

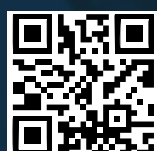
RMU Impact Sustainable Development Goals Report 2024



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Introduction

Rawalpindi Medical University (RMU) is committed to advancing the United Nations Sustainable Development Goal of "No Poverty" by reducing socio-economic barriers and promoting equity in access to education and healthcare. Through various community outreach programs, scholarships, and welfare initiatives, RMU continues to play an active role in alleviating poverty within the local community. This report summarizes the key initiatives RMU has implemented in 2024 to contribute

Scholarship Programs and Financial Assistance

RMU provides a range of scholarships sourced from governmental and non-governmental organizations, with the goal of making higher education more accessible for students from underprivileged backgrounds. In 2024, the RMU Scholarship Committee assessed and awarded scholarships to numerous students, ensuring that financial challenges do not hinder their educational and professional aspirations.

Step Ahead Welfare Society Initiatives

RMU's Step Ahead Welfare Society has been instrumental in supporting local communities through charitable activities. The society has focused on providing essential resources to low-income families, organizing distributions of food rations, clothing, and healthcare supplies. During the festive periods, the society has held celebrations in orphanages and senior homes, ensuring that vulnerable community members are cared for and included.

4. Community Health Initiatives

The Rawalian Community Awareness Program, hosted by RMU's Center for Health Communication, plays a vital role in providing health education and accessible healthcare to underserved communities. This program has conducted health camps, awareness seminars, and free health screenings, addressing healthcare needs in low-income areas. By improving community health, RMU contributes to reducing healthcare expenses for the poor and promoting overall well-being.

5. Employment and Skill Development

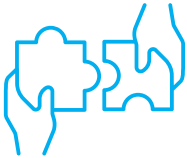
RMU encourages skill development and employment opportunities by providing vocational training workshops and internships for students and community members from disadvantaged backgrounds. These programs equip participants with marketable skills, enhancing their employability and helping them achieve economic independence.

6. Green Task Force's Role in Resource

RMU's Green Task Force promotes sustainable practices on campus and within the community, which indirectly contributes to poverty alleviation by encouraging sustainable resource management. By reducing waste, promoting energy efficiency, and supporting community-based environmental projects, RMU aims to create sustainable economic opportunities and foster resilience against environmental challenges.

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Students Scholarship University
Rawalpindi Medical University
PARTNERSHIP



University Student 2024

Educational Access and Support Programs

RMU actively promotes educational opportunities for children from low-income families. Through the Step Ahead Welfare Society, RMU has enrolled children in schools and provided them with educational resources, helping to break the cycle of poverty. This year, RMU has increased its efforts in partnering with local schools and NGOs to extend educational support to even more children.

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Our Aim at RMU is to explore diverse future pathways available after completing level 2 education and to discover practical approaches for achieving our goals.

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SGD 03 GOOD HEALTH AND WELLBEING



► Breast Cancer Awareness

Rawalpindi Medical University is hosting a Breast Cancer Awareness session, dedicated to educating students, staff, and the wider community about breast cancer prevention, early detection, and treatment options. This session will provide essential information on the importance of regular screenings, recognizing early signs and symptoms, and understanding risk factors associated with breast cancer. Expert oncologists and healthcare professionals will lead the discussion, sharing the latest advancements in breast cancer research, including new diagnostic and treatment technologies. The session will also emphasize lifestyle practices that can help reduce risk, offer support resources for individuals and families affected by breast cancer, and encourage a proactive approach to women's



Hepatitis B and C Screening

Hawalpindi Medical University is committed to raising awareness about Hepatitis B and C, particularly through comprehensive screening initiatives targeted at RMU's 365 students. These efforts are essential given the high prevalence of these infections and the potential for severe health consequences if left undetected and untreated. Through regular screening events, students are educated about the transmission, symptoms, prevention, and treatment options for Hepatitis B and C. Screening is conducted with confidentiality and care, ensuring students are informed about their health status and are referred to appropriate healthcare providers if further action is needed. RMU's awareness program also emphasizes preventive measures, such as vaccination for Hepatitis B, safe practices, and lifestyle modifications to minimize risks. By equipping students with knowledge and providing accessible screening, RMU aims to create a healthier, more informed campus community, contributing to the broader goal of reducing Hepatitis B and C prevalence in society.



RMU OUTREACH PROGRAMS



1. Health Awareness Workshops
2. Community Health Screenings
3. Mobile Health Clinics
4. Public Health Education Campaigns
5. First Aid and CPR Training
6. Vaccination Drives
7. Mental Health Awareness Initiatives
8. Nutrition and Fitness Counseling
9. Environmental Health Campaigns
10. Family Health Days
11. School Health Programs
12. Workshops on Aging and Senior Health
13. Public Health Seminars and Talks
14. Support Groups and Counseling Services
15. Digital Health Education Materials

► World Mental Health Day 2024

The session commenced at Institute of Psychiatry, BBH, Rawalpindi on 10 October 2024, marking the observance of **World Mental Health Day**.

Head of Psychiatry formally opened the event, welcoming the distinguished guests, Prof. Shahzad and Prof. Abid Malik, and introducing them to the audience. In his opening remarks, Head of Psychiatry emphasized that this day was not merely a celebration but a crucial reminder to address the ongoing challenges surrounding mental health. He underscored the significance of mental well-being, outlining how the terminology for mental illness has evolved over time—from "insanity" to "psychiatric illness," then "mental well-being," and now simply "well-being." He pointed out the importance of recognizing this shift, particularly in the post-COVID era, where reduced socialization has contributed to a rise in mental health challenges. **Prof. Nizami** also presented strategies for improving mental health in the workplace.



Tobacco Control Awareness Camp' organized by the Ministry of National Health Services Regulations and Coordination (NHSRC) in collaboration with The Centaurus Mall





QUALITY EDUCATION

DIGITAL SERVICE FOR STUDENTS

The Rawalpindi Medical University has digitalized the teaching and learning for the both under- and post-graduate students. This includes the Learning Management System (LMS), Research Dashboard, Resident E-Log System, HEC Digital Library and Smart Class room.



TRAINING SITES

The Rawalpindi Medical University has a number of colleges and institutions attached with it to cater to the needs of students in different programs. All the setups are well equipped as the requirements and standards laid out by different governing bodies/councils.

INCLUSIVE EDUCATION

We are committed to preparing our students with world class education that addresses the unique needs of our diverse student body, supporting students holistically throughout their academic journey, and ensure that individuals have the tools they need for success beyond the classroom.



Imbued With Social Purpose

Inclusive By Design

Informed By Research

Innovative Delivery

Industry Aligned



OUR LIBRARIES

RMU's libraries are state-of-the-art, featuring extensive collections of medical texts, research journals, and digital resources. They provide cutting-edge technology for academic research, including electronic databases, multimedia tools, and online access to global medical literature. Modern study spaces and expert staff support students and faculty, fostering a conducive environment for advanced learning and innovative medical research.

OUR FACULTY

The faculty at RMU comprises highly qualified & experienced professionals dedicated to medical education, research, and healthcare; offering diverse specializations, ensuring comprehensive medical training. With a commitment to innovation & excellence, the faculty fosters a rigorous academic environment, mentoring students to become skilled, compassionate healthcare providers & contributing significantly to advancements in medical science.





GENDER EQUALITY



➤ Promoting Female and Representation

RMU's high percentage of female students (75%) reflects its commitment to providing accessible medical education for women. By actively supporting and encouraging female enrollment, RMU demonstrates the value of education as a pathway to empowerment. The university's recruitment and admission policies are designed to be inclusive, ensuring that women from diverse backgrounds have the opportunity to pursue careers in medicine and healthcare.



➤ Supporting Female Faculty in Leadership Roles

RMU have 72% of the faculty being female, the university has established a supportive environment where women can excel as educators, researchers, and leaders. RMU is committed to promoting women into leadership roles within the institution, encouraging female faculty members to take on responsibilities that shape academic policies, contribute to research advancements, and lead community health initiatives. These opportunities not only benefit RMU's students but also create a strong network of female role models in the healthcare field.

➤ RMU Faculty Development Programs

RMU is committed to empowering female students and faculty members through various mentorship, training, and development programs. Workshops on leadership, communication, and career planning are regularly organized to equip women with essential skills for career growth. Additionally, RMU's mentorship programs connect female students with established professionals in medicine and healthcare, providing guidance and support that fosters confidence and leadership abilities.

➤ Outreach and Community Engagement Programs

RMU's outreach programs provide opportunities for female students and faculty to engage in community health initiatives, positioning them as role models in the broader society. Through the *Rawalian Community Awareness Program* and public health campaigns, female students and faculty take an active role in educating the public on important health issues and providing services such as health screenings, vaccination drives, and health education workshops. These initiatives not only improve community health but also empower women to contribute to society in impactful ways.

➤ Encouraging Women in Specialized Medical Fields

To broaden women's roles in healthcare, RMU actively supports female students and faculty who pursue specialized fields within medicine. By creating an environment where women can explore diverse medical specialties, RMU challenges traditional gender norms and expands opportunities for women in areas of high demand and impact. This diversity strengthens healthcare outcomes by enabling a greater variety of perspectives in patient care, research, and community health.



➤ Policies for Work-Life Balance: Maternity and Paternity

To further gender equality, RMU has introduced policies that accommodate the needs of faculty and students balancing family and career. The university's established maternity policy ensures that female faculty members have access to the support and time needed to manage family responsibilities without compromising their professional roles. RMU is also developing paternity support policies, aimed at promoting shared parenting responsibilities, which allows non-gestational parents to participate in childcare and support their partners. These measures encourage both men and women to pursue fulfilling careers without the burden of disproportionate family expectations on one gender.





CLIMATE ACTION

Plant for Pakistan (Going Green) Initiative

Rawalpindi Medical University (RMU) is proud to launch the "Plant for Pakistan" initiative, a visionary program aimed at promoting environmental sustainability and combating climate change. This initiative is aligned with the government of Pakistan's "Ten Billion Tree Tsunami" program and is a reflection of RMU's commitment to corporate social responsibility and community service. Through this initiative, RMU aims to create a green and eco-friendly campus, promoting a culture of environmental stewardship and sustainability among students, staff and the wider community. By planting trees and supporting reforestation efforts, we aim to contribute to the mitigation of climate change, improve air quality and enhance biodiversity, ultimately creating a healthier and more sustainable future for all. Under this initiative Rawalpindi Medical University planted approximately 1000 plants in its campuses and allied hospitals.



Our university is committed to reducing our carbon footprint through sustainable practices and infrastructure development. We aim to foster a culture of environmental responsibility among our students, staff and the wider community, promoting climate-resilient healthcare systems and community resilience. We support cutting-edge research on climate change and health vulnerabilities, and our goals and strategies are aligned with the principles of SDG 13.

Green Energy – The Way Forward

RMU considers the use of Green energy as one of the best ways to contribute to preventing deforestation, decreasing carbon emissions and decreasing pollution. Step by step, RMU is moving towards Net-Zero emissions through utilization of Solar Energy.



RMU Clean & Green Initiative

The RMU Clean & Green initiative was launched in 2018 with vision to promote environmental conservation & sustainability efforts. RMU understanding its responsibility is actively engaged tree plantation & in adapting environment friendly measures for a better tomorrow.

Journal of Health and Climate Change

The Journal of Health and Climate Change (JHCC) at Rawalpindi Medical University (RMU) aims to become a leading publication platform for research and knowledge sharing on the intersection of health and climate change. Our vision is to create a world where the health and well-being of all individuals are protected from the impacts of climate change, and where research and knowledge inform policy and practice in mitigating and adapting to these impacts.

The mission of JHCC is to provide a peer-reviewed platform for researchers, policymakers and practitioners to share their research, experiences and insights on the complex relationships between health



Rain Water Harvesting

Water is a natural and valuable resource. RMU is proud to be a pioneer in rain water harvesting among educational institutions in Pakistan. The harvested water is then utilized for watering of plants and trees throughout the campus to further derive environmental benefits from it.



Miyawaki Forest Development at Rawalpindi Medical University

Rawalpindi Medical University (RMU) has embarked on an ambitious endeavor to combat climate change by developing a Miyawaki forest within its campus. This innovative approach to reforestation, pioneered by Japanese botanist Dr. Akira Miyawaki, involves growing native species trees in a small area to create a dense, thriving forest. The RMU Miyawaki Forest Initiative aims to promote biodiversity, mitigate the urban heat island effect and reduce the university's carbon footprint. By leveraging this cutting-edge method, RMU is leading by example and contributing to Pakistan's efforts to increase its forest cover and combat climate change. The RMU community is proud to be part of this groundbreaking project, fostering a sustainable future for generations to come. For the said purpose RMU defined the site of 1 kanal for the development of Miyawaki.





Rawalpindi Medical University Report
4th World Conference of Economic and Social Council (ECOSOC) on Sustainable Development Goals (SDGs), United Nations Headquarters, New York-July 9, 2024

On July 9, 2024, Professor Mohammad Umar, Vice Chancellor of Rawalpindi Medical University (RMU), Pakistan, attended the 4th World Conference of the Economic and Social Council (ECOSOC) at the United Nations Headquarters in New York. The conference focused on Sustainable Development Goals (SDGs) and brought together global leaders, policymakers, academicians, and delegates from various countries. The primary objective of the conference was to address pressing challenges, share innovative approaches to achieving SDGs, and strengthen collaborations to advance the 2030 Agenda for Sustainable Development. Professor Umar took this opportunity to present RMU's SDG Report 2024, showcasing the institution's progress and commitment towards sustainable healthcare, education, and community development in Pakistan.

The 4th World Conference of ECOSOC is an annual platform for dialogue and action on sustainable development, aiming to bridge social and economic inequalities across the globe. This year's conference emphasized global solidarity, strategic partnerships, and evidence-based policy-making, particularly in areas impacted by climate change, poverty, healthcare disparities, and access to quality education. The conference was marked by insightful keynote addresses, interactive panels, and collaborative workshops, offering diverse perspectives from participants representing all major global regions.



Rawalpindi Medical University Report
Cross-sectoral dialogue about the SDGs with United States (US) Consulate General To Pakistan

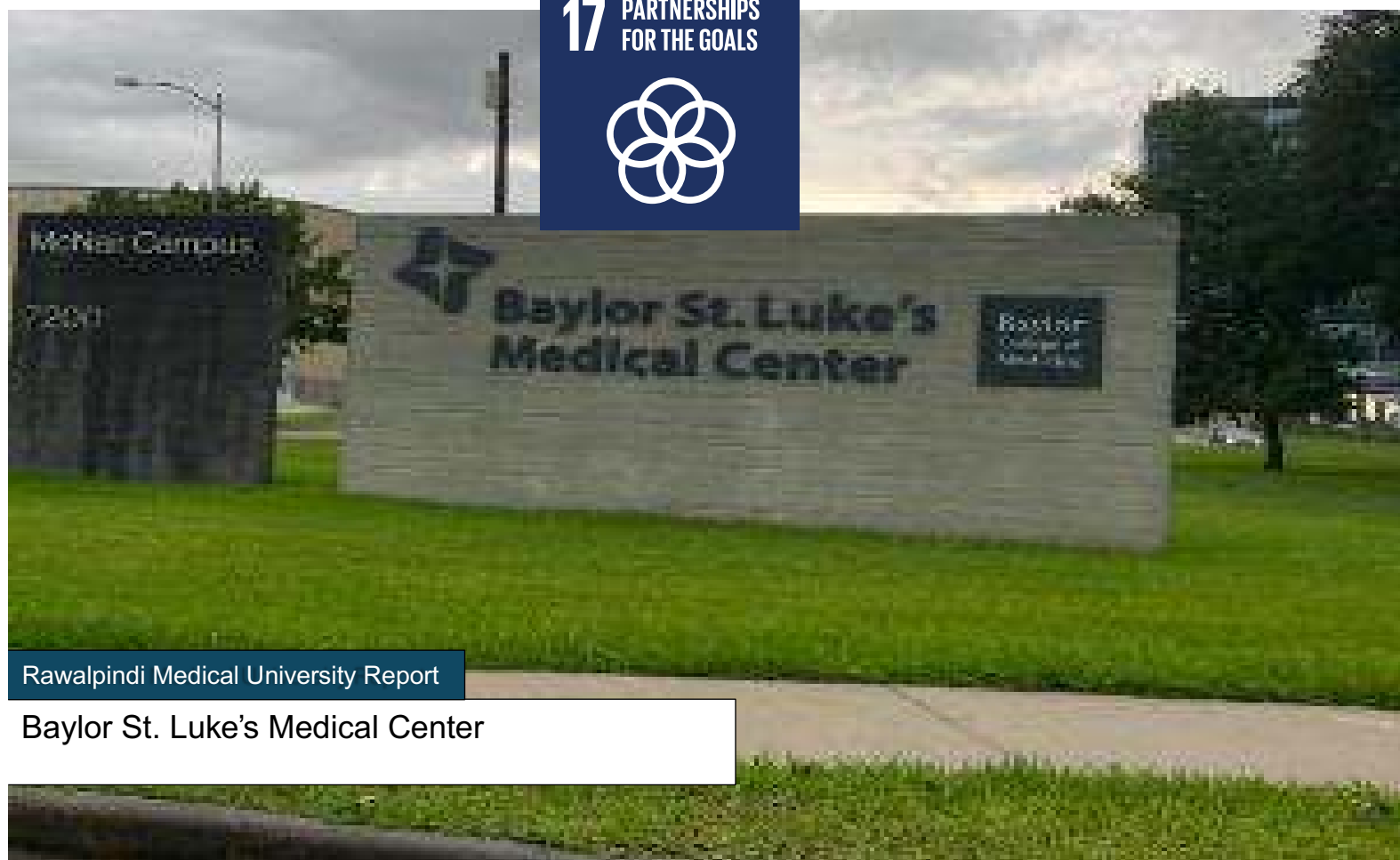
Rawalpindi Medical University (RMU) held a cross-sectoral dialogue focused on advancing Sustainable Development Goals (SDGs) in Pakistan in collaboration with the United States Consulate General to Pakistan. This dialogue aimed to explore shared goals, promote knowledge exchange, and identify areas of collaboration between RMU and the U.S. Consulate General. Hosted at RMU's campus, the event brought together RMU faculty, students, public health professionals, policymakers, and representatives from the U.S. Consulate. Discussions centered around enhancing healthcare access, promoting education quality, advancing gender equality, and developing sustainable community health initiatives.

The meeting marked a significant step for RMU, reflecting its commitment to sustainable development and global collaboration in line with Pakistan's Vision 2030 and the UN 2030 Agenda. Both parties discussed actionable strategies to advance these agendas locally and regionally.

The U.S. Consulate agreed to facilitate exchange opportunities for RMU students and faculty, aiming to enhance their exposure to best practices in sustainable healthcare and medical education. These exchanges are anticipated to foster cultural understanding, promote diversity, and build lasting networks between Pakistan and the U.S.

The dialogue highlighted RMU's efforts to promote gender equality and empower women in medical fields. The U.S. Consulate proposed launching mentorship programs connecting female RMU students and faculty with women leaders in healthcare across U.S. institutions. This initiative aims to provide career guidance, leadership development, and networking opportunities.





Rawalpindi Medical University Report

Baylor St. Luke's Medical Center

Prof. Muhammad Umar from Rawalpindi Medical University (RMU) in Pakistan shared the Sustainable Development Goals (SDGs) report last year, particularly focusing on health and well-being. The occasion included discussions about quality of care, aligning with SDG 3, which promotes good health and well-being.

During this event, Dr. David Y. Graham, a distinguished expert, visited RMU and shared insights based on his work at Baylor St. Luke's Medical Center. They discussed quality standards and strategies to enhance healthcare delivery, possibly exchanging ideas for collaboration or improvements in Pakistan's healthcare systems, particularly around ensuring comprehensive, quality care.



Dr. David Y. Graham



RMU's Alumni Collaboration



The Alumni Associations of Rawalpindi Medical University (RMU), formerly known as Rawalpindi Medical College (RMC), have consistently been a driving force behind the university's development and success. Over the years, RMU alumni have demonstrated unwavering dedication to their alma mater, making significant contributions both financially and physically. These efforts stem from a deep sense of gratitude toward the institution that played a pivotal role in shaping their professional and personal lives. The RMU alumni community has continually supported various projects that have not only expanded the university's facilities but have also improved healthcare services and educational programs, benefiting countless patients, students, and medical professionals. The contributions made by the RMU alumni associations have had a profound impact on both the university and the broader community. Their support has:

Improved Patient and Community Facilities Facilities such as the attendants' waiting area have improved patient and family experience within hospital settings, fostering a more supportive healthcare environment.

Supported Medical Education and Research By funding research initiatives and academic positions, alumni contributions have strengthened RMU's research capabilities, facilitating high-quality research and advancing the university's academic reputation.

Enhanced Healthcare Services The establishment of specialized units and departments has improved the quality and accessibility of healthcare services, allowing RMU to serve a larger patient population with advanced medical care.

The Rawalpindi Medical University alumni associations continue to play a vital role in the university's growth and progress. Through financial contributions, project funding, and unwavering dedication, RMU alumni have left an indelible mark on their alma mater. Their support has not only expanded RMU's healthcare and educational facilities but has also benefited the community at large. The alumni associations' contributions underscore a lasting bond between RMU and its graduates, ensuring that the university remains a beacon of medical education and healthcare innovation in Pakistan. RMU looks forward to further collaboration with its alumni, as their efforts remain crucial to the institution's mission of advancing healthcare and medical education in the region.