3

SUSTAINABLE DEVELOPMENT GOAL 3

Good Health and Well-being

ZIAUDDIN UNIVERSITY

Overview and Institutional Commitment

Healthcare is one of the University's strongest sustainability pillars. As one of Pakistan's leading health-sciences universities, Ziauddin University combines education, research, clinical practice and community engagement through its teaching hospitals, specialized clinics, diagnostic services and public-health initiatives, serving thousands of patients annually while preparing the next generation of healthcare professionals.

The University's healthcare strategy is guided by five principles: patient-centred care, clinical excellence, education and workforce development, research and innovation, and community health.

Key Contributions and Initiatives

Teaching Hospitals and Clinical Education

- Undergraduate and postgraduate clinical education, residency and specialist training.
- Interprofessional learning and continuing professional development.
- Supervised clinical experience in diverse healthcare settings.
- Integration of education, research and patient care in a single institutional model.

Patient-Centred Care and Patient Safety

- Respect for patient autonomy, informed consent, confidentiality and privacy.
- Infection prevention and control, medication safety and clinical risk management.
- Incident reporting and learning systems, patient identification protocols, safe surgical practices and continuous quality audits.

Preventive Healthcare and Public Health

- Health screening programmes and immunization awareness.
- Maternal and child health education, nutrition and lifestyle counselling.
- Non-communicable disease awareness and mental health promotion.
- Community health campaigns.

Community Healthcare Outreach

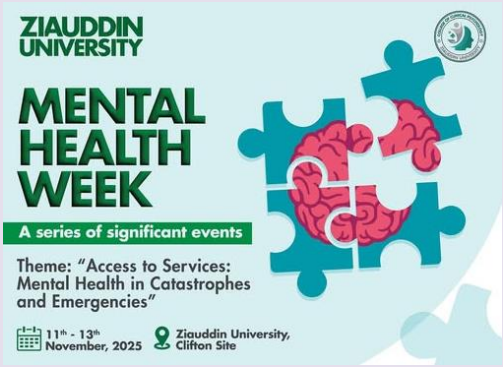
- Medical camps and free or subsidized health consultations.
- Health education seminars and school health programmes.
- Rural and underserved community initiatives.
- Women's health awareness, oral health promotion, and vision and hearing screening.
- Vaccination and disease-prevention programmes, and volunteer blood donation drives.

Well-being of Students and Employees

- Occupational health and safety practices and clinical safety protocols.
- Student counselling and psychological support, wellness services, and recreational and sports activities.
- Health awareness campaigns across the University community.

Mental Health Week 2025

Ziauddin University successfully hosted Mental Health Week from November 11th to 13th, 2025, featuring workshops, seminars, awareness walks, and expressive arts. The week highlighted the importance of accessible mental-health support and fostered a reflective, supportive environment that encouraged learning, connection, and meaningful community engagement.





Guest Speaker Session “Smart Research Design for Food Innovation: Methods, Strategies & Best Practices.”

The Department of Biomedical Engineering, Ziauddin University hosted a guest speaker session on “Smart Research Design for Food Innovation: Methods, Strategies & Best Practices.”







4th Awareness Session on “Say No to Drugs”

The Department of Student Affairs, Ziauddin University, in collaboration with the Anti-Narcotics Force, held the 4th Awareness Session on “Say No to Drugs” to raise awareness about the dangers of drug abuse and its impact on individuals and society.

The session encouraged students to make informed choices, understand the risks of substance abuse, and play their part in promoting a healthier and safer community.





World Food Day 2025

Ziauddin University successfully celebrated World Food Day 2025 with an engaging lineup of activities, including an International Seminar, Food Expo, Product Development Competition,

and Poster Competition. The event highlighted innovation, sustainability, and the future of food systems.

Workforce, Digital Health and Research

- Healthcare workforce development: postgraduate specialization, CME, CPD, clinical simulation and leadership training.
- Digital health: electronic health records, telemedicine, digital diagnostics, clinical decision support and online CME.
- Clinical research priorities include disease prevention and control, clinical trials, public health, biomedical innovation, precision medicine and digital health.

Healthcare Sustainability

- Safe segregation, storage, transport, treatment and disposal of healthcare and laboratory waste, with staff training and regulatory compliance.
- Energy-efficient facilities, water conservation, sustainable procurement and digital documentation in healthcare operations.

Indicators Monitored

The University monitors the following indicators relevant to this goal:

Indicator	Reporting Frequency
Clinical education programmes	Annual
Community outreach initiatives	Annual
Public health campaigns	Annual
Patient safety activities	Annual
Healthcare workforce development programmes	Annual
Clinical research projects	Annual
Quality improvement initiatives	Annual
Healthcare sustainability initiatives	Annual

Evidence, Case Studies and Verified Sources

2022	160	303
Clinical Trial Unit established; recognised by DRAP	Participants enrolled in one month (Bouquet Speculum Trial)	Patients recruited in under a month (Rabies Trial)

CASE STUDY — VERIFIED SOURCE: ORIC Annual Report 2024–2025

The Ziauddin University Clinical Trial Unit (CTU), established in 2022 and recognised by the Drug Regulatory Authority of Pakistan (DRAP), reports rapid participant recruitment across active trials, including 160 participants enrolled within one month for the Bouquet Speculum Trial and 303 patients recruited in under a month for the Rabies Trial, alongside the fastest national recruitment reported for a Hepatitis D trial.

The CTU also established Pakistan's first Patient & Public Involvement and Engagement (PPIE) group and hosted the country's first PPIE Summit, bringing together patients, caregivers, researchers and healthcare professionals to embed co-creation and community voice in clinical research.

Externally Funded Health Research, 2024–2025

Selected grants awarded to Ziauddin University researchers during 2024–2025, as reported by ORIC:

Funder / Partner	Lead Researcher	Project	Amount
NIH Pakistan	Dr Amna Aamir Khan (College of Physical Therapy)	Empowering Children with CP: A Goal-Oriented GMFM-based Program	PKR 316,910
NIH Pakistan	Mr Shahzad Bashir (ZUFONAM)	Mobile Health Intervention for Heart Failure Patients in Pakistan	PKR 3,000,000
University of Oxford	Prof. Dr Madiha Hashmi	Clinical Research During Outbreaks (CREDO)	£112,633
University of Oxford	Prof. Dr Madiha Hashmi	ISARIC Project Management	£142,319
FCDO / University of Oxford	Prof. Dr Madiha Hashmi	Maturity Metrics	£19,553
WHO / University of Oxford	Prof. Dr Madiha Hashmi	Technical Development and Country Pilot (TMF)	£7,792
University of Oxford	Prof. Dr Madiha Hashmi	WHO Maturity Framework APW for Clinical Trials Units	£3,564
Bill & Melinda Gates Foundation / Oxford	Prof. Dr Madiha Hashmi	Acute Respiratory Infection Consortium	$153,124
Monash University (ANZIC-RC)	Prof. Dr Madiha Hashmi	REMAP-CAP Acquired Pneumonia	AUD 11,675

Funder / Partner	Lead Researcher	Project	Amount
National University of Singapore	Prof. Dr Osama Rehman Khalid	ACORN-HAI Variation	SGD 7,315
University of Edinburgh	Prof. Dr Madiha Hashmi	GENOMICC Variation	£43,297.50

Health Innovation: Patents Filed, 2024–2025

- **Mobile Health Application** (filed 5 November 2024; No. 227/2025): improves self-care ability and quality of life for heart failure patients, using a mobile app, a Bluetooth wristband for vital-sign monitoring and a BioBERT-based chatbot.
- **Glipad ACRO** (filed 12 November 2024; No. 226/2025): reduces pain during acromioclavicular joint mobilization therapy, using EVA foam and an ergonomic design for therapy comfort.

Future Priorities (2026–2030)

- Expand community healthcare services in underserved areas.
- Strengthen preventive medicine and health-promotion programmes.
- Enhance digital health infrastructure and telemedicine capabilities.
- Increase interdisciplinary clinical research.
- Advance patient safety and quality improvement initiatives.
- Integrate sustainability principles into healthcare operations.
- Develop future healthcare leaders through advanced clinical education and professional development.
- Strengthen student mental health and counselling services.

Impact Assessment and Conclusion

Healthcare is the University's most distinctive contribution to sustainable development. Its integrated model of clinical education, research and patient care underpins the Very High impact level assigned to SDG 3 and supports several other goals, including SDG 4, SDG 9 and SDG 17.

Important Links:

https://zu.edu.pk/world-food-day-2025/

https://zu.edu.pk/4th-awareness-session-on-say-no-to-drugs/

https://www.healthmatters.com.pk/news/ziauddin-university-marks-world-food-day-with-a-callfor-innovation-and-food-security