SDG
03
GOOD HEALTH AND WELL-BEING

EVIDENCE DOCUMENT | INDICATOR 3.3.4

Sexual and reproductive health care services for students

METRIC 3.3 Collaborations and health services

REFERENCE YEAR	COVERAGE	DATE PREPARED
2025	Students and health sciences learners	31 October 2026

ISSUING OFFICE	EVIDENCE ID
Directorate of Quality Assurance, Head Office	E-03-3.3.4

THE SIR 2027 REQUIREMENT

Provide students access to sexual and reproductive health-care services including information and education services.

01 Statement of Evidence

Bahria University's direct answer to the requirement

Yes. Bahria University provides students with access to campus medical consultation, health advice and referral arrangements, alongside sexual and reproductive health information and education. These provisions are supported by the University's Health, Safety and Environment Policy, which establishes student access to routine medical advice, patient counselling, qualified medical personnel and campus sickbay services. The policy was reviewed and amended, with amendments officially approved by Director Admin, Bahria University Head Office, on 22 November 2025. These general healthcare provisions provide an institutional point of contact through which students may seek advice on personal health concerns, including sexual and reproductive health, and obtain assessment and guidance on further care.

Subject-specific information and education are provided through the Obstetrics and Gynaecology Department, supervised clinical learning at affiliated KRL and PNS Hafeez hospitals, and the 2025 MBBS reproductive-system curriculum. Documented activities further include HIV counselling education, Pinktober breast-health awareness and cervical-cancer prevention and HPV education. Together, the policy framework, medical consultation arrangements and specialist educational activities demonstrate Bahria University's institutional support for students' sexual and reproductive health knowledge, preventive awareness and access to medical advice.

02 Evidence and Activity Record

Dated facts and records that substantiate the statement

Bahria University supports student health through campus medical provision and health education. The records below distinguish medical consultation and referral arrangements from the specialist teaching and dated educational activities.

TABLE 1 Student medical support and reproductive health education

No.	Period	University provision	Student access or audience	Documented scope
1	Continuing service	Campus Medical Center	Students, faculty and staff	Medical consultation, health advice and preliminary assessment.
2	Continuing service	Medical Center referral arrangements	Patients requiring advanced care	Referral to affiliated hospitals or nearby healthcare facilities.
3	Department profile	Obstetrics and Gynaecology, College of Medicine	Medical students and trainees	Reproductive-health education and clinical rotations through KRL and PNS Hafeez.
4	2025 study guide	Second-year MBBS reproductive-system module	Sixteenth MBBS batch, 2023–2028	Menstrual health, contraception, pregnancy, infertility and safe motherhood.
5	19 May 2025	Voices of Care HIV counselling session	IPP educational participants	Emotional and mental-health needs of people living with HIV; community-medicine perspectives.

The educational provision equips participating students with relevant knowledge and understanding. The campus consultation and referral framework provides a route to medical assessment when students require healthcare advice or further care.

1 Student medical consultation and referral access

The University Medical Center serves students as well as faculty and staff. Its public service description identifies consultation with Senior Medical Officers or paramedics, preliminary assessment and basic healthcare support. Students therefore have an institutional point of contact for medical advice and assessment on campus.

Where advanced care is required, the Medical Center arranges referral to affiliated hospitals or nearby healthcare facilities. It also describes patient records for continuity of care and health guidance on hygiene and disease prevention. This consultation and referral framework provides students with an institutional entry point for medical assessment and further care.

Official BU Medical Center https://www.bahria.edu.pk/page/PageTemplate4?pageContentId=3470&websiteId=10

1.1 Specialist reproductive health information and education

The Obstetrics and Gynaecology Department describes clinical rotations through affiliated KRL and PNS Hafeez hospitals. Teaching includes antenatal and postnatal care, labour, reproductive endocrinology, family planning and gynaecological conditions. Seminars, case discussions and workshops supplement supervised clinical learning. These arrangements give medical students and trainees structured access to specialist reproductive-health information and supervised clinical education.

Official BU Obstetrics and Gynaecology Department
https://www.bahria.edu.pk/page/PageTemplate4?pageContentId=4653&WebsiteID=10

2 HIV counselling education during 2025

On 19 May 2025, the Institute of Professional Psychology hosted Voices of Care, a guest-speaker session on HIV counselling. IPP alumna and Women Health and Welfare Organization founder Ms. Qurat ul Ain Jibran addressed emotional and mental-health challenges experienced by people living with HIV. Dr. Mursala Tahir of Liaquat National Hospital contributed community-medicine perspectives. The session connected specialist health knowledge with psychological understanding and counselling education.

This dated activity contributes to information and education relevant to sexual health and HIV-related wellbeing. The session strengthened participants' understanding of HIV-related psychological needs and the role of supportive counselling in health and wellbeing.



Figure 1: Original photograph published with the Voices of Care HIV counselling session held on 19 May 2025.

3 Reproductive health education in the 2025 MBBS study guide

Bahria University Health Sciences Campus Karachi published a 2025 study guide for its second-year MBBS sixteenth batch. Module VI addresses the endocrine and reproductive systems and genetics. The guide specifies structured learning objectives concerning reproductive physiology and clinically relevant reproductive-health topics.

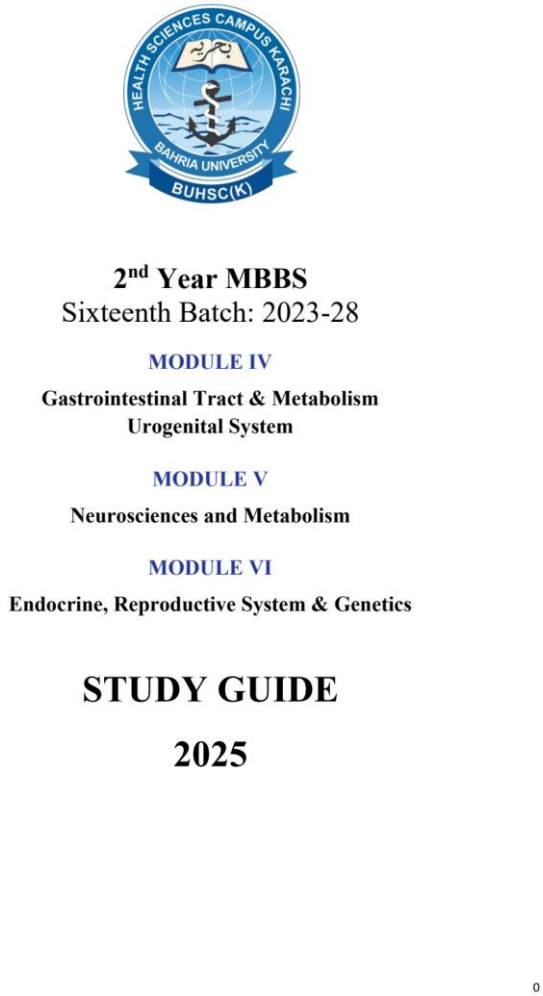


Figure 2: Original 2025 study-guide cover identifying campus, programme, batch and reproductive-system module. Official BU 2025 MBBS study guide

3.1 Documented topics available to medical students

The learning objectives include menstrual history and abnormalities, hormonal contraception, pregnancy testing, infertility assessment, safe motherhood and components of reproductive health. The following page also includes contraception methods and their advantages and disadvantages, breastfeeding and common lactation problems. This establishes subject-specific education for the identified medical-student cohort in 2025.

288. Discuss the menstrual history of a female along with its abnormalities (Menorrhagia, Metromenorrhagia, Oligomenorrhea, polymenorrhea, polymenorrhagia, Amenorrhea) (Gynae/Physio) (cognitive)
289. Explain the mechanism of action of hormonal contraceptives (psychomotor)
290. Explain physiological changes during pregnancy. (cognitive)
291. Perform pregnancy test (psychomotor)
292. Discuss the structure, biosynthesis, mechanism of action, metabolic role, regulations and clinical disorders of oxytocin and prolactin (Physio/Biochem) (Cog)
293. Discuss the biochemical parameters used in evaluation of male and female infertility(Gynae) (Cog)

Figure 3: Original objectives 288–293 on printed page 56 covering menstrual health, contraception, pregnancy and infertility.

302. Define the basic terminologies of reproductive health
303. Describe WHO strategies for safe motherhood
304. Describe the components of reproductive health.

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Figure 4: Original objectives 302–304 on printed page 56 covering reproductive-health concepts and safe motherhood.

305. Explain baby friendly hospital initiative in Pakistan
306. Describe different measures of growth monitoring
307. Explain the advantages and disadvantages of breast feeding
308. Describe the common problem in lactation
309. Describe various methods of contraceptive methods, their advantages and disadvantages

Figure 5: Original objectives 305–309 on printed page 57 covering breastfeeding, lactation and contraception methods.

4 Pinktober breast health education for students

Bahria University promotes women's health literacy through Pinktober awareness activities that bring students into direct contact with healthcare specialists. On 24 October 2025, Health Sciences Campus Karachi organised a Breast Cancer Awareness Seminar at the Ibn-e-Sina Auditorium, followed by a campus awareness walk involving students, faculty and staff. Maj. Gen. Prof. Shehla M. Baqai led the awareness session.

A multidisciplinary panel from PNS Shifa Hospital and BUHSCK brought together expertise in gynaecology, oncology, surgery, public health and radiology. The discussion addressed prevention, early detection and management. This provided participating students with access to professional health information and strengthened awareness of preventive care. The accompanying walk reinforced the educational message through collective student participation.



Figure 6: Students, faculty and staff participating in the BUHSCK Pinktober activity, 24 October 2025; original institutional event photograph.
Official BUHSCK Pinktober event record December 2025 newsletter page 3

5 Cervical cancer prevention and HPV education

Bahria University Health Sciences Campus Karachi extended reproductive-health information and education to young learners through its Cervical Cancer Awareness and Prevention seminars. The Department of Obstetrics and Gynaecology collaborated with Community Health Sciences to deliver sessions at Bahria College on 12 September 2025 and Beaconhouse School, Jubilee Campus Karachi, on 23 September 2025.

Led by Maj. Gen. Prof. Dr. Shehla M. Baqai and a team of experts, the sessions engaged more than 500 participants, including young girls, teachers and principals. Interactive discussions explained cervical-cancer prevention, early detection and the significance of HPV vaccination. The programme gave school students access to specialist reproductive-health education and encouraged informed preventive-health decisions.



Figure 7: Original photographs of the two September 2025 cervical-cancer prevention sessions, showing the participating school audiences.

This activity complements the University's own student education by demonstrating institutional delivery of reproductive-health information to school communities. Within BU, the reproductive-system curriculum and specialist teaching described above provide medical students with structured access to reproductive-health knowledge.

Official BUHSCK cervical cancer prevention record December 2025 newsletter page 3

6 Health Safety and Environment Policy

Bahria University's Health, Safety and Environment Policy establish the institutional framework for student medical consultation, campus sickbay services and emergency care. The policy was reviewed and amended, and the amendments were officially approved by Director Admin, Bahria University Head Office, on 22 November 2025 and incorporated into the second edition. The updated amendment register also records the original edition dated 15 November 2021 and the subsequent third edition dated 22 July 2026. The complete opening pages are reproduced below, followed by the clauses relevant to student access to medical advice and care.


BAHRIA UNIVERSITY
ISLAMABAD

BAHRIA UNIVERSITY
أُطْلُبُوْا الْعِلْمَ
PAKISTAN

BU HEALTH, SAFETY AND ENVIRONMENT POLICY

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Figure 8: Complete original cover of the updated Health Safety and Environment Policy.

6.1 Policy amendment record

RECORD OF AMENDMENTS

Amendment No	Dated	Authority	Clause (s) Amended	Status
1st Edition	15 Nov 2021	Admin/Safety/2021/3224	-	superseded
2nd Edition	22 Nov 2025	Director Admin	Para 6.17 (second sentence added); Para 6.17.3 (new); Para 6.20.1 (new)	New Print
3rd Edition	22 July 2026	BU-HO/Admin/2026/827	Para 6.17 (second	New Print

Note: Amendments are to be recorded, cross-checked and their incorporation in the document authenticated (with name, designation, and signatures).

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Figure 9: Complete original amendment register showing the 2021 first edition, 22 November 2025 second edition and 22 July 20 26 third edition.

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6.3 Institutional scope and student medical access

Clauses 1.1–1.6 establish an institutional framework covering University premises, operations, campuses and constituent units. They assign campus management and heads of department responsibility for compliance. This framework supports the medical consultation arrangements through which students can seek advice about personal health concerns, including sexual and reproductive health concerns, and receive clinical assessment of their needs.

1.1 Safety Policy. Maintaining high standards of Health, Safety and Environment (HSE) is an integral part of campus life at Bahria University. All employees, students, and contractors shall remain vigilant, adhere to safe working practices, and comply with the controls prescribed in this Policy. Every individual has a legal and moral responsibility to report unsafe conditions and contribute towards continuous improvement.

1.2 Policy Statement. Bahria University is committed to providing a safe and secure environment for its students, staff, and visitors through effective safety systems, procedures, and practices. Achieving this objective requires active participation at all levels. All members of BUHO and Campuses/Units are responsible for compliance within their Areas of Responsibility (AOR), with particular accountability resting on senior leadership to ensure safe conduct of all activities.

1.3 Policy Framework. This Policy applies to all premises, operations, and activities under the University's control. It establishes the framework within which responsibilities are assigned and implemented. Campus Management, through respective Heads of Departments (HODs), shall ensure compliance and enforcement at all tiers.

1.4 Aim. To ensure the safety of all individuals at Bahria University while safeguarding University assets through a structured and effective HSE framework.

1.5 Preamble. Safety is a collective responsibility and can only be achieved through coordinated effort. This Policy defines roles and responsibilities for implementation while encouraging continuous feedback to further strengthen safety practices.

1.6 Applicability. The HSE Policy shall be applicable to the following:

a. Bahria University Head Office (BUHO)
b. All Campuses of Bahria University and Constituent Units (CUs)
c. Business Incubation Centers/ Offices of Research, Innovation & Commercialization (ORIC), Islamabad.
d. Institute of Professional Psychology (IPP), Karachi.
e. National Institutes of Maritime Affairs (NIMA), Islamabad and Karachi.

Figure 14: Original clauses 1.1–1.6 establishing institutional responsibility and policy applicability, printed page 1.

6.4 Campus sickbay services and medical advice

Clause 7.6.1 requires campus sickbays to provide healthcare facilities, first aid and emergency medical assistance to students, faculty and staff, supported by qualified medical and paramedical personnel, medicines, equipment and ambulance provision. Clause 7.6.2 includes patient counselling, emergency treatment and stabilisation for urgent evacuation to nearby hospitals. These provisions establish the campus medical point of contact within the student healthcare pathway.

7.6 HEALTH CARE FACILITIES

7.6.1 Campus Health Safety Organization. All BU sickbays are to offer standard health care facilities available in the respective premises, which includes first aid/ emergency medical assistance to all students, faculty members & staff. In this regard, proper setup of medical care with necessary equipment, medicines & ambulance be ensured in all BU Campuses along with qualified Medical Officer and paramedical staff. SMO of sickbay should preferably be qualified in Family Medicine, which may be employed through the civil sector.

7.6.2 Essentials of Health Care Services at Campus Sickbay.

a. General Medicine/ surgical consultation and treatment in emergency cases only.

b. First aid management (medical / surgical).

a. Nebulization.

b. Random blood sugar testing with glucometer.

c. Dressing / stitching minor cut wound stitched / ensuring homeostasis in case of bleeding from nose / deep wounds.

d. Stabilizing emergency patients and urgent evacuation to nearby hospitals for further treatment

e. Patient counselling

f. Faculty and staff sick leave assessment and process for approval by higher authority.

j. Facilitate faculty and staff for their health-related issues, hospital admissions, specialist referral and counselling.

k. Facilitate health insurance officer.

l. All CUs to provide emergency medication (pharmacy services) to all reporting patients in emergency as advised by Medical Officer.

m. All CUs to arrange standardized well equipped ambulance along with the

Figure 15: Original clauses 7.6.1 and 7.6.2 describing sickbay provision, medical staffing, patient counselling and emergency care, printed page 38.

6.5 Routine consultation and qualified medical staff

Clause 7.6.2(n) explicitly permits students to consult medical staff for routine medical advice, while stating that patients procure routine medicines from their own resources. Clause 7.6.4 specifies a Senior Medical Officer qualified in MBBS or Family Medicine and supporting sickbay personnel. These provisions support student access to a qualified initial consultation. The policy provides the general clinical access framework; the reproductive-health teaching, specialist information and preventive education documented earlier provide the subject-specific evidence for requirement 3.3.4.

n. Students, faculty members and employees can consult medical staff to seek any routine medical advice but patient will procure medicines from own resources.

p. In case of emergencies, DD (A&C) is to facilitate & provide manpower to sickbay for taking patients to hospital.

Figure 16: Original clause 7.6.2(n) on routine medical advice and patient responsibility for medicines, with the adjacent eme rgency assistance provision.

7.6.4 Sickbay Staff: Each sickbay of BU Campuses should have appropriate medical staff as per local requirement. As a general principle, following staff is to be available. Their duties and responsibilities are elaborated at **Annex K**:

S No.	Designation	No	Remarks
a.	SMO	01	MBBS/ Family Medicine qualified medical practitioner
b.	In-charge Sickbay	01	Chief/ PO Med (Retd) - Ex-Naval Person
c.	Medical Technician	01	LMT/MT-1 (Retd)
d.	Aya/ Nurse	01	-
e.	N/ Qasid	01	-

Figure 17: Original clause 7.6.4 and staffing table identifying qualified sickbay personnel, printed page 39.

Together, the University's medical consultation arrangements, specialist reproductive-health teaching, HIV counselling education and preventive-health awareness activities support student access to health information and education, with campus medical staff providing an institutional point of contact for individual health advice.