



SDG-3 GOOD HEALTH AND WELLBEING

"Good Health and Well-being." It is one of the 17 goals established by the United Nations in the 2030 Agenda for Sustainable Development, adopted in September 2015. SDG 3 aims to ensure healthy lives and promote well-being for all at all ages. The specific targets associated with SDG 3 cover a wide range of health issues and challenges, including maternal and child health, infectious diseases, non-communicable diseases, mental health, and access to essential healthcare services.

Achieving SDG 3 is crucial for overall sustainable development, as health is a fundamental factor in individual and community well-being. It requires a comprehensive and integrated approach that addresses not only specific diseases but also the underlying determinants of health, including social, economic, and environmental factors. Additionally, global collaboration and partnerships are essential to tackle health challenges that transcend national borders.

Realizing the importance of this development goal COMSATS University took all essential measures, Collaborations and MoUs with health institutions, both national and international, allow CUI to enhance its research and academic capabilities in the field of health and well-being. Through these partnerships, CUI can access state-of-the-art facilities, expertise, and resources that contribute to the development of innovative healthcare solutions. The MoU with King Abdullah Hospital Mansehra aims to promote joint research projects, the exchange of faculty and students, and the sharing of resources and expertise. This collaboration enables CUI to enhance its understanding of healthcare practices and contribute to improving healthcare outcomes in the region. The MoU with CITI Pharmaceuticals in Lahore focuses on research and development in the field of pharmaceuticals. This partnership allows for collaboration in areas such as drug discovery, clinical trials, and the development of new therapies. CUI has much local and national collaboration.

Being part of the academia, the primary stakeholder in the health care profession, and maintaining its high standards set previously, the Vehari campus CUI, Health awareness and blood donor society arranged a free medical camp hospital.

Seminar on "Breast Cancer Awareness" at CUI is a regular event held each year at all campuses

COMSATS University, Abbottabad Campus, organized a seminar on mental health and its awareness

The Department of Humanities, COMSATS University Islamabad, Abbottabad Campus, organized a seminar on mental health and its awareness, entitled, "Mental Health and Well being: A Global Priority" on November 1, 2022. The theme of the seminar was to prioritize mental and psychological health and well being across the world. Recently, the world has witnessed an upsurge of issues related to mental health such as anxiety and depression, specifically during the pandemic of Covid 19 and it is the need of the hour to address the health and well being of people at the global level.

On behalf of CUI Abbottabad and the department of Humanities, the Head of the Department, Dr. Nasir Ali Khan welcomed the distinguished guests, resource persons, faculty and students and lauded the department's efforts in organizing the event.

The key-note speaker, Dr. Mamoona Rasheed, clinical psychologist at Ayub Medical College was invited for the occasion. She educated the audience about the importance of mental health at every stage of life, from childhood to adolescence through adulthood. She inculcated that as responsible citizens, it is our social responsibility to reduce the stigma around mental illnesses and mental health conditions by showing resilience to the mental and psychological issues





Mindstorms Studio – Student Chapter CUI, Lahore

Mindstorms Studio arranged the wonderful introductory orientation for the opening of a brilliant new chapter for all the worthy students on October 12, 2022 at COMSATS University Islamabad, Lahore campus.

Such specifically designed games were held for the general public for the purpose or social interaction with exciting prizes for the winners. The main focus was to create games in such a pattern that more public was involved in this fun activity in form of group wise competition rather than just 1 person game. The fun games included Heads Up, Musical Chairs, Fill the box and many more. A great number of students participated in all the fun activities. The students were given prizes at the end of the activity session.

These exciting fun games were followed by the opening ceremony through orientation in which respected members Ms. Ramsha Hasan and Mr. Yaser Awan from Mindstorm studios interacted with the university students for start of a long journey ahead. Our various respected faculty members were also present to grace the occasion.

Blood Donation Drive

Blood Donation Drive was organized by Youthe. Sundas Foundation visited COMSATS University Islamabad, Lahore campus on March 22, 2022 at 11:00 am to 4:00 pm. Dr. Farrukh Zeeshan, Dr. Adnan Ahmad and Sir Mohsin Mehdi were the faculty advisors to arrange the event. Students were motivated to come and join the cause, give blood and save life. 120 bags were donated by the students.





Engaging University Faculty for Mental Health Wellbeing of Youth – on 25th October 2022 (Tuesday)

A one-day workshop on 'Engaging University Faculty for Mental Health of Youth' was organized by the Faculty Development Academy (FDA) at COMSATS University Islamabad on October 25, 2022 in collaboration with COMSATS Secretariat to commemorate the World Mental Health Day. The workshop highlighted the role of teachers in the mental well-being of students during their academic pursuits. Besides, it also aims to educate the faculty in identifying the initial signs of mental distress and behavioural issues in students.



According to the World Health Organization (WHO) Regional Office for Europe Copenhagen, "Universities can do many things to promote and protect the health of students and staff, to create a health-conducive working, learning and living environments". CUI management believed in the WHO statement. For this purpose, CUI has up-to-date and well-managed sports grounds and indoor sports facilities on campus. Further, CUI management believed in community services. Therefore, on request, sports grounds and indoor facilities are often provided to the general public. These sports grounds and indoor facilities are provided free of cost for public service events. However, these grounds are also provided to the general public with minimal cost.

COMSATS University Islamabad has medical centers. Medical centers have professionals equipped with all necessities for emergencies and routine tasks. In addition, CUI has a Counselling and Wellness Centre (CWC). The CWC has specialized psychologists responsible for counseling faculty, staff, and students, for stress reduction free of cost.

CUI takes a strong stance against smoking, both for the well-being of its students and staff, as well as the overall safety of the university environment. CUI acknowledges the direct health risks posed by smoking, which can affect both smokers and non-smokers through passive smoking. This indicates the university's commitment to the well-being of its community. CUI's smoking ban extends to all areas within the university, including indoor and outdoor environments, as well as vehicles. This ensures a completely smoke-free campus. The imposition of a 10,000 PKR fine on smokers in case of policy violation demonstrates the

seriousness with which CUI enforces its anti-smoking rules. Such penalties are meant to deter individuals from breaking the policy.

SAFE-RH Project Team Of CUI Wah Campus Visit To The Islamia University Of Bahawalpur

SAFE-RH, COMSATS University Wah Campus team consisting of Chairman CS/Associate Professor, Dr. Ehsan Ullah Munir, Assistant Professor, Dr. Tassawar Iqbal and Mr. Zulfiqar Ahmed from CUI Wah Campus participated in the SAFE-RH is Erasmus + funded seminar on “Transformation of Traditional Health Provision to Smart Health services for Rural Area” held on February 25, 2022 at Islamia University of Bahawalpur under the organization of SAFE-RH awareness program .

Dr. Ehsan Ullah Munir in his talk presented COMSATS University Islamabad and COMSATS University Islamabad, Wah Campus introduction and role of Department of Computer Science. He discussed the developments on the Maternal and Infant Health pilot of SAFE-RH. He explained in detail about the significance of Maternal and Infant pilot. He further highlighted current achievements, challenges and future plans about the Maternal and Infant pilot of SAFE-RH.





AWARENESS SEMINAR

ON

IMPACTS OF

DRUGS & SMOKING

ON HUMAN HEALTH

JUNE 22, 2022





Organized by:

Anti Drugs & Tobacco Committee

COMSATS University
Islamabad,
Vehari Campus

COMSATS declared a tobacco-free university

A letter of intent was signed between COMSATS University Islamabad and Tobacco Smoke-Free Capital Project of the Ministry of National Health Services, Regulations and Coordination (NHRSC) as part of a national drive for making universities smoke-free.

The ceremony was attended by Dr Nousheen Hamid, Parliamentary Secretary for NHRSC, and Dr Minhaj us Siraj, Deputy DG Health, besides several senior faculty members of the university.

Anti-Smoking Walk at COMSATS University Lahore Campus



World Health Day

World Health Day (April 6, 2022) Observing World Health Day (April 7th), the Telehealth Desk of COMSATS in collaboration with COMSATS Centre for Climate and Sustainability (CCCS) organized a webinar titled 'Building Climate Resilient Health Systems in the Global South' on 6th April 2022. The event was joined by the notable speakers from World Health Organization Regional Office for the Eastern Mediterranean (WHO/EMRO), Egypt; Theodor Bilharz Research Institute (TBRI), Egypt; InterAcademy Partnership (IAP), Italy; St. Luke's Medical Center College of Medicine, Philippines; Somali Greenpeace Association (SOGPA), Somalia; Globesight, UAE; and Indiana University–Purdue University Indianapolis (IUPUI), USA. It had a virtual gathering of more than 40 from COMSATS Focal Points and Centres of Excellence, as well as ministries of climate and health, and other relevant stakeholders.

Opening the event, Dr. Azeema Fareed, Principal Medical Officer at COMSATS Telehealth Programme, shed light on the importance of building sustainable health systems that can cushion the negative impacts of climate change related events including those related to health and health systems.

