

# SDG 3: GOOD HEALTH AND WELLBEING

## World Food Day Celebration:

Ziauddin University remains committed to the United Nations Sustainable Development Goal 3: Ensure healthy lives and promote well-being for all at all ages. Through academic events, awareness campaigns, clinical research initiatives and health-professional trainings, the University is actively fostering an environment of health-care excellence, community outreach and preventive wellbeing. While several key activities have been implemented, the next phase will aim to expand measurable outcomes, deepen multidisciplinary collaboration, and institutionalise health systems strengthening across the University's operations.

## Seminar on Youth Risk and Drug Abuse – ZU Dialogues Series:

As part of the 22nd interactive session of ZU Dialogues, the University hosted a seminar titled “*Youth at Risk: The Growing Threat of Drug Addiction in Educational Institutions*”.



Speakers called for collective action among government, educators and parents to address rising substance use among youth.



**Focus:** Mental health, addiction prevention, campus wellbeing, a key component of SDG 3 (mental health & substance abuse).

<https://www.dawn.com/news/1858410>

<https://zu.edu.pk/22nd-interactive-series-zu-dialogues-youth-at-risk-the-growing-threat-of-drug-addiction-in-educational-institutions/>

<https://www.facebook.com/photo/?fbid=953440913492864&set=pcb.953442970159325>

### **25th Interactive Series of ZU Dialogues: “Vapes, Cigarettes & Pouches: The New Traps Targeting Gen Z.”:**

The Public Relations & Communications Department organized the 25th interactive series of ZU Dialogues, titled “Vapes, Cigarettes & Pouches: The New Traps Targeting Gen Z.” The session shed light on the alarming rise of vapes, e-cigarettes, and nicotine pouches among youth. Zeeshan Danish, Project Coordinator, Society for Alternative Media and Research (SAMAR), Islamabad, explained how the tobacco



industry rebrands harmful products as “new tobacco” or “harm reduction” to mislead young people. He warned that these deceptive terms mask the reality of addiction and long-term health risks.



From a socio-psychological perspective, Dr. Jamshaid Ahmed, Sports & Exercise Psychologist, Ziauddin University, highlighted how peer pressure and advertising lure students toward these products, while Prof. Dr. Syed Ali Raza, Consultant & Head of Medicine, Dr. Ziauddin Hospital, stressed that every cigarette contains over 400 chemicals directly linked to life-threatening diseases.

Rana Hussain, Former Caretaker Minister for Education, Sindh, and Principal, College of Education, Ziauddin University, emphasized that weak enforcement of existing laws is allowing tobacco use to spread even among school-going children, urging collective responsibility from parents, teachers, and institutions.



The session began with a welcome address by Dr. Sumaira Khowaja Panjwani, Principal, College of Nursing & Midwifery, Ziauddin University, who reminded students that they are



not targets but changemakers who can break the cycle of addiction. Moderated by Amir Shahzad, Convener of ZU Dialogues, the event concluded with an interactive Q&A, where students engaged actively with the panelists, showing strong commitment to building smoke-free campuses and communities.

<https://zu.edu.pk/25th-interactive-series-of-zu-dialogues-vapes-cigarettes-pouches-the-new-traps-targeting-gen-z/>

### **International Nurses Day – Faculty of Nursing & Midwifery:**

ZU's Faculty of Nursing & Midwifery observed International Nurses Day with the theme "Our Nurses. Our Future. Caring for Nurses Strengthens Economies." The event included a keynote address from Prof. Pammla Petrucka, Dean ZUFONAM, Ms. Pamela Marshall and a tribute-series including lamp-lighting and oath taking ceremonies to honor the nursing profession.





**Participants:** Faculty, nursing students, guest speakers (both domestic & international).

**Focus:** Strengthening nursing workforce, recognition of nursing as key to health systems, alignment with global nursing agenda.

<https://www.urdupoint.com/en/pakistan/intl-nursing-day-observed-at-ziauddin-univ-1978032.html>

<https://www.facebook.com/zuedu/posts/honoring-the-heart-of-healthcarejoin-us-in-celebrating-international-nurses-day-/1126263336210620/>

<https://www.facebook.com/photo/?fbid=1140029744830098&set=pcb.1140031884829884>

