealous contribution and were given the exposure. The event started with the introductory note from chief organizer Ms. Halima Sadia Qureshi, Lecturer NDP, followed by the opening note by the Head of Department, Prof. Dr. Shazia Khalid, and comments by worthy Dean Prof. Dr. Azam Chaudhary. Dr. Uzma Masroor (Chair Department of Humanities, Education & Psychology) was the Chief Guest of the event. Dr. Uzma Masroor is a consultant clinical psychologist who has a specialization in Autism and has been working in the field for more than 20 years.

After the poster competition, the skit prepared by students of BS 1st semester NDP and supervised by Ms. Halima Sadia Qureshi amused the audience. It also delivered the required message of awareness regarding Autism. The two short films by BS 1st semester NDP students were displayed before conclusion of event by distributing gifts among the winner and certificates to all the participants of various activities and organizing teams. The audience gave valuable feedback

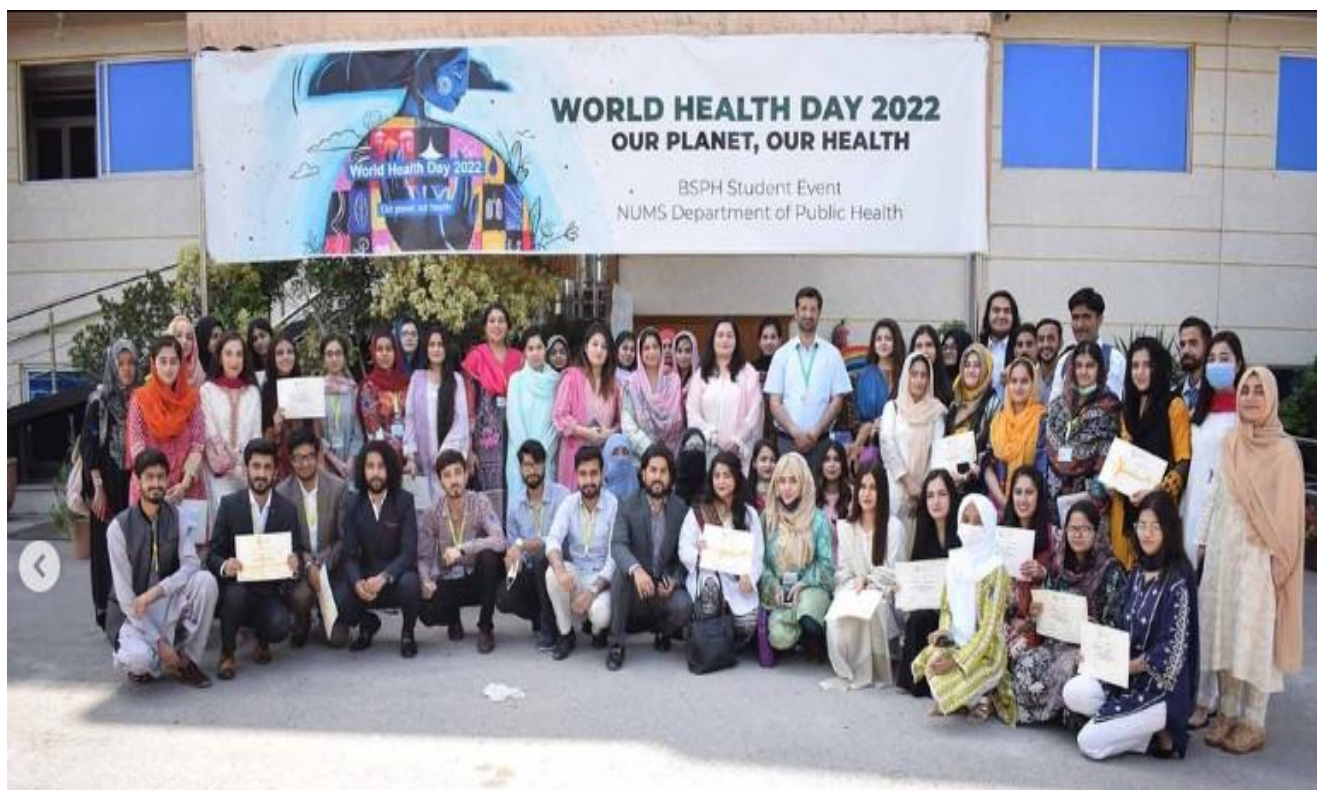
regarding the event. The day's celebrations helped the layman gain more knowledge about Autism fulfilling the purpose of World Autism Awareness Day.

NUMS celebrated "World Health Day"

NUMS celebrated World Health Day with a theme "Our Planet, Our Health", held at National University of Medical Sciences, on **06 April 2022**.

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.



NUMS celebrated **WORLD MENTAL HEALTH DAY 2022**

World Mental Health Day 2022 was celebrated by Students of Allied Health Sciences, AFGMI.

The theme of 2022's World Mental Health Day, set by the World Federation for Mental Health, was 'Make mental health and wellbeing for all a global priority'. World Mental Health Day is also a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling.

In this regard students from the course of Behavioral Sciences (Semester II) at AFGMI displayed their projects in form of roll plays. Total 55 participants took the part in the event. Whereas, 9 projects were displayed on various burning psychosocial issues which includes:

1. Defamation
2. Broken family
3. Post traumatic stress disorder
4. Neglected transgenders
5. Smiling depression
6. Gender discrimination
7. Bulling
8. Cyber Harassment and
9. Gas lighting

The day was celebrated and projects were displayed in compliance to SDG 3 “Good Health and Wellbeing”, SDG 4 “Quality Education”, SDG 5 “Gender Equality” and SDG 17 “Partnerships for the Goals”

Prepared by: Sumiya Nauman, Manager QA/Focal person for IR