



# ZIAUDDIN UNIVERSITY

## SDG 3: GOOD HEALTH & WELL-BEING

### Health infrastructure facilities for students, academics and administrative staffs' wellbeing

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. Ziauddin Group going to establish Dr. Ziauddin Hospital Sukkur & Dr. Ziauddin Medical Centre, Dubai in upcoming years.
3. 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.
4. Ziauddin University also provides medical facilities to their part-time employees, retired employees, trainees and postgraduate doctors and nursing students.
5. Ziauddin University has developed a Gym & Health & wellness center for their students, staffs and faculty fitness and wellbeing.



Dr. Ziauddin Hospital Clifton



# ZIAUDDIN UNIVERSITY



Dr. Ziauddin Hospital Kemari



Dr. Ziauddin Hospital North Nazimabad



ZU Boat Basin Rehab & Executive Clinics

ZU Gym and Health and Wellness Centre

## 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



## Ziauddin University collaborations with local, national or global health institutions to improve health & wellbeing outcomes

### National Collaborations:

S.No	Name of Organization
1	Learn. Build. Develop
2	Dr. Ayesha Health Vision
3	Ear Foundation
4	Hisaar Foundation
5	Helping Hand
6	Islamic Chamber of Commerce, Industry and Agriculture (ICCIA)
7	Institute of Holistic Rehabilitation and Inclusion
8	Indus Hospital and Health Network
9	Karachi Down Syndrome Program
10	Karvan-e-Hayat
11	Civil Hospital
12	Federal Urdu University of Arts, Science and Technology
13	Zindagi Trust
14	Pakistan Institution of Living and Learning
15	Parvarish Recovery Center
16	Muhammad Ali Jinnah University
17	Khyber Medical University
18	Shaheed Mohtarma Benazir Bhutto Chair
19	Scieneq Engineering Pvt Ltd
20	Council of Islamic Ideology
21	TEESQUARE. A Tech-based literacy solution
22	Karachi Vocational Training Center
23	Iotronics



24	Neruno
25	Rapid Silicon

## International Collaborations:

S.No	Name of Organization
1	North Middlesex University Hospital
2	Crescita International Consultants
3	Welcome Trust
4	GENOMIC- University of Edinburgh
5	University Of Oxford
6	Isaric
7	National University of Singapore
8	Tropical Health Network
9	Martha Farrel Foundation
10	Association of Commonwealth University
11	Michigan State University
12	Rocky Vista University

## CLINICAL TRIAL UNIT

The Clinical Trial Unit at Ziauddin was established in 2022 and holds recognition from the Drug Regulatory Authority of Pakistan (DRAP). It was established for advanced medical research and trials with international standards. The CTU has achieved many health projects with the collaboration of medical researchers, institutes, clinical professionals and experts from all over the world.





**Outreach programmes and projects in the local community to improve or promote health & wellbeing including hygiene, nutrition, family planning, sports, exercise, aging well, and other health and wellbeing of the community.**

## **1. Awareness Session in Sikander Abad:**

Community/ school sessions on awareness of hand wash/hygiene, balanced healthy diet, breast feeding, contraception and iron deficiency are done on and off in the nearby schools and community gatherings.



## **2. Cerebral Palsy Children Rehabilitation**

There is unfortunately an increasing population of CP children in Sikanderabad community. We offer physiotherapy for such children so that they become less dependent on caregivers and reduce burden on the families. Also, wheelchairs and three wheeled cycles are donated so that their mobility is not compromised.



## **3. Oral Health Promotion Activity:**

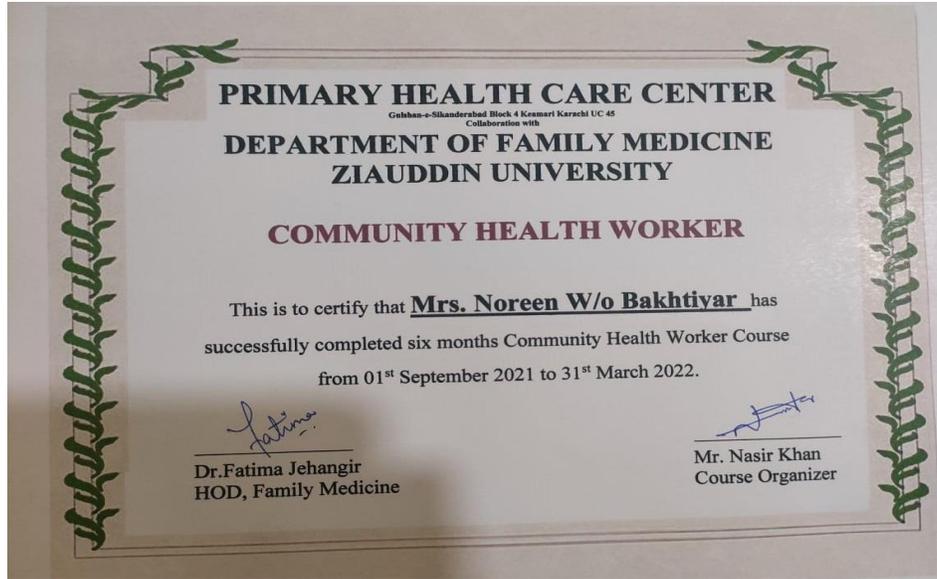
On 31<sup>st</sup> March, 2022, Department of Community Dentistry visited to Vali Asr Comprehensive School. The main aim of the school based oral health promotion activity is to achieve improvement of oral health and prevention of common oral diseases through active community participation. An interactive session on Oral Hygiene and oral disease prevention were conducted with school children and taught them proper tooth brushing techniques through experiential learning approach.





## 4. Community health worker training program

In order to empower the community people to be helpful to others in healthcare, every 6 months 20-25 matriculation and above passed girls and boys are given lectures on how to check vitals ( BP, Temp, Heart rate and Respiratory rate) and also counseling regarding family planning methods, patient safety, preventing/treating scabies, importance of immunization, importance of prenatal visits are taught then hands on are done. They undergo an assessment after 6 months. Often few of the passing outs are hired in the primary care clinic for helping consultants etc.



## 5. Radio Show-awareness of speech and language disorder

Ziauddin University College of Speech Language and Hearing Sciences hosted a radio show through Pakistan's biggest radio channels. On 10<sup>th</sup> August through ZU FM 98.2 and on 9<sup>th</sup> Dec, 2022 through FM 105. The awareness session was conducted by guest speakers Ms. Rabika Amanullah (SLT Consultant) from Dr. Ziauddin Hospital and Ms. Fatima Yousuf, Speech and language Therapist. The aim of this live session was to raise awareness of speech language disorders to all over Pakistan.





## 6. Teachers Training Workshop at Dawood Public School

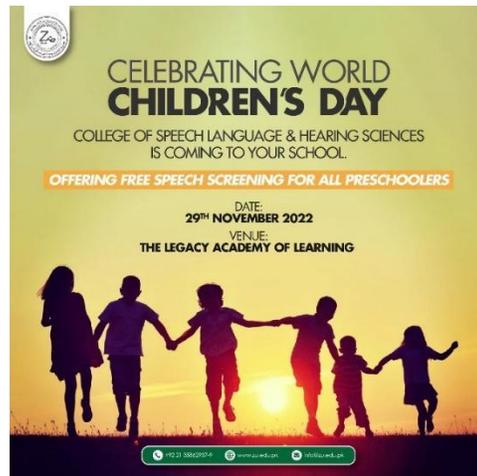
On 20<sup>th</sup> October 2022, Ziauddin University College of Speech Language and Hearing Sciences conducted a teacher's training workshop on Picture Exchange Communication System at Dawood Public school. The aim of this workshop is to train parents to learn intentional and functional communication to understand their children's wants and needs through behavior analysis.



## 7. Free Speech Screening

On 29<sup>th</sup> November 2022, Ziauddin University College of Speech Language and Hearing Sciences celebrated WORLD CHILDREN'S DAY at The Legacy Academy of Learning, and offered free of cost screening of speech and language skills of toddlers and preschoolers ranging 1 years to 5 years of age.

The speech and language screening allows a speech-language pathologist to observe the child's language understanding and use, production of speech sounds, vocal and nasal quality, and social language skills. Early screening of speech and language helps in identifying red flags and helps in providing early intervention to kids.





## 8. Parent Training Series

Ziauddin University College of Speech Language and Hearing Sciences conducted live sessions on Facebook for the parents aged between 1 year to 12 years. Parent training series on different topics, which are as follows:

26-03-2022	Parent Training Session: Early Intervention for kids with Hearing Loss
26-05-2022	Parent Training Session: Understanding Dysfluency
30-06-2022	Parent Training Session: Red Flags for SLP Disorder
5-08-2022	Management of Amplification Devices
22-11-2022	How to interact with your child

Through this parent training series speech language Therapist educated the parents to understand their child behavior and interact with your child using different language therapist skills.



## 9. Blood Drive

The Ziauddin University' student society Welfare Aid organized the blood drive in collaboration with Dr. Ziauddin Hospital took place on June 23, 2022.

The facility provided by Dr. Ziauddin 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.

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.





## 10. Child Nutrition Camp

The child nutrition camp took place on Saturday, June 25 2022 between 10 am-2 pm with the aim to educate mothers of children (aged 6 months to 5 years) about how to best deal with common illnesses their children may have. The topics chosen for this camp were diarrhea and dehydration, two very common ailments in children of this age group. The camp was held at Sikanderabad and was organized by the Ziauddin University Student Council CCA wing. 25-30 MBBS students were recruited for this camp. Volunteer sign-up forms were posted in the batch WhatsApp groups. They were then divided into 2 groups, presenters (who would be giving the presentations on the day), and designers (who would make the posters to complement the presentations).

A talk by Dr. Shahzaib M. Khan (M.D, USA), a Ziauddin University alumnus, who currently works as a Pediatric Consultant at Dr. Ziauddin hospital, Clifton. The talk was given in Urdu, and translated into Pashto by two of our volunteers. Dr. Shahzeb explained the topics in detail to the local mothers who listened attentively whilst our volunteers took care of their children. He also spoke about age-appropriate nutrition in children and answered all their questions. After this, the volunteers addressed small groups of the mothers and reiterated the information Dr. Shahzeb provided in his talks. They then distributed the care packages (ORS sachets, Lysovit Syrup, and Calcium tablets) to the mothers and clearly explained the dosages and uses for the contents of the packages.



## 11. Voluntarily participation in NGO - Hands for Help

It's no coincidence that four of the six letters in the health are "HEAL"

On 4th September 2022, Students of ZUFONAM volunteered successfully with the NGO ' HFH - Hands For Help ' Karachi Sector at the Tharparkar district where they provided free medical facilities, OPD, Medicines, Awareness session along with the flood relief campaign.





## 12. Tropical and Communicable Diseases Teaching at Hospital Facility

Ziauddin University Faculty of Nursing & Midwifery organized a project for nursing students on the subject of Tropical and Communicable Diseases, which took place in March-April 2022. In which they went to different hospitals and teach the people about ten common diseases which can be very leading and dangerous for them. They made all the arrangements for the community and made beautiful and useful teaching aids and models for their education that could guide them in their learning process. The children have been visiting Ziauddin Hospital in Clifton and Kemari.



## 13. Students Participation in Medical Camp Organized by KONPAL

Students of BSN-III, Ziauddin University Faculty of Nursing and Midwifery participated in the medical camp at Long Khoso Village, Hyderabad on March 13th, 2022 organized by the KONPAL organization.

Where students were assigned to different tasks such as assessing the vital signs, taking the history from different age groups, how to assess patients, and to learn how to work with doctors outside the hospitals, some of the female students were assigned to go with female doctors to examine females at home and worked there. Also, provide some medicines to those who need them and learn how to educate a layman and deal with people having different age groups. While assessing patients it is found that most of the patients were malnourished, had kidney stones, and were suffering from jaundice, hepatitis C and AIDs.

Such camping activities helped students learn a lot of things like teamwork, management skills, counseling, and dealing with patients.





## 14. Community Based Activities

Ziauddin University Faculty of Nursing & Midwifery plays a remarkable performance while visiting different communities and creating awareness among them. Community Health Nursing (CHN), being a part of the nursing curriculum focuses and motivates the students to take part in it. As a ritual, this year from July to Nov 2022 BSN students visited various communities mainly Dar-ul-Sukun, Ibtida, Aga Khan Health Service Pakistan (AKHSP), Public Health School (PHS), Lady Dufferin Hospital, Rahnuma Family Planning Association of Pakistan (R-FPAP), and Community Water Filter Plant in Karachi to recognize the needs of the community. For BSN I and III student's respective teams lead different sessions on vaccinations, water filtration, drug abuse, special child, family planning. The purpose of community visits is not only to create awareness and identify the needs of the people who are unaware of it but also to allow students to deal with real health problems in natural settings that result in the enhancement of professional skills, communication skills, self-confidence, knowledge and awareness, critical thinking skills and teamwork skills in undergraduate nursing students.



## 15. Community Visit Hyderabad

ZUFONAM in collaboration with KONPAL organization arranged a visit to the Hyderabad district at Long Khosso goth on December 10th, 2022, where the doctors were also part of the community visit team. BSN students get the benefit to learn new things, promoting preventive measures, raising community awareness, and providing encouragement to inspire others toward a better life.

Many of the residents of Long khosoo village are uneducated and lack sufficient self-awareness. The students set up all of their charts and posters before beginning their presentation to raise awareness of issues including early marriages, drug addiction, hypertension, and women's and children's care. To thoroughly communicate messages to the public, students were divided into small groups. As students interacted with them, they also provided positive, even outstanding feedback to us and pledged to keep the preventive measures they had given us in mind.





## 16. Children's Day celebration with community

On 20<sup>th</sup> November 2022, the College of Speech Language and Hearing Sciences in collaboration with Speech and Hearing Association of Pakistan carried out activities at three different places.

Our faculty members Fatima Yousuf, Rabbiah Sohail and Sonia Shah visited the Kiran Foundation and carried out an awareness session for its teachers. They talked about speech and language disorders, red flags that children may present with in class, and how to identify and refer to kids who may need speech therapy. They also highlighted the need for inclusive education here in Pakistan and discussed the factors that make up an inclusive setting.

Our first-year students later accompanied faculty members Fatima Yousuf, Samreen Zubair, Mehek Altaf and Taleah Tariq to Sirat ul Jannah orphanage. They engaged the children in games including passing the pillow and origami. It was time well spent, the visitors felt inspired by how spirited the little ones are, the children enjoyed fully, and received goodie bags as tokens of appreciation.

Our last stop was the pediatric ward at Ziauddin University Hospital. Fatima Yousuf and Hafeez Punjani took goodie bags for the children admitted there to help make their day a little better



## 17. Medical Camp for Unique Children at Baldia Town

The Ziauddin University College of speech Language and Hearing Sciences organized a special medical camp for unique children at Baldia town. the third and final stage of the specialized medical camp ended successfully on 31st July 2022. 66 special children were registered in the camp.

With the collaboration with different teams each child had a proper consultancy and treatment along with needed accessories such as wheelchairs, hearing aids, botox, physiotherapy, cataract, lab test, etc was also done.





## 18. Free Screening Camp at Ashiyana Trust

Free screening camp was organized by The College of Speech Language and Hearing Sciences at The Ashiyana Trust (senior citizens home) on 11th November 2022. Students of MS-SLP batch-03 actively participated in this program where they conducted speech, swallow and hearing screening of women (60+ years).



## 19. Teacher Training Session at The Aga Khan School

Teachers training session was conducted by The College of Speech, Language and Hearing sciences on 8th November 2022 at The Aga Khan School. MS-SLP Batch-03 prepared an awareness session on speech language concerns that need to be observed and considered in pre-school years to facilitate early diagnosis and intervention. Teachers were encouraged to discuss cases and common challenges they face while working with a child who needs extra assistance. Management strategies were discussed that would help them to plan their academic activities accordingly. They were asked to counsel parents and make important referrals for the child if needed.



## 20. Capacity Building Training Session for Health Professional and Local Community Members

ZUFONAM organized a Capacity Building Training session for Health Professionals and local community members of Moosa Colony, Union Council 35, District Central Karachi on November 21st, 2022. The session emphasizes Social Responsibility, Understanding Community Behaviour and needs, Methods of an effective survey, and Community engagement sessions that aim to address community notable & health professionals how to overcome their community challenges through collective efforts through sustainable goals under the great knowledge and guidance of Ms. Kousar S.K. Khan with extended support of Dr. Pamela Marshal, Dean Faculty of Nursing and Midwifery, Ziauddin University.



# ZIAUDDIN UNIVERSITY

## Sports facilities of Ziauddin University for students and also shared with the local community, and with the general public

Ziauddin University maintained the public park for local community with the name Ziauddin Family Park. This public private partnership model is essential for sustainable development. this Family Park provides sports facilities with cricket and football field, gym, children playing area and a walking track are available for local community free of cost. In 18th April 2022, ZU also inaugurated two new sports facilities in family medicine park which are basketball court and tennis courts that local and national events will be organized on the new courts of the university.





## Ziauddin University Sports Activities that highlights our sports culture



### ZU Boys & Girls Badminton Tournament

ZU organized badminton tournament on 14<sup>th</sup> & 15<sup>th</sup> November 2022 at Sindh sports board.



### HEC Zone L Championship

On 28<sup>th</sup> November 2022, the ZU football team persevered and reached the finals of the HEC ZONE L championship.



### Tennis Court Inauguration Ceremony

The Inauguration of two newly built Synthetic Tennis courts at the Ziauddin University Clifton was held on 18 & 19 April 2022.



### ZU Azadi Soccer Championship

On 14<sup>th</sup> August 2022, the Sports Division – Office of student affairs arranged a soccer championship to make the 75th Independence Day.



### ZU Intercollegiate Basketball Championship

The intercollegiate basketball championship was held on 19<sup>th</sup> July 2022 at the ZU Basketball court.



### The Girls Throwball Championship

The intercollegiate Throwball Championship was held on June 30 2022 at the Family Park, Ziauddin University.



### Dr. Aijaz Fatima Futsal Championship

Dr. Aijaz Fatima Futsal Championship was held on 12 and 13 March 2022, at the Ziauddin University Sports Ground. Teams from the different universities participated in the tournament

### Kamyab Jawan Program

The Athletes of Ziauddin University participated at the KamyabJawan Athletes which were held at Jinnah Ground Islamabad. Though they were not able to get the place on the winning stand but the participants performed at their best



### ZCRS Sports Fest

A 3-day Sports Feast arranged for Ziauddin College of Rehabilitation Science students from 27th August to 29th August 2022.



### Annual Sports Buzz

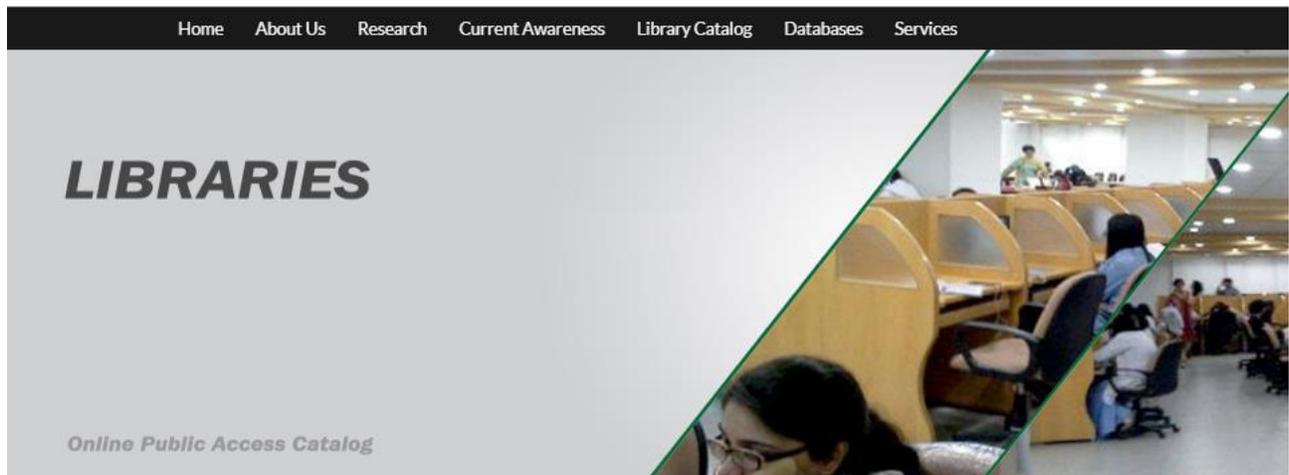
Ziauddin University organized indoor and outdoor sports buzz for College of Medical Technology on 10th, 11th and 12th of September 2022.

- Number of Graduated Students in 2022: **843**
- Number of Graduated Students in Health Professionals: **741**



## Students access to sexual and reproductive health-care services including information and education services

Ziauddin University promotes learning in every aspect that is why provide complete information and resources to students whatever they needed whether the topic is taboo for the society but as per the leaning & awareness purpose ZU access students with all the related information. ZU has a digital library where all the study material related to sexual and reproductive growth is also available. student and faculty also has a published research on related topics.



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Normal view  MARC view  ISBD view

### Sexual and Reproductive Health

By: [Look, paul Van FA](#)

Material type:  Book

Publisher: USA Elsevier 2016

Holdings (1)

Comments (0)

Item type	Current location	Call number	Status	Date due	Barcode
Books	Ziauddin Medical College Library - NAJ <i>On Display</i>	WQ200 LOOK 2001 ( <a href="#">Browse shelf</a> )	Available		15913

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WQ 165 W927 1996  
[Mother-baby package : implementing safe motherhood in countries](#)

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[ABC of antenatal care](#)

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# ZIAUDDIN UNIVERSITY

## Mental Health Support & Program for Students and Staff:

Ziauddin University has a dedicated department of clinical Psychology who arranged activities related to mental health for students' staff and faculty and also provide psychological counselling sessions free of cost to the students and staff whenever they required. October is the month of International mental Health Day. Therefore, Ziauddin University College of Clinical Psychology arranges "Mental Health Week:" in the month of October in which different mental health activities arranged for students, staff and general public such as free mental screening camp, mental health awareness sessions, ZU mental health series, Mental health walk, Mental and psychological games, counselling sessions etc. The purpose of this mental health week and all the activities is to bring awareness about mental health and help youth to cope up with their and their loved one's psychological issues as "Mental Health is as important as Physical Health".

**ZIAUDDIN UNIVERSITY**

**STUDENT MENTAL HEALTH PROGRAM**  
**GRIEVING AND MOVING**  
5 MARCH 2022 FROM 11AM-12:30PM

**LETS CONNECT!!**

**ON COLLEGE CAMPUS BY  
MS.TEHMINA WAQAS**

+92 21 35862937 9    www.zu.edu.pk    info@zu.edu.pk

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

College of Speech Language & 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.



### **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.



## Health Related Student Startups:

### 1. MADAD

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.



### 2. Sehat Kahani

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.

