



## PUMHS-W SDGS REPORT 2023

### SUSTAINABLE DEVELOPMENT GOALS



### INTRODUCTION

"Peoples University of Medical & Health Sciences for Women (PUMHSW), SBA, is actively addressing the Sustainable Development Goals (SDGs). This document outlines the structure by detailing the specific SDGs targeted, the initiatives undertaken, and the expected or achieved outcomes."



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# INTRODUCTION

## Overview of Sustainable Development Goals (SDGs)

The Sustainable Development Goals (SDGs) are a universal call to action to end poverty, protect the planet, and ensure that all people enjoy peace and prosperity by 2030. These 17 goals, set by the United Nations, address the global challenges we face, including those related to poverty, inequality, climate change, environmental degradation, peace, and justice.

## PUMHSW's Commitment to SDGs

Peoples University of Medical & Health Sciences for Women (PUMHSW) is a distinguished medical university dedicated to enhancing community health and environmental sustainability. Collaborating closely with the Sindh government, we strive to align our efforts with the Sustainable Development Goals (SDGs). Our commitment to the community is unwavering, with initiatives running around the clock to provide vital services. As a medical institution, our focus extends beyond healthcare to encompass all 17 SDGs, aiming to create a holistic impact on the well-being of our community and the environment. Through these efforts, PUMHSW not only educates future medical professionals but also plays a pivotal role in driving sustainable development and health improvements across the region.





# **SDG1: No Poverty**

## **Introduction**

Goal 1 of the Sustainable Development Goals (SDGs) aims to eradicate poverty in all its forms everywhere. Poverty is not merely a lack of income; it encompasses a lack of access to basic services, such as education, healthcare, and sanitation, and it influences vulnerability to disasters, diseases, and other challenges that inhibit people from securing stable livelihoods.

Peoples University of Medical & Health Sciences for Women (PUMHSW) actively participates in initiatives to address and mitigate poverty by focusing on healthcare accessibility, educational outreach, and community development programs.

## **Key Indicators**

1. **Poverty Rate:** Percentage of the population living below the national poverty line.
2. **Healthcare Access:**

**Indicator:** Proportion of the population with access to affordable and essential healthcare services.

- i- Hospital Facilities:** PUMHSW is affiliated with a 1000-bed PMC hospital, where health care services along with free medicine is provided to all patients, embodying the university's commitment to healthcare accessibility.
- ii- Maternal and Child Health Care (MNC) Hospital:** This specialized hospital offers comprehensive maternal and child health services, including free scanning, ultrasound, and lab tests, safeguarding the health of mothers and children.
- iii- Prof. Dr. Ali Raza Brohi, Dean Surgery and allied sciences a pediatric surgeon, will be contributing as a speaker and trainer at the EPSA event, sharing his expertise and skills.**

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<https://www.facebook.com/photo/?fbid=2695891093908755&set=g.519784148077444>

- iv- **Departments of Medicine, Surgery, and Allied Sciences:** These departments play a crucial role in providing a wide spectrum of healthcare services, furthering the university's mission to address and reduce health disparities.
- v- **Diagnostic Center:** PUMHSW maintains two blood sampling centers; one is located within the hospital and another within the university, both operated by the pathology department. Additionally, PUMHSW has established collection centers in nearby districts to improve diagnostic accessibility. This initiative helps prevent delays in diagnosis and eases the burden on the financially disadvantaged who may find it challenging to travel to larger cities for medical services. Notably, PUMHSW has also opened a **diagnostic center in Sakrand** to further extend its reach and impact.  
<https://www.facebook.com/photo?fbid=1658200055037165&set=pcb.8529308540458258>  
<https://www.facebook.com/photo?fbid=1658201428370361&set=g.519784148077444>
- vi- **Nutrition Support:** Free meals are provided in the hospital to patients and their caregivers to support patient recovery and reduce the financial burden on families. Malnutrition Department at MNCH, PUMHS, SBA

### **Educational Attainment: Enhancing Access through Financial Aid, Scholarships, and Targeted Enrollment Initiative:**

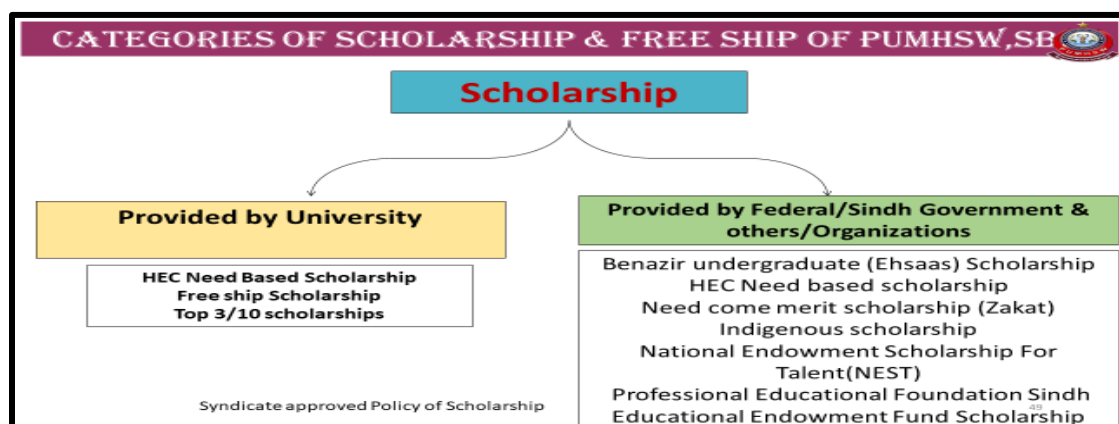
The Peoples University of Medical & Health Sciences for Women (PUMHSW), SBA, offers a range of **scholarships** and **Financial Aid** opportunities to support its students, especially those from lower-income backgrounds. PUMHSW having separate Financial Aid department. The rules of scholarship is available on website. <https://www.pumhs.edu.pk/scholarships.html>



**Merit-Based Scholarships:** These are awarded to students who have outstanding academic performance and achieve top rankings in their studies.

1. **Need-Based Scholarships:** Aimed at students from the bottom 20% of household income groups, these scholarships help ensure that financial constraints do not hinder talented students from pursuing their education.
2. **Community Scholarships:** Funders or local businesses or community organizations, offer these scholarships support students from specific communities or regions.
3. **Government Scholarships:** These may include federal or provincial government-funded scholarships intended to promote higher education among underrepresented or disadvantaged groups i-e **EHSAAS SCHOLARSHIP**
4. **Alumni-Funded Scholarships:** Scholarships funded by the alumni of the university to support current students, often based on both need and merit criteria.
5. **Free Ships:** Full or partial tuition waivers granted to students facing extreme financial hardship.
6. **Others.**

The Financial Aid Department at PUMHSW plays a crucial role in administering these programs, ensuring that eligible students receive the necessary support to continue their education. With a substantial percentage of students benefiting from these opportunities, the university demonstrates a strong commitment to accessibility and inclusivity in education







SCHOLARSHIP & FREE SHIP OF PUMHSW,SB					
	IN YEAR 2021-2022		IN YEAR 2022-2023		
	Phase-1	Phase-2	Phase-1	Phase-2	Phase-3
EHSAS SCHOLARSHIP	166	130	103	126	44
HEC NEED BASED SCHOLARSHIP		200	200	126	44
NEED COME MERIT SCHOLARSHIP (ZAKAT)		11	11	130	
INDIGENOUS SCHOLARSHIP		01	01		
NATIONAL ENDOWMENT SCHOLARSHIP FOR TALENT		04	-		
PROFESSIONAL EDUCATIONAL FOUNDATION		87	91		
SINDH EDUCATIONAL ENDOWMENT FUND SCHOLARSHIP		91	91		50

**Community Outreach Programs:** Number and impact of outreach programs aimed at economic empowerment and sustainable livelihoods.

3. The PUMHSW having SDGs associate Community services and out reached programs align with SDGs



# SDG2: ZERO HUNGER

## INTRODUCTION

The United Nations Sustainable Development Goal 2, **Zero Hunger**, is a key focus for the Peoples University of Medical & Health Sciences for Women (PUMHS-W), SBA. The university's Maternal and Child Health Care (MNCH) institute is dedicated to building a healthier community by tackling the root causes of malnutrition and hunger, particularly among children, adolescents, pregnant women, and lactating mothers. By embedding nutrition into healthcare education and services, PUMHS-W aims to prepare future healthcare professionals with the expertise needed to promote food security and enhance community health. This initiative reflects the university's commitment to sustainable development and advancing the quality of life throughout the region

1. **Malnutrition Department (MNCH) :** Tracking the rates of malnutrition among children, adolescents, and women in the region, particularly focusing on stunting, wasting, and underweight conditions, with an aim to reduce these rates through targeted health and nutrition programs.



Figure-2.1. Malnutrition Department at MNCH, PUMHS, SBA





Figure- 2.2 nutritional status of high-risk group (Neonates, children, pregnant women, lactating mothers )

**2. Community Outreach and Education Programs:** Number of educational initiatives and workshops conducted by PUMHS to promote healthy eating practices, maternal and child nutrition, and awareness on the importance Breast feeding. Prof. Dr Ali Akbar Siyal , Dean Medicine & allied sciences, PUMHSW, SBA as participate in World breast feeding week as speaker. (<https://pumhs.edu.pk/medicinedean.html>)



Figure 2.3 World Breast feeding awareness week



## SDG3: GOOD HEALTH AND WELLBEING

### Introduction

The Peoples University of Medical & Health Sciences for Women (PUMHSW) is deeply committed to the United Nations Sustainable Development Goal 3: **Good Health and Wellbeing**. PUMHSW having own tertiary care hospital. And through education, research, and healthcare services, PUMHSW strives to improve health outcomes and promote a culture of wellness, particularly for women and underserved communities in the region. By training skilled healthcare professionals, advancing medical research, and expanding access to preventive and primary care services, the university plays a vital role in building a healthier society. PUMHSW's initiatives focus on reducing preventable diseases, improving maternal and child health, pulmonary disease, communicable diseases and supporting mental health awareness, all of which contribute to a holistic approach to health and wellbeing.

### Key Indicators for SDG 3: Good Health and Wellbeing

To measure and enhance the impact of its efforts, PUMHSW will monitor the following key indicators aligned with SDG 3:

1. Peoples university of Maternal and Child Health Outcomes: Tracking improvements in maternal and child health indicators, such as maternal mortality rates, infant mortality rates, and childhood vaccination coverage, through programs in the Maternal and Child Health Care (MNCH) institute.

This is a link (<https://pumhs.edu.pk/eventsgallery.html>) of Picture gallery which reflects the progress and participation in different programs, seminars awareness, on health and wellbeing.

2. Access to Primary Healthcare Services: Increasing the availability and accessibility of primary healthcare services, particularly for women and marginalized populations, to reduce health disparities and support early disease detection and management.

3. **Health care facilities in PUMHS hospital:** Preventive Health Education and Community Outreach: The number of health education campaigns, community workshops, and screenings conducted to raise awareness about healthy lifestyles, disease prevention, and early diagnosis of non-communicable diseases (NCDs).



**Figure 3.1- Health care facilities in PUMHS hospital**

4. **Mental Health and Wellness Initiatives:** Expanding access to mental health services and support programs, as well as conducting mental health awareness campaigns, with an emphasis on reducing stigma and providing resources for mental wellbeing.
5. **Healthcare Professional Training and Capacity Building:** The quality and scope of training programs offered to healthcare students and professionals, including skill-building for community health, public health, and patient-centered care, to ensure a well-equipped workforce in the region. The link is attached, training of Nurses

<https://www.facebook.com/photo/?fbid=2671882566309608&set=g.519784148077444>

6. **Collaborative Research and Innovation in Healthcare:** Number of active research: Projects addressing regional health challenges, including maternal health, infectious





diseases, and lifestyle-related conditions, contributing to evidence-based healthcare practices.

7. **Infection Prevention and Control Programs:** Implementation and monitoring of infection prevention protocols within PUMHSW's healthcare facilities, aimed at reducing the spread of communicable diseases and enhancing overall patient safety. Asthma awareness. (Link below):

<https://www.facebook.com/photo/?fbid=2561544507343415&set=g.519784148077444>

8. **The awareness on Hypertension (link below)**

<https://www.facebook.com/photo/?fbid=2564847247013141&set=g.519784148077444>



## SDG4: QUALITY EDUCATION

### Introduction

The Peoples University of Medical & Health Sciences for Women (PUMHSW) is dedicated to the United Nations Sustainable Development Goal 4: Quality Education. As a premier institution for medical and healthcare education, PUMHSW strives to provide an inclusive, equitable, and high-quality learning environment that prepares students to excel in their professions and positively impact their communities. With a focus on lifelong learning, critical thinking, and innovation, PUMHSW is committed to shaping competent healthcare professionals equipped with the knowledge and skills necessary to meet the evolving needs of society. Through comprehensive curriculum development, faculty development, and student support services, the university upholds its mission to foster an educational experience that is transformative and aligned with global standards.

### Key Indicators for SDG 4: Quality Education

To gauge and strengthen the quality of education offered, PUMHSW will monitor the following key indicators aligned with SDG 4:

1. **Enrollment in Various Programs:** : The enrollment rates in various programs, with a focus on increasing access for underrepresented groups, including women, rural students, and other marginalized communities.
2. **Curriculum Relevance and Quality:** Evaluation and regular updating of curricula to align with industry standards, scientific advancements, and community needs, ensuring that education is relevant, practical, and evidence-based. The curriculum is available on PUMHS. <https://pumhs.edu.pk/1stmbbsmodular.html>

<https://pumhs.edu.pk/2ndmbbsmodular.html>

3. All the Program curriculum is available on PUMHSW website.

<https://pumhs.edu.pk/downloads.html>



4. **Training and Capacity Building for Faculty and Staff:** PUMHSW actively engages in professional development training through SKILL labs, offering faculty various opportunities to improve their teaching quality. The Medical Education Department facilitates this by organizing workshops, certifications, and ongoing education in new and emerging fields.

<https://www.facebook.com/share/1DLyyDfRyE/?mibextid=WC7FNe/>

#### **PUMHS international Collaboration**

<https://stage.hessa.umc.utah.edu/partner-universities/>

[https://hessa.utah.edu/wp-content/uploads/sites/81/2023/06/9\\_PUMHSW\\_Peoples\\_University\\_of\\_Medical.pdf](https://hessa.utah.edu/wp-content/uploads/sites/81/2023/06/9_PUMHSW_Peoples_University_of_Medical.pdf)

**Student Support and Mentorship Programs:** Availability and accessibility of academic counseling, mentorship, and career guidance services to support student success and retention. The faculty at PUMHS has received training from mentors in Utah, Alabama, and IIE.

<https://hessa.utah.edu/stories/pakistani-student-services-leaders-learn-best-practices-from-the-u/>

5. **Research and Innovation in Education:** PUMHS faculty actively involve in research projects and innovation initiatives that contribute to improving educational practices, including studies on pedagogical approaches, student learning outcomes, and curriculum enhancements.

<https://www.facebook.com/photo/?fbid=793373732585730&set=a.562007955722310>

6. **Community Engagement and Outreach:** PUMHSW students, postgraduates, and faculty actively participate in community engagement programs that emphasize public health education, community services, and health awareness campaigns. These initiatives extend





the educational mission of the university beyond the classroom, involving our students and faculty in vital community services.



## SDG5: GENDER EQUALITY

### Introduction

The Peoples University of Medical & Health Sciences for Women (PUMHSW) is committed to advancing **Sustainable Development Goal 5: Gender Equality**. As a women-focused institution, PUMHSW is uniquely positioned to champion gender equality by empowering women in healthcare and academia, addressing gender disparities, and fostering an environment where women can achieve their full potential. Through policies, educational opportunities, and community initiatives, PUMHSW actively works to eliminate barriers to women's advancement in healthcare and education, ensuring that women are well-represented, supported, and respected at every level. The university's commitment to gender equality extends to promoting equal opportunities, leadership development, and awareness of women's rights both within and beyond the campus, contributing to a more equitable and inclusive society.

### Key Indicators for SDG 5: Gender Equality

To track and reinforce its progress in promoting gender equality, PUMHSW will focus on the following key indicators:

1. **Representation in Leadership and Faculty Roles:** Percentage of women in leadership positions, such as department heads, deans, and administrative roles, as well as the overall gender balance among faculty and staff.
2. **Equal Access to Educational Opportunities:** Enrollment and retention rates of female students in various programs, especially in traditionally underrepresented fields, with efforts to provide scholarships and financial aid for women from disadvantaged backgrounds.
3. **Policies for Gender Equity:** Implementation and enforcement of policies that promote gender equality, prevent discrimination, and support women's rights, including policies on equal pay, parental leave, and harassment prevention.

4. **Women's Health and Wellness Initiatives:** In PUMHS various health programs and resources specifically addressing women's healthcare needs, including mental health support, reproductive health services, and wellness initiatives for female students and staff.

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<https://www.facebook.com/share/12J3UxdTjB3/?mibextid=WC7FNe>

5. **Leadership Development and Empowerment Programs:** PUMHS regularly conducts various training sessions on leadership, mentorship, and professional development, specifically designed for women. These programs aim to enhance their skills, boost their confidence, and facilitate their career progression.



**Figure. 5.1- Faculty professional development training**

6. **Gender-Based Violence Awareness and Prevention:** Effectiveness awareness campaigns, workshops, and support services conducted at PUMHSW, aimed at preventing and addressing gender-based violence, including counseling services and safe reporting channels.



7. **Community Outreach and Advocacy:** PUMHS is only women medical University in SINDH Province. So it always engagement in community programs that advocate for women's rights, promote gender equality, and support women's empowerment in the wider community, particularly in rural and underserved areas. Our alumni also working in many NGOs.



## SDG 6: CLEAN WATER AND SANITATION

### Introduction

The Peoples University of Medical & Health Sciences for Women (PUMHSW) actively supports **Sustainable Development Goal 6: Clean Water and Sanitation** by ensuring access to safe and clean water on its campuses and within the community.

PUMHSW has implemented a comprehensive water treatment plant on its New Campus, providing safe drinking water for students, staff, and visitors. In addition, PUMHSW operates a water filtration initiative and a state-of-the-art laboratory testing facility, which not only monitors water quality but also offers mobile testing services to surrounding communities. Through these initiatives, PUMHSW is committed to promoting water safety and public health, contributing to sustainable access to clean water and improved sanitation for all.

### Key Indicators for SDG 6: Clean Water and Sanitation

To monitor and improve the effectiveness of its efforts towards clean water and sanitation, PUMHSW will focus on the following key indicators:

1. **Water Quality Testing and Laboratory Assessments:** water testing conducted in the on-campus laboratory, with indicators on water safety, contaminant levels, and compliance with health standards. The mobile testing service's reach and accessibility for community testing also contribute to this indicator.
2. **Support for Community Water Projects:** Number of active water projects within the community supported or initiated by PUMHSW, including partnerships aimed at enhancing local access to clean water and sanitation

	Projects	Public Health Department
1.	Assessment of drinking water quality in public & Private Health care unit of SBA	Dr Abdul Jabbar kandro



2.	Comparative Study of Quality of Drinking Water for Physicochemical & Bacteriological Parameters of Shaheed Banzirabad	Dr Abdul Jabbar kandro
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Figure-6.1- Water Testing Laborator Deptment piture.



Figure. 6. 2 Students working on Projects





3. **Mobile Testing Services Utilization:** Frequency and geographic reach of mobile water testing services, reflecting community access to water quality assessments and promoting regional water safety. This facility is available for the Community of District, Shaheed Benazirabad.



4. **Operational Status and Capacity of Water Treatment Plant:** Regular assessments of the water treatment plant's functionality, capacity, and effectiveness in providing safe water on the New Campus.
5. **Quality and Coverage of Water Filtration Initiatives:** Number and reach of water filtration units across the campus, ensuring that filtration initiatives meet quality standards for safe drinking water.



Figure 6.3: supply of clean water in New campus



## **SDG16: PEACE, JUSTICE AND STRONG INSTITUTIONS**

### **Introduction**

The Peoples University of Medical & Health Sciences for Women (PUMHSW) is committed to advancing **Sustainable Development Goal 16: Peace, Justice, and Strong Institutions**. As an educational institution, PUMHSW upholds principles of transparency, accountability, and inclusivity, striving to build a secure and supportive environment for students, faculty, and the broader community. Through policies that promote fairness, ethical practices, and respect for human rights, PUMHSW seeks to set a standard for institutional integrity and strengthen trust within the university and the surrounding community. By fostering an inclusive campus culture and engaging in community programs that promote social responsibility and justice, PUMHSW plays a key role in developing strong institutions that are essential for sustainable development and societal stability.

### **Key Indicators for SDG 16: Peace, Justice, and Strong Institutions**

To effectively support and measure its progress in building strong institutions and promoting peace and justice, PUMHS-W track the following key indicators:

- 1. Transparency and Accountability Practices and Inclusivity in Governance and Decision-Making**
2. PUMHS regularly having Academic council (04) meeting in year.
3. PUMHS regularly having Syndicate four (04) meeting in year. Link is available:  
<https://www.facebook.com/share/1DbLhf6H4e/>  
<https://www.facebook.com/share/p/14u89sL7Yj/>
4. 5<sup>th</sup> Senate Meeting on 09-12-2023 (one in a year)
- 5. Campus Safety and Security**

**Secure and safe campus by installation of CCTVs and security guards**

- 6. Community Engagement in Justice and Peace Initiatives**

**External stake holders are involve in above mention meeting.**



## 17 PARTNERSHIPS FOR THE GOALS



### SDGs -17 Partnerships for the Goals.

**Introduction:** Peoples University of Medical & Health Sciences for Women (PUMHSW), located in Nawabshah, Sindh, is dedicated to providing top-tier medical education and healthcare services. Established with the mission to empower women through education, PUMHSW has developed a robust academic and clinical infrastructure that caters exclusively to female students, with a focus on creating leaders in the fields of medicine, surgery, and allied health sciences.

PUMHSW has actively participated in the Sindh government's SDG framework, contributing to SDG 17 and available on the university's website. Additionally, the university collaborates on SDGs 1, 2, 3, 4, 5, 6 and 16. A forthcoming report from the Sindh government will soon provide updates on SDGs and university collaborations.

QEC office shared all data and provide you links in each SDGs report.

<https://pumhs.edu.pk/communityservices2023.html>

Collaborations with Local and International Organizations: the link is here

<https://hessa.utah.edu/partner-universities/>

<https://hessa.utah.edu/pumhs/>