DOW UNIVERSITY OF HEALTH SCIENCES

# DUHS

# ANNUAL SUSTAINABILITY REPORT

## 2025-26

SUSTAINABLE DEVELOPMENT GOAL

5 GENDER EQUALITY

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## ABSTRACT

Dow University of Health Sciences (DUHS) remained committed to advancing SDG 5: Gender Equality during 2025–2026 through initiatives promoting women's empowerment, equal opportunities, education, healthcare awareness, sports participation, innovation, and social inclusion. Key activities included the E-Doctors Trainee 2.0 programme, providing female doctors with a pathway to re-enter clinical practice through digital healthcare; a webinar on Women's Empowerment; the Breast Cancer Symposium; mental health awareness sessions; and opportunities for female students to participate and excel in sports, academic competitions, entrepreneurship, and leadership activities. Through these diverse initiatives, DUHS continues to foster an inclusive and equitable environment that empowers women, supports their personal and professional development, and promotes their meaningful participation in society.

## 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.





## PATRIOTIC BEATS AT DIMC – A MUSICAL TRIBUTE TO PAKISTAN

This event marked the beginning of a series of DUHS-wide celebrations in the lead-up to Pakistan's Independence Day. With thoughtful planning and the dedicated leadership of Acting Principal Prof. Dr. Ramlah Naz, Dow International Medical College, along with all institutions onboard, took the lead in initiating and organizing the Azadi Celebration Series, scheduled from 1st to 14th August.

The event truly resonated with patriotism and talent, setting a spirited tone for the Azadi Celebration Series. It marked more than just a tribute to freedom – it was a vibrant celebration of creativity, collaboration, and cultural pride across DUHS campuses. As the first in a series of events leading up to Independence Day, it promises that more moments of unity, expression, and national spirit are on the way.



## THROW BALL TOURNAMENT

A total of 10 girls' teams enthusiastically enrolled to participate, filling the campus with excitement and anticipation.

After intense qualifying rounds and a few eliminations, the following teams made it to the semi-finals:

DMC vs. DIMC

DDC vs. DCOB

With nail-biting moments and heart-pounding games, the finalists were determined: DIMC and DCOB.

In a high-energy final match, DIMC emerged victorious, while DCOB secured the runner-up trophy after a commendable performance.






## INTRA-DUHS BADMINTON TOURNAMENT

Dow Medical College proudly delivered an outstanding performance at the Intra-DUHS Badminton Tournament held on 7th August 2025, securing 5 out of 8 trophies and showcasing exceptional talent and teamwork.






## UNDERSTANDING AND MANAGING ANXIETY

SDG 5: Gender Equality (addressing psychosocial issues across genders)

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.

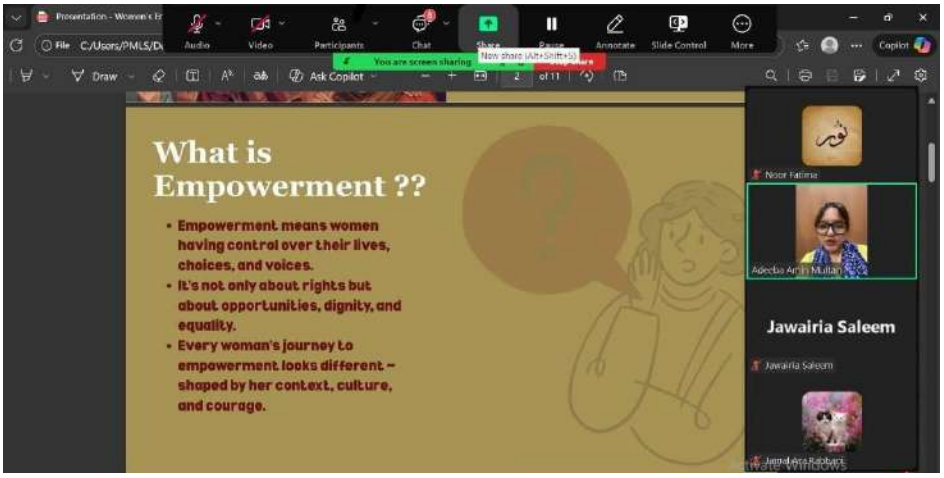




## WOMEN'S EMPOWERMENT: BUILDING AWARENESS, ACCESSIBILITY, AND AUTONOMY

Noor Fatima, a student of Dr. Ishrat Ul Ebad Khan Institute of Oral Health Sciences (DIKIOHS) and Ambassador for Sustainable Development Goal 5 – Gender Equality, successfully conducted a webinar titled "Women's Empowerment: Building Awareness, Accessibility, and Autonomy" on October 4, 2025.

The session featured Ms. Adeeba Amin, a renowned gender rights activist and SRHR (Sexual and Reproductive Health and Rights) advocate, as the keynote speaker. The webinar was a great success, marked by active participation and engaging discussions on the importance of women's empowerment and gender equality.



## 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.





## 35TH NATIONAL GAMES ARCHERY CHAMPIONSHIP AT DUHS

The four-day archery competitions of the 35th National Games concluded successfully at the Ojha Campus of Dow University of Health Sciences. Pakistan Army emerged as a leading team, winning two gold medals in various archery events.

The archery competitions held at the Ojha Campus brought together the country's top teams, creating an atmosphere filled with sportsmanship, skill, and national pride. Teams participating in the championship included Pakistan Army, Pakistan Air Force, Pakistan Navy, Pakistan Police, HEC, WAPDA, Punjab, Khyber Pakhtunkhwa, Balochistan, and Sindh.

The successful hosting of the 35th National Games Archery Championship at DUHS was carried out under the visionary leadership of Honorable Vice Chancellor Dow University of Health Sciences, Prof. Dr. Nazli Hossain, reflecting her strong commitment to student well being, holistic development, and fostering a vibrant and inclusive campus culture at DUHS.

The four-day championship witnessed athletes demonstrating exceptional skill, discipline, and dedication, turning the event into a true celebration of Pakistan's emerging sporting talent. As host, DUHS provided outstanding facilities and a professional environment, reflecting the institution's commitment to the promotion of sports, youth development, and national unity.






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## HULT PRIZE ON-CAMPUS PROGRAM 2026 – DUHS

The Office of Research, Innovation & Commercialization (ORIC) proudly organized the 3rd Hult Prize On-Campus Program at Dow University of Health Sciences, bringing together bright minds committed to innovation and social impact.

We were honored to have our respected Vice Chancellor, Prof. Nazli Hossain, as the Chief Guest. In her inspiring address, she appreciated the students' creativity and encouraged them to continue striving for excellence and meaningful change.






## STUDENTS ACHIEVEMENT

DUHS Literary and Debating Society is proud to announce that a team of 3 students Unzilat Rehma, Warda Mazhar and Sidra Batool represented DUHS at Karachi University Debate Championship (KUDC'26) organized by Karachi University from 21st to 23rd April, 2026. It was an All-Karachi Asian Parliamentary debate in which students from well-reputed institutes participated.

The team won the Best Team Trophy of the tournament while Sidra Batool was declared as the 3rd Best Speaker.



## 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.







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