

Health and Wellbeing

Air University Main Campus Islamabad

Physical Health Care Services at Air University

Air University provides a comprehensive physical healthcare system through on-campus facilities, emergency services, insurance coverage, and affiliated medical institutions. These services ensure accessible, timely, and quality healthcare for students, faculty, and staff.

◆ 1. On-Campus Medical Facilities

Air University offers basic healthcare services within campus to address immediate medical needs:

- Fully functional medical center providing first aid and essential medicines**
- Immediate care for minor injuries and illnesses**
- Available for students, faculty, and staff**

👉 The on-campus medical center ensures quick response and preventive care, reducing the need for external hospital visits for minor issues

◆ 2. Emergency & Ambulance Services

The university has a dedicated emergency response system, including:

- On-campus ambulance facility**
- Immediate transfer of serious cases to hospitals**
- Rapid response for accidents and emergencies**

👉 This ensures timely medical intervention, especially in critical situations

3. Health Insurance Coverage

Air University supports its employees through:

- **Health insurance cards (Askari Insurance) for staff and faculty**
- **Access to a wide network of hospitals and healthcare providers**
- **Coverage for major medical treatments**

This extends healthcare beyond campus and ensures financial protection and quality treatment access

4. Affiliated Medical Institutions

Air University strengthens its healthcare system through its constituent institutions:

Fazaia Medical College

- **Established within the Air University campus**
- **Provides advanced medical education and clinical exposure**
- **Supports healthcare ecosystem through trained professionals**

Fazaia College of Nursing and Allied Health Sciences

- **Offers nursing and allied health programs**
- **Equipped with labs, training facilities, and clinical skill development**
- **Promotes community healthcare and patient care services**

These institutions contribute to:

- **Availability of trained healthcare personnel**
- **Strengthening clinical and preventive healthcare services**

5. Preventive Health & Wellbeing Support

Air University also promotes preventive healthcare and physical wellbeing through:

- **Health awareness initiatives**
- **Sports facilities and physical activity programs**
- **Clean and safe campus environment**
- **Access to hygienic food services**

This approach aligns with SDG 3 (Good Health & Wellbeing) by focusing on both treatment and prevention

Integrated Healthcare Approach

Air University's physical healthcare system is multi-layered:

Component	Contribution
Medical Center	Immediate care & first aid
Ambulance Services	Emergency response
Health Insurance	Access to external hospitals
Medical Colleges	Skilled workforce & clinical support
Sports & Awareness	Preventive health





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 patient to the hospital.
- 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 Askari insurance policy
- Fazaia Medical College was formally established on 16, March 2015 and is planned to be inaugurated in December, 2015 with the start of first academic year of the college. The college is located in the premises of Air University in the secure and scenic environment of PAF Complex E-9 and Margala foothills. The college is built on atrium concept of architecture to ensure conducive and congenial environment for education. The college has highly qualified and well experienced faculty.

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

(Pakistan Air Force) PAF Hospital Islamabad

- 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 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 most modern and aesthetically pleasing décor. It is equipped with the latest electro-medical equipment in all specialities. The faculty comprises of highly qualified and experienced doctors in all specialities.
- The allied facilities like cafeteria, car parking and waiting areas have been custom designed for convenience and comforts.
- It has top of the line radiological and laboratory services with MRI and 128 slice CT scan. There is also a 24 hours Accident & Emergency care services.
- The hospital strive to be one of the best medical facilities in the country, in line with PAFs drive for excellence.

Air University Kamra Campus



A clinic with specialized Medical Assistant

- Kamra Campus, started a Blood Donation Campaign with the collaboration of Thalassemia International Federation and Sundas Foundation.



Air University Multan Campus



- First Aid Kit available at Admin office and basic medicine are available.
- Air University Multan Campus has collaborations with **Regional Blood Center Multan** and **Safe Blood Transfusion Services (Hemophilia and Thalassemia Center) Multan** (MOU attached). The main objective of this ALLIANCE is to serve the nation by saving precious LIVES through facilitating the health sector in meeting the daily requirement of blood of the designated health care providers.

Description:

As Fazaia Medical college is actively involved in creating awareness regarding prevention of different health issues through day commemoration of international days and research activities.

Other than day commemoration FMC is also actively involved in activities like sports and cultural events etc.





AU Fitness Centre

Air University constructed a fitness center with commercial Treadmills, sit-up benches , Olympic flat benches, Leg press machines, other equipment to promote healthy settings.



Empowering Minds: Mental Health Support at Air University

Mental health awareness and assistance are critical in today's fast-paced world for the well-being of both students and faculty. At Air University, we recognize the significance of fostering not just academic but also mental and emotional growth in our community members. We have introduced extensive mental health support services to promote a secure, supportive, and inclusive environment for everyone, as part of our profound commitment to the overall well-being of our students and staff.

1. Professional Counseling Services

We at Air University have access to highly qualified and compassionate mental health practitioners. Our counsellors provide students and staff with confidential and personalized counselling sessions for a variety of issues such as stress, anxiety, depression, academic pressure, relationships, and more. These workshops are intended to assist individuals in developing coping mechanisms, increasing resilience, and general mental health.

2. Peer Support Programs

We recognize the importance of peer support in fostering mental health. Students and staff can connect with peers who have gone through similar situations through our peer support programmes. Peer support groups and mentorship programmes provide a sense of belonging, understanding, and encouragement, building a friendly community in which individuals can openly discuss their thoughts and feelings.

3. Workshops and Seminars

Understanding and resolving mental health issues requires education. Air University



provides lectures, seminars, and awareness initiatives on a regular basis to encourage mental health literacy. Stress management, emotional resilience, mindfulness practises, and maintaining a healthy work-life balance are among the subjects covered in these events. We encourage our community members to take proactive measures towards better mental health by offering knowledge and resources.

4. Services for Online Counselling

We realise the importance of accessibility, especially in today's digital age. Air University provides online counselling services, letting students and staff to communicate with mental health professionals from anywhere in the world. Individuals can seek support and guidance from the comfort of their own home via secure and confidential virtual platforms, ensuring that aid is always available.

5. Crisis Intervention and Information Line

In times of disaster, timely assistance is critical. Air University has established a specialised crisis intervention helpline that is available 24 hours a day, seven days a week. Trained professionals are accessible around the clock to give emergency assistance, ensuring that anyone in need can get aid quickly.





Sustainable transportation initiatives and mobility programs

Air University Multan Campus contributes to sustainable transportation and mobility through structured awareness initiatives aimed at promoting safe, responsible, and informed transport behavior among students, faculty, and the wider community. While the campus does not directly implement large-scale transport infrastructure projects, it plays a significant role in shaping behavioral change through education and awareness. Key initiatives such as Traffic Awareness Seminars and Road Safety Seminars are regularly organized to highlight the importance of compliance with traffic laws, defensive driving practices, and responsible road usage. These activities help students understand the critical role of individual behavior in ensuring safer and more sustainable transport systems.

These awareness programs indirectly support sustainable urban mobility by reducing road accidents, minimizing traffic-related injuries, and lowering socio-economic burdens associated with unsafe transportation practices. By encouraging responsible commuting habits, the university contributes to the development of safer urban environments and improved quality of life within the community. Furthermore, these initiatives foster long-term behavioral change by instilling a sense of responsibility in students, who are future drivers, commuters, and decision-makers. As a result, graduates are better prepared to contribute to safer mobility systems and advocate for responsible transportation practices in their professional and personal lives.

These efforts are closely aligned with the United Nations Sustainable Development Goals, particularly SDG 3 (Good Health and Well-being) and SDG 11 (Sustainable Cities and Communities). By promoting safety, reducing risks, and encouraging responsible urban behavior, Air University Multan Campus supports the creation of more resilient and sustainable cities. Through continuous seminars, awareness campaigns, and educational engagement, the university reinforces its commitment to sustainability, public safety, and community well-being.

The following are the related events held at the campus, along with SDG alignment and supporting pictures are provided as evidence below:

Road Safety Seminar on 17 June 2025

The Student Affairs Department organized a Road Safety Seminar on 17 June 2025 at Air University Multan Campus to raise awareness among students about responsible driving and traffic safety.

The seminar highlighted the importance of following traffic rules, wearing helmets and seat belts, avoiding over-speeding, and practicing safe driving habits to reduce road accidents. Speakers emphasized that road safety is a shared responsibility and that young drivers must demonstrate discipline and awareness while using roads.

Students actively participated in the session and learned about preventive measures that can help save lives and promote safer roads in the community. The seminar also encouraged students to become responsible citizens who contribute to public safety.

This awareness activity supports the objectives of the **United Nations Sustainable Development Goals**, particularly **SDG 3: Good Health and Well-being** by promoting safety and reducing injuries from road accidents, and **SDG 11: Sustainable Cities and Communities** by encouraging safe and responsible use of public roads.

The seminar proved to be an informative session, strengthening students' awareness about road safety and the importance of responsible behavior on the road.









Traffic Awareness Seminar at Air University Multan Campus

Air University Multan Campus organized a Traffic Awareness Seminar on May 29, 2024, to educate students and faculty about road safety regulations and responsible driving. The seminar aimed to enhance awareness about traffic rules, accident prevention, and the importance of following safety measures.

The event aligned with the Sustainable Development Goals (SDGs), particularly SDG 3 (Good Health and Well-being) and SDG 11 (Sustainable Cities and Communities) by promoting safer roads and reducing traffic-related injuries. Experts from the traffic police

department shared valuable insights, emphasizing the significance of responsible behavior on the road.

The seminar was well-received, reinforcing Air University's commitment to community awareness and social responsibility.







Sustainability Contribution Report

Department of Psychology

Air University H11 Campus Islamabad

Reporting Period: 2024–2026

Submitted to: Quality Enhancement Cell (QEC)



1. Introduction

The Department of Psychology at Air University Islamabad contributes to institutional sustainability through teaching, research, professional training, and community engagement. The department

emphasizes psychological wellbeing, community resilience, social inclusion, and mental health awareness as core elements of sustainable development.

Psychological wellbeing plays a crucial role in sustainable societies by promoting adaptive coping, responsible decision-making, and community resilience. Through academic programs, research initiatives, campus and outreach activities the department actively promotes mental health awareness and socially responsible behavior among students and the wider community.

The department's initiatives support several United Nations Sustainable Development Goals (SDGs). The SDGs particularly includes the following

- a. SDG 3 (Good Health and Well-being),
- b. SDG 4 (Quality Education),
- c. SDG 5 (Gender Equality),
- d. SDG 11 (Sustainable Cities and Communities)
- e. , and SDG 16 (Peace, Justice and Strong Institutions).

2. Sustainability Practices and Operational Initiatives

The Department of Psychology promotes sustainable academic and administrative practices by adopting environmentally responsible operational strategies.

Key initiatives include:

- Digital submission of assignments, theses, and course materials.
- Reduced reliance on printed materials through electronic learning resources.
- Increased use of online academic meetings, workshops, and thesis defenses to reduce travel-related environmental impact.
- Awareness among faculty and students regarding responsible resource consumption.

These initiatives contribute to reduced paper usage and promote environmentally responsible academic practices within the department aligning with Air University's initiatives of saving resources.

3. Sustainability-Focused Research and Academic Activities

Faculty members and postgraduate students conduct research addressing psychological dimensions of sustainability including resilience, mental health promotion, and community wellbeing.

Research themes commonly explored include:

- Psychological resilience in challenging life transitions
- Community mental health and stigma reduction
- Behavioral responses to stress and environmental challenges
- Psychological wellbeing and sustainable lifestyles

These research contributions help generate knowledge relevant to building resilient individuals and communities.

4. Capacity Building and Professional Training

The department regularly organizes professional training programs to strengthen the clinical, research, and professional competencies of students and mental health practitioners.

Key trainings include:

- Training on Cognitive Behavioral Approaches to Substance Use Disorders (February 17, 2025)
- Training on Emotional Intelligence and conflict resolution (2024)
- Workshop on Eidetic Psychotherapy: A clinical effective approach (May 2024)
- Training on Case Conceptualization using Cognitive Behavioral Therapeutic Approach (CBT) (October 22, 2024)
- Training on Cognitive Theories of Personality and Clinical Assessment (October 2024)
- Training on Research Methods and Advanced Research Methodologies (November 2024)

These training programs help develop evidence-based clinical skills and professional competencies among psychology students.

5. Academic Seminars and Awareness Programs

The department organizes seminars and guest lectures addressing important psychological and social issues.

A notable session included a guest lecture on Neurodiversity and Education held on February 12, 2025, delivered by Dr. Khurram Sadiq, a Consultant Neurodevelopmental Psychiatrist. The session highlighted awareness regarding neurodevelopmental conditions and inclusive education.

Additionally, a series of seminars on Trauma and Disaster Management were organized in 2025. These seminars focused on psychological preparedness during disasters (man-made and natural), War threats, trauma-informed coping strategies, psychological first aid, emotional regulation techniques, and storytelling approaches in trauma recovery.

6. Student Engagement and Community Outreach

Students actively participate in outreach activities aimed at promoting mental health awareness and community wellbeing.

One major initiative was Psych Gala 2025, which included a Mental Health Awareness Camp organized by MS Clinical Psychology scholars on May 27, 2025 at Air University. The camp provided counseling support, personality assessments, stress management guidance, and suicide prevention awareness.

Students were engaged in Psych-quiz, in which students of psychology from graduate and post-graduate programs participated and winners were announced.

Also, mental health expression opportunity for students through Art and colors was provided to the students which helped the major mass to communicate and express their emotions and mental health.

The poster exhibition on mental health promotion theme was a major part for the students to communicate about their mental health using their talent.

Another key activity of Psych Gala was the Short Film Fest 2025, where students were invited across campus from different departments to present short-films highlighting psychological themes such as grief, bereavement, ethical dilemmas in psychological practice, and student mental health.

Additionally, Student field visit to orphanages and addiction centers is a fruitful effort to serve community.

These activities promoted mental health literacy and encouraged student participation in social responsibility initiatives.

7. Community Mental Health Advocacy

The department also conducts public awareness activities addressing mental health and social wellbeing.

Some of the activities are mentioned below:

- Webinar on Drug Addiction featuring an international expert discussing prevention and rehabilitation strategies.
- Webinar on Art of parenting connecting with kids through presence for parents to participate in building safe homes and healthy community (November, 2025)
- Awareness sessions on Alzheimer's disease and dementia to educate students and community members about cognitive health in older adulthood.
- The student Campus Project displays on major Applied Areas of Psychology and psychological approaches has added vibrant vibe to the H-11 Campus in January, 2026. Also, it helped students to break the routine and provided exposure to promote positivity across new campus.
- Similarly, the post-graduate students organized the mental health awareness project to raise awareness about life transitions and mental health which also supported students across campus to understand better adjustment in new environment.
- To meet the international standards and enhance understanding of safe digital space a Training on Artificial Intelligence and Its Daily Use for students.

These activities contribute to increasing public awareness and reducing stigma surrounding psychological disorders within student's community as well.

8. Faculty Professional Development

Faculty members actively participate in professional development activities to enhance teaching, research, and clinical practice. In past two year (2024-2026) faculty members have received number of training with specialized themes given as follow:

1. Training on Pedagogical Skills
2. Training on AI-Based Teaching Skills
3. Workshops on Assessment Techniques
4. Faculty Development Programs on Personality Development
5. Workshops on Communication Skills and Career Counseling
6. Training on Human Rights and Fundamental Freedoms

Such initiatives strengthen the academic quality and professional competence of faculty members.

9. Alignment with Sustainable Development Goals

Departmental activities contribute to the following SDGs:

SDG 3 – Good Health and Well-being: Mental health awareness campaigns and counseling initiatives.

SDG 4 – Quality Education: Professional training workshops and academic seminars.

SDG 5 – Gender Equality: Awareness regarding inclusive mental health practices.

SDG 11 – Sustainable Communities: Research and seminars on disaster preparedness and community resilience.

SDG 16 – Peace, Justice and Strong Institutions: Promotion of ethical psychological practice and mental health advocacy.

10. Future Sustainability Goals

The Department of Psychology aims to expand sustainability contributions through:

1. Increased research on climate psychology and environmental behavior.
2. Development of community mental health outreach programs, as a two impactful specialized domains of psychology are launched by Air University; Counseling Psychology and Cyberpsychology.
3. Integration of SDG-focused content within psychology courses.
4. Expansion of student volunteer programs promoting psychological wellbeing and community resilience, especially in current global situation.

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