SDG
03
GOOD HEALTH AND WELL-BEING

EVIDENCE DOCUMENT | INDICATOR 3.3.1

Current collaborations with health institutions

METRIC 3.3 Collaborations and health services

REFERENCE YEAR	COVERAGE	DATE PREPARED
2025	Local national international	30 October 2026

ISSUING OFFICE	EVIDENCE ID
Directorate of Quality Assurance, Head Office	E-03-3.3.1

THE SIR 2027 REQUIREMENT

Have current collaborations with local, national, or global health institutions to improve health and well-being outcomes. Options: local collaboration; national collaboration; global cooperation.

01 Statement of Evidence

Bahria University's direct answer to the requirement

Bahria University maintains collaborations with local, national and international health institutions to support healthcare education, prevention, psychological well-being and access to services. Its 2025 activities include thalassemia screening and awareness with AMTF and KITCC, lifesaving training with PLSP–Aga Khan University Hospital, diagnostic and academic agreements with Islamabad Diagnostic Centre, and a signed nursing and health-sciences MoU with University of Perpetual Help System DALTA in the Philippines. Further university records document cardiac-care and disability-service agreements, joint mental-health education with the Sindh Mental Health Authority, HIV-counselling learning with external healthcare professionals, and international engagement in pharmacy, life sciences and professional psychology. The evidence distinguishes signed agreements, completed activities and exploratory discussions. Supplementary records from academic year 2024–2025 retain their original activity dates and demonstrate the wider institutional network supporting health and well-being.

02 Evidence and Activity Record

Dated facts and records that substantiate the statement

The following records document institutional agreements and activities during 2025. They show the external partner, participating Bahria University unit and health purpose. Proposed exchanges and research are described as planned cooperation; completed training, screening and teaching are identified separately.

TABLE 1 Health collaborations and delivered activities during 2025

No.	Date	Activity, programme or provision	Campus or unit	Audience and reach	Level
1	25 Feb 2025	Indus Hospital & Health Network: MoU for academic cooperation and joint healthcare and community-welfare initiatives.	Health Sciences Campus Karachi	Health-profession students, faculty and community-welfare programmes.	Local
2	Aug; 27 Nov 2025	AMTF: thalassemia social-worker programme under an MoU, followed by a community blood-donation drive.	Health Sciences Campus and Karachi Campus	MBBS, BDS and nursing students; faculty, staff and blood donors.	Local
3	2 Sep; 11 Nov 2025	KITCC: thalassemia research/awareness and screening; a later IPP session supported character strengths and resilience.	College of Allied Health Sciences; Institute of Professional Psychology	BS MLT and Biotechnology students; thalassemia-centre participants.	Local
4	6 Oct 2025	PLSP and Aga Khan University Hospital: three-module CPR and bleeding-control workshop with hands-on assessment and certification.	College of Allied Health Sciences Karachi	Participants trained in adult, child and infant CPR and emergency bleeding control.	Local
5	6–11 Oct 2025	Philippines health-sciences visit: DALTA MoU and Lifestyle Medicine lecture; SLU and UP Manila discussions and benchmarking.	Dean Health Sciences; Quality Assurance; Pakistan Navy Nursing College	Three BU delegates; host health-sciences faculty and BS Nursing students.	Global / international
6	27 Sep; 22 Dec 2025	Islamabad Diagnostic Centre: collaboration meeting followed by academic and diagnostic-discount MoUs.	Head Office; Health Sciences; Student Affairs	Students, employees and immediate families; clinical-training and research opportunities.	National

The collaboration with AMTF is supported by more than one 2025 activity: thalassemia education and social-worker preparation, followed by a blood-donation drive. KITCC engagement also spans prevention/screening and psychosocial support. These repeated activities demonstrate practical engagement with external health organisations.

1 International collaboration through the Philippines visit

A three-member Bahria University delegation visited the Philippines on 6–11 October 2025 to develop partnerships in nursing and health sciences. The delegation comprised Major General (R) Prof. Dr. Shehla M. Baqai HI(M), Dean Health Sciences; Mr. Fazal Wahab, Director Quality Assurance; and Ms. Abida Razzaq, Vice-Principal of the Pakistan Navy Nursing College, Bahria University Health Sciences Campus Karachi. The programme connected health-sciences leadership, quality assurance and nursing education.

1.1 Signed collaboration with University of Perpetual Help System DALTA

On 10 October 2025, the delegation met the host university's international-office leadership and Deans of Nursing and Pharmacy. The visit report records a signed MoU for long-term cooperation in nursing education, research and professional development, with proposed faculty/student exchanges, joint research and curriculum enhancement. The report includes photographs of the MoU session. This signed agreement establishes a framework for continued institutional cooperation in health sciences.

The visit also delivered a health-education activity: Prof. Baqai gave an invited Lifestyle Medicine lecture to BS Nursing students on dietary management, physical activity and healthy habits for disease prevention. The delegation examined the host nursing-education model and clinical/skills-training approaches. These activities support preventive-health education and professional capacity building.

1.2 Further partnerships developed through institutional meetings

At Saint Louis University, Baguio, on 7 October, the delegation toured nursing and hospital facilities and discussed joint research, 2+2 articulation, short courses, faculty development and virtual training. A draft MoU was shared for the university President's approval.

At UP Manila on 9 October, the delegation met representatives from Nursing, Allied Medical Professions, Medicine and Dentistry and observed simulation facilities. UP Manila's own report, published on 13 October 2025, independently confirms the meeting and states that the institutions agreed to prepare an MoU. This engagement identified opportunities for faculty development, student mobility and cooperation across the health professions.

The BU visit report recommends translating the DALTA MoU into an action plan and adapting simulation-based learning, competency-based assessment, faculty development and community-service training at the Islamabad and Karachi nursing colleges. These recommendations connect the international partnership to improvements in healthcare preparation at Bahria University.

1.3 Photographic record of international health collaboration



Figure 1: MoU session with University of Perpetual Help System DALTA, 10 October 2025. The visit report records formalization of cooperation in nursing education, research and professional development.



Figure 2: Invited Lifestyle Medicine lecture delivered by the Dean Health Sciences to BS Nursing students at DALTA, 10 October 2025.



Figure 3: BU delegation and UP Manila health-sciences representatives during the 9 October 2025 visit. The institutions agreed to prepare an MoU.



Figure 4: Observation of clinical simulation facilities at UP Manila, 9 October 2025, supporting benchmarking of practical nursing and health-sciences training.

The photographs show the formal DALTA MoU engagement, delivered Lifestyle Medicine teaching and clinical -training benchmarking at UP Manila.

2 Photographic record of local and national collaboration



Figure 5: BU and IDC representatives at the MoU ceremony, 22 December 2025. A separate agreement established subsidised diagnostic access.



Figure 6: Practical CPR training with PLSP and Aga Khan University Hospital during the workshop of 6 October 2025.



Figure 7: AMTF thalassemia social-worker programme at BUHSCK, August 2025, implemented under an institutional MoU.



Figure 8: Registration and screening arrangements during the Karachi Campus blood-donation drive with AMTF on 27 November 2025. Photographs were published on 4 December 2025.

The photographs demonstrate joint institutional participation in diagnostic access, emergency-response training, thalassemia education and blood-donation support. Activity dates use the specific programme accounts; later publication dates are identified separately.

3 Additional health and disability agreements during 2025

Bahria University formalised additional links with cardiac-care, disability and health-education organisations during 2025. These agreements broaden the institutional network available for cooperation across health and related services. The university collaboration register records the following partners and signing dates. The Indus Hospital agreement corroborates the activity already described above and is counted once.

Signing date	Institution	Documented agreement record
25 February 2025	Indus Hospital & Health Network	University MoU register entry, consistent with the existing health-sciences evidence.
14 April 2025	Sarwar Shahida Memorial Cardiac Center and Research Institute	Institution listed among signed university MoUs. The supplied register does not set out individual activities or beneficiary volumes.
16 May 2025	Aga Khan University	Separate university-level MoU register entry. The entry identifies the institution and date; the participating school and detailed scope are not stated.
29 May 2025	Lahore Institute of Special Care and Attention	Signed MoU entry with the disability-service institution.
29 May 2025	Centre for Special Needs	Signed MoU entry with the named special-needs organisation.
29 May 2025	Step Ahead Bringing Out Abilities	Signed MoU entry with the named abilities-support organisation.

The May Aga Khan University entry is retained as a separate institutional record alongside the December 2025 nursing agreement described later. No common signing event or identical scope is inferred.

3.1 Documentary record of additional institutional agreements

11.	ASK Development	9 January, 2025
12.	NADRA	29 January, 2025
13.	Ihsan Trust	3 February, 2025
14.	Creative Group of Industries (CGI) Lahore	12 February, 2025
15.	Indus Hospital & Health Network (IHHN)	25 Feb, 2025
16.	National Vocational and Technical Training Commission (NAVTTC)	13th March, 2025
17.	National Disaster Management Authority (NDMA)	19 March, 2025
18.	National Engineering & Scientific Commission of Pakistan (NESCOM)	28 March 2025
19.	Sarwar Shahida Memorial Cardiac center and research institute	14 April, 2025
20.	Sustainable Development Policy Institute (SDPI)	29 April, 2025
21.	Sky Tech Dot.	30 April, 2025
22.	Agha Khan University	16 May, 2025
23.	Lahore Institute of Special Care and Attention (LISCA)	29 May, 2025
24.	Centre for Special Needs (CSN)	29 May, 2025
25.	Step Ahead (Bringing Out Abilities)	29 May, 2025
26.	Moawin Foundation	03 June, 2025

Figure 9: Original university collaboration-register extract showing the health and disability partner entries and their 2025 signing dates.

The register establishes signed institutional relationships. Delivered services and training are demonstrated by the programme records that follow; no treatment counts are inferred from the agreements alone.

4 Joint mental health and clinical education during 2025

The Institute of Professional Psychology and the health-sciences units engaged external public-health bodies, hospitals and specialist organisations in joint learning and awareness activities. This engagement connects students and practitioners with professional expertise in disability, prevention, therapeutic practice and community medicine.

Date or period	External partner	Activity and health contribution
14 January 2025	Karachi Down Syndrome Program	Awareness session for postgraduate psychology students promoting understanding, inclusion and support for persons with Down syndrome.
20 January 2025	Pakistan Association of Lifestyle Medicine	Dr. Shagufta Feroz led a BUCM session on nutrition, physical activity, stress, sleep and substance use for basic and clinical-sciences faculty.
21 March 2025	Aga Khan University practitioner	Certified sand-play therapist and IPP alumna Ms. Vardah Bharuchi shared therapeutic practice and experiential insights.
21 April 2025	Hamdard University practitioner	Hakim Amjad Ismail discussed herbal medicine, the mind–body relationship and culturally informed psychological care.
19 May 2025	Women Health and Welfare Organization and Liaquat National Hospital	Voices of Care session on HIV counselling and the emotional and mental-health challenges faced by people living with HIV, including community-medicine perspectives.
World Drug Day 2025	Sindh Mental Health Authority	Joint addiction-awareness seminar with speakers from IPP, University of Karachi, Dow University, JPMC and Hamdard University on prevention, treatment and recovery.

4.1 Joint prevention and HIV counselling evidence

Overcoming Addiction Together



In alignment with World Drug Day 2025, the Institute of Professional Psychology, Bahria University, in collaboration with the Sindh Mental Health Authority (SMHA), hosted a powerful seminar under the theme:

"Breaking the Chains: Prevention, Treatment & Recovery for All!"

This impactful event brought together psychologists, psychiatrists, medical professionals, educators, and policy influencers to raise awareness and share practical knowledge on prevention, treatment, and recovery from addiction, ranging from drugs to digital dependence.

The session was graced by the presence of: Rear Admiral (R) Muhammad Zubair Shafique HI(M) – Director General, Karachi Campus. We were honored to host distinguished speakers from leading institutions, including the University of Karachi, Dow University, JPMC, Hamdard University, and IPP-BU, who shared expert insights with empathy and clarity.

Figure 10: Joint IPP and Sindh Mental Health Authority addiction-awareness seminar identified with World Drug Day 2025 in the original institutional account.

Exploring Sand Play Therapy: A Session with IPP Alumna



Ms. Vardah Bharuchi (MS Clinical Psychology, Fall 2015), a Certified Sand Play Therapist (AST–UK) currently serving at Aga Khan University shared experiential insights into the therapeutic power of Sand Play Therapy, fostering a reflective and impactful environment for learning. This session as held on 21st March 2025.

Voices of Care - Guest speaker session on HIV counseling.



Ms. Qurat ul Ain Jibran, distinguished IPP alumna (MSc, PMD, MPhil) and Founder of the Women Health and Welfare Organization, conducted an insightful session on 19th May 2025 on the topic of emotional and mental health challenges faced by individuals living with HIV. She was joined by Dr. Mursala Tahir from Liaquat National Hospital (LNH), who shared key perspectives from community medicine, enriching the discussion with field-based insights.

Figure 11: Original academic-year 2024–2025 account of the 21 March 2025 sand-play session and 19 May 2025 HIV-counselling session with external healthcare professionals.

5 International health sciences engagement during 2025

International engagement extended beyond the Philippines visit. The following completed teaching and exchange activities supported health-professions learning, while exploratory meetings identified future cooperation. Academic participation is stated according to the documented activity; it is not presented as a signed agreement where none is recorded.

Date	Institution or host	Health-related engagement and status
17 and 19 February 2025	University of Essex United Kingdom	Life-sciences engagement with BU health-sciences leadership at Islamabad; Prof. Vassiliy Bavro visited BUHSC Karachi and delivered a lecture on origins, phylogeny and structural organisation of viruses on 19 February.
20 February 2025	London Borough of Hackney practitioner	International alumni session The Art of Being You by Associate Clinical Psychologist Ms. Ammarah Batool, covering self-care, resilience and trauma-informed strategies for over 80 postgraduate students across Karachi and Islamabad.
8 April 2025	Durham University United Kingdom	Visit by Prof. Ehmke Pohl with BU Health Sciences and ORIC participation, providing engagement with structural biology and drug-design research expertise.
21 April 2025	Robert Gordon University United Kingdom	Post-MoU academic visit; Dr. Kerr Matthews delivered Topical Delivery to Chronic Wounds to pharmacy students at BUHSC Islamabad.
13–15 June 2025	Airlangga University Indonesia	Dean Health Sciences represented BU at the WUACD Summit in Surabaya, engaging in healthcare and educational-innovation discussions and international networking.
14–18 July 2025	Sunway University and Asia Pacific University Malaysia	Professional Psychology delegation explored academic cooperation, educational practice and infrastructure. Exploratory engagement is recorded without claiming a signed health-services agreement.

5.1 International professional exchange and teaching evidence

The visiting-professional and international alumni activities provided practical learning opportunities in health sciences and psychological care. The original records below support the documented teaching and participation.

International alumni session, "The Art of Being You"

An international alumni session, titled "The Art of Being You," was conducted on 20 February 2025, featuring Ms. Ammarah Batool, Associate Clinical Psychologist at the London Borough of Hackney. She shared expert insights on self-care, resilience, and trauma-informed strategies, engaging over 80 postgraduate psychology students from IPP-BUKC and Bahria University Islamabad (E-8 Campus). The session was facilitated by Alumni Coordinator Ms. Irum Shabeer.



Figure 12: International alumni session dated 20 February 2025, documenting over 80 postgraduate participants and the visiting practitioner's clinical role.



Figure 13: Original photographic collage accompanying the Robert Gordon University academic visit on 21 April 2025. The associated account identifies the pharmacy lecture on chronic-wound treatment.



Figure 14: Professional Psychology delegation during its Malaysia visit of 14–18 July 2025; the visit explored cooperation and educational practice.

6 Health access through clinical and insurance arrangements

Bahria University's wider health arrangements supported access to clinical services for employees and their families. In 2025, the health and life insurance contract was awarded to Jubilee General Insurance Company Limited. Coordination with insurers and panel hospitals supported claims processing, approvals and access to facilities across Pakistan. This is supplementary evidence of organised healthcare access for the university community.

Measure	2024	2025
Lives at the start of the insurance contract	7,897	9,313
Employees within starting coverage	2,273	2,697
Spouses within starting coverage	1,808	2,108
Children within starting coverage	3,816	4,508
Hospitalisation claims reimbursed	2,076	2,373
Outpatient claims reimbursed	7,233	8,598
Total medical claims reimbursement	Rs 127,612,390	Rs 179,184,903
University premium contribution	Rs 58,096,846	Rs 76,800,439

The 2025 starting coverage comprises 2,697 employees, 2,108 spouses and 4,508 children, totalling 9,313 covered lives. Claims are reimbursement transactions rather than unique patients. The university premium contribution is distinct from total employee and university premiums.

Clinical-training quality arrangements also included KRL Hospital and PNS Hafeez in the academic-year reporting cycle. KRL and PNS Hafeez mock audits were dated 23 and 24 July 2024 respectively; a PNS Hafeez hospital-infrastructure inspection took place on 19–20 March 2025. These records support clinical-network oversight without implying additional outreach beneficiary numbers.

6.1 Original health access and reimbursement record

Bahria University Health Insurance Scheme Annual Report 2024 & 25

1. Bahria University places the utmost importance on the welfare, well-being, and healthcare needs of its employees, recognizing that a healthy workforce is essential to organizational effectiveness and institutional growth. In line with this commitment, the University has consistently allocated substantial financial resources towards health insurance coverage to ensure access to quality healthcare facilities for its employees and their families. In 2024, the health insurance contract was awarded to M/s. State Life Insurance Corporation of Pakistan through a competitive tendering process. Subsequently, in 2025, the health/life insurance contract was awarded to M/s. Jubilee General Insurance Company Limited. These arrangements reflect the University's continued efforts to provide comprehensive insurance coverage, enhance employee benefits, and ensure access to reliable healthcare services. Furthermore, the University has remained committed to reviewing insurance coverage, addressing employees' healthcare concerns, and improving policy benefits in consultation with the insurance providers. These efforts demonstrate the University's dedication to employee welfare, financial security, and the provision of sustainable healthcare benefits. The year-wise details of health insurance premiums contributed by Bahria University are presented in the attached graphs, illustrating the University's financial commitment to safeguarding the health and well-being of its employees.

2. In order to have better understanding, summary of registration figures (Employees, Spouses and Children) for the last 6 years included and the same is as under. Furthermore, detail of lives is reflected in attached graph.

S.No	Year	Lives at the start of contract	Addition of lives	Deletion of lives	Total Amount paid to Company on Account of Addition / Deletion of lives
a.	2020	6021	673	188	Rs.3,119,248
b.	2021	6497	815	244	Rs.4,016,499
c.	2022	6950	1413	630	Rs. 9,096,489
d.	2023	7668	1006	706	Rs. 7,353,979
e.	2024	7897	1794	384	Rs. 11,287,241
f.	2025	9313	2033	1019	Rs. 20,389,407

3. The summary of Medical Claims reimbursement during the last 6 years is appended below. Furthermore, detail of Medical Claims reimbursement is reflected in attached graph.

S.No	Year	No of Hospitalization Claims reimbursed	No of OPD Claims reimbursed	Total Amount Reimbursed
a.	2020	636	2886	60,805,833
b.	2021	854	3510	65,000,000
c.	2022	980	4627	78,187,671
d.	2023	977	4815	83,722,534
e.	2024	2076	7233	127,612,390
f.	2025	2373	8598	179,184,903

Figure 15: Original health-insurance account and tables, including the 2025 insurer, covered lives and medical reimbursement figures.

7 Continuing partnerships from academic year 2024 2025

Bahria University's academic-year 2024–2025 record also documents health and psychosocial partnerships established during the 2024 portion of the cycle. Their actual dates are retained as evidence of the institutional network supporting subsequent health and community programmes.

Date or period	Partner	Documented cooperation
5 August 2024	Kazim Trust	Signed MoU for joint community mental-health awareness and psychology-student internships and practical training.
9 August 2024	Special Olympics Pakistan	Signed MoU supporting psychology-student engagement with athletes and their well-being.
28 August 2024	GAK Healthcare International Limited	Signed MoU for academic and professional cooperation in health sciences, research and professional education.
September 2024 visit	Valparaiso University United States	Continuing psychology academic association; Prof. David Rowland delivered a three-hour research and publication workshop, with prior faculty training and external examination engagement also described.
Mental Health Week 2024	Karwan-e-Hayat	Joint pre-conference Digital Detox workshop on therapeutic responses to excessive digital use.
7 October 2024	Sundus Foundation	Bahria University Lahore Campus blood-donation drive supporting health-related voluntary service.

The CSP network further supported delivered outreach through Serve and Care Foundation, Jacob Javed Old Age Home, Dar-ul-Sukoon, Idara Al-Khair, ICAN and Aga Khan School, and Al Furqan Welfare. The refugee-community programme at Serve and Care is expressly identified as occurring in 2025. Other detailed activities retain the academic-year 2024–2025 period where an individual date is absent.

7.1 Original records of continuing psychosocial partnerships

MOU with Special Olympics

On August 9, 2024, the Institute of Professional Psychology, Bahria University, signed an MoU with Special Olympics Pakistan at the Bahria University Karachi Campus. This partnership provides a unique opportunity for psychology students to engage with Special Olympics athletes. This will contribute to the well-being of the athletes and provide valuable experiences for the students in the field of psychology.



MOU with Kazim trust

The MOU, signed between the Institute of Professional Psychology Bahria University and Kazim Trust at Bahria University Karachi Campus on August 5, 2024, aims to amplify community outreach through joint mental health awareness programs. Additionally, students will gain valuable internship and practical training opportunities.



Figure 16: Original account of the Kazim Trust and Special Olympics Pakistan MoUs, retaining the August 2024 signing dates wi thin academic year 2024–2025.



Figure 17: Original group photograph accompanying the GAK Healthcare International Limited MoU account dated 28 August 2024.

Bahria University Lahore Campus also worked with Shaukat Khanum Hospital through a documented 20 February 2025 service-orientation visit and signed an MoU with Allah Wale Trust on 17 April 2025. Ramadan initiatives with Rizq Foundation on 4 March and Allah Walay Trust on 18 March supported food assistance. The outreach evidence describes these completed activities and their scope.

Within academic year 2024–2025, the institutional programme also included breast-cancer awareness with Shaukat Khanum Memorial Cancer Hospital, first-aid awareness with Rescue 1122, and Ramadan initiatives with Helping Hand, Al-Mustafa Trust and Zakat Foundation of America. A recorded Rs 658,060 flood-relief contribution to Al-Khidmat Foundation supported affected communities. These summary entries provide wider health and humanitarian partnership context; individual dates and health-service beneficiary counts are not specified.

8 Further institutional health partnerships

8.1 Aga Khan University School of Nursing and Midwifery

Bahria University Health Sciences Campus Karachi, through Pakistan Navy Nursing College, had an earlier agreement with Aga Khan University School of Nursing and Midwifery in December 2025. The institutions subsequently formalized their cooperation through a Memorandum of Understanding (MoU). This institutional collaboration aims to strengthen academic cooperation in nursing and healthcare education. The partnership provides a framework for professional development, knowledge sharing and capacity building. It is expected to facilitate collaborative learning, research opportunities and the exchange of healthcare expertise. The initiative reflects Bahria University's commitment to strengthening partnerships with leading national healthcare institutions. Such collaborations support quality healthcare education and contribute towards SDG 3: Good Health and Well-being.



Figure 18: Subsequent MoU signing between Bahria University Health Sciences Campus Karachi through Pakistan Navy Nursing College and Aga Khan University School of Nursing and Midwifery. The photograph illustrates the later formalization of the partnership.

8.2 Other health partnerships

At H-11 Campus, the Department of Professional Psychology signed an MoU with Safe Care Trust International for mental-health and rehabilitation services, student training and research. A further MoU with Hayat Rehabilitation Clinic supports professional practice and mental-health services.

Bahria University Health Sciences Campus Islamabad collaborates with Omer-e-Rawan on community-based child mental-health support. The partnership provides a screening-to-referral pathway for children from low-income communities, with opportunities for student screening activities, specialist input and collaborative research.