



Bahria University

**Does your institution provide mandatory annual dedicated training on environmental aspects of sustainability for staff members (faculty and professional staff members)? Please insert link to training/evidence description:**

The Leadership and Professional Development Center (LPDC) at Bahria University was established in 2016 to foster collaboration with industry, professionals, the community, and internal stakeholders. It comprises two main units: the Faculty Development Academy (FDA) and the Professional Development Centre (PDC). LPDC serves as a comprehensive platform for the development of professionals, faculty, and students.

The Center aims to enhance meaningful engagement and build mutually beneficial relationships with partners, stakeholders, the public sector, the corporate world, and the wider community. Its initiatives include short courses, training programs, workshops, and certificate courses designed to strengthen technical, managerial, and personal competencies across a wide range of disciplines.

In addition, LPDC offers specialized training on environmental sustainability in collaboration with the Earth and Environment Sciences Departments at Bahria University's Islamabad and Karachi campuses. Further details are available on the official websites of LPDC and the Earth and Environment Sciences Department.

#### **Trainings Relevant to UN 17 SDGs:**

The “Stress Management” session, conducted as part of a Faculty Development Activity on 17 Jan 2025 by Habib Ullah, focused on equipping faculty with practical techniques to manage stress effectively. The training provided strategies to enhance well-being, build resilience, and improve productivity, fostering a healthier and more balanced work environment. This initiative also aligns



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with SDG 3 - Good Health and Well-Being and promotes social sustainability by supporting the holistic health and engagement of the academic community.

[https://lpdc.bahria.edu.pk/blog-details.php?news\\_id=16](https://lpdc.bahria.edu.pk/blog-details.php?news_id=16)

A one-day professional training on “Leading Through Goals Identification” was conducted on 25 February 2025 by Dr. Abdul Rehman (KINPOE) from the H&SS Faculty, Bahria University Karachi Campus. The session, attended by 22 participants, focused on developing skills to set clear goals, lead effectively, and enhance team performance. This initiative supports SDG 8 - Decent Work and Economic Growth and promotes social sustainability by fostering leadership capabilities and professional growth within the academic community.

[https://lpdc.bahria.edu.pk/blog-details.php?news\\_id=17](https://lpdc.bahria.edu.pk/blog-details.php?news_id=17)

A one-day Faculty Development Training on “Training Session on Promulgation of Updated PhD Rules 2023 & 2017” was conducted on 20th March 2025 by Dr. Umer Hayat, Director PGP. The session was attended by 17 faculty members and aimed to enhance understanding of the revised PhD regulations, ensuring clarity on updated policies, procedures, and academic requirements. The training focused on strengthening academic governance, improving research standards, and aligning postgraduate education practices with contemporary quality benchmarks. By equipping faculty with updated knowledge and implementation guidelines, the session contributed to Social Sustainability and supported SDG 4 - Quality Education through the promotion of excellence in doctoral education and institutional effectiveness.

[https://lpdc.bahria.edu.pk/blog-details.php?news\\_id=18](https://lpdc.bahria.edu.pk/blog-details.php?news_id=18)

A Faculty Development Activity and Student Grooming Session titled “Rise of AI-pruners and Everything Apps: Pioneering the Next Wave of Governance and Leadership” was conducted on 26th March 2025 at Bahria University H-11 Campus. The session was facilitated by Dr. Rao Muhammad and was focused on exploring the transformative impact of emerging technologies, particularly AI-driven solutions and integrated digital platforms, on modern governance and leadership practices. The session highlighted the role of innovation, entrepreneurship, and digital transformation in shaping future-ready institutions and leaders. By equipping faculty



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and students with contemporary insights and practical perspectives, the activity contributed to Social Sustainability and aligned with SDG 9 - Industry, Innovation and Infrastructure, fostering a culture of innovation and progressive leadership.

[https://lpdc.bahria.edu.pk/blog-details.php?news\\_id=19](https://lpdc.bahria.edu.pk/blog-details.php?news_id=19)

The session on “The Power of Agentic AI and RAG and Its Applications” was successfully conducted for BSEAS Faculty Members in Karachi by Engr. Hamza. The training provided valuable insights into the practical use of Agentic AI and Retrieval-Augmented Generation (RAG) in enhancing teaching, research, and data-driven decision-making.

Participants actively engaged in discussions and explored real-world applications of these emerging technologies in academic settings. The session effectively contributed to promoting innovation and digital transformation in line with SDG 9 - Industry, Innovation and Infrastructure.

[https://lpdc.bahria.edu.pk/blog-details.php?news\\_id=23](https://lpdc.bahria.edu.pk/blog-details.php?news_id=23)

A training session on “Tackling the Negative Influence of AI on Students’ Learning” was conducted at Islamabad E-8, facilitated by Ms. Joddatt Fatima, Senior Assistant Professor. The session was attended by 10 participants and focused on addressing the emerging challenges posed by the increasing use of artificial intelligence in academic settings. It highlighted potential risks such as over-reliance on AI tools, reduced critical thinking, and academic integrity concerns, while also providing practical strategies to mitigate these effects. The training emphasized the importance of maintaining a balanced and ethical use of AI to ensure effective learning outcomes. This initiative contributed to Social Sustainability and aligned with SDG 4 - Quality Education by promoting equitable, responsible, and impactful educational practices.

[https://lpdc.bahria.edu.pk/blog-details.php?news\\_id=20](https://lpdc.bahria.edu.pk/blog-details.php?news_id=20)

A one-day Faculty Development training session titled “Better Work Life Balance” was conducted on 23 October 2025 in Bahria University E-8 Campus, Islamabad (E-8) by Dr. Shazia Yusuf, Head of Department, Professional Psychology, under the domain of social sustainability, aligned with SDG 3: Good Health & Well-Being. The session aimed to promote mental wellness and help participants achieve a balanced professional and personal life. Key topics included stress management, time management, setting



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boundaries, prioritization of tasks, and maintaining emotional and psychological well-being in demanding work environments. The training was delivered through an interactive approach, incorporating lectures, discussions, and practical strategies, which encouraged participants to reflect on their routines and adopt healthier habits. Participants gained valuable insights into managing work pressures effectively while maintaining personal well-being. Overall, the session was impactful in enhancing awareness about work-life balance and fostering a healthier, more productive professional lifestyle.

[https://lpdc.bahria.edu.pk/blog-details.php?news\\_id=32](https://lpdc.bahria.edu.pk/blog-details.php?news_id=32)

The 01-day professional training titled “Workplace Ethics” was conducted on 20 January 2025 in Bahria University Karachi Campus by Ms. Irum Shabbir, Senior Lecturer - IPP, under the domain of environmental sustainability, aligned with SDG 3: Good Health & Well-Being and SDG 13: Climate Action. The session aimed to promote ethical behavior and professional integrity in workplace settings while emphasizing the connection between ethical practices, health, safety, and environmental responsibility. Key areas covered included workplace conduct, ethical decision-making, respect and accountability, compliance with organizational policies, and the role of individuals in fostering a safe and sustainable work environment. The training was delivered through an interactive approach, incorporating lectures, real-life examples, and discussions, which encouraged active participation and critical thinking. Participants developed a better understanding of maintaining ethical standards, promoting a positive workplace culture, and contributing to health, safety, and environmental sustainability. Overall, the session was effective in enhancing awareness and reinforcing the importance of ethics in achieving responsible and sustainable professional practices.

[https://lpdc.bahria.edu.pk/blog-details.php?news\\_id=30](https://lpdc.bahria.edu.pk/blog-details.php?news_id=30)

A one-day professional training titled “Solid Waste Management” was conducted on 22 February 2025 in Bahria University Karachi Campus by Dr. Jawad Abdullah Butt, Assistant Professor, under the domain of environmental sustainability, aligned with SDG 11: Sustainable Cities and Communities and SDG 12: Responsible Consumption and Production. The session aimed to create awareness about effective waste management practices and their role in promoting a clean and sustainable environment. Key topics included types of solid waste, waste segregation, recycling methods, safe disposal techniques, and the environmental and health impacts of improper waste handling. The training was delivered through an interactive approach involving lectures, practical examples, and discussions, encouraging participants to reflect on their daily habits and adopt responsible practices. Participants gained valuable knowledge on reducing waste, promoting recycling, and contributing to environmental protection. Overall, the session successfully



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enhanced awareness and motivated individuals to adopt sustainable waste management practices, supporting the development of cleaner and more responsible communities.

[https://lpdc.bahria.edu.pk/blog-details.php?news\\_id=31](https://lpdc.bahria.edu.pk/blog-details.php?news_id=31)

The student grooming session titled “Importance of Time Management in Academic Life” was conducted as a 01-day professional training on 24 February 2025 in Bahria University Karachi Campus by Dr. Muhammad Idress, Assistant Professor, under the domain of social development, aligned with SDG 4: Quality Education. The session aimed to highlight the significance of effective time management in enhancing academic performance and overall productivity. It covered key areas such as prioritization of tasks, goal setting, scheduling techniques, avoiding procrastination, and maintaining a balance between academic and personal life. An interactive approach was adopted through lectures, practical examples, and discussions, enabling participants to reflect on their daily routines and identify areas for improvement. The training successfully equipped students with practical strategies to manage their time efficiently, improve study habits, and achieve better academic outcomes, thereby contributing to quality education and personal development.

[https://lpdc.bahria.edu.pk/blog-details.php?news\\_id=28](https://lpdc.bahria.edu.pk/blog-details.php?news_id=28)

The 01-day professional training titled “Occupational Health and Safety” was conducted on 26 February 2025 in Bahria University Karachi Campus by Muhammad Irfan, Senior Associate Professor (E&ES), under the domain of social development, aligned with SDG 3: Good Health & Well-Being. The session aimed to raise awareness about workplace safety practices and the importance of maintaining a healthy working environment. Key topics included identification of workplace hazards, risk assessment, safety protocols, use of protective equipment, and preventive measures to avoid accidents and injuries. The training was delivered through an interactive approach involving lectures, practical examples, and discussions, which encouraged active participation and knowledge sharing. Participants gained valuable insights into ensuring personal and collective safety, promoting health-conscious behavior, and implementing safety standards in their respective environments. Overall, the session effectively enhanced awareness and responsibility regarding occupational health and safety, contributing to improved well-being and safer workplaces.

[https://lpdc.bahria.edu.pk/blog-details.php?news\\_id=29](https://lpdc.bahria.edu.pk/blog-details.php?news_id=29)

The training titled “Addiction and Its Consequences” was conducted on 4 June 2025 by Naeem Aslam Chughtai over a duration of two days in Bahria University E-8 Campus Islamabad, under the domain of social development, aligning with SDG 3: Good Health & Well-



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Being. The session aimed to raise awareness about various forms of addiction, including substance and behavioral addiction, while highlighting their harmful physical, psychological, and social impacts. An interactive methodology was adopted, incorporating lectures, group discussions, case studies, and Q&A sessions, which encouraged active participation and knowledge sharing among attendees. Participants gained a deeper understanding of the causes, risk factors, and prevention strategies related to addiction, and developed a sense of responsibility to spread awareness within their communities. Despite minor challenges such as limited prior knowledge and time constraints, the training successfully enhanced awareness, promoted healthier lifestyle choices, and motivated participants to contribute positively towards society, making it a meaningful step toward achieving the goals of good health and well-being.

[https://lpdc.bahria.edu.pk/blog-details.php?news\\_id=24](https://lpdc.bahria.edu.pk/blog-details.php?news_id=24)

A Student Training on “Anti-Harassment Awareness” was conducted on 19th September 2025 at Islamabad E-8 by Ms. Qurat-ul-Ain, Senior Lecturer. The session was attended by 30 participants and aimed to raise awareness about harassment in academic and professional environments, emphasizing the importance of respect, dignity, and ethical conduct. The training covered key aspects such as identifying different forms of harassment, understanding reporting mechanisms, and fostering a safe and inclusive culture within the institution. Through interactive discussions and real-life scenarios, participants were equipped with the knowledge and confidence to contribute to a respectful and secure environment. This initiative supported Social Sustainability and aligned with SDG 5 - Gender Equality by promoting safe, inclusive, and equitable spaces for all.

[https://lpdc.bahria.edu.pk/blog-details.php?news\\_id=21](https://lpdc.bahria.edu.pk/blog-details.php?news_id=21)

The Faculty Development and Student Grooming Activity titled “Anger Management and Emotional Well-being” was conducted on 19 November 2025 by Dr. Usman Rasheed, Senior Assistant Professor at Bahria University Lahore Campus. Falling under the domain of social development and aligned with SDG 3: Good Health & Well-Being, the session aimed to promote mental health awareness and emotional resilience among participants. The training focused on understanding the causes and effects of anger, techniques for emotional regulation, stress management strategies, and the importance of maintaining psychological well-being in both academic and professional settings. An interactive methodology was adopted, including lectures, practical exercises, and participant discussions, which encouraged engagement and self-reflection. Participants gained valuable insights into managing emotions effectively, improving interpersonal relationships, and fostering a positive and healthy environment. Overall, the session was highly



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impactful in enhancing emotional intelligence and supporting mental well-being, contributing positively to personal and professional development.

[https://lpdc.bahria.edu.pk/blog-details.php?news\\_id=26](https://lpdc.bahria.edu.pk/blog-details.php?news_id=26)

The 01-day professional training titled “Ethical Concerns Using AI” was conducted on 18 November 2025 in Karachi by Dr. Tariq Siddiqui, Assistant Professor for BUKC Faculty under the domain of social development, aligned with SDG 16: Peace, Justice & Strong Institutions. The session focused on raising awareness about the ethical implications of artificial intelligence, including issues such as data privacy, bias in algorithms, accountability, and responsible use of AI technologies. An interactive approach was adopted through lectures, discussions, and real-world examples, enabling participants to critically analyze the societal impact of AI. The training enhanced participants’ understanding of ethical frameworks and encouraged them to adopt responsible practices in the use and development of AI systems. Overall, the session successfully promoted awareness, critical thinking, and a sense of responsibility toward building fair, transparent, and accountable technological systems in society.

[https://lpdc.bahria.edu.pk/blog-details.php?news\\_id=25](https://lpdc.bahria.edu.pk/blog-details.php?news_id=25)

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# BLOG & NEWS

Bahria University Islamabad



20-02-2026

How Best to Teach Gen-z in Classroom



20-11-2025

Anger Management and



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**DATA FOR QS SUSTAINABILITY RANKING 2027**  
**Leadership and Professional Development Centre**  
**Jan 2025 – Dec 2025**

<https://lpdc.bahria.edu.pk/blog.php>

Faculty Development										
S.N.O	Date	Activity	Total No. of Training Hours	Resource Person/s	No. of Participants	Venue	Category	Relevant UNSDGs	Detail	Weblink
1.	23 Jan	Making teaching fun through Technology integration	2	Ms. Joddat Fatima Assistant Professor	14	Islamabad E8	Social Sustainability	SDG 4 – Quality Education	Enhances modern teaching practices and effective learning through technology	
2.	30 Jan	Training on BU OBE Software	2	Dr. Adeel M Syed HOD SE Department	50	Islamabad E8	Social Sustainability	SDG 4 – Quality Education	This training improves learning outcomes, curriculum alignment, and	



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									education al quality	
3.	17 Jan	Stress Management	2	Mr. Habib Ullah	13	Islam abad H-11	Social Sustaina bility	SDG 3 – Good Health and Well- Being	Promotes mental health, well-being, and healthy work environme nt for staff.	The “Stress Management” session, conducted as part of a Faculty Development Activity on 17 Jan 2025 by Habib Ullah, focused on equipping faculty with practical techniques to manage stress effectively. The training provided strategies to enhance well- being, build resilience, and improve productivity, fostering a healthier and more balanced work environment. This initiative also aligns with SDG 3 – Good Health and Well-Being and promotes social



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4.	30 Jan	Training on OBE Software (Online)	2	Dr. Adeel M Syed HOD SE Department	10	Islamabad H-11	Social Sustainability	SDG 4 – Quality Education	This training improves learning outcomes, curriculum alignment, and educational quality	
5.	30 Jan	Training on BU OBE Software (Online)	2	Dr. Adeel M Syed HOD SE Department	7	Lahore	Social Sustainability	SDG 4 – Quality Education	This training improves learning outcomes, curriculum alignment, and educational quality	



6.	04 Feb	OBE Training Portal	2	Mr. Adeel Ahmed HOD SE department	56	Islamabad E8	Social Sustainability	SDG 4 – Quality Education	This training improves learning outcomes, curriculum alignment, and educational quality	
7.	11 - 12 Feb	OBE Training session	5 Days	Multiple Trainers from BU	7	Islamabad H-11	Social Sustainability	SDG 4 – Quality Education	This training improves learning outcomes, curriculum alignment, and educational quality	
8.	14 Feb	OBE Portal Training	2	Engr. Dr. Adeel M. Syed H-11 Conducting (Online)	21	Karachi	Social Sustainability	SDG 4 – Quality Education	This training improves learning outcomes, curriculum alignment, and educational quality	
9.	25 Feb	Leading through Goals Identification	2	Engr. Dr. Adeel M. Syed	39	Karachi	Social Sustainability	SDG 8 – Decent Work	Develops leadership, strategic planning,	A one-day professional training on “Leading Through



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		tion		H-11				and Econom ic Growth	and profession al growth of faculty.	Goals Identification” was conducted on 25 February 2025 by Dr. Abdul Rehman (KINPOE) from the H&SS Faculty, Bahria University Karachi Campus. The session, attended by 22 participants, focused on developing skills to set clear goals, lead effectively, and enhance team performance. This initiative supports SDG 8 – Decent Work and Economic Growth and promotes social sustainability by fostering leadership capabilities and professional growth within the academic community. <a href="https://lpdc.bahria.edu.pk/blog-">https://lpdc.bahria.edu.pk/blog-</a>
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10	28 Feb	Prospects and Challenges to the Blue economy	2	Dr. Fahim Jadoon from BUIC	22	Karachi	Environmental Sustainability	SDG 14 – Life Below Water SDG 13 – Climate Action	Focuses on sustainable use of marine resources, environmental protection, and responsible ocean-based economic development.	
11	18 Feb	Cervical Cancer Prevention	2	Mr. Furqan (Senior Lecturer) (BS-MS)	08	Karachi	Social Sustainability	SDG 3 – Good Health and Well-Being	Raises health awareness and promotes disease prevention among faculty and community members.	



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12	20 Mar	Training Session on Promulgation of Updated PHD Rules 2023 & 2017	2	Dr. Umer Hayat Director PGP	17	Islamabad E8	Social Sustainability	SDG 4 – Quality Education	Strengthens academic governance, research standards, and postgraduate education quality	A one-day Faculty Development Training on “Training Session on Promulgation of Updated PhD Rules 2023 & 2017” was conducted on 20th March 2025 by Dr. Umer Hayat, Director PGP. The session was attended by 17 faculty members and aimed to enhance understanding of the revised PhD regulations, ensuring clarity on updated policies, procedures, and academic requirements. The training focused on strengthening academic governance, improving research standards, and aligning postgraduate
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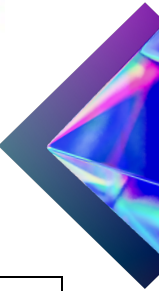
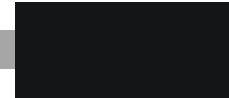


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13	26 Mar	Rise of AI-preneurs and Everything Apps: Pioneering the	2	Dr. Rao Muhammad	30	Islamabad H-11	Social Sustainability	SDG 9 – Industry, Innovation and Infrastructure	Promotes innovation, entrepreneurship, and digital transformation in	A Faculty Development Activity and Student Grooming Session titled “Rise of AI-pruners and Everything Apps:



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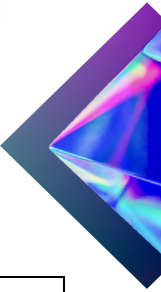
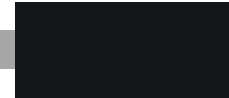


		Next Wave of Governance and Leadership							leadership and governance.	Pioneering the Next Wave of Governance and Leadership” was conducted on 26th March 2025 at Bahria University H-11 Campus. The session was facilitated by Dr. Rao Muhammad and was focused on exploring the transformative impact of emerging technologies, particularly AI-driven solutions and integrated digital platforms, on modern governance and leadership practices. The session highlighted the role of innovation, entrepreneurship, and digital transformation in shaping future-ready institutions and leaders. By
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										equipping faculty and students with contemporary insights and practical perspectives, the activity contributed to Social Sustainability and aligned with SDG 9 – Industry, Innovation and Infrastructure, fostering a culture of innovation and progressive leadership.  <a href="https://lpdc.bahria.edu.pk/blog-details.php?news_id=19">https://lpdc.bahria.edu.pk/blog-details.php?news_id=19</a>
14	25 Mar	Positive Workplace	3	Dr. Usman Rasheed BULC Faculty	7	Lahore	Social Sustainability	SDG 3 – Good Health and Well-Being SDG 8 – Decent Work and	Encourages healthy work culture, employee well-being, and collaborative work environments	



								Econom ic Growth		
15	14 Mar	The power of Argentic AI and RAG and its Application Target Audience : BSEAS FMs	2	Engr. Hamza lab Engr.	13	Karac hi	Social Sustaina bility	SDG 9 – Industry , Innovati on and Infrastru cture	Promotes advanced digital technologies and innovation in research and education	The session on “The Power of Argentic AI and RAG and Its Applications” was successfully conducted for BSEAS Faculty Members in Karachi by Engr. Hamza. The training provided valuable insights into the practical use of Argentic AI and Retrieval-Augmented Generation (RAG) in enhancing teaching, research, and data-driven decision-making. Participants actively engaged in discussions and explored real-world applications of these emerging technologies in



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16	19 Mar	Understanding of Arc GIS	1.5	Dr. Salma Hamza Associate Professor	14	Karachi	Environmental Sustainability	SDG 11 – Sustainable Cities and Communities SDG 13 – Climate Action	GIS technology is widely used for environmental monitoring, disaster management, and sustainable urban planning	
17	25 April	Research Ethics and Use of	2	Dr. Arif ur Rehman Director	10	Islamabad E8	Social Sustainability	SDG 4: Quality Education,	Promotes academic integrity, ethical	



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		Turnitin Software		research				SDG 16: Peace, Justice & Strong Institutions	research practices, and responsible knowledge creation.	
18	29 April	Outcome-Based Session on 'Pedagogy for Teaching : Use of Instructional Tools	2	Dr. Adeel Ahmed Head of department SE	22	Islamabad E-8	Social Sustainability	SDG 4: Quality Education	Enhances teaching effectiveness, ensuring inclusive and high-quality learning outcomes.	
19	30 April	Communication and Interpersonal Skills	3	Mr. Umer Chaudhary senior lecturer Bahria business school	10	Islamabad E-8	Social Sustainability	SDG 8: Decent Work & Economic Growth	Strengthens professional collaboration, teamwork, and workplace inclusion.	
20	15 April	Building Equitable Global Partnerships in STEM	2	Professor Omer	9	Islamabad H-11	Social Sustainability	SDG 17: Partnerships for the Goals,	Encourages international collaboration and	



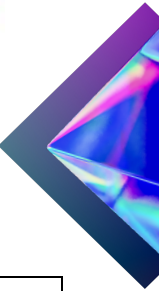
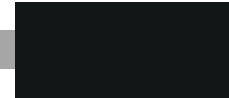
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		and Beyond						SDG 4: Quality Education	knowledge exchange for equitable development	
21	24 April	Problem based Learning & Complex Engineering Problems ; Formation and Assessment	3	Dr. Awais Majeed	11	Islamabad H-11	Social Sustainability	SDG 4: Quality Education, SDG 9: Industry, Innovation & Infrastructure	Fosters critical thinking, problem-solving, and innovation skills in education and research	
22	24 April	Statistical Tools in Environmental Research	3	Ms Humaira Faraz Visiting Faculty	07	Karachi	Environmental Sustainability	SDG 13: Climate Action, SDG 15: Life on Land	Equips researchers with analytical skills to study environmental systems and support sustainability research.	



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23	25 April	SDG's In Action; Integrating Sustainability into Pedagogy and Research	02	Mr. Moosa Lakhani Sr. Lecturer	17	Karachi	Social & Environmental Sustainability	SDG 4: Quality Education, SDG 11: Sustainable Cities & Communities, SDG 13: Climate Action	Guides educators and researchers to embed sustainability principles in teaching and research	
24	25 April	Introduction to Horticulture Therapy	2	Dr. Kiran Bashir Ahmad Associate Professor	14	Karachi	Environmental Sustainability	SDG 3: Good Health & Well-being, SDG 15: Life on Land	Promotes wellbeing through interaction with plants and green spaces, supporting environmental and social health.	
25	28 April	Topical delivery for Chronic wounds	4	Dr. Kerr Mathews Robert	15	BUHS CK	Social Sustainability	SDG 3: Good Health & Well-being	Improves healthcare skills and patient outcomes through evidence-	



									based clinical training.	
26	08 May	Training on tackling the Negative Influence of AI on students Learning	2	Ms. Joddat Fatima Snr. Assistant professor	10	Islamabad E8	Social Sustainability	SDG 4: Quality Education	Ensures equitable and effective education by mitigating AI's disruptive effects on learning.	A training session on "Tackling the Negative Influence of AI on Students' Learning" was conducted at Islamabad E-8, facilitated by Ms. Joddat Fatima, Senior Assistant Professor. The session was attended by 10 participants and focused on addressing the emerging challenges posed by the increasing use of artificial intelligence in academic settings. It highlighted potential risks such as over-reliance on AI tools, reduced critical thinking, and academic integrity concerns,



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27	15 May	Effective Time Management & Teamwork	2	Dr. Fayaz Dean Law	8	Islamabad E8	Social Sustainability	SDG 8: Decent Work & Economic Growth	Enhances human productivity, collaboration skills, and lifelong learning for social well-being.
28	6 May	B5G/6G Wireless Networks	2	Dr. Adil Ali raja	10	Islamabad H-11	Environmental Sustainability	SDG 9: Industry, Innovation and Infrastructure / SDG 13: Climate Action	Enables energy-efficient smart systems and environmental monitoring.
29	27 May	Lifestyle for Cardiac Health	3	Dr. Farzana from Tabba heart Institute	45	BUHS CK	Social Sustainability	SDG 3: Good Health and Well-Being	Focuses on preventive healthcare and healthy living to improve quality of life.



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30	27 June	Psychological First Aid	2	Dr. Fareeha Kanwal Assistant Professor	Dr. Fareeha Kanwal Assistant Professor	21	Social Sustainability	SDG 3: Good Health and Well-Being	Builds mental health support skills for individuals and communities, promoting resilience in crisis situations.	
31	22 Jul	Work-Life Balance	2	Dr. Kanwal Kaiser, Director Al HUDA Academy	12	Islamabad E8	Social Sustainability	SDG 3: Good Health and Well-Being	Promotes mental health, productivity, and balanced lifestyle for professional well-being.	
32	21 Aug	Stress Management	2	Dr. Shazia Yusuf, Principal /HOD BSPP	9	Islamabad E8	Social Sustainability	SDG 3: Good Health and Well-Being	Provides strategies to manage stress, improving mental health and resilience.	



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33	26 Aug	Tackling Negative Effects of AI on Students Learning	2	Dr. Joddatt Fatima	20	Islamabad E8	Social Sustainability	SDG 4: Quality Education	Addresses responsible AI use and mitigates negative impact on student learning.	
34	23 Oct	Better Work Life Balance	2	Dr. Shazia Yusuf, HOD Professional Psychology	11	Islamabad E8	Social Sustainability	SDG 3: Good Health and Well-Being	Promotes mental wellness and balanced professional life.	A one-day Faculty Development training session titled " <b>Better Work Life Balance</b> " was conducted on <b>23 October 2025</b> in Bahria University E-8 Campus, Islamabad (E-8) by Dr. Shazia Yusuf, Head of Department, Professional Psychology, under the domain of social sustainability, aligned with SDG 3: Good Health & Well-Being. The session aimed to promote mental wellness and help





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										gained valuable insights into managing work pressures effectively while maintaining personal well-being. Overall, the session was impactful in enhancing awareness about work-life balance and fostering a healthier, more productive professional lifestyle. <a href="https://lpdc.bahria.edu.pk/blog-details.php?news_id=32">https://lpdc.bahria.edu.pk/blog-details.php?news_id=32</a>
35	11 Nov	Workshop for Formulation of Questions Data Bank by ODL Program Coordinators	2	Dr. Sidra Khan, Mr. Ahmed, Mr. Anisa Tul Mehdi	28	Islamabad E8	Social Sustainability	SDG 4: Quality Education	Develops skills in creating standardized assessments for online learning.	



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36	19 Nov	Academic & Legal Writing Workshop	2	Dr. Muhammad Fayyaz	17	Islamabad E8	Social Sustainability	SDG 4: Quality Education	Improves academic writing and legal research skills for faculty.	
37	20 Nov	Better Communication between Higher Management and FMs	2	Ms. Tooba Shakoor	10	Islamabad E8	Social Sustainability	SDG 4: Quality Education	Enhances communication skills between faculty and management.	
38	27 Nov	Workshop on Advance Data Analysis	2	Dr. Farhan	20	Islamabad E8	Social Sustainability	SDG 4: Quality Education	Provides advanced analytical skills for research and decision-making.	
39	11 Dec	Advance Penetration Testing Tools	2	Dr. Asim	15	Islamabad E8	Environmental Sustainability	SDG 9: Industry, Innovation and Infrastructure	Improves cybersecurity systems, indirectly supporting secure and sustainable digital infrastructure	



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									ure.	
40	15 Dec	Writing Research Proposal for Funding	2	Dr. Ghulam Abbas	15	Islamabad E8	Social Sustainability	SDG 4: Quality Education	Strengthens faculty skills to secure research funding for academic growth.	



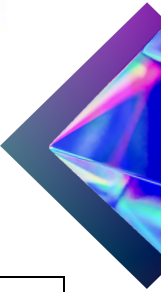
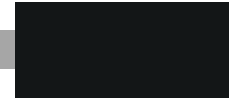
### Staff and Officer Development

S . N o	Date	Activity	Total No. of Training Hours	Resource Person/s	No. of Participants	Venue	Category	Relevant UNSDGs	Detail	Weblink & Description
1.	07 Jan	Firefighting Exercise & Training program	2	Muhammad Iqbal Firefighting Supervisor	9	Islamabad E8	Social Sustainability	SDG 3 – Good Health and Well-Being	Promotes safety awareness, emergency preparedness, and protection of life at the workplace.	
2.	14 Jan	Firefighting Exercise & Training program	2	Muhammad Iqbal Firefighting Supervisor	7	Islamabad E8	Social Sustainability	SDG 3 – Good Health and Well-Being	Promotes safety awareness, emergency preparedness, and protection of life at	



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									the workplace .	
3.	21 Jan	Firefighting Exercise & Training program	2	Muhammad Iqbal Firefighting Supervisor	6	Islamabad E8	Social Sustainability	SDG 3 – Good Health and Well-Being	Promotes safety awareness, emergency preparedness, and protection of life at the workplace .	
4.	21 Jan	Workplace Harassment Awareness Session	2	Hafiza Amna Sadia Assistant Professor Law Department	25	Islamabad E8	Social Sustainability	SDG 5 – Gender Equality SDG 8 – Decent Work and Economic Growth	Supports safe, respectful, and inclusive workplaces.	
5.	28 Jan	Firefighting Exercise & Training program	2	Muhammad Iqbal Firefighting	16	Islamabad E8	Social Sustainability	SDG 3 – Good Health and Well-	Promotes safety awareness, emergenc	



				Supervisor				Being	y preparedness, and protection of life at the workplace.	
6.	17 Jan	Stress Management	2	Mr. Habib Ullah	13	Islamabad H-11	Social Sustainability	SDG 3 – Good Health and Well-Being	Improves mental health, employee well-being, and workplace productivity.	
7.	17 Jan	Lecture on fire Fighting Followed by Exercise	2	Security Officer	11	Lahore	Social Sustainability	SDG 3 – Good Health and Well-Being	Promotes safety awareness, emergency preparedness, and protection of life at the workplace.	



8.	20 Jan	Health Safety and Environment	2	Dr. Muhammad Irfan Senior Assistant Prof. E&ES	48	Karachi	Environmental Sustainability	SDG 3 – Good Health and Well-Being SDG 13 – Climate Action	Covers workplace safety, environmental protection, and sustainable practices.	The 01-day professional training titled “ <b>Workplace Ethics</b> ” was conducted on <b>20 January 2025</b> in Bahria University Karachi Campus by Ms. Irum Shabbir, Senior Lecturer - IPP, under the domain of environmental sustainability, aligned with SDG 3: Good Health & Well-Being and SDG 13: Climate Action. The session aimed to promote ethical behavior and professional integrity in workplace settings while emphasizing the connection between ethical practices, health, safety, and environmental responsibility. Key areas covered
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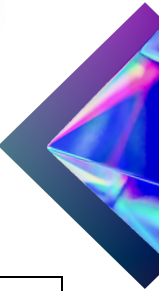
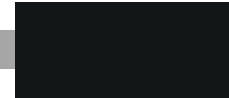




										<p>sustainability. Overall, the session was effective in enhancing awareness and reinforcing the importance of ethics in achieving responsible and sustainable professional practices.</p> <p><a href="https://lpdc.bahria.edu.pk/blog-details.php?news_id=30">https://lpdc.bahria.edu.pk/blog-details.php?news_id=30</a></p>
9.	3 Feb	Workplace ethics	2	Ms. Irum Shabbir. Sr. lecturer IPP	45	Karachi	Social Sustainability	SDG 16 – Peace, Justice and Strong Institutions	Promotes ethical conduct, transparency, and institutional integrity.	
10	22 Feb	Solid Waste Management	2	Dr. Jawad Abdullah Butt Assistant Professor.	50	Karachi	Environmental Sustainability	SDG 11 – Sustainable Cities and Communities	Focuses on environmental sustainability and proper waste	A one-day professional training titled “ <b>Solid Waste Management</b> ” was conducted on <b>22 February 2025</b> in Bahria University







										supporting the development of cleaner and more responsible communities.  <a href="https://lpdc.bahria.edu.pk/blog-details.php?news_id=31">https://lpdc.bahria.edu.pk/blog-details.php?news_id=31</a>
11	25 Feb	Weekly Firefighting Exercise and Training Program	2	Mr. Iqbal Supervisor firefighting	5	Islamabad E8	Social Sustainability	SDG 3 – Good Health and Well-Being	Promotes safety awareness, emergency preparedness, and protection of life at the workplace.	
12	4 Feb	Precautions on Receiving Bomb Threat	2	Security Officer	16	Lahore	Social Sustainability	SDG 3 – Good Health and Well-Being SDG 16 – Peace, Justice and	Enhances security awareness, crisis response, and institutional safety preparedness	



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								Strong Institutions		
13	26 Feb	Emotional Intelligence in the Workplace	1.5	Ms. Rabia Muzaffar Sr. Lecturer	25	Karachi	Social Sustainability	SDG 3 – Good Health and Well-Being SDG 8 – Decent Work and Economic Growth	Supports mental well-being, teamwork, conflict management, and a healthy workplace environment.	
14	19 Mar	Training on Basic Etiquette and Hygiene	2	Dr. Sanaulah Islamic Studies Department BUIC	15	Islamabad E8	Social Sustainability	SDG 3: Good Health & Well-being, SDG 4: Quality Education	Improves personal health practices and social interaction, contributing to overall workplace wellness and societal health standards	



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15	26 Mar	General Workplace etiquettes	2	Habib Ullah	15	Islamabad H-11	Social Sustainability	SDG 8: Decent Work & Economic Growth, SDG 10: Reduced Inequalities	Encourages professionalism, inclusion, and respect in workplaces, fostering equitable and harmonious social environments	
16	21 Mar	Solid Waste Management	2	Dr Jawad Abdullah Butt Assistant Professor	44	Karachi	Environmental Sustainability	SDG 12: Responsible Consumption & Production, SDG 13: Climate Action, SDG	Educates on proper waste management practices, reducing environmental pollution and promoting sustainable	



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								11: Sustainable Cities & Communities	resource use	
17	30 April	Communication and Interpersonal skills	2	Mr. Umer Chaudhary senior lecturer Bahria business school	06	Islamabad E8	Social Sustainability	SDG 8: Decent Work & Economic Growth, SDG 10: Reduced Inequalities	Strengthens professional collaboration, teamwork, and workplace inclusion	
18	29 April	Conflict Resolution	2	Dr. Fareeha Kanwal HOD IPP	25	Karachi	Social Sustainability	SDG 16: Peace, Justice & Strong Institutions, SDG 8: Decent Work & Economic Growth	Builds skills to manage disputes, fostering a peaceful and cooperative work environment.	



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19	29 April	Student Handling	2	Ms. Noor Ul Ain Lecturer	25	Karachi	Social Sustainability	SDG 4: Quality Education, SDG 10: Reduced Inequalities	Equips staff with skills to manage, mentor, and support students, promoting equitable educational experiences.	
20	27 May	First Aid Training	3	Medical Rep	12	Lahore	Social Sustainability	SDG 3: Good Health and Well-Being	Builds health preparedness and emergency response skills, directly contributing to individual and community well-being	
21	18 June	First Aid Training	2	Ms. Aameena Senior	20	Islamabad E8	Social Sustainability	SDG 3: Good Health and	Builds emergency response	



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				Medical Officer				Well-Being	skills, enhancing community and individual safety.	
22	3 June	Fire Fighting Exercise	3	Security Officer BULC	22	Lahore	Social Sustainability	SDG 3: Good Health and Well-Being	Trains participants in safety procedures and emergency preparedness.	
23	05 June	Workplace Harassment Awareness Session	1	Manager SSC	100	BUHSCI	Social Sustainability	SDG 5: Gender Equality / SDG 16: Peace, Justice and Strong Institutions	Promotes safe, inclusive, and equitable work environments.	
24	11 June	Ban on use of plastic material	1	Admin Officer	50	BUHSCI	Environmental Sustainability	SDG 12: Responsible Consumption	Encourages reduction of plastic pollution and	



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								and Producti on / SDG 13: Climate Action	sustainabl e consumpt ion habits.	
25	19 June	Segregati on of different waste materials	1	Admin Officer	60	BUHS CI	Environ mental Sustaina bility	SDG 12: Respon sible Consum ption and Producti on / SDG 13: Climate Action	Promotes proper waste managem ent, recycling, and environm ental sustainabi lity.	
26	25 Jul	Firefightin g Exercise and Training Program me	2	Muha mmed Iqbal, Fire Officer	10	Islam abad E8	Social Sustaina bility	SDG 3: Good Health & Well- being	Improves workplace safety and emergenc y prepared ness.	
27	25 Jul	Work-Life Balance	2	Dr. Kanwal Kaisse r, Directo r AI	7	Islam abad E8	Social Sustaina bility	SDG 3: Good Health & Well- being	Promotes mental health and work- life balance.	



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				HUDA Academy						
28	25 Jul	Firefighting Exercise and Training Programme	2	Muhammed Iqbal, Fire Officer	32	Islamabad E8	Social Sustainability	SDG 3: Good Health & Well-being	Continuing emergency preparedness and safety awareness.	
29	25 Sep	Training on Basic Etiquette & Personal Hygiene	1	Dr. Ameen a Asad	4	Islamabad E8	Social Sustainability	SDG 3: Good Health & Well-being	Improves hygiene and professional etiquette for workplace well-being.	
30	25 Sep	Firefighting Exercise and Training Programme	1	Muhammed Iqbal, Fire Fighting Officer	10	Islamabad E8	Social Sustainability	SDG 3: Good Health & Well-being	Maintains emergency preparedness culture.	
31	25 Oct	Effective Time Management	2	Sundus Mushtaq	10	Islamabad E8	Social Sustainability	SDG 4: Quality Education	Enhances productivity and professional	



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									nal efficiency.	
32	25 Oct	Workplace Ethics and Harassment Awareness	2	Ms. Qurat UI Ain	15	Islamabad E8	Social Sustainability	SDG 5: Gender Equality & SDG 8: Decent Work	Promotes safe, inclusive, and ethical workplace culture.	

### Student Grooming Activities

S. No	Date	Activity	Total No. of Training Hours	Resource Person/s	No. of Participants	Venue	Category	Relevant UNSDGs	Detail	Weblink
1.	Feb 11	Personal Development and Self Growth	2	Dr. Usman Rasheed	40	Lahore	Social	SDG 3: Good Health & Well-Being	Promotes self-awareness and emotional development.	



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2.	Feb 24	Importance of Time Management in Academic Life	2	Dr. Muhammad Idress	40	Karachi	Social	SDG 4: Quality Education	Improves students' productivity and study efficiency.	The student grooming session titled " <i>Importance of Time Management in Academic Life</i> " was conducted as a 01-day professional training on <b>24 February 2025</b> in Bahria University Karachi Campus by Dr. Muhammad Idress, Assistant Professor, under the domain of social development, aligned with SDG 4: Quality Education.
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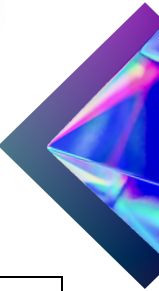
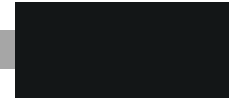


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										contributing to quality education and personal development. <a href="https://lpdc.bahria.edu.pk/blog-details.php?news_id=28">https://lpdc.bahria.edu.pk/blog-details.php?news_id=28</a>
3.	Feb 26	Lecture on Occupational Health and Safety	2	Muhammad Irfan	21	Karachi	Social	SDG 3: Good Health & Well-Being	Raises awareness on workplace safety practices.	The 01-day professional training titled " <i>Occupational Health and Safety</i> " was conducted on <b>26 February 2025</b> in Bahria University Karachi Campus by Muhammad Irfan, Senior Associate Professor (E&ES), under the



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											domain of social development, aligned with SDG 3: Good Health & Well-Being. The session aimed to raise awareness about workplace safety practices and the importance of maintaining a healthy working environment . Key topics included identification of workplace hazards, risk assessment, safety protocols, use of protective
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											equipment, and preventive measures to avoid accidents and injuries. The training was delivered through an interactive approach involving lectures, practical examples, and discussions, which encouraged active participation and knowledge sharing. Participants gained valuable insights into ensuring personal and collective
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4.	Apr 22	Communication Skills	2	Ms. Sana Saleem	50	Karachi	Social	SDG 4: Quality Education	Improves verbal and written communication skills.	
5.	Apr 24	AI in Cyber Security	2	Mr. Fahad Ahmed Khan	47	Karachi	Social	SDG 9: Industry, Innovation & Infrastructure	Raises awareness about AI applications in cybersecurity.	
6.	Apr 28	How to Develop Entrepreneurship Skills in the Maritime Sector	2	Engr Rizwan Ali	25	Karachi	Social	SDG 8: Decent Work & Economic Growth	Promotes entrepreneurship in the maritime sector.	



7.	May 02	Understand AI Capabilities	2	Ms. Naila Masood	35	Islamabad E8	Social	SDG 9: Industry, Innovation & Infrastructure	Introduces AI skills and understanding for practical applications.	
8.	May 26	Harassment and Its Prevention	2	Hafiza Amina	70	Islamabad H-11	Social	SDG 5: Gender Equality	Raises awareness about harassment and preventive measures.	
9.	May 12	Role of Education Institution in Promoting Anti-Corruption	3	Deputy Director NAB	38	Lahore	Social	SDG 16: Peace, Justice & Strong Institutions	Promotes integrity and anti-corruption awareness in students.	



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		Val ues								
10.	Jun 04	Add icti on and Its Con seq uen ces	2	Naeem Aslam Chught ai	25	Islam abad E8	Social	SDG 3: Good Health & Well- Being	Raises awareness about addiction and its social/health impact.	The training titled <i>“Addi ction and Its Consequenc es”</i> was conducted on <b>4 June 2025</b> by Naeem Aslam Chughtai over a duration of two days in Bahria University E- 8 Campus Islamabad, under the domain of social developmen t, aligning with SDG 3: Good Health & Well- Being. The session aimed to





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											participation and knowledge sharing among attendees. Participants gained a deeper understanding of the causes, risk factors, and prevention strategies related to addiction, and developed a sense of responsibility to spread awareness within their communities. Despite minor challenges such as limited prior knowledge and time constraints, the training
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										successfully enhanced awareness, promoted healthier lifestyle choices, and motivated participants to contribute positively towards society, making it a meaningful step toward achieving the goals of good health and well-being. <a href="https://lpdc.bahria.edu.pk/blog-details.php?news_id=24">https://lpdc.bahria.edu.pk/blog-details.php?news_id=24</a>
11.	Jul 29	Professional Etiquettes	2	Ms. Maawra Salam	35	Karachi	Social	SDG 8: Decent Work & Economic Growth	Builds workplace professionalism and interpersonal skills.	



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12.	Jul 22	Tackling the negative influence of AI on students learning	2	Dr. Joddat, COE - AI	30	BUHS CI	Social	SDG 4: Quality Education	Promotes responsible AI use and safeguards student learning.	
13.	Jul 24	Professional Ethics	2	Dr. Farrukh Hayat	50	BUHS CI	Social	SDG 16: Peace, Justice & Strong Institutions	Fosters ethical decision-making in professional settings.	
14.	Aug 6	Future Trends and Emerging Tech	1	Faculty of BUHSCI	93	BUHS CI	Social	SDG 9: Industry, Innovation & Infrastructure	Prepares participants for technological advancements.	



		hno logi es								
15.	Sep 24	Time Man age ment	2	Umair Saeed, Manag er HR and Admin KOAK Energy	40	Islam abad E8	Social	SDG 8: Decent Work & Economic Growth	Enhances productivity and personal efficiency.	
16.	Sep 25	Anti - Har ass ment Awa ren ess Sess ion	2	Ms. Qurat- ul-Ain	25	Islam abad E8	Social	SDG 5: Gender Equality	Promotes safe and equitable workplace environments .	A Student Training on “Anti- Harassment Awareness” was conducted on 19th September 2025 at Islamabad E-8 by Ms. Qurat-ul- Ain, Senior Lecturer. The session was attended by 30 participants and aimed to raise





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											<p>interactive discussions and real-life scenarios, participants were equipped with the knowledge and confidence to contribute to a respectful and secure environment . This initiative supported Social Sustainability and aligned with SDG 5 - Gender Equality by promoting safe, inclusive, and equitable spaces for all.</p>
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										<a href="https://lpdc.bahria.edu.pk/blog-details.php?news_id=21">https://lpdc.bahria.edu.pk/blog-details.php?news_id=21</a>
17.	Sep 25	Stress Management	2	Ms. Javeria Asim	18	Islamabad H-11	Social	SDG 3: Good Health & Well-Being	Supports mental health and emotional resilience.	
18.	Sep 12	Social Behaviour	1	Dr. M. Idrees	34	Karachi	Social	SDG 16: Peace, Justice & Strong Institutions	Strengthens interpersonal skills and social cohesion.	
19.	Sep 16	Mastering Emotional Intelligence	3	Dr. Munaza Bibi	48	Karachi	Social	SDG 3: Good Health & Well-Being	Improves self-awareness and interpersonal relationships.	
20.	Oct 15	Ethical Values towards	3	Mr. Yasooob Rizvi	22	Karachi	Social	SDG 16: Peace, Justice & Strong Institutions	Cultivates ethical behavior in community and professional	



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		Society							life.	
21.	Oct 28	Time Management, Stress Control and Exam Confidence	1	Prof. Dr. Mowad at Hussain Rana	100	BUHS CI	Social	SDG 4: Quality Education	Enhances productivity, stress management, and exam readiness.	
22.	Nov 28	Career Planning, Development & Improving Society	2	Mr Rashid Hassan	26	Islamabad E8	Social	SDG 8: Decent Work & Economic Growth	Enhances career strategy and professional relationships.	



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		al Capital								
23.	Nov 18	Time Management	1	Dr. Huma Hassan	8	Islamabad H-11	Social	SDG 8: Decent Work & Economic Growth	Improves personal productivity and time efficiency.	
24.	Nov 27	Team Work Ethics and Classroom Behaviours	2	Ms. Aqsa Israr	21	Islamabad H-11	Social	SDG 16: Peace, Justice & Strong Institutions	Encourages collaborative and ethical professional behavior.	
25.	Nov 19	Anger Management and Emotional Well	1.5	Dr. Usman Rasheed	95	Lahore	Social	SDG 3: Good Health & Well-Being	Supports mental health and emotional resilience.	The Faculty Development and Student Grooming Activity titled " <i>Anger Management and Emotional</i>

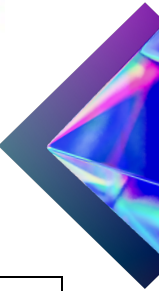
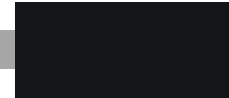


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		l- Bei ng								<p><i>Well-being</i>” was conducted on <b>19 November 2025</b> by Dr. Usman Rasheed, Senior Assistant Professor at Bahria University Lahore Campus. Falling under the domain of social development and aligned with SDG 3: Good Health &amp; Well-Being, the session aimed to promote mental health awareness and emotional resilience</p>
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											among participants . The training focused on understanding the causes and effects of anger, techniques for emotional regulation, stress management strategies, and the importance of maintaining psychological well-being in both academic and professional settings. An interactive methodology was adopted, including lectures,
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										supporting mental well-being, contributing positively to personal and professional development.  <a href="https://lpdc.bahria.edu.pk/blog-details.php?news_id=26">https://lpdc.bahria.edu.pk/blog-details.php?news_id=26</a>
26.	Nov 13	Workplace Excellence : Grooming Standards and Presentation	3	Umair Khalid	21	Karachi	Social	SDG 8: Decent Work & Economic Growth	Improves professionalism and presentation skills.	



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		Mastery								
27.	Nov 13	Anger Management & Well-Being	2	Ms. Zahyren Kausar	39	Karachi	Social	SDG 3: Good Health & Well-Being	Enhances stress management and emotional intelligence.	
28.	Nov 18	Ethical Concerns Using AI	2	Dr. Tariq Siddiqui	23	Karachi	Social	SDG 16: Peace, Justice & Strong Institutions	Promotes ethical and responsible AI use.	The 01-day professional training titled " <i>Ethical Concerns Using AI</i> " was conducted on <b>18 November 2025</b> in Karachi by Dr. Tariq Siddiqui, Assistant Professor for BUKC Faculty



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											<p>under the domain of social development, aligned with SDG 16: Peace, Justice &amp; Strong Institutions. The session focused on raising awareness about the ethical implications of artificial intelligence, including issues such as data privacy, bias in algorithms, accountability, and responsible use of AI technologies . An interactive approach was adopted</p>
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										awareness, critical thinking, and a sense of responsibility toward building fair, transparent, and accountable technological systems in society.  <a href="https://lpdc.bahria.edu.pk/blog-details.php?news_id=25">https://lpdc.bahria.edu.pk/blog-details.php?news_id=25</a>
29.	Nov 28	Stress Management	2	Ms. Noor ul Ain	30	Karachi	Social	SDG 3: Good Health & Well-Being	Enhances stress management and emotional resilience.	



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