



## ABOUT ZIAUDDIN UNIVERSITY



### ZU\_SUSTAINABILITY REPORT 2023-2024

Sir Dr. Ziauddin Ahmad left a lasting impact on the subcontinent. He was an eminent educationist, scholar, visionary and inspiration to many. Born in 1873 in Meerut, India, his success story began at the age of 12 when he attained First Division in high school. Dr. Ziauddin also received a Lang medal along with a government scholarship at Aligarh M.A.O College. In 1895 he secured First Position in Bachelor of Arts (B.A) and received the coveted Shachey Gold Medal at Aligarh M.A.O College. After completing B.A in Mathematics, Dr. Ziauddin Ahmad was appointed as the assistant lecturer in Aligarh M.A.O College – the same institute that enabled him to take his passion further. He then attained a Master of Arts (M.A) degree from the University of Calcutta. In 1901, he achieved a Doctor of Science (D.Sc. degree in mathematics from the University of Allahabad. He then enrolled himself in the Trinity College at Cambridge University and achieved the prestigious Sir Isaac Newton scholarship - an honor no other Indian had attained. With a PhD in Mathematics, Dr. Ziauddin Ahmad aspired to raise the standard of education within the subcontinent. He also worked as an Assistant Secretary for the Sir Syed Memorial Fund. Since he was inspired by Sir Syed Ahmad Khan's approach towards modern tutelage, he dedicated himself to creating a liberal teaching system for the Muslims of India. Dr. Ziauddin was appointed as the very first Pro-vice chancellor of Aligarh Muslim University. He took over as vice-chancellor in 1935. On December 23, 1947, his journey of spreading literacy, higher education, and the ability to critically analyse information came to an end. He was buried beside Sir Syed Ahmad Khan in the Aligarh Muslim University Mosque premises, thus fulfilling his pledge of serving Aligarh for life.

## SUSTAINABILITY REPORT 2023-2024

# Ziauddin University Striving Efforts for Sustainability

To be recognized as the icon of the innovative, leading-edge educational institute that endeavors to international sustainability efforts for the Environment, Economy, and Equity.

Ziauddin University represents its firm commitment to become a Sustainable & Internationally acclaimed educational entity, hence its Quality Enhancement Cell does its utmost to work on all essential criteria to represent the University in Green metric Ranking.

## Sustainable University in a Changing World: Lessons, Challenges and Opportunities

- It contributes to academic discourses on sustainability in education and the greening of campus.
- It promotes university-led social change regarding sustainability goals and as a tool for self-assessment on-campus sustainability for higher education institutions (HEIs) around the globe.
- It will be evident to inform governments, international and local environmental agencies, and the society about sustainability.
- It is based on the concept of Environment, Economy & Impartiality to achieve development goals.
- It is devised to help the university for internalization, recognition benefit, and to address global challenges.

## Benefits of Sustainability

- Internationalization and Recognition
- Increased Awareness of Sustainability Issues
- Social Change and Action
- Networking
- Environment Friendly

**Save Earth Save Life**



**Sustainability, by definition, is at the intersection of economic, social and environment interests.**

## **1. Setting and Infrastructure (SI)**

### **Number of Campus Sites:**

Ziauddin University, founded in 1995, has grown from a medical institution into a general university that offers a range of academic programs across various fields of study. It operates multiple campuses: five in Karachi and one in Sukkur, both located in Sindh province, Pakistan.

The Link Road campus in Karachi is particularly noteworthy for its modern, purpose-built facilities, which provide free transportation services for both students and staff. All campuses are designed to be energy-efficient and environmentally friendly, reflecting the university's commitment to sustainable practices and quality education.

In addition to its existing campuses, Ziauddin University has secured an additional 82,312 square meters of land in Islamabad, the capital of Pakistan, which marks its intentions for further expansion. With a total land area of approximately **471,408.69** square meters, Ziauddin University is positioning itself as a key player in the educational landscape of Pakistan, emphasizing its motto of creating green and clean educational environments.



**Ziauddin University Clifton Site**

4/B Shahrah-e-Ghalib Rd, Block 6 Clifton, Karachi, Sindh, Pakistan.





**Ziauddin University North Site**  
F-103, Block-B Block B North Nazimabad Town, Karachi, Sindh, Pakistan.



**Ziauddin University Kemari Site**  
Plot No. 33, Behind KPT Hospital, Kemari, Karachi, Sindh, Pakistan.





**Ziauddin University Linkroad Site**  
EDUCATION CITY, Link Road, Gadap Town, Karachi, Sindh, Pakistan



**Ziauddin University Sukkur Campus**  
Village Dreha, Shikarpur Road, Sukkur, Sindh, Pakistan.



**Ziauddin University BoatBasin Site**  
F 6, Block 5 Clifton, Karachi, Karachi City, Sindh 75600



**Ziauddin University Islamabad Campus**  
Islamabad Capital Territory (ICT)

## **No. of Campus Setting: Urban**

Ziauddin University, a specialized higher education institution, boasts a comprehensive and sustainable campus infrastructure across its multiple locations. With four regional campuses in Karachi and additional campuses in Sukkur and Islamabad, the university is firmly rooted in urban settings, fostering a dynamic learning environment.

The design of Ziauddin University emphasizes sustainability and environmentally friendly practices. Key features of its campuses include:

### **1. Eco-Friendly Construction:**

The buildings are constructed with open courtyards and an effective air ventilation system that maximizes natural daylight, promoting efficient use of energy and natural resources.

### **2. Pedestrian-Friendly Layout:**

The campuses are designed to support pedestrian movement, significantly contributing to reduced carbon emissions and minimizing pollution.

### **3. Smart Appliances:**

Each campus incorporates modern technologies and appliances aimed at enhancing energy efficiency, including:

- LED lighting
- Solar panels
- Inverters
- Reverse Osmosis (RO) plants
- Water and waste recycling initiatives

These features collectively ensure that the infrastructure not only supports daily functions effectively but also works in harmony with the natural environment.

- Total Campus Area of Ziauddin University is **471408.69** square metre.
- Total Campus ground floor area of buildings (m<sup>2</sup>) is **46885.77** square metre.
- Total Campus building Area of Ziauddin University is **146770.61** square metre.
- Ratio of open space towards total area: **90.05%**

Ziauddin University's commitment to sustainability and innovation creates a conducive learning atmosphere that aligns educational pursuits with ecological responsibility.





### Total Area on Campus Covered in Forest Vegetation (meter<sup>2</sup>):

horticulture department. By focusing on various green initiatives like forest vegetation, planted vegetation, and greenhouse plantation, the university is actively contributing to making the environment cleaner and greener.

The collaboration with the Sindh Forest Department (SFD) under the Green Pakistan Programme underscores Ziauddin University's commitment to urban forestry. This partnership entails SFD supplying eco-friendly plants, labor, technical assistance, guidelines, and protection for the planted trees on ZU's land. In return, Ziauddin University is providing ample land for this large-scale plantation while ensuring that these forests are well-maintained with adequate water supply.

The statistics regarding the total forest vegetation area at Ziauddin University reflect a meaningful investment in green spaces. The total area designated for forest vegetation is **172,022.20 m<sup>2</sup>**, which constitutes approximately **36.49%** of the total campus area of 471,408.69 m<sup>2</sup>. This commitment not only enhances the biodiversity of the campus but also contributes positively to the overall ecosystem.

The efforts of Ziauddin University in collaboration with the SFD highlight the importance of urban forestry in mitigating climate change, improving air quality, and creating a more sustainable environment for future

generations. Through these initiatives, Ziauddin University is setting an example for other institutions and communities to follow in their efforts to promote environmental stewardship.



Urban Forest Area plantation in Collaboration with Sindh Forest Department



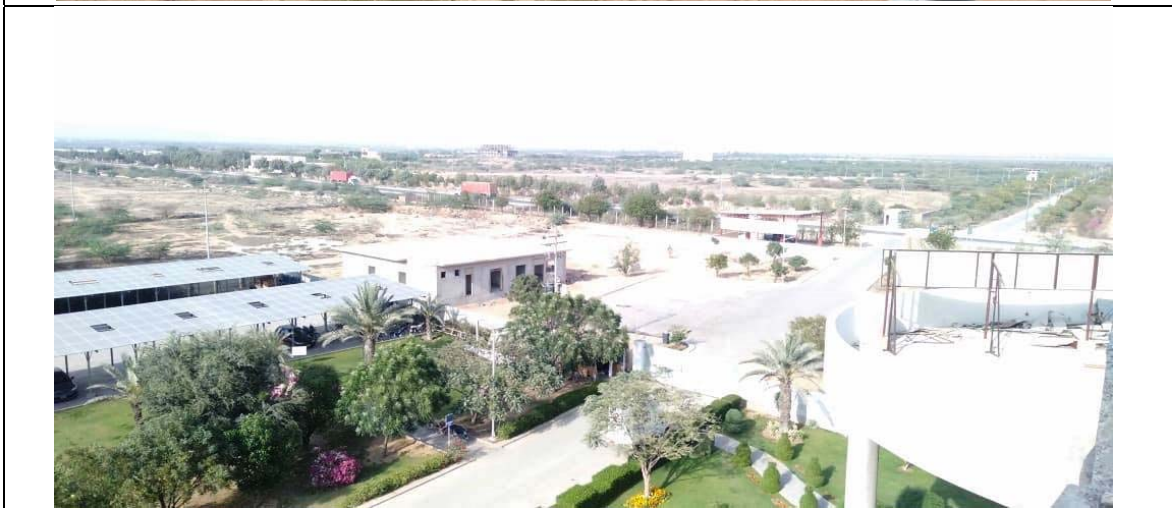




Ziauddin University Urban Forest Vegetation Area



- Total planted vegetation area covered at Ziauddin University is **142498.39 m<sup>2</sup>** that is a total of: **30.23 %**.









Planted Vegetation Area of Ziauddin University

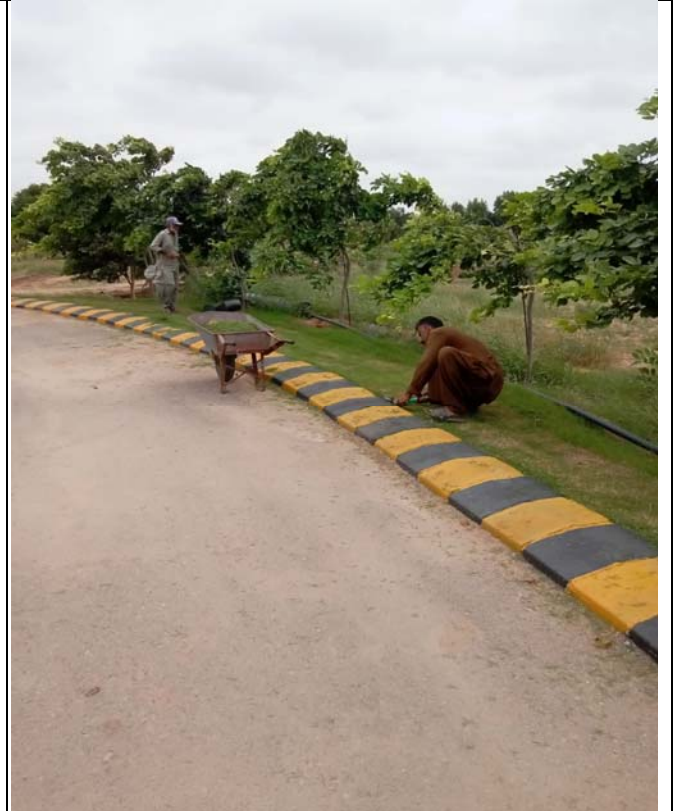


- The total area on campus for water absorption besides forest & planted vegetation is **110224.02 m<sup>2</sup>** that is around **23.38 %**.









**Total area on campus for water absorption besides the forest and planted vegetation**

- Total estimated Population of Ziauddin University is more than 8000 including employees and Students. Hence, total open space divide by total campus population is **> 55 m<sup>2</sup>/person**.
- As infrastructure is central to sustainable development therefore, to meet the requirement of sustainable equipment and system the average percentage of University's budget for sustainability effort is **15.04 %**.



## Operation & Maintenance Activities during a Year:

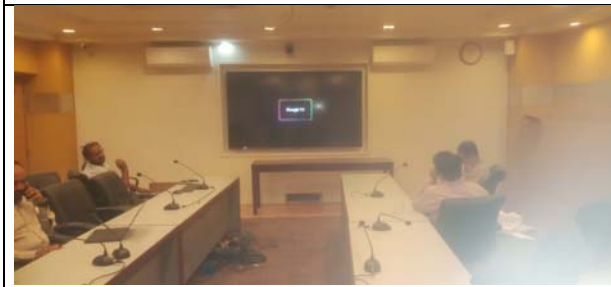
- Percentage of Operation and Maintenance activities during a year is **100%**.



Water tank maintenance at ZU Clifton Site



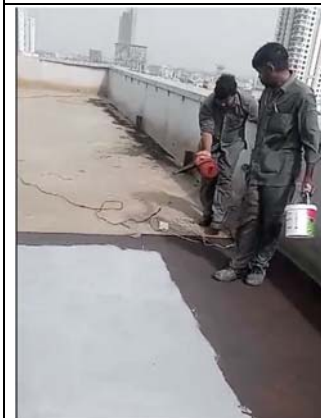
University Main Gate Installation



Installation of LCD at ZU Clifton Site



Lecture Halls' Floor Carpeting at Clifton Site



Rooftop Maintenance



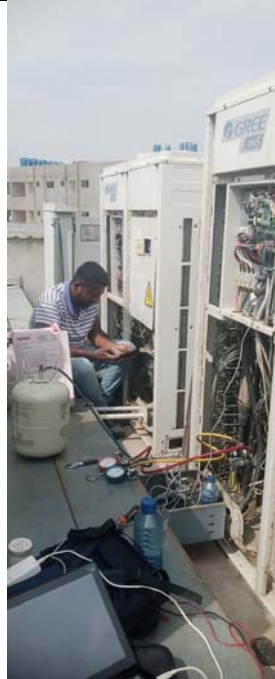
Washroom Tiles Fixing



Internal Parking Area Maintenance



VRF AC Maintenance at Clifton Site



CC Flooring 8th floor University building

**Operations & Maintenance Activity at ZU Clifton Site**



**Operations & Maintenance Activity at ZU North Site**





Maintenance of Fire Safety Department



Maintenance of Plants



Maintenance of building



Installation of New Furniture



Floor Tiling



Renovation of Lecture Halls



Maintenance of Building Wirings



Maintenance of Corridor, Classrooms and offices

**Construction of New Colleges & hospital at ZU Sukkur Campus**



Animal OPD Clinic Construction



Renovation of Animal Shade





Maintenance of Playground



Construction of Swimming Pool



Construction of Animal Research Centre



Construction of Cyclotron



Maintenance of Sardar Yasin Malik Block Building

**Operations & Maintenance Activity at ZU Linkroad Site**







**Operations & Maintenance Activity at ZU KDLB Site**

**Example of operation and maintenance activities at Ziauddin University during a year**



## Campus facilities for disabled, special needs and or maternity care

- Ziauddin University is committed to inclusivity and accessibility, providing a range of facilities to support individuals with disabilities, special needs, and maternity care. These services are available at no cost to all students, faculty, staff, and employees across the Ziauddin Group, which includes both the university and its hospitals. The available facilities include:
- **1. Wheelchair Ramps:** Each building is equipped with wheelchair ramps to facilitate easy access for individuals with mobility challenges.
- **2. Elevators:** Elevators are installed within the premises to assist those who require help moving between floors.
- **3. Girls Common Room:** This private space is designated for female staff and students, offering a tranquil environment where they can relax, pray, or breastfeed their infants in privacy.
- **4. Baby Day Care Facility:** A dedicated day care center is provided to support female employees and students, ensuring a safe, secure, and nurturing environment for their infants and toddlers.
- **5. Maternity Facilities:** Specialized maternity care is available for female employees and the wives of male employees, ensuring they receive the support they need during this important time.

These facilities reflect Ziauddin University's commitment to fostering an inclusive environment for all members of its community.

### 6.3 PART C – MATERNITY BENEFITS

- 6.3.1 Maternity benefits will be entitled after completion of one-year service to female staff and wives of male staff (referred to the categories mentioned in point.4. ELIGIBILITY).
- 6.3.2 Live or still birth after 28 weeks of pregnancy will be considered as maternity benefits. Two miscarriages will be considered in maternity benefits.
- 6.3.3 Only the three deliveries & two miscarriages (normal or surgical) will be included. Fourth birth and third miscarriage are not entitled, even if facilities were not availed in maternity cases before.
- 6.3.4 After the three deliveries and two miscarriages - all other treatments & diagnostic tests (laboratory and radiology) are allowed; **but except of any maternity/deliveries related matters.**
- 6.3.5 If any new-hired employee is already having children, he/she is also eligible to avail the Maternity benefits as per the Organizational policy mentioned in 6.3.2.
- 6.3.6 In case of any twins, triplets etc. – one time delivery is considered.

#### Maternity Benefits Policy



Wheelchair Ramps



Elevators

Girls Common Room





Baby Day Care Facility

## Security and safety facilities

Ziauddin University provides the following safety and security facilities for each campus and at each site.

- Walk through Scanner is installed at Entrance to avoid any danger at the beginning.
- Hand Scanners are provided at Entrance & Parking for brief checking.
- CCTVs are installed at Entrance Outside and all the corners of the buildings and at each floor.
- 24/7 CCTV & Fire monitoring rooms operating with fully trained and certified firefighters to immediately respond and overcome the situation in less than 10 minutes.
- Fire Panels and fully equipped tools and equipment are readily available in stock.
- Emergency online number **4999** is also available with certified personnel to immediately cope the situation.
- Emergency rooms are available with on time Doctor Consultancy and first Aid boxes with prescribed medicines which will be required at the time of emergency are 24/7 stored in the emergency room.
- VHF Sets provided to security guards & security officers for quick communication.
- A Passive Fire Extinguisher System is installed in the overall university.
- Smoke Detectors are installed at Each Room & at each floor of university.
- Policy on fire safety is available with Proper SOPs mentioned and revised yearly as per update and requirements.
- Live Fire safety training and Drill (Demo) conducts several times to train all the employees and staff for emergency situations.
- Ziauddin University has Collaborated with Sindh Government Rescue for providing security to University's staffs, students and their nearby residents to immediately provide rescue and first aid against any emergency situation such as crime, accidents, fire and natural calamities etc.
- Fire and Safety training sessions for the faculty and staff members have been conducted quarterly. This training aims to provide awareness amongst the employees in emergency case(s) for responding to fire outbreaks, and proper usage of firefighting equipment, fire exits, and location of fire points. The aim of the training is to practice emergency response to protect employees and university property.
- Ziauddin University has appointed a team of certified Fire prevention and Preventing trainers to trained and control the fire emergency in the Ziauddin Hospital and University.
- Every year Ziauddin University and Hospital submitted the fire fighting and other associated protective measures report to the Civil Defence Office by Government of Sindh and also arrange their physical inspection in the official business hours to conduct a live survey and check all the fire fighting and safety measures facilities by Institution for secure human lives and property in large National Interest.



## Security and safety facilities

	
<p>Walk through Scanner at Entrance</p>	<p>Hand Scanner at Entrance &amp; Parking</p>
	
<p>CCTV at Entrance Outside and all the corners of the buildings and at each floor</p>	
	
<p>CCTV Monitoring Room</p>	<p>Fire Equipments</p>



Emergency Room



VHF Sets for quick communication



Fire Panel



Fire Extinguisher System



Smoke Detectors at Each Room & Floor



**DEPARTMENT OF FIRE FIGHTING**

**SYSTEM FOR FIRE PREVENTION AND SAFETY**

Document No. : DZHN/FF/FP&S/PR 01  
 Original Issue Date : 15<sup>th</sup> July 2014  
 Revision : 01  
 Revision Date : 20<sup>th</sup> December 2021

Prepared By: *[Signature]*  
**Mr. Syed Ibrahim Hussain Rizvi**  
 Assistant Manager, Department of Fire Fighting-DZH

Reviewed By: *[Signature]* / *[Signature]*  
**Mr. Raja Ajaz / Mr. Nehal Ashraf**  
 Manager Security / G.M Utilities

*[Signature]*  
**Dr. Anila Kazmi** Group Head Dept. of Quality Assurance -DZH

Approved By: *[Signature]*  
**Dr. Shireen Mansoor**, Medical Superintendent-DZH

CONTROLLED DOCUMENT Q.A.  
 DR. ZIAUDDIN HOSPITAL  
*[Initials]*

**Fire Safety Policy**



Ambulance & Fire Tender, Collaboration with Sindh Govn. Rescue For residents emergency & Safety



Live Fire Safety Training to employee & staff





## NOTIFICATION

This is to notify all of the concerned personnel that Ziauddin University is going to conduct a Fire and Safety Training session for the faculty and staff members at various sites located in the Clifton area. All the departments are requested to ensure the availability of their members to follow the attendance protocols given by the regulatory bodies.

This training aims to provide awareness amongst the employees in emergency case(s) for responding to fire outbreaks, and proper usage of firefighting equipment. They will be provided with awareness about the institutional equipment, fire exits, and location of fire points. The aim of the training is to practice emergency response in order to protect employees and university property.

At the end of the training, a demo fire drill will also be observed.

This session will consist of 2 parts:

1. Presentation (Orientation)
2. Drill (Demo)

The schedule is as follows:

Basic Health Sciences					
Department Name	Firefighting training time	Firefighting training Day	Venue		
Anatomy	2pm to 4pm	20/9/2023	6 <sup>th</sup> Floor Lecture Hall University Building		
Physiology					
Pharmacology					
Pathology					
Department Name	Firefighting training time				
Forensic Medicine	3pm to 4 pm				
Bio Chemistry					
Community Health Sciences					

Department wise Fire Safety Training Sessions



# MARITIME TRAINING INSTITUTE

"MARINERS FAIRWAY"

43, TIMBER POND, KEAMARI, KARACHI-75620, PAKISTAN

TEL: 3285-8050/3285-8051/3285-8052/3285-8053, FAX: 3285-8054, E-mail: mahmoedi@mintship.com

Approved by Government of Pakistan

## CERTIFICATE

Certificate of Proficiency No. FPFF-12296/2021

This is to certify that Mr. ZAKIR AHMED s/o ALAM ZAIB

Seamen Book/CDC/SSB No. FRESHER

has successfully completed a training based on IMO model course 1.20 for

### CERTIFICATE OF PROFICIENCY IN FIRE PREVENTION AND FIRE FIGHTING

held from: 31-May-2021 to 02-Jun-2021 and has been found duly qualified in accordance with the provisions of:

Chapter VI, Regulation VI/1, of STCW Convention 1978, as amended and Chapter VI, Section A-VI/1, Para 2 & Table A-VI/1-2, of STCW Code 1978, as amended.

This training course syllabus is approved by the Competent Authority, Directorate General of Ports & Shipping, Ministry of Maritime Affairs.

This certificate is issued under the authority of the Director General of Ports and Shipping Government of Pakistan.

Date of birth of certificate holder: 08-Jun-2002

National Identity Card No: 42401-0866542-5

Date of issue of the certificate: 02-Jun-2021

Date of Expiry: 01-Jun-2026



Signature of Candidate

Course Incharge – Capt. Muhammad Khalid Masood

Principal - Capt. Gul-e-Shabbir



Certified Fire Prevention and Firefighting Trainers to trained and control the fire emergency in the Ziauddin Hospital and University





Passive Defence  
Policy Priority

**GOVERNMENT OF SINDH**  
CIVIL DEFENCE OFFICE SOUTH KARACHI,  
MOINUDDIN ROAD RAMSWAMI,  
OPP. POLICE HOSPITAL, KARACHI.



No: 6/48/ 22/ ACCD(S)  
2/2

Karachi Dated the: 01/04/2021



This is to certify that as per submitted inspection report by the official in respect of M/s. Ziauddin Hospital / University situated Shery jinnah Colony Karachi visited on 01/04/2021 found Fire Fighting and other associated protective measures / arrangements which are made under the relevant Civil Defence (Special Powers) Rules 1951 r/w Civil Defence Act-XXXI of 1952, are found reasonably satisfactory. The existing arrangements requires some improvements as per guidance and advice, next inspection for assessment will be due as per 01/04/2021 next inspection Dec 2021

Additional & Deputy Controller,  
Civil Defence Office Karachi South

Inspection Certificate for fire safety and other associated protective arrangements by Civil Defence Office Government of Sindh

## Health infrastructure facilities

Health & Infrastructure facilities of Ziauddin University are as follows:

1. Ziauddin Group established the following hospitals at three sites in Karachi i.e.: Clifton, Kemari and North Nazimabad, that are as following:
  - Dr. Ziauddin Hospital, North Nazimabad Campus
  - Dr. Ziauddin Hospital, Clifton Campus
  - Dr. Ziauddin Cancer Hospital at North Nazimabad
  - Dr. Ziauddin Hospital KDLB, Keamari Campus
  - Dr. Ziauddin Memorial Hospital at North Nazimabad
  - Boat Basin Executive Clinics at Clifton
2. Dr. Ziauddin Hospital Sukkur campus is also at developing stage.
3. Ziauddin Group going to establish Dr. Ziauddin Medical Centre, Dubai in upcoming years.
4. Ziauddin University provides healthcare and medical benefits to all their academic and non-academic staff and their dependents with full coverage of IPD, OPD, Maternity, accidental and emergency care.
5. Ziauddin University also provides medical facilities to their part-time employees, retired employees, trainees and postgraduate doctors and nursing students.
6. Ziauddin University has developed a Gym & Health & wellness center for their students, staffs and faculty fitness and wellbeing.



Dr. Ziauddin Hospital Clifton





Dr. Ziauddin Hospital Kemari



Dr. Ziauddin Hospital North Nazimabad



ZU Boat Basin Rehab & Executive Clinics



ZU Gym and Health and Wellness Centre



Dr. Ziauddin Hospital, Sukkur Campus

#### ENTITLEMENTS

Hospital will provide facilities for consultations, normal investigations to the employees and their dependents in the following manner:

##### OUTDOOR TREATMENT:

- Hospital will provide facilities of consultations and investigations
- Expensive investigations such as MRI, CT scans, Angiography, thallium scans, bone scans, isotope studies, etc. will be performed after in-house consultation and MS approval
- Dental treatment will be available at a subsidized rate
- Medications will be available at retail price

##### INDOOR TREATMENT/HOSPITALIZATION:

- In case of hospitalization, employee or his/her dependents are entitled to free medical/surgical treatment in Dr. Ziauddin Hospital, including all diagnostic and laboratory investigations
- Medications (excluding chemotherapeutic drugs for oncology patients) will be available at 50% discount
- Diet will be entitled to employees only, not to dependents
- Angiography procedure and disposables will be available at 50% discount
- Radiation for oncology patients will be provided free of cost
- Room entitlement as per hospital policy

##### MATERNITY BENEFITS:

- Female employees or spouse of male employees will be allowed free maternity treatment / delivery after completion of one year of service
- Live or still birth after 26 weeks of pregnancy will be considered as maternity benefits
- Only the first three (3) deliveries (normal or surgical) will be included. Forth (4th) birth is not entitled, even if facilities were not availed in the first three (3) times

#### EXCLUSIONS

Dr. Ziauddin Hospital will not be liable to bear any expenses incurred by an employee or his/her dependents in connection with any of the following:

##### MEDICAL PROCEDURES:

- Optic, contact lens, hearing aids and disposables
- Venereal diseases and infertility
- Major psychiatric illness

##### SURGICAL PROCEDURES:

- Cosmetic treatment or plastic surgery
- Cosmetic dental treatment, dentures, filled in crowns, inlays made of Gold or silver
- Transplant surgery
- Implants
- Congenital disease
- Circumcision
- Angioplasty stent

##### HOSPITAL SERVICES:

- Vaccination
- Telephone bill for inpatients
- Blood products
- N.G. feed and supplement
- Pampers, pads and dignity sheets
- Toiletries
- Test performed at locations other than Dr. Ziauddin Hospital
- Nuclear Medicine doses

##### SPECIAL SITUATIONS:

- Treatment of injury, sickness resulting from alcoholism, drug addiction, suicide attempts, fights or participation in civil commotions

### Medical Benefits



## Conservation facilities

The Conservation facilities of Ziauddin University are as follows:

1. Animal Farm at Link Road site, Currently Camels, Buffalos and goats are in the ZU Family and more additions will be in the future.
2. A Conservation Area for Fish Pond at Ziauddin University is in process.
3. Greenhouse for planting vegetables and baby plants at Ziauddin University, Sukkur campus and Link Road Site.
4. Ziauddin University has collaboration with Sindh Forest Department (SFD) which is under of Green Pakistan Programme for Urban Forest Tree Plantation
5. Fruits and Vegetables farming at Orchard Area of Ziauddin University Sukkur Campus and Link Road Site, Karachi.



**Conservation: Animal Farm at Ziauddin Link Road Site**



**Conservation: Ziauddin University Fish Pond of Ziauddin University**



**Conservation: Green house plantation of Ziauddin University**





**Urban Forest Area at Ziauddin Link Road Site**



**Urban Forest Area at Ziauddin Sukkur Campus**



**Orchard Area (Fruits and Vegetables Farming) at Ziauddin Link Road & Sukkur Campus**

## Setting and Infrastructure through the utilization of Information and Communication Technology (ICT)

- **CMS-Centric Approach:** All digital operations, including planning, implementation, and evaluation, are now integrated with the Campus Management System, ensuring efficiency and consistency.
- **Seamless Integration:** CMS is used not only for administrative purposes but also to streamline smart classroom technology, student engagement, and real-time analytics.
- **Comprehensive Monitoring:** The system continuously monitors performance and usage, providing data-driven insights to guide infrastructure and academic improvements.







**Example of Installation of smart classroom technology**

Dashboard
Home Dashboard

### ATTENDANCE PROGRESS

#### 2nd Prof

77.1%

#### DETAIL

TOTAL CLASSES	362
ATTENDED CLASSES	279

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### ATTENDANCE PROGRESS

#### 1st Prof

83.9%

#### DETAIL

TOTAL CLASSES	348
ATTENDED CLASSES	292

1st Prof

**Eligible**

## CMS Usage

**Student Profile:**

Enrolment #	5-12022/035
Batch	BATCH-27
Email ID	ahmed.iqbal21@zuiuniversity.edu.pk
Date of Birth	November 20, 2003

**Education Records:**

Batch Enrol ID	Batch Name	Course Description	Date	Student Type	Status	Reason	Remarks	Major Subject	Fee Hierarchy
5-3-2022-020	BATCH-27	DOCTOR OF PHYSIC	25-10-2021	Local	Current				Default

**Fees Table:**

By/Fid	Fee Id	Fee Description	Discount Amt.	Semester	Subj ID	Subject Name	Act Tot Fee	Discount	Balance Fee	Exam Fee	Other Fee	Semester ID & Desc
	17687	ENGLISH-I					15,833.00	1,487.00				2122 ER_SEMESTER
	17682	ANATOMY-I					15,833.00	1,487.00				2122 ER_SEMESTER
							31,666.00	2,974.00				

## CMS Implementation



### Class Schedule

ID:  Date:  Batch Year:  Week:  Add Faculty

Course:  Batch Name:  Year:  Semester / Prof / Year:

Activity	Lecture Hall	From	To	ID	Subject	ID	Practical	Lecturer	Hall No.	From To	Group ID	Publish
CLINICAL	710	08:30 AM	01:00 PM	7550	PAEDIODONTICS			DR. SADAF FEROZ ALI			2348	Pub. LP
CLINICAL	710	08:30 AM	01:00 PM	7550	ORTHODONTICS			DR. SUNETA			2347	Pub. LP
CLINICAL	710	08:30 AM	01:00 PM	7550	OPERATIVE DENTISTRY			DR. POGGA BALANI			2344	Pub. LP
LUNCH & PRAY.		01:00 PM	02:30 PM									Pub. LP
CLINICAL	710	08:30 AM	01:00 PM	7550	PROTHODONTICS			DR. FATMA			2346	Pub. LP
SELF STUDY		02:30 PM	04:30 PM									Pub. LP
CLINICAL	710	08:30 AM	01:00 PM	7550	ORAL & MAXILLOFACIAL SURG			DR. YANISRA AOKA			2343	Pub. LP

### Class Scheduling through CMS

### Tentative Schedule, Attendance, Weightage & PBL Marks

ID:  Date:  Batch Year:  Name:  Batch:  Course:  Term:

College Name:  Exam Name:  Semester:

SNO	Date	Exam ID	Subject	Alias	Exam Name	Exam Type	Start	End Time	Group	Remarks
1	30-01-2023	27	ANATOMY		ANNUAL	WRITTEN	10:00	12:00		
2	31-01-2023	36	ORAL BIOLOGY AND TOOTH MORPH		ANNUAL	WRITTEN	10:00	12:00		
3	01-02-2023	29	PHYSIOLOGY		ANNUAL	WRITTEN	10:00	12:00		
4	02-02-2023	1198	BIOCHEMISTRY		ANNUAL	WRITTEN	10:00	12:00		
5	04-02-2023	27	ANATOMY		ANNUAL	SPE	10:00	11:00		
6	04-02-2023	27	ANATOMY		ANNUAL	VIVA	12:00	02:00		
7	07-02-2023	36	ORAL BIOLOGY AND TOOTH MORPH		ANNUAL	SPE	10:00	11:00		

#### Define Venue

S.No.	ID	Venue Name	Group	From	To
28303	94	MAIN UNIVERSITY BUILDING	1	60	

### Exams Scheduling through CMS

### TEACHER FEEDBACK

Info! You Must Have To Complete Following Evaluations in Order To Get Access To Portal. You Have Completed 05 Evaluations.

<input type="button" value="C"/>	EXERCISE PHYSIOLOGY	<input type="button" value="C"/>	ANATOMY-IV	<input type="button" value="C"/>	BIOMECHANICS & ERGONOMICS - II
<input type="button" value="C"/>	BIOCHEMISTRY II	<input type="button" value="C"/>	MEDICAL PHYSICS	<input type="button" value="C"/>	MOLECULAR BIOLOGY AND GENETICS
<input type="button" value="C"/>	SOCIOLOGY	<input type="button" value="C"/>	SUMERA APFAZ	<input type="button" value="C"/>	AREERA KHAN
<input type="button" value="C"/>	EXERCISE PHYSIOLOGY	<input type="button" value="C"/>	EXERCISE PHYSIOLOGY	<input type="button" value="C"/>	BIOMECHANICS & ERGONOMICS - II
<input type="button" value="C"/>	EXERCISE PHYSIOLOGY	<input type="button" value="C"/>	BATOOL HASSAN	<input type="button" value="C"/>	DR. GAMBER HAIDER KAZHI
<input type="button" value="C"/>	EXERCISE PHYSIOLOGY	<input type="button" value="C"/>	EXERCISE PHYSIOLOGY	<input type="button" value="C"/>	ANATOMY-IV
<input type="button" value="C"/>	ANATOMY-IV	<input type="button" value="C"/>	MS. HIRA ASIF	<input type="button" value="C"/>	SYEDA FASAHAT BATOOL
<input type="button" value="C"/>	ANATOMY-IV	<input type="button" value="C"/>	BIOCHEMISTRY II	<input type="button" value="C"/>	MEDICAL PHYSICS
<input type="button" value="C"/>	SOCIOLOGY	<input type="button" value="C"/>	BIOMECHANICS & ERGONOMICS - II	<input type="button" value="C"/>	ZULEKHA SALEEM
<input type="button" value="C"/>	SOCIOLOGY	<input type="button" value="C"/>	BIOMECHANICS & ERGONOMICS - II	<input type="button" value="C"/>	BIOMECHANICS & ERGONOMICS - II

### Evaluations through CMS

Example of usage of of CMS on academic and administrative performance

## 2. Energy & Climate Change (EC)

Ziauddin University has taken significant strides toward sustainability by implementing a range of energy-efficient appliances across its campus. This initiative positions the university as a leader in innovative educational practices that align with international sustainability goals, focusing on environmental stewardship, economic viability, and social equity.

The university has incorporated various technologies, including:

- **Solar Panels:** Harnessing renewable energy to reduce reliance on traditional power sources.
- **Reverse Osmosis (R.O.) Plant:** Ensuring access to clean water while minimizing energy use.
- **HVAC Systems:** Implementing advanced heating, ventilation, and air conditioning systems for optimal energy efficiency.
- **Smart Heat Exchangers:** Maximizing energy transfer efficiency while reducing waste.
- **Centralized Cooling Systems:** Enhancing cooling efficiency across the campus.
- **Split/AC Inverters:** Providing effective cooling with lower energy consumption.
- **LED Lighting:** Switching to energy-efficient lighting to significantly cut down on electrical usage.
- **Energy Savers:** Utilizing devices designed to monitor and reduce energy consumption.

These efforts not only minimize the university's carbon footprint but also serve as a model for other institutions striving for sustainability. Through these initiatives, Ziauddin University exemplifies its commitment to fostering a greener future.

	
LED Lighting	Ceiling Fans and HVAC
	
Centralized Cooling System	Elevators
<b>Examples of Energy Efficient Appliances Usage at Ziauddin University</b>	






## Smart Building Implementation

Ziauddin University is committed to becoming a leader in innovative education while actively promoting international sustainability efforts across environmental, economic, and social dimensions. A key component of this initiative is the implementation of smart building technology. The university is integrating smart, energy-efficient appliances and advanced security systems to enhance campus safety and sustainability. This includes a comprehensive suite of technologies such as:

- **Smart Security & Safety Systems:** CCTV cameras, fire extinguishers, smoke detectors, hand scanners, and VHF communication sets ensure a secure environment.
- **Energy Efficiency Measures:** The campus features solar panels, an R.O. plant, HVAC systems, smart heat exchangers, centralized cooling systems, split and inverter ACs, LED lighting, and energy savers to reduce electrical energy consumption and lower the carbon footprint.
- **Automation:** Complete automation systems enhance operational efficiency and contribute to a sustainable environment.
- **Efficient Water Measures: Purified drinking water, R.O Plants, efficient water appliances, waste water recycling, Sprinkler to balance the water in plants and fields ensure an efficient water measures.**
- **Clean & Green Indoor Environment:** Interior Open Court, Internal Landscape, Air Ventilation System, Multiple Windows for minimum use of energy and maximum use of sunlight and fresh Air all are to ensure an environmentally Preferable Campus Structure.

These initiatives not only promote a secure and efficient campus but also align with Ziauddin University's vision of fostering a sustainable future.

Smart Building Implementation at Ziauddin University		
1. Automation		
Power Generation and Heat Exchanger System	Centralized Cooling System	Smart Elevators
		

**2. Safety**

Video Surveillance Room & CCTV Cameras	Sensors	Smoke detectors & Fire extinguisher	Physical Security with VRF communication sets & handheld scanners
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**3. Energy**

Solar Panels	Energy-efficient and smart appliances
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**4. Water**

R.O Plants	Purified Drinking Water	Water Sanitation
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5. Indoor Environment		
Air Ventilation System	Open Court Area	Green Building Infrastructure
		
6. Lighting		
Low Power Lighting	Solar Street Lights	
		

## Renewable Energy Sources in Campus

Dr. Ziauddin Group is Operating on four sources of energy Gas Generator, Diesel Generator, Solar Panels and K. Electric (federal government source). 250KW Solar Installation at Ziauddin KDLB, Kemari Site, 225 KW Solar Installation at Ziauddin University Link Road Site, Educational City and 51 KW Solar installations at ZCRS Boat Basin Clifton Site and 51 KW installed at Ziauddin University North Site. 110 KW solar installed at Ziauddin Sukkur Campus. 3 solar of 10 KW are installed at multiple sites at Ziauddin University Clifton.

Similarly, 1.2 MW gas genset, 725 KVA and 750 KVA DG Sets, 1250 KVA Diesel generator are installed at Clifton Site also there are 2 backups of 500 KVA installed at Clifton Site. Moreover, 60 KVA Diesel Generator installed at North Site. From which the distribution Unit of University and Hospital may vary according to the requirements and consumption.

The combined cooling, heating and power (CCHP) unit in Ziauddin Clifton uses diesel & Gas as fuel. The rated power of the is 300+265 Tons.

Entire Ziauddin University Building including B+G+5<sup>th</sup> Floor area of each floor 25000 Sq. ft. covered for Chiller Cooling. Hot Water provides heating for Kitchen and Bathrooms throughout the University.

Moreover, Wind Turbine project is under process at Ziauddin Link Road Site, Educational City Karachi.

The Ratio of Capacity produced (in KWH)/Year and Electricity usage (in KWH)/Year is **90.88%**.



Co-Generation Hot Water Supply



2x300 Tons Absorption Chiller



250 KW Solar Installation at Ziauddin University KDLB, Kemari Site



Solar Parking at Link Road Site



Solar Street Lights at Link Road Site



Solar Cafeteria at Link Road Site



225 KW Solar Installation at Ziauddin University Link Road Site, Educational City.

Solar Street lights at Sukkur Campus



110 KW Solar Installation at Ziauddin University Sukkur Campus



1.2 MW Gas Genset at ZU Clifton Site



1250 KVA DG Set at ZU Clifton Site



500 KVA two DG Sets at ZU Clifton Site for Backup



750 KVA DG Set at ZU Clifton Site



725 KVA DG Set at ZU Clifton Site

## Elements of Green Building Implementation as Reflected in All Construction and Renovation Policies

Ziauddin University is committed to being a pioneering institution in sustainability, focusing on environmental, economic, and social equity. The university's approach to new construction and renovations emphasizes green building concepts, showcasing its dedication to innovative practices.

Key features of their sustainability efforts include:

- **Open Court Areas:** Designed for ample sunlight and natural ventilation, enhancing indoor air quality while reducing reliance on artificial lighting and HVAC systems.
- **Optimal Windows:** Strategically placed to maximize natural daylight, minimizing the need for LED lighting during the day.
- **Interior Open Courts and Landscapes:** These elements facilitate natural air circulation and enhance the campus's aesthetic appeal.
- **Green Building Technologies:** Implementation of an absorption cooling plant for energy-efficient cooling, and a geothermal heat exchanger for pre-warming outside air.
- **Renewable Energy Sources:** The use of solar panels and the ongoing installation of wind turbines to support energy consumption reductions.

Ziauddin University also prioritizes water conservation through innovative practices:

- **Water Recycling:** Reusing water from kitchens, wash basins, and wuzu khana (prayer areas) for irrigation purposes.



- **Drip Irrigation System:** Installed sprinklers that ensure efficient water use, providing just the right amount of moisture for plant needs.

In addition to water management, the university is actively working to reduce waste by:

- **Separate Waste Collection:** Toxic, inorganic, and organic waste are collected separately, allowing for effective recycling.
- **Organic Waste Composting:** Organic materials are transformed into fertilizers for use in campus landscaping and forest vegetation.

Through these initiatives, Ziauddin University not only minimizes its environmental impact but also sets a standard for other educational institutions committed to sustainability.





Energy Efficient Usage of Appliances: LED Lighting, Energy savers, Invertors, Ceiling Fans, Centralized Cooling System, Elevators etc.



Renewable Energy: Solar System to minimize Electricity consumption



Water Efficiency: recycling & justified use of each drop through Sprinkler (Drip irrigation System)





Waste Recycling & Compost use in Plantation & Vegetation





Green Building Infrastructure




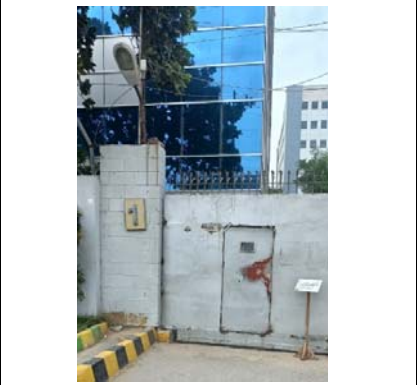




# Greenhouse gas emission reduction program

Ziauddin University is following the three **gas emission reduction programs** aimed to reduce all three scopes emissions (Scope 1, 2 and 3). These are as follows:

- **Scope 1:** University Fleet to reduce burning fuel from vehicles
  - Pedestrian Friendly Campus designed with Multiple entrances of building to reduce private vehicle inside the campus which directly reduces fuel burn from the vehicles.
  - Campus to Campus Shuttle Service to reduce carbon emission from private cars.
- **Scope 2:** Renewable Energy Sources (Solar System) is an indirect source to reduce gas emission by low energy purchased.
- **Scope 3:** University Value Chain to reduce carbon emission.
  - Rideshare (Carpool) designed to encourage commuters to adopt healthy and sustainable transportation.
  - Waste Disposal at Ziauddin University

The Total Carbon Footprint (CO<sub>2</sub> emission in the last 12 months) at Ziauddin University is **6183.9 metric tons**.

Scope 1 Examples: University Fleet to reduce burning fuel from vehicles		
		
		
<p>1. Pedestrian Friendly Campus designed with Multiple entrances of building to reduce private vehicle inside the campus which directly reduces fuel burn from the vehicles.</p>		



2. Campus to Campus Shuttle Service to reduce carbon emission from private cars.



**Scope 2 Example:** Renewable Energy Sources (Solar System) is an indirect source to reduce gas emission by low energy purchased





**Scope 3 Example:**

1. Rideshare (Carpool) designed to encourage commuters to adopt healthy and sustainable transportation





**Scope 3 Example:**

2. Example of Waste Disposal at Ziauddin University

**Examples of Greenhouse gas emission reduction program at Ziauddin University**

## Innovative program(s) in energy and climate change

S. #	Innovative Program on Energy & Climate Change
1	<p><b>Program: Awareness Session on Environment Management</b></p> <p><b>Scope (international / regional / national / local / etc.):</b> local</p> <p><b>Description:</b> Ziauddin University conducted a session on March 21, 2023, focused on creating awareness regarding Environment management. The session aimed to educate individuals about the importance of sustainable practices, environmental conservation, and the role each person can play in protecting the environment. One notable aspect of this session was the active involvement of local community members. Recognizing the significance of community engagement, Ziauddin University invited individuals from nearby neighborhoods and local organizations to participate. This inclusive approach allowed community members to gain valuable insights into environmental challenges and solutions, fostering a sense of ownership and responsibility for environmental well-being. During the session, participants learned about various environmental issues such as pollution, waste management, and climate change. They were provided with practical tips and strategies for adopting sustainable practices in their daily lives, including recycling, conserving energy and water, and reducing carbon footprint.</p> <p><b>Photos:</b></p> 
2	<p><b>Program: Renewable Energy Generation using Vertical Axis Wind Turbine</b></p> <p><b>Scope (international / regional / national / local / etc.):</b> local</p> <p><b>Description:</b> Ziauddin University Faculty of Engineering Science Technology &amp; Management, Department of Electrical Engineering participated in the Pakistan Sustainability Week and present their project on "Renewable Energy Generation using Vertical Axis Wind Turbine". The project won the second prize in the Alternative Energy domain.</p> <p><b>SDG:</b> Primarily focusing on United Nations Sustainable Development Goals SDG-7: Affordable and Clean Energy and SDG-9: Industry, Innovation, and Infrastructure.</p> <p><b>Photos:</b></p> 



**3 Program: Urban Forest Plantation**

**Scope (international / regional / national / local / etc.):** National

**SDG:** Primarily focusing on United Nations Sustainable Development Goals SDG-13: Climate Action

**Description:** Ziauddin University is highly focused on green implementation that is why they have developed a horticulture department who is responsible for forest vegetation, planted vegetation and green house plantation etc. They are working day and night to make the environment clean and green. ZU is planting environment friendly plants on large scale to all of their campuses with regular maintenance to make the environment clean and green for their surrounding communities.

**Photos:**

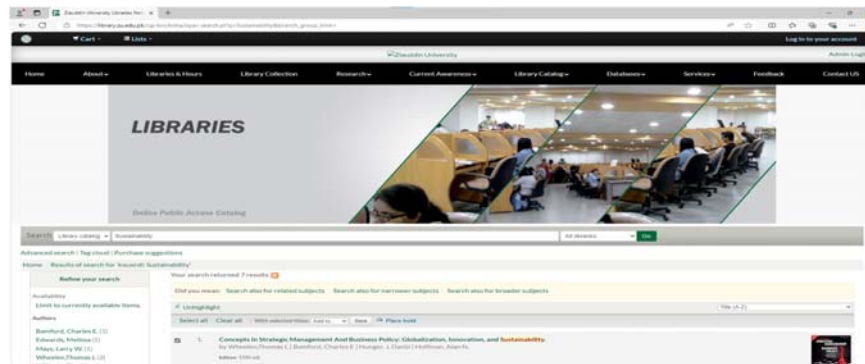


**4 Program: ZU Digital Library**

**Scope (international / regional / national / local / etc.):** National

**Description:** The digitalization of our university's library is a truly innovative initiative with a profound impact on sustainability, energy conservation, and climate change mitigation. By transitioning to a digital library, we significantly reduce our reliance on physical resources, thereby conserving energy and reducing our carbon footprint associated with printing, transportation, and paper production. This forward-thinking approach not only enhances resource efficiency but also enables remote access to educational materials, reducing the need for travel and lowering greenhouse gas emissions. It contributes to a more sustainable future by aligning our institution with the principles of energy efficiency and environmental stewardship, making it a vital component of our commitment to addressing climate change and fostering sustainability in the academic community.

**Photos:**



5 **Program: VR Dental Simulator are Example of Cut Down usage of Chemicals to Control Water Pollution**

**Scope (international / regional / national / local / etc.):** local

**Description:** Ziauddin University is very much concerned about sustainability in all its operations. Virtual Simulator allows students to refine their clinical skills in a sustainable manner. It helps student to scan simulated patient's mouth as if it was done manually then many toxic chemicals could be used to stop spreading germs. Therefore, use of technology in terms of VR Simulator helps to contributing sustainable environment and become a major source to control water pollution. To cut down usage of chemical and control water pollution ZU has launched the Virtual Reality Dental Simulation Lab, on November 25 2021. This is the first time such a lab has been made in Pakistan. VR simulation training is now a part of the ZU Dental undergraduate curriculum. This dental simulator training will help students excel in their professional skills before starting dental procedures on patients and also reduce the use of chemicals in training and preserved water and marine life.

**Photos:**

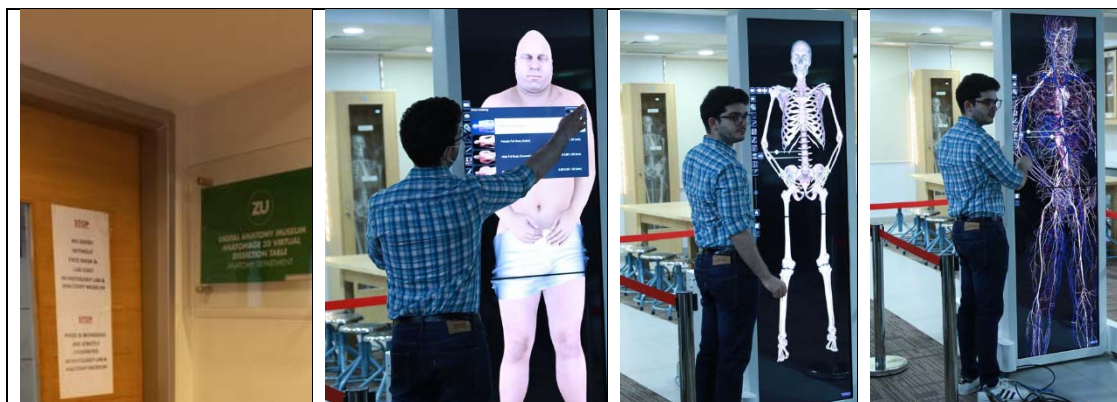


6 **Program: Anatomy 3D Virtual Dissection Table is an Example of Cut Down usage of Chemicals to Control Water Pollution**

**Scope (international / regional / national / local / etc.):** local

**Description:** Sustainability in all its operation is the foremost goal of Ziauddin University. To preserve cadavers in the anatomy lab formaldehyde is used and its toxic vapors are not hazardous for environment only but also impact human's life, not only this but it's a major source to pollute climate. To keep these potential hazardous in view and to minimize the or no use of chemical in anatomy labs which cause pollution, Ziauddin University stepped up and introduced a 3D Virtual Dissection Table, Anatomage; a powerful tool that will allow students to dissect complex structures with their fingers. The Anatomage Table and Digital Anatomy Lab inaugurated by Dr. Asim Hussain, Chancellor Ziauddin University makes Ziauddin University a technology leader not only in Pakistan, but in South Asia. Anatomage, designed with the latest 3D technology, allows students to visualize every structure of the body in great anatomic detail with also reduce the use of chemicals in training and preserved land, water and marine life

**Photos:**



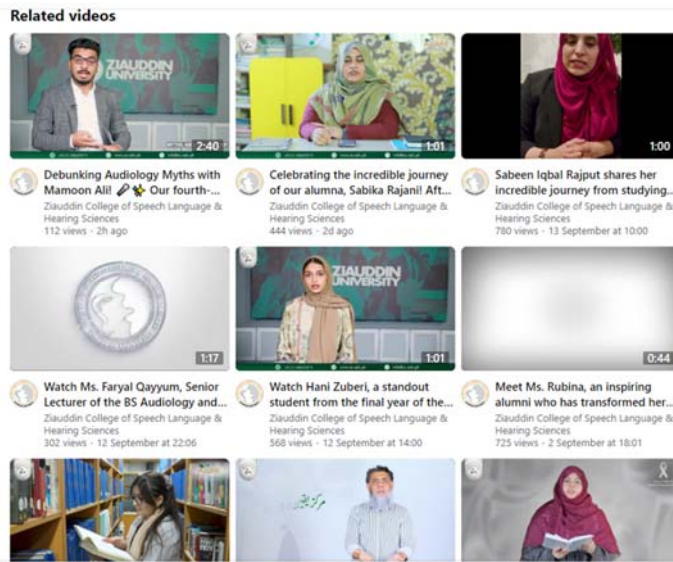





7 **Program: Radio show/Webinar / Parent Training Series & Online Meetings**

**Scope (international / regional / national / local / etc.):** International/ Regional

**Description:** Introducing webinars and online meetings at our university is a forward-thinking and innovative approach with broader implications for sustainability, energy conservation, and climate change action. By offering webinars, we're reducing the need for physical meetings and conferences, which often involve extensive travel and energy consumption. This not only minimizes our carbon footprint but also encourages more sustainable practices by reducing our reliance on transportation and energy-intensive event logistics. Additionally, webinars provide a platform for discussing and disseminating knowledge on sustainability, clean energy, and climate change, fostering awareness and education within and beyond our community. As we embrace this modern learning and communication method, we're simultaneously advancing our commitment to sustainability, energy efficiency, and the fight against climate change.

**Photos:**



<p>8</p>	<p><b>Program: ZEE Solar Cafe</b></p> <p><b>Scope (international / regional / national / local / etc.):</b> local</p> <p><b>Description:</b> Ziauddin University prefers sustainability in all their operations and activities. One of their initiatives is covering Cafeteria shades with solar panel roofs. Such technology would reflect heat from the sun and use the sun’s energy to power buildings and electric appliances. We think we have a multipurpose product that can provide shade to students from burning heat of sun and also generate renewable electricity and can change the view of a grey, empty space or old-style parachute Umbrella into a nice architectural function.</p> <p><b>Photos:</b></p> 
<p>9</p>	<p><b>Program: Solar Parking</b></p> <p><b>Scope (international / regional / national / local / etc.):</b> local</p> <p><b>Description:</b> Ziauddin University prefers sustainability in all their operations and activities. One of their initiatives is covering parking lots with solar panel roofs. Such technology would reflect heat from the sun and use the sun’s energy to power buildings and electric appliances. We think we have a multipurpose product that can cover our cars, generate renewable electricity and can change the view of a grey, empty space into a nice architectural function.</p> <p><b>Photos:</b></p> 
<p>10</p>	<p><b>Program: Solar Street Lights</b></p> <p><b>Scope (international / regional / national / local / etc.):</b> local</p> <p><b>Description:</b> After successful implementation of Solar Parking and Solar Café Ziauddin University started a new chain of sustainability develop with the initiative of Solar Street lights. Such technology would reflect heat from the sun and use the sun’s energy to bright the streets at night. We replaced all our old traditional street lights into new solar street lights in our Sukkur Campus and Link Road site. Which are not only attracted but also save our energy consumption. These street lights also help residents to move from surrounding without fear of darkness.</p> <p><b>Photos:</b></p> 

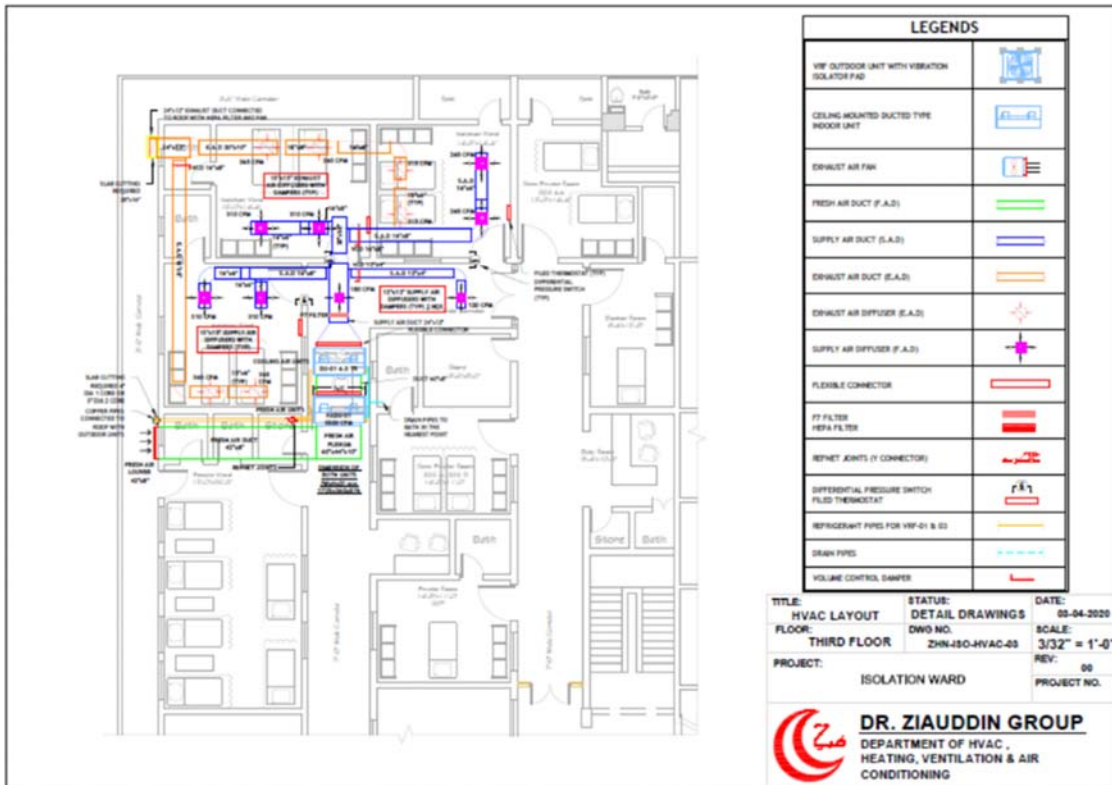


**11 Program: Smart room sterilization / Airborne Infection Isolation (AII) Rooms**

**Scope (international / regional / national / local / etc.):** Local

**Description:** To maintain the sustainability and reduce the spread of air pollution Ziauddin University has designed Smart Sterilization Rooms in their hospital to avoid the spread of infectious and spreadable disease from one patient to other patients. Smart Sterilization Room used to reduce the spread of airborne infectious diseases such as TB, Covid-19, influenzas, Pneumonia etc. from the patient in the AII Room to the rest of the hospital or University. There are also innovations in room sterilization using UVC rays for biological pollutants attached to the surfaces such as benches, floors, and walls. UVC wavelengths can be remotely regulated so they can be used for multi-organic sterilization of pollutants (biological pollutants).

**Photos:**



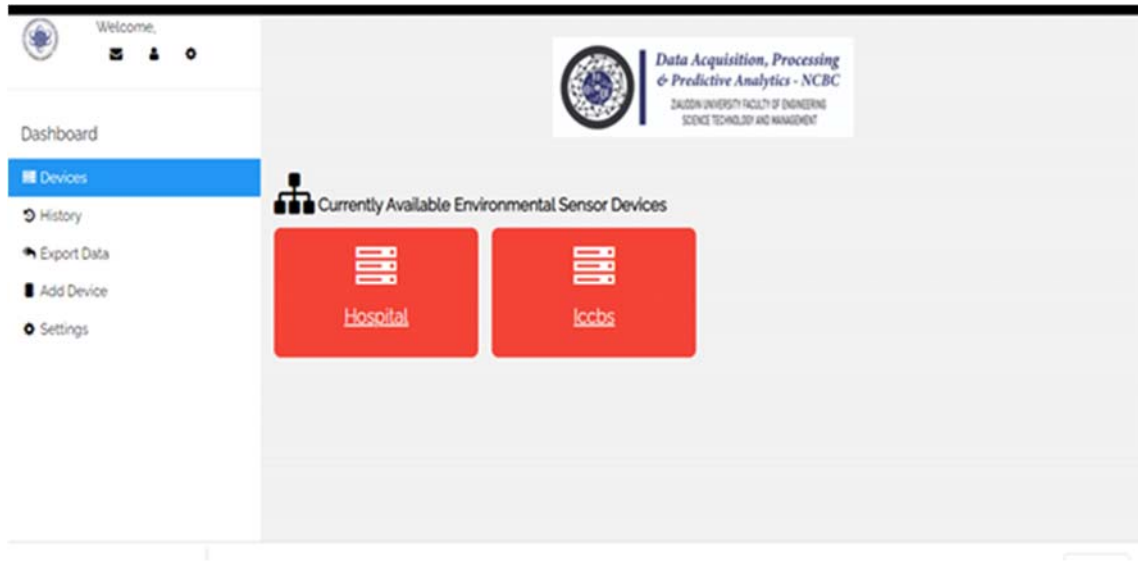
**12 Program: Multi-Parameter Environmental Monitoring Device**

**Scope (international / regional / national / local / etc.):** local

**Description:** Environmental monitoring is a critical issue of the world these days. Pakistan; the 5th highest a populated country faces challenges due to the polluted environment. With ever-increasing traffic and industrial requirements, pollution is growing at a fast pace in almost all of the big cities in Pakistan. Karachi, being the metropolitan city and the country & industrial hub is facing environmental pollution more vehemently. To overcome this issue many indoor and outdoor environmental devices are available in the market with limited sensors.

Our system is a fusion of the internet of things (IoT), Wireless Sensor Node (WSN), and Big Data & cloud computing. The system comprises hardware and software, whereas the hardware module includes multiple sensors like Temperature, Humidity, Particle Sensor (2.5 and 10mm), carbon-di-oxide, oxygen and voice sensor for environmental monitoring. Furthermore, to identify the exact location of polluted areas, a GSM module is integrated in the system. In addition, the system is able to calculate and monitor the Air Quality Index. The whole system is integrated with a data center to store the live data; however, a web-based application is also developed to monitor sensor reading.

**Photos:**



## Impactful university program(s) on climate change

Ziauddin University is deeply committed to environmental sustainability, which is evident through its dedicated horticulture department responsible for forest and plant vegetation, as well as greenhouse cultivation. This team works tirelessly to enhance the university's green spaces and promote a cleaner environment.

A key initiative is the university's nationwide **Forest Plantation Program**, aimed at all its campuses, which include two main campuses and four additional sites across Karachi, Sukkur, and Islamabad—regions with strong agricultural backgrounds. This program underscores Ziauddin University's commitment to combating climate change and fostering a greener future.

The university collaborates with the **Sindh Forest Department (SFD)** under the **Green Pakistan Programme** to implement urban forestry projects. This partnership ensures that Ziauddin University receives environmentally friendly plants, labor, technical guidance, and ongoing support for the protection of the planted areas. The university, in turn, provides land for extensive plantation efforts, particularly at its Link Road Site in Educational City.



Key details of their green initiatives include:

- **Forest Vegetation Area:** The university has allocated a significant area for forest vegetation, totaling **172,022.20 m<sup>2</sup>**, which represents **36.58%** of the total campus area.
- **Community Engagement:** Ziauddin University is not only focused on its own campuses but also emphasizes the importance of serving the surrounding community by ensuring proper maintenance and water supply for urban forestry projects.

Through these initiatives, Ziauddin University plays a vital role in promoting sustainable practices and enhancing the natural environment at both local and national levels.



Urban Forest plantation at Ziauddin University Sukkur Campus, Sukkur City, Sindh



Urban Forest Area marking for plantation at Ziauddin University Clifton-Karachi City, Sindh.



Urban Forest plantation in Collaboration with Sindh Forest Department at Ziauddin University Linkroad, Education City, Sindh



Urban Forest Plantation at Ziauddin University Islamabad Campus, Islamabad City, Punjab

**Example of University program on Climate Change: Ziauddin University collaboration with Sindh Forest Department (SFD) for Urban Forest Tree Plantation**



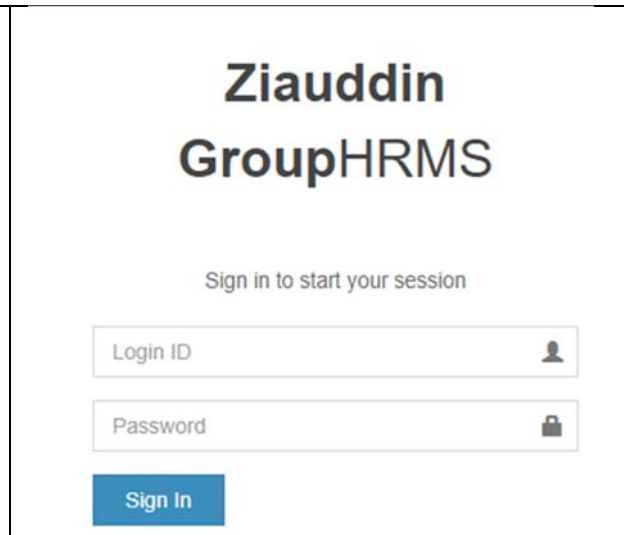
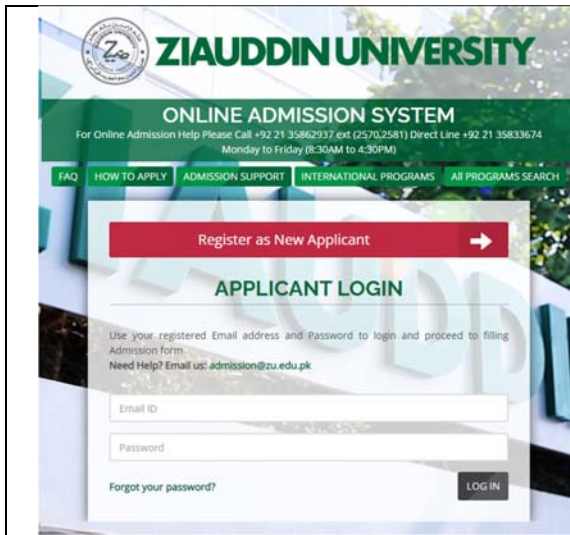
### 3. Waste (WS)

#### 3R (Reduce, Reuse and Recycle) Program for University Waste


Ziauddin University has a sound policy for waste handling, different **color-coded dustbins** have been placed at various places in university and every floor. The red bins for plastic waste, Green Bins for waste papers, blue bins for organic waste and yellow bins for toxic waste. The waste collected into bins and then used for different purposes like plastic & paper disposable glass are used for plantation purposes. Paper waste is used for making cards and organic waste brought from animal waste, food waste and green waste are used for **fertilization for plants**, etc.

Ziauddin University is keenly focused on 3R programs and practice various activities to reduce and reuse the paper, plastic and all other waste from the campus. >75% of 3R (Reduce, Reuse and Recycle) programs are practices at Ziauddin University.





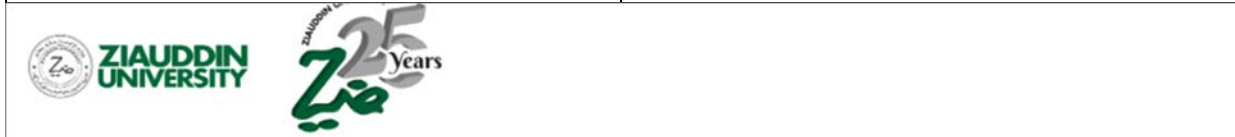
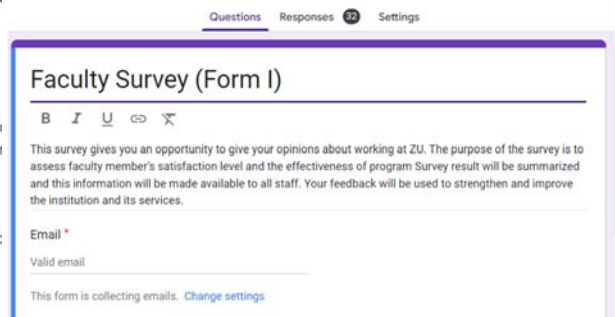
New Website Pages Presentation by College Heads - Online Meeting


**pstovc@zu.edu.pk**  
 to Deans, College, Registrar, Murtaza, rahimullah.yousufzai, Beverley, Maroof, Dr. me, VC ▾  
 Dear All,  
 An online meeting will be held on Tuesday, August 08, 2023 at 11:00 a.m. where the Vice Chancellors will present their new webpages. It has been reported that all the colleges have seen their new website.

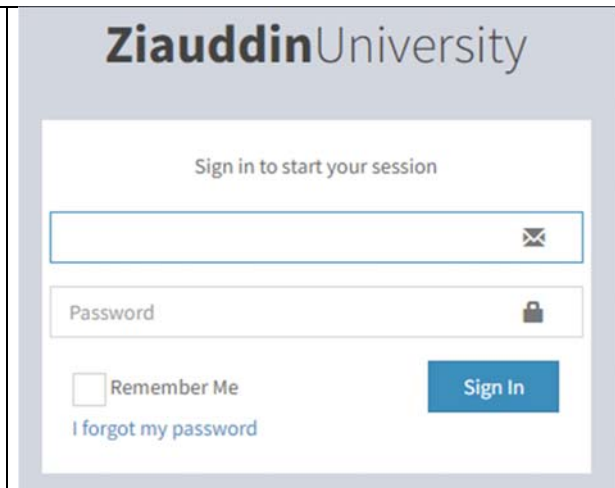
New website Link: <http://35.204.71.14/>

Please make it convenient to attend the online meeting. A Google Meet link would be provided.

Regards,  
Elizabeth



*"Please consider your environmental responsibility before printing this e-mail or its attachment(s)".*



E-Portals/ Online Evaluations/ Webinars/ Online Sessions/ Online Meetings/ Online Trainings/ Online Admission & Marketing Activities/ Radio shows/ Restriction for Printing all these are the example of Paper reduction practice at Ziauddin University





Restriction on use of plastic bottles/ free water distribution to refill own bottles/ drip irrigation all these are the example of plastic reduce/ reuse & water reuse/ recycle practice at Ziauddin University



Using Tractor to recycle rainwater and leaf waste to directly compost on land



Collection of green waste for decomposition



Collection of animal manure for decomposition



All Organic waste (Green waste, food waste and animal manure) are used for Waste decompose



Fertilization Process

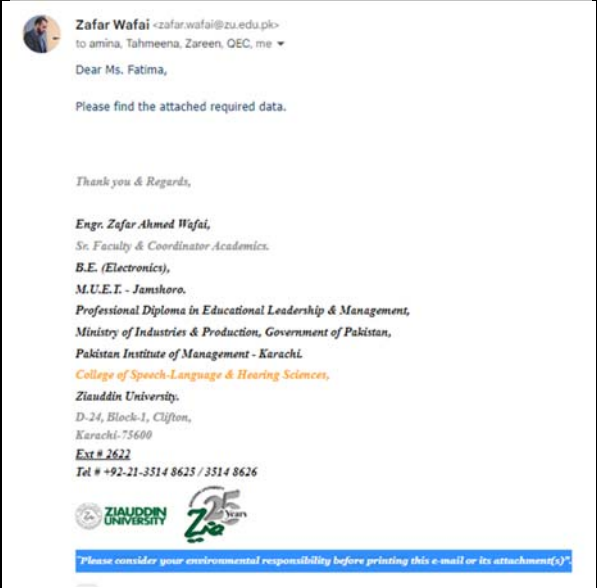

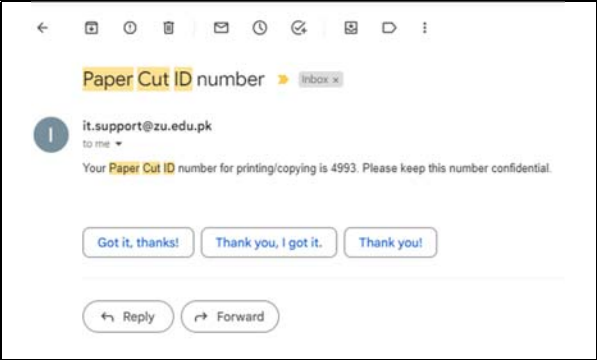
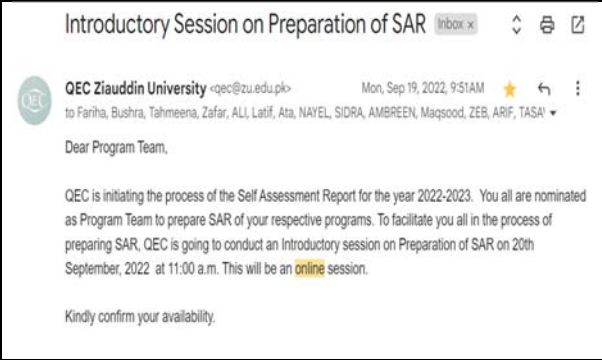
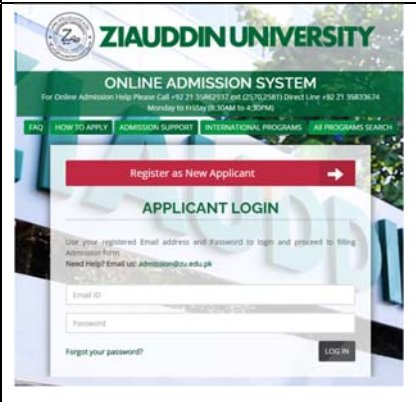
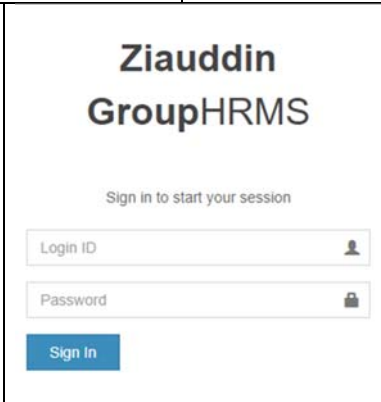
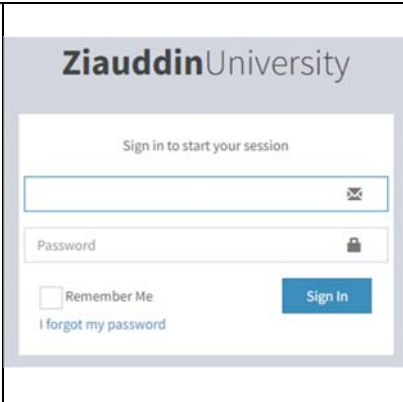


Use Compost for Urban Forest Plantation at Ziauddin University

Reuse & recycle practice of Solid Waste & Water

**Example of 3R Programs for Ziauddin University Waste**

# Program to Reduce the Use of Paper and Plastic on Campus

		
<p>Use of Softcopies instead of Hardcopies to reduce the paper for documentation &amp; record</p>	<p>Old Thumb marketing activities Switched to Social Media Marketing</p>	
		
<p>Limited Printing Access to restrict excessive printing of papers</p>	<p>Online Session to reduce the use of paper for documentation</p>	
		
<p>Admission Portal to reduce the use of paper in admission process</p>	<p>HRMS Portal to reduce the use of paper in Employee Activities</p>	<p>University Portal to reduce the use of paper in academic activities</p>





Central Printing Machine to Limit the printing & Paper waste



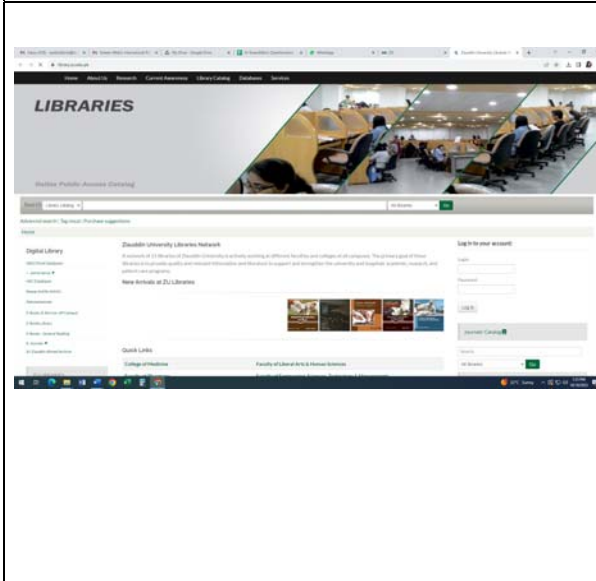
**Follow These Rules for Paper Printing:**

- Avoid Excessive printing.
- Convert simplex (single-sided) jobs to duplex (double-sided).
- Always recheck your data before printing.
- Avoid Unnecessary Printing & Hardcopies
- Recycle Single sided printed papers & used for printing on the other side.



***Always Think Before Printing & Save The Environment***

Rules to reduce, Reuse & Recycle Paper Printing



ZU Digital Library to reduce the use of paper in material rosourcess & paper production



Free Water Distribution to reduce the use of plastic bottles inside the campus



Restriction on Use of Plastic Bottles inside the campus



# ZIAUDDIN UNIVERSITY


ZU/Ref No. 3091

August 27, 2019

## NOTIFICATION

It is for information to all concern that the Ziauddin University is striving to achieve SDG goals. The purpose of this effort is to recognize as the icon of innovative, leading edge educational institute who endeavors to International sustainability efforts for Environment, Economy, and Equity.

To support this effort, it is requested to all concern to make efforts in reducing the consumption of papers and plastics within the Ziauddin University.

  
**Prof. Dr. Muhammad Asif,**  
 Director, Quality Enhancement Cell,  
 Ziauddin University

**PROF DR. MUHAMMAD ASIF**  
 Director, Quality Enhancement Cell  
 Ziauddin University

Notification to Restrict on Printing of Papers & Use of Plastic





**ZU FM 98.2**  
21K likes • 27K followers

Radio show/Webinar / Parent Training Series & Online Meetings to reduce the use of paper for participants

**Example of Program to Reduce the Use of Paper and Plastic in Campus (Ziauddin University)**

Ziauddin University have proper practices and taking many steps to minimize the use of paper and plastic. which are as follows:

**1. Promote the use of Softcopies instead of Hardcopies:**

Ziauddin University performs every operation online via google meet, google Docs, Spreadsheets and E-Portal to avoid excessive use of papers. Each employee is practicing on softcopies rather than relying on hardcopies. Even Emails are also sent with the message **"Please consider your environmental responsibility before printing this e-mail or its attachment(s)"**.

**2. Old Thumb marketing activities Switched to Social Media Marketing**

ZU also designed their value chain with the aim **less or zero use of paper** therefore, all the day to day activities are switched online for e.g.: Manual marketing replaced with social media marketing such

as banners, streamers, pamphlets, brochures, annual reports, newsletters, notifications/ memos etc. are now disseminated online through emails, website and social media sites.

**3. Admission Process switched online through Admission portal:**

Admission processes have also switched to online admissions through a portal, candidate application forms, entry tests, fee collection, admission announcement, document records; all these activities were contained with excessive use of paper. Now Ziauddin university has aligned all these activities through an online.

**4. Human Resource activities switched online through HRMS Portal:**

Employee day to day activities of hiring, resignation, attendance, salary slips, complaints and all other human resources activities are conducted online through **HRMS portal** to reduce use of paper in the campus.

**5. Academic Activities switched online through University Portal:**

All academic activities, classroom lectures, courses offer, transcripts, course curriculums, quizzes, assignments, MCQS, past papers, evaluations, feedback, student guides, prospectus and all other related academic documents for faculty and students are conducted and disseminated through online via **Uni Portal**.

**6. Radio show/Webinar / Parent Training Series & Online Meetings**

Introducing webinars and online meetings at Ziauddin university is a forward-thinking and innovative approach with broader implications for sustainability, energy conservation, and climate change action. By offering webinars, radio shows, online session, training series and online meetings we're reducing the need for physical meetings which are also reducing the use of papers printing for all the participants, As we embrace this modern learning and communication method, we're simultaneously advancing our commitment to sustainability, energy efficiency, and the fight against climate change.

**7. Restrict Printing Access**

To restrict print jobs in the daily workplace Ziauddin University limited the printing access to specified people. Each person has their own printing ID to access to the printer without a paper cut ID no people can print. In this way printing of paper has been reduced because no one has the right to print anything anytime.

**8. Central Printing Machine**

Instead of giving printer facilities to each department or each employee, Ziauddin University has placed Central Printers at every floor with mentioned printing rules. In this way people are used to limited printing in their day-to-day activity.

**9. Rules to Reduce Reuse & Recycle Printing Papers**

To reduce the use of Printing Ziauddin University has placed proper rules of printing with each central Printing Machine. Which are as follows:

- Avoid Excessive printing.
- Convert simplex (single-sided) jobs to duplex (double-sided)
- Always recheck your data before printing
- Use an online system instead of hard copy.
- Single sided printed papers are collected together and further used for printing on the other side.



## 10. Digital Library

The digitalization of our university's library is a truly innovative initiative with a profound impact on sustainability, energy conservation, and climate change mitigation. By transitioning to a digital library, we significantly reduce our reliance on physical resources, thereby conserving energy and reducing our carbon footprint associated with printing, transportation, and paper production. This forward-thinking approach not only enhances resource efficiency but also enables remote access to educational materials, reducing the need for travel and lowering greenhouse gas emissions. It contributes to a more sustainable future by aligning our institution with the principles of energy efficiency and environmental stewardship, making it a vital component of our commitment to addressing climate change and fostering sustainability in the academic community.

## 11. Campaign of REFUSE PLASTIC

- Ziauddin University has ran the campaign of REFUSE PLASTIC and restricted the use & buying and selling of plastic bottles and plastic bags inside the campus.
- No one is allowed to enter with disposable bottles, only Own bottles are allowed to take with them and refill from water filters whenever required.
- Security Guards get the plastic bottles from the visitors at the entrance and collected bottles are further used for plantation purposes.

## 12. Free Water Distribution

Ziauddin University has placed water filters in the university for free distribution of drinking water for the students, staff, faculty and general public (visitors/ guests). The purpose of this free distribution of drinking filter water is to reduce the use of plastic bottles from the university and promote the culture to bring your own bottles and refill whenever needed. In this way not only the plastic bottles have reduced but waste of water has also been minimal.

## Organic Waste

In Ziauddin University, the organic waste is up to 5% reduced by increasing the little bit prices on meal due to inflation and rising in prices in Pakistan. This automatically reduces the food waste as many people buy food as per their need and try to avoid leaving it on the plate. About 6% food waste was reused last year by giving leftover meals to the people with less income and kitchen waste such as vegetables and fruits peels fed to farm animals. The rest of the organic waste is treated by putting it all together in the pit holes for processing compost for plantation. Which is about 89%. Similarly, leaves that are fallen on ground due to rain or storm, reused by riding the tractor on land therefore, rain water and leaf waste directly compost the land. In this way Ziauddin University is trying hard to reduce, reuse and recycle the waste as much as they can, to build a healthy environment.

## Organic Waste Treatment

In Ziauddin University, the sources that produce organic waste are canteens, Cafes, fallen leaves, cutting of Plants and Animal waste etc. Canteen and Cafes waste are dumped into blue bins that are placed for organic waste. Full Blue Bins waste is then handed over to the Horticulture department for recycling. Animal farms also hand over animals' manure to the horticulture department. Leaves that have fallen on ground due to rain or storm, reused by riding the tractor on land therefore, rain water and leaf waste directly compost the land. The remaining green waste such as cutting of plants during gardening and fallen leaves during cleaning become the source of organic fertilizer. Pits are made at Ziauddin University Link Road Site for organic waste recycling purposes. The Horticulture department twice a week collects green waste from gardeners, kitchen waste from blue bins and animal manure from animal farms. All the organic waste from all the three sources then dumps into pits for making compost. As a result, organic fertilizers are produced that are used in the Orchard Area and field for plantations and fruits and vegetables farming. Therefore, the treated volume of organic waste is extensive >85%.



Using Tractor to reuse rainwater and leaf waste to directly compost on land



Collection of green waste for decomposition



Collection of animal manure for decomposition



All Organic waste (Green waste, food waste and animal manure) are used for Waste decompose



Fertilization Process



Use Compost for Urban Forest Plantation at Ziauddin University



Example of Organic Waste Recycle at Ziauddin University



## Inorganic Waste

According to color-coded dustbins policy Ziauddin university collects inorganic waste in two bins. The red bins for plastic and glass waste, Green Bins for waste papers and card boxes. ZU had implemented **No paper & Plastic policy** all over the campus for the purpose of reduction of inorganic waste. To reduce paper following rules are practicing in our university, that are as following:

- Promote the use of softcopies
- Old Thumb marketing activities Switched to Social Media Marketing
- Limited Printing Access to restrict excessive printing of papers
- Online Session to reduce the use of paper for documentation
- Use of E-Portals for all the activities
- Workshops, Seminars switched to Radio show/Webinars / Parent Training Series & Online Meetings
- Practicing Printing SOPs
- Personal printers switch to centralized printer with limited paper cut IDs
- Digital Library

All the above practices helped to achieve the aim of a **paperless environment** at our university. Similarly, Ziauddin University is also trying hard to reduce plastic therefore, following practices help to run the campaign of **Refuse Plastic**. Which are as following:

- Restriction on selling of water bottles and plastic shoppers inside the campus
- Restriction on bringing disposable bottles
- Own bottles are allowed that can refill from dispensers
- Free filtered water dispensers placed for drinking

All these above collective efforts result in reducing almost 50% of inorganic waste from the campus. ZU also promotes the reuse and recycling of waste instead of open dumping and saves the climate from pollution. Therefore, papers are reused by double-sided printing method, plastic bottles are reused by refill again and again, hard plastics and disposable tea glass are used by the horticulture department in different projects such as inside planting decoration, nursery raising and seeds plantation etc. In this way more than 20% waste is reused. Ziauddin University has created the contract with private vendors as well for recycling the inorganic waste. All the inorganic waste unused or after reused is distributed into four categories that is paper waste, soft plastic, hard plastic and cards etc. these handed over to private contractors for recycling. In this way more than 75% of inorganic waste is reused and recycled and saves the planet from the environmental pollution.

## Inorganic Waste Treatment

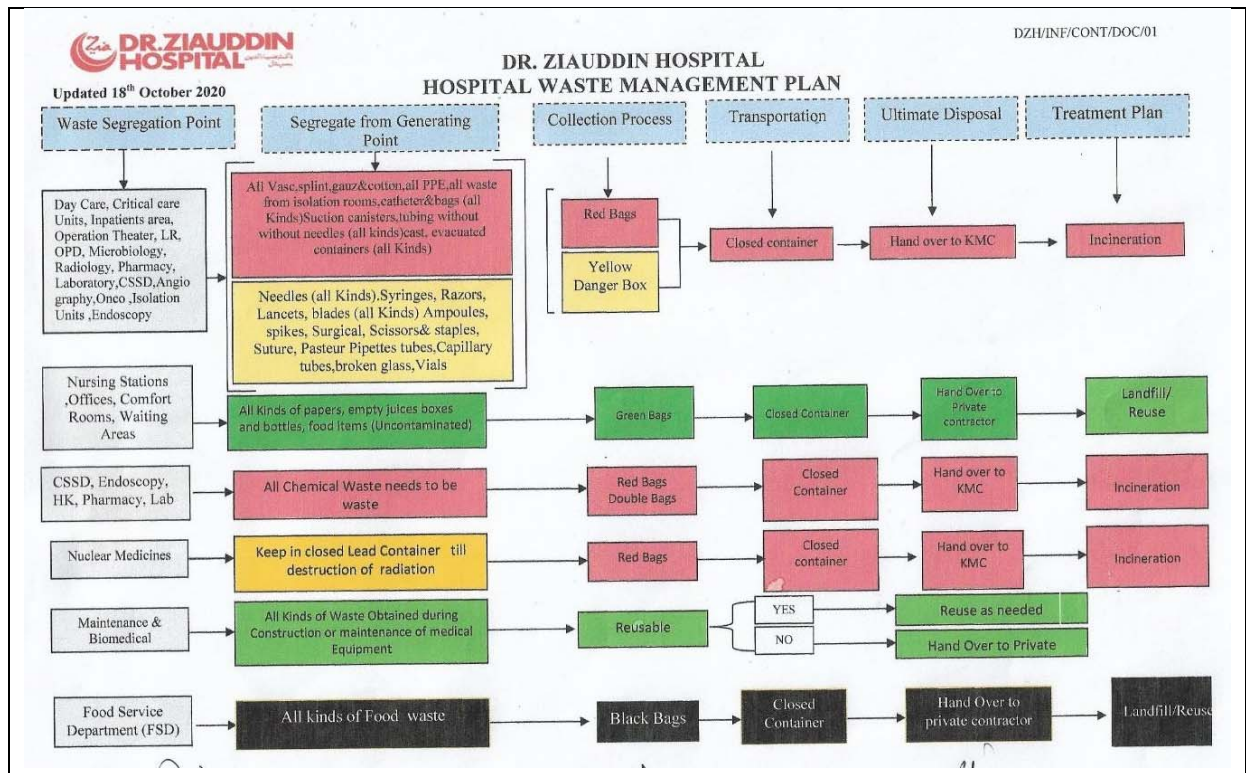
Ziauddin University is practicing on the following policies regarding waste and disposal to develop the hygienic and sustainable environment for everyone. These Policies are as follows:

- Waste Management Policy
- Cleaning of Walls & Floors
- Management of Spill
- Cleaning, Disinfectant and Sterilization Policy
- Safe handling of Contaminated Sharps
- Waste Disposable and making Composed

To meet the standards of proper hygiene and health safety, Ziauddin University Hospital centralizes the waste management system with the public waste management body. Ziauddin University Hospital is following the comprehensive guidelines and policies for the proper recycling process.

Different color-coded dustbins allow students and faculty to easily determine waste categories and dump liters accordingly. ZU enters into a contract with a private contractor for collection of the inorganic waste and the organization implements a process to recycle such waste. Our Horticulture department took a little initiative to recycle inorganic waste by recycling the tea disposable cups for nursery raising and seed plantation.

Ziauddin University not only safely disposes and recycles waste but also practices cleaning of walls, floor, disinfection and sterilization of beds, rooms and equipment according to the specified policies for making their surrounding Clean and Hygienic for their staff, students, patients, attendants and residents etc. ZU Management is also analyzing these policies every year and revised as per the requirements.



Example of Ziauddin University Hospital Waste Management Plan



Color coded dustbins for waste collection in separate categories









Example of Tea disposable cups reuse for nursery raising and seed plantation



Incineration Room for handling, disposing and recycle of waste

 <p style="text-align: center;"><b>DR. ZIAUDDIN HOSPITAL</b> <b>INFECTION CONTROL DEPARTMENT</b></p> <p style="text-align: right; font-size: small;">DZH/INF/CONT/06 Issue date 20<sup>th</sup> July 2007 Revision: 2<sup>nd</sup> Revision date 22<sup>nd</sup> Jan 2022</p> <p>Title: Hospital Waste Management</p> <p>Initiated: Ms. Farkhanda Haroon (Asst manager) Ms. Hina Murad (Infection Control Officer)</p> <p>Approved: Dr.Faisal Iqbal Afridi (Associate Prof Microbiology &amp; Head of ICD) (Head of I/C Committee)</p> <p>Date of Reviewed: 22<sup>nd</sup> January 2022</p> <p>Applicable: To all campuses</p> <hr/> <p><b>1. Definition:</b> Healthcare Waste is defined as solid or liquid waste arising from healthcare or health related facilities. This waste comprises two fractions, namely risk waste and non-risk waste as illustrated below</p> <p><b>2. Healthcare Clinical Waste:</b> Healthcare Clinical Waste is majority is consist on infectious waste (also called medical, biomedical or biohazard waste) is defined as materials generated as a result of the diagnosis or treatment of a patient and that is capable of producing an infectious disease.</p> <p><b>3. PURPOSE:</b></p> <ul style="list-style-type: none"> <li>➤ To establish guidelines on the proper disposal of waste</li> <li>➤ To implement a program (for medical waste segregation collection and storage) that is consistent with laws and regulation for safe disposal of medical waste. Eg. Ministry of health (MOH) waste management guidelines.</li> <li>➤ To reduce health and safety risks to staff, patients and visitors.</li> <li>➤ To reduce waste disposal costs.</li> <li>➤ To ensure that you and your employer comply with legislation, "Duty of care" to ensure waste is handled and disposed off safely and correctly.</li> <li>➤ To provide a safe environment.</li> <li>➤ To reduce hospital cost.</li> </ul> <p><b>4. SCOPE:</b> This procedure is applicable to Infection Control Department services of all Campuses of Dr. Ziauddin Hospital (DZH).</p> <p><b>5. Policy Statement:</b> To properly define the collecting, handling, transporting, and disposing of hazardous waste to ensure the safety of the Health Care Workers, Sanitary Workers, and the general public in</p> <p style="text-align: center;">1</p> <hr/> <p style="text-align: center; font-size: x-small;">addition to cost reduction. Develop and support the treatment of waste in order to prevent environmental contamination and maintain public health.</p>	<table border="1" style="width: 100%;"> <tr> <td style="width: 30%; text-align: center;">  </td> <td style="width: 30%;"> <b>POLICY NO:</b> DZH/CLIF/IPC/POLICY/03 <b>REVISION NO:</b> Original         </td> <td style="width: 40%;"> <b>APPROVAL DATE:</b> November 2019         </td> </tr> <tr> <td colspan="3" style="text-align: center;"><b>DEPARTMENT: Infection Prevention and Control Department</b></td> </tr> <tr> <td colspan="3" style="text-align: center;"><b>TITLE: Guideline for Cleaning, Disinfection and Sterilization.</b></td> </tr> <tr> <td colspan="3"> <p><b>1. PURPOSE:</b></p> <p>1.1. To provide guideline for cleaning, disinfection and sterilization of items used in patient care areas.</p> <p><b>2. APPLICABLE TO:</b></p> <p>2.1. All healthcare provider working in patient care area of Dr. Ziauddin Hospital Clifton. 2.2. 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Only soiled equipment should be covered and stored in the soiled or dirty area and shall be labeled to indicate that it is ready for reprocessing.</p> </td> </tr> </table>		<b>POLICY NO:</b> DZH/CLIF/IPC/POLICY/03 <b>REVISION NO:</b> Original	<b>APPROVAL DATE:</b> November 2019	<b>DEPARTMENT: Infection Prevention and Control Department</b>			<b>TITLE: Guideline for Cleaning, Disinfection and Sterilization.</b>			<p><b>1. PURPOSE:</b></p> <p>1.1. To provide guideline for cleaning, disinfection and sterilization of items used in patient care areas.</p> <p><b>2. APPLICABLE TO:</b></p> <p>2.1. All healthcare provider working in patient care area of Dr. Ziauddin Hospital Clifton. 2.2. This policy applies to those reusable items, equipment's and medical device which require cleaning, disinfection and sterilization.</p> <p><b>3. AIM:</b></p> <p>The aim of the policy is to ensure:</p> <p>3.1. 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Ziauddin University Hospital Waste Management Policy	Ziauddin University SOPs for Cleaning, Disinfection & Sterilization												
<b>Example of Cleaning &amp; Disposal of waste practices at ZU Hospital &amp; University to make Environment Clean, Green &amp; Sustainable</b>													

## Toxic Waste

Ziauddin University keenly focused on clean green environment that is why Bio- hazardous/ toxic waste are safely handled with a lot of precautions to prevent infection in the campus. ZU has a proper disposal waste plan for handling toxic waste and are strictly practicing. According to those following rules are practicing which are as follows:

- All the toxic waste would be dumped into the **yellow bins**. All yellow bins waste are then further separated into two categories separated by **color coded bags**.
  - **Red bags** are used for infectious and sharp waste that needs to be incinerated.  
Red lit danger boxes: are used for sharp management.
  - **Yellow bags:** are used for (tissues, organs, Placenta body parts, fetuses, blood and body fluids)
- Hazardous waste packed properly to prevent the campus population from potential exposure to infectious/ hazardous materials and to facilitate the proper handling, storage, treatment and/or disposal.



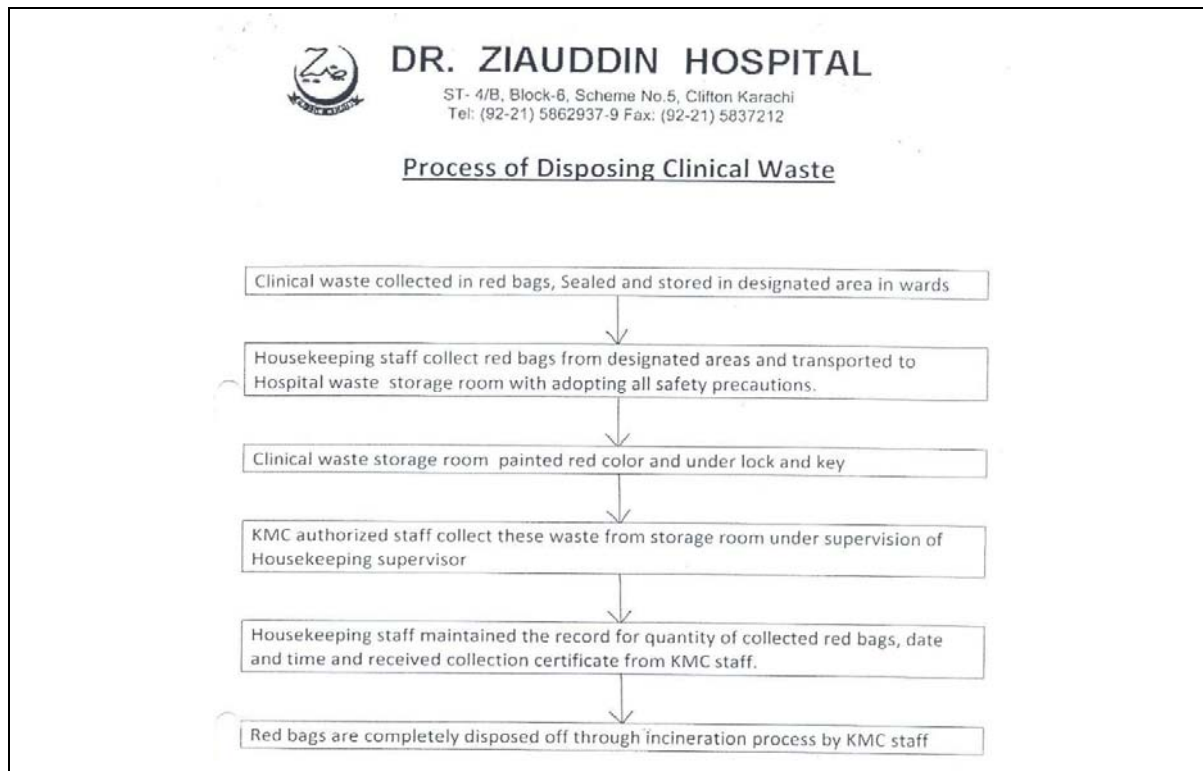
- Housekeeping staff collect these bags from designated areas and transport them to the waste storage room by adopting all standard safety precautions. Which are as follows:
  - Do not put hands inside the bags / containers.
  - If bags tear or get contaminated, they are replaced in new clean bags.
  - Never allow any person to put their hand inside the bags.
  - Hazardous / Infectious waste bags must be fully- closed & sealed and handled by neck only while transportation
  - Waste bags must not be filled with more than 3/4 of their capacity and must not be pressurized or compacted.
  - Waste bags must not be held too close to the collector's body or to be held from their bottom.
  - Biohazard waste must not be mixed with non-biohazard waste.
  - Personal Protective Equipment must be readily available and worn accordingly while handling waste.
  - Wash hands thoroughly after contact with biohazard waste.
- This hazardous waste is then safely handled to our private contractor Karachi Metropolitan Corporation for the purpose of proper disposal of hazardous waste through incineration plants of KMC.
- KMC authorized staff collect this toxic waste from the storage room under supervision of the housekeeping supervisor.
- Practicing all the safety measures in the university, toxic waste was completely disposed-off through incineration process by KMC Staff.

Ziauddin University has two types of toxic waste. Clinical waste that is generated from clinics by house job students in performing his duties on Ziauddin hospitals and clinics. Such as tissues, organs, Placenta body parts, fetuses, blood and body fluids, sharp needles, bandages and dressing with blood, any container, bag or tubing containing blood, glass and blades etc. The second type of toxic waste is lab chemicals that are generated by medical college students for their course study, learning and practice purpose in labs. These are waste that contains solid liquid or gaseous chemicals resulting from diagnostic, therapeutic, laboratory activities or those used in cleaning and disinfecting or sterilizing procedures.

Ziauddin University aims to reduce toxic waste by upgrading their education system by replacing old medical teaching techniques with modern technology such as VR Dental Simulator and Anatomy 3D Virtual Dissection Table. Virtual Simulator allows students to refine their clinical and professional skills in a sustainable manner. It helps students to scan a simulated patient's mouth without use of any tool or toxic chemical. Similarly, Cadavers used by medical students to study anatomy, identify disease sites, determine causes of death, and provide tissue to repair a defect in a living human being. As if it was done manually then many toxic chemicals have to be used to stop spreading germs. a 3D Virtual Dissection Table, Anatomage; a powerful tool that allows students to dissect complex structures with their fingers. Therefore, the use of technology such as VR Simulator and VR Dissection Table helps to contribute to a sustainable environment and become a major source to cut down usage of clinical tools and chemicals for training and preserving which are the source of reduction of toxic waste. These VR dissections are now a part of the curriculum of medical and dental students which result in the reduction of more than 25% of toxic waste in our campus.

The remaining toxic waste by clinics and hospitals which are hazardous for human health and environment are safely handed over to private contractor Karachi Metropolitan Corporation for safe incineration.

# Toxic Waste Treatment



## Ziauddin University Hospital Toxic Waste Plan

**DR. ZIAUDDIN HOSPITAL**  
 Infection Prevention and Control  
 Department Kiamari Campus

**CDC** **CDC Transmission-Based Precautions**

**CONTACT PRECAUTIONS**  
 To prevent the spread of infection, ANYONE ENTERING THIS ROOM **MUST WEAR:**  
 Gloves ✓  
 Gown ✓

**DROPLET PRECAUTIONS**  
 To prevent the spread of infection, ANYONE ENTERING THIS ROOM **MUST WEAR:**  
 Surgical Mask ✓

**AIRBORNE PRECAUTIONS**  
 To prevent the spread of infection, ANYONE ENTERING THIS ROOM **MUST WEAR:**  
 N-95 Respirator ✓

**DR. ZIAUDDIN HOSPITAL**

**INFECTIOUS WASTE**

Date: \_\_\_\_\_

Department: \_\_\_\_\_

SIGN: \_\_\_\_\_

**DR. ZIAUDDIN HOSPITAL**  
 INFECTION CONTROL DEPARTMENT  
 Sharp Container Handling Guidelines

**Sharps Containers**

- Should be puncture-resistant, closed, and remain upright at all times.

**Placement:**

- As close as possible to the point of use

**Replace when ¾ full**

- Close and seal the container in red bag for transport to a secure area.
- Do not open, empty or reuse the containers.

**Preventing Needle Sticks**

- Do not recap used needles
- Two hand capping in dangerous

**Additional Injection Precautions**

- Do not reuse used needles from disposable syring by hand.
- Do not bend, break, or otherwise manipulate used needles by hand.
- Dispose of syring, needles, scalpel blades, or other sharp objects in appropriate, puncture resistant containers.
- Use Scoop method (for safe injection)

**Proper labeled**

- Sharp containers should be properly labeled with Ward Name, open and closed date.

Farkhunda Haroon  
 Asst Manager Infection Control

Reference: WHO 2014 & CDC 2014

Example of Label placed on the bags of Infectious wastes

Example of Safety measures at Ziauddin University Hospital



DDH/INF/CONT/06  
Issue date 20<sup>th</sup> July 2007  
Revision: 2<sup>nd</sup>  
Revision date 22<sup>nd</sup> Jan 2022

**DR. ZIAUDDIN HOSPITAL**  
**INFECTION CONTROL DEPARTMENT**

Title: Hospital Waste Management  
Initiated: Ms. Farkhanda Haroon (Asst manager)  
Ms. Hina Murad (Infection Control Officer)  
Approved: Dr. Faisal Iqbal Afridi (Associate Prof Microbiology & Head of ICD)  
(Head of I/C Committee)  
Date of Reviewed: 22<sup>nd</sup> January 2022  
Applicable: To all campuses

**1. Definition:**  
Healthcare Waste is defined as solid or liquid waste arising from healthcare or health related facilities. This waste comprises two fractions, namely risk waste and non-risk waste as illustrated below

**2. Healthcare Clinical Waste:**  
Healthcare Clinical Waste is majority is consist on infectious waste (also called medical, biomedical or biohazard waste) is defined as materials generated as a result of the diagnosis or treatment of a patient and that is capable of producing an infectious disease.

**3. PURPOSE:**  
➤ To establish guidelines on the proper disposal of waste  
➤ To implement a program (for medical waste segregation collection and storage) that is consistent with laws and regulation for safe disposal of medical waste. Eg. Ministry of health (MOH) waste management guidelines.  
➤ To reduce health and safety risks to staff, patients and visitors.  
➤ To reduce waste disposal costs.  
➤ To ensure that you and your employer comply with legislation, "Duty of care" to ensure waste is handled and disposed off safely and correctly.  
➤ To provide a safe environment.  
➤ To reduce hospital cost.

**4. SCOPE:**  
This procedure is applicable to Infection Control Department services of all Campuses of Dr. Ziauddin Hospital (DZH).

**5. Policy Statement:**  
To properly define the collecting, handling, transporting, and disposing of hazardous waste to ensure the safety of the Health Care Workers, Sanitary Workers, and the general public in

1

addition to cost reduction. Develop and support the treatment of waste in order to prevent environmental contamination and maintain public health.

DDH/INF/CONT/23

**DR. ZIAUDDIN UNIVERSITY HOSPITAL**  
**INFECTION CONTROL DEPARTMENT**

Title: Management of Blood and Body Fluid Spills  
Initiated: Ms. Rifat Shaheen (Infection Control Officer)  
Approved: Prof. Badar J. Farooqui (Head of I/C Committee)  
Date: 20 July 2007  
Reviewed By: Farkhanda Haroon (Asst Manager ICD)  
Dr. Faisal Iqbal Afridi (Associate Prof Microbiology & Head of ICD)  
Date Of Reviewed: July, 10 2017  
Applicable: To all campuses

**Purpose:**  
➤ To promote care givers safety.  
➤ To create safe environment for patient and care givers  
➤ To minimize the source of spreading infection  
➤ Management of blood and body fluid is used to prevent transmission of infection.

**SCOPE:** This procedure is applicable to Infection Control Department services of all Campuses of Dr. Ziauddin Hospital (DZH), as per applicability of the required environment and set provision of facility present.

**Spillages and drips**

**Procedure**  
1. Wear non-sterile gloves for this procedure.  
2. Wipe the area immediately with paper towel soaked in hypochlorite (house hold bleach) 1:10 dilution solution; alternatively disposable alcohol swabs may be used.  
3. Rinse the surface with clean water if hypochlorite solution may be corrosive.  
4. Clean the area with water and detergent.  
5. Dry the surface with disposable paper towel.  
6. Discard gloves and paper towels as clinical waste according to infection control policy.  
7. Wash and dry hands immediately.

**Larger Spills**

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**DR. ZIAUDDIN HOSPITAL**

**Procedure**  
1. For large spills, cover the spillage with the paper towel to absorb all liquid and carefully pour a freshly prepared hypochlorite (household bleach) 1:10 dilution solution.  
2. Leave the spill for a contact period of about 3 minutes to allow for disinfection.  
3. Depending on the method used, either scoop up the absorbed granules or lift the soiled paper towels and discard into red plastic waste bag as clinical waste.  
4. Wipe the surface area with freshly prepared hypochlorite (1:10 dilution) solution and rinse with clean water if hypochlorite solution may be corrosive.  
5. Dry the surface with disposable paper towel.  
6. Remove gloves & plastic apron and discard as clinical waste according to infection control policy. Wash and dry hands immediately.

Hospital Waste Management Policy

Policy on disposal of hazardous fluid spills

DDH/INF/CONT/20

**DR. ZIAUDDIN HOSPITAL**  
**INFECTION CONTROL DEPARTMENT**

Title: Safe Management of Contaminated sharps  
Initiated: Ms. Farkhanda Haroon (Asst Manager ICD)  
Approved: Dr. Faisal Iqbal Afridi (Prof Microbiology & Head of ICD)  
Date: 20 July 2019  
Applicable: To all campuses

**Purpose:**  
➤ To provide a safe and efficient means for handling and disposal of needles, syringes and sharp objects.  
➤ To guide care givers in safe use, handling and disposal of used sharps.  
➤ To promote care givers safety.  
➤ To create save environment for patient and care givers.

**SCOPE:** This procedure is applicable to Infection Control Department services of all Campuses of Dr. Ziauddin Hospital (DZH), as per applicability of the required environment and set provision of facility present.

**Principles:**

- All used sharps are considered contaminated. Contamination occurs as a result of contact with blood or body fluids, chemicals, drugs etc.
- Place all used sharps into puncture resistant sharps container labeled "DANGER", available in all patient care areas.
- Dispose needle and syringes as one unit uncapped into the sharps container at the point of use.
- Does no recap needle after use
- Needles removed from IV tubing should be disposed into sharps containers immediately.

	<b>POLICY NO:</b> DZH-CLIF-IPC/POLICY/03	<b>APPROVAL DATE:</b> November 2019
	<b>REVISION NO:</b> Original	

**DEPARTMENT: Infection Prevention and Control Department**

**TITLE: Guideline for Cleaning, Disinfection and Sterilization.**

**1. PURPOSE:**  
1.1. To provide guideline for cleaning, disinfection and sterilization of items used in patient care areas.

**2. APPLICABLE TO:**  
2.1. All healthcare provider working in patient care area of Dr. Ziauddin Hospital Clifton.  
2.2. This policy applies to those reusable items, equipment's and medical device which require cleaning, disinfection and sterilization.

**3. AIM:**  
The aim of the policy is to ensure:  
3.1. There are clear lines of accountability for cleanliness for patient care items, equipment, medical devices and the environment.  
3.2. All staff is correctly trained in cleaning techniques method.  
3.3. All staff involved with cleanliness of patient care equipment, medical devices and the environment is clear on their individual roles and responsibilities.  
3.4. Only clean equipment is stored in clean equipment area.  
3.5. Equipment will not be stored on or immediately around the sink to avoid contamination.  
3.6. All other equipment that is not clean or cannot be cleaned immediately after use shall be labeled to indicate that it is ready for reprocessing and placed in the dirty equipment area.  
3.7. Only soiled equipment should be covered and stored in the soiled or dirty area and shall be labeled to indicate that it is ready for reprocessing.

Example of Toxic/ Hazardous Waste Handling Policy

Example of making Environment Clean, Green & Sustainable through Cleaning, Disinfection & Sterilization process practices at ZU Hospital



KARACHI METROPOLITAN CORPORATION  
Office of the Director Solid Waste Management

NO : KMC/DIR/SWM/MS/ 026 /2022  
Date: 01-02-2022.

M/s H.M. & Company,  
R-902, Block-19, F.B. Area,  
Karachi.

Subject: REQUEST FOR APPROVAL OF INCINERATION OF HAZARDOUS & NON HAZARDOUS.

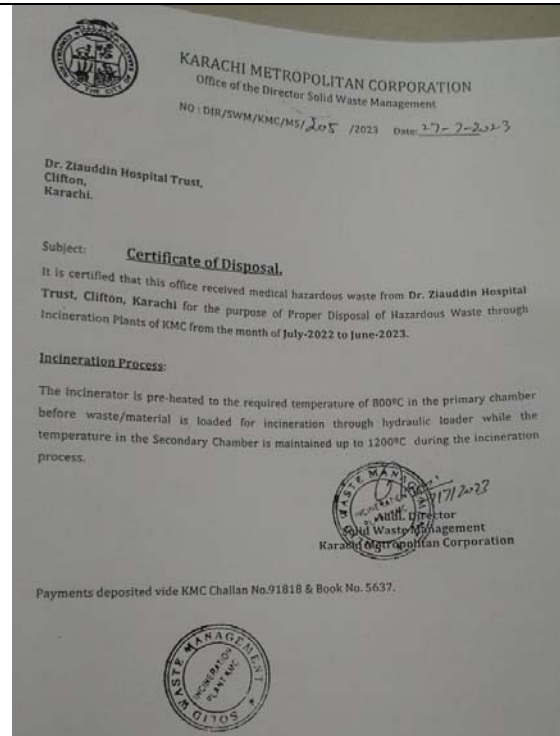
Reference: Your application dated 31-01-2022.

In response to your request cited above, this office has no objection if M/s H.M. & Company disposes their Hazardous & Non Hazardous waste Incineration Plant KMC as per rules with all codal formalities.

Director  
Solid Waste Management  
Karachi Metropolitan Corporation

**DIRECTOR**  
SOLID WASTE MANAGEMENT  
KARACHI METROPOLITAN CORPORATION

Example of Contract with Local governmental organization for Toxic Waste Collection for Incineration Process



Example of Toxic Waste handed over to KMC for incineration





ZU Incineration Room with Color coded theme for waste handling and disposing



VR Dental Simulator are Example of Cut Down the usage of Chemicals that reduced the toxic waste in our university



Anatomy 3D Virtual Dissection Table are Example of Cut Down the usage of Chemicals that reduced the toxic waste in our university

To meet the standards of proper hygiene and health safety, Ziauddin University Hospital centralizes the waste management system with the public waste management body. for toxic waste that is harmful for human health and the environment.

Ziauddin University has a contract with Karachi Metropolitan Corporation (KMC) for collection of clinical hazardous and infectious waste for proper collection and disposal through the incineration process. KMC

authorized staff collects red bags for the incineration process in accordance with all applicable local, state and federal laws and regulations.

ZU also has made sound policies for disinfectant and cleaning with proper implementation to make the Environment Clean, Green & Sustainable. ZU Management is also analyzing these policies every year and revised as per the requirements.

VR Dental Simulator and 3D Virtual Dissection table are used by medical and dental college students to excel their profession and clinical career in a sustainable manner with no use of toxic chemicals, tools, cadavers etc., that reduced the 26% of toxic waste (clinical and chemical) in the university.

## Sewage Disposal

Dr. Ziauddin Group took an initiative to recycle sewage water with the project name **Waste Water Treatment** in contract with the private firm Water World International to providing their service on contract basis. Waste Water Treatment Plant was established at Ziauddin University Clifton Family Park extension. This Sewage Treatment Plant is a complete system that ensures purification of dirty water before it is disposed off in the environment. In Ziauddin University more than 70% of sewage water is purified through water recycling process and the treated water then used for forest plantation and for gardening. Therefore Ziauddin University has a tertiary treatment policy for sewage disposal.

### How does it work?

#### 1. Collection

To begin with, the Wastewater Treatment system first collects effluents from sewerage pumping station in huge tanks and then sent further down the line for treatment.

#### 2. Screening

Using pre-installed screening systems, the plant than physically screens out the bigger particles like metal and cloth pieces, plastic and glass, anything that is visible to the naked eye.

#### 3. Flocculation and Coagulation

Once the bigger particles are removed, next the system works on tinnier particles. The flocculation process includes combining the destabilized particles so that they separate from the water. Coagulants are than added that makes heavier particles settle down and filter out without any further addition of chemicals.

#### 4. Neutralization and Disinfection

Different chemicals are added in water (especially chlorine) to help maintain the pH of the water and kill bacteria which makes it good enough for consumption and usage.

#### 5. Storage and Distribution

Once the water is free from all sorts of toxins and chemicals, it is collected in a tank and distributed farther to serve various purposes. In most cases, the industries that use such systems of wastewater recycling utilize the water themselves for completion of process rather than going for freshwater supply.

### Benefits of Wastewater Treatment Plant

Here are a few benefits of wastewater treatment system:

- Helps industries in cutting down costs of fresh water acquisition
- Reduces water pollution and saves the environment
- The plant filters water, making it worthy for agriculture field & for gardening
- Reduces waste from industries that is destroying the planet





Example of Sewage Disposal Treatment at Ziauddin University

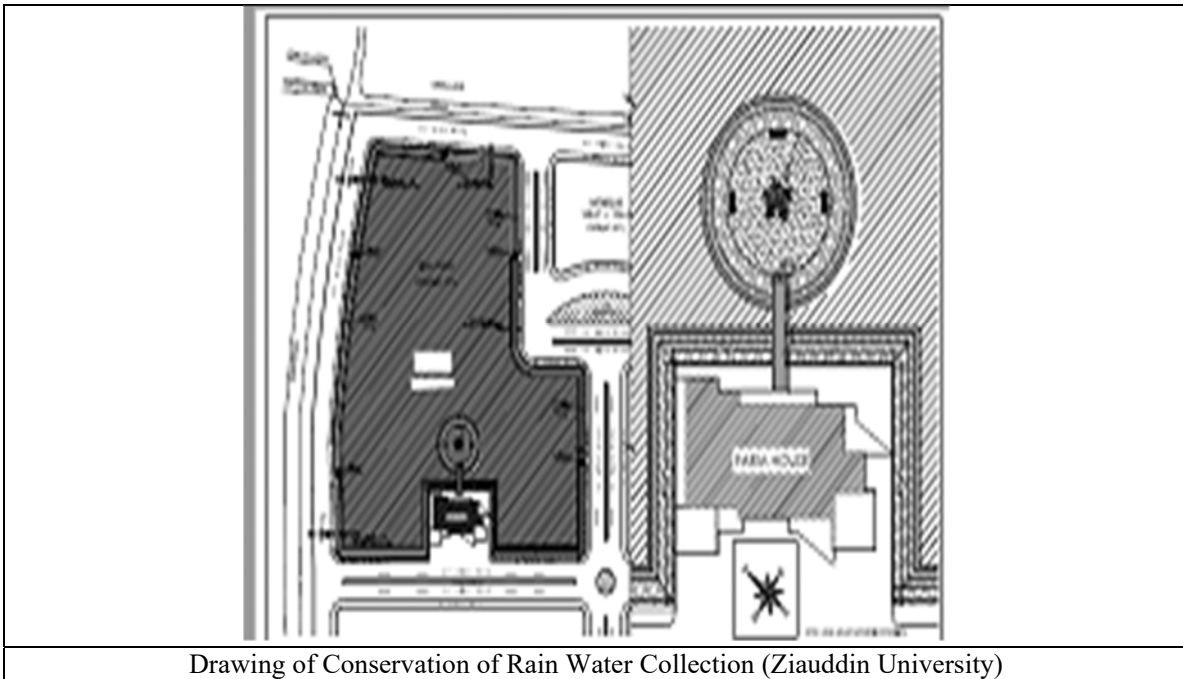
## 4. Water (WR)

Water resource management is the activity of planning, developing, distributing and managing the optimum use of water resources. At Ziauddin University, water consumption and utilization are according to the standard need which represents no water wastage along with water efficient appliance usage.

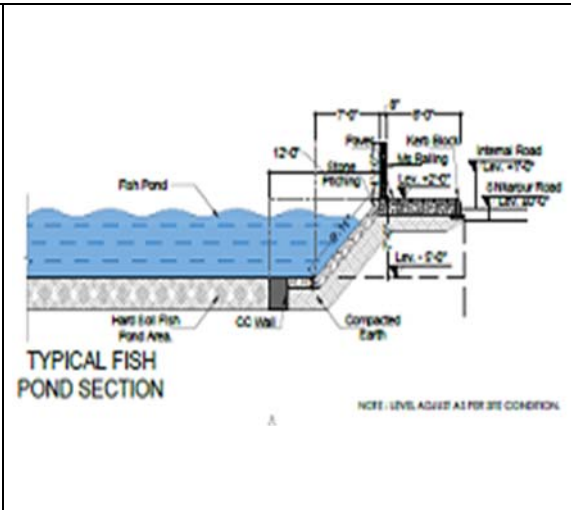
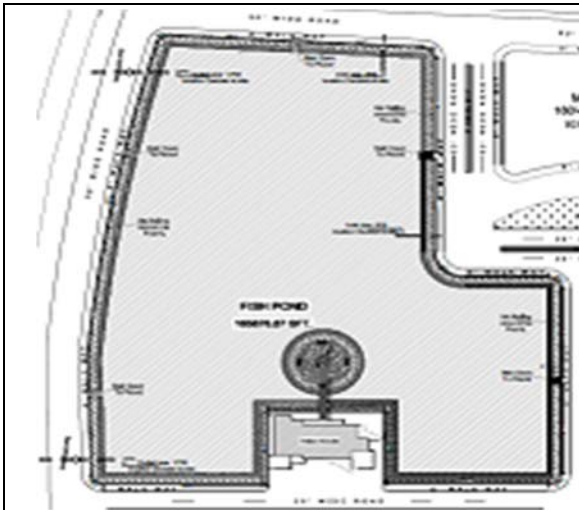
Water management and its treatment are at par with global policies and procedures.

### Water Conservation Program Implementation

1. Most of the buildings of the Ziauddin University have a separate system, for waste water and for clean water (rainwater). Rain water is thus collected from the roofs of the buildings and is then discharged into the local ponds and canals around the buildings. The university also has buildings where all the rainwater is collected for toilet flushing and for watering the plants inside the building. At our campus we have a separate sewerage system. We collect rainwater from the roof, parking area etc. and discharge this in the ponds and channels at our campus.
2. Clifton side is located near the sea, and the average TDS of seawater is 45000, therefore, RO plants are used for recycling the seawater for general and drinking usages. The water is stored in underground tanks. The average capacity of the underground water tank of the Ziauddin University Clifton is 110,000 gallons/day
3. On the other hand, Ziauddin University, North Nazimabad Site, uses the bore water and RO plants are used for recycling the bore water for general and drinking usages. The water is stored in underground tanks. The average capacity of the underground water tank of Ziauddin University, North Nazimabad is 76,500 gallons/day.
4. The average water tank capacity of Ziauddin University is 1.865 lacs gallon/day.







Water Conservation - In Ground Water Tank

Construction Level of Pond (Ziauddin University)



Water Storage tanks at different location of Ziauddin University

## Water Recycling Program Implementation

The Clifton site of the Ziauddin University is located near the sea, and the average TDS of seawater is 45000, therefore, **RO plants** are used for recycling the seawater that reduces the TDS to 450 - 500. This water is used for general usage. For drinking, the water is further treated by another small RO plant.

The other campuses of Ziauddin University use the **bore water** after RO treatment. Water is filtered with R.O plants at Clifton and North campus. Ziauddin Clifton Campus underground water tank facility is 110,000 gallons per day and 76,500 gallons of water tank capacity at Ziauddin North Campus. The average recycling capacity of R.O plants at North campus is about 80,012 from which 52,008 gallons of water are consumable and the remaining 28,004 gallons are non-consumable/ nor drinking water. The distribution of water is done by the maintenance department.

A **Sprinkler (water meter)** is installed to measure the amount of water that has been used. This is to balance the supply of water in plants and fields so that each plant grows and takes water according to their requirement. Through this we have changed the old method of watering plants to a drip **irrigation system** and reduced the water wastage and sprinkler only opens when plants need water and they supply in the needed quantity because each drop is important for us. The R.O plant rejected water is about 28,004 gallons is used for recycling purpose in washroom cleaning and flush and drip irrigation etc.

Most of the buildings of the Ziauddin University have a separate system, for waste water and for clean water (rainwater). Rain water is thus collected from the roofs of the buildings and is then discharged into the local ponds and canals around the buildings. The university also has buildings where all the rainwater is collected for toilet flushing and for watering the plants inside the building. At our campus we have a separate sewerage system. We collect rainwater from the roof, parking area etc. and discharge this in the ponds and gardening plants through sprinkler (drip irrigation system).



R.O Plant at Ziauddin University





Sprinkler used to proper supply Recycled Water for Plantation

## Water Efficient Appliances Usage

Ziauddin University ensures usage of water efficient appliances in its campuses, which are more than 60%

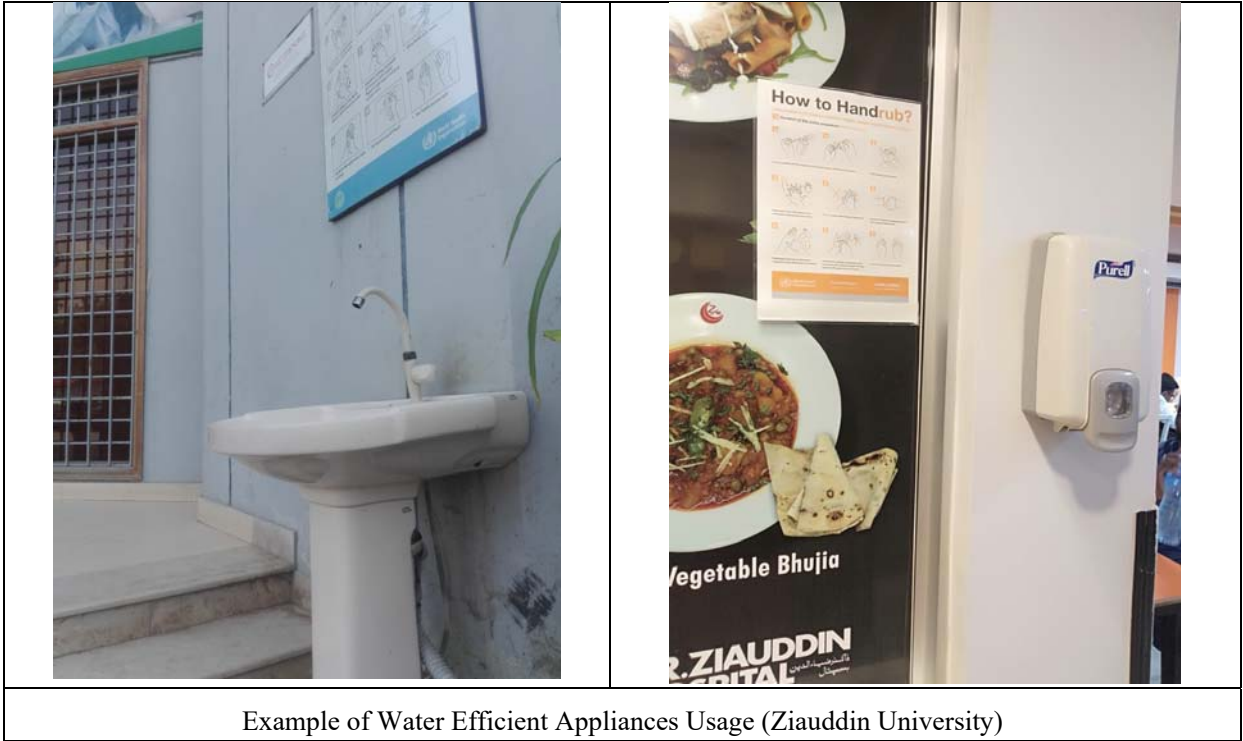


Example of Wastel/ wash basin, Hand Dryer & Soap Dispenser



Example of Hand Sanitization Facilities in the Campus





Example of Water Efficient Appliances Usage (Ziauddin University)

## Consumption of treated water

- Water installation of treated-water and it is consumed by students, staff and Patients, it is located at Ziauddin Hospital North & Clifton Campus & Universities. More than 75% of treated water are consumed at Ziauddin University.
- Ziauddin Hospital & Clifton Campus & Universities have reserved water for 3 days in underground water tanks due to incase of water crisis in the city & also level maintenance in 6 feet due to the pump not picking water from level 8 Inch.
  - (Total Capacity of Underground Tank 110000 at Clifton and 76500 at North).
- The average daily consumption of treated water at Ziauddin University is about 97,000 gallons at Clifton Campus and 84,408 at Ziauddin North campus which is about 181,408 daily consumptions.



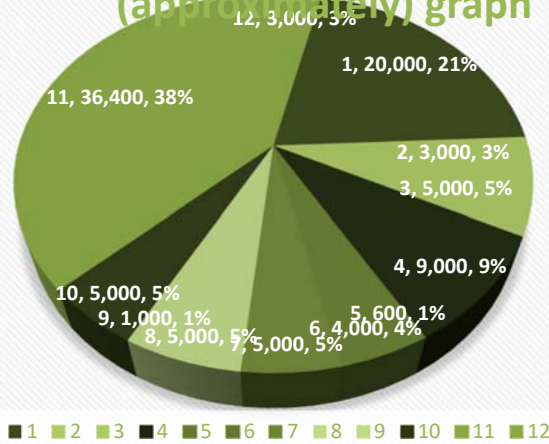


Example of Consumption of treated water in Ziauddin University

<b>Details of Daily Water Consumption Sheet Per Day</b>		
1	Chiller plant is taking water Gallon per day by 2hp water pump for both cooling towers. (12000 - 15000) (As per requirement)	20,000 Gallon
2	Chiller plant is also taking water for servicing of AHU.	3,000 Gallon
3	Housekeeping is taking water in every day due to cleaning of outside area & given water to garden & plants.	5,000 Gallon
4	Dialysis water/Lab water (Low TDS) Water	9,000 Gallon
5	Cooling tower (both) of Engine 1.2 MW is used water due to engine cooling.	600 Gallon
6	Maintenance/ service of the RO plant	4,000 Gallon
7	FSD, water use for making breakfast, lunch & dinner & also washing work	5,000 Gallon
8	Linen store, water use for washing of cloths (tank size: 4' x 3' x 3'=36 cft x 6.2 cft = Gallon x 10 times =GPD x day x CPG = CPM)	5,000 Gallon
9	House Keeping, water use for washing of washroom	1,000 Gallon
10	CSSD, water for washing (2 machine) (500 gallon per cycle x 5 cycle x per machine)	5,000 Gallon
11	Hospital, water use other areas (Zone A, B, C, D, E) OT, SICU, MICU, HDU, Pantry & water coolers)	36,400 Gallon
12	Water use in Nursing Hostel Flats. (Daily Basis) (Flat # H-208, J-209, L-411, H-108, K-110, C-103)	3,000 Gallon
	<b>Total Consumption of Water per day (Approximately)</b>	<b>97,000 Gallon</b>
Note:	We have reserved water for 3 days in under ground water tank due to incase of water crisis in city & also level maintain in 6 feet due to the pump is not picking water from level 8 Inch. (Total Capacity of Under Ground Tank 1,10,000/-)	
	<b>Manager Maintenance &amp; Services</b>	



## Total consumption of water per day (approximately) graph



### Example of Consumption of treated water in Ziauddin University & Hospital at Clifton Campus

All Three Shifts						in 24 Hrs.		Mailing Date: 27/10/2023		Reporting Date: 26/10/2023	
TIME	MAIN U/GROUND TANK		R.O Finish Product		R.O RAW Water		R.O Rejected Water	R.O Well Water		REMARKS	
	Level-feet	Capacity-Gallons	Level-feet	Capacity-Gallons	Level-feet	Capacity-Gallons	Capacity-Gallons	Capacity-Gallons			
8:00	5.5	16,363	10	36,850	8	29,480	35,716	102,046			
9:00	6.5	19,338	10	36,850	8	29,480	35,716	102,046			
10:00	6.5	19,338	10.5	38,693	8	29,480	36,708	104,881			
11:00	7	20,825	10.5	38,693	8	29,480	36,708	104,881			
12:00	7	20,825	10.5	38,693	8.5	31,323	37,700	107,715			
1:00	7	20,825	10	36,850	8.5	31,323	36,708	104,881			
14:00	6.5	19,338	10	36,850	8.5	31,323	36,708	104,881			
15:00	6.5	19,338	10.5	38,693	9	33,165	38,693	110,550			
16:00	6	17,850	9	33,165	9	33,165	35,716	102,046			
17:00	7	20,825	9	33,165	9	33,165	35,716	102,046			
18:00	6.5	19,338	9.5	35,008	8	29,480	34,724	99,212			
19:00	5.5	16,363	10	36,850	8	29,480	35,716	102,046			
20:00	4.5	13,388	10	36,850	8	29,480	35,716	102,046			
21:00	4.5	13,388	10.5	38,693	9	33,165	38,693	110,550			
22:00	3	8,925	10.5	38,693	9	33,165	38,693	110,550			
23:00	3	8,925	10.5	38,693	9	33,165	38,693	110,550			
0:00	2.5	7,438	10	36,850	3.5	12,898	26,787	76,535			
1:00	3	8,925	10	36,850	3.5	12,898	26,787	76,535			
2:00	4	11,900	10	36,850	3.5	12,898	26,787	76,535			
3:00	4	11,900	10	36,850	3.5	12,898	26,787	76,535			
4:00	4.5	13,388	10	36,850	3.5	12,898	26,787	76,535			
5:00	5	14,875	10	36,850	3.5	12,898	26,787	76,535			
6:00	6	17,850	10	36,850	8	29,480	35,716	102,046			
7:00	5	14,875	10.5	38,693	8.5	31,323	37,700	107,715			
Total in 24Hrs RO Water & Well and Finish Product							52,008	28,004	80,012	0	
K.O.A WATER LINE METER READING											
TIME	PREVIOUS READING	CURRENT READING	Difference	TOTAL CAPACITY IN GALLONS							
9:00	238788	238788	0	4" dia KDA Meter Reading							
	13008	13094	86	22,704.00 3" dia KDA Meter Reading							
9:00	97513	97513	0	R.O Transfer To Main Tank Meter Reading							
PHYSIOTHERAPY WATER LINE METER READING											
TIME	PREVIOUS READING	CURRENT READING	Difference	TOTAL CAPACITY IN GALLONS							
9:00	5916	5916	0	23.45							
TIME	PREVIOUS READING	CURRENT READING	Difference	TOTAL CAPACITY IN GALLONS							
9:00	230567.56	230630.2	62.64	16,536.96							
9:00	247228.99	247321.59	92.6	24,446.40							
9:00	131321.43	131392.16	70.73	18,678.00							
TIME	Date	WATER TANKER #	SUP. #	Cap. Gallons	ORDER BY INCHARGE & C.#	Plumber Name	Security	FRONT OFFICE	AUDITOR	Remarks	
				52,008	Storage Facilities						
				22,704	Under Ground Tank 28000						
				-	Finish RO Tank 35000						
				74,712	Overah Tank 8000						
					Hot Water 5500						
					76,500.0						
Total Supply to Hospital				59,661	New O2 Nas Meter installed for supply of Hospital Supply						
Dialysis Plant & Lab Supply				16,246	10560	After Treated up to 20 TDS Uses in Dialysis Equipment (including re-					
Ro Plant Service/Flusing washing				3,000							
student Hostel (unmetered)				5,500							
Total Water Consumption				84,408	Main Tank	16,363					
Water In Hand R.O & Main Under Ground Tank				53,213	R.O Tank	36,850					

### Example of R.O Plant Recycle, Total Conservation Capacity & Consumption of treated water in Ziauddin University North Campus

## Water pollution control in campus area

Ziauddin University not only focused on a clean and green environment but also aimed to produce clean water for the consumer and surrounding communities. The Maintenance Department has installed a proper system for water quality check and pollution control in the entire Ziauddin University and Hospital. There are three shifts of staff in morning, evening and night to assess water level, TDS level and maintenance of water plants. The sources of water at Dr. Ziauddin Group are Main water tanks, R.O Plants, KDA line water, R.O raw water. The staff has to check the level of water every hour in his shift.

The maintenance head ensures the maintenance of machines/ equipment are done regularly as per the defined schedule. Daily inspection and cleaning of pumps, pump motors, electric panel, electric wires and motor coupling etc., are done by the maintenance team and daily analysis progress report is signed by the maintenance manager. Weekly progress reports are also generated to check leakage, water level, safety valve, pressure switch, pressure gauge, gauge glass and cleaning and servicing of the boilers. All these regular weekly and monthly processes are done at Ziauddin hospital to ensure that all the machinery/ equipment used in water distribution and consumption are in good condition and have proper maintenance to minimize the chances of breakdowns during operations.

Ziauddin University follows the proper mechanism to ensure the water quality of the campus water system. Dr. Ziauddin hospital has its own clinical Laboratory for microbiology tests which is ISO certified. Ziauddin Group practices monthly water cultural tests of all water sources and all their locations to ensure that the water is bacteria free, non-polluted and satisfactory for human and environment consumption.

Therefore, Water pollution control mechanism is Fully Implemented & Monitored Regularly at Ziauddin University.

Daily Report of Water Tank Level							
Date:	26/9/23						
Time	Feet	Inch	Main Tank TDS	Plumber	Hospital		
					A.Shaikh	Location	
09:00AM	4	11	460	OK	9 AM TO 9 AM	Gate 6	1/2
10:00AM	4	10	460	OK	14000	Gate 5	1/2
11:00AM	4	9	460	OK	13000	Plot	1/2
12:00PM	4	8	460	OK	7000	D20	
01:00PM	4	7	460	OK	4500	D24	
02:00PM	4	7	460	OK	3000	Pharmacy	
03:00PM	4	8	460	OK	15000		
04:00PM	4	5	11	A	Total-GL	15000	
05:00PM	4	7	11	A			Hostel 1
06:00PM	4	6	11	A	A.Ahmed		Hospital 2 + 1/2
07:00PM	4	5	11	A	9 AM TO 9 AM		
08:00PM	4	4	11	A	11000		
09:00PM	4	3	11	A	13000		
10:00PM	4	2	11	A	14000		
11:00PM	4	1	460	A	6000		
12:00AM	4	2	460	no	7000	2	
01:00AM	3	11	460	no	3000		81
02:00AM	3	10	460	no	2500		
03:00AM	3	9	460	no	Total-GL	14000	
04:00AM	3	8	460	no	NLC		
05:00AM	3	7	460	no	9 AM TO 9 AM		
06:00AM	3	6	460	no	10000		
07:00AM	3	5	460	no	8000		
08:00AM	3	4	460	no	7000	2	106
Total					14000		
Supervisor Maintenance							
DZH/CH/MNT/FM # 02					JAN-(2018)	PAGE -01 OF 1	

Example of Daily Water Dialysis Progress Report at Clifton Site



ACKNOWLEDGE DATE: 21-10-2023  
 REPORTING DATE: 20-10-2023

**OLD R.O PLANT DAILY PROGRESS REPORT**

CHECK LIST	OBSERVATION	TDS
PREVIOUS READING	3128	
CURRENT READING	3128	
TOTAL CAPACITY IN LITERS (M3)	0	-
TOTAL CAPACITY IN GAILON	R.O out of order.	

**NEW R.O # 2 PLANT DAILY PROGRESS REPORT**

CHECK LIST	OBSERVATION	TDS
PREVIOUS READING	67936	
CURRENT READING	68007	
TOTAL CAPACITY IN LITERS (M3)	71	560
TOTAL CAPACITY IN GAILON	18744	

**NEW R.O # 3 PLANT DAILY PROGRESS REPORT**

CHECK LIST	OBSERVATION	TDS
PREVIOUS READING	98195	
CURRENT READING	98261	
TOTAL CAPACITY IN LITERS (M3)	66	540
TOTAL CAPACITY IN GAILON	17424	

**NEW R.O # 4 PLANT DAILY PROGRESS REPORT**

CHECK LIST	OBSERVATION	TDS
PREVIOUS READING	33906	
CURRENT READING	33984	
TOTAL CAPACITY IN LITERS (M3)	78	535
TOTAL CAPACITY IN GAILON	20592	
TOTAL CAPACITY IN GAILON NEW & OLD	56760	
R.O WATER TRANSFER TO MAIN TANK	Meter out of order.	

[Signature]  
 W.W.I OPERATOR  
[Signature]  
 DY MANAGER /SR. MANAGER  
 \_\_\_\_\_  
 G.M ADMIN

[Signature]  
 R.O MANAGER  
[Signature]  
 GROUP DIRECTOR P&D  
 \_\_\_\_\_  
 DEPUTY MEDICAL DIRECTOR  
 PREPRED BY M.KHALID MEHMOOD

Example of Daily Water Dialysis Progress Report at North Site



# DR. ZIAUDDIN HOSPITAL CLINICAL LABORATORY

(Participating in College of American Pathologists Proficiency Testing)



Name: C/O Dr. Ziauddin Hospital	Ref. Phy:	Lab No: 100209180723
ZH:	Sample Recvd: 31/07/2023	Dept No: 07/2023
OPD/Comp:	OPD:	Card No:
Test Req: QUALITY CONTROL	Source: OT 1 & 2 scrub area water	Location: Clifton

## QUALITY CONTROL / MICROBIOLOGY

### Specimen data:

C/O Dr. Ziauddin Hospital Clifton Campus.  
One Red top sterile container was received marked as OT 1 & 2 scrub area water.

### Culture:

#### (Final Report):

Total Bacterial Colony Count	:	00 cfu/ml
Total Coliform Organism	:	00 cfu/100 ml
Fecal <i>E.coli</i>	:	Not Isolated
Fecal <i>Streptococci/Enterococci</i>	:	Not Isolated
<i>Pseudomonas aeruginosa</i>	:	Not Isolated

### Remarks:

The sample submitted is bacteriologically satisfactory and fit for human consumption.  
The above result cannot be used for advertising purpose.

### Recommended value for drinking water

Organism	Recommended value
Total Bacterial Colony Count	: Less then 500/ml
Total Coliform Organism	: 00/100 ml
Fecal <i>E.coli</i>	: 00/100 ml
Fecal <i>Streptococci/Enterococci</i>	: 00/100 ml

Presence of *E.coli*, Fecal *Streptococci* and *Enterococci* is suggestive of fecal Contamination.

Technologist:

Prepared By: IDM Ver 2.0.

Pathologist:

Date of Print: 08/08/2023

Clinical Microbiologist: - Dr. Faisal Iqbal Afridi (Ext: 206)  
M.B.B.S, FCPS (Clinical Microbiology)

20-7-2024

#### NORTH NAZIMABAD CAMPUS

Block-8, North Nazimabad, Karachi-74700  
Tel: 36648237-8 Fax: (9221) 36649870

#### CLIFTON CAMPUS

4/B, Shahrah-e-Ghalib, Block-6, Clifton, Karachi-75600.  
Tel: 35852937-39 Fax: (9221) 35837212

#### NAZIMABAD CAMPUS

Plot No. 5, Block-3, Nazimabad, Karachi-18.  
Tel: 36811873, 36880912

#### KEAMARI CAMPUS

Plot No. 33, Behind KPT Hospital, Keamari, Karachi.  
Tel: 32851881-5 Fax: (9221) 32851831

Example of Water Cultural Test Report to check water quality at Clifton Site





# DR. ZIAUDDIN HOSPITAL CLINICAL LABORATORY

(Participating in College of American Pathologists Proficiency Testing)



Name: C/O Infection Control	Ref. Phy:	Lab No: 219482
ZH	Sample Recvd: 09/08/2023	Dept No: 38/2023
OPD/Comp:	OPD	Card No:
Test Req: QUALITY CONTROL	Source: RO Mixing tank water	Location: Main

## QUALITY CONTROL / MICROBIOLOGY

### Specimen data:

C/O Infection Control Dr. Ziauddin Hospital North Campus.  
One Red top sterile container was received marked as RO Mixing tank water.

### Culture:

#### (Final Report):

Total Bacterial Colony Count	:	00 cfu /ml
Total Coliform Organism	:	00 cfu/100 ml
Fecal <i>E.coli</i>	:	Not Isolated
Fecal <i>Streptococci/Enterococci</i>	:	Not Isolated
<i>Pseudomonas aeruginosa</i>	:	Not Isolated

### Remarks:

The sample submitted is bacteriologically satisfactory and fit for human consumption.  
The above result cannot be used for advertising purpose.

### Recommended value for drinking water

Organism	Recommended value
Total Bacterial Colony Count	: Less then 500/ml
Total Coliform Organism	: 00/100 ml
Fecal <i>E.coli</i>	: 00/100 ml
Fecal <i>Streptococci/Enterococci</i>	: 00/100 ml

Presence of *E.coli*, Fecal *Streptococci* and *Enterococci* is suggestive of fecal Contamination.

  
Technologist:

Prepared By: HM Ver.2.0.

Clinical Microbiologist: - Dr. Faisal Iqbal Afridi (Ext: 206)

M.B.B.S, FCPS (Clinical Microbiology)

  
Pathologist:

Date of Print: 16/08/2023

20-344 NORTH NAZIMABAD CAMPUS  
Block-B, North Nazimabad, Karachi-74700.  
Tel: 36640217-8 Fax: (9221) 36640670

CLIFTON CAMPUS  
4/E, Shaheed-e-Ghalib, Block-6, Clifton, Karachi-75600.  
Tel: 35982937-39 Fax: (9221) 36637212

NAZIMABAD CAMPUS  
Plot No. 5, Ghosia-A, Nazimabad, Karachi-18.  
Tel: 38611873, 38608912

KEAMARI CAMPUS  
Plot No. 33, Behind KPT Hospital, Keamari, Kara.  
Tel: 32851881-5 Fax: (9221) 32851631

Example of Water Cultural Test Report to check water quality at North Site

Example of water pollution Control at Ziauddin University

## 5. Transportation

The total number of vehicles (cars and motorcycles) on inside the campus parking

S. No.	Vehicle	Total Number
1	Car managed by the university	45
2	Cars entering the university	45
3	Motorcycles entering the university	200
	Total	290

Total ground parking of Ziauddin University is 17032.54 which is about 3.61% of Total area. The following are pictures of a bike and car parking lot inside Ziauddin University.





**Solar parking at Ziauddin University Linkroad Site**



**Parking Area at Ziauddin University Sukkur Campus**



## **Shuttle Services**

- **Inside The Campus: Use of shuttle service is not possible (Not Applicable)**







All Campuses or sites of Ziauddin University are **pedestrian friendly**. There is no such space to travel inside the campus via car as approx. travel distance is about **0.1 kilometer**. That is why **inside the campus use of shuttle service is not possible**. Ziauddin University's campuses are purposely designed in a way that have **multiple entrances** and have **vehicle-free paths** to reach towards campus buildings. Ziauddin University not only pledged to become carbon free but to build a healthy society to promote walking trend in university students as well as faculty and administrative staff as human health is deteriorating day by day due to carbon

emission. Therefore, Ziauddin University is keenly working to make its campus not only carbon free but to save the environment and reduce air and noise pollution too.

- **Outside the Campus: Free of Cost Shuttles Available for Students Daily Commute to University**

Ziauddin University pledged to become carbon free therefore it provides regular and free shuttle bus service from different areas of Karachi to Ziauddin University Link Road Site Educational City, Karachi. The **ZU Shuttle service is available free** for all the staff, students and faculty. The objectives of these free of cost shuttles are to minimize the use of private vehicles, optimization of the parking spaces, and reducing carbon emission.

Each year the university is increasing their shuttles to accommodate maximum people on buses and reduce maximum private cars for their travel to university. Approximately, **38 Shuttle buses** are operating including Hiace, Coaches and Coasters. There are **multiple Pickup Points within the city** for the feasibility of faculty & students such as Qayummabad, Clifton, North Nazimabad, Kemari, PIDC, Garden, Liaquatabad, Gulistan-e-johar and Baldia etc. Each Shuttle is fully equipped with passengers on a daily basis therefore, the average passenger would be in Hiace 12 Passengers, in Coach 52 and in coaster maximum 30. Each shuttle takes **1 trip each day** according to the students' classes schedule which is **8:50 Time in and 3:30 Time Out**. The shuttle In and Out time is also fixed as per students' classes schedule. Pick up Times may vary according to the locality and mile distance from the campus. These 38 shuttles accommodate approximately **1500+** students per trip which means an average reduction of **300+** private vehicles.

<b>Inside The Campus Shuttle Use is Not Possible (Not Applicable)</b>		
		
		
<b>Example of Pedestrian Friendly campus as 0.1 KM Travel distance and Vehicle-free path, that's why Use of shuttle service is not applicable inside the campus</b>		





Entrance 1 & Entrance 2 for Faculty of Health Sciences & Faculty of Law

Entrance 6 for Faculty of Liberal Arts & Human Sciences



Entrance of Faculty of Engineering Science Technology & Management (Dept : Electrical, software & Management Technology)



Entrance of Faculty of Engineering Science Technology & Management (Dept: Biomedical, Civil & Architecture Engineering)



Entrance of Faculty of Nursing & Midwifery



Faculty of Pharmacy & Faculty of Animal Sciences Entrance

**Example of Pedestrian Friendly campus with Multiple Entrances & vehicle-free path that's why Use of shuttle service is not applicable inside the campus**

### Outside The Campus Within City Free Shuttle Service



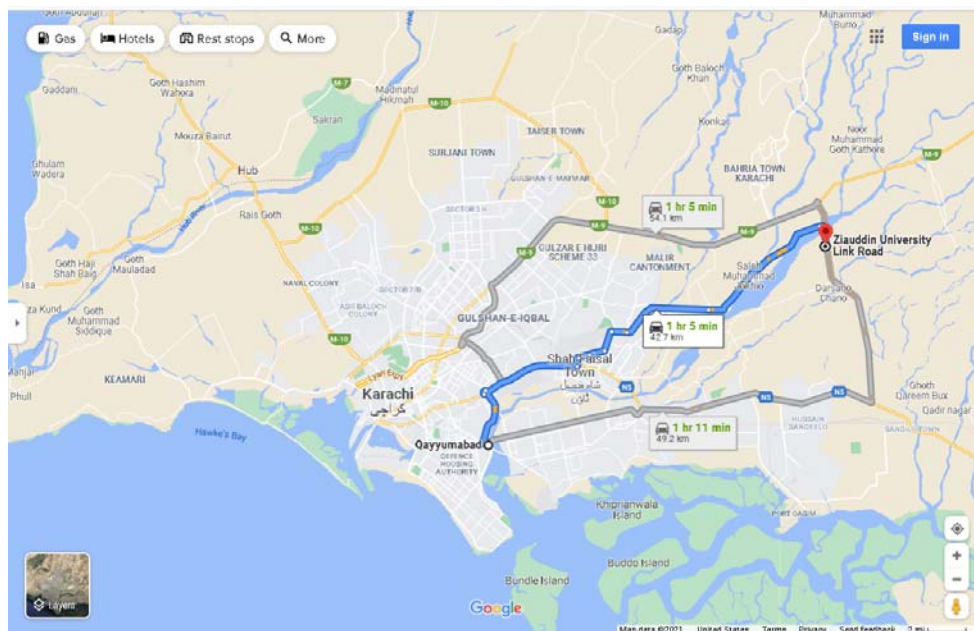
Example of Outside the campus Free of cost shuttle services available for students and staff's daily commute from their nearby areas to Ziauddin University Link Road site

### ZIAUDDIN UNIVERSITY

#### SHUTTLE TIMETABLE

SNO.	PICK UP POINT	DROP OFF POINT	TIME IN	TIME OUT
1	CLIFTON	LINK ROAD	8:50 AM	3:30 PM
2	QAYUMABAD	LINK ROAD	8:50AM	3:30PM
3	KEMARI	LINK ROAD	8:50AM	3:30PM
4	P I D C	LINK ROAD	8:50AM	3:30PM
5	GARDEN	LINK ROAD	8:50AM	3:30PM
6	NAZIMABAD	LINK ROAD	8:50AM	3:30PM
7	LIAQUATABAB	LINK ROAD	8:50AM	3:30PM
8	GULISTAN E JOHAR	LINK ROAD	8:50AM	3:30PM
9	BALDIA	LINK ROAD	8:50AM	3:30PM

### Example of Shuttle Services – Bus Timetable



Example of Outside the campus (within a city) Shuttle Services' Route Map



## Zero Emission Vehicles (ZEV) Policy on Campus

Ziauddin University is keenly working to make its campus carbon free and environment friendly. Ziauddin University has not only designed **smart building infrastructure** but also **Pedestrian friendly campus** to promote walking trend and reduce carbon emission. The university has **multiple entrance points** to reach towards campus buildings. Students are not restricted to enter only from main gate instead they can enter directly to their perspective building gate. This favors students not to travel around the whole university to reach their destination building, they can directly get pick up and drop off to their building. University has a **vehicle-free path**, approx. travel distance is about **0.1 KM**. There is no such space for driving and parking inside the campus, that is why **inside the campus use of Electric Vans/ Vehicle is not practical or possible but still students can travel from their own bicycle or scotty which is available but not provided by the University.**





Example of Infrastructure is Pedestrian friendly with Multiple Entrances of buildings & Vehicle-free path with 0.1 KM distance so Electric Vans Use is not possible at our campus but bicycles are available



## Pedestrian Path Policy on Campuses

Ziauddin University practicing the following policies for disabilities in their campuses or sites, which are as follows:

1. Separator between road for vehicle and pedestrian path.
2. Ramps and guiding blocks which have suitable design for pedestrians having physical disabilities.
3. There is as such no need of Street lamp for our students and staff because our campus timing is from 8:30 AM to 5:30 PM but we have installed solar street lights at our Link Road site and Sukkur Campus to serve the nearby locality and for future prediction that in case if we begin evening shift too.



**1. Separator between road for vehicle and pedestrian path**



**2. Wheelchair Ramps for Physical Disabled**





**3. Solar Street lights**

## Program to limit or decrease the parking area on campus

Following are the initiatives taken by Ziauddin University to limit or decrease the parking area and carbon emission on campus, which are as follows:

### 1. Shuttle/bus one site to other site

Ziauddin University is operating shuttle services from different points to campus. The objectives of these free of cost shuttles are to encourage students and staff to travel by shuttle bus rather than individual vehicles which ultimately reduce the carbon emission and free the parking lot space from inside the campus.

These shuttles can accommodate approximately 1500+ students per trip which means an average **reduction of 300+ private vehicles**.

### 2. Rideshare (Carpool)

The carpooling system was initiated, in which 7-8 members in each car can commute to from their homes and University. All students are socially connected to WhatsApp groups. They can easily communicate to their classes and **multiple students of the same locality share rides**, which reduces emission and pollution. The carpooling system is economical and eco-friendly as rides and costs are shared with other members.

**3. Private Vehicles are not allowed into the campus**

Ziauddin University prefers walking friendly lifestyles therefore, ZU restricts the parking area to limit the private vehicles inside the campus. No students are allowed to park their car inside the campus. For inside parking, University's parking stickers are allocated to University's officials. Only University managed cars with stickers which are 44 only, are allowed to park inside the campus. Due to this action students prefer ride sharing instead of bring their own car, which directly diminishes the ratio of private cars inside the campus and its reduced carbon emission.

**4. Limited parking zone**

Ziauddin University limits the use of private vehicles by limiting the parking lot inside the campus. The parking space is already too limited that on an average only 200 small motor vehicles (motorcycles) can be parked at a time. This limited parking space enforces employees or students to share rides or use university shuttle service instead of individual vehicles.

**5. Restricted Parking Time**

Ziauddin University limits the use of private vehicles by restricting the time of bike parking inside the campus. ZU Security follows the SOPs to the locked parking lot at 9:30 A.M for bike parking. People have to park their motor vehicles on the streets at their own risk which is very risky. This action leads them to share rides or use shuttle service instead of individual vehicles, and promote sustainable transportation.

Collectively, all these programs resulted in more than 30% decrease in use of private vehicles, parking area reduction and carbon emission.



Shuttle Bus Service (Ziauddin University One Site to Other Site)



Rideshare (Carpool)





Private vehicles are not allowed into the campus, only higher Management's Vehicles with university's parking stickers are allowed



Infinix HOT 10



Infinix HOT 10

Limited parking zone



Restricted Parking Time

## Transportation Initiatives to Decrease Private Vehicles on Campus

Ziauddin University took the Transportation Initiatives to Decrease Private Vehicles on Campus, which are as follows:

### 1. Shuttle/bus one site to other site

Ziauddin University is operating Shuttle outside the campus for daily commuting. Inside the campus we don't need any vehicle to commute as all our Sites are designed in a way which is Pedestrian Friendly. We have multiple entrance gates. Each building and each gate to their respective building is on Walking distance. We are providing shuttle service for daily commutes, due to which the ratio of students' private cars declined which reduced carbon emission.

### 2. Carpooling

The carpooling system was initiated. All students are socially connected to WhatsApp groups. They can easily communicate for their classes and merge **multiple students of the same locality in a car** which reduces air pollution and noise pollution. The carpooling system saves the economy of every person as they share their rides and also share the cost with the other member in the car. It will stop endless spending money on travel.

### 3. No Inside Parking Allowed to Students

Moreover, no students are allowed to park their car inside the campus. For inside parking, University's parking stickers are allocated to University's officials. Only University managed cars with stickers are allowed inside the campus. Due to this action, students prefer ride-sharing instead of own car which directly diminishes the ratio of private cars inside the campus and its reduced air pollution.

### 4. Emission-Free Day

To encourage alternative transportation and create a healthy and sustainable environment, Ziauddin University has launched a cycling activity every once a week. In which nearby students and co-workers in the vicinity (1-2 Miles) of Ziauddin University Main Campus are encouraged to give up their cars for a day and commute to University on Bicycle. On that day bikers are allowed to choose their craziest biking outfit They are allowed to choose comfortable, coolest, colorful and safest outfit of their choice to wear and pose for good pictures. Through this activity ZU raises awareness of environmental pollution and helps to reduce emission.





Shuttle Bus Service (Ziauddin University One Site to Other Site)



Carpooling/ Sharing



Parking Stickers

Only Vehicles with official parking stickers are allowed

Example of No Inside Parking Allowed to Students



Emission-Free Day

Example of transport initiatives to decrease private vehicles by Ziauddin University

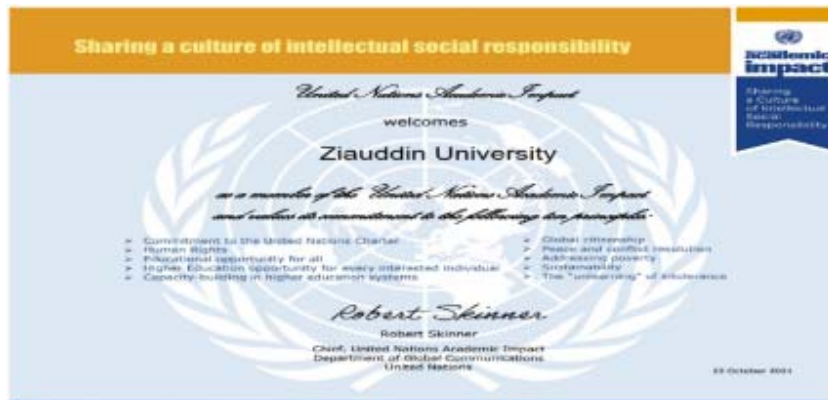
## 6. Education & Research (ER)

- The ratio of sustainability courses to total courses/subjects in 2023 is >20%
- Total research funds dedicated to sustainability research (in US Dollars) is an Average of \$ 264,709.40
- Total research funds (in US Dollars) (average per annum over the last 3 years) are \$ 567,891.48
- The ratio of sustainability research funding to total research funding is 46.61 %
- On Average of three years more than 30 Scholarly publications on sustainability published.
- University-run sustainability website is also available which is regulate and update regularly.
- Number of events related to sustainability. (Average annually for the past 3 years) are 33.

### Student organizations related to sustainability

Ziauddin University offers sustainability in their entire activities. Currently, we have following organizations for students that embed sustainability. We are willing to pursue more organizations in the near future.

- **Membership with United Nations Academic Impact (UNAI)** to promote global priorities, including peace, human rights, and sustainable development
- Ziauddin University as a signatory of the Talloires Declaration-ULSF Association of UNIVERSITY LEADERS FOR A SUSTAINABLE FUTURE.





## Sustainability related Events Organized for Students (2021-2023):



### Disaster Preparedness Training

ZUFONAM BSN year IV students with the collaboration of students society organized a “Disaster Preparedness Event” on May 8th, 2023 as part of their leadership and management course. The event aimed to equip participants with the necessary knowledge and skills to respond to emergencies. The team worked together efficiently and effectively, distributing the workload evenly by dividing themselves into 10 smaller teams, each with a specific responsibility.

At a disaster management briefing attended by 200 students, the three key steps of disaster management were discussed: plan, prepare, and protect. Students were advised to have a solid disaster management plan in place, which includes identifying potential hazards, creating emergency procedures, and establishing communication protocols. They were also advised to prepare for disasters by putting together emergency kits, storing important documents in a safe place, and practicing emergency drills. Finally, the importance of protecting oneself and others during a disaster was emphasized, with a focus on following safety guidelines and seeking shelter in sturdy buildings. Overall, the students were urged to take disaster management seriously and to help ensure the safety of themselves and their communities.



### Oral Health Week

Colgate Oral Health Week was celebrated by Ziauddin College of Dentistry from 18-22 September 2023.

During the week, free dental screenings were performed at three sites: Ziauddin Dental OPD, a Preventive dental clinic at the Primary health care center Gulshan-e-Sikandarabad, and a school outreach program which was conducted by the Department of Community & Preventive Dentistry along with second-year BDS Batch 13 students, house officers, and faculty. During the week almost 400 patients were screened at the Dental OPD, 800 at Preventive clinic PHC, and 7000 school children were screened.

Colgate distributed monetary remuneration, certificates, and gift hampers among the volunteers who participated in Colgate Oral Health Week as well as shields to the Principal Ziauddin College of Dentistry Prof Dr. Wahab Kadri, and Head of Community Dentistry, Dr. Sidra Mohiuddin.

According to Dr. Sidra Mohiuddin, HOD Community & Preventive Dentistry, such initiatives are essential for raising oral health awareness among the masses and it is beneficial for young doctors and doctors to be in terms of improving their skills such as communication and patient management at a community level.



### World Patient Safety Day

On September 18, 2023, Ziauddin University and Hospital actively participated in the observance of World Patient Safety Day, a global initiative dedicated to raising awareness and promoting actions to enhance patient safety in healthcare settings. The day was marked with a series of activities and programs aimed at fostering a culture of safety and highlighting the importance of patient-centered care. The event included informative sessions by healthcare professionals, patient safety experts, and quality improvement teams who shared best practices, strategies, and innovations in ensuring patient safety. Topics such as medication safety, infection prevention, communication, and teamwork were addressed to empower healthcare providers with knowledge and tools to mitigate risks and prevent harm. Interactive workshops and simulations provided hands-on experiences to promote error prevention and enhance patient safety skills. The event also encouraged active participation and engagement from patients and their families, emphasizing the role they play in ensuring their own safety during healthcare encounters.



### Guest Speaker Session: Living or Leaving Dentistry

The BDS Student Council under the guidance of the Office of Student Affairs organized a career counseling event; “Living or Leaving Dentistry” , as a part of their Beyond BDS series on 10th April 2023. Dr. Ali Hussain was invited to conduct the session where he provided guidance based on his seasoned experience regarding the potential career opportunities within the field of dentistry.



### Free Checkup Camp

A free checkup camp was set by the Student Council of Ziauddin College of Rehabilitation Sciences- The Office of Student Affairs-Ziauddin University, in collaboration with MTFT, at their Clinic Launch for the underprivileged community on December 18th 2023, Sunday. The Council members provided assessment guidance and awareness to the patients regarding ailments related to physical therapy and occupational therapy. The camp was led by the senior therapist along with students from the 4th and final year Doctor of Physical Therapy DPT and Doctor of Occupational Therapy DOT.





### Awareness on Menopause

On October 18, 2023, Ziauddin University organized a significant awareness session on menopause, aimed at providing valuable information and education to women. The event was designed to empower women with knowledge about the physical and emotional changes that occur during this phase of life and to equip them with the necessary tools to manage their health effectively. In addition to inviting women from the nearby areas, Ziauddin University actively encouraged their participation to ensure that they could acquire knowledge about menopause and subsequently spread awareness among other women in their communities. The university recognized the importance of creating a ripple effect, where educated women could become advocates and resources for those around them. During the awareness session, experts in the field of menopause and women's health shared in-depth information and insights regarding the physical symptoms, emotional well-being, and lifestyle adjustments associated with menopause. They provided guidance on managing symptoms, maintaining hormonal balance, and seeking appropriate medical care when necessary.



### Tutorials & Guidance Sessions

The BDS Student Council launched the portfolio “Tutorials and Guidance” which held sessions aimed at enhancing academic success among students. Under this initiative, students had the opportunity to participate in sessions led by their seniors, where they received valuable insights and assistance in various subjects. These tutorials fostered a supportive environment where knowledge was shared, skills were honed, and academic excellence was cultivated.



### Awareness Session on Quality Management System in Pharmaceutical Industry

On 25th October, 2023, Ziauddin University, Faculty of Pharmacy conducted an Awareness session on Quality Management System in Pharmaceutical Industry and the critical aspects of quality assurance and regulatory compliance within the pharmaceutical sector. Expert speakers from Ziauddin University provided comprehensive insights into the components and implementation of effective Quality Management Systems (QMS), emphasizing the importance of maintaining high standards in pharmaceutical production. The session covered key topics such as Good Manufacturing Practices (GMP), quality control, risk management, and continuous improvement strategies.



### Awareness Session on Empowering Upcoming Professionals with Enhanced Skills

On 24th October 2023, Ziauddin University Faculty of Pharmacy conduct an Awareness session on Empowering Upcoming Professionals with Enhanced Skills, at Ziauddin University and Hospital. This civic engagement initiative aimed to equip students and young professionals with the essential skills needed to thrive in their careers. Expert speakers from Ziauddin University delivered insightful presentations on key competencies such as effective communication, leadership, time management, and technical proficiencies relevant to various industries. Interactive workshops and hands-on activities allowed participants to practice and refine these skills in a supportive environment.



**Symposium on Entrepreneurship & Creative Spirit of Youth**

On 19th October 2023, Ziauddin University, Faculty of Pharmacy conducted 2 days symposium regarding Entrepreneurship and Creative Spirit of Youth at Ziauddin University and Hospital. This Civic Engagement event brought together Healthcare Professionals, Staff and Faculty of Pharmacy along with students. It was a huge insight about the importance of learning on team base and working together as a team along with its benefits.



**Awareness Session on Managing Stress at Workplace**

On 6th October 2023, Ziauddin University, Faculty of Pharmacy conducted an Awareness session on Managing Stress at Workplace at Ziauddin University and Hospital. Expert speakers from Ziauddin University led comprehensive discussions on identifying stressors, understanding the physiological and psychological impacts of stress, and implementing effective stress management techniques. The session featured interactive activities, stress-reduction exercises, and practical advice on maintaining a healthy work-life balance.



**Awareness Session on Breast Cancer**

On October 24, 2023, Ziauddin University organized an important session on breast cancer awareness, aiming to educate and empower individuals with knowledge about early detection and prevention. The session focused on raising awareness about the signs and symptoms of breast cancer, the importance of regular breast self-examinations, and the significance of mammograms for early detection. Attendees received valuable information about risk factors, lifestyle modifications, and the available support and treatment options for breast cancer patients. Renowned oncologists and healthcare professionals shared their expertise and insights, providing guidance on how to reduce the risk of developing breast cancer and how to support loved ones facing the disease. The session encouraged open discussions, allowing participants to address their concerns, dispel myths, and receive accurate information. Ziauddin University's commitment to breast cancer awareness underscores its dedication to promoting women's health and empowering individuals to take proactive measures in safeguarding their well-being.



**Awareness Session on Validation On Analytical Techniques**

On October 3rd, 2023, Ziauddin University, Faculty of Pharmacy conducted a session regarding Guidance on Analytical Techniques. This civic engagement initiative drew employees and community members eager to enhance their understanding of crucial analytical methods. Expert speakers from Ziauddin University provided in-depth discussions on the principles and practices of validating analytical techniques, emphasizing their importance in ensuring accurate and reliable results in various scientific and industrial applications. The session covered key topics such as method development, validation protocols, and regulatory requirements, supplemented with practical demonstrations and case regulatory requirements, supplemented with practical demonstrations and case studies.





**Awareness Session on Men’s Health**

On November 26, 2023, Ziauddin University organized an insightful session on raising awareness about men's health. The session aimed to shed light on the unique health concerns faced by men and the importance of proactive healthcare practices. Attendees were provided with valuable information on common health issues such as cardiovascular disease, prostate health, mental health, and sexual health. The session emphasized the significance of regular check-ups, early detection of potential health problems, and lifestyle modifications for maintaining overall well-being. Experts from various fields, including physicians, psychologists, and nutritionists, shared their knowledge and expertise, providing practical tips and guidance for maintaining a healthy lifestyle. The session served as a platform for open discussions, allowing participants to address their concerns and seek professional advice. Ziauddin University's initiative to create awareness about men's health reflected its commitment to holistic healthcare and improving the quality of life for individuals.



**Awareness Session on Empowering Upcoming Professionals with Enhanced Skills**

On 11th September 2023, the Department of Dentistry conducted an insightful civic engagement event titled "Awareness Session on Empowering Upcoming Professionals with Enhanced Skills," which was attended by students from Ziauddin University. This session aimed to equip future dental professionals with advanced skills and knowledge essential for their careers. Expert speakers, including seasoned dental practitioners and educators, shared their experiences and provided valuable tips on the latest techniques and innovations in dental care. The event featured interactive workshops where students could practice new skills and engage in hands-on activities. Additionally, discussions on professional development, ethical practices, and patient communication were held to prepare students for real-world challenges. By participating in this event, Ziauddin University students gained a comprehensive understanding of the competencies needed to excel in their profession, fostering a commitment to continuous learning and excellence in dental practice.



**Awareness Session on Family Well Being**

On October 17, 2023, Ziauddin University and Hospital conducted an impactful Awareness Session on Family Well-Being, attended by community members and students from Ziauddin University. This session underscored the critical role families play in society and the importance of their overall well-being. Expert speakers engaged participants in discussions on various aspects of family health, including mental, emotional, and physical well-being. Interactive activities and informative presentations emphasized strategies for nurturing strong family bonds and creating



**Visit to Legacy Academy**

On November 25, 2023, students from the College of Speech and Hearing Sciences at Ziauddin University had the opportunity to visit Legacy Academy. This visit aimed to promote interaction and create awareness about speech and hearing sciences among the students of Legacy Academy. The students from Ziauddin University organized engaging activities, such as games and role-plays, to demonstrate effective communication strategies and techniques. These activities aimed to enhance the understanding of the

supportive home environments. The session provided valuable insights, fostering a deeper understanding of the significance of healthy, well-supported families as the foundation of a thriving community.

students at Legacy Academy about speech and hearing sciences while fostering a fun and inclusive learning environment



#### Free Medical Camp

On November 6, 2023, the Faculty of Eastern Medicine at Ziauddin University organized a free medical camp, showcasing their commitment to community health and wellness. This event provided an array of medical services, including consultations, diagnostic tests, and traditional treatments, all at no cost to attendees. The camp aimed to make healthcare accessible to underserved populations, offering them the expertise of experienced practitioners in Eastern medicine. The initiative not only addressed immediate health concerns but also educated the community on the benefits of holistic and traditional medical practices. Through this outreach, the Faculty of Eastern Medicine reinforced their dedication to improving public health and fostering a deeper understanding of alternative healing methods.



#### Session On Raising Awareness About Speech Language and Hearing Disorder

On December 9, 2023, the College of Rehabilitation organized a session aimed at raising awareness about speech, language, and hearing disorders to children at Beacon House School System, PECHS Campus. The session aimed to educate participants about the impact of these disorders on individuals' communication abilities and overall quality of life. Attendees were provided with a comprehensive overview of various speech, language, and hearing disorders, including articulation disorders, language delays, stuttering, voice disorders, and auditory processing disorders. The session also focused on the role of speech-language pathologists and audiologists in assessing diagnosing and treating these disorders. Participants learned about the available interventions, therapy techniques and assistive technologies used to improve



communication skills and enhance the lives of individuals affected by these disorders. The session facilitated discussions on the importance of early detection, intervention, and advocacy for individuals with speech, language, and hearing disorders.



**Awareness Session on World Heart Day about heart disease prevention**

On September 28, 2023, Ziauddin University actively participated in the global observance of World Heart Day, highlighting the importance of cardiovascular health and raising awareness about heart disease prevention. The university organized a series of events and activities to educate and engage the community. Awareness campaigns were conducted, focusing on promoting a heart-healthy lifestyle through regular exercise, healthy eating habits, and stress management. Health screenings, including blood pressure and cholesterol checks, were provided to assess cardiovascular risk factors. Talks and seminars were held, featuring renowned cardiologists and healthcare professionals, who shared valuable insights on heart disease prevention and management. Ziauddin University's participation in World Heart Day served as a reminder of the significance of cardiovascular health and the university's commitment to promoting healthy living within the community. By empowering individuals with knowledge and encouraging positive lifestyle choices, Ziauddin University played a vital role in improving heart health and reducing the risk of cardiovascular diseases.



**Health Awareness Campaign on Family Planning**

On 3rd October 2023, the Department of Family Medicine conducted a significant civic engagement event titled "Health Awareness Campaign on Family Planning," attended by women from Sikanderabad. This campaign aimed to provide comprehensive education on family planning methods and their importance in promoting maternal and child health. Health professionals delivered informative sessions on various contraceptive options, reproductive health, and the benefits of spacing pregnancies. The event featured interactive workshops, allowing the women to engage in discussions, ask questions, and receive personalized advice from experts. By focusing on the needs and concerns of the women from Sikanderabad, the campaign fostered a supportive environment for open dialogue, empowering them with the knowledge and resources necessary to make informed decisions about their reproductive health and family planning choices.



**Awareness Session on Cough**

On 18th October 2023, the Department of Family Medicine organized an informative civic engagement event titled "Awareness Session on Cough," which was attended by women from Sikaranderabad. This session aimed to educate participants about the causes, symptoms, and management of cough, a common but often overlooked health issue. Healthcare professionals provided insights into different types of coughs, including their potential underlying conditions and appropriate treatment options. Interactive discussions and Q&A sessions allowed attendees to share their experiences and concerns, fostering a supportive environment for learning and dialogue. By addressing the specific health needs of women from Sikaranderabad, the session empowered them with knowledge and practical strategies to manage cough effectively and seek timely medical assistance when needed.



**Awareness Session on Halophytes as a Source of Medicine**

On 14th November 2023, the Department of Dentistry hosted a compelling civic engagement event titled "Awareness Session on Halophytes as a Source of Medicine," which saw enthusiastic participation from students of Ziauddin University. This session was designed to shed light on the medicinal potential of halophytes—plants that thrive in saline environments. Experts in botany and alternative medicine delivered informative presentations on the various therapeutic properties of these plants and their potential applications in dental care and broader medical practices. The event included interactive discussions and demonstrations, providing students with hands-on experience in identifying and utilizing halophytes. By attending this session, the students gained valuable insights into innovative and sustainable medical practices, broadening their perspectives on integrative approaches in healthcare and reinforcing their commitment to exploring natural and effective treatment options.



**Awareness Session on Effects of Smoking on Teeth**

On 18th October 2023, the Department of Dentistry conducted an impactful civic engagement event titled "Awareness Session on Effects of Smoking on Teeth," attended by students from Ziauddin University. This session aimed to educate participants about the detrimental effects of smoking on oral health. Dental experts presented compelling evidence on how smoking contributes to tooth discoloration, gum disease, and an increased risk of oral cancer. Through engaging presentations and vivid visual aids, the session highlighted the importance of quitting smoking to maintain healthy teeth and gums. Interactive discussions allowed students to ask questions and share their thoughts, fostering a deeper understanding of the subject. By directly addressing the harmful consequences of smoking, the event empowered future dental professionals with the knowledge to advocate for healthier lifestyle choices and provide better patient education in their practices.



**Awareness Session on Oral Hygiene**

On 11th October 2023, the Department of Dentistry organized an event titled "Awareness Session on Oral Hygiene,." This session aimed to educate participants about the critical importance of maintaining good oral health and its impact on overall well-being. Dental professionals delivered engaging presentations on effective oral hygiene practices, common dental problems, and preventive measures. Interactive demonstrations on proper brushing and flossing techniques provided practical insights for daily care routines. The event also included Q&A sessions, where students had the opportunity to ask questions and receive personalized advice from experts. By involving future healthcare professionals from Ziauddin University, the session fostered a deeper understanding of oral health's significance and equipped attendees with knowledge to promote better oral hygiene practices within their communities.



**Blood Donation Drive**

On September 29, 2023, the Department of Pharmacy organized a successful blood donation drive, aiming to contribute to the noble cause of saving lives. The event aimed to raise awareness about the importance of blood donation and encourage individuals to participate in this selfless act. The drive saw an overwhelming response from students, faculty, and staff, who willingly volunteered to donate blood. Medical professionals were present to ensure the safety and well-being of the donors throughout the process. The blood donation drives not only made a significant impact on the lives of those in need but also fostered a sense of community and compassion among the participants. It served as a reminder of the collective responsibility we have in supporting healthcare



initiatives and saving lives through simple yet powerful acts like blood donation.



**Awareness Session on Chronic Obstructive Pulmonary**  
 On 14th November 2023, the Department of Family Medicine organized a significant civic engagement event on (COPD)," aimed at educating local community members about this serious respiratory condition. The session drew a diverse audience from the community, including patients, caregivers, and health enthusiasts. Medical professionals provided comprehensive insights into the causes, symptoms, and management of COPD, emphasizing the importance of early diagnosis and lifestyle modifications to improve quality of life. The event also featured interactive workshops and Q&A sessions, allowing participants to engage directly with healthcare experts and receive personalized advice. This initiative not only heightened awareness of COPD but also equipped attendees with the knowledge and resources needed to better manage and prevent this chronic disease, thereby fostering a healthier and more informed community.

**Importance Of Entrepreneurship**  
 On August 13th, 2023, the Department of Dentistry hosted an inspiring civic engagement event for students of Ziauddin University. This event aimed to highlight the critical role of entrepreneurial skills in the dental profession and beyond. Expert speakers, including successful dental entrepreneurs, shared their experiences and insights on starting and managing a business within the healthcare industry. They emphasized the value of innovation, strategic planning, and resilience in building a successful practice. Interactive sessions and workshops provided students with practical knowledge and tools to cultivate their entrepreneurial mindset. This initiative not only broadened their career perspectives but also equipped them with the confidence and skills needed to explore and excel in entrepreneurial ventures within the dental field.



**Hypertension And Vaisartan Family**  
 On 20th October 2023, the Department of Family Medicine conducted a vital civic engagement event titled "Hypertension and Valsartan Family," aimed at educating local community members about managing hypertension and the role of Valsartan and related medications. The event saw robust participation from community members eager to understand more about this common but serious condition. Healthcare professionals delivered insightful presentations on the causes, risks, and management strategies for hypertension, emphasizing lifestyle changes and the importance of medication adherence. Special focus was given to the Valsartan family of medications, explaining their benefits and potential side effects. Interactive Q&A sessions allowed attendees to address their concerns directly with the experts, fostering a

**Diabetes Mellitus Insulin Intensification Apidra**  
 On 12th September 2023, the Department of Family Medicine hosted a crucial civic engagement event titled "Diabetes Mellitus Insulin Intensification Apidra," designed to educate local community members about advanced diabetes management techniques. The event attracted a diverse group of participants, all eager to learn about the latest strategies in diabetes care. Medical experts provided in-depth information on insulin intensification, with a particular focus on Apidra (insulin glulisine), highlighting its benefits and proper usage. Interactive demonstrations and personalized consultations allowed attendees to gain hands-on experience and tailored advice. This initiative not only deepened the community's understanding of diabetes

supportive environment for learning and discussion. By engaging the community in such an informative manner, the event significantly enhanced public awareness and equipped individuals with the tools necessary to manage hypertension effectively.

management but also empowered individuals to take proactive steps in their treatment plans, fostering a more informed and health-conscious community.



### 1st International Conference on Bone & Mineral Diseases in Pakistan

At the 1st International Conference on Bone & Mineral Diseases in Pakistan, held from the 20th to the 21st of October 2023, the spotlight shone on critical advancements in the field of bone health and recovery. Dr. Amna Khan's Associate Professor of Ziauddin College of Rehabilitation Sciences presented, **"How Physical Therapy Boosts Recovery after Fragility Injuries,"** highlighted the pivotal role of physical therapy in enhancing the rehabilitation process for patients with fragility injuries, underscoring the significance of a holistic approach to recovery.

Moreover, ZCRS faculty Ms. Mahnoor Khursheed and Ms. Kiran Yameen garnered attention with their compelling research utilizing rat models, shedding light on novel insights into bone and mineral diseases. Their research findings contributed to the conference's overarching mission of promoting a deeper understanding of the mechanisms underlying bone health, thereby paving the way for potential breakthroughs in the prevention and treatment of bone-related disorders.



### International Day of Persons with Disability

On December 19th, 2023, a significant civic engagement event titled "International Day of Persons with Disability" was organized, with a specific focus on raising awareness among parents. Recognizing the importance of inclusive education and support systems, this event aimed to empower parents with knowledge and resources to better understand and advocate for the needs of their children with disabilities. Through informative sessions and interactive workshops, parents were equipped with strategies for creating inclusive environments at home and within their communities. Speakers shared personal stories, insights, and practical tips, fostering empathy and understanding among attendees. By celebrating the abilities and contributions of persons with disabilities, this event not only promoted inclusion but also sparked meaningful conversations about breaking down barriers and promoting equality for all.





### Global Rehabilitation Leadership Institute (GRLI) Course

On Tuesday, July 18, 2023, the Global Rehabilitation Leadership Institute (GRLI) conducted a joint moderated session organized by the International Injury Research Unit (IIRU) at the Johns Hopkins Bloomberg School of Public Health (JHSPH) in collaboration with partners from the Learning, Acting & Building for Rehabilitation in Health Systems (ReLAB-HS) initiative supported by USAID. The

session focused on integrating rehabilitation in Pakistan’s public health and education sector.

The Leadership Institute addressed the need for effective leadership in strengthening rehabilitation and health systems. It adopted a blended learning approach, commencing with online sessions held from June to July 2023, followed by in-person training from July 16 to 22, 2023, at Serena Hotel in Islamabad, Pakistan.

Approximately 50 participants attended, representing various sectors, including government, health systems, media/journalism, academia, healthcare, NGOs, CSOs, international organizations, and private organizations. These individuals shared a solid commitment to enhancing the availability and accessibility of rehabilitation services within the healthcare systems of Pakistan. The course gave them valuable insights and strategies to serve as leaders in this critical field.



### Management of Pre and Post CI

On December 7th, 2023, an impactful civic engagement event titled "Management of Pre and Post CI" took place, showcasing a remarkable collaboration between international partners. Organized for students of ZU-CSLHS, this event exemplified the power of cross-cultural cooperation addressing critical healthcare issues. The focus centered on the management of pre and post

cochlear implantation (CI), a pivotal topic in audiology and speech-language pathology. Through an immersive case study discussion, participants delved into the complexities of CI procedures and the comprehensive care required before and after surgery. The event not only provided valuable insights into clinical practices but also fostered a global perspective on healthcare challenges and solutions. By facilitating dialogue and knowledge exchange, this civic engagement initiative underscored the importance of collaboration in advancing patient care and professional development across borders.



**1st Allied Health Conference: Transforming Healthcare Perspectives**

Prof. Dr. Sumaira Farooqui, a distinguished expert, served as a judge at the 1st Allied Health Conference, held on the 14th of October 2023. Among the notable presentations, Mr. Huzaiifa Ather Rajar's research poster on “Estimating the Risk of Diabetes Mellitus Type-II among the Individuals with Type-II Obesity: A Case- Control Study” captivated the audience with its insightful findings.

Fostering the theme of "Transforming Healthcare through Allied Health Perspectives," the conference provided a platform for engaging discussions and fruitful networking, emphasizing the crucial role of allied health professionals in reshaping the healthcare landscape. With contributions from renowned experts and promising researchers like Mr. Rajar, the conference heralded a promising future for integrated healthcare advancements.



**Conference on Innovation in Health Sciences**

At the "Conference on Innovation in Health Sciences," held at Sohail University on 22nd September 2023, Prof. Dr. Sumaira Farooqui, Principal College of Rehabilitation Sciences delivered a compelling presentation on the "Effects of Visual Biofeedback Therapy on Balance, Freezing of Gait, and Cognition among Stage-III Parkinson Patients." Her valuable insights provided a comprehensive understanding of the potential benefits of innovative therapies for managing Parkinson's disease.



**Conference on Innovation in Health Sciences, Presented on “Polycystic Ovary Syndrome (PCOS)”**

Dr. Amna Faculty of Ziauddin University College of Rehabilitation Sciences, an esteemed expert in the field, presented on the topic of "Polycystic Ovary Syndrome (PCOS)" during the same conference. Her presentation shed light on the latest advancements in understanding and managing PCOS, offering significant contributions to the conference's focus on fostering innovation in health sciences.





### Spring Fest 2023

Spring Fest 23, organized on March 9th, 2023, to help collect funds for underprivileged patients in Keamari. This was Welfare Aid's biggest event of the year, which brought together local businesses to market their products while also supporting a meaningful cause. We take pride in our students, who actively contributed to the event and added more value to it. We are grateful that they were able to exceed their fundraising goals and make a meaningful impact on their cause.



### Role Of Clinical Psychology In Our Communities

The College of Clinical Psychology conducted a civic engagement event on September 1st, 2023, focusing on the crucial role of clinical psychology in our communities. As advocates for mental health awareness and well-being, we organized a dialogue to address societal challenges. Participants discussed the importance of accessible mental health care, shared insights on diagnosis and treatment, and explored innovative approaches to promoting psychological resilience. Together, we worked towards creating supportive environments where individuals could thrive. The event was a testament to the power of collective action in shaping the future of mental health care and building healthier, more resilient communities.



### Mathew Podiatry Event

The College of Podiatric Medicine Ziauddin University has organized an podiatry basic panel discussion and practice on Mathew Podiatry event for ZU students with the collaboration of International Faculty Matthew Fitzpatrick from the University of Southampton's. He delivered an insightful session at Ziauddin University as part of our Podiatry event. His expertise and contribution enriched the programme, offering valuable perspectives to all attendees.



### Challenging Gender Stereotypes for an Inclusive Society

The panel discussion held by the College of Languages, Literature & Culture at Ziauddin University on "Challenging Gender Stereotypes for an Inclusive Society" was a significant event aimed at fostering dialogue around gender equality and inclusivity. The discussion likely brought together experts, academics, and students to explore and address the various stereotypes that impede the progress of marginalized genders in society.



### Open House 2023

Ziauddin University successfully organised an Open House, featuring a significant exhibition of the educational disciplines it offers, different fun activities, music sessions, gaming stalls, and many more. The event's significance was heightened by the presence of esteemed delegates in the inaugural session, including Ms. Rana Hussain, Minister of Education & Literacy of the Government of Sindh, Prof. Dr. Nida Hussain, Pro-Chancellor, Prof. Dr. Syed Irfan Hyder, Vice-Chancellor, Mr. Murtaza Ahmed, and Mr. Amir Shehzad from Marketing, PR & Communication Department of Ziauddin University. Numerous students from different schools participated enthusiastically, actively exploring the event to seize opportunities. The gathering not only showcased our academic offerings but also underscored our commitment to fostering an environment of growth and empowerment.



### World Physical Therapy Day

On September 21st, 2023, the Ziauddin College of Rehabilitation Sciences, ZU Sukkur campus, celebrated World Physical Therapy Day with great enthusiasm and informative sessions. The event featured distinguished guest speakers, with Dr. Haresh Kumar Makhija taking the stage to deliver an enlightening lecture titled "From Tension to Tranquillity: A Guide to Stress Management." Dr. Makhija expertly highlighted the contemporary issues contributing to stress among the new generation and provided valuable insights into effective stress management and coping strategies. Staying true to the theme of World Physical Therapy Day, Dr. Mir Arif Hussain Talpur also graced the audience with his expertise, offering an insightful lecture on the prevention and management of arthritis.



### “IDF-WPR Congress 2023/15<sup>th</sup> Scientific Meeting of AASD”

The Faculty of Molecular Medicine at Abdul Hameed participated in the IDF-WPR Congress 2023, held from July 21 to July 23, 2023, at the Kyoto International Conference Centre, Japan. The conference focused on "Advances in Diabetes Research and Care: Diversity of the Disease in the Western Pacific Region." This three-day event brought together experts from around the globe to discuss the latest research, share best practices, and explore the unique challenges and advancements in diabetes care specific to the Western Pacific region. It provided an excellent platform for networking and collaboration among professionals dedicated to improving diabetes management and care.





### International Nursing Research Conference 2023

In October 2023, the Faculty of Nursing and Midwifery at Ziauddin University organized an International Nursing Research Conference focused on "Introduction to Research Methodology and Literature Review." The conference featured engaging pre-conference workshops, allowing participants to enhance their research skills and explore innovative nursing services. It aimed to revamp nursing education, redesign research approaches, and ultimately reshape the nursing profession. This event fostered collaboration and knowledge sharing among professionals, reinforcing the commitment to advancing nursing practice and research on a global scale.



### Visit to Agosh Trust: to raise awareness about mental health.

The College of Clinical Psychology organized a civic engagement event titled "Visit to Agosh Trust" on September 28, 2023, to raise awareness about mental health. This initiative aimed to bridge the gap between academia and community service by visiting Agosh Trust, a local organization dedicated to providing support to individuals facing mental health challenges. During the visit, participants engaged in discussions about the importance of mental health awareness, destigmatization, and access to resources. Through interactive sessions and activities, we highlighted the significance of understanding and supporting mental well-being in our communities. This event served as a meaningful opportunity to promote empathy, education, and advocacy for mental health issues, fostering a more inclusive and supportive society.



### Suicide Prevention Awareness

On September 29th, 2023, the College of Clinical Psychology hosted a poignant Suicide Prevention Awareness Campaign, igniting vital conversations and equipping attendees with essential skills to identify and address suicidal behavior. Through panel discussions, workshops, community outreach, artistic expression, and digital engagement, the event fostered empathy, dispelled stigma, and provided invaluable resources to support those in need. By empowering individuals to become proactive advocates for mental health, the campaign catalyzed a transformative movement toward collective well-being and resilience within the community.



### Awareness Session on Environment Management

Ziauddin University conducted a session on March 21, 2023, focused on creating awareness regarding Environment management. The session aimed to educate individuals about the importance of sustainable practices, environmental conservation, and the role each person can play in protecting the environment. One notable aspect of this session was the active involvement of local community members. Recognizing the significance of community engagement, Ziauddin University invited individuals from nearby neighborhoods and local organizations to participate. This inclusive approach allowed community members to gain valuable insights into environmental challenges and solutions, fostering a sense of ownership and responsibility for environmental well-being. During the session, participants learned about various environmental issues such as pollution, waste management, and climate change. They were provided with practical tips and strategies for adopting sustainable practices in their daily lives, including recycling, conserving energy and water, and reducing carbon footprint.



### Nutrition & Sustainable Development

The 2nd International Conference on Nutrition and Sustainable Development, organized by the College of Human Nutrition & Dietetics at Ziauddin University on May 4, 2023, at the Abul Hasan Jafery Auditorium, successfully gathered a diverse group of individuals committed to promoting a healthier and more sustainable future. The event featured insightful discussions, expert presentations, and collaborative opportunities, highlighting the vital intersection of nutrition and sustainability in addressing global challenges. Participants left inspired to implement innovative solutions in their communities.



### 4th Forum for Women in Research

Dr. Shumaila Usman, an emerging scientist from the Department of Molecular Medicine at Ziauddin University, presented her research at the 4th Forum for Women in Research held at the University of Sharjah. As a stem cell biologist focusing on stem cell therapy for chronic liver disorders, Dr. Shumaila's work has garnered international recognition for its significance and innovation. She was shortlisted from 571 submissions for the final poster presentation, highlighting her dedication and impact in the field. Her engagement in advancing research not only inspires her peers but also contributes to the global discourse on stem cell therapies.





### Mental Health Awareness Session

On November 15th, 2023, the College of Clinical Psychology hosted a crucial Mental Health Awareness Session tailored specifically for students. This engaging civic engagement initiative aimed to shine a light on the importance of mental health and well-being among the student population. Through interactive discussions, informative presentations, and peer-led activities, attendees were empowered to recognize the signs of mental health challenges, destigmatize seeking help, and access available support resources both within and beyond the college community. By fostering a culture of openness and support, the session fostered empathy, understanding, and proactive self-care practices among students, contributing to a healthier and more resilient campus environment.



### Poster Competition on ICETBB-2023

A faculty member from the College of Medical Technology at Ziauddin University participated in the poster competition at the Fifth International Conference on Emerging Trends in Bioinformatics and Biosciences (ICETBB-2023). She secured first position, highlighting her exceptional work and innovative contributions to the field. This achievement not only underscores her dedication and expertise but also reflects the university's commitment to academic excellence and research in advancing bioinformatics and biosciences.



### International Medical Education Conference 2023



### Suicide Prevention Activity Series

On September 23rd, 2023, the College of Clinical Psychology spearheaded a poignant community engagement initiative titled "Suicide Prevention".

Naila Hasanjee, a faculty member at Ziauddin Medical College, conducted a workshop on "SPSS Basic Analysis Skills" International Medical Education Conference 2023 held on January 4, 2023, organized by The College of Physicians and Surgeons Pakistan.

The workshop aimed to teach participants essential skills in using SPSS software for statistical analysis in medical research. Attendees learned foundational data analysis techniques such as data input, running basic statistical tests, and interpreting results. This training is vital for enhancing the research capabilities of medical educators and researchers, ultimately improving healthcare and educational outcomes. The workshop emphasized practical skills, highlighting the importance of ongoing professional development in medical education.

Activity Series." This event served as a vital platform to address the pressing issue of suicide within both the college community and the local area. In a concerted effort to foster collaboration and solidarity, individuals from the local community were warmly invited to participate. Through a series of informative seminars, interactive workshops, and heartfelt discussions, attendees were equipped with valuable knowledge and resources to identify warning signs, offer support, and promote mental well-being. By extending its reach beyond campus borders, the College of Clinical Psychology demonstrated its commitment to engaging with the broader community in a collective effort to prevent suicide and support those in distress.



#### Youth Skills

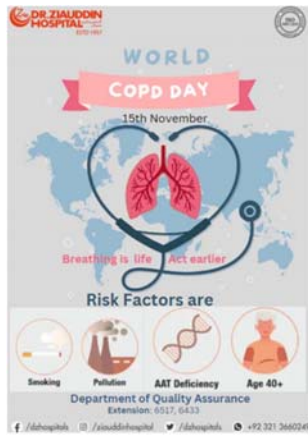
On 23rd October 2023, Ziauddin University, in collaboration with the Sindh SDGs Support Unit, Artistic Milliners, Fahmida Begum Foundation, and ReSkills, organized a transformative event titled "Youth Skills." This dynamic civic engagement brought together civil society, academia, government, and the private sector, reflecting a robust, multi-sectoral effort to empower the youth. The event focused on equipping young people with essential skills needed to navigate and thrive in today's competitive market. Through a series of workshops, interactive sessions, and expert-led discussions, participants gained valuable insights and practical knowledge. This initiative underscored the commitment to fostering a skilled and adaptable youth population, poised to meet the challenges of a rapidly changing world and contribute meaningfully to society's progress.



#### Importance of Clinical Trials

On 14th September 2023, a significant civic engagement event titled "Importance of Clinical Trials" was held, bringing together a diverse audience of healthcare professionals, researchers, students, and community members. The event underscored the critical role of clinical trials in advancing medical knowledge and developing new treatments. Expert speakers shared insights on how clinical trials ensure the safety and efficacy of new therapies, highlighting the rigorous processes involved and the ethical considerations that guide them. Interactive sessions allowed participants to engage with professionals, ask questions, and gain a deeper understanding of the impact of clinical trials on public health. This gathering emphasized the importance of public participation and awareness in clinical trials, fostering a collaborative approach to advancing medical research and improving healthcare outcomes.





### World COPD Day

On 14th November 2023, a vital civic engagement event titled "World COPD Day" was held to raise awareness about Chronic Obstructive Pulmonary Disease (COPD) and its impact on millions of lives worldwide. The event brought together healthcare professionals, patients, caregivers, students, and community members to discuss the latest advancements in COPD management and prevention. Expert speakers provided comprehensive information on the symptoms, risk factors, and treatment options for COPD, emphasizing the importance of early diagnosis and lifestyle changes in managing the disease. Interactive workshops and open forums allowed participants to share their experiences, ask questions, and learn practical strategies for improving respiratory health. This collaborative effort highlighted the need for continued research, public education, and support for those affected by COPD, fostering a community committed to enhancing lung health and quality of life.



### World Diabetes Day – Defeat Diabetes with Awareness

On 14th November 2023, the Department of Medicine successfully conducted an impactful event in honor of World Diabetes Day, themed "Defeat Diabetes with Awareness." This event aimed to raise public consciousness about diabetes prevention, management, and the importance of early detection. The day featured informative sessions led by medical professionals who provided valuable insights into living with and combating diabetes. Additionally, a community walk was organized to symbolize collective action against diabetes and promote the importance of physical activity in maintaining a healthy lifestyle. The walk brought together individuals from all walks of life, fostering a sense of unity and shared purpose in the fight against this pervasive disease. By engaging the community through education and physical activity, the event highlighted the crucial role of awareness in defeating diabetes.



### Marine Life exploration & Awareness Trip

On 4<sup>th</sup> December 2022, Trip to Charna Island for students to highlight marine life, their protection and awareness with fun filled water activities such as scuba diving, snorkeling, boating etc.



### Plantation Drive

The Plantation Drive at the Clifton Urban Forest, Karachi, was organized on 21st August 2022. The aim of this event was to contribute towards the environment combating global warming.



### Debating Championship on sustainability

This year Ziauddin University hosted the 13th edition of the Ziauddin University Debating Championship (ZUDC) which took place from 18-20 February 2022 at the Ziauddin University, Clifton campus. More than 90 debaters from 20 different teams, ranging from O-Level institutes to universities participated this year. Over the course of three days, students had the opportunity to showcase and refine their debating skills, forge friendships and compete for the esteemed ZUDC trophy.



### Research Methodology Workshop

To support the growth of faculty with capacity building in research and enhanced productivity, the workshop on research methodology was organized from February 1-4 2022. The first two days of the workshop were dedicated to qualitative and quantitative research, literature search, scientific writing including synopsis. The Third day comprises sessions on research & innovation ecosystem, research for impact, linkages & outreach & grant writing. The day four comprises sessions on Endnote, statistical methods of Data Analysis and hands-on session on SPSS.



### Youth Club Session on Best Version of Yourself

Ziauddin college of speech language and hearing sciences in collaboration with the youth club organized a session for all students and faculty of Ziauddin on the topic of being the best version of yourself. President of Youth club, Mr. Raja Zia ul Haq, came to give the talk. He gave multiple examples of not only himself of his journey but also examples of different Prophets and their journey and how a person can learn from such stories and waqia's from Quran and try to improve herself/himself.



### Parental training Session on the topic of Early Intervention of Language Delay

On 19<sup>th</sup> February 2022, an interactive session highlighting the difference between language disorder and language delay, what are the red flags of language delay for parents to identify and start speech therapy as soon as possible. Also highlighting Covid and its effects on kids' language.

Therapists also showed and told parents some activities that can be done with kids stimulating language.





**Hands-on Training Workshop: Fiberoptic Endoscopic Evaluation of Swallowing (FEES)**

ZCSLHS organized a hands-on training workshop on FEES. The five-day workshop was led by a team of SA Swallowing Services, which delivered training and clinical services using the FEES procedures. The workshop began on September 30 and ended on October 4 2022.

The training apprises the students with a technically feasible assessment, in case the patient is too sick to move, FEES eliminates the process of taking the patient down to Radiology. Many locals from rural areas are unaware that speech and swallowing difficulty is an alarming situation, co-founder SASS Prof. Dr. John R. Ashford said, urging that the difficulties must be assessed at the earliest so it fixes the quality of life of those who are suffering.



**Parental training Session on the topic of Early intervention of children with ASD**

On 16th April 22, Ms. Asfia Naseem and Ms. Amna Bokhari shared their knowledge regarding how teamwork is important in assessing a child with ASD and the major players of this team are the parents and their observation regarding the child. A multidisciplinary team comes into action which has a psychologist, occupational therapist, Speech language therapist and at times neurologist. They all play a significant role in helping the child. The psychologist uses the DSM 5 to assess the child’s behavior and see if he/she meets the criteria of ASD. Two important criteria when assessing the child is his lack of social interaction and repetitive behavior which are the major red flags. The therapists also discussed what are the important assessments done by speech language therapists to suspect ASD and for giving out appropriate referrals.



**Seminar: Hear for Life, Listen with Care**

On 3<sup>rd</sup> March 2022, Hybrid Seminar for students and professionals to raise awareness and importance of hearing, preservation of hearing loss, red flags of hearing loss



**Celebrated International Disabled Day**

On December 2022, Ziauddin College of Dentistry celebrated World Disabled Day and offered Free Dental Camps and awareness on Disabled rights and their role model stories to motivate people with physical disability.




**ZIAUDDIN UNIVERSITY**

COLLEGE OF  
**SPEECH  
LANGUAGE &  
HEARING SCIENCES**


ACELP IN COLLABORATION WITH  
COLLEGE OF SPEECH, LANGUAGE  
AND HEARING SCIENCES ZIAUDDIN  
UNIVERSITY OFFERING

**DIPLOMA IN  
MULTI RE/HABILITATION OF  
CHILDREN WITH SPECIAL NEEDS**

The program focuses on both the theoretical and practical aspects of special education thereby helping the course participants to obtain hands-on experience in working with students with special needs whilst the emphasis on multi-disciplinary approach.

Those who have a graduate degree OR intermediate with experience of a rehabilitation/ school setting can apply. Parents of children with special needs, holding the eligibility criteria may also join the program.

<b>COURSE DURATION</b> 06 MONTHS (ON-SITE) WITH 10 WEEKS ONLINE	<b>REGISTRATION OPENS ON 10<sup>TH</sup> MAY 2022</b>	<b>TOTAL FEE</b> PKR 1,50,000/- (FEE INCLUDES REGISTRATION AND EXAMINATION FEE)
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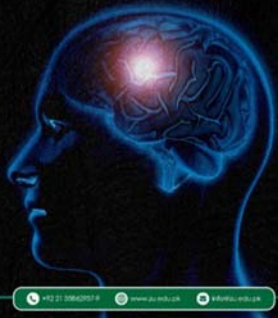
**RADIO SHOW**

**ZU FM 98.2**

8<sup>TH</sup> JUNE 2022 AT 12PM

**UNDERSTANDING APHASIA**

**SPEAKERS**  
MS. AMINA SIDDIQUI  
MR. ALI PUNJANI



WhatsApp: 995112882778 | Website: www.zu.edu.pk | Facebook: @ZiauddinUniv

### Diploma in Multi Rehabilitation of Children with Special Needs

Ziauddin University College of Speech Language & Hearing Sciences in collaboration with ACELP (Association for Children with Emotional & Learning Problems) offered 6 months diploma in Multi Re/Habilitation of Children with Special Needs. This program focuses on both theoretical and practical aspects of special education thereby helping the participants to obtain the hands-on experience in working with students with special needs whilst the emphasis on multi-disciplinary approach.

### Radio Show on Understanding of APHASIA

June is celebrated as Aphasia awareness month. Aphasia is a condition that affects your ability to communicate. It can affect your speech, as well as the way you write and understand both spoken and written language. Aphasia typically occurs suddenly after a stroke or a head injury. ZU FM 98.2 facilitated College of speech language and hearing sciences project of increasing awareness of Aphasia by hosting a show on the importance of identifying aphasia as early as possible. Types and symptoms of aphasia were discussed in detail as well as the causes of aphasia. It was also discussed how aphasia is different from Alzheimer's and dementia.



**ART 2022**

**6<sup>TH</sup> ANNUAL RESEARCH TALK**  
(Physiology, Research & Sustainability)

2<sup>nd</sup> November 2022

<b>PROGRAM HIGHLIGHTS</b> Faculty research display Masters' thesis display Thematic presentations by undergrads Prize for best poster in every category Research Talks by eminent scientists Intellectual networking Ideas for future research Participation certificates Separate certificate for poster presenters Abstract e-book	<b>TO BE NOTED</b> Abstracts should be submitted online at the given link: <a href="https://forms.gle/ryfS3Y8fqSZUWk689">https://forms.gle/ryfS3Y8fqSZUWk689</a>  Registrations are invited on the given link: <a href="https://forms.gle/Cs85RWbXDza7A8BR8">https://forms.gle/Cs85RWbXDza7A8BR8</a>  Abstract Submission Deadline: 25 <sup>th</sup> Oct 2022  For queries: <a href="mailto:physio.events@uok.edu.pk">physio.events@uok.edu.pk</a> Or visit Program secretariat, Ground Floor, Dept of Physiology, UoK
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Organized by  
DEPARTMENT OF PHYSIOLOGY  
UNIVERSITY OF KARACHI



### Won Best Poster Award for Research in Karachi University

The 6th Annual Research Talk 2022 (ART) was organized by the Department of Physiology at the University of Karachi on November 2, 2022. The ART program is very flexible and incorporates a variety of recent research findings that are

### Bioethics Workshop On Privacy And Confidentiality

The Indus Hospital & Health Network (IHNN'S) organized the sixth biennial ICON event held on January 20-23, 2022. ICON 2022 is the Indus Hospital & Health Network's signature conference. ICON's purpose is to facilitate communication across researchers, health professionals, and policymakers. It is aimed at



presented to students by famous scholars, with a focus on the most prevalent health problems in our area and effective local remedies, such as preventions or measures.

Ms. Abeer Sajid, Senior Lecturer ZUFONAM, received the Best Poster Award for her research, "Protective potency of Moringa oleifera seed oil on Hepatic antioxidant status in Alloxan induced Diabetic rats."



promoting education, research, and training to ensure sustainable capacity in health services.

Dr. Sumaira K. Punjwani, Associate Professor of Ziauddin University Faculty of Nursing and Midwifery (ZUFONAM) facilitated "Pre-Conference Bioethics workshop on Privacy & Confidentiality"



### Blended Learning Seminar

A Student-Led Seminar upon blended learning was conducted at ZUFONAM on Thursday, 17th March 2022. The purpose of this seminar is to give awareness regarding Blended learning. Blended learning is the combination of online learning with face-to-face learning. It has been used widely since the outbreak of COVID-19. In the seminar, various models of Blended Learning were explained which include the face-to-face driver model, enriched virtual model, rotation models, flex model, flipped model, project-based learning, and gamification. Participants actively participated in the seminar and shared their thoughts about the advantages and challenges of Blended Learning. They are multiple benefits of Blended Learning; some of them are time-effective cost-saving, and engagement. They said that the challenges associated with Blended Learning are; access to the internet, lack of resources, and electricity access. The participants and faculty members shared their views after the seminar and appreciated the efforts.

### Science Olympiad 2022

ZUFONAM celebrated Science Olympiad on October 7th, 2022 at Ziauddin University Faculty of Nursing and Midwifery. Subjects like Applied Nutrition is a basic course offered in BSN I that deals with the relationships between nutrition and the well-being of the general population of all ages. As part of an applied nutrition assignment, students of BScN I were divided into groups and given a variety of disorders of organs such as the liver, heart, kidneys, etc. in which they talked about their respective topics and the appropriate nutrition that should be given in such conditions. The way students presented their models and presentations astounded the faculty members and appreciated all the students for their hard work.



### Second Line Master Training Workshop on Certificate Course for Nursing Educators

The Sindh Health Department and the World Health Organization (WHO) has organized a second line master trainer Training Workshop on Certificate Course for Nursing Educators in Karachi from May 24 to May 31, 2022. The goal of organizing this workshop was to help faculty members in Sindh enhance their capacity building and assist nursing

### Session & Seminar on Sustainable Development Goals (SDGs)

Ziauddin University, Faculty of Nursing and Midwifery Community Stream organized Two-day activity on 'Sustainable Development Goals (SDGs)' on July 4th-5th, 2022 for students of BSN I and IV years who are future nurses. On the first day, Dr. Atif Anjum and Madam Farhana briefed students about the background and significance of SDGs. On the second day, Madam

educators in gaining a better understanding of modern nursing education.

In this regard, faculties from various schools of nursing are invited to deliver lectures, interactive sessions, and group discussions. Dr. Yasmeen Amarsi and Dr. Sumaira K. Punjwani from Ziauddin University Faculty of Nursing and Midwifery also facilitated the Second Line Training session.

Farhana and Major Sadia Kanwal taught students about SDGs and gave them new ideas about what would they need to do and how would they work in the community. In this 2nd-day seminar, 210 participants including the faculty members and students attended the session. All participants made us proud and committed that they will work hard to achieve SDGs.



#### Exhibition & Poster Competition 2022

The 1st Eastern Medicine Exhibition and Poster Competition 2022 organized by College of Eastern Medicine, Faculty of Eastern Medicine and Natural Sciences was held on Wednesday October 12, 2022. Projects and posters (27) were presented by BEMS students from 1st to 4th year. Faculty members from different department of the University. Students from different department of the University. The overall idea was to promote project based learning as an effective tool for students.

#### Poster Competition on World Food Day

Department of Human Nutrition celebrated World Food Day, which focused on the theme given by FAO for the year “**Our actions are our future- Better production, better nutrition, a better environment and a better life**”. The main objective was to enhance the importance of food & its health outcomes and to polish students’ poster making skills apart from theoretical knowledge, thus this activity was co-related with their academic performance to ensure active participation.



#### Session: “Grieving and Moving” a Mental Health Program for student & their families

#### Participation in Research & Technology Expo



<p>College of Speech Language &amp; Hearing Sciences, Ziauddin University organized first session of Student Mental health awareness on 5th March'22. The first session is on “Grieving and moving on” by Ms. Tehmina Waqas and is open for not only for students but also for Students families and extended families.</p>	<p>Highlights from 1st research and technology showcase organized by NEDUET and Sindh HEC it is being held at the expo centre on 19th and 20th May 2022. Data Acquisition, Processing and Predictive Analytics Lab (NCBC), Ziauddin University presented their Projects at the event.</p>
	
<p><b>Workshop on Challenges of Teaching Gen-Z Students: A Multidisciplinary Perspective</b></p> <p>The Faculty of Nursing &amp; Midwifery, Ziauddin University organized a workshop on the "Challenges of Teaching Gen-Z Students: A Multidisciplinary Perspective" to foster an environment that promotes inter-college and inter-faculty multidisciplinary interactions.</p>	<p><b>Mass Planting Campaign-ZU Sukkur Campus</b></p> <p>On November 24, 2022, Dr. Ammad Hussain, Chief Executive of Dr. Ziauddin Hospital visited the Ziauddin University - Sukkur Campus. During the meet and greet session, Dr. Ammad appreciated the efforts of the faculty of ZCRS and also planted a Plumeria Obtusa plant in continuance of the Mass Planting Campaign to promote the idea of Clean Green Pakistan.</p>
	
<p><b>Multidisciplinary Panel Discussion On "Gender Diversity; Awareness in Youth"</b></p> <p>The department of Family Medicine in collaboration with the Department of Continuing Professional Education organized a multidisciplinary panel discussion on "Gender Diversity; Awareness in Youth" on 13th December 2022. In the thought-provoking meeting, various panelists from different specialties gave their insights on Gender Incongruence and Gender Dysphoria.</p>	<p><b>Workshop: Scientific Paper Writing &amp; Grant Applications</b></p> <p>On April 2022, Ziauddin University held a workshop in collaboration with Pakistan Association of Medical Editors (PAME) on “Scientific Paper Writing &amp; Grant Applications”</p>



**Mental Health Week (Free Psychological Screening Camp, Walked & Workshop)**

College of Clinical Psychology inaugurates Mental Health Awareness Week at Ziauddin University from 26<sup>th</sup> - 28<sup>th</sup> October 2022. Always at the forefront of celebrating differences, raising awareness and being fearless advocates, the faculty, staff and students walked to support mental health followed by a free psychological screening, organized workshop in collaboration with Parvarish Recovery Centre (PRC) on topic “Mental Health for all a Global Priority”. In this talk conversation about mental health importance and its impact on community.



**Global Conversation on “Women As Catalyst Resilience, Diversity & Change”**

To mark International Women’s Day, ZU in collaboration with Global Thinkers Forum hosted the 4<sup>th</sup> Athena40 Global conversation on March 8, 2022. Deputy Head of Mission, Mr. Martin Dawson (British Deputy High Commission Karachi), Dr. Masuma Hassan (Chairperson of Pakistan Institute of International Affairs), Ms. Tasneem Ahmar (Executive Director UKS Research centre), Ms. Sarah Qureshi (CEO Aero Engine Craft), and Mr. Syed Muaz Shah (Director Centre for Human Rights at Ziauddin University) highlighted their views on gender equality & female leadership.



**11<sup>th</sup> Interactive Series of ZU Dialogues on “Cybercrime: A Digital Threat”**



**Poster Competition on theme: Youth Voices to Save the Planet**



**ZIAUDDIN UNIVERSITY**

**ZU** ZIAUDDIN UNIVERSITY DIALOGUES

10<sup>TH</sup> INTERACTIVE SERIES OF ZU DIALOGUES

# GLOBAL WARMING: FROM CLIMATE CHANGE TO CLIMATE CRISIS

THURSDAY, DECEMBER 23, 2021 | 03:30 PM (PST)

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**PANELISTS**

- PROF. DR. ABBAS ZAFAR**  
DEAN, FACULTY OF HEALTH SCIENCES  
ZIAUDDIN UNIVERSITY
- MR. ASHIQ AHMAD KHAN**  
SCIENTIFIC SUPERVISOR OF ENVIRONMENT  
AN ENGLISH ASSOCIATION GRANTER IN RESEARCH ON BIO-TOURISM,  
SUSTAINABLE TOURISM, CLIMATE CHANGE AND MANAGEMENT PLANNING OF  
PROTECTED AREAS OF PAKISTAN.
- MR. AHMAD RAFAY ALAM**  
ENVIRONMENTAL EXPERT  
TRIPLE WORLD FELLOW AND PARTNER AT SALEM, ALAM & COMPANY,  
A LEAD-FIRM SPECIALIZING IN THE ENERGY, WATER, NATURAL RESOURCES  
AND URBAN PLANNING AND INFRASTRUCTURE CONSULTING.
- MS. RINA SAEED KHAN**  
AN AWARD-WINNING ENVIRONMENTAL JOURNALIST  
CONSULTANT  
SUSTAINABLE DEVELOPMENT MANAGEMENT BOARD
- DR. ZULFIQAR UMRANI (MODERATOR)**  
DIRECTOR ORIC,  
ZIAUDDIN UNIVERSITY



## ZU Dialogues on Global Warming: Climate Change to Climate Crisis

## Collaboration of ZU with United Nations Academic Impacts UNAI for developing a sustainable society

KINNAIRD COLLEGE FOR WOMEN LAHORE, PAKISTAN

OFFICE OF RESEARCH INNOVATION AND COMMERCIALIZATION  
IN COLLABORATION WITH  
DEPARTMENT OF ENVIRONMENTAL SCIENCES

PRESENTS

### PRE COP-26

## CLIMATE CHANGE WEBINAR

OCTOBER 6th, 2021

**FEATURED PANELISTS**

- Prof. Patrick Bond**  
Title: Can the COP26 in Glasgow deliver climate justice?
- Engr. Faria Uqaili**  
Title: Water and the global climate crisis
- Dr Rabia Zafar**  
Title: Climate change and the need of Adaptation Communication in Pakistan
- Dr. Zulfiqar Ali Usmani**  
Title: Sustainable Development: Climate Change and Energy Transition

**Program**

- Opening 10:00 am
- Welcome note by Principal, Prof Dr Ruksana David 10:10 am – 10: 20 am
- Keynote talks by panelists 10:20 am – 12: 00 noon
- Q/A Session followed by Panel Discussion titled "Development and Adaptation to climate change in developing countries" 12:00 noon - 12:40 pm
- Remarks by UN Representative 12:40 pm -12:45 pm
- Remarks by Vice Principal, Kinnaird College 12:45 pm - 12: 55 pm
- Closing 12:55 pm - 1:10 pm

http://oric.kinnaird.edu.pk/  
Email: director.research@kinnaird.edu.pk; oric@kinnaird.edu.pk  
Tel: 04299203781-3 (ext 265)

5th Karachi International Water Conference  
Webinar Series  
Climate Change and Pandemic: Impact on Water

Webinar 1  
Code Red for Humanity: Climate Action Now

Wednesday, 17th November  
4:00 to 6:00 pm PST

**engro foundation**

Experts will debate and discuss the impacts of unprecedented climate change and possible impacts of mitigation and adaptation measures to cope with anthropogenic climate change

**SPEAKERS**

- Dr. Adil Nojoom  
Dean  
Frederick S. Pardee  
School of Global  
Studies, Boston  
University
- Dr. Patrick Bond  
Professor  
University of the  
Western Cape School of  
Government,  
Cape Town, South Africa
- Roberta Ianna  
Senior Adviser  
Ministry of Climate  
Change, Italy
- Dr. Aditi Mukherji  
Principal Researcher  
IWM, New Delhi
- Sini Kamal  
Chairperson,  
Hisaar Foundation
- Rafay Alam  
Environmental  
Lawyer and activist  
Saleem, Alam & Co
- Mehmood Nawaz Shah  
Senior Vice President  
Sindh Abadigar Board
- Arvea Marleni  
Strategy Adviser  
EU China, Environmental  
Cooperation

**MODERATOR**

Dr. Zulfiqar Ali Umrani  
Director ORIC,  
Sustainability Office,  
Ziauddin University

#HF #5KIWC  
waterconf2021.hisaar.org  
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t /HisaarF

Zoom ID: 8111668876  
Passcode: 182019

Partners: Hisaar Foundation, TV ONE, STRAIVE MEDIA, news one, FM 101, WASE

ZU Director Sustainable Office Zulfiqar Umrani has presented a Webinar on: “Climate Change & Energy Transition”

Director Sustainable Office ZU has moderated a Webinar on: “Climate Change & Pandemic: Impact on Water”

 <p><b>International Conference on Sustainable Development</b></p>  	<p><b>Subject: Approval of Research Study by BASR</b></p> <p>Dear Engr. Umair Jilani,</p> <p>This is to inform you that 289<sup>th</sup> meeting of Board of Advanced Studies and Research (BASR) of Ziauddin University has approved your PhD synopsis in Electrical Engineering, titled, "Urban Traffic State Estimation and congestion prediction by using Generative Adversarial Networks". Your supervisor is Prof. Dr. Engr. Muhammad Asif and co-supervisor is Prof. Dr. Engr. Munaf Rashid.</p> <p>Your project was also approved by 303<sup>rd</sup> Academic Council meeting.</p>  <p>Prof. Dr. Saeeda Baig (Secretary BASR)</p>								
<p>ZU in partnership with University of Bristol Alumni on International Conference on "How National Water Policies Can Accelerate Progress"</p>	<p>Research Proposal Present on "Urban Traffic State Estimation &amp; Congestion prediction by using Generative Adversarial Networks"</p>								
    <p><b>9TH ANNUAL INTERNATIONAL CONFERENCE ON SUSTAINABLE DEVELOPMENT (ICSD)</b></p> <p><b>RESEARCH FOR IMPACT: AN INCLUSIVE AND SUSTAINABLE PLANET</b></p> <p><b>20-21 SEPTEMBER 2021</b></p> <p>JOIN US ON <a href="https://icsd.org/events/icsd-2021">icsd.org/events/icsd-2021</a></p> <p><b>PLENARY SPEAKERS</b></p> <table border="0"> <tr> <td> <b>H.E. SHEIKH HASINA</b> PRIME MINISTER OF BANGLADESH</td> <td> <b>H. E. MIA MOTTLEY</b> PRIME MINISTER OF BARBADOS</td> <td> <b>DR. RAJ SHAH</b> PRESIDENT, THE ROCKEFELLER FOUNDATION</td> </tr> <tr> <td> <b>LAURA COZZI</b> CHIEF ENERGY MODELLER, INTERNATIONAL ENERGY AGENCY</td> <td> <b>KRISTALINA GEORGIEVA</b> MANAGING DIRECTOR, INTERNATIONAL MONETARY FUND</td> <td> <b>PROF. JEFFREY SACHS</b> PRESIDENT, SDSN</td> </tr> </table> <p><b>PARALLEL SESSION</b></p> <p><b>SDG LEARNINGS FROM COVID-19 FOR SCIENCE-INFORMED DECISION-MAKING</b> 20 SEPTEMBER, 2021   9-11AM</p> <p><b>INVITED SPEAKER &amp; MODERATORS</b></p> <table border="0"> <tr> <td> <b>DR. NIDA HUSSAIN</b> PRO-CHANCELLOR, ZIAUDDIN UNIVERSITY</td> <td> <b>DR. ZULFIQAR ALI UMRANI</b> DIRECTOR ORIC, ZIAUDDIN UNIVERSITY</td> </tr> </table> <p>Contact: <a href="mailto:oric@zu.edu.pk">oric@zu.edu.pk</a>   Ext:2359</p> <p>+92 21 35862937-9    <a href="http://www.zu.edu.pk">www.zu.edu.pk</a>    <a href="mailto:info@zu.edu.pk">info@zu.edu.pk</a></p> 		 <b>H.E. SHEIKH HASINA</b> PRIME MINISTER OF BANGLADESH	 <b>H. E. MIA MOTTLEY</b> PRIME MINISTER OF BARBADOS	 <b>DR. RAJ SHAH</b> PRESIDENT, THE ROCKEFELLER FOUNDATION	 <b>LAURA COZZI</b> CHIEF ENERGY MODELLER, INTERNATIONAL ENERGY AGENCY	 <b>KRISTALINA GEORGIEVA</b> MANAGING DIRECTOR, INTERNATIONAL MONETARY FUND	 <b>PROF. JEFFREY SACHS</b> PRESIDENT, SDSN	 <b>DR. NIDA HUSSAIN</b> PRO-CHANCELLOR, ZIAUDDIN UNIVERSITY	 <b>DR. ZULFIQAR ALI UMRANI</b> DIRECTOR ORIC, ZIAUDDIN UNIVERSITY
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<p>9th International Conference on Sustainable Development (ICSD): "An Inclusive &amp; Sustainable Planet"</p>									
<p>Example of Sustainability activities organized in the Ziauddin University</p>									







## Activities Organized by students Societies Related to Sustainability in the year 2023:

S. No.	Student Organization	Activities/ Events related to sustainability	Description
1.		<p><b>Spring Fest 2023</b></p> 	<p><b>Spring Fest 23</b>, organized by the Office of Student Affairs and <b>Welfare Aid</b> on March 9th, 2023, to help collect funds for underprivileged patients in Keamari. This was Welfare Aid's biggest event of the year, which brought together local businesses to market their products while also supporting a meaningful cause. We take pride in our students, who actively contributed to the event and added more value to it. We are grateful that they were able to exceed their fundraising goals and make a meaningful impact on their cause.</p>
2.		<p><b>Bikeathon</b></p> 	<p><b>Bikeathon'23</b> that <b>Welfare AID</b> organized under the supervision of the Office of Student Affairs on 4th March 2023 to help collect funds for underprivileged patients in Keamari. We started the Bikeathon at 8:45 am from Ziauddin University Clifton Campus. Students were given a short break at Sea View, where we distributed water bottles. Then, everyone reached back to the university at 10 am, where a delicious breakfast awaited them. We owe gratitude to all the participants and donors who helped us and contributed to the enormous success of this event. Even small contributions can make a tremendous impact.</p>
3.		<p><b>Blood Donation Drive</b></p> 	<p>The Office of Student Affairs and the Association for Ill and Deprived <b>Welfare Aid</b> organized a <b>blood donation drive</b> on July 13, 2023, with the Ziauddin Hospital Keemari.</p> <p>The initiative was taken to save lives and build a healthier community. The blood collection shall be used for the deserving patients at Ziauddin Hospital in their time of need.</p>
4.		<p><b>Welfare Aid fundraising Springfest</b></p>	<p><b>Welfare Aid fundraising Springfest</b> held on the 9th of May 2023 at Ziauddin University. OHCA-Pak Chap also joined this amazing cause to spread awareness regarding Out Of Hospital Cardiac Arrest to the students of ZU and also provided Hands-</p>

			<p>on training alongwith distributing our life-saving pamphlets. Our volunteers interacted with the general public as well.</p>
5.		<p style="text-align: center;"><b>Career Counseling Seminar</b></p>  	<p>Global Undergraduate Exchange Program Guidance was held on 12th and 13th September subsequently at the North and Link Road campuses respectively. The sessions were organized by <b>the student council ZUFESTM and IEEE members</b>. The speaker, Miss Myra Aslam Qureshi student of BS Biomedical Engineering, currently, in semester 6, inspired many students from semesters 1-6 to take part in the <b>GLOBAL UNDERGRADUATE EXCHANGE (UGRAD) program</b> in Pakistan which is administered by the United States Educational Foundation in Pakistan (USEFP). The Global UGRAD-Pakistan program offers cultural and academic exchange through a non-degree program for a semester at a university in the U.S.</p>
6.		<p style="text-align: center;"><b>Annual Bake Sale</b></p> 	<p>The <b>annual Bake Sale</b> conducted by <b>Welfare AID</b> with support of the Office of Student Affairs of Ziauddin University was held on the 7th of September!</p> <p>The event was a sweeping success with 20 vendors selling their wares from 9:30 in the morning to 3:30 in the afternoon!</p> <p>Students and faculty alike swarmed in and out of the scene in droves to either snack on the shawarmas and noodles, to then throw sponges and paint on their friends, to then ride the wild pirate ship finally.</p>



7.		<p style="text-align: center;"><b>Mental Health Fair</b></p> 	<p>Ziauddin University <b>Nursing student society</b> arranged a <b>Mental Health Fair</b> for the students and faculty of ZUFONM held on May 10th, 2023. Event was held with seminar or mental health awareness and brainstorming activities likely provided a platform for open discussions and engagement.</p>
8.		<p style="text-align: center;"><b>ZUFONAM 1<sup>st</sup> Ph.D. Batch Attending Nursing Philosophy Course At STMU, Islamabad</b></p> 	<p>Ziauddin University <b>Nursing student society</b> arranged a <b>Nursing Philosophy Course</b> for PhD students at STMU, Islamabad. The 1st Batch of Ph.D. students of Ziauddin University Faculty of Nursing &amp; Midwifery under the supervision of Dr. Pamela Marshall, Dean ZUFONAM attends the &amp; Nursing Philosophy course at Shifa Tameer-e-Millat University Islamabad taught by Dr. Janet Holt, Associate Professor in Healthcare Ethics, School of the Healthcare University of Leeds-UK.</p>
9.		<p style="text-align: center;"><b>The workshop conducted by the Community Stream of ZUFONM</b></p> 	<p>The Community Stream of Ziauddin University Faculty of Nursing and Midwifery has conducted its first paid workshop. The title of the workshop was “How to Organize and Conduct a Workshop.” The speaker of the workshop was Prof. Dr. Aisha Mehnaz (MBBS, DCH, FCPS, MHPE), visiting faculty Medical education, CPSP, LUMHS, Ex HOD Department of Pediatrics, and Chairperson of Konpal. The workshop was held on May 6, 2023, from 9 am to 1 pm in Seminar Room, ZUFONAM.</p> <p>A total of 24 participants attended the workshop from different colleges of nursing in Karachi.</p>
10		<p style="text-align: center;"><b>Pathophysiology Research Poster Contest 2023</b></p> 	<p>The science team of ZUFONAM and <b>Nursing student society</b> organized a <b>pathophysiology research poster contest</b> for BSN year II students as part of an innovative teaching-learning method, having a pre-workshop on “How to Make a Research Poster; A Guide for Students” followed by the “Pathophysiology Research Poster Contest” on April 28th and May 05th, 2023.</p> <p>The pathophysiology scientific poster competition presents the opportunity to showcase the latest research, ongoing projects, or innovative work intended to</p>

			<p>provide evaluators, visitors, and participants the ability to connect and engage with each other to discuss the latest topics and work in the field of pathophysiology, pharmacology and nursing care which were then evaluated by the science and nursing faculty members of ZUFONAM.</p> <p>First, three position holders were awarded the best poster certificates (certificates of Honor).</p>
11		<p style="text-align: center;"><b>Disaster Preparedness Training</b></p> 	<p>ZUFONAM BSN year IV students with the collaboration of <b>students' society organized a "Disaster Preparedness Event"</b> on May 8th, 2023 as part of their leadership and management course. The event aimed to equip participants with the necessary knowledge and skills to respond to emergencies. The team worked together efficiently and effectively, distributing the workload evenly by dividing themselves into 10 smaller teams, each with a specific responsibility.</p> <p>At a disaster management briefing attended by 200 students, the three key steps of disaster management were discussed: plan, prepare, and protect. Students were advised to have a solid disaster management plan in place, which includes identifying potential hazards, creating emergency procedures, and establishing communication protocols. They were also advised to prepare for disasters by putting together emergency kits, storing important documents in a safe place, and practicing emergency drills. Finally, the importance of protecting oneself and others during a disaster was emphasized, with a focus on following safety guidelines and seeking shelter in sturdy buildings. Overall, the students were urged to take disaster management seriously and to help ensure the safety of themselves and their communities.</p>
12		<p style="text-align: center;"><b>Spelling Bee Competition</b></p> 	<p>Ziauddin University <b>Nursing student society</b> arranged a <b>spelling Bee competition</b> for the BSN students on 8th May 2023. Spelling bee competitions brought a fun way for students to enhance their vocabulary and improve their language skills.</p>



<p>13</p>		<p style="text-align: center;"><b>Health Art Fair</b></p> 	<p>Ziauddin University <b>Nursing student society</b> arranged a <b>Health Art fair</b> for the BSN students on 9th May 2023. The Health Art Fair sounds like a wonderful initiative! It had been a unique way to blend creativity with health awareness. Students showcased their artwork with interactive workshops.</p>
<p>14</p>		<p style="text-align: center;"><b>Diploma in Multi Rehabilitation of Children with Special Needs</b></p> 	<p>Ziauddin University College of Speech Language &amp; Hearing Sciences in collaboration with ACELP (<b>Association for Children with Emotional &amp; Learning Problems</b>) offered a 6 months <b>diploma in Multi Re/Habilitation of Children with Special Needs</b>. This program focuses on both theoretical and practical aspects of special education thereby helping the participants to obtain hands-on experience in working with students with special needs whilst the emphasis on multi-disciplinary approach.</p>
<p>15</p>		<p style="text-align: center;"><b>Hands-on Master Training on Cardiopulmonary Resuscitation (CPR)</b></p> 	<p>Ziauddin University Faculty of Nursing &amp; Midwifery collaborated with <b>Pakistan Life Savers Program (PLSP)</b> to organize two days' workshop, to give Hands-on <b>Master training on Cardiopulmonary resuscitation (CPR)</b>. This workshop was organized for students, non-science faculty members, and administrative staff members of ZUFONAM.</p> <p>PLSP team leads the sessions highlighting the importance of CPR as a life-saving measure for the victims of cardiac arrest, its scope, and its limitations. This was followed by the demonstration of steps of adult CPR, Child CPR, and infant CPR including the management of choking in the case of adults, children, and infants.</p>

			<p>The main objective of the workshop is to make students, faculty members, and staff members into empowered individuals with the fundamental life-saving knowledge and skills of CPR and bleeding management needed to save lives.</p>
16		<p><b>Collaboration of ZU &amp; House of Pebbles and Workshop on “Understanding Suicide &amp; Providing Support”</b></p> 	<p>Department of Clinical Psychology, Ziauddin University, signed an <b>MOU with the organization “House of Pebbles”</b>. With this partnership our mutual goal is to enrich and equip the students of the clinical psychology department with a clinical skills mentoring and professional development program, along with increased engagement towards the sustainability, environment and community.</p>
17		<p><b>Collaboration of ZU &amp; PRC</b></p> 	<p>Department of Clinical Psychology, Ziauddin University, signed an <b>MOU with an organization "Parvarish Recovery Center (PRC)"</b>. Parvarish Recovery Center is an in-patient treatment facility for individuals who live with substance abuse and behavioral disorders. They are given treatment in a safe, healthy and peaceful environment that is beneficial for their <b>mental well-being and sobriety</b>.</p> <p>The students of the Clinical Psychology department will benefit from this collaboration between the two organizations since they will have excellent options for internships and volunteering activities for sustainable environment and wellbeing that will give them extensive and relevant experience in the field</p>
18		<p><b>Collaboration of ZU &amp; KVTC</b></p>	<p>Department of Clinical Psychology, Ziauddin University is pleased to announce its third MOU signing with the "<b>Karachi Vocational Training Center (KVTC)</b>", a collaborative effort towards <b>“Enabling differently-abled”</b>.</p> <p>Karachi Vocational Training Centre is certified by the <b>Pakistan Centre of Philanthropy (PCP)</b></p>





			<p>as a free-of-cost vocational rehabilitation center for intellectually challenged individuals. The rehabilitation at KVTC is a unique amalgam of Functional Academics, Vocational Skills Training, Sports Programme, and all Therapies. It emphasizes capacity development via vocational training (<b>STEVTA Certified</b>) which ultimately gives these beneficiaries employment opportunities.</p> <p>The collaboration between the two organizations will give the students of the Department of Clinical Psychology more opportunities for internships and volunteering activities for sustainable environment and wellbeing and in-depth experience in their field.</p>
19		<p style="text-align: center;"><b>Collaboration of ZU &amp; IHRI</b></p> 	<p>Department of Clinical Psychology, Ziauddin University, signed <b>MoU with the Institution of Holistic Rehabilitation and Inclusion (IHRI)</b>. The collaboration aims to provide student opportunities for <b>clinical exposure and educational activities</b>.</p>
20		<p style="text-align: center;"><b>Plantation Drive</b></p> 	<p>The <b>Plantation Drive</b> at the Ziauddin University Faculty of Nursing &amp; Midwifery was organized by the <b>student society Nursing</b>. The aim of this event was to contribute towards our country by planting trees and making the climate greener.</p> <p>The guide started by giving a speech about the importance of plantation and then explore the entire plantation site. where they had to plant the seedlings. Each individual had to plant 6 saplings. The holes were already dug and prepared for the volunteers to plant the saplings. The volunteers used water cans and shovels to help them plant properly. Care had to be taken to ensure that the holes were filled with good, nutritious soil, and that the saplings were planted erect. After planting, the volunteers watered the plants as well. They also saw a water reservoir which was very pretty and enhanced the beauty of the site.</p>
21		<p style="text-align: center;"><b>Blood Drive</b></p>	<p>The Ziauddin University' student society <b>Welfare Aid</b> organized the <b>blood drive</b> in collaboration with Dr. Ziauddin Hospital. The facility provided by Dr. Ziauddin</p>

			<p>Hospital was well-equipped. The turnover of blood donors made this a successful event. Dr. Ziauddin Hospital provided skilled technicians who handled everything in an efficient manner.</p> <p>There were more than 70 people who came to donate blood but around 40+ were allowed to donate. The students, staff and faculty showed a keen interest in donating blood.</p>
22		<p style="text-align: center;"><b>Child Abuse Seminar</b></p> 	<p>The <b>Child Abuse Seminar</b> was held on 27<sup>th</sup> September 2023 by the Ziauddin University faculty of Nursing and Midwifery at the nearby community school. Program started with guest speaker session and panel discussion on child abuse and rights of children. All the participants share their experiences and get guidance from the experts that how to cope up these situations and tackle past traumas.</p>
<p>Examples of activities organized in the Ziauddin University by student organizations related to sustainability</p>			

## Cultural Activities on Campus

Ziauddin University values culture of Pakistan and to inculcate the sense of ownership about culture among students ZU organizes several **Cultural activities on campus**. Each year about **more than 15 events** are organized which include Independence Day and provisional days celebrations, historical trips, Culture Exhibitions, Basant, Sports Championships, Sports week of each college & faculty and folk music Nights etc. This Year ZU participated in many Sports leagues of other Universities and HEC tournaments and as well as ZU Internal leagues are also arranged for indoor and outdoor sports activities for all. Total No. of ZU cultural events this year are about **18 Events in 2023**.

<b>1. Ziauddin University Sports Activities that highlight our sports culture</b>		
		
<b>ZU Azadi Sports Gala 2023</b>		
<p>The ZU Sports Department deserves successfully organized the Azadi Sport Gala at the Link Road campus from August 7th to 10th, 2023. This event was a remarkable showcase of sportsmanship and talent, with over 250 students participating from various faculties, namely Faculty of Engineering Science Technology and Management, Faculty of</p>		



Pharmacy, College of Medical Technology, Ziauddin College of Rehabilitation Sciences, and Faculty of Veterinary and Animal Sciences. The diverse range of 10 different sports, including Boys Cricket, Girls Throwball, Boys Futsal, Girls Futsal, Boys Badminton, Girls Badminton, Boys Table tennis, Girls Athletics, Boys Carrom, and Girls Skipping, undoubtedly provided an exhilarating experience for all involved.



### Ziauddin university Boys Cricket Championship 2023

ZU Boys Cricket Championship organised by the ZU Sports Department! From October 25th to 26th, 2023, the NED Cricket Ground echoed with the cheers of a large gathering of students from diverse faculties, showcasing exceptional sportsmanship and a wealth of talent. A standing ovation to the Faculty of Pharmacy for their remarkable victory and outstanding performance. The event's atmosphere was electric, filled with camaraderie and healthy competition, fostering unity and teamwork within the ZU community. Here's to the power of sports in bringing us together!



### ZU Boys Inter Departmental Futsal Champions League 2023

The inter-departmental sports event organized by the Ziauddin University Sports Department! It was an intense competition with participation from Ziauddin Medical College, Ziauddin College of Medical Technology, Ziauddin University Faculty of Engineering, Science, Technology & Management, Ziauddin Faculty of Law, Politics & Governance, and Ziauddin Faculty of Pharmacy. The final match between Ziauddin Medical College and Ziauddin College of Medical Technology was a thrilling experience and team College of Medical Technology emerged victorious with a score of 4-1.



### HEC Men's Table Tennis Championship 2023

On October 30th, 2023, Ziauddin University shone at the HEC Men's Table Tennis Championship 'Zone L' 2023, held at Iqra University. Our team displayed remarkable skills, defeating BBSUL in straight games and securing a well-deserved spot in the semifinals. The dedication and perseverance demonstrated by our boys were truly commendable, reflecting the spirit of sportsmanship and teamwork. We are immensely proud of their achievement and look forward to the upcoming challenges with confidence and determination.



### ZU Boys & Girls Inter Departmental Throwball Championship 2023

The ZU Boys & Girls Throwball Championship that was well organised by ZU sports department! Congratulations to LAW for their thrilling victory in the Boys Final, defeating BDS in an intense battle. Kudos to ZCRS for their remarkable triumph over Clinical Psychology in the Girls Final. The teams left it all on the court and truly inspired us all!



### ZU Boys & Girls Inter Departmental Volleyball Championship

The ZU Boys & Girls Inter-Departmental Volley Championship organized by the ZU Sports Department on 8th July 2023. It was an intense competition with excellent sportsmanship from Ziauddin Medical College, Ziauddin College of Rehabilitation Sciences, Faculty of Law Politics & Governance, College of Medical technology, Faculty of Nursing & Midwifery and Faculty of Pharmacy. Nursing (A) triumphed as the boy's champions, while ZCRS secured the girl's title.



### ZU SPORTS MANIA 2023

Ziauddin University Sports Department successfully organised ZU SPORTS MANIA on November 18th, 2023, at the Ziauddin University Clifton Campus. Among the 650 people in attendance, 380 students took part in the sports-mania. Great sportsmanship was displayed by all of the participating students, which added to the event's success overall. We appreciate every team for their talent and excellent sportsmanship.



## 2. Entertainment activities to highlights different cultures at Ziauddin University



### Sham-e-Suroor

The Ziauddin University Department of Student Affairs arranged a Qawali Night titled “Sham-e-Suroor” on Saturday, January 21st, 2023, for all the colleges of the university. The event was held before the start of the busy new semester and the arrival of a new batch of students.

Majid Ali Sabri, a well-known figure in Karachi, led the Qawali performance and captivated everyone with the soulful essence of his songs. The event turned out to be one of the most memorable and cherished experiences for both the university and its students.



### Bonfire & Open Mic

Ziauddin University Faculty of Law, Politics and Governance hosted an unforgettable Bonfire and Open Mic event on December 9th, 2023. Students experienced a night of joy, folk music, poetic symposium and entertainment activities which created everlasting memories.

### Art Fest 23

The College of Media Sciences, Ziauddin University celebrates the creativity of the students at the **Art Fest!** We witnessed some of the most amazing art projects and screenings that brought the magic of the big screen to life.

### 3. Celebrations at Ziauddin University that highlights our culture



#### Independence Day Celebration

The Office of School Affairs at Ziauddin University celebrated Independence Day with a vibrant and patriotic event. The occasion was marked by a range of activities that honoured the nation's heritage and fostered a sense of national pride within the university community. The celebration served as a reminder of the values of freedom and unity, reinforcing Ziauddin University's commitment to nurturing a spirit of patriotism among its students and staff.



#### Flag Hoisting Ceremony at Link Road

The Faculty of Engineering, Science, Technology & Management at Ziauddin University proudly conducted a flag hoisting ceremony at Link Road. The event symbolised the faculty's commitment to excellence and unity, reflecting the spirit of pride and patriotism. The ceremony was a moment of collective pride, celebrating the values of integrity and progress that define the faculty's mission.



#### Pakhtoon Culture 2023

The representation of Pakhtoon culture by the students and faculty of Ziauddin University Faculty of Nursing & Midwifery is a wonderful initiative! Showcasing the rich traditions, values, and heritage of the Pakhtoon community can foster greater understanding and appreciation. All the key elements traditional attire, music and dance, culinary design, arts & crafts, poetry & literature and cultural & values etc. **Such representations** promote cultural awareness and appreciation, fostering a sense of unity and diversity within the university!



#### Sindhi Culture 2023

The representation of Sindhi culture by the students and faculty of Ziauddin University Faculty of Nursing & Midwifery is an enriching opportunity to celebrate and share the vibrant traditions of the Sindhi community. All the key elements traditional attire, music and dance, culinary design, arts & crafts, poetry & literature and cultural & values etc. **Such representations** promote cultural awareness and appreciation, fostering a sense of unity and diversity within the university!





### Chitral Culture 2023

The representation of Chitral culture by the students and faculty of Ziauddin University Faculty of Nursing & Midwifery is a fantastic way to showcase the unique heritage of this beautiful region. All the key elements traditional attire, music and dance, culinary design, arts & crafts, poetry & literature and cultural & values etc. Such cultural representation not only enriches the university community but also fosters greater appreciation for the diverse traditions within Pakistan!



### Balochi Culture 2023

The representation of Balochi culture by the students and faculty of Ziauddin University Faculty of Nursing & Midwifery is a wonderful opportunity to celebrate the rich heritage of the Baloch people. All the key elements traditional attire, music and dance, culinary design, arts & crafts, poetry & literature and cultural & values etc. Such representations not only celebrate the Balochi culture but also promote understanding and appreciation of Pakistan's diverse cultural landscape within the university community!



### Punjabi Culture 2023

The representation of Punjabi culture by the students and faculty of Ziauddin University Faculty of Nursing & Midwifery is an excellent way to celebrate the vibrant and diverse heritage of the Punjabi community. All the key elements traditional attire, music and dance, culinary design, arts & crafts, poetry & literature and cultural & values etc. This celebration not only fosters a sense of pride in Punjabi heritage but also promotes cultural exchange and understanding within the university community!



#### 4. Trips & Visits to highlights cultural activities



To end the year on an exciting note the BDS Student Council held a beach trip on 22nd November 2023 to refresh the students before the start of proff season. The attendees left together in buses from the campus and reached the beach on a beautiful sunny morning. They were welcomed with cold waves and the most mouth watering cuisine. Events include nature view with live concert, folk songs, cultural dance, desi meal, horse and camel rides at seashore all these activities were value adding our cultural activities This unforgettable experience with friends, food and music was something everyone appreciated and cherished.

#### Examples of Cultural Activities on campus Ziauddin University

### Ziauddin University Sustainability Programs with International Collaborations in 2023:

1.

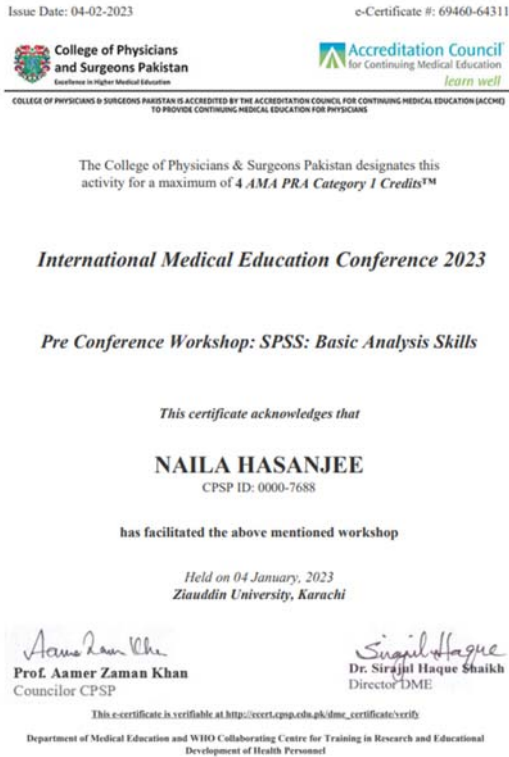


#### Mathew Podiatry Event

The College of Podiatric Medicine Ziauddin University has organized an podiatry basic panel discussion and practice on Mathew Podiatry event for ZU students with the collaboration of International Faculty Mathew Fitzpatrick from the University of Southampton's. He delivered an insightful session at Ziauddin University as part of our Podiatry event. His expertise and contribution enriched the programme, offering valuable perspectives to all attendees.



2.



**International Medical Education Conference 2023**

Naila Hasanjee, a faculty member at Ziauddin Medical College, conducted a workshop on "SPSS Basic Analysis Skills" at the International Medical Education Conference 2023 on January 4, 2023, organized by The College of Physicians and Surgeons Pakistan. The workshop aimed to teach participants essential skills in using SPSS software for statistical analysis in medical research. Attendees learned foundational data analysis techniques such as data input, running basic statistical tests, and interpreting results. This training is vital for enhancing the research capabilities of medical educators and researchers, ultimately improving healthcare and educational outcomes. The workshop emphasized practical skills, highlighting the importance of ongoing professional development in medical education.

3.



**Nutrition & Sustainable Development**

The 2nd International Conference on Nutrition and Sustainable Development, organized by the College of Human Nutrition & Dietetics at Ziauddin University on May 4, 2023, at the Abul Hasan Jafery Auditorium, successfully gathered a diverse group of individuals committed to promoting a healthier and more sustainable future. The event featured insightful discussions, expert presentations, and collaborative opportunities, highlighting the vital intersection of nutrition and sustainability in addressing global challenges. Participants left inspired to implement innovative solutions in their communities.

4.

**International Nursing Research Conference 2023**

In October 2023, the Faculty of Nursing and Midwifery at Ziauddin University organized an International Nursing Research Conference focused on "Introduction to Research Methodology and Literature Review." The conference featured engaging pre-conference workshops, allowing participants to enhance their research skills and explore innovative nursing services. It aimed to revamp nursing education, redesign research approaches, and ultimately reshape the nursing profession. This event fostered collaboration and knowledge sharing among professionals, reinforcing the commitment to advancing nursing practice and research on a global scale.

5.

**“IDF-WPR Congress 2023/15<sup>th</sup> Scientific Meeting of AASD”**

The Faculty of Molecular Medicine Abdul Hameed participated in the IDF-WPR Congress 2023, held from July 21 to July 23, 2023, at the Kyoto International Conference Centre, Japan. The conference focused on "Advances in Diabetes Research and Care: Diversity of the Disease in the Western Pacific Region." This three-day event brought together experts from around the globe to discuss the latest research, share best practices, and explore the unique challenges and advancements in diabetes care specific to the Western Pacific region. It provided an excellent platform for networking and collaboration among professionals dedicated to improving diabetes management and care.



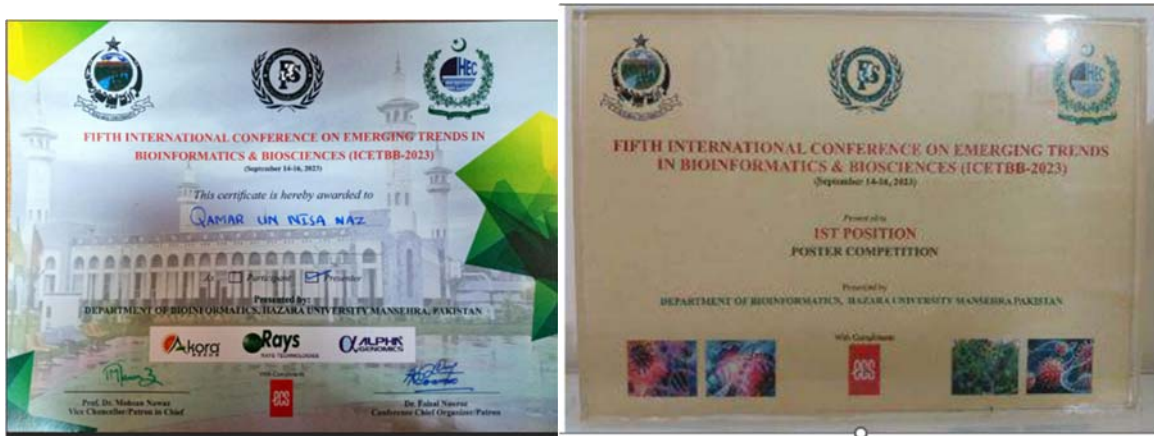
6.



#### 4th Forum for Women in Research

Dr. Shumaila Usman, an emerging scientist from the Department of Molecular Medicine at Ziauddin University, presented her research at the 4th Forum for Women in Research held at the University of Sharjah. As a stem cell biologist focusing on stem cell therapy for chronic liver disorders, Dr. Shumaila's work has garnered international recognition for its significance and innovation. She was shortlisted from 571 submissions for the final poster presentation, highlighting her dedication and impact in the field. Her engagement in advancing research not only inspires her peers but also contributes to the global discourse on stem cell therapies.

7.



#### Poster Competition on ICETBB-2023

A faculty member from the College of Medical Technology at Ziauddin University participated in the poster competition at the Fifth International Conference on Emerging Trends in Bioinformatics and Biosciences (ICETBB-2023). She secured first position, highlighting her exceptional work and innovative contributions to the field. This achievement not only underscores her dedication and expertise but also reflects the university's commitment to academic excellence and research in advancing bioinformatics and biosciences.

8.



**Management of Pre and Post CI**

On December 7th, 2023, an impactful civic engagement event titled "Management of Pre and Post CI" took place, showcasing a remarkable collaboration between international partners. Organized for students of ZU-CSLHS, this event exemplified the power of cross-cultural cooperation addressing critical healthcare issues. The focus centered on the management of pre and post

cochlear implantation (CI), a pivotal topic in audiology and speech-language pathology. Through an immersive case study discussion, participants delved into the complexities of CI procedures and the comprehensive care required before and after surgery. The event not only provided valuable insights into clinical practices but also fostered a global perspective on healthcare challenges and solutions. By facilitating dialogue and knowledge exchange, this civic engagement initiative underscored the importance of collaboration in advancing patient care and professional development across borders.

9.



**Global Rehabilitation Leadership Institute (GRLI) Course**

On Tuesday, July 18, 2023, the Global Rehabilitation Leadership Institute (GRLI) conducted a joint moderated session organized by the International Injury Research Unit (IIRU) at the Johns Hopkins Bloomberg School of Public Health (JHSPH) in collaboration with partners from the Learning, Acting & Building for Rehabilitation in Health Systems (ReLAB-HS) initiative supported by USAID. The session focused on integrating rehabilitation in Pakistan’s public health and education sector. The Leadership Institute addressed the need for effective leadership in strengthening rehabilitation and health systems. It adopted a blended learning approach, commencing with online sessions held from June to July 2023, followed by in-person training from July 16 to 22, 2023, at Serena Hotel in Islamabad, Pakistan.



Approximately 50 participants attended, representing various sectors, including government, health systems, media/journalism, academia, healthcare, NGOs, CSOs, international organizations, and private organizations. These individuals shared a solid commitment to enhancing the availability and accessibility of rehabilitation services within the healthcare systems of Pakistan. The course gave them valuable insights and strategies to serve as leaders in this critical field.

10



#### 1st International Conference on Bone & Mineral Diseases in Pakistan

At the 1st International Conference on Bone & Mineral Diseases in Pakistan, held from the 20th to the 21st of October 2023, the spotlight shone on critical advancements in the field of bone health and recovery. Dr. Amna Khan's Associate Professor of Ziauddin College of Rehabilitation Sciences presented, "**How Physical Therapy Boosts Recovery after Fragility Injuries,**" highlighted the pivotal role of physical therapy in enhancing the rehabilitation process for patients with fragility injuries, underscoring the significance of a holistic approach to recovery.

Moreover, ZCRS faculty Ms. Mahnoor Khursheed and Ms. Kiran Yameen garnered attention with their compelling research utilizing rat models, shedding light on novel insights into bone and mineral diseases. Their research findings contributed to the conference's overarching mission of promoting a deeper understanding of the mechanisms underlying bone health, thereby paving the way for potential breakthroughs in the prevention and treatment of bone-related disorders.

## Sustainability Community Services Projects in 2023:

S. No.	Project Name	Participants	Project Duration	Project Area
1.	Fundraiser by College of Speech Language	300	1 Day	ED
2.	International Day of Persons With Disability	250	1 Day	ED
3.	Visit to Agosh Trust	50	1 Day	ED
4.	Suicide Prevention Awareness	400	1 Day	ED
5.	Mental Health Awareness Session	50	1 Day	ED
6.	Community Work at Nusrat Trust	150	1 Day	ED
7.	Suicide Prevention Activity Series	350	1 Day	ED
8.	Youth Skills	300	1 Day	ED
9.	Importance of Clinical Trials	100	1 Day	ED
10.	World COPD Day	100	1 Day	ED

11.	World Diabetes Day-Defeat Diabetes with Awareness	150	1 Day	ED
12.	Hypertension And Valsartan Family	80	1 Day	ED
13.	Diabetes Mellitus Insulin Intensification Apidra	80	1 Day	ED
14.	Awareness Session on Chronic Obstructive Pulmonary	25	1 Day	ED
15.	Health Awareness Campaign on Family Planning	50	1 Day	ED
16.	Awareness Session on Cough	50	1 Day	ED
17.	Awareness Session on World Heart Day about heart disease prevention	100	1 Day	ED
18.	Session On Raising Awareness About Speech Language and Hearing Disorder	70	1 Day	ED
19.	Visit to Legacy Academy	50	1 Day	ED
20.	Awareness Session on Family Well Being	75	1 Day	ED
21.	Awareness Session on Environmental Management	150	1 Day	ED
22.	Blood Donation Drive	50	1 Day	ED
23.	Free Medical Camp	200	1 Day	ED
24.	Awareness on Menopause	100	1 Day	ED
25.	Free Checkup Camp	150	1 Day	ED
26.	Oral Health Week	8200	5 Days	ED
27.	Game Night and Fundraiser for the Muskurahat	250	1 Day	ED
28.	Community Service Trip	150	1 Day	ED
29.	Child Abuse Seminar	300	1 Day	ED
30.	Diabetes Awareness Walk	500	1 Day	ED
31.	Children's Day Walk	300	1 Day	ED

### 1. Fundraiser by College of Speech Language:

On October 31st, 2023, the College of Speech orchestrated a remarkable civic engagement initiative through a vibrant fundraising event. With a spirit of community unity, students, faculty, and staff came together to champion a cause close to their hearts. Through innovative activities and passionate advocacy, the college demonstrated its commitment to making a tangible difference in society. From captivating speeches to creative performances, the event not only raised crucial funds but also fostered a sense of solidarity and empathy among participants. By harnessing the power of communication, the College of Speech exemplified the transformative potential of civic engagement, leaving an indelible mark on both its campus and the broader community.



### 2. International Day of Persons with Disability



On December 19th, 2023, a significant civic engagement event titled "International Day of Persons with Disability" was organized, with a specific focus on raising awareness among parents. Recognizing the importance of inclusive education and support systems, this event aimed to empower parents with knowledge and resources to better understand and advocate for the needs of their children with disabilities. Through informative sessions and interactive workshops, parents were equipped with strategies for creating inclusive environments at home and within their communities. Speakers shared personal stories, insights, and practical tips, fostering empathy and understanding among attendees. By celebrating the abilities and contributions of persons with disabilities, this event not only promoted inclusion but also sparked meaningful conversations about breaking down barriers and promoting equality for all.



### 3. Visit to Agosh Trust: to raise awareness about mental health.

The College of Clinical Psychology organized a civic engagement event titled "Visit to Agosh Trust" on September 28, 2023, to raise awareness about mental health. This initiative aimed to bridge the gap between academia and community service by visiting Agosh Trust, a local organization dedicated to providing support to individuals facing mental health challenges. During the visit, participants engaged in discussions about the importance of mental health awareness, destigmatization, and access to resources. Through interactive sessions and activities, we highlighted the significance of understanding and supporting mental well-being in our communities. This event served as a meaningful opportunity to promote empathy, education, and advocacy for mental health issues, fostering a more inclusive and supportive society.



### 4. Suicide Prevention Awareness

On September 29th, 2023, the College of Clinical Psychology hosted a poignant Suicide Prevention Awareness Campaign, igniting vital conversations and equipping attendees with essential skills to identify and address suicidal behavior. Through panel discussions, workshops, community outreach, artistic expression, and digital engagement, the event fostered empathy, dispelled stigma, and provided invaluable resources to support those in need. By empowering individuals to become proactive advocates for mental health, the campaign catalyzed a transformative movement toward collective well-being and resilience within the community.



## 5. Mental Health Awareness Session

On November 15th, 2023, the College of Clinical Psychology hosted a crucial Mental Health Awareness Session tailored specifically for students. This engaging civic engagement initiative aimed to shine a light on the importance of mental health and well-being among the student population. Through interactive discussions, informative presentations, and peer-led activities, attendees were empowered to recognize the signs of mental health challenges, destigmatize seeking help, and access available support resources both within and beyond the college community. By fostering a culture of openness and support, the session fostered empathy, understanding, and proactive self-care practices among students, contributing to a healthier and more resilient campus environment.



## 6. Community Work at Nusrat Trust

On September 14th, 2023, the College of Clinical Psychology embarked on a meaningful civic engagement endeavor titled "Community Work at Nusrat Trust." This initiative sought to extend support and mental health services to underserved communities through collaboration with the Nusrat Trust. Volunteers from the college, comprising psychologists, counselors, and mental health advocates, dedicated their time and expertise to provide counseling sessions, psychological assessments, and educational workshops to individuals and families in need. By addressing mental health challenges within the community, the initiative aimed to break down barriers to access and promote holistic well-being among marginalized populations. Through compassionate outreach and tailored interventions, the College of Clinical Psychology demonstrated its commitment to making a tangible difference in the lives of those most in need.



## 7. Suicide Prevention Activity Series

On September 23rd, 2023, the College of Clinical Psychology spearheaded a poignant community engagement initiative titled "Suicide Prevention Activity Series." This event served as a vital platform to address the pressing issue of suicide within both the college community and the local area. In a concerted effort to foster collaboration and solidarity, individuals from the local community were warmly invited to participate. Through a series of informative seminars, interactive workshops, and heartfelt discussions, attendees were equipped with valuable knowledge and resources to identify warning signs, offer support, and promote mental well-being. By extending its reach beyond campus borders, the College of Clinical Psychology demonstrated its commitment to engaging with the broader community in a collective effort to prevent suicide and support those in distress.





## 8. Youth Skills

On 23rd October 2023, Ziauddin University, in collaboration with the Sindh SDGs Support Unit, Artistic Milliners, Fahmida Begum Foundation, and ReSkills, organized a transformative event titled "Youth Skills." This dynamic civic engagement brought together civil society, academia, government, and the private sector, reflecting a robust, multi-sectoral effort to empower the youth. The event focused on equipping young people with essential skills needed to navigate and thrive in today's competitive market. Through a series of workshops, interactive sessions, and expert-led discussions, participants gained valuable insights and practical knowledge. This initiative underscored the commitment to fostering a skilled and adaptable youth population, poised to meet the challenges of a rapidly changing world and contribute meaningfully to society's progress.



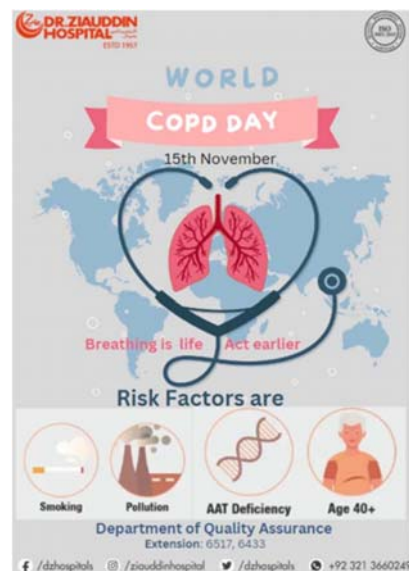
## 9. Importance of Clinical Trials

On 14th September 2023, a significant civic engagement event titled "Importance of Clinical Trials" was held, bringing together a diverse audience of healthcare professionals, researchers, students, and community members. The event underscored the critical role of clinical trials in advancing medical knowledge and developing new treatments. Expert speakers shared insights on how clinical trials ensure the safety and efficacy of new therapies, highlighting the rigorous processes involved and the ethical considerations that guide them. Interactive sessions allowed participants to engage with professionals, ask questions, and gain a deeper understanding of the impact of clinical trials on public health. This gathering emphasized the importance of public participation and awareness in clinical trials, fostering a collaborative approach to advancing medical research and improving healthcare outcomes.



## 10. World COPD Day

On 14th November 2023, a vital civic engagement event titled "World COPD Day" was held to raise awareness about Chronic Obstructive Pulmonary Disease (COPD) and its impact on millions of lives worldwide. The event brought together healthcare professionals, patients, caregivers, students, and community members to discuss the latest advancements in COPD management and prevention. Expert speakers provided comprehensive information on the symptoms, risk factors, and treatment options for COPD, emphasizing the importance of early diagnosis and lifestyle changes in managing the disease. Interactive workshops and open forums allowed participants to share their experiences, ask questions, and learn practical strategies for improving respiratory health. This collaborative effort highlighted the need for continued research, public education, and support for those affected by COPD, fostering a community committed to enhancing lung health and quality of life.



## 11. World Diabetes Day – Defeat Diabetes with Awareness

On 14th November 2023, the Department of Medicine successfully conducted an impactful event in honor of World Diabetes Day, themed "Defeat Diabetes with Awareness." This event aimed to raise public consciousness about diabetes prevention, management, and the importance of early detection. The day featured informative sessions led by medical professionals who provided valuable insights into living with and combating diabetes. Additionally, a community walk was organized to symbolize collective action against diabetes and promote the importance of physical activity in maintaining a healthy lifestyle. The walk brought together individuals from all walks of life, fostering a sense of unity and shared purpose in the fight against this pervasive disease. By engaging the community through education and physical activity, the event highlighted the crucial role of awareness in defeating diabetes.



## 12. Hypertension And Valsartan Family

On 20th October 2023, the Department of Family Medicine conducted a vital civic engagement event titled "Hypertension and Valsartan Family," aimed at educating local community members about managing hypertension and the role of Valsartan and related medications. The event saw robust participation from community members eager to understand more about this common but serious condition. Healthcare professionals delivered insightful presentations on the causes, risks, and management strategies for hypertension, emphasizing lifestyle changes and the importance of medication adherence. Special focus was given to the Valsartan family of medications, explaining their benefits and potential side effects. Interactive



Q&A sessions allowed attendees to address their concerns directly with the experts, fostering a supportive environment for learning and discussion. By engaging the community in such an informative manner, the event significantly enhanced public awareness and equipped individuals with the tools necessary to manage hypertension effectively.



### 13. Diabetes Mellitus Insulin Intensification Apidra

On 12th September 2023, the Department of Family Medicine hosted a crucial civic engagement event titled "Diabetes Mellitus Insulin Intensification Apidra," designed to educate local community members about advanced diabetes management techniques. The event attracted a diverse group of participants, all eager to learn about the latest strategies in diabetes care. Medical experts provided in-depth information on insulin intensification, with a particular focus on Apidra (insulin glulisine), highlighting its benefits and proper usage. Interactive demonstrations and personalized consultations allowed attendees to gain hands-on experience and tailored advice. This initiative not only deepened the community's understanding of diabetes management but also empowered individuals to take proactive steps in their treatment plans, fostering a more informed and health-conscious community.



#### 14. Awareness Session on Chronic Obstructive Pulmonary

On 14th November 2023, the Department of Family Medicine organized a significant civic engagement event titled "Awareness Session on Chronic Obstructive Pulmonary Disease (COPD)," aimed at educating local community members about this serious respiratory condition. The session drew a diverse audience from the community, including patients, caregivers, and health enthusiasts. Medical professionals provided comprehensive insights into the causes, symptoms, and management of COPD, emphasizing the importance of early diagnosis and lifestyle modifications to improve quality of life. The event also featured interactive workshops and Q&A sessions, allowing participants to engage directly with healthcare experts and receive personalized advice. This initiative not only heightened awareness of COPD but also equipped attendees with the knowledge and resources needed to better manage and prevent this chronic disease, thereby fostering a healthier and more informed community.



#### 15. Health Awareness Campaign on Family Planning

On 3rd October 2023, the Department of Family Medicine conducted a significant civic engagement event titled "Health Awareness Campaign on Family Planning," attended by women from Sikanderabad. This campaign aimed to provide comprehensive education on family planning methods and their importance in promoting maternal and child health. Health professionals delivered informative sessions on various contraceptive options, reproductive health, and the benefits of spacing pregnancies. The event featured interactive workshops, allowing the women to engage in discussions, ask questions, and receive personalized advice from experts. By focusing on the needs and concerns of the women from Sikanderabad, the campaign fostered a supportive environment for open dialogue, empowering them with the knowledge and resources necessary to make informed decisions about their reproductive health and family planning choices.



#### 16. Awareness Session on Cough

On 18th October 2023, the Department of Family Medicine organized an informative civic engagement event titled "Awareness Session on Cough," which was attended by women from Sikanderabad. This session aimed to educate participants about the causes, symptoms, and management of cough, a common but often overlooked health issue. Healthcare professionals provided insights into different types of coughs, including their potential underlying conditions and appropriate treatment options. Interactive discussions and Q&A sessions allowed attendees to share their experiences and concerns, fostering a supportive environment for learning and dialogue. By addressing the specific health needs of women from Sikanderabad, the session empowered them with

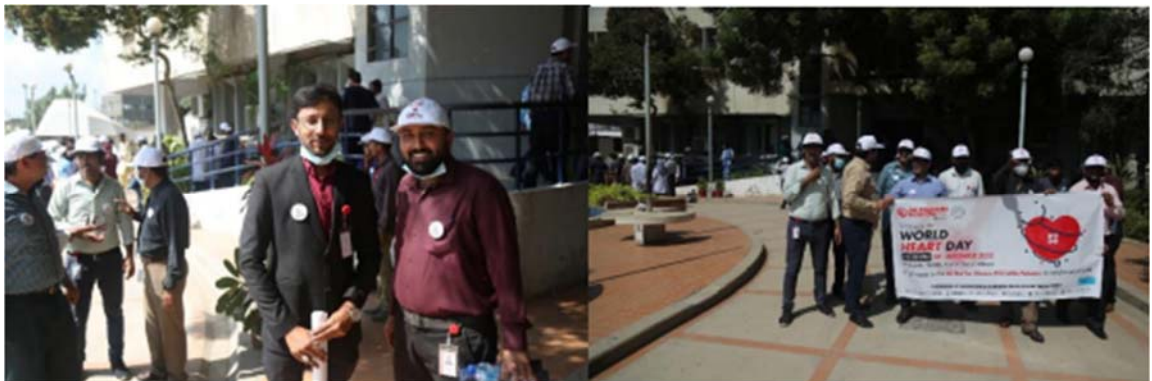


knowledge and practical strategies to manage cough effectively and seek timely medical assistance when needed.



#### 17. Awareness Session on World Heart Day about heart disease prevention

On September 28, 2023, Ziauddin University actively participated in the global observance of World Heart Day, highlighting the importance of cardiovascular health and raising awareness about heart disease prevention. The university organized a series of events and activities to educate and engage the community. Awareness campaigns were conducted, focusing on promoting a heart-healthy lifestyle through regular exercise, healthy eating habits, and stress management. Health screenings, including blood pressure and cholesterol checks, were provided to assess cardiovascular risk factors. Talks and seminars were held, featuring renowned cardiologists and healthcare professionals, who shared valuable insights on heart disease prevention and management. Ziauddin University's participation in World Heart Day served as a reminder of the significance of cardiovascular health and the university's commitment to promoting healthy living within the community. By empowering individuals with knowledge and encouraging positive lifestyle choices, Ziauddin University played a vital role in improving heart health and reducing the risk of cardiovascular diseases.



#### 18. Session On Raising Awareness About Speech Language and Hearing Disorder

On December 9, 2023, the College of Rehabilitation organized a session aimed at raising awareness about speech, language, and hearing disorders to children at Beacon House School System, PECHS Campus. The session aimed to educate participants about the impact of these disorders on individuals' communication abilities and overall quality of life. Attendees were provided with a comprehensive overview of various speech, language,

and hearing disorders, including articulation disorders, language delays, stuttering, voice disorders, and auditory processing disorders. The session also focused on the role of speech-language pathologists and audiologists in assessing, diagnosing, and treating these disorders. Participants learned about the available interventions, therapy techniques, and assistive technologies used to improve communication skills and enhance the lives of individuals affected by these disorders. The session facilitated discussions on the importance of early detection, intervention, and advocacy for individuals with speech, language, and hearing disorders.



#### 19. Visit to Legacy Academy

On November 25, 2023, students from the College of Speech and Hearing Sciences at Ziauddin University had the opportunity to visit Legacy Academy. This visit aimed to promote interaction and create awareness about speech and hearing sciences among the students of Legacy Academy. The students from Ziauddin University organized engaging activities, such as games and role-plays, to demonstrate effective communication strategies and techniques. These activities aimed to enhance the understanding of the students at Legacy Academy about speech and hearing sciences while fostering a fun and inclusive learning environment.



#### 20. Awareness Session on Family Well Being

On October 17, 2023, Ziauddin University and Hospital conducted an impactful Awareness Session on Family Well-Being, attended by community members and students from Ziauddin University. This session underscored the critical role families play in society and the importance of their overall well-being. Expert speakers engaged participants in discussions on various aspects of family health, including mental, emotional, and physical well-being. Interactive activities and informative presentations emphasized strategies for nurturing strong family bonds and creating supportive home environments. The session provided valuable insights, fostering a deeper understanding of the significance of healthy, well-supported families as the foundation of a thriving community.





## 21. Awareness Session on Environmental Management

Ziauddin University conducted a session on March 21, 2023, focused on creating awareness regarding Environment management. The session aimed to educate individuals about the importance of sustainable practices, environmental conservation, and the role each person can play in protecting the environment. One notable aspect of this session was the active involvement of local community members. Recognizing the significance of community engagement, Ziauddin University invited individuals from nearby neighborhoods and local organizations to participate. This inclusive approach allowed community members to gain valuable insights into environmental challenges and solutions, fostering a sense of ownership and responsibility for environmental well-being. During the session, participants learned about various environmental issues such as pollution, waste management, and climate change. They were provided with practical tips and strategies for adopting sustainable practices in their daily lives, including recycling, conserving energy and water, and reducing carbon footprint.



## 22. Blood Donation Drive

On September 29, 2023, the Department of Pharmacy organized a successful blood donation drive, aiming to contribute to the noble cause of saving lives. The event aimed to raise awareness about the importance of blood donation and encourage individuals to participate in this selfless act. The drive saw an overwhelming response from students, faculty, and staff, who willingly volunteered to donate blood. Medical professionals were present to ensure the safety and well-being of the donors throughout the process. The Department of Pharmacy played a crucial role in coordinating the event, ensuring smooth operations, and providing necessary support. The blood donation drives not only made a significant impact on the lives of those in need but also fostered a sense of community and compassion among the participants. It served as a reminder of the collective responsibility we have in supporting healthcare initiatives and saving lives through simple yet powerful acts like blood donation.



### 23. Free Medical Camp

On November 6, 2023, the Faculty of Eastern Medicine at Ziauddin University organized a free medical camp, showcasing their commitment to community health and wellness. This event provided an array of medical services, including consultations, diagnostic tests, and traditional treatments, all at no cost to attendees. The camp aimed to make healthcare accessible to underserved populations, offering them the expertise of experienced practitioners in Eastern medicine. The initiative not only addressed immediate health concerns but also educated the community on the benefits of holistic and traditional medical practices. Through this outreach, the Faculty of Eastern Medicine reinforced their dedication to improving public health and fostering a deeper understanding of alternative healing methods.



### 24. Awareness on Menopause

On October 18, 2023, Ziauddin University organized a significant awareness session on menopause, aimed at providing valuable information and education to women. The event was designed to empower women with knowledge about the physical and emotional changes that occur during this phase of life and to equip them with the necessary tools to manage their health effectively. In addition to inviting women from the nearby areas, Ziauddin University actively encouraged their participation to ensure that they could acquire knowledge about menopause and subsequently spread awareness among other women in their communities. The university recognized the importance of creating a ripple effect, where educated women could become advocates and resources for those around them. During the awareness session, experts in the field of menopause and women's health shared in-depth information and insights regarding the physical symptoms, emotional well-being, and lifestyle adjustments associated with menopause. They provided guidance on managing symptoms, maintaining hormonal balance, and seeking appropriate medical care when necessary.





## 25. Free Checkup Camp

A free checkup camp was set by the Student Council of Ziauddin College of Rehabilitation Sciences- The Office of Student Affairs- Ziauddin University, in collaboration with MTFT, at their Clinic Launch for the underprivileged community on December 18th 2023, Sunday. The Council members provided assessment guidance and awareness to the patients regarding ailments related to physical therapy and occupational therapy. The camp was led by the senior therapist along with students from the 4th and final year Doctor of Physical Therapy DPT and Doctor of Occupational Therapy DOT.



## 26. Oral Health Week

Colgate Oral Health Week was celebrated by Ziauddin College of Dentistry from 18-22 September 2023. During the week, free dental screenings were performed at three sites: Ziauddin Dental OPD, a Preventive dental clinic at the Primary health care center Gulshan-e-Sikandarabad, and a School outreach program which was conducted by the Department of Community & Preventive Dentistry along with second-year BDS Batch 13 students, house officers, and faculty. During the week almost 400 patients were screened at the Dental OPD, 800 at Preventive clinic PHC, and 7000 school children were screened.

Colgate distributed monetary remuneration, certificates, and gift hampers among the volunteers who participated in Colgate Oral Health Week as well as shields to the Principal Ziauddin College of Dentistry Prof Dr. Wahab Kadri, and Head of Community Dentistry, Dr. Sidra Mohiuddin.

According to Dr. Sidra Mohiuddin, HOD Community & Preventive Dentistry, such initiatives are essential for raising oral health awareness among the masses and it is beneficial for young doctors and doctors to be in terms of improving their skills such as communication and patient management at a community level.



## 27. Game Night and Fundraiser for the Muskurahat

The BDS Student Council in collaboration with the office of student Affairs organized “Game Night” on 21st June 2023. This event was a fundraiser for the Muskurahat initiative started by the BDS Student council which

aims to fund dental treatments for the less privileged patients of the dental OPD. The event was open to all departments of the university. The night was a roaring success with the huge support of the sponsors; Habib metro, California pizza, and Shezan. It was a fun-filled event with games, food, music and much more.



## 28. Community Service Trip

The BDS Student council organized a dental camp at the Garage school on 13th August 2024 under their community service portfolio in collaboration with their esteemed sponsor Medicam. The council members from all years volunteered to become a part of the movement to create oral health awareness. Pupils at the school were given tips to maintain a healthy oral cavity with the help of interactive sessions and were given dental kits provided by Medicam at the end of the day.





### 29. Child Abuse Seminar

The Child Abuse Seminar was held on 27<sup>th</sup> September 2023 by the Ziauddin University faculty of Nursing and Midwifery at the nearby community school. Program started with guest speaker session and panel discussion on child abuse and rights of children. All the participants share their experiences and get guidance from the experts that how to cope up these situations and tackle past traumas.



### 30. Diabetes Awareness Walk

Diabetes awareness walk held on 18th November 2023. Students and faculty from the faculty of Nursing and Midwifery also participate in this awareness walk. It's a great way to promote health and raise awareness about diabetes. The participation of both students and faculty from the Nursing and Midwifery faculty adds a collaborative spirit to the event.



### 31. Children's Day Walk

Children's day walk on Universal Children's Day held on 18th November 2023 organized by KONPAL. Students and faculty from the faculty of Nursing and Midwifery also participate in this awareness walk at the vicinity of Clifton. It's a great way to promote rights of children and awareness about child abuse in the community. The participation of both students and faculty from the Nursing and Midwifery faculty adds a collaborative spirit to the event.



## Sustainability-related startups in 2023:

S#	Information
1.	<p><b>Startup name: Electrocon</b></p> <p><b>Startup area in UI Greenmetric questionnaire (SI, EC, WS, WR, TR, ED):</b> EC</p> <p><b>Description:</b> ElectroCon is an IOT based startup that has recently won 0.5 million seed funding from Prime Minister Youth Program. The startup was mentored at Ziauddin and participated in multiple competitions.</p> <div style="display: flex; justify-content: space-around;">   </div>
2.	<p><b>Startup name: ZU IDEA BAITHAK</b></p> <p><b>Startup area in UI Greenmetric questionnaire (SI, EC, WS, WR, TR, ED):</b> ED</p> <p><b>Description:</b> Ziauddin University Department of ORIC, Linkages and outreach domain-initiated ZU IDEA BAITHAK to educate students for future entrepreneurship. The aim of this idea baithak is to empower entrepreneurs to build startup ideas, turn business ideas into successful business plan, learn model canvas and pitch business ideas to evaluators.</p> 



3. **Startup name: AI enabled GPU based system**

**Startup area in UI Greenmetric questionnaire (SI, EC, WS, WR, TR, ED):** EC & ED

**Description:** Ziauddin University Research Lab NCBC (National Centre for Big Data and Cloud Computing) has worked on Artificial Intelligence enabled GPU based systems. The Nvidia Jetson nano AI-enabled powerful computer is designed for powerful entry-level edge AI applications and devices.

**Photos:**



4. **Startup name: Madad**

**Startup area in UI Greenmetric questionnaire (SI, EC, WS, WR, TR, ED):** SI

**Description:** Madad is a startup that was envisioned to benefit the health sector. On a rudimentary level, the startup is an ambulance service with other business models for a remote health clinic.

**Photos:**



5. **Startup name: Urban Forest Tree Plantation**

**Startup area in UI Greenmetric questionnaire (SI, EC, WS, WR, TR, ED): SI**

**Description:** Ziauddin University has collaboration with Sindh Forest Department (SFD) which is under of Green Pakistan Programme for Urban Forest Tree Plantation In this Collaboration SFD will provide environment friendly plants, labor and technical assistance, guidelines and protection of provided plants to the land of Ziauddin University Link Road Site. Ziauddin University is providing their land for the plantation on a large scale. ZU will provide water and proper maintenance to Urban Forestry Plantation.

**Photos:** Urban Forest Area Marking & Plantation



6. **Startup name: Smart Traffic Monitoring System**

**Startup area in UI Greenmetric questionnaire (SI, EC, WS, WR, TR, ED): TR**

**Description:** The Data Acquisition, Processing and Predictive Analytics Lab - Ziauddin University has developed a Smart Traffic Monitoring System that efficiently read the number plate in one of its modules. This number plate detection technique can be used in Vehicle Entry/Exit system, automated barrier opening system, Toll Plaza and roadsides for the detection of specific cars. The interpreted data will be stored and tracked easily through our system for any required records. That can also be used in the future for monitoring which car has high carbon emission and needs to be repaired/maintenance immediately.

**Photos:**





7.

**Startup name: ZEE Solar Cafe**

**Startup area in UI Greenmetric questionnaire (SI, EC, WS, WR, TR, ED): EC & SI**

**Description:** Ziauddin University prefers sustainability in all their operations and activities. One of their initiatives is covering Cafeteria shades with solar panel roofs. Such technology would reflect heat from the sun and use the sun's energy to power buildings and electric appliances. We think we have a multipurpose product that can provide shade to students from burning heat of sun and also generate renewable electricity and can change the view of a grey, empty space or old style parachute Umbrella into a nice architectural function.

**Photos:**



8.

**Startup name: Solar Street Lights**

**Startup area in UI Greenmetric questionnaire (SI, EC, WS, WR, TR, ED): EC & SI**

**Description:** After successful implementation of Solar Parking and Solar Café Ziauddin University started a new chain of sustainability developed with the initiative of Solar Street lights. Such technology would reflect heat from the sun and use the sun's energy to light the streets at night. We replaced all our old traditional street lights into new solar street lights in our Sukkur Campus and Link Road site. Which are not only attractive but also save our energy consumption. These street lights also help residents to move from the surroundings without fear of darkness.

**Photos:**



9.

**Startup name: Sehat Kahani**

**Startup area in UI Greenmetric questionnaire (SI, EC, WS, WR, TR, ED): ED**

**Description:** Sehat Kahani (SK) is the Startup to empower career-oriented women Doctors and facilitate patients who are not able to visit Doctors for physical examination. This was initiated by a Ziauddin University Student. More than 50% of Female doctors in Pakistan leave their career midway because of so many reasons including marriage, children, household activities and so on. Sehat kahani is connecting these female doctors to patients using video conferences and telemedicine who are not able to visit or access doctors physically. The Agreement made between Ziauddin University and Community Innovation Hub (Sehat Kahani). They both will collaboratively enhance and expand the overall scope of primary healthcare and digital healthcare practices in communities across Pakistan. Ziauddin University is facilitating Sehat Kahani in creating new linkages and outreach through workshops, co-creating a co-branded Telemedicine course alongwith its accreditation for SK doctors and other physicians. Ziauddin University also acknowledged Sehat Kahani as a partner for TeleMedicine Course on all digital media Platforms and helped create a stronger brand image within the market and vice versa.

**Photos:** [https://drive.google.com/file/d/1zoBIB89rug4nluTgZ33e\\_-BeeP2IxdVd/view?usp=sharing](https://drive.google.com/file/d/1zoBIB89rug4nluTgZ33e_-BeeP2IxdVd/view?usp=sharing)



10.

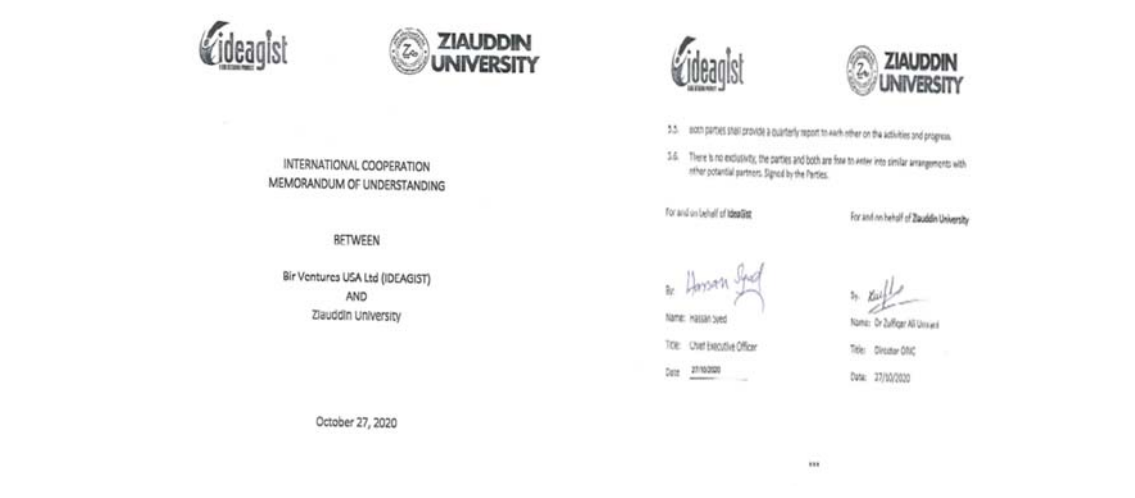
**Startup name: Kamyab Jawan**

**Startup area in UI Greenmetric questionnaire (SI, EC, WS, WR, TR, ED): ED**

**URL:** <https://drive.google.com/file/d/1WQRiYocBuJeeJTF0lvrPbLqGQoj-vLDc/view?usp=sharing>

**Description:** Under the umbrella of the Prime Minister’s Startup Pakistan, IdeaGist plans to invest PKR 8 billion, over the next five years, in the entrepreneurial & innovation (E & I) ecosystem in Pakistan. To develop a connected startup ecosystem, IdeaGist plans to partner with different organizations Ziauddin is one of among all. On 27th October, 2020 Ziauddin University and Ideagist signed an MOU for three years or until further agreement.

**Photos:**





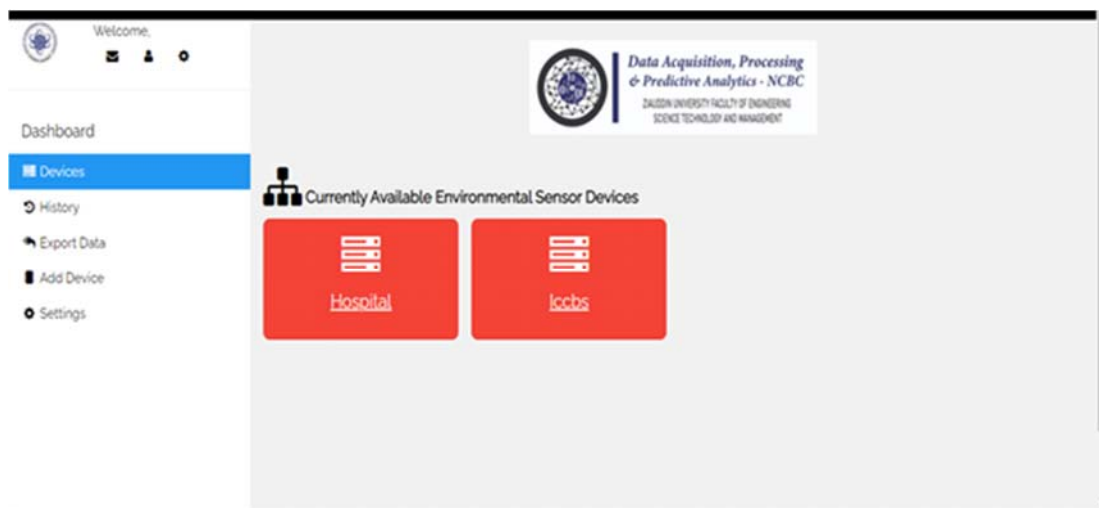
11.

**Startup name: Multi-Parameter Environmental Monitoring Device**

**Startup area in UI Greenmetric questionnaire (SI, EC, WS, WR, TR, ED): EC**

**Description:** Environmental monitoring is a critical issue of the world these days. Pakistan; the 5th highest a populated country faces challenges due to the polluted environment. With ever-increasing traffic and industrial requirements, pollution is growing at a fast pace in almost all of the big cities in Pakistan. Karachi, being the metropolitan city and the country & industrial hub is facing environmental pollution more vehemently. To overcome this issue many indoor and outdoor environmental devices are available in the market with limited sensors. Our system is a fusion of the internet of things (IoT), Wireless Sensor Node (WSN), and Big Data & cloud computing. The system comprises hardware and software, whereas the hardware module includes multiple sensors like Temperature, Humidity, Particle Sensor (2.5 and 10mm), carbon-di-oxide, oxygen and voice sensor for environmental monitoring. Furthermore, to identify the exact location of polluted areas, a GSM module is integrated in the system. In addition, the system is able to calculate and monitor the Air Quality Index. The whole system is integrated with a data center to store the live data; however, a web-based application is also developed to monitor sensor reading.

**Photos:**



12.

**Startup name: Legal Clinic**

**Startup area in UI Greenmetric questionnaire (SI, EC, WS, WR, TR, ED): ED**

**Description:** Carrying forth Ziauddin Faculty of Law’s mission of helping the public and evolving the legal climate of Pakistan, Ziauddin Faculty of Law have now introduced a Legal Clinic. This Means our lawyers are present to aid our society with pro bono legal advice regarding civil cases. Anybody can easily reach out to us at our legal clinic 9 AM to 1 PM on Mondays and we will guide them to a path most beneficial for them.

**Photos:**



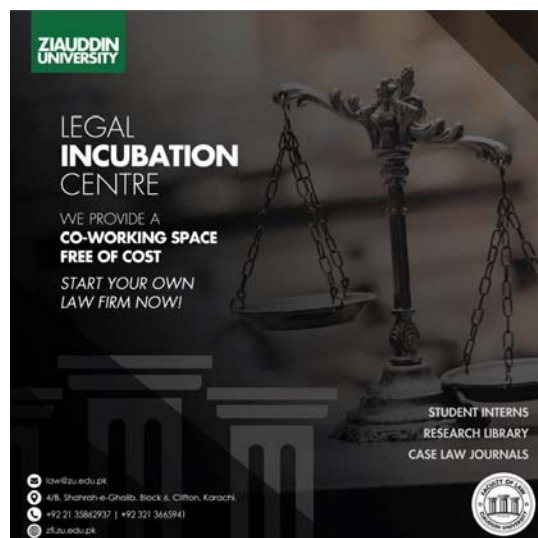
13.

**Startup name: Legal Incubation Centre**

**Startup area in UI Greenmetric questionnaire (SI, EC, WS, WR, TR, ED): SI**

**Description:** The Ziauddin Faculty Of Law has started a Legal Incubation Centre where licensed lawyers are provided with the opportunity to kickstart their law firms and do their part in evolving the legal climate of Pakistan. The services offered include an allocated office space, research resources and assistance from students in the form of interns. The Incubation Centre at the Ziauddin Faculty of Law offers an allocated office space to young lawyers who want to start their own law firm but lack appropriate funds and resources. We are searching for licensed advocates who are motivated to bring a change to Pakistan’s legal system. These individuals will be provided with a co-working office space, research resources, and an inspirational atmosphere – all free of cost.

**Photos:**





14.

**Startup name: Incubation Centre**

**Startup area in UI Greenmetric questionnaire (SI, EC, WS, WR, TR, ED): SI**

**Description:** Ziauddin University celebrated Global Entrepreneurship Week and launched a Business incubation program for Students, Faculty, Alumni and Clinicians on Thursday 11th Nov 2021. The Pro Chancellor ZU Dr. Nida Hussain, Vice-Chancellor ZU Prof. Dr. Irfan Hyder and Director ORIC ZU Dr. Zulfiqar Ali Umrani, inaugurated the Launch of Pre-incubation and a start of a new entrepreneurial journey. The pre-incubation is a 3-month certificate training program for aspiring entrepreneurs of Ziauddin. For this auspicious event, we had guests from the entrepreneurial fraternity and esteemed dignitaries from national level: Dr. Ruksana David Principal Kinnaird College Lahore, Azfar Hussain from National Incubation Centre, Karachi, Dr. Iffat Zafar Founder and COO Sehat Kahani, Adeel Durvesh Founder of Parhaosabaq, to inspire the young pre-incubates. The sample pitches were just a glimpse of the hard work and effort the pre-incubatees had put in. Their ideas were out of the box, refreshing and competitive.

**Photos:**



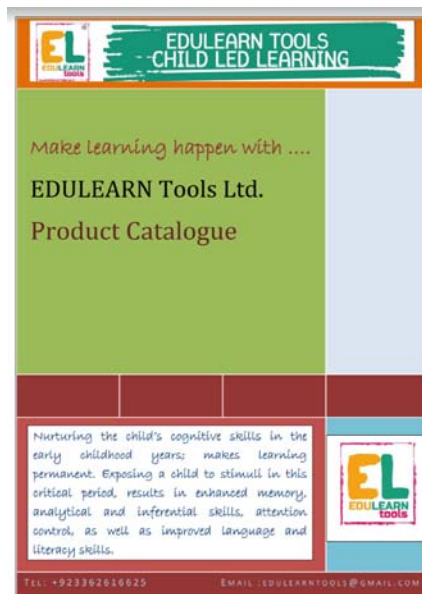
15.

**Startup name: Edulearn Tools**

**Startup area in UI Greenmetric questionnaire (SI, EC, WS, WR, TR, ED): ED**

**Description:** Ziauddin University College of Speech Language & Hearing Science Principal Dr. Amina Siddiqui started an EDULEARN Tools for child cognitive learning. Nurturing the child's cognitive skills in the early childhood years; makes learning permanent. Exposing a child to stimuli in this critical period, results in enhanced memory, analytical and inferential skills, attention control, as well as improved language and literacy skills.

**Photos:**



16.

**Startup name: Solar Parkings**

**Startup area in UI Greenmetric questionnaire (SI, EC, WS, WR, TR, ED): EC & TR**

**Description:** Ziauddin University prefers sustainability in all their operations and activities. One of their initiatives is covering parking lots with solar panel roofs. Such technology would reflect heat from the sun and use the sun's energy to power buildings and electric appliances. We think we have a multipurpose product that can cover our cars, generate renewable electricity and can change the view of a grey, empty space into a nice architectural function.

**Photos:**



**Availability of unit(s) or office(s) that coordinate sustainability on campus:**

Following are the office(s) at Ziauddin University dedicated to coordinating campus sustainability:

**1. Sustainability Office (Sustainability Coordinating Unit)**

- **Purpose:** Act as the central hub for sustainability initiatives, monitoring resource usage, and driving eco-friendly practices across campus.
- **Location:** Centrally located within the main administration building, accessible to students, faculty, and administrative staff.



## 2. Core Responsibilities

- **Energy Management:** Collaborate closely with the Utilities and Management Department to optimize energy usage, utilizing data from solar panels and diesel generators to reduce carbon emissions and improve energy efficiency.
- **Waste Reduction and Recycling:** Establish recycling programs, manage waste disposal, and implement composting initiatives where feasible.
- **Water Conservation:** Develop initiatives for water-saving fixtures, rainwater harvesting, and efficient landscaping to reduce campus water usage.
- **Sustainable Transportation:** Promote carpooling, bike-sharing programs, and other eco-friendly transportation options.
- **Green Building Standards:** Collaborate with Facilities to ensure all new constructions and renovations meet sustainability criteria, utilizing renewable materials and designs that optimize energy efficiency.

## 3. Office Setup

- **Space:** Equipped with an open layout for collaborative discussions, along with smaller meeting rooms for private discussions or presentations.
- **Green Features:** Solar-powered lighting, recycled materials for furniture, and water-efficient fixtures as a showcase of green practices.
- **Technology:** Screens displaying real-time data on energy consumption, solar power generation, and water usage across the campus.
- **Resource Center:** Dedicated space with educational resources on sustainability, including brochures, research papers, and success stories.

## 4. Community Engagement

- **Workshops & Training:** Regular workshops for students, staff, and faculty on sustainable practices and energy conservation techniques.
- **Sustainability Ambassadors:** Establish a program where students can volunteer as “Sustainability Ambassadors,” leading awareness campaigns and assisting the Green Office with initiatives.
- **Feedback Mechanism:** An online platform integrated into the campus management system to gather ideas and feedback from the university community.

## 5. Reporting & Continuous Improvement

- **Annual Sustainability Report:** Publish reports on energy consumption, resource usage, and emissions. Share achievements and outline targets for improvement.
- **Data-Driven Initiatives:** Work with IT and campus management software to leverage data for optimizing resources and tracking progress.

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## Sustainability Office

**Introduction**

**Sustainability Reports**

ORIC-Ziauddin University is a pioneer and has already established a Sustainability Office (SO) in ORIC Ziauddin University is operational since 2020 and working passionately. Sustainability office (SO) Ziauddin University could support the Sindh SDG Support Unit in other ORICs in the establishment of the Sustainability Office. This would be helpful in generating inclusive and focused effort for the achievement of approved SDGs priorities of Sindh 2025 Vision.

**Sustainability Office (SO), Ziauddin University Could Facilitate Public/Private Universities/ORICs in the following:**

- Establishment of Sustainability Office/cell in university.
- Mentoring and guidance to operate and integrate within the university
- Mentoring and guidance to operate and integrate with external relevant entities.

Objectives of Sustainability Office.

### ZU Sustainability Office Establishment

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Edition: 15th ed.  
Material type: Book; Format: print; Literary form: Not fiction  
Publisher: Noida : Pearson, 2018  
Online access: [Click here to access online](#)  
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by Helzer, Jay H | Render, Barry | Munson, Chuck.  
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### Course Material/ Learning on Sustainability





**Examples of university leader decree of establishment, structure and activities**

## Education and Research through the utilization of Information and Communication Technology (ICT):

Stage	Activities/Programs	ICT Utilization	Evidence	Timeline	Responsible Team/Department
<b>Planning</b>	Identify critical research areas, focusing on sustainability; Secure research funding	Research management software	Focus area documents, Funding proposals	Jan 2024 - Mar 2024	ORIC Department
<b>Implementation</b>	Allocate funds and resources for research; Support grant writing	Grant management, Learning management system (LMS)	Funding records, LMS usage reports	Apr 2024 - Dec 2024	ORIC, Finance Department, IT Department
<b>Monitoring</b>	Track research progress, publication output, and digital learning metrics	Research tracking tools, LMS analytics	Publication databases, Learning engagement reports	Ongoing	ORIC, Library
<b>Evaluation</b>	Assess research impact; Evaluate e-learning effectiveness	Citation analysis tools, User feedback surveys	Impact reports, Feedback metrics	Annually	ORIC, Library, QEC

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