DOW UNIVERSITY OF HEALTH SCIENCES

DUHS

ANNUAL SUSTAINABILITY REPORT

2025-26

SUSTAINABLE DEVELOPMENT GOAL

3 GOOD HEALTH AND WELL-BEING

Prepared by
The Department of Alumni, Marketing and Communication

ABSTRACT

The DUHS Annual Sustainability Report 2025–2026, prepared under **SDG 3: Good Health and Well-Being**, highlights the diverse initiatives, achievements, healthcare services, academic activities, research advancements, and community outreach programmes undertaken by Dow University of Health Sciences. The report reflects DUHS's commitment to promoting health and well-being through quality healthcare, disease prevention, professional education, research, innovation, and community engagement. It showcases awareness campaigns, specialized training programmes, continuing medical education, healthcare outreach, faculty development, and initiatives aimed at strengthening clinical and diagnostic services, contributing to the achievement of Sustainable Development Goal 3: Good Health and Well-Being.

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

Dr. A. Q. Khan Center – Institute of Behavioral Sciences (IBS) successfully organized an event to commemorate the International Day Against Drug Abuse and Illicit Trafficking on June 30, 2025, at Dow International Medical College, Ojha Campus.

The event featured guest lectures by Professor Dr. Washdev Amar Lal and Professor Dr. Salman Shehzad, which focused on the early signs and symptoms of substance use and the importance of early intervention. In addition, over 50 psychological screenings were conducted by BS Psychology students, along with various interactive activities aimed at raising awareness and engaging the community.





DOW LAB COLLECTION CENTER

We are pleased to announce the opening of a new Dow Lab Collection Center at Shoe Market, Nishter Road. This addition not only enhances our service outreach but also supports our efforts to penetrate deeper into the densely populated and historically underserved areas of old Karachi.

The Inauguration was done by Mr. Saleem Ahmad Chauhan, Director Commercial & Operations, Dow Diagnostic Research & Reference Laboratory along with Dr. Ashar Afaq, Registrar and Mr. Mudassir Ali Shah, Director Human Resources, DUHS.





SESSION ON STRESS & BURNOUT

Date: Saturday, 19th July 2025 | Time: 12:00 PM – 1:30 PM

Venue: Dow College of Pharmacy, DUHS

Organized by the Department of Pharmacy Practice, Faculty of Pharmaceutical Sciences, with Prof. Sumbul Shamim as the Activity Director and Dr. Fakhsheena Anjum as the Program Coordinator.

Session Experts:

Dr. Aftab Ahmed Khan

– Consultant Family Physician & Public Health Expert

– President, Pakistan Health Parliament (Karachi Chapter)

– Consultant, Meethi Zindagi Pakistan

Mr. M. Wajahat Ali Khan Afridi (Yogi Wajahat)

– Chief Wellness Trainer & Advisor at various institutes

– Expert in Corporate Yoga, Ergonomics, Mental & Physical Wellness

- Dr. Aftab highlighted the effects of stress and burnout on physical and mental health, offering preventive strategies.

- Yogi Wajahat led practical wellness interventions to address stress.





OWN THE OUTCOME – ACCOUNTABILITY AS A LEADERSHIP VIRTUE

As part of the “Mastering the Art of Effective Leadership” series, the Emerging Leadership Academy at DOW UNIVERSITY OF HEALTH SCIENCES (DUHS) conducted a dynamic and thought-provoking session on Saturday, August 2, 2025, led by Sohail Rao, MD, MA, DPhil, Founder and Executive Director of the Academy.

This highly interactive session challenged participants to move beyond the notion of accountability as a checkbox or blame mechanism and instead embrace it as a leadership virtue grounded in ownership, empowerment, and integrity.

Through real-world case studies, a candid pre-session survey, and collaborative group exercises, participants examined how effective leaders set the tone, create psychologically safe environments, and model the behaviors they seek in others.



THE CRITICAL ROLE OF PHARMACIST IN QUALITY MANAGEMENT

On Thursday, July 10, 2025, the Department of Pharmaceutics, Dow College of Pharmacy, DUHS, proudly organized an intellectually stimulating and industry-relevant session titled “The Critical Role of Pharmacists in Quality Management.” The event was specifically designed for PharmD fourth-year students, with the aim of strengthening their understanding of pharmaceutical quality systems in real-world settings.

The guest speaker, Dr. Abeer Khan, Quality Assurance Manager at Novo Nordisk Pakistan, is an accomplished professional with over eight years of experience in the pharmaceutical industry. A distinguished alumna of DUHS, Dr. Abeer is also a certified ISO QMS Lead Auditor. Her talk offered valuable insights into essential domains such as quality assurance frameworks, GxP compliance, production oversight, and the importance of collaborative leadership in regulated environments.





CME SESSION ON REVISION MASTOIDECTOMY

On Tuesday, July 29, 2025, the Department of Otorhinolaryngology-Head and Neck Surgery Unit-I at Dr. Ruth KM Pfau CHK-DOW Medical College-DUHS successfully hosted a Continuing Medical Education (CME) session on "Revision Mastoidectomy."

A highlight was the guest lecture by Dr. Ahmed Nawaz, HOD of ENT-Head and Neck Surgery at Liaquat National Hospital, who presented on "Endoscopic Ear Anatomy and Middle Ear Ventilation Pathway." Dr. Nawaz also performed a live endoscopic revision mastoidectomy, emphasizing its benefits: enhanced visualization of critical structures like the sinus tympani and Eustachian tube.

The program was meticulously directed by Prof. Dr. Zeba Ahmed, HOD of ENT-Head and Neck Surgery Unit-I at Dr. Ruth KM Pfau CHK-DOW Medical College, DUHS.





ORIENTATION SESSION OF E-DOCTORS TRAINEE 2.0

The orientation session for the E-Doctors Trainee 2.0 program was held on July 22, 2025, at the Professional Development Centre (PDC) Hall, Dow International Medical College (DIMC), Ojha Campus. This impactful session marked the official launch of a unique initiative specifically designed for female doctors who have been out of clinical practice, providing them with a structured re-entry pathway through digital primary care and telemedicine.

A flagship certificate course by Dow University of Health Sciences (DUHS) in collaboration with EduCast, E-Doctors 2.0 is an innovative, self-paced program built to meet the rising demand for accessible, quality virtual healthcare. The platform aims to bridge clinical gaps for women doctors across Pakistan.

The orientation was attended by both online and in-person candidates, who were formally introduced to the course objectives, content flow, and learning outcomes.

The event drew international attention and was covered by NHK, Japan's largest national TV channel, which is documenting the E-Doctors initiative for its global audience. This international media interest is a testament to the global relevance of Pakistan's efforts in digital healthcare innovation.

The orientation concluded with an interactive Q&A session. The two-hour event set a strong foundation for the new cohort of female physicians, who are now ready to embark on a journey of digital empowerment and renewed clinical engagement.





AKU LEADERSHIP AT DUHS

It was a privilege to welcome the Aga Khan University team, Mr. Malik Ahmed, Director – Purchasing and Supply Chain Management Division (Pakistan & Afghanistan), along with his colleagues to the newly constructed, purpose-built Pharmacy Warehouse at Dow University of Health Sciences, Ojha Campus.

The visit provided an invaluable opportunity for knowledge exchange and collaboration, where we discussed processes, systems, common challenges, and innovative solutions to further strengthen and streamline healthcare supply chains.

At Dow University of Health Sciences, we remain steadfast in our mission to drive innovation, operational excellence, and strategic partnerships that elevate healthcare delivery and outcomes.



CAREER AWARENESS AND ORAL HEALTH PROMOTION SESSION

On 17th September 2025, the Department of Community Dentistry, Dow Dental College, organized a Career Awareness and Oral Health Promotion Session at the Government Boys Secondary School, Kotwal Building Campus.

Through interactive discussions, students explored the educational journey and professional scope of dentistry.

An oral health awareness component was also included, addressing common issues such as dental caries and gum disease, while emphasizing preventive practices like proper brushing, flossing, and regular dental visits.



CERVICAL CANCER AWARENESS & HPV VACCINATION IN PAKISTAN

Dow University of Health Sciences (DUHS), in collaboration with the Society of Obstetricians & Gynecologists of Pakistan (SOGP), successfully organized a symposium on Cervical Cancer Awareness and the Introduction of HPV Vaccination in Pakistan on Thursday, 11th September 2025.

The panel discussion featured experts from WHO, UNICEF, Govt. of Sindh, Jhpiego, and PPHI, who emphasized the importance of collaboration among healthcare institutions, government, and international partners for a successful HPV vaccination rollout in Pakistan.





CERTIFICATE IN HEALTH PROFESSIONS EDUCATION

Dow Institute of Health Professionals Education (DIHPE) – DUHS has successfully commenced the first contact session of Batch-10 of the Certificate in Health Professions Education (CHPE).

This milestone highlights DUHS's commitment to advancing healthcare education by equipping medical professionals with the latest knowledge and skills. DIHPE continues to play a vital role in strengthening the competencies of healthcare providers and medical educators, reinforcing DUHS' mission of excellence in medical training and professional development.





ACADEMIC SESSION ON JAK INHIBITORS AT DIMC

Dr. Sadaf Ahmed Asim, Head of the Department of Dermatology, DIMC, successfully organized an engaging academic session on “JAK Inhibitors: Unlocking Their Potential in Dermatological Therapy” on 30th September 2025. She served as the main program director, alongside Dr. Madiha (AP) and her dedicated team.



UNDERSTANDING AND MANAGING ANXIETY

The Department of Family Medicine, DIMC, DUHS successfully conducted a Continuing Medical Education session on “Anxiety: Recognition, Management, and the Role of Family Physicians” on 27th September 2025 at the Ojha Campus.

The CME included an interactive discussion on the early recognition and management of anxiety disorders, emphasizing the family physician’s pivotal role in early diagnosis, empathetic communication, and evidence-based interventions. Participants also explored the value of multidisciplinary collaboration to enhance patient outcomes and overall well-being.





BREAST CANCER SYMPOSIUM

The Breast Cancer Symposium 2025: “From Early Detection to Precision Care – Evolving Horizons in Breast Cancer” was successfully held on October 11, 2025.

The symposium was organized by the Department of Medical Oncology, Dow Medical College / Civil Hospital Karachi, and was planned and moderated by Dr. Maliha Ashfaq, Assistant Professor of Medical Oncology.





SESSION ON QUALITY IN HEALTHCARE

The Quality Assurance & Quality Control Department, Dow University Hospital, successfully organized an insightful session on “Quality in Healthcare,” highlighting the importance of continuous improvement, patient-centered care, and safety in healthcare delivery.

We were deeply honored by the gracious presence of our esteemed guest speaker, Dr. Ahson Qavi Siddiqi, CEO, Sindh Healthcare Commission, who shared his valuable insights and expertise on healthcare quality systems, governance, and best practices.

Together, we continue striving toward excellence, safety, and quality in healthcare — making Dow University Hospital a model of patient-centered care.





AWARENESS SESSION ON WORK-RELATED STRESS MANAGEMENT

An awareness session was conducted by Brig. Dr. Shoaib Ahmed at SUPARCO, focusing on work-related stress management and maintaining a healthy work–life balance. The session proved highly beneficial for all employees, who showed great interest and actively participated throughout.





MENTAL HEALTH CAMP

A Mental Health Camp was held at DIMC, organized by BS Psychology students. The camp focused on raising awareness about mental health, reducing stigma, and featured engaging and refreshing activities that everyone enjoyed.





CLEAN & GREEN DRIVE

The Community Service & Sustainability Society (CSSS) of the Institute of Business & Health Management (IBHM), Dow University of Health Sciences (DUHS), in collaboration with Social Forestry Division-II, Karachi and the Green Youth Movement Club, successfully conducted the Clean & Green Drive on 8th October, 2025.

The drive aimed to promote environmental protection and sustainability, encouraging our youth to take active responsibility for a cleaner and greener Pakistan.






SAVE TREES

AWARENESS SESSION CONDUCTED BY ANTI-NARCOTICS FORCE

An informative and impactful Awareness Session was held on 6th November 2025 at Hafeez Jalandhri Auditorium, Dow International Medical College (DIMC). The session was organized under the leadership of Prof. Uzma Bukhari, Principal DIMC, with the gracious presence and support of Prof. Ramlah Naz, Vice Principal DIMC.

The session was conducted by the Anti-Narcotics Force (ANF) as part of their ongoing efforts to educate and sensitize students and faculty about the dangers of drug abuse and the importance of maintaining a drug-free academic environment.
The event served as a strong reminder of the crucial role education plays in preventing substance abuse and nurturing responsible future healthcare professionals.





WORLD DIABETES DAY

The National Institute of Diabetes and Endocrinology (NIDE), Dow University of Health Sciences (DUHS), commemorated World Diabetes Day 2025 with great enthusiasm and commitment to diabetes awareness and care. The event featured an annual Diabetes Awareness Walk, an engaging Public Awareness Session, and the Inauguration of the Diabetic Foot Clinic, marking a major step forward in comprehensive diabetes management at NIDE.

The event also included an informative public session focusing on diabetes awareness, prevention strategies, lifestyle modification, and early recognition of diabetes complications. Faculty members, diabetes educators, clinical dietitians, medical students, and a large number of patients and their families participated actively in the awareness activities.






World Diabetes Day | 2025
Diabetes and well-being
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National Institute of Diabetes Endocrinology.

ORAL HEALTH OUTREACH BY THE DEPARTMENT OF COMMUNITY DENTISTRY

The Department of Community Dentistry at Dow International Dental College (DIDC) organized a school-based outreach to address oral health issues in children aged 4–15 years. The initiative was conducted in collaboration with the administration and teachers of a school run by the Al-Zohra Welfare Association, a charitable NGO serving the local population of Punjab Colony, Karachi.

The program, “Screen – Educate – Refer,” screened 190 children, with 60% found to have dental caries, often accompanied by supragingival plaque and calculus, highlighting significant unmet oral health needs.

The school administration is actively engaged in co-developing strategies to monitor fluoride and sugar exposure in children through parental involvement. Senior students also enthusiastically participated in co-creating an oral hygiene education and prevention program for pre-school and primary classes.





LEPROSY AWARENESS SEMINAR

A highly successful Leprosy Awareness Seminar was conducted by the Dermatology Department, DIMC, on Thursday, 20th November 2025, in collaboration with the Pakistan Association of Dermatologists (PAD), WHO, and MALC, focusing on: STRENGTHENING LEPROSY ELIMINATION

An academic initiative aimed at increasing recognition, prompt examination, early diagnosis, and effective treatment of leprosy patients.



DEVELOPMENT OF PROVINCIAL COSTED ACTION PLAN ON CERVICAL CANCER ELIMINATION PROGRAMME - CONSULTATIVE WORKSHOP FOR SINDH

Dow University of Health Sciences: Our Vice Chancellor, Prof. Nazli Hossain, and Pro-Vice Chancellor, Prof. Jahan ara Hasan, hosted this 2-day consultative workshop along with Dr. Mariyam Sarfraz of the Health Services Academy (HSA). It was conducted with the support of UNFPA and under the oversight of the Ministry of National Health Services, Regulations and Coordination (M/o NHSR&C).

The workshop was organized at DIHPE Hall A & B, Dow Medical College, on 27-28 November 2025.






FOR CERVICAL CANCER ELIMINATION
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SUCCESSFUL STUDY VISIT

A successful study visit was hosted by the Ojha Institute of Chest Diseases for students from the Department of Molecular Biology and Genetics, Shaheed Benazir Bhutto University (SBBU), Shaheed Benazirabad Nawabshah, on November 19th, 2025.

The program was expertly guided by Dr. Fatima Fasih (Head of Ojha Hospital Lab, Focal Person Provincial Reference Lab) and Mr. Nazir Ahmed (M&E Officer, CDC Sindh). It was an honor to foster an environment of learning and collaboration, showcasing our advanced clinical practices and diagnostic laboratories.

We remain committed to bridging the gap between academia and clinical practice and are inspired by the curiosity and potential of the next generation of scientists.



VISIT OF DRAP TEAM TO DOW UNIVERSITY HOSPITAL

It was a privilege to welcome the esteemed delegation from the Drug Regulatory Authority of Pakistan (DRAP), including former CEO Dr. Asim Rauf, Deputy Director Dr. Obaid Ali, and their team, to the newly established, state-of-the-art Hospital Pharmacy Warehouse at Dow University of Health Sciences (DUHS). The visit was held under the leadership of Director Pharmacy Services, Dr. Aasma Hamid.

During their visit, the delegation appreciated the warehouse's advanced storage facilities, modern inventory-management systems, and quality-assurance mechanisms. They also offered valuable guidance to our pharmacists, emphasizing the importance of regulatory compliance, patient safety, and continued professional excellence in hospital pharmacy services.





INTEGRATED RESPIRATORY CARE: MECHANICAL VENTILATION AND TRACHEOSTOMY MANAGEMENT

Dow Institute of Medical Technology (DIMT), Dow University of Health Sciences (DUHS), successfully conducted a one-day hands-on workshop on “Integrated Respiratory Care: Mechanical Ventilation and Tracheostomy Management” on Saturday, 29th November 2025, under the esteemed patronage of the Principal, Prof. Dr. M. Sameer Qureshi.

The session provided evidence-based, hands-on training in a highly interactive learning environment. The workshop was attended by respiratory therapists, critical care technologists, and allied health professionals, making it a truly impactful academic experience.





5-DAY TRAINING PROGRAM ON AFB

The Ojha Institute of Chest Diseases, in successful collaboration with the Communicable Disease Control (TB Sindh Program), has proudly concluded its intensive 5-Day Training Program on AFB (Acid-Fast Bacilli) Microscopy from December 1st to 5th, 2025 guided by Dr. Fatima Fasih (Head of Ojha Hospital Lab, Focal Person Provincial Reference Lab), Mr. Nazir Ahmed (M&E Officer CDC Sindh).

The program saw the enthusiastic participation of 12 dedicated laboratory technicians and microbiologists from across Sindh



WORLD COPD DAY 2025

A CME session in commemoration of World COPD Day 2025 was organized by the Department of Pulmonology, Ojha Institute of Chest Diseases, DUHS on the theme:

“Tools Used in Defining COPD Management.”

This academic session was led by Prof. Dr. Faisal Faiyaz Zuberi (Program Director, HoD Pulmonology, and Director MD Pulmonology, OICD), along with expert speakers Dr. Hina Asghar and Dr. Aisha Asim, Senior Registrars, Pulmonology.





INTER SPORTS FEST 2025

The Institute of Business & Health Management (IBHM) Sports Society successfully hosted the Inter Sports Fest 2025 between the Dow University of Health Sciences (DUHS) and the Karachi Institute of Economics and Technology (KIET), organized in joint collaboration with the KIET Sports Department.

The sports fest featured competitions in Cricket, Badminton, and Table Tennis, with enthusiastic participation from both students and faculty. All participants demonstrated exemplary sportsmanship and contributed to a vibrant, engaging atmosphere.





BASIN & ORB PERCIPIO²

Dow University of Health Sciences successfully hosted the 2nd Pelvis & Hip Congress 2025, themed “Basin & Orb Percipio²”, along with a Pre-Conference Workshop on Developmental Dysplasia of the Hip (DDH) on 29th November 2025 featuring live surgery and an interactive learning session.





RESEARCH REINVENTED

The “Research Reinvented” workshop was successfully organized on November 29, 2025 by the Centre for Education and Training in Clinical Research (CETCR), Dow University of Health Sciences (DUHS) under the able leadership of Dr. Fakhsheena Anjum. The workshop received an excellent response from DUHS faculty, along with participants from various institutes and affiliated hospitals.





FIGHT AGAINST TB

Ojha Institute of Chest Diseases (OICD) was honored to recently host a distinguished Joint Program Review Mission, welcoming a high-level delegation of leading global tuberculosis experts on Wednesday, 26 November, 2025. This landmark visit marks a significant step forward in our shared fight against TB.

We were privileged to welcome and engage with distinguished international & National experts.

During their visit, the delegation conducted a comprehensive review of our TB Integrated Unit, observing first-hand our operational frameworks, patient care protocols, and diagnostic capabilities. The mission facilitated in-depth strategic discussions aimed at aligning our efforts with the latest global standards and innovations to strengthen programmatic impact.





DIABETES THERAPEUTICS: INSIGHTS INTO ALPHA-GLUCOSIDASE INHIBITION

The Dow College of Pharmacy, DUHS, successfully organized an insightful academic session titled “Diabetes Therapeutics: Insights into Alpha-Glucosidase Inhibition” on 27th November 2025, jointly organized by Prof. Dr. Sumbul Shamim, Dean/Principal, and Dr. Shumaila Aman, Assistant Professor.

The session brought together pharmacists, researchers, and students to explore emerging therapeutic strategies in diabetes management, with a special focus on alpha-glucosidase inhibition—a key target in controlling post-prandial glucose levels.






DIABETES
THERAPEUTICS:

WHITE COAT CEREMONY OF BATCH 20TH MBBS STUDENTS

The White Coat Ceremony of Batch 20th MBBS students, Dow International Medical College (Session 2026–27), was held on 13th January 2026, marking the beginning of a noble journey in medicine.

The ceremony was graced by Vice Chancellor DUHS Prof. Dr. Nazli Hossain, Pro Vice Chancellor Prof. Dr. Jahan Ara Hasan, Principal DIMC Prof. Dr. Uzma Bukhari, Vice Principal DIMC Dr. Ramlah Naz, along with esteemed faculty members. Best wishes to our future doctors as they embark on a path guided by knowledge, compassion, and integrity.





DIABETES AND RAMADAN PATIENT AWARENESS PROGRAM

The “Diabetes and Ramadan Patient Awareness Program” was successfully conducted at the National Institute of Diabetes and Endocrinology (NIDE), Dow University of Health Sciences (DUHS) on January 14, 2026, under the guidance of Dr. Musarrat Riaz, Director NIDE. The program aimed to equip individuals living with diabetes with evidence-based knowledge and practical guidance to observe fasting during Ramadan safely and responsibly.






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WORKSHOP ON RABIES PREVENTION (DOG BITE MANAGEMENT)

As per the directives of the Honorable Vice Chancellor, Prof. Dr. Nazli Hossain, the Department of Emergency Medicine, Trauma Centre, Dow University of Health Sciences (DUHS) successfully conducted a CME-accredited Workshop on Rabies Prevention (Dog Bite Management) on Monday, 19th January 2026, at the Seminar Room, Emergency Medicine Department, Trauma Centre, Ojha Campus.

The workshop was organized for doctors and healthcare staff of DHA City Medical Centers, focusing on enhancing clinical competence in rabies prevention and dog bite management, in accordance with WHO guidelines.



DUHS FACULTY/STAFF WELLNESS PROGRAM: "EXERCISE AS MEDICINE" PROMOTING HOLISTIC WELL-BEING

The Sports Directorate of Dow University of Health Sciences successfully organized a Faculty/Staff Wellness Program titled "Exercise as Medicine" on 29th January 2026, led by Dr. Muhammad Sarfraz Khan. The initiative aimed to highlight the significance of physical activity as a key component of overall health and well-being.

The session received an exceptional response, with full attendance reflecting strong engagement from faculty and staff members.







COMMUNITY OUTREACH AND AWARENESS SESSION

A community outreach and career awareness session was successfully conducted on 12th February 2026 by the Dow Institute of Medical Technology, Dow University of Health Sciences, at N. J. V. Higher Secondary School, Karachi.

The session was organized under the supervision of Ruquia Noor, Head of the Respiratory and Critical Care Therapy Department. The activity aimed to introduce students to the field of Medical Technology, its scope in modern healthcare, and the diverse career opportunities available in allied health sciences.

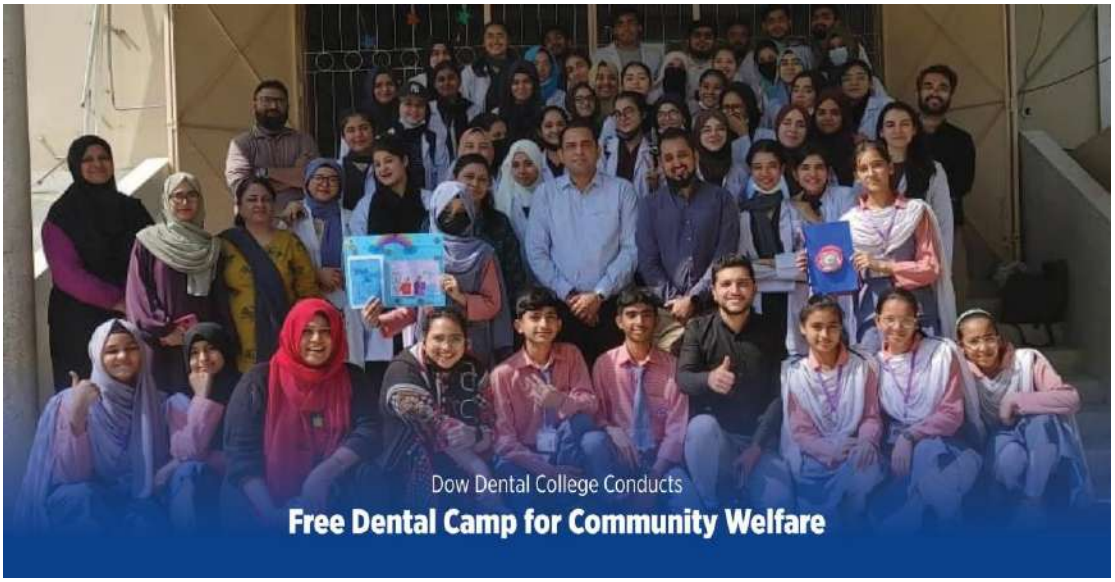




FREE DENTAL CAMP

The Department of Community and Preventive Dentistry at Dow Dental College (DDC) organized a free dental camp for children aged 5–13 years at Ra'ana Liaquat School in celebration of World Oral Health Day 2026, themed "A Happy Mouth Is… A Happy Life."

Common oral health issues identified included dental caries and fluorosis, underscoring the importance of regular school-based preventive programs. This initiative emphasized early detection, oral health awareness, and the promotion of healthy habits among children.





TB AWARENESS WALK

The Ojha Institute of Chest Diseases (OICD), DUHS, spearheaded a high-impact Awareness Walk under the global mandate “Yes! We Can End TB.”

This effort reaffirmed that through robust multi-sectoral synergy, the elimination of Tuberculosis remains an achievable reality.





COLORECTAL CANCER AWARENESS WALK

Dow University of Health Sciences in collaboration with Civil Hospital Karachi, successfully organized the Colorectal Cancer Awareness Walk 2026 on March 30, 2026.

This initiative highlighted the critical need to break stigma, recognize early symptoms, and promote screening practices to reduce the burden of this preventable disease.

We sincerely thank all participants for their enthusiastic support in making this event a meaningful step toward a healthier society.

“Yes! We Can Prevent It. Early Detection Saves Lives.”



HEPATITIS B & C SCREENING AND VACCINATION CAMPS

The Ojha Institute of Chest Diseases, DUHS, in collaboration with the Communicable Disease Control (CDC), successfully completed two free Hepatitis B & C Screening and Vaccination Camps exclusively for DUHS employees.

First Camp (First Dose): Held from February 12–14, 2026 at OICD, DUHS.

• 828 employees screened

• 836 vaccines administered

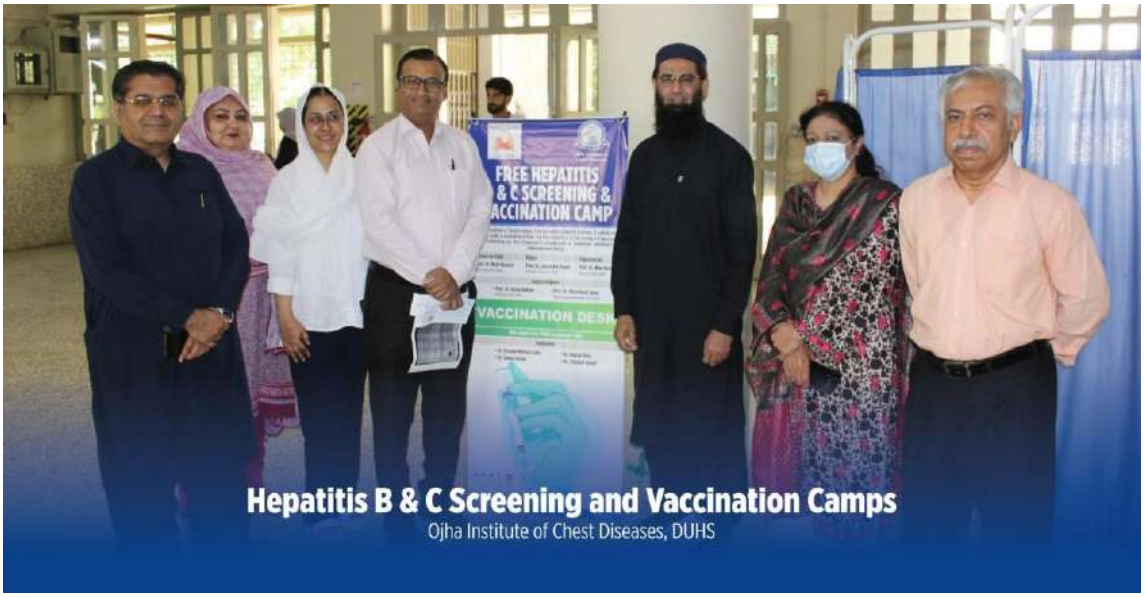
Second Camp (Second Dose): Held from March 25–26, 2026 at OICD, DUHS.

• 259 employees screened

• 697 vaccines administered

In addition to the camps, 1,667 vaccines have been administered in the TB-Integrated OPD.

With these camps and total vaccines administered at the TB-Integrated OPD since January 2025 have reached 3,200 – a milestone made possible only by the participation of our DUHS family.





THE DOW DIAGNOSTIC RESEARCH & REFERENCE LABORATORY (DDRRL) HAS INAUGURATED A NEW COLLECTION CENTER AT ZAMZAMA BOULEVARD

For Dow Lab, expansion is about more than just a new location; it is about bringing premium diagnostic care to your doorstep. This Zamzama collection center will serve as a primary hub for Home Sampling in the area, ensuring that the required standard of accuracy in reporting is maintained whether you visit us or we come to you.





A PROUD MOMENT FOR DOW UNIVERSITY OF HEALTH SCIENCES

The Director General Health Services (DGHS), Punjab, has procured DOWRAB (Rabies Vaccine) from the Dow Institute of Life Sciences (DILS-DUHS)—marking a strong step forward in collaborative public health efforts.

This initiative highlights DUHS's commitment to community welfare, ensuring that DOWRAB is now freely available through DGHS Punjab to improve access to life-saving treatment.

With locally produced vaccines, Pakistan is moving towards self-reliance in vaccine production, reducing dependency on imports and saving valuable foreign exchange.





WORLD NO TOBACCO DAY

Ojha Institute of Chest Diseases (OICD) successfully organized “World No Tobacco Day” 2026, May 23rd, under the meaningful theme:

“Unmasking the Appeal – Countering Nicotine & Tobacco Addiction”

The event featured an Awareness Walk from the OICD Gate, followed by an Expert Talk on Health Risks of Tobacco at the OICD Lecture Hall. Our distinguished guests, faculty, and Staff came together to reinforce DUHS’s commitment to tobacco control and public health.





EQUALLY HUMAN: NAVIGATING SPECIAL NEEDS THROUGH RELIGION, LAW & SOCIETY”

The Standing Accessibility Committee of Dow University of Health Sciences (DUHS) successfully organized an awareness session titled “Equally Human: Navigating Special Needs Through Religion, Law & Society” at Dow Medical College, DUHS.

Through meaningful discussions on religious teachings, legal frameworks, and societal responsibilities, participants explored ways to promote dignity, accessibility, inclusion, and equal opportunities for persons with disabilities. The session reinforced DUHS’s commitment to building a more inclusive and equitable society for all.





MA'RQA-E-HAQ: ONE NATION, HEALING TOGETHER

The Institute of Business & Health Management, Dow University of Health Sciences, successfully organized a Mega Medical & Wellness Camp for orphan girls and boys.

Held on 9th May 2026 at IBHM, Ojha Campus, the initiative provided comprehensive healthcare services to approximately 200 orphan children, reflecting a strong commitment to community welfare, inclusion, and humanitarian service.





FREE EYE SCREENING CAMP

In the spirit of showing solidarity with our country and celebrating the 1st Anniversary of Marka-e-Haq, the Institute of Business & Health Management (IBHM) and the Department of Ophthalmology & Visual Sciences successfully organized a Free Eye Screening Camp at Tata Textile Mills Pvt. Limited on 6th May 2026.

A total of 164 employees were screened during the camp, aiming to promote accessible eye care and early detection of vision-related issues among workers.





COMMUNITY HEALTH CAMP

Dow Institute of Nursing & Midwifery organized a free Community Health Camp on 17 June 2026 for the local population of Sachal and Marroara Goth as part of final year BSN students' Community Health Nursing project.

The purpose of the camp was to promote health awareness, encourage healthy lifestyles, facilitate early identification of health issues, and improve access to basic healthcare services within the community. Various awareness sessions were conducted on substance abuse, mental health, nutrition across the lifespan, hygiene, and first aid. Free screening and consultation services were also provided, including blood pressure, blood glucose, height, weight, BMI assessment, eye screening, dental screening, dietitian consultation, and psychological counselling.





GOOD VIBES SHINE BRIGHT WITHOUT NICOTINE

The School of Public Health, Dow University of Health Sciences, successfully organized an awareness session titled “Good Vibes Shine Bright Without Nicotine” on 18 June 2026 at Dow International Medical College.

The speakers highlighted the harmful effects of tobacco and substance use, addressed common misconceptions, and encouraged participants to adopt healthier lifestyle choices.

The session also included an interactive quiz and discussion, engaging students and faculty members in meaningful conversations about tobacco addiction, prevention strategies, and the importance of building a healthier, nicotine-free future.






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