

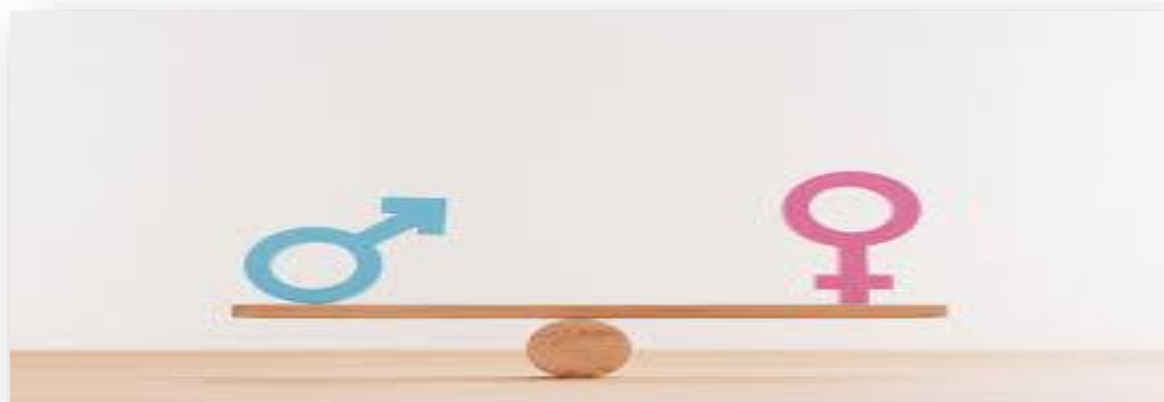


**NUMS**  
NATIONAL UNIVERSITY  
OF MEDICAL SCIENCES



**Report on:**

**SDG-5 (GENDER EQUALITY)**



**National University of Medical Sciences (NUMS) - An SDG Engaged University**

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

## Gender Equality at NUMS








National University of Medical Sciences (NUMS) is dedicated to ensure ***equal opportunity for employment, education, research, innovation, and healthcare***, without discriminating against any employee, student, applicant, or volunteer on the basis of ***ethnicity, religion, race, color, creed, gender, marital status, physical disability, or any other status protected under the law of the state***, thereby making Pakistan and this world a fair place to live in.”



## Women Leadership at NUMS

NUMS has set an example in promoting gender equality by giving pioneering role to highly qualified women. Few Deans & Department Heads serving at NUMS are mentioned below;

<p>1. Prof Dr Aisha Mohyyudin, Dean Department of Biological Sciences / Director Research</p> <p>2. Prof Dr Uzma Hassan, HOD Department of Psychology</p> <p>3. Prof Dr Ayesha Rauf, HOD Health Professions Education</p> <p>4. Dr Sehar Iqbal, HOD Department of Nutrition &amp; Dietetics</p>	
<p>5. Prof Dr Khadija Qamar, HOD Anatomy, AM College, NUMS / Chief Editor PAFMJ</p>	
<p>6. Prof Dr Ambreen, HOD Physiology AM College, NUMS</p>	
<p>7. Prof. Dr. Musarat Ramzan, Dean WAH Medical College</p>	
<p>8. Prof Dr Shazia Khalid, HOD Dept of Psychology</p>	

## NUMS Alumni – Pride for the Nation



Lieutenant General **Nigar Johar Khan, HI (M), TI (M)**, the first and only woman in the history of Pakistan Army to reach the rank of lieutenant-general, and the third to reach the rank of major-general. Currently serves as the surgeon general of Pakistan Army and Colonel commandant of Army Medical Corps.

She is from the 5th MBBS course of the Army Medical College, NUMS and has served as a female company commander of Ayesha Company at the same college.

## NUMS has set an example in Promoting Gender Equality

by giving pioneering role to highly qualified women in at least four of its departments being run successfully by them.

Commenting on the occasion of the international women's Day with the theme " Changing Climates: gender Equality today for a sustainable tomorrow", celebrated on last Tuesday, the Heads of NUMS four departments called for gender equality for ensuring equal rights for women and acknowledgement of their important role in every field of the society.

Dr Aisha Mohyuddin, PhD, Dean, Faculty of Multidisciplinary Studies said women were playing an important role in the advancement of sciences at NUMS. All these Departments at NUMS, including Public Health, Psychology, Nutrition and Health Professions Education, headed by female faculty, are proving to be trailblazers for others. Science is a vast field and it is encouraging to see many women contributing meaningfully to progress in research and academics. Head of NUMS Nutrition and Dieticians department Dr Sehar Iqbal, a PhD said, the gender equality meant that all have equal opportunities, respect and rights so it was time "to groom our daughters to be aware of gender equality and our sons to never think of degrading women just because of their dependence. Such awareness is necessary to avoid violence and discrimination against any gender", she said. Head of NUMS Department of Health Professions Education Dr Ayesha Rauf said women were making substantial contributions in the society. "I think what is required is that their contribution be recognized, their challenges be acknowledged and their responsibilities at home be shared," she said. Prof Dr Uzma Hassan who is heading department of Public Health said it was an occasion to educate public on issues of concern, mobilize political will and resources to address problems, and celebrate and reinforce achievements. Women in Pakistan are vulnerable to climate change, because they are more dependent on the natural resources being threatened by the climate change hence the requisite steps should be taken to address their issues.

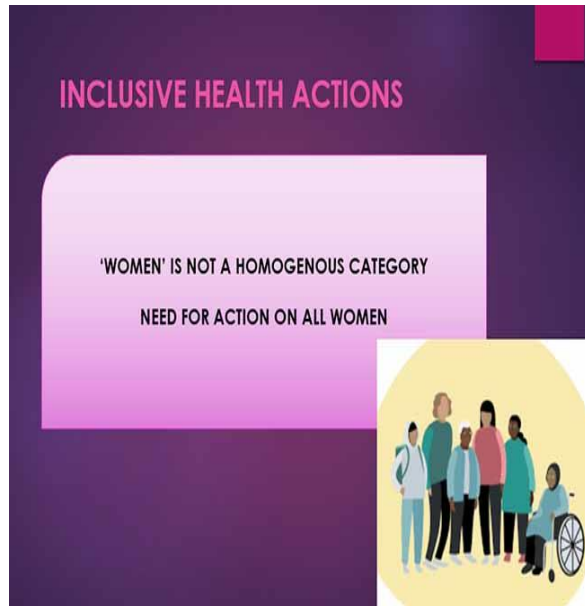
Student	Seminar	Series:	Women	Empowerment
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The commencement of The Student's Seminar Series, "Women Empowerment" by the Faculty of Social Sciences and Humanities was held on March 10th, 2022, Thursday. The session went successful due to the efforts of students who were being continuously mentored and guided by Ms. Salma Ayaz (Lecturer English). Women constitute half of the total population and thus must be empowered to attend to their roles in a more efficient way.

This approach was used as a motivation to revolve the first students' seminar session on it. The seminar was graced by the presence of the Faculty of Social Sciences and Humanities as well as Dr. Azam Chaudhry, Dean Faculty of Social Sciences and Humanities. Dr. Arif Mehmood, HOD Social & Behavioral Sciences, and Dr. Shazia Khalid, HOD Psychology also attended the session. Students participated in various capacities and play their part in making the event successful. Followed by the welcome note and recitation, Ms. Salma gave a brief on the event as well as shared her views on the performance of students during the process and practice sessions. It was followed by a mime performance by students of Psychology Sem I, that highlighted the significance of an empowered woman who is able to protect herself and how women together can play a part in strengthening each other. A poem was also presented by a student who voiced her thoughts on barriers a woman faces in the wake of her personal as well as professional life. A panel debate was organized by students with four students in each panel and two motions regarding Gender Equality were discussed and debated. The audience as well as the faculty members showed keen interest and added their take on the topic. A group of students from SSH Sem III also made a video that highlighted the issues women face like workplace harassment, physical abuse, and acid attack incidents.

## International Day of Action for Women's Health



Worldwide, May 28<sup>th</sup> is celebrated as the International day of action for women's health, to call attention of the public on pertinent sexual and reproductive health issues and rights of women.

The BS-Social Science of Health students of NUMS Department of Social and Behavioral Sciences, for one of their courses titled Gender and Health, held discussions and prepared information material for dissemination to advocate for action on women's health.

Ms. Taskeen Mansoor (Lecturer-Anthropology), as the course instructor, emphasized that the pandemic has exacerbated the already existing inequalities in access

to healthcare services for women. Significant issues highlighted by students included infertility, breast cancer, pregnancy and menstruation.

Talking about menstruation, a student remarked how due to inadequate preparation, lack of access to menstrual hygiene products and lack of awareness around female anatomy and physiology, young girls have traumatic experiences. One of the students discussed how the vulnerabilities faced by women in conflict areas need attention as these women are more prone to diverse forms of gender based violence which influence their health related outcomes.

The students acknowledged the need to understand women's health related issues from a holistic perspective, integrating the socio-cultural practices along with medical knowledge, to provide contextual health care services.



## Achievement / Contributions by NUMS Students, faculty and staff



**NUMS Assistant Professor wins the Competitive Technology Transfer Support Fund (TTSF) grant from HEC**



**Dr. Mahwish Ali**  
Assistant Professor (TTS)  
Department of Biological Sciences

*This TTSF project will lead to the development and commercialization of a skin wound healing scaffold. The currently available wound care bandages in the local market only cover the wound and protect against infections.*

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As the WHO commemorates World Health Day, NUMS in collaboration with Turkey, takes the initiative to research neglected tropical diseases which have long been overlooked in the global health agenda.



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## NUMS Childcare Facility



To facilitate the working mothers and ensuring female inclusion in the workforce and higher education, NUMS has facilitated them with a well-equipped day-care facility which can be availed by female students, staff and faculty. The daycare is offering the services 24/7 according to NUMS official

timings. Currently, more than 15 members are availing the facility at main campus and significant number at Constituent and affiliated colleges are also availing the same facility at their respective colleges/institutes.

Daycare SOPs are also defined and communicated to all concerned for the effective implementation of measures necessary to ensure the safe, secure and appropriate care to the children hence ensuring the satisfaction level of the working mothers.

The NUMS daycare consists of two rooms (Sleeping rooms), one lounge (playing area) and one kitchen area. Mattresses are placed in the sleeping zones, also equipped with an AC inverter and ceiling fans. Oven and refrigerator are placed in the kitchen area. This Daycare facility is open for both faculty and students and also being availed by both users.



Basic facilities available at NUMS Daycare include the following;

- Two AC inverter
- Fans
- Two Sofa comb beds
- Five mattresses
- Carpeted rooms and loung
- Refrigerator
- Oven in kitchen area
- Cabinets



**SDG-5 (Individual Report) - 2022**

Safety and security measures like availability of security guards, cameras etc. A Shared facility of Security Guard is available who is sitting at the main entrance combined for both Girls hostels and DayCare.

**Prepared by:** Sumiya Nauman,

Manager QA/Focal person for IR