



**DOW UNIVERSITY OF HEALTH SCIENCES**

# **Annual Sustainability Report 2023-24**

**SUSTAINABLE  
DEVELOPMENT GOAL  
17 PARTNERSHIPS  
FOR THE GOALS**



## Collaboration with NGOs to tackle the SDGs

Dow University of Health Sciences has its own student run non-profit, non-political welfare organizations i.e., Pakistan Welfare Association (PWA), Dow Patient Care Association (DPCA), & Serve Our Community Health (SOCH).

**PWA** was established to help those in need, to remove the despair and unease from the lives of those patients who are struggling with poverty. Some activities by PWA for the year 2023-24 are as follows:

PWA Activities during the period 2023-24		
S. No.	Event Date	Event Description
1.	7 July, 2023	A tour of PWA was given to students of SOCH Student Volunteer Program, explaining the importance and working of PWA's Blood Bank and Thalassemia Daycare Centre.
2.	12 July, 2023	SOCH SVP volunteers arranged an activity for TDC patients, along with goodie bags distribution.
3.	22 July, 2023	Med-Connect (Episode 1); a session was conducted by Dr. Najeeb Ahmed, Dow Graduate of Batch 2001, on "Core principles of Diagnostic Radiology for Undergraduates".
4.	6 August, 2023	Med Connect (Episode 02); a session conducted by Dr. Muhammad Shoaib Khan, Dow graduate of 2012, on "Paving a path to success, training opportunities in Pakistan and the United States".
5.	9 August, 2023	Hepatitis Awareness webinar was held in collaboration with The Health Foundation, in which Dr. Saad Khalid Niaz was invited as guest speaker.
6.	14 August, 2023	Independence Day celebration with thalassemia patients was held at Thalassemia Daycare Centre, PWA. The event included speeches, quiz competition, games and cake cutting ceremony.
7.	17 August, 2023	A healthy mind activity was arranged for the Thalassemia patients at Thalassemia Daycare Centre by a graduate of

		Batch 2023 to instill the value of personal hygiene and health for our young warriors.
8.	19 September, 2023	Storytelling activity was arranged for patients at Thalassemia Daycare Centre in collaboration with GoRead.
9.	23 September, 2023	PWA's Donors' Conference 2023 was held at Muin Hall, Dow Medical College. A presentation of PWA's financial and departmental reports along with progress over the past year, future plans and aims were discussed at event. It was attended by the volunteers, alumni, board members and our esteemed donors and well-wishers. Vice-Chancellor DUHS Dr. Saeed Muhammad Quraishy (TI), Medical Superintendent Civil Hospital Karachi Dr. Syed Khalid Bukhari, Director JK Enterprises Mr. Javed Iqbal, and CEO Tata Textiles Mills Mr. Shahid Anwar Tata were some of the renowned names amongst the attendees.
10.	7 October, 2023	Awareness session on Thalassemia and Voluntary Blood Donation was arranged for the volunteers of Nixor Hospital. They also visited the Thalassemia Daycare Centre and Blood Bank, where they were introduced to the working of PWA.
11.	11 October, 2023	Awareness Session at Kiran Foundation, for the locals of Lyari. We visited one of their setups: Salma Ghar KF, for an Awareness Session for the mothers and women of the community. The session was centered on "Thalassemia, from a mother's perspective".
12.	14 October, 2023	The founder of "The Faryal Kamran Initiative" Miss Faryal Kamran arranged 'Healing through Art' activity for patients at Thalassemia Daycare Centre.
13.	19-21 October, 2023	The volunteers of PWA arranged a stall at 20th Health Asia International Exhibition and Conferences, held at Expo Center Karachi.
14.	13 November, 2023	PWA's volunteers held an awareness session at Shamsi School and College. The students from class 9th till 12th were provided knowledge about thalassemia, blood donation, and the importance of volunteerism.
15.	14 November, 2023	The PWA volunteers held an awareness session at Mazin Academy, which is an NGO working to educate children of

		rural communities. Two separate sessions about blood donation and thalassemia were held. One aimed at students and another one for their parents.
16.	15 February, 2023	The volunteers of PWA welcomed the Dow Batch of 2029 by arranging an Orientation session at New Lecture Hall-1, DMC. The students were also given a tour of the Blood Bank and Thalassemia Daycare Centre.
17.	7 March, 2023	The volunteers of PWA arranged a kiosk at Spring Fest at BAMM PECHS Government College for Women.
18.	7 March, 2023	A stall was set up at Society Orientation held at Dow Medical College.
<b>BLOOD DONATION CAMPS</b>		
19.	25 July, 2023	At Imam Bargah Wahdatul Muslimeen, Johar / IMI
20.	27 July, 2023	At Markazi Imam Bargah, Steel Town / IMI
21.	28 July, 2023	At Manzoor Colony / BMT
22.	28-29 July, 2023	At Numaish / IMI
23.	07 September, 2023	Chehlum blood camp in collaboration with BMT
24.	07 September, 2023	Chehlum blood camp in collaboration with IMI
25.	22 October, 2023	MMSJ Bloodcamp
26.	12-14 December, 2024	At Movenpick Hotel
27.	19 February, 2024	In collaboration with Baltistan Medical Trust

28.	25 February, 2024	At Dynamik Gym
29.	6-7 February, 2024	At VisionTech Export, Landhi
30.	3 March, 2024	In collaboration with MMSJ
31.	5 March, 2024	At A. F. Ferguson & Co.



**PATIENTS' WELFARE ASSOCIATION®**  
A NON-GOVERNMENTAL, NON-POLITICAL, DMC STUDENT-RUN ORGANIZATION

## میں آپ سے وابستہ امیدیں بے حساب

اپنی رکوٹہ و عطیات **PWA** کو دے کر  
امید پھری ان آنکھوں کوئی زندگی دیں

Contact Now **021-32735214**

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P.W.A.



PATIENTS' WELFARE ASSOCIATION

**SPONSOR BLOOD TRANSFUSION  
OF A THALASSEMIC**

**RS. 3,000**  
PER MONTH PER CHILD

**DPCA, or Dow Patient Care Association** was founded in 2012 and is a resident non-profit, non-political welfare organization that aims to bridge the gap between needy patients and healthcare.

In addition to their focus on addressing patient financial needs, DPCA regularly participates in community awareness initiatives and public health movements to improve the quality of life on Ojha Campus and the surrounding area.



S. No.	DPCA activities during the period 2023-24
1.	DPCA provided over PKR 2,500,000 or 1/4 crore (greater than 2x the amount ever spent on patient welfare than any other year in DPCA history) worth of medical procedures, diagnostic or laboratory tests, and medication to the non-affording, underprivileged patients of Dow University Hospital.
2.	During the past year, DPCA financially supported up to 100 patients every month, a new record in DPCA history.
3.	Introduced the "Medicinal Welfare System", a new initiative allowing DPCA to sponsor medication for the non-affording, underprivileged patients of Dow University Hospital, in addition to medical procedures and laboratory testing.
4.	Expanded DPCA operations into other colleges, with active operations in the Dow International Medical College, Dr. Ishrat-ul-Ebad Khan Institute of Oral Health Sciences, and Dow College of Biotechnology.
5.	Opened and provided leadership and skill-learning opportunities to over 200+ DPCA members through wing head positions, sub-

	executive positions, volunteering positions, and ambassador positions.
6.	Blood Drive collected up to 150 blood donations for the DUHS Regional Blood Center, whilst gaining coverage in many reputable newspapers due to the success.
7.	Eid in Paeds — gifts & toys were given to sick paediatric patients, uplifting their spirits and allowing them to have a fun Eid celebration, despite their illnesses.
8.	Dr. Javed Iqbal Speaker Session — an enlightening motivational session on one of the most dire problems being faced by Pakistan: Brain Drain.
9.	Bikeathon — a fun event with the aim of combating and raising awareness for the world's top killer and leading cause of morbidity, cardiovascular diseases, for World Heart Day.
10.	Clothing Donation Drive — a campaign where students donated clothes, encouraging a culture of recycling and giving.
11.	Bakesale — a fun and sweet fundraiser with the aim of raising Breast Cancer awareness.
12.	Cricket Screening — a screening of the Pakistan vs. India cricket match to promote a healthier sportive culture, whilst raising funds for the non-affording patients.

**FRIP (First Response Initiative of Pakistan)** was founded in 2010 in an effort to save the lives of those inflicted by trauma. It is a Karachi based group of young doctors, medical students and others with an interest in Trauma, First Response and saving lives. A first responder is the first person at a scene of trauma/injury. In a city like Karachi, the lack of a streamlined system leaves trauma victims at the mercy of the general population in the first few minutes. How first responders react to a situation can make or break the victims chances of survival. To make the general population aware of the responsibilities and to teach them appropriate skills to handle emergency situations will significantly reduce the adversity associated with trauma.

## FRIP Activities during the period 2023-24

From July 2023 to March 2024, FRIP organized a total of 278 workshops, training 6603 participants in basic lifesaving skills to act in case of emergencies, such as CPR, heart attack, fractures heat stroke etc management.



### LEVEL 1

Level 1 conducts a two-day workshop for medical students, comprising of Basic Life Saving Skills protocols, hands-on practice and a test at the end of the workshop.

#### LEVEL 1

FRIP conducted 24 Level 1 workshops in different medical colleges such as AKU, LNMC, UMDC, JSMU etc. training 684 medical students.

#### LEVEL 2

The level 2 department conducted 18 workshops which added 225 new instructors to our instructor pool.

#### INDESIGN AND OUTREACH

The InDesign and Outreach trained 2039 participants by conducting workshops in corporate sector, underprivileged communities and areas outside Karachi.

#### EDUCATION

FRIP's Education Department organized over 137 workshops training 4009 students and education faculty ranging from primary school children to university graduates.

#### MEDIA AND PUBLIC RELATIONS

FRIP set up 6 stalls dedicated to Media and Public Relations (MPR) to further engage the community in emergency preparedness efforts.

**Volunteer Force against Hepatitis Transmission (VFAHT) DUHS Local Council** has been actively striving to achieve its objective of eradicating infectious diseases in Pakistan through the help of awareness sessions and campaigns.

VFAHT activities during the period 2023-24	
S. No.	Event Description
1.	On 18th August, a Breastfeeding Awareness session was held at Kiran Foundation.
2.	A Naegleria awareness campaign was conducted at Civil Hospital by Malaria and Dengue Division on 22nd August.
3.	On 23rd August, Tuberculosis awareness session was held at the Government Girls Secondary School Muslim Association by the TB Division.
4.	An Immunization Awareness Walk was held at Civil Hospital, Karachi on the 26th August by Project Support Division.
5.	Awareness session at Baithak school regarding malaria, dengue, conjunctivitis for school children and their mothers on 26th September.
6.	On the 6th of October a Conjunctivitis Awareness Session at Panah Shelter for women.
7.	General hygiene awareness session at IMC Montessori on account of Global Hand washing Day on 17th October.
8.	A donation drive was conducted to collect funds which were used to distribute hygiene kits (including soaps and miswak) to a slum area along with a hand washing awareness session with the community in collaboration with HANDS.
9.	Awareness session was held on Hep A, E, Typhoidnat Kent City School on the 8th November aimed at primary school students.

**HAMARA MUSTAQBIL** is a non-profit NGO, initiated by some students of Dow Medical College that strives towards both the education and holistic development of our youth, primarily focusing on the underprivileged. Their primary aim is to take the underprivileged children of Pakistan, those who were never given a decent chance at life, and arm them with the necessary tools that can pave their road to a better tomorrow. The secondary aim is to approach different schools of Pakistan with entire modules dedicated to conducting lectures and activities regarding the development of a student outside of conventional education.

## Activities by HUMARA MUSTAQBIL during the period 2023-24

1. Conducted Skill share Week: under this a series of workshops were conducted throughout the week on topics like Prime professionalism, public speaking, freelancing and AI in education. These sessions were conducted by guest speakers having expertise in the topic. This was one of our most popular events this year.
2. Held MDCAT open house for students of all boards: Outreach Department conducted Career counseling workshops covering MCAT, ECAT and CA degrees.
3. Our Outreach department conducted a leadership workshop covering topics like public speaking, communication and teamwork.
4. Conducted Skills and Training workshops: A workshop regarding CV making and interview skills was conducted.
5. Conducted a workshop on “Self-sufficiency and empowerment” in Koohi Goth Women hospital.
6. Our School Health department conducted a total of 28 workshops in various institutions including fixit family homes, Idara ul Khair, RAAST, Nixor Hospital, school of hijrit colony, khadija qazi foundation and Orange tree foundation. These workshops mainly covered topics like personal hygiene, environment, health safety (e.g. tobacco use) and mental health.
7. The School Health department collaborated with VFAHT and HANDS for a ‘WASH project’. In this we raised awareness regarding personal hygiene and sanitary packs were distributed.
8. Continued with “Mental Health Mondays”: under this a post related to mental wellbeing is shared on our social media pages and on the batch groups every Monday.
9. Continued mentoring the children for a holistic development under our Mentorship Program.



## **Dedicated Courses That Address Sustainability and the Unsustainable Development Goals**

Apart from a commitment to meaningful education through all programs around the SDGs across the University, Dow University of Health Sciences also offers dedicated courses (full degrees and electives) that address sustainability and the SDGs. In this regard, Fundamentals of Public Health, Environmental Occupational Health, Reproductive Health & MCH, Community and Preventive Dentistry, Biomechanics and ergonomics, International Relations and Current Affairs, Environmental Sciences, Sociology, Development Economics, Legal & Regulatory Environment for Business and Health Policy Economics etc. are some courses which are offered in BS Nutrition, MS in Public Health, Bachelor of Business Administration, Bachelor of Dental Surgery and Doctor of Physical Therapy.