



NUMS
NATIONAL UNIVERSITY
OF MEDICAL SCIENCES

Report on: SDG-13 (Climate Action)

13 CLIMATE ACTION



National University of Medical Sciences (NUMS)

An SDG Engaged University

NUMS- GO GREEN Project

Pledge:

- Implement a comprehensive Zero-waste policy for waste management on campus through adopting 5Rs.
- Impart a civic sense and a sense of responsibility for sustainable living practices for Greener and Cleaner Pakistan, and the planet, to university students and the society at large.
- Create awareness among the university students to adopt best practices to prevent pollution and environmental degradation in and around our society.
- Conserve water and resort to massive plantation drive both at individual and institutional levels.

Mission statement:

The committee will endeavor to develop a Green identity by protecting, preserving, and promoting sustainable environmental practices in a manner that not only directly benefits NUMS campus but also educate by increasing awareness of the community at large.

Goals:

Eco sustainability at NUMS: on the path to **Zero-Waste**.

The purpose of this statement is to set out plainly and simply the University's commitment to sustainable development and effective environmental stewardship.

We have five main goals:

1. Have a sustainable campus.
 2. Enable awareness & learning in the university community about sustainability and to pioneer research solutions to the world's most pressing sustainability challenges.
 3. Motivate the next generation of students to go out and tackle the sustainability challenges they'll find in their workplaces.
 4. Use resources efficiently to minimize our impact on the environment.
 5. Comply with all relevant legislation and regulations.
- 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'.
 - Zero Waste Management policy and practices was approved on 20 June 2022 which fulfils requirements of many SDGs.
 - The **Zero Waste Management** employed by NUMS since June 2021 has two main components:
 - 1- **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
 - a. Recyclables- Three subcategories (Paper, plastic, metal/glass)
 - b. Compostable- Two subcategories (Food waste, Garden Waste)
 - c. Landfill waste
 - 2- **Motivating change in practices/behavior** in NUMS community by adopting 5 Rs of Zero waste (see below)
 - **Regular Waste Tracking** is being done since September 2021

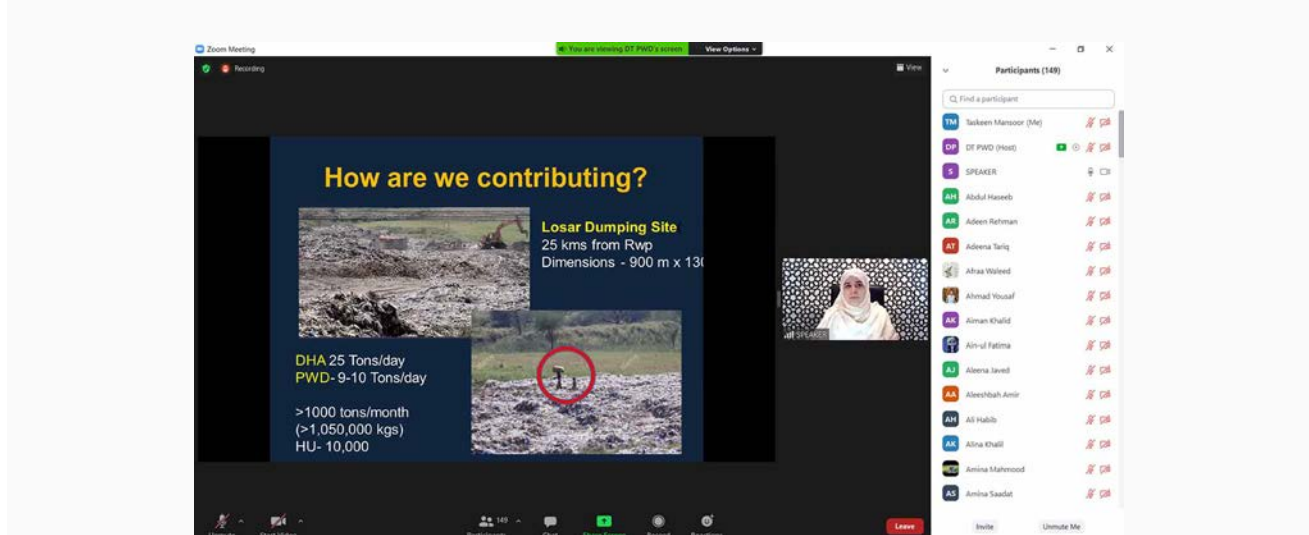
¹ Zero Waste is the conservation of all resources by means of responsible production, consumption, reuse and recovery of products, packaging and materials without burning, and with no discharges to land, water, or air that threaten the environment or human health. (ZWIA)

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)
- **5Rs of zero waste practices** are some simple steps that can be taken to help achieve the goal of Zero Waste, and contribute towards cleaner and greener Pakistan, and a safer planet. These include the following:
 - **Reduce:** Reducing the use of paper, plastics, single use items, disposables and all non-essentials
 - **Reuse:** Using reusable items, containers and cloth bags etc. to avoid single use items
 - **Recycle:** Using materials which can be recycled safely like glass, metal and paper
 - **Rot-Compost:** Composting food and Garden waste in allocated bins for composting
 - **Raise Awareness:** Creating awareness regarding threats to environment and their potential solutions

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 Samaaj Khayal 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

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.

