



# SDG-3: HEALTH CARE

## Health Care

University health/medical centres enhance primary care utilization, decrease emergency room utilization, and minimize hospitalizations. These days almost all universities have a medical centre. The COMSATS University Islamabad (CUI) also has medical centres on each of its campuses. In this regard, Medical Centre at CUI Islamabad was established in 2007, which maintains a formulary of life-saving drugs and other essential drugs that are provided free of cost to the employees and students of CUI. There are three Medical Officers, two staff nurses, and two nursing assistants. The services offered include consultation, first aid management/vital signs monitoring, nebulization, random blood sugar testing with a glucometer, E.C.G., dressings/cut wound stitched, securing hemostasis in case of bleeding from nose/deep wounds, stabilizing patients in case of hypo or hypertension/shock, counselling/psychotherapy, ambulance services, minor surgical procedures, and three beds for observation (separate for Male & Female patients). Since 2007 the medical centre has dealt with different types of emergencies, including but not limited to minor emergencies, fainting/unconsciousness/fits, SOB (signs of breathlessness), minor RTA's (Renal Tubular Acidosis), chest pain (first aid before shifting to hospital), dehydration/vomiting, and allergies, etc.

The duties of the senior medical officer include but not limited to

- Provision of First Aid.
- To provide Primary Health Care services to all.
- To promote Health education.

- Counseling & psychological assistance of students.
- Awareness about the preventive measures relating to common Seasonal and deadly diseases by arranging seminars and Vaccination Camps.
- Curative and Diagnostic services.
- Referral services.
- Follow-up services.
- Medical cover during Sports.
- Medical cover during seminars, conferences, Convocations and every event of CUI.
- Verification of Medical cases.
- Verification of Scholarships Forms.
- Provision of medical fitness certificates for new inductees.
- Minor Emergencies are entertained.
- Serious emergencies are referred to Hospitals.
- Referral Services and Liaison with CMHATD.
- Visits and inspection of Food points.
- Preparation of monthly report.
- The duties of the dispenser include but not limited to
- Facilitate SMO in providing First aid.
- Facilitate SMO in emergencies.
- Receiving patients.
- Maintaining vital signs.
- Dispensing medicines prescribed by SMO.
- Dressing (ASDs).
- Stitching of wounds.
- Provision of injections in emergencies.
- Height and weight record.

- Performing duties in every educational and sports event.
- Daily and Monthly record keeping of patients.
- Daily and Monthly record keeping of medicines.



Health care Unit of COMSATS Islamabad Campus



Medical camp for blood donation



## Health Safety and Security

The CUI is committed to the health, safety, and security of all its faculty, staff, and students. As part of this commitment, CUI has medical centres, safety offices and security offices. These centres and offices are equipped with the latest tools and technologies and have professionals to deal with unforeseen situations. Further, CUI has a Health Safety and Security Committee (HSSC) to monitor the operations of the medical centre, safety offices, and security offices, drafting policies for the University and initiating MOUs between CUI and different organizations working in the field of health safety and security. Prof. Dr. Qadeer (Chief Engineer, E&CE Dept.) chaired the HSSC. Currently, members of the HSSC are Lt Col (R) Sheik Aftab (Manager of Security Office), Dr. Zulfiqar Ali Khan (Manager of Medical Centre), Dr. Uzair Iqbal Janjua (Assistant Professor, Computer Science Dept.), Dr. Naseer Ali Shah (Assistant Professor, BioScience Dept.), Chief Proctor (Pictorial Board), Mr. Amer Satti (Assistant Professor, Management Science Dept.), and Mr. Wajid Kamran (Deputy Registrar Admin). HSSC directly reports to the Rector of the University. In 2021 under the direction of Prof. Dr. Muhammad Tabassum Afzal (Rector CUI), HSSC arranged fire fighting drills each semester to familiarize and reinforce proper evacuation routes and practices. The goal is to have the proper actions whenever fire alarms sound so that everyone safely evacuates the area in an orderly manner. These drills may also be helpful during an earthquake.

Further, the University's Rector believes that the University management should teach every University student the fundamentals of first aid because it's advantageous for all students. He

believes that providing first aid is crucial in responding quickly to incidents so that injuries can be treated effectively and efficiently before a qualified medical staff arrives to provide more specialized care. Therefore, in 2021 with the collaboration of different hospitals, the HSSC provided training to 20 University students. Lastly, HSSC is also responsible for defining policies, preparing procedures, and work instruction against epidemics like COVID-19 and dengue fever.



HSSC Meeting with external stakeholders

September 2021					
Date	Total no. of patients	Non Emergencies		Emergencies treated	Referred to hospital
		Students	Staff		
6 <sup>th</sup>	212	83	120	07	02
13 <sup>th</sup>	123	47	74	02	Nil
20 <sup>th</sup>	242	132	107	03	Nil
27 <sup>th</sup>	249	136	107	04	02
October 2021					
04 <sup>th</sup>	185	99	81	05	Nil
11 <sup>th</sup>	285	144	128	08	05
18 <sup>th</sup>	367	197	157	10	03
25 <sup>th</sup>	488	251	226	07	04
November 2021					
1 <sup>st</sup>	416	238	175	03	Nil
8 <sup>th</sup>	228	115	109	04	Nil
15 <sup>th</sup>	397	246	145	04	02
22 <sup>nd</sup>	373	195	172	04	02
29 <sup>th</sup>	347	158	180	08	01



**Dengue Spray in University Premises  
under the Supervision of HSSC**

## Mental Health Support

Maintaining the well-being of humans is a CUI priority, as higher well-being is associated with better mental and physical health. CUI has medical centres in which professionals are equipped with all necessities for emergencies and routine tasks. In addition, CUI has a Counselling and Wellness centre (CWC). The CWC has specialized psychologists responsible for counselling faculty, staff and students, for Stress reduction. In addition, CWC, from time to time, conducts workshops and seminars for the mental health and well-being of faculty, staff and students. On 14th October 2021, to observe World Mental Health Day, CUI, in collaboration with its Centre of Excellence, organized a Workshop on “Engaging University Faculty for Mental Health Wellbeing of Youth”. In the workshop faculty members belonging to various fields of arts and science participated. The subject event along with the overarching theme of mental health and wellbeing of youth also had the backdrop of Sustainable Development.

## CUI Secretariat and CUI Islamabad join hands to observe World Mental Health Day with workshop on “Engaging University Faculty for Mental Health Wellbeing of Youth”

Opening the event, Dr. Azeema Fareed, Pr. Medical Officer and Focal Person CUI Telehealth Project, underscored the significance of the subject and need for creating awareness about it among people of all age groups. She also highlighted CUI efforts and contribution towards the realization of 2030 Global Agenda.

In his welcome address on occasion, Registrar CUI, Dr Sajjad A. Madani, highlighted several challenges for youth in the digital age. He especially mentioned the mental wellbeing challenges surfacing from the overuse of social media and is having a profound social and psychological impact.

The first speaker for the technical session, Dr Aisha Kashif, Counselor, Psychologist United Nations (UN), Islamabad, acquainted the participants with a spectrum of the term “mental health” and briefly shared factors affecting mental health and peace. She shed light on the myths and stigmas associated with the mentally sick person and mental illnesses. While discussing stress-related issues in University students, she stated that the University environment presents a distinct set of challenges to students and could be a factor determining the mental health of students.

Dr Noreen Akhter, Deputy Director Sr. Psychologist National University of Sciences & Technology (NUST), Islamabad, focused on the

warning signs and identification of at-risk cases. Dr Akhter focused on the lack of connection between parents/teachers and youth and the unhealthy use of social media and digital tools.

The last speaker, Dr Saima Kalsoom, a Psychologist at National Defence University (NDU), Islamabad, highlighted teachers' role in contributing to students' mental health and peace. In connection with this, she considered teachers' psycho-education literacy vital. She advised University policymakers to provide faculty with a favourable environment to manage their relationship with young minds effectively. She suggested practising yoga for a healthy mind and body.

During the Q&A session, topics such as parents' education, the consequences of social media, awareness of sexual harassment and other sensitive issues were deliberated. Discussing these issues, guest speakers added that lack of awareness regarding child mental health issues and absence of parent-child connection are root causes of an increasing trend in mental illnesses in the young generation.

The Chief Guest for the event, Dr Akhtar Nazir, incumbent Executive Director CUI, and Federal Secretary, Ministry of Science and Technology, Government of Pakistan, appreciated the subject event organized by CUI Secretariat Telehealth Desk and CUI Islamabad. In light of critical global



stats on youth mental health, Dr. Nazir considered it essential to give this field of medical science due importance to ensuring healthier societies. He further emphasized the need to keep debates open on this and other health issues through awareness events, which he deemed a significant step forward for relevant measures at societal and national levels.

Delivering his vote of thanks at the closing ceremony, Prof. Dr Tabassum Afzal, Rector of CUI, considered the subject very timely owing to increased stress and other mental health-related issues since the onset of COVID-19. Further, Prof. Dr Afzal cited examples of stress management from Islamic history and urged the faculty to take initiatives for the wellbeing of youth's mental health. The event concluded with the distribution of certificates among the participants and the presentation of the shield to the Chief Guest.



**Prof. Dr. Tabassum Afzal, Rector  
COMSATS University Islamabad (CUI) and  
The Chief Guest for the event,  
Dr. Akhtar Nazir, incumbent Executive Director  
COMSATS, and Federal Secretary,  
Ministry of Science and Technology,  
Government of Pakistan**



**Dr. Aisha Kashif,  
Counselor, Psychologist  
United Nations (UN), Islamabad**

### **CUI Tele-health Project**

CUI Telehealth (CTH) positively influences the health outcomes of the people in the project areas through timely intervention by qualified health practitioners for minor or major ailments or in chronic disease management, like treatment of hypertensive crisis and monitoring of diabetes etc. CTH service serves a larger section of the population through its Outpatient ambulatory care. However, owing to the special needs of the people in the project area, it has also been providing specialists' opinions through Telehealth.

Healthcare through CTH is presently being regularly provided in various medical disciplines, including primary healthcare, dermatology, internal medicine, antenatal care and ultrasounds. There is a massive response to the outpatient service as the number of patients seeking primary care at the Tele-clinics is growing. Most cases dealt with through outpatient service pertain to women's health, especially perinatal check-ups and related gynaecological issues. Tele-ultrasound is an essential service feature,

dramatically facilitating doctors at the CUI Resource centre in diagnosis. Nutritional deficiencies, respiratory infections and gastrointestinal ailments are other major diseases treated at the Telehealth clinics at the primary care level.



**Dr. Azeema Fareed,  
Pr. Medical Officer and Focal Person  
COMSATS Telehealth Project**

### **Medical Imaging and Diagnostics Lab CUI Islamabad**

Professor Dr Sohail Asghar is the Principle Investigator (PI) of the R&D project named "Medical Imaging and Diagnostics Lab". The project is funded with 97.5 million PKR. The project's main objectives are capacity building, the lab's sustainability, academic and industry relationship development, and AI-based Diagnostic tools for Brain Tumor Detection, Breast Cancer Detection, and Tuberculosis Detection. In this regard, in 2021, the project team made 3 international collaborations, conducted 3 industrial events, gave 2 pieces of training each of 5 days, and produced 16 journals and 3 conferences. In addition, the team has already developed an AI-based application for Brain

Tumor Detection, Breast Cancer Detection, and Tuberculosis Detection under the registered startup name AICare.

### Achievements in extracurricular activities included but were not limited to

- Participated in the DUBAE expo and represented Pakistan internationally.
- Participated in the BRATS international challenge and ranked third in the survival prediction task.
- Participated in National Idea Bank event and ranked third for one of its products named TASHKHEES at a city level
- Participated in IRCAl top 100 AI SOLUTIONS and was selected in the top 100
- Participated in the TBX11K challenge and proposed TB model ranked first for a year.

### Smoking Free Campus

Smoking may harm people's health directly and indirectly through passive Smoking among non-smokers. Additionally, Smoking puts the University and its residents at risk of fire. The CUI agrees that it is essential to prevent Smoking for these reasons. Further, CUI is collaborating with the Higher Education Commission of Pakistan (HEC). HEC has a clear and strict policy against Smoking and drugs in Universities. CUI followed the HEC smoking policy very strictly. Therefore, Smoking is not permitted in University buildings, indoor and outdoor environments, and vehicles, and 'Smoking free campus' boards are hung at different University locations. A 10,000 PKR is imposed on the smoker in case of policy violation.

