

DOW UNIVERSITY OF HEALTH SCIENCES, KARACHI



SUSTAINABILITY REPORT Year 2023-2024



DUHS

3 GOOD HEALTH
AND WELL-BEING



THE GLOBAL GOALS

SDG-3 GOOD HEALTH AND WELL-BEING



Ensure healthy lives and promote well-being for all at all ages

GOOD HEALTH & WELL BEING - SDG 03

➤ Global and National Collaborations:

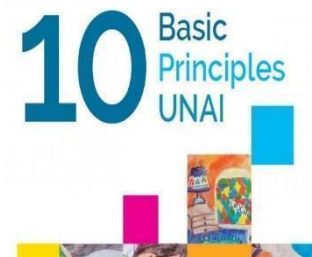
The Dow University of Health Sciences collaborated with different organizations / bodies at local, national and international levels to improve health and wellbeing.

At Global level, DUHS has developed a WHO collaborating Centre at Ojha Institute of Chest Diseases (OICD)-DUHS for Tuberculosis (TB) Research.

Also, DUHS has acquired United Nation Academic Impact (UNAI) Membership in April 2020, and as a standing member, values its commitment to its 10 principles,

Which include:

1. Commitment to the United Nations Charter,
2. Human Rights,
3. Educational opportunity for all,
4. Sustainability,
5. Capacity-building in higher education systems,
6. Global citizenship,
7. Peace and conflict resolution,
8. Addressing poverty,
9. Higher Education opportunity for every interested individual
10. The “unlearning” of intolerance



Community Outreach Programs:

➤ Department of Community Medicine, Dow Medical College (DMC)

The Department of Community Medicine, DMC organized various outreach and awareness sessions for the community. Below is the event calendar hosted by the Community Medicine Department during 2023-2024

Community Activities of Community Medicine Department, Dow Medical College				
S. No.	Date	Faculty	Event/Activity	Venue
1	July 2023	Dr. Muhammad Khalid Shafi	World Immunization week Awareness session	Sindh Govt Infectious disease hospital
2	4th July 2023	Dr. Muhammad Khalid Shafi	Health Show	Geo TV
3	20 th Aug 2023	Dr. Muhammad Khalid Shafi	XDR Typhoid public massage	Geo TV
4	15th July, 2023	Dr. Muhammad Khalid Shafi	Immunization Awareness session	Geo TV
5	4 th Aug 2023	Dr. Muhammad Khalid Shafi Dr. Gaiti Ara	Breastfeeding workshop with mothers	OPD Civil Hospital Karachi
6	8 th Aug 2023	Dr. Muhammad Khalid Shafi	National Guideline for Oxygen Therapy in children Workshop	CLF Office CHK
7	8 th Aug 2023	Dr. Muhammad Khalid Shafi	Breastfeeding Promotion session	Sindh TV
8	28 th Aug 2023	Dr. Muhammad Khalid Shafi	Polio Meeting with Ulma	EOC Sindh
9	24 th Aug 2023	Dr. Muhammad Khalid Shafi	Breastfeeding Session	DMC and Ojha Campus, DUHS
10	24 TH Oct 2023	Dr. Muhammad Khalid Shafi	Polio Eradication Public Awareness session on TV	PTV Debat @ 8 Program
11	24 th Oct 2023	Dr. Muhammad Khalid Shafi	Polio Update	Geo TV
12	24 th Oct 2023	Dr. Muhammad Khalid Shafi	Polio Awareness Session	Public TV

13	24 th Oct 2023	Dr. Muhammad Khalid Shafi	Polio and Immunization session	Metro TV
14	10 th Nov 2023	Dr. Muhammad Khalid Shafi	Polio Session With Mothers	Bayview School DHA Karachi
15	25 th Nov 2023	Dr. Muhammad Khalid Shafi	Breastfeeding Promotion Bill	Awaz TV
16	28 th Nov 2023	Dr. Muhammad Khalid Shafi	Polio Awareness session	Bol News
17	30 th Nov 2023	Dr. Muhammad Khalid Shafi	Polio Vaccination Message	Bol News
19	1st Jan 2024	Dr. Muhammad Khalid Shafi	The Grand EPI & Polio Awareness walk	Karachi Mazar-e -Qaid
20	8 th Jan 2024	Dr. Muhammad Khalid Shafi	Polio Awareness Session	Dawn News
21	11th & 15th Jan 2024	Dr. Muhammad Khalid Shafi	Polio Awareness Session	Aaj News
22	16th Jan 2024	Dr. Muhammad Khalid Shafi	Turning Disability into Ability Chaired session Youth Parliament	IDA RIEU Karachi
23	29th & 30th Jan 2024	Dr. Muhammad Khalid Shafi	Help Baby Survive TOT	Karachi SICHN
24	7th and 9th Feb 2024	Dr. Muhammad Khalid Shafi	Trickle Down Training HELP BABIES SURVIVES	Karachi Zainab Panjwani Hospital
25	18-Feb-24	Dr. Muhammad Khalid Shafi	Polio Awareness Session with Parents Beacon house DHA	Beacon House DHA Karachi
26	21st Feb 2024	Dr. Muhammad Khalid Shafi	Polio Awareness Session with Parents Bahria School	Baharia School Karachi
27	26th Feb 2024	Dr. Muhammad Khalid Shafi	Polio Awareness Session	ARY News

- **Department of Community Dentistry, Dow Dental College (DDC)**

Camp for oral health advocacy at Health Asia Moot

Dow Dental College's Department of Community Dentistry held an innovative dental camp at the Health Asia Conference 2023 at the Expo Center, gathering expert healthcare professionals from various fields, amid the bustling exhibits and enlightening courses.

More than just offering complimentary oral health checkups, the dental camp provided a comprehensive experience for the participants who received personalized guidance on oral hygiene practices and were educated about the risks associated with tobacco products, such as cigarettes and betel nuts.

Available to all conference attendees, the camp featured a team of seasoned experts from DDC Department of Community Dentistry. The faculty, including Dr. Taqi, Dr. Adnan, Dr. Mona, Dr. Babar, and Dr. Amber, alongside 11 dedicated house officers, ensured that each participant got valuable insights and recommendations.

A multitude of Health Asia Conference 2023 attendees reaped substantial benefits from this enlightening dental camp. Not only did they gain vital knowledge about maintaining oral health, but they also became aware of the accessible subsidized dental services offered at DDC.



DDC Team Screened 600 Seminary Students for Oral Ailments

The Dow Dental College (DDC) Department of Community Dentistry provided oral health guidance and services to students of Madrasa Jamia Ansaria between the ages of 5 to 21 years during a visit to the seminary on the outskirts of Karachi. The activity was conducted by a dedicated team comprising final-year dental students, house officers, and faculty members under the guidance of Dr. Muhammad Taqi, the Head of the Department of Community Dentistry.



During this outreach activity, a total of 600 students were provided oral health guidance in both Pashtu and Urdu languages, emphasizing essential oral hygiene practices with a focus on regular check-ups, proper tooth brushing, effective flossing techniques, maintaining a healthy diet, and overall oral health maintenance.

The DDC team conducted comprehensive screenings of the students to identify common oral health issues such as caries, bleeding gums, infections, and ulcers. The screenings were facilitated by the team of faculty members, comprising Dr. Adnan Anwar, Dr. Babar Zia, and Dr. Mona Shah, in collaboration with final-year dental students Aliza Adil, Noureen, and Ayesha Siddiqa. They explained personalized management plans to each student, providing those free medications and medicated toothpaste to promote long-term dental wellness within the community.



Dow Dental College students of BDS program examine 200 school kids



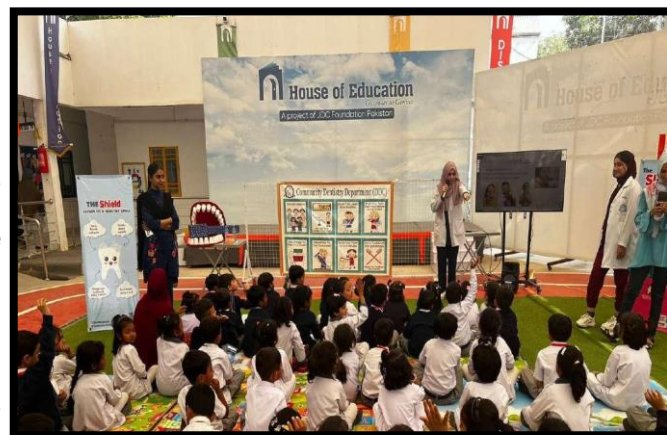
As part of community outreach program, third-year BDS students from Dow Dental College organized a camp to promote oral health among 200 students at the Kotwal Boys Secondary School, under the guidance of Assistant Professor Dr. Muhammad Taqi, alongside Dr. Adnan, Dr. Mona, Dr. Babar, and Dr. Amber, the outreach program aimed to empower students with essential oral hygiene practices.

The students engaged with the school community, imparting knowledge on proper tooth brushing techniques and effective flossing methods to instill habits conducive to optimal oral health in them. The outreach activity involved hands-on clinical examinations conducted by the BDS students, enabling them to apply their clinical

expertise in identifying potential dental issues among the school students. Specific treatment plans were recommended for individuals identified as high-risk for dental caries, addressing their oral health needs.

DDC Visit to JDC Foundation's House of Education

The Department of Community Dentistry at Dow Dental College spearheaded a collaborative initiative aimed at improving the oral health of children. This initiative involved partnering with the School of Dental Care Professionals, specifically engaging student leaders from the Dental Hygiene Program, as well as collaborating with the JDC Foundation's House of Education.



Under the guidance of Assistant Professor Dr. Muhammad Taqi, alongside Dr. Adnan and Dr. Amber Saeed from the Faculty of Community Dentistry, in conjunction with the DDC Students Assembly, a dedicated team of volunteer students visited an orphanage to interact with 185 children.

The program featured informative presentations and engaging animated videos covering fundamental dental hygiene concepts, including proper brushing and flossing techniques by practical demonstration where children were taught correct brushing techniques using dental models. Additionally, a lively quiz based on the shared information was conducted, with successful participants receiving goodie bags containing toothpaste, stationery items, and colorful stickers. Simultaneously, dental checkups were carried out, allowing the doctors not only to assess the children's dental health but also to offer guidance on preventive measures and make necessary referrals when required.

Community Dentistry Department in coordination with Colgate Palmolive Pakistan organized Health Week

As part of the comprehensive study program, the Community Dentistry department collaborated with Colgate Palmolive Pakistan to organize a Health Week initiative. Throughout the week, a series of events were conducted to promote oral health awareness among the youth. One of the key highlights of the initiative was providing free Dental Checkups at various schools in Karachi. The professional dental teams not only conducted the checkups but also engaged with the children, imparting valuable knowledge on the importance of Oral Hygiene. These interactive sessions included educational demonstrations on proper brushing techniques, the significance of regular dental visits, and how maintaining good oral health can contribute to overall well-being. The students were encouraged to ask questions, fostering an open dialogue about dental care.



- **Dow Institute of Physical Medicine and Rehabilitation, DUHS**

F&SRC workshop at DIPM&R

Dr. M. Sarfraz, (Assistant Professor & HOD at DUHS Fitness and Sports Rehab Centre), led a comprehensive workshop on "Exercise Basics" on February 27th, 2024 at DUHS F&SRC. The session enlightened attendees, including DUHS Family (students, staff, employees) and the community, on foundational exercise principles, emphasizing proper form, warm-up and cool-down routines, setting fitness goals, and dispelling misconceptions about weight training. This insightful workshop equipped participants, whether beginners or those midway through their fitness journey, with valuable knowledge to optimize their workouts and prevent injuries.

- **Events organized by Department of Ophthalmic Technology and Visual Sciences- DUHS**

Name of Event	Date of Event	Activities
Word Sight Day 2023	12 October, 2023	Free stall of medicines for patients
Annual Health Innovation Exhibition	21 November, 2023	Free Eye camp and awareness program
Orthoptics Exhibition	9 October, 2023	Awareness through model and chart presentation
Low Vision Exhibition	4 November, 2023	Awareness through model and chart presentation

- **Outreach Activities by School of Dental Care Professionals, DUHS**

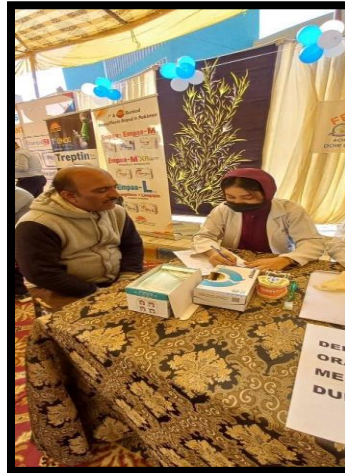
- Students of BS-DCP Dental Hygiene Program participated in Oral Screening on world Diabetes Day held on 14-11-2023 organized by National Institute of Diabetes & Endocrinology, DUHS.



- Students of BS DCP Dental Hygiene Program Participated in community visit along with BDS students of Dow Dental College at Kotwal Government School held on 7-12-2023.



- Students of BS-DCP Dental Hygiene Program participated in Oral Screening on “Ramazan Diabetes” event held on 17-2-2024 organized by National Institute of Diabetes & Endocrinology, DUHS.



● Outreach Activities by School of Public Health, DUHS

- **January 2024:** Field visit of students and faculty to PPHI Nutrition stabilization Centre at Liaquat University of Medical & Health Sciences (LUMHS), Hyderabad and Jamshoro. Mr. Zakir Hussain Samo, District Nutrition Coordinator PPHI Sindh Jamshoro gave a tour of Nutrition stabilization center that caters to the communities of Sindh and Balochistan. Students had a profound and invaluable learning experience. NSCs typically cater to children suffering from severe acute malnutrition (SAM) or other forms of malnutrition. Students witnessed firsthand devastating effects of malnutrition on individuals and communities, including stunted growth, compromised immune systems, and increased susceptibility to diseases. Students learnt about Assessment and Screening, Treatment Protocols and how Cultural Sensitivity and Contextual Understanding is important in interaction with patients and their families also how cultural, social, and economic factors influence nutrition status in different communities. This understanding is essential for designing culturally appropriate intervention



February 2024: With a research grant of 1 million, Medical camps at various locations in Karachi were set up to assess for metabolic syndrome in healthy appearing adults up for screening. The participants were provided with free physical examination and free vouchers for diagnostic laboratory tests. All self-reported chronic conditions were further assessed by physical examination, medical history of the participants and laboratory findings. These camps make sure people are getting the healthcare at the right time, and seeing the doctor early enough before a small health problem turns serious. In continuation of last year, a research-based activity was performed to screen apparently healthy individuals for metabolic syndrome. In this activity, anthropometric measurements, blood pressure measurement, doctor's consultation and sugar and lipid profile tests were investigated free of cost.



March 2024: A field visit organized to observe disease incidences and sample collection for the development of biological control approaches using epiphytic yeast is an excellent opportunity for students to gain practical insights into agricultural research and postharvest management. The project “Development of biological control approaches using epiphytic yeast to maintain postharvest quality and control fruit rot of mango, citrus & tomato” is approved for funding by NRPU, HEC 2021. (The research study is ongoing)



- **Outreach Activities by Department of Community Dentistry, Dow International Dental College, DUHS**

6th Mar, 2024 and 31st Jan, 2024: Visit to Society for the Rehabilitation of Special Children (SRSC)

Dow International Dental College, DUHS, organized Oral Screening and Health awareness sessions in collaboration with The Society for the Rehabilitation of Special Children (SRSC), at Saddar, Karachi.

The 1st visit to SRSC was held on 31st Jan, 2024 and 2nd session of this year was held on March 6th, 2024. There were a total of 5 team members from DIDC, DUHS including the Principal, Faculty members and house officers visited SRSC.

The session started with Oral health awareness through a presentation on oral hygiene awareness, given to the children and the team of caretakers SRSC, and continued with a Question/Answer session with the SRSC caretakers. An interactive hands-on session with special children was done by the faculty and house officers. After that follow-up consultation and follow-up physical measurement was done for all of the special children. It was the first time the special children of SRSC were exposed to the dental screening program so the team was enthusiastic to participate in the voluntary work. The session ended by giving Colgate kit samples to all children by the faculty of DIDC.



21st Feb, 2024 to 8th Mar, 2024: World Oral Week Community Outreach Activity

The administration and Faculty of Dow International Dental College, DUHS, organized free Oral Screening and Health awareness sessions in different schools in Karachi in collaboration with The Shield Pakistan.

These free school camps were started on the 21st 2024 of February and ended on the 8th of March 2024,

there were a total of 6 team members from DIDC, DUHS which included the Faculty members and house officers -who visited and covered almost all districts of Karachi, where more than 2500 school students get a free consultation and oral hygiene instructions.

The session ended by giving Shield kit samples to all children by the faculty of DIDC.



2nd Nov, 2023: Visit to Govt Girls Primary School NO. 7 Korangi NO. 6



The Community Outreach program was organized by the Department of Community and Preventive Dentistry DIDC, DUHS held on November 2nd, 2023. All Faculty members of the Community and Preventive Dentistry Department and Students of 3rd year BDS activity participated in the community outreach program.

The primary objective of the event was to provide Oral screening and proper brushing methods taught by the students, also given furthermore instructions about good food and bad food were given with the help of chat and play cards. Brushing kits/ samples were also given to every student and the importance of brushing was demonstrated at the end of the session. School health service was provided for the students to promote, protect their health, and maintain their oral health overall.

20th HEALTH ASIA 2023 & International Exhibition & Conferences

Health Asia International Exhibition and Conferences being held at Karachi Expo Centre it's a Biggest Health & Medical Industry Event of Pakistan.

Faculty and House Officers of Dow International Dental College, DUHS participated in this event on 21st October 2023, a team of DIDC interacted and consult more than 60 foreigners.

The day's agenda was packed with informative dental knowledge, and the essential aspects of proper oral hygiene practice and also provided guidance on preventive measures and necessary referrals.



18th Sep, 2023 – 22nd Sep, 2023: Free Oral Screening Colgate Oral Health Week

Dow International Dental College DUHS, organized a free oral screening week in collaboration with Colgate Pakistan. Faculty and house officers of Dow International Dental Collage actively participated in this event held from 18th September 2023 to 22nd September 2023, team members of DIDC aimed to provide accessible dental care to school-going children and also intended to raise awareness about oral health and promote early detection for any kind of dental issues.

The event was for all primary and secondary Karachi-based school students both girls' and boys' sections, students were checked and their problems were addressed by more than 75 highly qualified faculty of DIDC.



ACTIVITIES:

Oral Health Screening: proper examination, for signs of cavities and gum disease were checked.

Education Sessions: oral hygiene practices, including brushing techniques, flossing was demonstrated

In the end, Colgate brushing kits were distributed to all students, reinforcing key messages about oral health maintenance.

- **Outreach Activities by Dow Institute of Nursing & Midwifery, DUHS**

On January 27th, 2024, the BSN Semester VIII students from GBSN Dow Institute of Nursing and Midwifery, DUHS, orchestrated a comprehensive health awareness session in Marora Goth, Karachi. The session encompassed a variety of engaging activities, prominently featuring blood sugar and blood pressure monitoring stations. In addition, the students established informative stalls that delved into critical health topics such as malaria, dengue, family planning, and diabetes.



These stalls served as focal points for community members, offering them accessible information and resources to promote well-being. Both men and women from the community actively participated in the event, immersing themselves in the diverse array of activities and eagerly receiving educational leaflets. Colorful posters adorned the venue, serving as vibrant conduits for the dissemination of vital health information throughout the community. This initiative was seamlessly integrated into the curriculum's framework, specifically aligning with the objectives of the Community Health Nursing-III course and the overarching principles of the PNC curriculum. Through collaborative efforts and proactive engagement, the session epitomized the institution's commitment to fostering community health and empowerment.

- **Go Green Breathe Clean- Mangroves Plantation by Green Youth Movement (GYM) Club**

To celebrate 76 years of independence the students and Faculty of DUHS joined the Sindh Forestry department to plant mangroves, an ecologically much needed plantation. In connection with the green youth movement (GYM), HEC to plan and execute the agenda of Go Green Breathe Clean DUHS a highly energized meeting was held in the Principal Board Room, DIMC chaired by Pro.Vice Chancellor Dr. Jahan Ara Hassan.

Dr. Sumbul Shamim, Principal Dow college of Pharmacy/Focal Person for the GYM briefed to her the past and pending activities to be executed through a designed line of action. A presentation explaining the concept of Urban forest and highlighting the current activities of the social forestry department was made by Mr. Zeeshan.



- **Outreach Activities by Institute of Business & Health Management, DUHS**

The Community Service & Sustainability Society at the Dow University of Health Sciences, Institute of Business and Health Management, arranged a dowry for the daughter of a janitorial staff member, showing their support and care. In a demonstration of compassion, the society pooled resources to provide essentials for the young bride-to-be's new journey. Among the items generously contributed were a Super Panasonic stitching/sewing machine enclosed in a sturdy wooden cover, four sets of Prestige hotpot and cooler sets to ensure comfort in daily life, a lavish Fantasy Dinner set serving six persons, along with an assortment of practical kitchenware including 17 pieces of Super National non-stick cookware and 15 pieces of United Cookware. This act of kindness highlights the university's commitment to its community, ensuring that everyone feels valued and supported.

- **Department of Community Dentistry, Dow International Medical College (DIMC)**

In collaboration with the School of Public Health and the Dental Department, we organized a two days community health camp to provide comprehensive healthcare services to the underserved population. The camp offered free medical consultations, dental check-ups, immunizations, and health education sessions on various topics such as hygiene, nutrition, family planning, and NCD prevention.



Smoke-free Campus

Dow University of Health Sciences has the Policy for Tobacco & Smoke Free Environment at DUHS which was created on April 11, 2020 and publicly available on DUHS website. The department of Community Medicine, Dow Medical College – DUHS organized an awareness session for all the staff and students on Smoking and Tobacco Control & Cessation, to encourage a smoke free environment. Moreover, The Marketing department of DUHS organized an anti-smoking team visit by Commissioner Karachi & WHO Representative on 16th June, 2022, in which DUHS was declared as Pakistan First Smoke-Free University.



4

QUALITY
EDUCATION



SDG- 4 QUALITY EDUCATION

Providing outstanding patient centered education, training and clinical care informed by cutting edge research and innovation generating and disseminating new knowledge

QUALITY EDUCATION – SDG 04

Educational Outreach Activities

- **School children & teachers visited Dow Dental College**



The students and teachers of Government Boys Secondary School, Kotwal Building visited to the Dow Dental College led by the headmaster under an initiative by Dr. Taqi, Head of the Community and Preventive Dentistry Department at the DDC.

The 35 students and 7 teachers of the school were given a comprehensive presentation by Dr. Adnan Sukkurwalla, providing an overview of the institution's rich legacy and ongoing initiatives. Subsequently, the students were divided into groups, each guided by Dr. Mona, Dr. Babar, and Dr. Amber, who led them to various DDC departments, facilitating insightful interactions with the faculty, who informed them about their respective functions and operations. Simultaneously, a group of teachers was escorted through different dentistry departments under the supervision of Dr. Adnan Sukkurwalla.

At the end of the trip, the students and teachers met with Dr. Muhammad Taqi, and shared their newfound insights, appreciating the invaluable learning experience. The excursion not only encouraged the students' curiosity, but also enriched their academic journey.

- **World Oral Health Day marked at DDC**



To mark World Oral Health Day, the Dow Dental College (DDC) organized a series of presentations and activities focused on promoting dental wellness.

In collaboration with Platinum Pharma, the DDC's Community Health Department and its faculty, including the Head of the Department Dr. Muhammad Taqi, Dr. Adnan, Dr. Mona, Dr. Babar, and Dr. Amber, organized the event. The festivities commenced with a warm welcome to the participants, where the organizers highlighted the significance of World Oral Health Day and maintaining good oral hygiene. The speakers on the occasion shared their expertise in various aspects of oral health. Dr. Mona Shah delivered a comprehensive presentation on the importance of maintaining good oral hygiene. Following this, Dr. Chandar Kumar, Head of the Department of Periodontology, discussed the role of pharmaceutical companies in promoting oral health awareness and accessibility to dental care products.

As the event concluded, the speakers were presented with shields to laud their contributions to the success of the World Oral Health Day event. Platinum Pharma representative expressed his gratitude to the college principal by presenting him with a bouquet. He reiterated the shared commitment to enhancing oral health awareness and accessibility to dental care products.

Executive & Vocational Training/Courses Programs

DUHS provides a platform for health care professionals by signing an agreement with Pakistan Institute of Quality. An executive education program which is Certified **Healthcare Quality Professionals**, and is open to all, not just those from the University. This program equips professionals to be certified as a Healthcare quality professional and the 4 months course provides lectures and interactive discussion sessions, each semester, open specifically to personnel working in health services or healthcare management.

Moreover, Dow University of Health Sciences has a separate department for training with the name of **Dow Skills Development Centre (DSDC)**. It is registered/ affiliated with Sindh Board of Technical Education Karachi and National Vocational & Technical Training Commission (NAVTTTC), and conducts Professional Computer Courses as well as regular vocational training for faculty/ staff. The program particularly focuses on key technical skill areas identified as the most crucial for Health Care Professionals at DUHS to improve the level of services DUHS is providing to the nation. However, there are specialized textile sector courses for girls in a safe & secure environment.

Vocational training/courses offered by DSDC during the period 2023-2024			
S. #	Name of Training/Course	Date	No. of Participants
1.	Service Excellence	18 Jan, 2024 to 10 Feb, 2024	120
2.	Intensive English Communication Training	1 Nov, 2023 to 10 Nov, 2023	90
3.	Service Excellence (Care for Connect)	21 Sept, 2023 to 7 Oct, 2023	125
Course offered by DSDC during the period 2023- 2024			
S. #	Name of Training/Course	Date	No. of Participants
1.	AI and NVivo Software Workshop	3 Mar, 2024 & 16 Mar, 2024	16
2.	IELTS Preparatory Crash Course Batch 03 (DMC)	22 Feb, 2024	5
3.	IELTS Preparatory Crash Course Batch 03 (Ojha)	21 Feb, 2024	5
4.	Basic of Blood Banking	18 Feb, 2024	12

5.	DIT	16 Jan, 2024	65
6.	CIT (Morning Batch 02)	15 Feb, 2024	56
7.	Graphics Design Batch 03	7 Dec, 2023	17
8.	CIT (Evening Batch 02)	8 Nov, 2023	20
9.	CIT (Evening Batch 01)	27 Sep, 2023	30
10.	IELTS Preparatory Crash Course Batch 02 (Ojha)	16 Sep, 2023	10
11.	IELTS Preparatory Crash Course Batch 02 (DMC)	15 Sep, 2023	5
12.	CIT (Morning Batch 02)	7 Sep, 2023	56
13.	CIT (Morning Batch 01)	11 Jul, 2023	89
14.	Graphics Design Batch 02	4 Jul, 2023	15
Total			736

5

GENDER
EQUALITY



'EQUALIZING THE DIFFERENCE'



STOP GENDER DISCRIMINATION!

SDG- 5 GENDER EQUALITY



Equal Rights, Equal Opportunities

GENDER EQUALITY - SDG-05

The Dow University of Health Sciences practices equal access to resources and opportunities, regardless of gender, including employment, admission and decision-making.

Women Applications and Entry

The scope of non-discrimination with regards to gender on admission of students is covered in the **DUHS Act 2004** (policy document of the University) which states in Clause No. 5.1 Under Section that the University is Open to All,

“The University shall be open to all persons of either sex of whatever religion, race, creed, color who are academically qualified for admissions to the courses of study offered by the university and no such person shall be denied to the privilege on the ground of only sex, religion, creed, race, class, color”.

Furthermore, **DUHS demonstrates equal employment opportunity** without any discrimination to genders and encourages a participative work culture of equality and professionalism in all the endeavors at DUHS. These aspects include, hiring, learning, development, performance enhancement etc.

Women's Access Schemes

Mentoring programs are being offered at constituent Institutes/ Colleges/ Schools at DUHS such as DCOP & DIPM&R. Furthermore, DUHS also have scholarship programs in which different scholarships are awarded to students and Ehsaas Undergraduate Scholarship Program is one of them. It is the country's largest undergraduate scholarship program provided by the Higher Education Commission (HEC) -Pakistan, in which students are given need and merit-based scholarships, with 50% scholarships reserved for girls.

An Interactive session on Importance of Nutrition for Women's Mental and Physical Well-Being

On Women's Day, Dow University of Health Sciences celebrated the strength and achievements of women in both mental and physical health. The event showcased the unity and support within DUHS, symbolized by the various hues of purple. Dr. Faisal Yameen initiated the program with insights on holistic wellness, highlighting the significance of physical activity across all aspects of life. Ms. Badder Hina emphasized the importance of nutrition for women's mental and physical well-being.

The interactive Q&A session allowed participants to engage directly with speakers, with discussion on contemporary health issues. The yoga session, guided by Dr. Noor along with Ms. Rohi Naz and Ms. Mahawish Asher, instilled tranquility and taught techniques for managing stress. The Pro Vice Chancellor Prof. Dr. Jahan Ara Hasan, Dr. Zeba Haque, Prof. Dr. Sumbul Shamim, and Dr. Mehnaz Director of Sports DUHS shared invaluable wisdom, inspiring all attendees. The event exemplified DUHS's commitment to empowering women without limits, making it a day of immense pride for all associated.

Maternity Policy

At DUHS, the maternity policy is in place from 2007 as mentioned in the Statutes of DUHS, Maternity Leave Clause No. 11 of the Section, Leaves Statues of DOW University Statues 2007, which are translations of the Act (policy document for every university). However, the formal policy was created in 2019. As a semi-autonomous organization, we follow all Sindh government rules and regulations, which has granted paternity leave to employees as allowed through the Gazette of Pakistan 2019.

Childcare facilities for students, staff and faculty

Dow University of Health Sciences has Dow Day Care Center which offers a subsidized day care facility to the students, staff and faculty which allow them to continue their studies and ensure work

compliance of all the employees. The Day Care provides child care services to infants of age 3 months to 5 years. It maintains a good hygienic environment by following standard child care practices under supervision of trained professionals. It also promotes early childhood development by providing facilities and engaging children in physical and interesting age-appropriate learning activities, day celebrations and by providing best hygiene, furniture equipment, meal, snack time, play time & sleeping time. The details can be found at provided web links of Day Care Centers at both campuses of DUHS.



Protection against Discrimination

DUHS has formal policy in place for the protection against discrimination, for instance Policy for Grievance of Students & Policy for Grievances of Employee. Besides the formal policy for the said purpose, we also have various forums/ mechanisms in place which deal with and allow reporting of cases regarding such discriminations. "Dow Connect" (<http://dc.duhs.edu.pk/>) is the confidential e-portal for registering

complaints/requests of faculty, staff & students regarding discrimination from educational or employment disadvantage. The students can also register their educational matters/complaints to the Academic Committee of DUHS, which meets as and when required and furnishes its recommendations/suggestions to the competent authority for approval. Also, the faculty and staff can put up their concerns in the “Grievance Committee”, which resolves the cases accordingly

17 PARTNERSHIPS FOR THE GOALS



SDG- 17 PARTNERSHIP FOR THE GOALS



Enhance implementation efforts and revitalize global partnerships
to achieve sustainable development

PARTNERSHIP FOR THE GOALS – SDG 17

Collaboration with NGOs to tackle the SDGs

Dow University of Health Sciences has its own student run non-profit, non-political welfare organizations i.e. Pakistan Welfare Association (PWA), Dow Patient Care Association (DPCA), & Serve Our Community Health (SOCH).

PWA was established to help those in need, to remove the despair and unease from the lives of those patients who are struggling with poverty. Some activities by PWA for the year 2023-2024 are as follows:

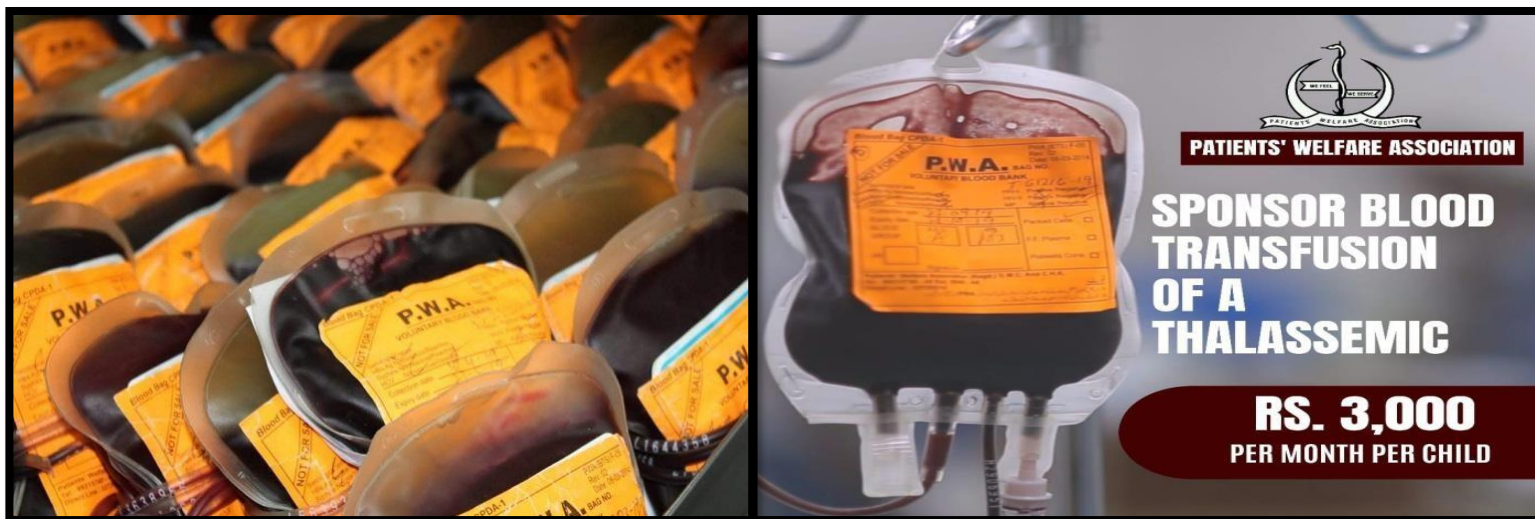


PWA Activities during the period 2023-24		
S. No.	Event Date	Event Description
1.	7 July, 2023	A tour of PWA was given to students of SOCH Student Volunteer Program, explaining the importance and working of PWA's Blood Bank and Thalassemia Daycare Centre.
2.	12 July, 2023	SOCH SVP volunteers arranged an activity for TDC patients, along with goodie bags distribution.
3.	22 July, 2023	Med-Connect (Episode 1); a session was conducted by Dr. Najeeb Ahmed, Dow Graduate of Batch 2001, on "Core principles of Diagnostic Radiology for Undergraduates".

4.	6 August, 2023	Med Connect (Episode 02); a session conducted by Dr. Muhammad Shoaib Khan, Dow graduate of 2012, on "Paving a path to success, training opportunities in Pakistan and the United States".
5.	9 August, 2023	Hepatitis Awareness webinar was held in collaboration with The Health Foundation, in which Dr. Saad Khalid Niaz was invited as guest speaker.
6.	14 August, 2023	Independence day celebration with thalassemia patients was held at Thalassemia Daycare Centre, PWA. The event included speeches, quiz competition, games and cake cutting ceremony.
7.	17 August, 2023	A healthy mind activity was arranged for the Thalassemia patients at Thalassemia Daycare Centre by a graduate of Batch 2023 to instill the value of personal hygiene and health for our young warriors.
8.	19 September, 2023	Storytelling activity was arranged for patients at Thalassemia Daycare Centre in collaboration with GoRead.
9.	23 September, 2023	PWA's Donors' Conference 2023 was held at Muin Hall, Dow Medical College. A presentation of PWA's financial and departmental reports along with progress over the past year, future plans and aims were discussed at event. It was attended by the volunteers, alumni, board members and our esteemed donors and well-wishers. Vice-Chancellor DUHS Dr. Saeed Muhammad Quraishy (TI), Medical Superintendent Civil Hospital Karachi Dr. Syed Khalid Bukhari, Director JK Enterprises Mr. Javed Iqbal, and CEO Tata Textiles Mills Mr. Shahid Anwar Tata were some of the renowned names amongst the attendees.
10.	7 October, 2023	Awareness session on Thalassemia and Voluntary Blood Donation was arranged for the volunteers of Nixor Hospital. They also visited the Thalassemia Daycare Centre and Blood Bank, where they were introduced to the working of PWA.

11.	11 October, 2023	Awareness Session at Kiran Foundation, for the locals of Lyari. We visited one of their setups: Salma Ghar KF, for an Awareness Session for the mothers and women of the community. The session was centered on “Thalassemia, from a mother’s perspective”.
12.	14 October, 2023	The founder of “The Faryal Kamran Initiative” Miss Faryal Kamran arranged ‘Healing through Art’ activity for patients at Thalassemia Daycare Centre.
13.	19-21 October, 2023	The volunteers of PWA arranged a stall at 20th Health Asia International Exhibition and Conferences, held at Expo Center Karachi.
14.	13 November, 2023	PWA's volunteers held an awareness session at Shamsi School and College. The students from class 9th till 12th were provided knowledge about thalassemia, blood donation, and the importance of volunteerism.
15.	14 November, 2023	The PWA volunteers held an awareness session at Mazin Academy, which is an NGO working to educate children of rural communities. Two separate sessions about blood donation and thalassemia were held. One aimed at students and another one for their parents.
16.	15 February, 2023	The volunteers of PWA welcomed the Dow Batch of 2029 by arranging an Orientation session at New Lecture Hall-1, DMC. The students were also given a tour of the Blood Bank and Thalassemia Daycare Centre.
17.	7 March, 2023	The volunteers of PWA arranged a kiosk at Spring Fest at BAMM PECHS Government College for Women.
18.	7 March, 2023	A stall was set up at Society Orientation held at Dow Medical College.

BLOOD DONATION CAMPS		
19.	25 July, 2023	At Imam Bargah Wahdatul Muslimeen, Johar / IMI
20.	27 July, 2023	At Markazi Imam Bargah, Steel Town / IMI
21.	28 July, 2023	At Manzoor Colony / BMT
22.	28-29 July, 2023	At Numaish / IMI
23.	07 September, 2023	Chehlum blood camp in collaboration with BMT
24.	07 September, 2023	Chehlum blood camp in collaboration with IMI
25.	22 October, 2023	MMSJ Bloodcamp
26.	12-14 December, 2024	At Movenpick Hotel
27.	19 February, 2024	In collaboration with Baltistan Medical Trust
28.	25 February, 2024	At Dynamik Gym
29.	6-7 February, 2024	At VisionTech Export, Landhi
30.	3 March, 2024	In collaboration with MMSJ
31.	5 March, 2024	At A. F. Ferguson & Co.



DPCA, or Dow Patient Care Association, was founded in 2012 and is a resident non-profit, non-political welfare organization that aims to bridge the gap between needy patients and healthcare.

In addition to their focus on addressing patient financial needs, DPCA regularly participates in community awareness initiatives and public health movements to improve the quality of life on Ojha Campus and the surrounding area.

S. No.	DPCA activities during the period 2023-24
1.	DPCA provided over PKR 2,500,000 or 1/4 crore (greater than 2x the amount ever spent on patient welfare than any other year in DPCA history) worth of medical procedures, diagnostic or laboratory tests, and medication to the non-affording, underprivileged patients of Dow University Hospital.
2.	During the past year, DPCA financially supported up to 100 patients every month, a new record in DPCA history.
3.	Introduced the "Medicinal Welfare System", a new initiative allowing DPCA to sponsor medication for the non-affording, underprivileged patients of Dow University Hospital, in addition to medical procedures and laboratory testing.
4.	Expanded DPCA operations into other colleges, with active operations in the Dow International Medical College, Dr. Ishrat-ul-Ebad Khan Institute of Oral Health Sciences, and Dow College of Biotechnology.
5.	Opened and provided leadership and skill-learning opportunities to over 200+ DPCA members through wing head positions, sub-executive positions, volunteering positions, and ambassador positions.
6.	Blood Drive collected up to 150 blood donations for the DUHS Regional Blood Center, whilst gaining coverage in many reputable newspapers due to the success.
7.	Eid in Paeds — gifts & toys were given to sick paediatric patients, uplifting their spirits and allowing them to have a fun Eid celebration, despite their illnesses.
8.	Dr. Javed Iqbal Speaker Session — an enlightening motivational session on one of the most dire problems being faced by Pakistan: Brain Drain.
9.	Bikeathon — a fun event with the aim of combating and raising awareness for the world's top killer and leading cause of morbidity, Cardiovascular Diseases, for World Heart Day.
10.	Clothing Donation Drive — a campaign where students donated clothes, encouraging a culture of recycling and giving.
11.	Bakesale — a fun and sweet fundraiser with the aim of raising Breast Cancer awareness.
12.	Cricket Screening — a screening of the Pakistan vs. India cricket match to promote a healthier sportive culture, whilst raising funds for the non-affording patients.

FRIP (First Response Initiative of Pakistan) was founded in 2010 in an effort to save the lives of those inflicted by trauma. It is a Karachi based group of young doctors, medical students and others with an interest in Trauma, First Response and saving lives. A first responder is the first person at a scene of

trauma/injury. In a city like Karachi, the lack of a streamlined system leaves trauma victims at the mercy of the general population in the first few minutes. How first responders react to a situation can make or break the victims chances of survival. To make the general population aware of the responsibilities and to teach them appropriate skills to handle emergency situations will significantly reduce the adversity associated with trauma

FRIP Activities during the period 2023-24

From July 2023 to March 2024, FRIP organized a total of 278 workshops, training 6603 participants in basic lifesaving skills to act in case of emergencies, such as CPR, heart attack, fractures heat stroke etc. management.



LEVEL 1

Level 1 conducts a two-day workshop for medical students, comprising of Basic Life Saving Skills protocols, hands-on practice and a test at the end of the workshop.

LEVEL 1

FRIP conducted 24 Level 1 workshops in different medical colleges such as AKU, LPMC, UMDC, JSMU etc. training 684 medical students.

LEVEL 2

The level 2 department conducted 18 workshops which added 225 new instructors to our instructor pool.

INDESIGN AND OUTREACH

The InDesign and Outreach trained 2039 participants by conducting workshops in corporate sector, underprivileged communities and areas outside Karachi.

EDUCATION

FRIP's Education Department organized over 137 workshops training 4009 students and education faculty ranging from primary school children to university graduates.

MEDIA AND PUBLIC RELATIONS

FRIP set up 6 stalls dedicated to Media and Public Relations (MPR) to further engage the community in emergency preparedness efforts.

Volunteer Force against Hepatitis Transmission (VFAHT) DUHS Local Council has been actively striving to achieve its objective of eradicating infectious diseases in Pakistan through the help of awareness sessions and campaigns.

	VFAHT activities during the period 2023-24
S. No.	Event Description
1.	On 18th August, a Breastfeeding Awareness session at was held at Kiran Foundation.
2.	A Naegleria awareness campaign was conducted at Civil Hospital by Malaria and Dengue Division on 22nd August.
3.	On 23rd August, Tuberculosis awareness session was held at the Government Girls Secondary School Muslim Association by the TB Division.
4.	An Immunization Awareness Walk was held at Civil Hospital, Karachi on the 26th August by Project Support Division.
5.	Awareness session at Baithak school regarding malaria, dengue, conjunctivitis for school children and their mothers on 26th September.
6.	On the 6th of October a Conjunctivitis Awareness Session at Panah Shelter for women.
7.	General hygiene awareness session at IMC Montessori on account of Global Hand washing Day on 17th October.

8.	A donation drive was conducted to collect funds which were used to distribute hygiene kits (including soaps and miswak) to a slum area along with a hand washing awareness session with the community in collaboration with HANDS.
9.	Awareness session was held on Hep A, E, Typhoidnat Kent City School on the 8th November aimed at primary school students.

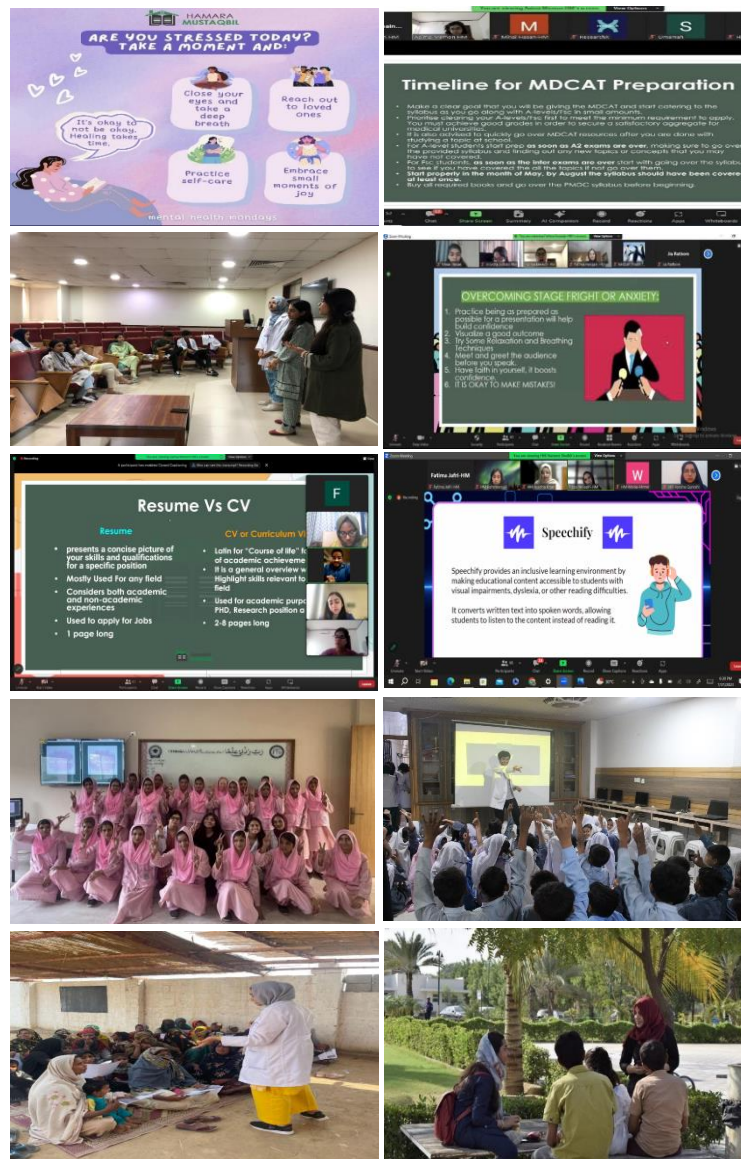
HAMARA MUSTAQBIL is a non-profit NGO, initiated by some students of Dow Medical College that strives towards both the education and holistic development of our youth, primarily focusing on the underprivileged. Their primary aim is to take the underprivileged children of Pakistan, those who were never given a decent chance at life, and arm them with the necessary tools that can pave their road to a better tomorrow. The secondary aim is to approach different schools of Pakistan with entire modules dedicated to conducting lectures and activities regarding the development of a student outside of conventional education.

Activities by HUMARA MUSTAQBIL during the period 2023-24

1. Conducted Skill share Week: under this a series of workshops were conducted throughout the week on topics like Prime professionalism, public speaking, freelancing and AI in education. These sessions were conducted by guest speakers having expertise in the topic. This was one of our most popular events this year.
2. Held MDCAT open house for students of all boards: Outreach Department conducted Career counseling workshops covering MCAT, ECAT and CA degrees.
3. Our Outreach department conducted a leadership workshop covering topics like public speaking, communication and teamwork.
4. Conducted Skills and Training workshops: A workshop regarding CV making and interview skills was conducted.
5. Conducted a workshop on “Self-sufficiency and empowerment” in Koohi Goth Women hospital.
6. Our School Health department conducted a total of 28 workshops in various institutions including fixit family homes, Idara ul Khair, RAAST, Nixor Hospital, school of hijrit colony, khadija qazi foundation and Orange

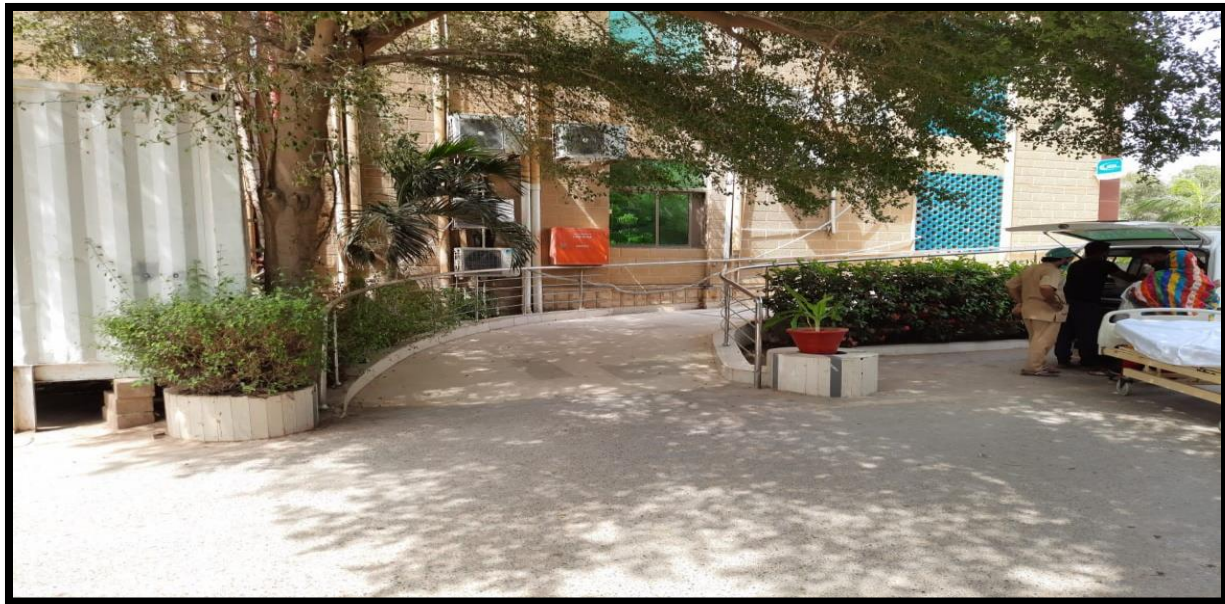
tree foundation. These workshops mainly covered topics like personal hygiene, environment, health safety (e.g. tobacco use) and mental health.

7. The School Health department collaborated with VFAHT and HANDS for a 'WASH project'. In this we raised awareness regarding personal hygiene and sanitary packs were distributed.
8. Continued with "Mental Health Mondays": under this a post related to mental wellbeing is shared on our social media pages and on the batch groups every Monday.
9. Continued mentoring the children for a holistic development under our Mentorship Program.



Facilities for Differently-Abled

At Dow University of Health Sciences, the facilities for differently-abled are characterized by at easy access to buildings, to the rooms, to the toilets, to the recreation areas. It is achieved by accessible environment, i.e. even paths and specially prepared walkways.



Dedicated Courses That Address Sustainability and the Unsustainable Development Goals

Apart from a commitment to meaningful education through all programs around the SDGs across the University, Dow University of Health Sciences also offers dedicated courses (full degrees and electives) that address sustainability and the SDGs. In this regard, Fundamentals of Public Health, Environmental Occupational Health, Reproductive Health & MCH, Community and Preventive Dentistry, Biomechanics and ergonomics, International Relations and Current Affairs, Environmental Sciences, Sociology, Development Economics, Legal & Regulatory Environment for Business and Health Policy Economics etc. are some courses which are offered in BS Nutrition, MS in Public Health, BS Biotechnology, Pharm D, Bachelor of Business Administration, Bachelor of Dental Surgery, Bachelor of Medicine Bachelor of Surgery and Doctor of Physical Therapy programs.

Program	Semester	Courses	Goals(SDGs)
Masters of Public Health – MPH	I	Fundamentals of Public Health	GOAL 1: No Poverty GOAL 2: Zero Hunger GOAL 3: Good Health and Well-being GOAL 4: Quality Education GOAL 5: Gender Equality
		Social & Behavioral Sciences	GOAL 1: No Poverty GOAL 2: Zero Hunger GOAL 3: Good Health and Well-being GOAL 12: Responsible Consumption and Production
	II	Basic Human Nutrition	GOAL 2: Zero Hunger GOAL 3: Good Health and Well-being GOAL 5: Gender Equality

		Environmental & Occupational Health	GOAL 12: Responsible Consumption and Production GOAL 13: Climate Action GOAL 14: Life Below Water GOAL 15: Life on Land GOAL 17: Partnerships to achieve the Goal
		Health Services & Administration	GOAL 3: Good Health and Well-being GOAL 5: Gender Equality GOAL 8: Decent Work and Economic Growth GOAL 11: Sustainable Cities and Communities GOAL 12: Responsible Consumption and Production
		Reproductive Health & MCH	GOAL 1: No Poverty GOAL 2: Zero Hunger GOAL 3: Good Health and Well-being GOAL 5: Gender Equality
	III	Health Promotion	GOAL 3: Good Health and Well-being GOAL 6: Clean Water and Sanitation GOAL 11: Sustainable Cities and Communities GOAL 13: Climate Action
		Demography	GOAL 4: Quality Education GOAL 5: Gender Equality GOAL 10: Reduced Inequality GOAL 11: Sustainable Cities and Communities GOAL 12: Responsible Consumption and Production
		Chronic Non Communicable Diseases	GOAL 1: No Poverty GOAL 2: Zero Hunger GOAL 3: Good Health and Well-being GOAL 5: Gender Equality

Program		Semester	Courses	Goals (SDGs)
BACHELOR OF SCIENCE IN NUTRITION		I	Introduction to Social Sciences	<ul style="list-style-type: none"> GOAL 4: Quality Education GOAL 5: Gender Equality GOAL 10: Reduced Inequality
		II	Microbiology	<ul style="list-style-type: none"> GOAL 6: Clean Water and Sanitation
		III	Human Development	<ul style="list-style-type: none"> GOAL 5: Gender Equality GOAL 10: Reduced Inequality
		IV	Nutrition During Lifecycle	<ul style="list-style-type: none"> GOAL 2: Zero Hunger GOAL 3: Good Health and Well-being GOAL 5: Gender Equality
		V	Nutrition & Disease	<ul style="list-style-type: none"> GOAL 3: Good Health and Well-being
			Food Safety & Sanitation	<ul style="list-style-type: none"> GOAL 6: Clean Water and Sanitation GOAL 9: Industry, Innovation and Infrastructure
		VI	Food Service & Institution Management	<ul style="list-style-type: none"> GOAL 6: Clean Water and Sanitation GOAL 9: Industry, Innovation and Infrastructure
			Principles of Management	<ul style="list-style-type: none"> GOAL 11: Sustainable Cities and Communities GOAL 12: Responsible Consumption and Production
		VII	Policy & Program in Public Health Nutrition	<ul style="list-style-type: none"> GOAL 1: No Poverty GOAL 2: Zero Hunger
		Health Nutrition Track		<ul style="list-style-type: none"> GOAL 3: Good Health and Well-being GOAL 5: Gender Equality GOAL 17: Partnerships to achieve the Goal
			Introduction to Environmental Health	<ul style="list-style-type: none"> GOAL 13: Climate Action GOAL 14: Life Below Water GOAL 15: Life on Land GOAL 17: Partnerships to achieve the Goal
		Clinical Dietetics Track	Nutrition Care Process in Clinical Nutrition	<ul style="list-style-type: none"> GOAL 3: Good Health and Well-being GOAL 11: Sustainable Cities and Communities
			Medical Nutrition Therapy	<ul style="list-style-type: none"> GOAL 3: Good Health and Well-being GOAL 11: Sustainable Cities and Communities
			Nutrition & Diet Therapy across life cycle	<ul style="list-style-type: none"> GOAL 3: Good Health and Well-being

Bachelor of Dental Surgery (BDS) – Dow Dental College		
Oral Pathology		SDG 3 (Environment)
General Pathology and Bacteriology		SDG3 (Environment)
Science of Dental Materials and Laboratory Techniques		SDG 3 (Environment)
Community and Preventive Dentistry		SDG 3, SDG 17 (Environment, cultural)
Periodontology		SDG 3 (Environment)
Oral Medicine and Oral Diagnosis		SDG 3 (Environment)
Operative Dentistry including Paedo-dontics and Endo-dontics		SDG 3 (Environment)
Prosthodontics		SDG 3 (Environment)
Oral and Maxillofacial Surgery		SDG 3 (Environment)
Orthodontics and Oral Radiology		SDG 3 (Environment)
Doctor of Physical Therapy program		
Sociology	SDG 3 (Good Health and Well-Being), SDG 10 (Reduced Inequalities):	Promotes understanding of social determinants of health and healthcare inequalities, fostering inclusive healthcare policies and interventions.
Behavioral Sciences (Psychology and Ethics)	SDG 3 (Good Health and Well-Being), SDG 4 (Quality Education)	Enhances mental health care, communication skills, and ethical behavior in healthcare, ensuring patient-centered care and professional development.
Evidence Based Practice	SDG 3: Good Health and Well-Being	Promotes the use of research and data in making healthcare decisions, enhancing patient outcomes.
Biomechanics & Ergonomics-I	SDG 3: Good Health and Well-Being	Improves workplace health and safety, reducing injuries and promoting physical well-being.
Biomechanics & Ergonomics-II	SDG 3: Good Health and Well-Being	Continues focus on injury prevention and physical health optimization.

Sports Physical Therapy	SDG 3: Good Health and Well-Being	Supports rehabilitation and performance enhancement in athletes, promoting health and active lifestyles.
Pediatric Physical Therapy	SDG 3: Good Health and Well-Being	Focuses on rehabilitation for children, ensuring healthy development and addressing disabilities.
Neurological Physical Therapy	SDG 3: Good Health and Well-Being	Provides rehabilitation for neurological conditions, improving quality of life for affected individuals.
Integumentary Physical Therapy	SDG 3: Good Health and Well-Being	Addresses skin-related health issues, promoting overall health and well-being.
Cardiopulmonary Physical Therapy	SDG 3: Good Health and Well-Being	Focuses on rehabilitation for patients with cardiovascular and pulmonary issues, enhancing health outcomes.
Human Growth, Development & Community-Based Rehabilitation	SDG 3: Good Health and Well-Being	Supports community health initiatives, fostering inclusive health practices and accessibility.
Health & Wellness	SDG 3: Good Health and Well-Being	Promotes preventive care and overall well-being, contributing to healthier populations.
Teaching Methodology & Community Medicine	SDG 3: Good Health and Well-Being	Enhances public health education and community engagement, leading to better health outcomes.
Gerontology & Geriatric Physical Therapy	SDG 3: Good Health and Well-Being	Addresses the needs of aging populations, ensuring healthy aging and quality of life.
Professional Practice (Laws, Ethics & Administration)	SDG 16: Peace, Justice, and Strong Institutions	Ensures ethical practice and adherence to laws in healthcare, promoting integrity and accountability.
Research Project	SDG 3: Good Health and Well-Being	Contributes to advancing knowledge in healthcare, leading to improved practices and policies.

Institute of Business & Health Management	
1. Microeconomics 2. Macroeconomics 3. International Relations and Current Affairs 4. Environmental Sciences 5. Pakistan Economy 6. Sociology 7. Development Economics 8. Managerial Economics 9. Macro Economics & International Political Economy 10. Legal & Regulatory Environment for Business 11. Health Policy Economics	
Pharmaceutical Sciences	
Course Title	Notes
M.Phil. pharmacology- chemotherapy and toxicology course PCL-706	Covers environmental and occupational toxicology, metal toxicity, pesticides, animal venoms and anti-venoms
Pharmaceutical Biochemistry (PD-310 & PD-311)	In Pharmaceutical Biochemistry covers the nutrients, vitamins, minerals, Carbohydrates, Fats& lipids, Proteins and amino acids, Hormones from the natural sources, their significance, Synthesis, metabolism and utilization by the human body.
Pharmacology and therapeutics Theory (PD-502, & Lab PD-504)	These courses contain title of topics: Toxicology; Environmental, Occupational; Heavy metal poisoning; pesticides poisoning; Treatment and antidotes for Poisons.
Chemical Pharmacognosy I & II Theory & Lab (PD-415, PD-417, PD-416, PD-418)	These courses contain information concerning origin of different natural sources of medicine, their efficacy and standardization.
Advance Pharmacognosy I & II Theory & Lab PD-513, PD-515, PD-514, PD-516	These courses provides information to the students concerning different chemical constituents presents in plant source that is used as medicine and standardization.

Clinical Pharmacognosy PD-615	This course covers clinical use of herbal/ natural origin source medicines for supportive treatment of different pathologies. It also covers drug-herb, herb-herb and herb-food interactions.
Pharmaceutical Organic Chemistry (PD-306)	This course in cooperates stereochemistry, preparation & properties of medicinally important compounds, essential & trace elements role and their toxicity; inorganic compounds & free radicals.
Pharmaceutical Microbiology & Immunology (PD-402 & PD-404)	Industrial Microbiology, Immunology, Biologicals, antibiotics, microbiological assays of air, water and soil.
Clinical Pharmacy (PD-612)	This course in cooperates clinical toxicology and target organs of toxicology; Pharmaceutical care services and provision of pharmaceutical care in multiple environments.
MPhil (Pharmacognosy) Natural Product Drug Discovery and Regulatory Affairs of Herbal Medicines [PCG-702]	It incorporates natural products drug discovery and regulations.
MPhil (Pharmacognosy) Cosmeceuticals and Nutraceuticals [PCG-704]	Deals with Cosmeceuticals & Nutraceuticals significance, preparation, efficacy, safety and regulations.
Toxicology of Natural Substances [PCG-706]	Types of natural toxins and their effects.
Good Agriculture Practice of Herbal Medicine [PCG-708]	It deals with good agricultural practice.
MPhil (Pharmacy Practice) Regulatory Guidelines In Clinical Pharmacy Practice [PHP 709]	This course demonstrates drug regulatory compliance, auditing and inspecting clinical research in the Global environment, GMP and GLP compliance.
MPhil (Pharmacy Practice) Applied Clinical Techniques – [PHP 704]	Deals with gene technology

MPhil (Pharmacy Practice) Social & Administrative Pharmacy [PHP – 807]	Drug Management System, Social and Cultural Aspects of Health, Drug Policy Analysis, Health Outcome Assessment, Pharmaceutical Anthropology and Healthcare Strategic Management.	
MPhil (Pharmacy Practice) Advances in Community Pharmacy Practice and Public Health - [PHP 804]	Concept of community health care, health needs of the community, different levels of health care, elements & principles of primary health care. Public health & its application.	
MPhil (Pharmaceutical Chemistry) Drug Development -I [PCH-805]	Drug development, screening of natural products, Identification of lead molecules	
Bachelor of Medicine Bachelor of Surgery program- Dow Medical College		
Course/ Subject Title	Notes	
Community Medicine	It includes environmental health including environmental sustainability	
Behavioral Sciences	It includes specific areas related to living conditions, personal behavior affecting sustainability.	
Infectious Diseases Module	SDG 3: Good Health and Well-Being	Focuses on understanding and managing infectious diseases, promoting public health and disease prevention.
Dermatology, Rehabilitation & Genetics Module	SDG 3: Good Health and Well-Being	Addresses skin diseases and genetic disorders, improving health outcomes and quality of life.
Respiratory Module	SDG 3: Good Health and Well-Being	Concentrates on respiratory health, enhancing care for patients with pulmonary conditions.
Cardiovascular Module	SDG 3: Good Health and Well-Being	Focuses on cardiovascular health, reducing morbidity and mortality from heart diseases.
GIT & Liver Module	SDG 3: Good Health and Well-Being	Addresses gastrointestinal and liver health, promoting overall health and disease prevention.
Renal & Excretory System Module	SDG 3: Good Health and Well-Being	Focuses on kidney health, preventing and managing renal diseases for better health outcomes.

Neurosciences Module	SDG 3: Good Health and Well-Being	Enhances understanding of neurological disorders, improving diagnosis and treatment strategies.
Reproductive Module	SDG 3: Good Health and Well-Being	Promotes reproductive health and education, supporting maternal and child health initiatives.
Medicine Module	SDG 3: Good Health and Well-Being	Provides comprehensive medical knowledge to improve healthcare delivery and outcomes.
Paeds Module	SDG 3: Good Health and Well-Being	Focuses on pediatric care, ensuring healthy development and addressing childhood illnesses.
Bachelor of Medicine Bachelor of Surgery program- Dow International Medical College		
Course/ Subject Title		Notes
Community Medicine		It includes environmental health including environmental sustainability
Behavioural Sciences		It includes specific areas related to living conditions, personal behavior affecting sustainability.
Infectious Diseases Module	SDG 3: Good Health and Well-Being	Focuses on understanding and managing infectious diseases, promoting public health and disease prevention.
Dermatology, Rehabilitation & Genetics Module	SDG 3: Good Health and Well-Being	Addresses skin diseases and genetic disorders, improving health outcomes and quality of life.
Respiratory Module	SDG 3: Good Health and Well-Being	Concentrates on respiratory health, enhancing care for patients with pulmonary conditions.
Cardiovascular Module	SDG 3: Good Health and Well-Being	Focuses on cardiovascular health, reducing morbidity and mortality from heart diseases.
GIT & Liver Module	SDG 3: Good Health and Well-Being	Addresses gastrointestinal and liver health, promoting overall health and disease prevention.
Renal & Excretory System Module	SDG 3: Good Health and Well-Being	Focuses on kidney health, preventing and managing renal diseases for better health outcomes.
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Reproductive Module	SDG 3: Good Health and Well-Being	Promotes reproductive health and education, supporting maternal and child health initiatives.
Medicine Module	SDG 3: Good Health and Well-Being	Provides comprehensive medical knowledge to improve healthcare delivery and outcomes.
Paeds Module	SDG 3: Good Health and Well-Being	Focuses on pediatric care, ensuring healthy development and addressing childhood illnesses.
Bachelors of Dental Surgery (BDS) – Dow International Dental College		
Oral Pathology		SDG 3: Good Health and Well-Being
General Pathology and Bacteriology		SDG 3: Good Health and Well-Being
Science of Dental Materials and Laboratory Techniques		SDG 9: Industry, Innovation and Infrastructure
Community and Preventive Dentistry		SDG 3: Good Health and Well-Being; SDG 17: Partnerships for the Goals
Periodontology		SDG 3: Good Health and Well-Being
Oral Medicine and Oral Diagnosis		SDG 3: Good Health and Well-Being
Operative Dentistry including Paedo-dontics and Endo-dontics		SDG 3: Good Health and Well-Being
Prosthodontics		SDG 3: Good Health and Well-Being
Oral and Maxillofacial Surgery		SDG 3: Good Health and Well-Being
Orthodontics and Oral Radiology		SDG 3: Good Health and Well-Being
Bachelors of Dental Surgery (BDS) – Dr Ishrat-ul-Ebad Khan Institute of Oral Health Sciences		
Oral Pathology		SDG 3: Good Health and Well-Being
General Pathology and Bacteriology		SDG 3: Good Health and Well-Being
Science of Dental Materials and Laboratory Techniques		SDG 9: Industry, Innovation and Infrastructure
Community and Preventive Dentistry		SDG 3: Good Health and Well-Being; SDG 17: Partnerships for the Goals
Periodontology		SDG 3: Good Health and Well-Being
Oral Medicine and Oral Diagnosis		SDG 3: Good Health and Well-Being

Operative Dentistry including Paedo-dontics and Endo-dontics	SDG 3: Good Health and Well-Being
Prosthodontics	SDG 3: Good Health and Well-Being
Oral and Maxillofacial Surgery	SDG 3: Good Health and Well-Being
Orthodontics and Oral Radiology	SDG 3: Good Health and Well-Being
BS BIOTECHNOLOGY	
Cell Biology	SDG 3: Good Health and Well-Being
Organic Chemistry	SDG 12: Responsible Consumption and Production
Natural Science	SDG 4: Quality Education
Biochemistry-I	SDG 3: Good Health and Well-Being
Microbiology	SDG 3: Good Health and Well-Being
Ecology & Biodiversity	SDG 15: Life on Land
Biochemistry-II	SDG 3: Good Health and Well-Being
Principles of Genetics	SDG 3: Good Health and Well-Being
Biophysics	SDG 9: Industry, Innovation and Infrastructure
Introduction to Biotechnology	SDG 3: Good Health and Well-Being
Immunology	SDG 3: Good Health and Well-Being
Molecular Biology	SDG 12: Responsible Consumption and Production
Analytical Chemistry & Instrumentation	SDG 2: Zero Hunger
Microbial Biotechnology	SDG 9: Industry, Innovation and Infrastructure
Methods in Molecular Biology	SDG 3: Good Health and Well-Being
Biostatistics	SDG 3: Good Health and Well-Being
Bioinformatics	SDG 3: Good Health and Well-Being
Recombinant DNA Technology	SDG 13: Climate Action
Environmental Biotechnology	SDG 3: Good Health and Well-Being
Health Biotechnology	SDG 3: Good Health and Well-Being

Post RN BS Nursing		
Course	Related SDG	Contribution to SDG
Epidemiology	SDG 3: Good Health and Well-Being	Focuses on understanding the distribution and determinants of health-related states, essential for public health interventions.
Culture, Health, and Society	SDG 3: Good Health and Well-Being	Explores the impact of cultural factors on health, promoting culturally competent care and improving health outcomes.
Introduction to Nursing Research	SDG 3: Good Health and Well-Being	Enhances evidence-based practice in nursing, leading to improved patient care and health outcomes.
Professional Development & Ethics	SDG 3: Good Health and Well-Being	Emphasizes ethical standards and professional growth, ensuring quality care and accountability in nursing.
Leadership & Management	SDG 3: Good Health and Well-Being; SDG 17: Partnerships for the Goals	Develops leadership skills in healthcare settings, fostering collaboration for effective health service delivery.
Advance Concepts III (CHN - Community Health Nursing)	SDG 3: Good Health and Well-Being	Focuses on advanced community health nursing practices, enhancing health promotion and disease prevention efforts.
Clinical Practicum	SDG 3: Good Health and Well-Being	Provides hands-on experience in healthcare settings, improving practical skills and patient care delivery.
Research/Evidence-Based Elective Project	SDG 3: Good Health and Well-Being; SDG 4: Quality Education	Encourages research initiatives to improve nursing practices, contributing to health education and improved health outcomes
Bachelor of Science Nursing		
Course	Related SDG	Contribution to SDG
Community Health Nursing	SDG 3: Good Health and Well-Being	Focuses on health promotion, disease prevention, and improving health outcomes within communities.

Applied Nutrition	SDG 2: Zero Hunger; SDG 3: Good Health and Well-Being	Addresses nutritional needs, promoting health through proper diet and nutrition in various populations.
Tropical and Communicable Diseases	SDG 3: Good Health and Well-Being	Focuses on the prevention, control, and management of infectious diseases prevalent in tropical regions.
Epidemiology	SDG 3: Good Health and Well-Being	Studies disease patterns and health determinants to inform public health policies and interventions.
Culture, Health, and Society	SDG 3: Good Health and Well-Being	Examines the relationship between cultural factors and health, promoting culturally competent care.
Nursing Research	SDG 3: Good Health and Well-Being; SDG 4: Quality Education	Enhances evidence-based nursing practices, improving patient care and health outcomes through research.
Leadership & Management in Nursing	SDG 3: Good Health and Well-Being; SDG 17: Partnerships for the Goals	Develops leadership skills in nursing, fostering teamwork and collaboration in healthcare settings.
Introduction to Nursing Theories	SDG 4: Quality Education; SDG 3: Good Health and Well-Being	Provides a framework for understanding nursing practices, enhancing quality of care and patient outcomes.
Post RN BS Midwifery		
Course	Related SDG	Contribution to SDG
Introduction to Midwifery & Women's Health	SDG 3: Good Health and Well-Being	Provides essential knowledge on maternal health, promoting safe childbirth and overall women's health.
Family Planning	SDG 3: Good Health and Well-Being; SDG 5: Gender Equality	Empowers women through reproductive health education and access to family planning services.
Normal Child Bearing Cycle & Early Childhood Development	SDG 3: Good Health and Well-Being	Focuses on prenatal and postnatal care, ensuring healthy development in infants and children.

Research & Evidence Based Practice	SDG 3: Good Health and Well-Being; SDG 4: Quality Education	Enhances nursing and midwifery practices through evidence-based research, improving patient outcomes.
Complications of Birth Cycle, Emergency Obstetrics and Referral	SDG 3: Good Health and Well-Being	Prepares healthcare providers to manage obstetric emergencies effectively, reducing maternal and infant mortality.
Bachelor of Radiologic Technology		
Course	Related SDG	Contribution to SDG
Biomedical Engineering	SDG 3: Good Health and Well-Being	Focuses on developing medical technologies and devices that improve patient care and treatment outcomes.
Medical Imaging Physics	SDG 3: Good Health and Well-Being	Provides foundational knowledge in imaging technologies, enhancing diagnostic capabilities in healthcare.
Medical Imaging Pathology	SDG 3: Good Health and Well-Being	Integrates imaging techniques with pathology, improving disease diagnosis and treatment planning.
PACS in Radiology	SDG 3: Good Health and Well-Being	Facilitates efficient storage, retrieval, and sharing of medical images, improving patient care coordination.
Diagnostic Procedures in Nuclear Medicine	SDG 3: Good Health and Well-Being	Covers advanced imaging techniques for disease detection, contributing to early diagnosis and treatment.
Ultrasound	SDG 3: Good Health and Well-Being	Non-invasive imaging method that aids in monitoring health conditions and guiding treatments.
Echocardiography	SDG 3: Good Health and Well-Being	Specialized ultrasound technique for assessing heart health, improving cardiovascular care.
Advance Computed Tomography (CT)	SDG 3: Good Health and Well-Being	Enhances diagnostic imaging capabilities, allowing for detailed internal assessments.
Advance Magnetic Resonance Imaging (MRI)	SDG 3: Good Health and Well-Being	Provides advanced imaging solutions for soft tissue evaluation, crucial for diagnosing various conditions.

Angiography & Cardiac Imaging	SDG 3: Good Health and Well-Being	Focuses on imaging blood vessels and the heart, critical for cardiovascular disease management.
Research Methodology & Ethics	SDG 4: Quality Education; SDG 3: Good Health and Well-Being	Ensures ethical standards in biomedical research, fostering advancements in healthcare technologies.
Biostatistics & Research Assignment	SDG 4: Quality Education; SDG 3: Good Health and Well-Being	Equips students with statistical skills for analyzing health data, enhancing research outcomes.
Research Project	SDG 3: Good Health and Well-Being; SDG 4: Quality Education	Promotes hands-on research experience, contributing to the development of innovative healthcare solutions.
Dental Care Professional		
Course	Related SDG	Contribution to SDG
Microbiology & Infection Control	SDG 3: Good Health and Well-Being	Focuses on preventing and controlling infections, crucial for public health and patient safety.
Psychology Basic	SDG 3: Good Health and Well-Being	Enhances understanding of mental health, improving patient care and community health initiatives.
Bio Ethics (Human Rights and Peace Education)	SDG 16: Peace, Justice, and Strong Institutions	Promotes ethical practices and human rights in healthcare, fostering a culture of respect and dignity.
Dental Prosthesis Project	SDG 3: Good Health and Well-Being	Encourages hands-on experience in prosthetic dentistry, enhancing the quality of life for patients with dental issues.
Oral Pathology	SDG 3: Good Health and Well-Being	Focuses on the diagnosis and treatment of oral diseases, improving oral health outcomes.
Oral & Maxillofacial Surgery	SDG 3: Good Health and Well-Being	Provides surgical solutions for complex oral and facial conditions, enhancing patient health and well-being.
Community Dentistry	SDG 3: Good Health and Well-Being	Emphasizes preventive care and health education in community settings, improving overall public health.

Preventive Dentistry	SDG 3: Good Health and Well-Being	Promotes preventive measures to reduce oral diseases, improving population health outcomes.
Special Need & Geriatric Patient Management	SDG 3: Good Health and Well-Being	Focuses on tailored care for vulnerable populations, ensuring equitable access to dental services.
Bio-Hazard Management	SDG 3: Good Health and Well-Being	Addresses safety and infection control in dental practices, promoting a healthy working environment.
Bachelor of Science in Optometry		
Course	Related SDG	Contribution to SDG
Community Ophthalmology	SDG 3: Good Health and Well-Being	Focuses on eye health promotion and preventive strategies in communities, improving overall public health.
Biostatistics	SDG 3: Good Health and Well-Being	Provides essential skills for analyzing health data, informing public health decisions and policies.
Sociology	SDG 3: Good Health and Well-Being	Enhances understanding of social determinants of health, fostering community-based interventions.
Pharmacology (General & Ocular)	SDG 3: Good Health and Well-Being	Equips students with knowledge about medications affecting eye health, ensuring safe and effective treatments.