



**DOW UNIVERSITY OF HEALTH SCIENCES**

# **Annual Sustainability Report 2023-24**

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



## 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 Citation in April 2020, and as a member, values it's 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                                                                          |                           | 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 <sup>th</sup> 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 <sup>th</sup> Aug 2023  | Dr. Muhammad Khalid Shafi<br>Dr. Gaiti Ara | Breastfeeding workshop with mothers                        | OPD Civil Hospital Karachi             |
| 6                                                                          | 8 <sup>th</sup> Aug 2023  | Dr. Muhammad Khalid Shafi                  | National Guideline for Oxygen Therapy in children Workshop | CLF Office CHK                         |
| 7                                                                          | 8 <sup>th</sup> Aug 2023  | Dr. Muhammad Khalid Shafi                  | Breastfeeding Promotion session                            | Sindh TV                               |
| 8                                                                          | 28 <sup>th</sup> Aug 2023 | Dr. Muhammad Khalid Shafi                  | Polio Meeting with Ulma                                    | EOC Sindh                              |
| 9                                                                          | 24 <sup>th</sup> Aug 2023 | Dr. Muhammad Khalid Shafi                  | Breastfeeding Session                                      | DMC and Ojha Campus, DUHS              |
| 10                                                                         | 24 <sup>th</sup> Oct 2023 | Dr. Muhammad Khalid Shafi                  | Polio Eradication Public Awareness session on TV           | PTV Debat @ 8 Program                  |
| 11                                                                         | 24 <sup>th</sup> Oct 2023 | Dr. Muhammad Khalid Shafi                  | Polio Update                                               | Geo TV                                 |
| 12                                                                         | 24 <sup>th</sup> Oct 2023 | Dr. Muhammad Khalid Shafi                  | Polio Awareness Session                                    | Public TV                              |
| 13                                                                         | 24 <sup>th</sup> Oct 2023 | Dr. Muhammad Khalid Shafi                  | Polio and Immunization session                             | Metro TV                               |
| 14                                                                         | 10 <sup>th</sup> Nov 2023 | Dr. Muhammad Khalid Shafi                  | Polio Session With Mothers                                 | Bayview School DHA Karachi             |
| 15                                                                         | 25 <sup>th</sup> Nov 2023 | Dr. Muhammad Khalid Shafi                  | Breastfeeding Promotion Bill                               | Awaz TV                                |
| 16                                                                         | 28 <sup>th</sup> Nov 2023 | Dr. Muhammad Khalid Shafi                  | Polio Awareness session                                    | Bol News                               |
| 17                                                                         | 30 <sup>th</sup> 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 Mazare Qaid                    |

|    |                          |                           |                                                                  |                                  |
|----|--------------------------|---------------------------|------------------------------------------------------------------|----------------------------------|
| 20 | 8 <sup>th</sup> 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 Medicine, 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 Screens 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 Siddiq. 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 BDS students examine 200 school kids:



As part of community outreach programme, 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 programme 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 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 by Department of Visual Sciences-DUHS

| Name of Event                       | Date of Event     | Activities                                     | Organized By                                              |
|-------------------------------------|-------------------|------------------------------------------------|-----------------------------------------------------------|
| Word Sight Day 2023                 | 12 October, 2023  | Free stall of medicines for patients           | Eye Department Of Dow University of Health Sciences       |
| Annual Health Innovation Exhibition | 21 November, 2023 | Free Eye camp and awareness program            | Dow University of Health Sciences                         |
| Orthoptics Exhibition               | 9 October, 2023   | Awareness through model and chart presentation | Optometry Department Of Dow University of Health Sciences |
| Low Vision Exhibition               | 4 November, 2023  | Awareness through model and chart presentation | Optometry Department Of Dow University of Health Sciences |

## 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

**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)



**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



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

**6<sup>th</sup> Mar, 2024 and 31<sup>st</sup> 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 1<sup>st</sup> visit to SRSC was held on 31<sup>st</sup> Jan, 2024 and 2<sup>nd</sup> session of this year was held on March 6<sup>th</sup>, 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.



### **21<sup>st</sup> Feb, 2024 to 8<sup>th</sup> 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 21<sup>st</sup> 2024 of February and ended on the 8<sup>th</sup> 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.



### **2<sup>nd</sup> Nov, 2023: Visit to Govt Girls Primary School N0. 7 Korangi N0. 6**

The Community Outreach program was organized by the Department of Community and Preventive Dentistry DIDC, DUHS held on November 2<sup>nd</sup>, 2023. All Faculty members of the Community and Preventive Dentistry Department and Students of 3<sup>rd</sup> 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 18<sup>th</sup> September 2023 to 22<sup>nd</sup> 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 Breath 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 16<sup>th</sup> June, 2022, in which DUHS was declared as Pakistan First Smoke-Free University.

