

Enhancing Health and Wellbeing Outcomes through Collaborative Blood Donation Campaigns at Air University

At Air University, we recognize the profound impact that collaboration with local and global health institutions can have on improving health and wellbeing outcomes for our community. Our commitment to fostering a culture of Corporate Social Responsibility (CSR) is exemplified by our upcoming blood donation campaign in partnership with the Qaleeb-e-Saleem Donation Center. This initiative aims to engage our university community in a noble cause while promoting the values of compassion, empathy, and civic responsibility.

Objectives of the Blood Donation Campaign

1. **Creating a CSR Culture:** Our primary objective is to instill a strong sense of Corporate Social Responsibility within our student body, faculty, and staff. Through this campaign, we aim to cultivate an environment where community service is valued and practiced. By encouraging participation in life-saving actions such as blood donation, we seek to empower our community members to take an active role in addressing health needs in society.
2. **Saving Lives One Donation at a Time:** Each blood donation has the potential to save multiple lives. Our campaign's focus is to assist local healthcare organizations in their efforts to provide essential blood transfusions to patients in need due to medical conditions, surgeries, or emergencies. By facilitating this connection between donors and recipients, we aim to provide critical support to individuals facing health crises and contribute positively to our local healthcare ecosystem.
3. **Community Engagement:** We believe that collective action can lead to meaningful change. By inviting our community to participate in the blood donation campaign, we aim to make a significant difference in the lives of our neighbors. The involvement of students, faculty, and staff will directly impact the health outcomes of individuals in local hospitals and medical centers, reinforcing the university's role as a responsible and compassionate member of the community.
4. **Educational Workshops:** An essential component of our campaign is to educate participants about the importance of blood donation and its societal impact. We will host workshops led by healthcare professionals to discuss the donation process, address common misconceptions, and highlight the critical role that blood donations play in saving lives. These educational sessions will empower our community with knowledge, fostering a deeper understanding of how their contributions can make a difference.
5. **Recognition and Gratitude:** We believe that recognizing and honoring the contributions of our donors is crucial. As a gesture of appreciation, all participants will receive acknowledgment for their selfless acts of generosity. This recognition will not only celebrate their contributions but also emphasize the vital role they play in supporting those in need, encouraging ongoing participation in future community service initiatives.

Implementation Plan

1. **Campaign Launch:** The campaign will be officially launched through a university-wide announcement, detailing the importance of blood donation and inviting everyone to participate. Information will be shared through emails, social media platforms, and on-campus posters to reach a broad audience.
2. **Collaboration with Qaleeb-e-Saleem Donation Center:** Our partnership with the Qaleeb-e-Saleem Donation Center will ensure a seamless donation process. Their expertise in organizing blood drives will help facilitate the logistics of the campaign, including the setup of donation stations, recruitment of medical staff, and management of donor flow.
3. **Scheduling and Logistics:** The blood donation campaign will be scheduled during peak hours on campus to maximize participation. We will set up donation booths in accessible locations, ensuring a comfortable and welcoming environment for donors. Adequate staffing and resources will be arranged to handle the needs of donors effectively.
4. **Promotion of the Campaign:** To ensure a high turnout, we will employ a robust promotional strategy that includes social media outreach, announcements during university events, and collaboration with student organizations. Engaging storytelling about the impact of blood donation will be shared to inspire participation.
5. **Post-Campaign Activities:** Following the campaign, we will provide feedback to participants, sharing the impact of their donations on local health outcomes. We will also gather testimonials from donors and recipients to highlight the success of the campaign and encourage future involvement.

Conclusion

Through this blood donation campaign, Air University aims to enhance health and wellbeing outcomes for our community while fostering a culture of compassion and social responsibility. By collaborating with local health institutions and engaging our students, faculty, and staff, we aspire to create a lasting impact that goes beyond the immediate goal of saving lives. Together, we can contribute to a healthier future for all and establish Air University as a leader in community engagement and social responsibility within the academic landscape.

EDUCATION AND RESEARCH

FAZAIA MEDICAL COLLEGE

Schedule of Visits, Workshops, Events, Conferences & MoU's with different National & International Universities

FMC College is dedicated to fostering a culture of sustainability through education and research, recognizing the critical role that higher education institutions play in addressing global environmental challenges. Our institution has organized a diverse range of events, workshops, conferences, and visits that promote sustainability awareness, education, and innovation. Throughout the year, FMC hosts

esteemed guests from national and international universities, engaging in collaborative research projects, Memoranda of Understanding (MoU's), and knowledge-sharing initiatives that advance sustainable development. Our academic programs and research initiatives are designed to equip students with the knowledge, skills, and values necessary to become responsible leaders and change-makers in the pursuit of a sustainable future.

The following MoUs are currently assigned by the college:

1. Letter of Collaboration between FMC-AU and Wayne State university School of Medicine, USA, February 07, 2017
2. MoU between FMC-AU and the School of life Science -Northwest People University NPU China, July 07, 2017.
3. Agreement of Cooperation between FMC-AU and XINJIANG Medical University China, September 27, 2017.
4. Memorandum of Understanding Between Fazaia Medical College, Air University (AU), Islamabad & National Institute of Health (NIH), Islamabad, February 25,2022.
5. Letter of Collaboration (LOC) for academic and Scientific Cooperation between Fazia Medical College, Air University, Pakistan and Health Services Islamabad, Metropolitan Corporation, Islamabad, February 25, 2022.
6. Letter of Collaboration (Loc) for Academic And Scientific Cooperation between Fazaia Medical College, Air university, Pakistan, And Scaling up Nutrition Civil Society Network Asia , February 25 ,2022.

Medical Centre Provided in the University Premises





 **askari**
INSURANCE

Ambulance Facility for Students, Staff Health Insurance Facility

Description:

- ❖ Air University provides health facilities to staff, students, and faculty members on campus ambulance facility for major injuries and incidents which helps to carry patients to the hospital.
- ❖ It has also given a large number of health insurance cards facilities to its staff and faculty members which will help them to avail the services of medical hospitals as per Askari insurance policy
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- ❖ It has also given a large number of health insurance cards facilities to their staff and faculty members which will help them to avail the services of medical hospitals as per the Askari insurance policy

Fazaia Medical College

It was formally established on 16, March 2015 and is planned to be inaugurated in December, 2015 with the start of first the academic year of the college. The college is located on the premises of Air University in the secure and scenic environment of PAF Complex E-9 and Margala foothills. The college is built on the atrium concept of architecture to ensure a conducive and congenial environment for education. The college has highly qualified and well-experience duty

Objectives

- ❖ To contribute to the national and PAF pool of healthcare professionals by providing quality medical education to the aspiring students
- ❖ To create an opportunity for medical students for their intellectual, spiritual, emotional, cultural & physical development, in order to get groomed as holistic medical professionals
- ❖ To provide equal opportunities to expatriates to avail best possible medical education in the safe and conducive environment of the PAF
- ❖ To enhance standards of medical care with comprehensive use of facilities available in the PAF teaching hospital, for the benefit of both, the entitled personnel as well as the Civilian Non-Entitled(CNE) community

- ❖ It is a 600 bedded teaching hospital affiliated with Fazaia Medical College and is in line with PAF vision of imparting community health care and education. It has a dependent population of approx 100,000 serving and retired Armed Forces personnel and also serves as a tertiary care hospital for other PAF hospitals of the country.
- ❖ It is also easily accessible and highly affordable for the civilian community of twin cities i.e. (Rawalpindi and Islamabad). It has state-of-the-art infrastructure, equipment, doctors, health care staff, and facilities.
- ❖ It also has the most modern and aesthetically pleasing décor. It is equipped with the latest electro medical equipment in all specialties. The faculty comprises of highly qualified and experienced doctors in all specialties.
- ❖ The allied facilities like the cafeteria, car parking, and waiting areas have been custom designed for convenience and comfort.
- ❖ It has top-of-the-line radiological and laboratory services with MRI and 128-slice CT scans. There is also a 24 hours Accident & Emergency care services.
- ❖ The hospital strives to be one of the best medical facilities in the country, in line with PAFs drive for excellence.

Collaborations with local or global health institutions to improve health & wellbeing outcomes

1. Students Collaboration with SYNCH (Solidarity among Young Nations for Change).

- ❖ Our students of Fazaia Medical College (FMC) have joined organizations like SYNCH (Solidarity among Young Nations for Change). More than 40 medical colleges all over Pakistan are part of this society and their focus is on health, education, medical research, and welfare work. This society is working in collaboration with multiple national and internationally renowned organizations like WHO.







[1] Setting and Infrastructure (SI)

[1.23] Health infrastructure facilities for students, academics and administrative staffs' wellbeing



1. MI Room inside Kamra Campus

Description:

AU-A&ACK provides health services to its students, staff and faculty members. Campus buildings have M.I and Deputy Orly rooms to provide medical services to entire academic community.



Medical Center at Air University Multan Campus

Description:

Health and basic aid facilities are a top priority at Air University Multan Campus. We have established a Medical Room (MI Room) equipped with two beds and staffed by a doctor available from 8:30 AM to 4:30 PM. An ambulance is also on standby 24 hours a day for campus residents. First aid kits are strategically placed throughout the campus, including in the academic block and boys' hostel.

In addition to our internal facilities, we have access to a basic health unit operated by the Punjab government, which provides essential services 24 hours a day. For severe emergencies, main city hospitals are conveniently located within a 5-7-minute travel time.

Our health team actively promotes wellness by sharing health tips through emails, posting awareness materials on notice boards, and organizing health-related talks for students, faculty, and staff at regular intervals.

Details of Health Infrastructure Facilities:

- **Ambulance:** 1 available (24 hours)
- **MI Room:** 1 room (with 2 beds; stocked with lifesaving and basic medicines)
- **Doctors:** 1 doctor available from 8:30 AM to 4:30 PM
- **First Aid Kits:** 2 in the academic block and 1 in the hostel

Additional evidence link (i.e., for videos, more images, or other files that are not included in this file):











The Kharain campus of Air University Islamabad places a strong emphasis on the health and wellbeing of its students, academics, and administrative staff by providing top-tier health infrastructure facilities. Recognizing the importance of physical and mental health in academic success and overall productivity, the campus is equipped with comprehensive healthcare services designed to ensure the well-being of the entire university community.

The campus offers a fully functional health center, staffed by qualified medical professionals, to address both routine health concerns and emergency medical needs. Regular health checkups, vaccination drives, and wellness programs are organized to promote preventive healthcare among students and staff. The facility is also equipped with first aid services and has strong partnerships with local hospitals for any advanced medical care requirements.

In addition to physical health services, mental health and counseling services are readily available to support emotional and psychological wellbeing. Trained counselors offer confidential consultations and provide strategies for managing stress, anxiety, and other mental health challenges that students and staff may face.

To promote an active lifestyle, the campus boasts fitness centers, sports facilities, and recreational areas where individuals can engage in physical activities that enhance their overall health. From gym

facilities and indoor sports to open spaces for outdoor activities, the university encourages a balanced lifestyle that integrates fitness and well-being.

This holistic approach to healthcare reflects Air University's commitment to creating a nurturing and supportive environment where everyone can thrive academically, professionally, and personally. The health infrastructure at the Kharain campus stands as a testament to the university's dedication to the holistic development and well-being of its community members.



Description:

(Please describe the **Health infrastructure facilities** in your campus. The following is an example of the description. You can describe more related items if needed.)

Fazaia Bilquis College of Education for Women utilize the MI room of the PAF Base Nur Khan for students, staff and faculty. An ambulance and a van with driver is also available for the said facility.

Students and faculty members of Fazaia Medical College recently came together to support the Pink Ribbon campaign, an initiative aimed at raising awareness about breast cancer. This event provided a platform to educate students, faculty, and the community on the importance of early detection, regular screening, and support for individuals affected by breast cancer. The college organized informative sessions where healthcare professionals shared insights into the signs

and symptoms of breast cancer, the critical need for self-examination, and available treatment options.

Guided by their faculty mentors, medical students actively participated in these discussions and led awareness activities, which included distributing informational pamphlets and Pink Ribbon badges as symbols of solidarity. The students also set up information desks to address questions from attendees, reinforcing their role as advocates for public health. The event underscored Fazaia Medical College's commitment to health education and service, aligning with global community health standards. By participating in the Pink Ribbon campaign, FMC's students demonstrated their dedication to fostering a supportive environment for the affected by breast cancer.









Fazaia Medical College (FMC) is dedicated to fostering a well-rounded educational experience that extends beyond academics and healthcare training. Alongside commemorating international health days to promote awareness of critical health issues such as diabetes, tuberculosis, breast cancer, and other diseases, FMC emphasizes the importance of engaging students in diverse activities that nurture their physical and mental well-being. By organizing awareness campaigns, seminars, and research activities tied to global health themes, FMC empowers students to become informed advocates and future leaders in healthcare.

Beyond health awareness and research, FMC actively encourages students to participate in a variety of sports and cultural events. These activities are essential to the college's holistic approach to education, promoting teamwork, leadership skills, and cultural understanding among students. Through sports competitions, students build physical fitness and resilience, while cultural events celebrate diversity, fostering an inclusive environment that values different backgrounds and traditions. This dynamic blend of academic, social, and extracurricular involvement ensures that FMC students graduate as well-rounded professionals equipped to make meaningful contributions to society.





As part of their commitment to promoting health awareness and education aligned with the standards of the Impact Rankings, students and faculty members from Fazaia Medical College recently visited the National Institute of Health (NIH). This visit was strategically organized to deepen their understanding of public health protocols, health education, and disease prevention measures at a national level, reflecting Fazaia Medical College's dedication to contributing to sustainable health practices.

During the visit, students from various medical years, guided by dedicated faculty members, engaged in an in-depth learning experience. They participated in discussions on critical public health issues, including disease surveillance, immunization programs, and the importance of

community-based interventions in controlling and preventing health crises. The NIH staff provided insights into current health initiatives and the national healthcare landscape, emphasizing the role of medical professionals in disease prevention and health promotion.

This visit not only enhanced the students' awareness but also equipped them with practical knowledge and skills, fostering their development as future healthcare leaders. It showcased Fazaia Medical College's ongoing efforts to align with global health standards and to make meaningful contributions to the United Nations Sustainable Development Goals, particularly in ensuring healthy lives and promoting well-being for all.







World TB Day

The hard work and dedication of the students were acknowledged with certificates, applauding their efforts in making the event impactful and raising vital awareness and support for breast cancer.

In observance of World Health Day, students and faculty members of Fazaia Medical College joined together to raise awareness and promote the importance of global health. Recognizing the significance of this day, the college organized a series of informative sessions and interactive activities to educate students and the broader community on pressing health issues, preventive care, and the importance of universal health coverage.

Guided by experienced faculty, medical students engaged in discussions and presentations that highlighted key themes aligned with the World Health Organization's focus for the year. These sessions emphasized preventive healthcare, the importance of community health, and the role of healthcare

professionals in advancing public health. Through these activities, Fazaia Medical College reinforced its commitment to fostering a healthier society and empowering its students to become advocates of health awareness, aligning with international standards of health education and the goals of the Impact Rankings.



On World TB Day, students and faculty members of Fazaia Medical College came together to raise awareness about tuberculosis (TB) and its global impact. Understanding the significance of this day, the college organized a series of educational activities and awareness sessions aimed at educating students, faculty, and the community about TB prevention, early diagnosis, and treatment options.

Under the guidance of experienced faculty members, medical students participated in discussions and presentations that highlighted the global burden of TB, the stigma surrounding the disease, and the urgent need for community-based interventions to prevent its spread. The sessions also addressed the World Health Organization's goals for TB elimination and emphasized the importance of access to healthcare for all, aligning with public health standards and the Impact Rankings' emphasis on health and well-being.

Through this initiative, Fazaia Medical College reaffirmed its commitment to training future healthcare professionals to address public health challenges, empowering them with the knowledge and skills to become advocates in the fight against TB and supporters of global health awareness.



WORLD DIABETES DAY

In honor of World Diabetes Day, students and faculty members of Fazaia Medical College organized an awareness event focused on the prevention and management of diabetes. The college held educational sessions and interactive workshops aimed at educating students, faculty, and the broader community about the importance of lifestyle changes, early detection, and effective management of diabetes.

Led by knowledgeable faculty, medical students engaged in discussions covering the global impact of diabetes, the complications associated with uncontrolled blood sugar levels, and the role of healthcare providers in promoting preventive measures. The sessions underscored the importance of regular screenings, a balanced diet, and physical activity to mitigate the risks of diabetes. Participants also learned about the latest advancements in diabetes care, aligning with World Health Organization standards and reinforcing the values of the Impact Rankings in promoting public health.

This event strengthened Fazaia Medical College's commitment to preparing future healthcare professionals with the knowledge to address diabetes as a critical health challenge. By equipping students with these insights, the college empowered them to become advocates for diabetes awareness and preventive healthcare, contributing to a healthier society.



On March 8, 2024, students from Aariz University embarked on an insightful industrial visit to Revive Health Technologies, a leading company in the healthcare

technology sector. This visit aimed to provide students with a practical understanding of how innovative health solutions are developed and implemented in real-world settings.

During the visit, students were warmly welcomed by the management and staff of Revive Health Technologies, who provided an overview of the company's mission, products, and services. The tour included an exploration of their state-of-the-art facilities, where students witnessed firsthand the advanced technologies used in healthcare delivery, including telemedicine solutions, health monitoring systems, and electronic health records management.

Students participated in interactive sessions with industry experts, gaining valuable insights into the challenges and opportunities in the health tech sector. Discussions focused on the integration of technology in healthcare, the importance of data analytics in improving patient outcomes, and the role of innovation in driving healthcare transformation.

The visit also included a Q&A session, allowing students to engage directly with professionals in the field, asking questions related to career paths, emerging technologies, and the future of



healthcare. This interaction helped bridge the gap between academic learning and industry practices, inspiring students to consider careers in health technology and related fields.

Overall, the industrial visit to Revive Health Technologies

not only enhanced students' understanding of the healthcare industry but also provided them with a platform to connect with potential employers and explore future career opportunities. The experience reinforced Air University's commitment to practical education and industry collaboration, preparing students for successful careers in healthcare and technology.

Medical Camp by FMC

Description

Air University Chapter - SYNCH FMC in collaboration with Life Savers Hospital, successfully conducted a FREE Medical Camp at Lathrar Kuri Road, providing quality healthcare services to over 800 underprivileged individuals.

The one-day camp brought together specialist doctors from renowned hospitals, including PAF Unit 2, DHQ, and Wateem Hospital, who offered their expertise in various fields.

Our dedicated medical student volunteers played a crucial role in the camp's success, assisting in: registration of patients, patient history checks, vitals (blood pressure, oxygen saturation, BMI), general physical examinations, hepatitis screenings. Patients were then referred to respective departments, including medicine, surgical, physiotherapy, dental, diet and nutrition, ophthalmology, neurology, and cardiology. A fully equipped pharmacy provided essential medications to patients.

We extend our gratitude to Life Savers Hospital for their partnership, the doctor specialists for their expertise, and our medical students for their tireless efforts. This initiative embodies our commitment to healthcare accessibility and community service. Let's continue to care for the underserved!

Pictures :



Air University, as a proactive institution, shares its sports facilities with the local community to promote physical well-being, inclusivity, and community engagement. We provide access to our sports grounds, courts, and indoor facilities to local schools and community groups on designated days, fostering community health and development through physical activity. This initiative underscores our commitment to community outreach and aligns with the standards of the Impact Rankings.

Policy Title: Community Engagement and Shared Use of University Facilities

1. Policy Statement

Air University is committed to fostering a vibrant and inclusive environment that extends beyond academia. In line with our dedication to community development and engagement, Air University actively promotes the shared use of its sports and recreational facilities with the local community, including schools, sports clubs, and other community organizations. This policy aims to strengthen the university's connection with the community, promote health and well-being, and provide equitable access to quality sports facilities.

2. Purpose

The purpose of this policy is to:

- Encourage community interaction and engagement through the shared use of sports and recreational facilities.
- Promote inclusivity by providing local schools, community groups, and sports organizations access to Air University's sports facilities.
- Enhance community health, physical fitness, and well-being.
- Support Air University's mission to foster sustainable development goals and contribute to the public good.

3. Scope

This policy applies to all sports and recreational facilities within Air University, including but not limited to:

- Outdoor sports fields (e.g., football, cricket)
- Indoor sports courts (e.g., basketball, badminton)
- Gymnasiums and fitness centers
- Other designated recreation areas

It covers arrangements for use by local schools, community groups, and the general public under supervised or scheduled access.

4. Guidelines for Shared Use

4.1 Access and Availability

- Air University facilities are available to the community on specific days and times, as determined by the university's Office of Community Engagement and Outreach.
- Schedules will be managed to avoid conflicts with university programs and events, ensuring that academic activities remain the primary focus.

4.2 Priority Access Groups

- Local schools, sports clubs, non-profit community organizations, and youth groups are given priority in booking facility use.
- Events that align with Air University's mission to promote health, fitness, and community cohesion will be prioritized.

4.3 Reservation Process

- Interested groups must submit a facility use request through the Office of Community Engagement and Outreach at least two weeks in advance.
- Approval will depend on facility availability, adherence to usage policies, and the event's alignment with university values.

5. Responsibilities and Conduct

5.1 Facility Use

- Community users are responsible for maintaining university facilities and following all usage guidelines, including care of equipment and compliance with safety regulations.
- University staff will supervise activities to ensure that the facilities are used responsibly and to provide support as needed.

5.2 Code of Conduct

- All community users must respect university policies, faculty, and students.
- Misconduct, damage to property, or violations of the policy may result in revoked access and possible charges for repair.

6. Fees and Costs

While access for local schools and non-profit organizations may be free or subsidized, nominal fees may be charged to cover maintenance and staffing costs. The fee structure will be outlined and approved by the Office of Community Engagement and Outreach.

7. Health and Safety

- All visitors must adhere to Air University's health and safety protocols, including emergency response procedures.
- The university reserves the right to limit facility access based on health and safety considerations or to comply with government regulations.

8. Review and Amendment

This policy will be reviewed annually by the Office of Community Engagement and Outreach to ensure it meets the university's objectives and community needs. Amendments will be made as required to enhance community impact and facility management.

Air University: Promoting Health & Wellbeing Through Local Initiatives with the Support of the Sports Complex

Air University is dedicated to enhancing community health and well-being through a variety of local initiatives, using its state-of-the-art sports complex as a hub for fitness, recreation, and community engagement. By offering sports and recreational facilities to students, staff, and the broader community, Air University actively supports the promotion of physical health, mental well-being, and social cohesion.

Key Initiatives and Programs

1. Community Access Program

- **Overview:** Air University provides scheduled access to its sports complex for local schools, sports clubs, and community organizations. This initiative allows young athletes, students, and community members to use the facilities, fostering a culture of health and fitness.
- **Activities:** Community soccer games, youth cricket tournaments, and inter-school basketball leagues are just a few examples of the events hosted within the complex. This access promotes physical fitness among young people and provides a safe environment for local teams to practice and compete.

2. Health Awareness and Wellness Workshops

- **Overview:** In collaboration with healthcare professionals, Air University regularly conducts wellness workshops and fitness seminars in its sports complex. These workshops address topics such as nutrition, exercise, mental health, and chronic disease prevention, benefiting both university members and local residents.
- **Impact:** By educating attendees on the importance of balanced health practices, these workshops empower individuals with the knowledge and tools to lead healthier lifestyles, reducing health risks within the community.

3. Annual Sports Events and Fitness Challenges

- **Overview:** Air University organizes annual sports events and fitness challenges that are open to the community. These events include marathons, obstacle races, and health challenges, encouraging widespread participation.
- **Community Impact:** These events not only foster a sense of unity but also instill a culture of active living. Participants are motivated to engage in regular physical activity, promoting overall health and well-being.

4. Partnership with Local Health and Fitness Organizations

- **Overview:** Air University partners with local health organizations and fitness clubs to host joint activities, workshops, and events. This collaboration broadens the reach of wellness programs, allowing community members access to diverse health resources and fitness initiatives.

- **Examples:** Partnerships with hospitals for health screenings, local gyms for fitness coaching, and mental health organizations for mindfulness workshops create a comprehensive approach to community health.

5. Student and Community Sports Training Programs

- **Overview:** Through certified trainers and coaches, Air University offers training sessions in various sports, including basketball, football, tennis, and badminton. These programs are open to students and the local community, promoting skill development and athleticism.
- **Impact on Youth Development:** By providing access to professional-level training, Air University supports youth in developing their athletic potential, creating opportunities for scholarships, and encouraging positive lifestyle habits.

Sports Complex

Air University offers a comprehensive range of sports and fitness programs designed to promote the health and well-being of its staff and faculty members. Our state-of-the-art gym facilities provide a conducive environment for physical fitness, featuring modern equipment and dedicated spaces for various workouts, including cardio, strength training, and group classes. Faculty and staff are encouraged to participate in organized fitness programs such as yoga, aerobics, and sports leagues, which not only enhance physical health but also foster teamwork and camaraderie among colleagues.

In addition to regular fitness classes, Air University hosts wellness workshops and health screenings to educate staff about maintaining a balanced lifestyle and managing stress effectively. The sports complex also facilitates recreational activities, allowing faculty and staff to engage in friendly competitions, which promote work-life balance and social interaction. By prioritizing physical fitness and mental well-being, Air University empowers its staff and faculty to lead healthier, more active lives, ultimately contributing to a positive and productive academic environment.

Air University is committed to promoting the health and wellness of its community through exceptional gym facilities designed to meet the diverse fitness needs of students, faculty, and staff. The university's gym is equipped with modern exercise equipment, including cardio machines, weightlifting stations, and functional training areas, providing ample opportunities for a comprehensive workout experience.

Key Features of the Gym Facilities:

1. **State-of-the-Art Equipment:** The gym features a wide range of high-quality machines and free weights, enabling users to engage in various workout routines tailored to their fitness goals, whether it be weight loss, strength training, or cardiovascular improvement.
2. **Dedicated Spaces:** The gym includes designated areas for different types of exercise, such as a cardio zone, strength training section, and a multipurpose space for group classes, including yoga, pilates, and aerobics.

3. **Personal Training Services:** For those seeking personalized guidance, the gym offers access to certified personal trainers who can provide tailored fitness programs, nutritional advice, and support to help users achieve their individual health objectives.
4. **Group Fitness Classes:** The gym hosts a variety of group fitness classes, promoting community engagement and motivation. Classes are designed to cater to all fitness levels, encouraging participation from beginners to advanced athletes.



5. **Flexible Hours:** Understanding the busy schedules of university life, the gym operates with flexible hours to accommodate students, faculty, and staff, allowing them to fit workouts into their daily routines.
6. **Wellness Programs:** In addition to fitness training, the gym collaborates with health professionals to offer workshops and seminars on topics such as nutrition, stress management, and overall wellness, supporting a holistic approach to health.
7. **Social Interaction and Community Building:** The gym facilities provide a social environment where students, faculty, and staff can connect and engage in physical activities together, fostering a sense of community and enhancing university life.

By investing in quality gym facilities, Air University demonstrates its commitment to promoting a culture of health and well-being, encouraging all members of the university community to prioritize their fitness and lead healthier, more active lives.































Our team participated in a two-day international conference on surgery, titled **Surgicon 2024**. This conference emphasized the significance and practical applications of artificial intelligence in the surgical field. Additionally, it highlighted the importance of telemedicine and the necessity of integrating AI into daily medical practices. The event brought together 10 participants who engaged in discussions and presentations focused on advancing surgical techniques through innovative technologies. The conference took place from 10:00 AM to 12:00 PM, showcasing key insights and developments in the realm of surgery. For more information, please visit our social media



Air University is committed to the health and well-being of its students, providing access to sexual and reproductive health-care services, including valuable information and educational resources. Given that Air University is established in the Islamic Republic of Pakistan, it adheres to Islamic principles, which dictate that sexual activities are strictly prohibited within the institution. As such, students are advised to maintain appropriate boundaries in their interactions to foster a respectful environment aligned with cultural and religious values.

Recognizing the sensitive nature of sexual and reproductive health issues, the university actively seeks to address these topics through various initiatives. Multiple forums, workshops, and seminars are organized to provide students with essential knowledge regarding sexual and reproductive health, including safe practices, consent, and understanding reproductive rights. These educational sessions are designed to empower students with accurate information, allowing them to make informed decisions while respecting the cultural and religious framework of the university.

To ensure that these initiatives are conducted appropriately, they are supervised by the administration, which is committed to maintaining a supportive and safe environment for all students. The administration works closely with trained professionals to facilitate discussions that address students' concerns while emphasizing the importance of adhering to Islamic values.

In addition to these forums, the university provides access to counseling services where students can confidentially discuss their concerns and seek guidance related to sexual and reproductive health. This comprehensive approach reflects Air University's commitment to fostering a healthy and informed student body, while respecting the cultural and religious context in which it operates. By balancing education with adherence to Islamic principles, Air University strives to support the well-being of its students in a manner that aligns with their values and beliefs.

Centre for Counseling & Psychological Wellbeing - Counseling Services Accessibility

The goal of the Counseling Center is to provide helpful and effective counseling to students. The Counseling Center works collaboratively with students, academic divisions, departments, faculty members, student services, and other pertinent departments of the institution to enhance academic, personal, and career success. Counseling services are available to all full time enrolled day students.

Fees

Counseling services are available to students at no extra fee.

Operation Hours

Generally, the Counseling Center is open Monday through Friday from 9:00 AM to 5:00 PM. Hours are limited during winter break, spring break, and summer sessions.

Operating Procedure

- Appointments are recommended to ensure the availability of a counselor. Appointments can be made in person, over the phone, or through email.
- The availability of services will vary from summer to summer and from week to week depending on the availability of staff to provide services. Students should email the Director of Counseling Services to determine availability of services.
- Walk-ins are welcome, however, counselors may or may not be able to see students depending on their availability and the nature of the visit (i.e. students in crisis). Clients with appointments take precedence over walk-in clients.

- Clients with less urgent needs are encouraged to make appointments to ensure that they are seen in a timely manner. Counseling sessions last approximately 50 minutes. This allows time for the documentation of the session and preparation for the next appointment.

Procedures for Receiving Services

- **I. Scheduling of Appointments**
- Students can email at aucounseling@mail.au.edu.pk to schedule a counseling appointment. Students may also schedule an appointment by visiting the counselling center and getting himself registered. Making an appointment is encouraged as it ensures the student will be seen in a timely manner.
- **II. Walk-Ins**
- Students may walk-in for an appointment, however, students with appointments will take precedence. Students who walk-in cannot be guaranteed that they will be seen on the same day. Students seeking services by walk-in will be seen on a first-come, first-serve basis. Students with less urgent needs are encouraged to make appointments.



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Ms. Shayan Danish

Student Counsellor

MS in Career Counseling & Advisory

Air University is deeply committed to promoting the mental health and well-being of its students and staff by ensuring comprehensive access to mental health support services. The university acknowledges that mental health plays a crucial role in fostering a productive and supportive academic environment, which is essential for achieving overall success and well-being within the university community.

To facilitate this, Air University offers an array of resources tailored to meet diverse mental health needs. These include individual counseling services provided by trained mental health professionals who offer confidential support and guidance for a wide range of mental health concerns. The counseling services are designed to help students and staff manage stress, anxiety, depression, and other psychological issues, ensuring that they receive the necessary care and intervention in a supportive setting.

In addition to individual counseling, the university organizes mental health workshops and awareness programs throughout the academic year. These initiatives are aimed at educating the university community about mental health issues, promoting coping strategies, and providing tools for maintaining emotional well-being. Workshops cover topics such as stress management, resilience building, mindfulness, and healthy relationships, equipping participants with practical skills to enhance their mental health.



Recognizing the importance of reducing stigma around mental health, Air University regularly hosts events and campaigns that encourage open dialogue about mental health issues. These initiatives include guest lectures, panel discussions, and peer-led support groups that create a safe space for students and staff to share their experiences and learn from one another. By fostering an inclusive environment where mental health is openly discussed, the university empowers all members of the community to seek help when needed.

Furthermore, Air University has established partnerships with local mental health organizations to expand the resources available to students and staff. These collaborations facilitate access to additional services, such as workshops on specific mental health topics, emergency

support, and referral systems for specialized care.

In line with the requirements of impact rankings, Air University continuously assesses the effectiveness of its mental health support programs through feedback from participants and outcomes measurement.

This commitment to ongoing evaluation ensures that the university remains responsive to the evolving needs of its community and can adapt its services accordingly.

By prioritizing mental health support and promoting a culture of wellness, Air University is dedicated to creating a nurturing environment where students and staff can thrive academically and personally, ultimately contributing to a healthier, more resilient university community.

The Mental Health Awareness Seminar was held at Air University on February 6, 2024, at the AU Arena, in collaboration with the Pakistan Youth Club. The seminar featured two distinguished guest speakers, including clinical psychologist Ms. Semra Salik, who addressed various aspects of mental health challenges faced by youth. Ms. Salik provided valuable insights into stress management techniques, anxiety management, and practical coping strategies for dealing with anxiety and depression in daily life.

The event was a tremendous success, attracting over 200 attendees who gained valuable knowledge and practical tips. The seminar effectively raised awareness about mental health issues and underscored the importance of prioritizing mental well-being within the university community.

Further details are uploaded on this link

https://drive.google.com/file/d/1m0TvhaCTA4mS1r--bsNonIP_gRsE4Wr4/view?usp=sharing

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