



DOW UNIVERSITY OF HEALTH SCIENCES

Annual Sustainability Report 2024-25

**SUSTAINABLE
DEVELOPMENT GOAL**
**3 GOOD HEALTH
AND WELL-BEING**



Global & National Collaborations

Dow University of Health Sciences (DUHS) partners locally, nationally, and internationally to improve health and wellbeing. Globally, it hosts a WHO Collaborating Centre for TB Research at Ojha Institute of Chest Diseases and holds United Nations Academic Impact (UNAI) membership (since April 2020), committing to UN principles including human rights, sustainability, global citizenship, higher education access, poverty reduction, and peace promotion.

Community Outreach Programs

Department of Community Medicine, Dow Medical College (DMC)

The Department of Community Medicine, Dow Medical College (DMC) conducted extensive field visits, awareness sessions, seminars, and technical meetings to strengthen public health.

Key activities included:

1. Field visits with 1st year MBBS students to rabies, immunization, family planning, and public health centers (April 2025).
2. National & provincial seminars/conferences on immunization, breastfeeding, polio eradication, and primary healthcare.
3. Media engagement (Hum TV, Hum News, FM 88.6) to promote public health awareness.
4. International representation, e.g., NITAG meeting in Tunisia and Technical Advisory on Polio in Afghanistan.
5. World Immunization Week 2025 – week-long student, faculty, and community sessions, awareness walks, and lectures.
6. Collaborations with WHO & government bodies – Pakistan Health System Review, WHO TAG Meeting, and multiple technical working groups.

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 2024-2025:

List of Community Activities of Community Medicine Department, Dow Medical College

S.No.	Date(s)	Name of Faculty	Event/Course	Venue
1	24-04-2025	Dr. Khalid Shafi, Dr. S.M Ashraf Jahangeer, Dr. Gati Ara, Dr. Lubna Raza, Dr. Javeria, Dr. Mustafa, Dr. Safia	Field Visit with first year MBBS students	Rabies Vaccine Center, Public Health School, EPI Center, Family Planning Center, Dr. Ruth K Pafu Civil Hospital, Khi.
2	25-04-2025	Dr. Khalid Shafi, Dr. S.M Ashraf Jahangeer, Dr. Gati Ara, Dr. Lubna Raza, Dr. Javeria, Dr. Mustafa, Dr. Safia	Field Visit with first year MBBS students	Rabies Vaccine Center, Public Health School, EPI Center, Family Planning Center, Dr. Ruth K Pafu Civil Hospital, Khi.
3	25-04-2025	Dr. Khalid Shafi, Dr. S.M Ashraf Jahangeer, Dr. Gati Ara, Dr. Lubna Raza, Dr. Javeria, Dr. Mustafa, Dr. Safia	Field Visit with first year MBBS students	Rabies Vaccine Center, Public Health School, EPI Center, Family Planning Center, Dr. Ruth K Pafu Civil Hospital, Khi.
4	26-04-2025	Dr. Khalid Shafi, Dr. S.M Ashraf Jahangeer, Dr. Gati Ara, Dr. Lubna Raza, Dr. Javeria, Dr. Mustafa, Dr. Safia	Field Visit with first year MBBS students	Rabies Vaccine Center, Public Health School, EPI Center, Family Planning Center, Dr. Ruth K Pafu Civil Hospital, Khi.
5	22-07-2024	Dr. M. Khalid Shafi	Technical Working Group Inception Meeting	Meeting Hall EPI, Sindh
6	07-08-2024	Dr. M. Khalid Shafi	Provincial Advocacy & Sensitization Seminar	Hotel Avari Tower, Karachi
7	20-08-2024	Dr. M. Khalid Shafi	NITAG Meeting on Measles-Rubella	Islamabad, Pakistan
8	27-07-2024 to 28-07-2024	Dr. M. Khalid Shafi	Pediatric Conference	Movenpick Hotel, Karachi

9	31-10-2024 to 02-11-2024	Dr. M. Khalid Shafi	Biennial International Conference as Speaker/Faculty	Pearl Continental Hotel, Lahore
10	18-10-2024	Dr. M. Khalid Shafi	Live Segment in SSA	Hum TV, Karachi
11	09-09-2024 to 12-09-2024	Dr. M. Khalid Shafi	New Vaccine Introduction and NITAG Meeting	Secretariat Capacity Building, Tunis, Tunisia
12	31-10-2024	Dr. M. Khalid Shafi	Live Segment in SSA	Hum TV, Karachi
13	11-12-2024 to 12-12-2024	Dr. M. Khalid Shafi	RMNCAH Technical Working Group Meeting	Western Hotel, Islamabad
14	Not specified	Dr. M. Khalid Shafi	Sindh Breastfeeding Promotion & Protection Act Awareness Seminar	School of Public Health, DUHS, Karachi
15	20-01-2025 to 24-01-2025	Dr. M. Khalid Shafi	Technical Advisory on Eradication of Poliomyelitis	Afghanistan
16	25-01-2025	Dr. M. Khalid Shafi	PPA Media Briefing on Breastfeeding Act	Karachi Press Club
17	31-01-2025	Dr. M. Khalid Shafi	Let's Make Pakistan a Safe Place for Our Children	Hum News Digital
18	13-03-2025	Dr. M. Khalid Shafi	Improving Immunization Coverage & VPD Surveillance	Pediatric Ward, Civil Hospital, Karachi
19	03-02-2025	Dr. M. Khalid Shafi	Breastfeeding Promotion for "SARIF KI AWAZ"	Sindh Police FM88.6, Garden HQ, Karachi
20	27-02-2025	Dr. M. Khalid Shafi	Baby Friendly Hospital Initiative	Sindh Institute of Child Neonatology, Karachi
21	16-04-2025	Dr. M. Khalid Shafi	National Symposium on Primary Health Care	Aga Khan University, Karachi

22	21-04-2025	Dr. Khalid Shafi, Prof Amanullah Lail, Dr Abid Hussain, Dr Ashraf Jahangir, Dr Tariq Masood	World Immunization Week 2025 – Session	Ruth Pfue CHK DMC
23	22-04-2025	Dr. Khalid Shafi, Prof Yousuf Yahya, Sukaina	Awareness Session with Faculty & Students (World Immunization Week Day 2)	Ojha Campus, DIMC
24	23-04-2025	Dr. Khalid Shafi, Prof Waseem Jamalvi, Dr Ashraf Jahangir	Session with 3rd Professional MBBS Students (Day 3)	Anatomy Hall DMC, DUHS
25	24-04-2025	Dr. Khalid Shafi, Prof Waseem Jamalvi, Dr Ashraf Jahangir	Immunization Awareness Walk (Day 4)	DMC and CHK
26	25-04-2025	Dr. Khalid Shafi, Prof Waseem Jamalvi, Dr Ashraf Jahangir	Immunization Week – Day 5	Arag Hall, DMC, DUHS
27	29-04-2025 to 30-04-2025	Dr. M. Khalid Shafi	Pakistan Health System Review Mission	WHO Office, Islamabad
28	26-05-2025	Dr. M. Khalid Shafi	Orientation Session on BFHI Self-Appraisal	IQRA SICHN, Karachi
29	24-06-2025 to 26-06-2025	Dr. M. Khalid Shafi	WHO TAG Meeting	Islamabad, Pakistan

Community Based Dental Services and Programs

Community Development Focus

DUHS community dental programs emphasize co-creation of awareness initiatives, outreach clinical services, and empowerment of underserved groups. Target populations include mothers, children, and individuals with chronic diseases (diabetes, cardiovascular conditions). The goal is to promote integrated care and contribute toward the Sustainable Development Goals (SDGs).

Dow Dental College Visit

Government Boys Secondary School (19th Dec 2024)
Faculty members (Dr. Muhammad Taqi, Dr. Mona Shah, Dr. Amber Saeed) and 3rd-year students conducted an oral health program for 200 children (ages 10–14) at Kotwal Building School.

- Activities: dental screenings, oral health education, personalized advice, parental notes, and hygiene demonstrations.
- Findings: Common issues included dental caries, discoloration, and calculus.
- Reinforcement: distribution of toothbrush + toothpaste kits to encourage sustained oral hygiene.
- Impact: highlighted school-based promotion as a cost-effective way to reduce dental disease risk and instill lifelong health practices.



Dow Dental College–DIL School Partnership (21st Aug 2024)

The Dow Dental College Student Federation (DDCSA), supported by the Community Dentistry faculty, organized a dental awareness and check-up event at DIL School, Orangi Campus.

- Background: DIL operates 191 schools nationwide, serving 61,000 students from underserved communities.
- Activities: workshops on proper brushing and flossing, interactive sessions, and personalized dental check-ups.
- Participation: ~200 students actively engaged in the program.
- Response: highly positive feedback from students, staff, and Principal Ms. Nabeela Hassan, who emphasized the long-term benefits of collaboration.
- Future: DDC and DIL committed to expanding the partnership to strengthen school-based oral health promotion.



Raana Liaquat Public School (30 Jan 2025)

Supervised by Dr. Taqi & Dr. Adnan, 300 students participated in awareness sessions, dental check-ups, and hygiene demonstrations. The initiative received excellent feedback and will continue.

The dental health event focused on instilling good oral hygiene habits among students. The program emphasized the importance of oral health, demonstrated proper brushing and flossing techniques, and addressed existing dental concerns.

The event featured interactive sessions where 300 students actively engaged with dental care concepts through captivating presentations and hands-on activities. Free dental check-ups offered valuable insights into the students' oral health status and provided personalized guidance for maintaining good oral hygiene.

The response from both students and staff was overwhelmingly positive. Dr. Hira Warsi, a representative from RLPS, expressed her appreciation, stating, "We are thrilled to collaborate with DDC on this important endeavor. The knowledge and care provided during this event will undoubtedly leave a lasting impact on our students and their families."

Looking ahead, the Community Dentistry Department at Dow Dental College remains committed to expanding such collaborations to reach more students. Their shared goal is to ensure that more children receive essential oral health education and resources to foster long-term health and well-being.



SAJ Academy (27 Jul 2024)

Led by Dr. Adnan & Dr. Amber, dental check-ups revealed a high prevalence of caries. Preventive education, hygiene training, and distribution of dental kits reinforced good practices.

During the visit, comprehensive dental check-ups were conducted, with a particular focus on identifying common dental conditions such as dental caries. The examinations revealed a notable prevalence of caries, highlighting the urgent need for increased awareness and preventive care within the community.

In addition to clinical assessments, the team provided oral health education sessions, emphasizing proper brushing techniques, the importance of routine dental visits, and dietary habits to prevent tooth decay. To reinforce these lessons and empower students with the tools to maintain good oral hygiene, dental kits containing toothbrushes and toothpaste were distributed to all participating children.



This outreach initiative at SAJ Academy reflects the Faculty of Community Dentistry's ongoing commitment to public health and community service. By delivering preventive education and accessible dental care, the faculty continues to address oral health disparities and contribute to the long-term well-being of underserved populations.

Central Jail Visit (Jan–Feb 2025)

In collaboration with jail authorities, faculty trained inmates to assist in dental services including extractions, ART fillings, and hygiene monitoring. Led by Prof. Ambrina Qureshi, this co-created model ensured sustained oral health delivery inside prisons.

Dental assistance was provided by the inmates to the dentist to perform tooth extractions, impacted tooth extractions and root canal procedures. Basic dental fillings using ART procedures and scaling were provided by our dental hygienists. Other jail inmates were involved in dental recording, monitoring, follow-up visit reminders to the other fellow inmates and delivery of self-care oral hygiene and post-op instructions.

The team was led by Chairperson Community Dentistry – Prof. Dr. Ambrina Qureshi, along with the Registrar Dr. Ashar Afaq and faculty members Dr. Qaiser Ali Baig and Dr. Mustafa Naseem with members including Dr. Rida Batool, Dr. Ather Khan (Masters Trainee) and Dental Hygienists- Mr. Habib Shah and Ms. Misbah Noor from School of Dental Care Professionals.



Primary School Screening (26 Feb 2025)

At Metropolitan Academy, 103 children were screened for oral/dental abnormalities. A multidisciplinary team (Dentistry + Physiotherapy, Ziauddin University) also assessed speech articulation issues.

The Physiotherapy Department of Ziauddin University also collaborated where the speech psychologist assessed the abnormality in speech articulation of these children. This one-day screening visit was organized on February 26, 2025 led by the anatomist and the oral anatomists including Dr. Uzma Hameed, Dr Jaweriah Khan, Dr Atif, and Dr Bushra. The children (n=103) were approached through the Metropolitan Academy School (Gulshan campus) administration.



Cerebral Palsy Children (Jun 2024)

At AURA, 90 children with CP were screened by SDCP students. Caretakers (n=10) received focused training on identifying dental issues and correct brushing/flossing.

Assessment of oral hygiene status and dental screening of 90 children (age = 5 – 12 years) suffering from Cerebral Palsy (CP) was performed by the dental hygiene students of SDCP. This was followed by providing necessary guidance to a small focused group of 10 selected care-takers. The guidance and awareness included basic identification of dental problems such as gum bleeding and dental caries followed by toothbrushing and flossing exercises. The project was led by Dr. Ather Khan, Dr. Aqsa Iqbal and Ms. Sumer Mallick in June' 2024.



Madrasa Jamia Ishaat-ul-Quran (12 Sep 2024)

In continuation to the Civic-Engagement Program of the Department of Community Dentistry of Dow International Dental College organized a one-day Education and Awareness Camp at the Madrasa Jamia Ishaat-ul- Quran (Trust Masjid Bilal) Gujrat Colony Baldia Town 3 on 12th September 2024. Oral health exams revealed >35% hypoplastic teeth and widespread calculus despite regular use of Miswak. Sessions addressed misconceptions and reinforced modern hygiene practices.



Our Dental Students team led by Dr. Rida Batool under the supervision of Dr. Ambrina Qureshi, did Dental and Oral Health examinations of these children followed by recording their oral hygiene habits including tool and frequency for cleaning teeth, betel nut consumption, and use of Miswak.

Outreach Activities by School of Public Health, DUHS

Breast Cancer Awareness (Oct 2024)

At Landhi Community Centre, DUHS oncology specialists Dr. Omaina and Dr. Marium led an interactive breast cancer awareness session for women, emphasizing early detection, self-examination, and timely treatment. BS Nutrition students supported by decorating the venue, managing logistics, and organizing an awareness walk. This initiative created a safe, welcoming space for women to openly discuss health concerns and learn preventive practices. It was particularly impactful in Landhi, an underserved locality where women often lack access to health education, helping bridge critical knowledge gaps and empowering participants to take proactive steps toward their health.

Breastfeeding Awareness (Nov 2024)

Assistant Professor Dr. Sumaira Nasim (Public Health Nutrition, SPH) conducted a breastfeeding awareness session at Landhi Community Centre, highlighting the importance of exclusive breastfeeding, maternal nutrition, and dispelling common misconceptions. Faculty and BS Nutrition students actively engaged with women through discussions, Q&A sessions, and practical demonstrations of correct practices. The initiative promoted maternal and child health while strengthening trust between the university and the community. It also offered students practical exposure to community health promotion, reinforcing classroom learning with real-world application. The session was well-received and helped encourage healthier practices among mothers in the community.

Anemia & Hygiene Awareness (Nov 2024)

Final-year BS Nutrition students conducted a community session at a government school in Landhi, focusing on anemia, iron deficiency, hygiene, and prevention of common diseases. They educated schoolchildren on consuming iron-rich foods, maintaining hygiene, and recognizing early signs of illness.

Using visual aids, interactive discussions, and practical demonstrations, the students ensured that the content was relatable and easy to understand for children. This initiative not only improved awareness among the students but also provided valuable hands-on experience for BS Nutrition students, preparing them for future roles in community health outreach and education.



Diabetes Assessment and Awareness Session (December 2024)

At Landhi Community Centre, DUHS organized a diabetes camp offering free blood sugar testing, health assessments, and educational sessions on prevention, diet, and lifestyle changes. Community members learned their risk status and received practical guidance for management. This initiative was crucial for Landhi, where access to screening is limited, enabling residents to take proactive health steps. The program also built trust with the community, highlighting DUHS's commitment to preventive health and empowering individuals to adopt healthier habits in managing chronic conditions such as diabetes.





Adolescent Nutrition Session – Korangi Academy (2024)

A nutrition awareness session was conducted at Korangi Academy to promote healthy eating among adolescents. The program emphasized balanced diets, the role of nutrients in growth and learning, and practical tips for healthier food choices suited to local contexts. Interactive activities and discussions engaged students, making concepts relatable to their daily lives. The initiative equipped adolescents with essential knowledge and motivation to adopt sustainable, healthier lifestyles during their formative years, positively impacting both physical development and cognitive performance while addressing nutrition-related concerns in this critical age group.



Educational visit to Indus Hospital on (1 July 2025)

Final-year BS Nutrition (Public Health) students visited Indus Hospital to observe CMAM (Community-Based Management of Acute Malnutrition) protocols and PCM OPD services. The visit provided hands-on exposure to nutrition assessment and malnutrition management in real-world clinical settings. Students gained practical insights into treatment protocols, strengthening their ability to connect classroom learning with applied nutrition practices. This field experience enhanced their competence in public health nutrition and equipped them with valuable skills for addressing acute malnutrition challenges within both hospital and community contexts.



Educational Visit – Landhi Community Centre (18 June 2025)

BS Nutrition students from the Public Health track visited Landhi Community Centre to observe community-based nutrition activities and interact directly with residents. The visit exposed students to local health challenges, allowing them to connect theory with real-world practice. Students learned about nutrition assessment, program implementation, and culturally sensitive health strategies. This experience deepened their understanding of public health work in underserved urban settings, while strengthening community-

university ties. Such exposure is essential in shaping competent future professionals capable of responding effectively to public health nutrition issues.



ENRICH Project – Landhi (Jul 2024–Jun 2025)

Under the ENRICH Project, SPH faculty and BS Nutrition students engaged Landhi residents through structured visits, CBO meetings, and household health education. Activities included door-to-door engagement, Lady Health Worker collaborations, and data collection for student research. These efforts fostered community ownership, identified nutrition challenges, and aligned interventions with local needs. By integrating service, learning, and research, DUHS contributed to sustainable community health improvements while providing students with field-based experience. Documented activities demonstrated long-term commitment to empowering Landhi's community through participatory health promotion and strengthening grassroots health systems.

Activities by the Dow Institute of Physical Medicine and Rehabilitation (DIPM&R)

Exercise Execution Session – DUHS F&SRC (25 Mar 2025)

The Department of Physiotherapy conducted a hands-on session at the DUHS Fitness & Sports Rehabilitation Centre. Supervised by Dr. Sarfaraz, participants, including students, staff, patients, and families, learned correct exercise machine use to improve strength, mobility, and rehabilitation outcomes. The initiative emphasized supervised physical activity as a tool for wellness and rehabilitation. This interactive program promoted healthier lifestyles within the DUHS community and highlighted the department's role in integrating physiotherapy education with community-centered initiatives.

World Stroke Day – Awareness Program (8 Oct 2024)

On World Stroke Day, DIPM&R organized an awareness program led by faculty including Drs. Saeed Shaikh, Mustafa, Yasin, and Jetindar. Sessions covered stroke prevention, early warning signs, lifestyle modifications, and physiotherapy's role in rehabilitation. The program educated patients, caregivers, and the public on timely intervention and recovery strategies. It reinforced DUHS's commitment to preventive care and community health education, while showcasing physiotherapy's vital contribution to stroke management and quality of life improvement for survivors.

Smoke-Free Campus Policy

DUHS established its Tobacco & Smoke-Free Environment Policy on 11 April 2020, publicly available online. The Department of Community Medicine conducted awareness sessions on tobacco control and cessation for staff and students. Additionally, the Marketing Department hosted a visit by Commissioner Karachi and WHO representatives on 16 June 2022, during which DUHS was officially declared Pakistan's first Smoke-Free University. These efforts underscore DUHS's leadership in promoting public health, fostering a safe learning environment, and advocating for smoke-free campuses nationwide.

