



Report on:

SDG-12 (Responsible Consumption and Production)



National University of Medical Sciences (NUMS)

An SDG Engaged University

Preamble

National University of Medical Sciences (NUMS) has taken a pledge to make NUMS a Zero Waste¹ 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.

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/colour 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 behaviour of individuals and thereby develop a cultural change.
- e. These **5 Rs** are

¹ Zero Waste 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. (ZWIA)

- 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:

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

NUMS established Office of NUMS Environmental Stewardship (NES)

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 Environment Stewardship Committee (NESC)

NESC consists of following four wings and a GYM Club

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



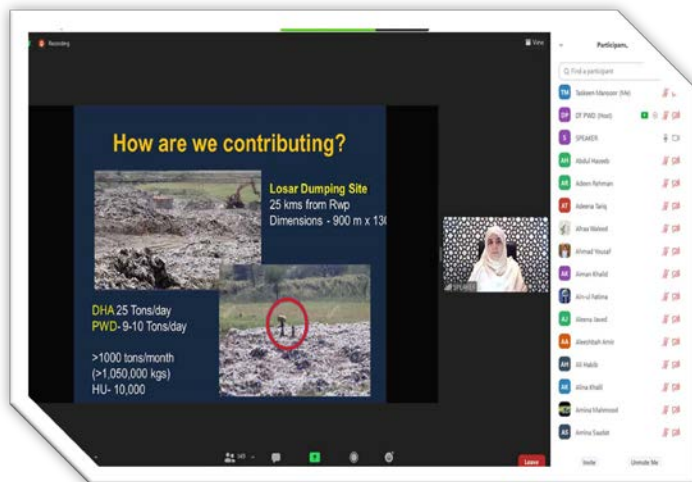
GYM clubs of all Universities can select 2 out of these five areas and they get support from HEC for conducting activities around these two area. Thematic areas adopted by the NUMS GYM club are 'Liquid and solid waste' and 'Eco-tourism'

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.

Dr. Ayesha Rauf from NUMS Department of Health Professions Education (NDHPE) moderated the webinar.



The webinar started with the national anthem.

Dr. Shazia opened the webinar by giving an overview of Samaaj Khayal. This was followed by moderator's introduction to the layout of the webinar and welcome note to the panelists.

A short clip from the speech of worthy Prime Minister of Pakistan, Imran Khan, given on World Environment Day 2021, was displayed

to endorse Pakistan's commitment towards restoration of the ecosystem. Video message of the honorable Vice Chancellor, NUMS, Lt. Gen. Syed Muhammad Imran Majeed (Retd), about the role of universities towards this initiative, was conveyed to the participants of the webinar. Concept of zero waste was introduced by Dr. Adeela Bashir, who is also the project lead.

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

Mr. Ali Hassan Habib (Managing Partner of HIMA, Verte)

Dr. Ans Irfan (Director of Climate and Health, George Washington University)

Dr. Kamran Iqbal (Consultant Public Private Partnership at World Bank)

Mr. Salman Tariq (Co-founder and CEO at Davaam)

Mr. Mohammed Omer Ghaznavi (Managing Director at Davaam)

Dr. Mahwish Ali (Assistant Professor, NUMS).

Questions relevant to the panelists' areas of expertise were posed and a healthy discourse was generated. The panelists presented their views and rich experiences related to citizen engagement, community mobilization, steps for mitigation and role of policy, Public private partnership in climate related health initiatives and providing sustainable solutions

The session ended with acknowledgments and concluding remarks by Dr. Qadir, from DSBS

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

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 event was attended by the honorable Pro-Vice Chancellor NUMS Major General Syed Ammar Raza, Dean Multidisciplinary Sciences Dr. Aisha Mohyuddin, Heads of NUMS departments, Directors, faculty members and staff.

The event opened with the national anthem of Pakistan followed by recitation of Holy Quran by Amina Mehmood (student, DBS). The moderators of the event Momina and Haseeb (students, DSBS & DBS) welcomed the guests to the event. Dr. Adeela Bashir, Assistant Professor NDHPE, presented the concept of Zero Waste. She elaborated the objectives of the Environment Committee and the milestones achieved by the NUMS team. Dr. Mahwish Ali, NUMS Environmental Scientist, gave a briefing to describe the concept and purpose of Green Youth Movement. Mr. Umer Fayyaz, lecturer NDSBS, then took the pledge from members of GYM club. Pro-Vice Chancellor NUMS Major General Syed Ammar Raza distributed certificates of appreciation to admin staff in recognition of their efforts and gave his concluding remarks on the idea of clean and green Pakistan. The session was concluded with a vote of thanks by Dr. Ayesha Rauf Head of Environment Committee.



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 respectable Vice Chancellor NUMS, Lt. General Syed Muhammad Imran Majeed, Pro VC Major General Ammar and all the guests visited the stalls. Proceeds from the sale would be used for eco-friendly initiatives at NUMS.

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.

Celebration of WORLD ENVIRONMENT DAY 2021 at NUMS

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.

