

MOHAMMAD ALI JINNAH UNIVERSITY

MAJU — Karachi, Pakistan

SDG 3: Health & Wellbeing

SECTION 1 — ACCESS TO PHYSICAL HEALTH-CARE SERVICES

1.1 Overview & Policy Framework

MAJU maintains a dedicated commitment to the physical health and wellbeing of its entire campus community. The University's Health & Wellness Policy (HWP-2022), ratified by the Academic Council, mandates baseline healthcare access for all registered students and permanent staff. Services are delivered through a combination of an on-campus Medical Center and structured partnerships with accredited external healthcare providers.

1.2 On-Campus Medical Center

The MAJU Medical Center (MMC) operates Monday–Saturday, 08:00–17:00, at the Main Campus, Karachi. Core provisions include:

- Qualified resident medical officer (MBBS) available during all operational hours
- Registered nurse on duty with basic triage capabilities
- First-aid room equipped with AED defibrillator, oxygen supply, and emergency medications
- Blood pressure monitoring, blood glucose testing, and BMI screening free of charge
- Referral pathways to partner hospitals for specialist care
- Telemedicine consultation service launched in 2023 for off-campus access

Evidence Reference: MMC Operational Logs (2022–2024) show an average of 1,800+ student and 300+ staff consultations per academic year.

1.3 Health Education & Information Services

MAJU integrates health literacy into university life through the following mechanisms:

Health Awareness Week	Annual multi-day event (each September) featuring free health screenings, guest clinicians, and interactive workshops on nutrition, hygiene, chronic disease prevention, and first aid.
Seminar Series	Minimum 4 health education seminars per semester, delivered by faculty from BS Biosciences and invited public health practitioners. Topics include communicable disease prevention, safe food practices, and sports injury management.
Digital Health Portal	MAJU Student Portal hosts a curated library of health resources, WHO-aligned fact sheets, and self-assessment tools accessible 24/7 by registered users.
Notice Boards & Posters	Physical health information boards maintained at all campus entry points, cafeteria, sports complex, and library — updated monthly.
Orientation Programme	All new students receive a Health & Safety Induction briefing as part of MAJU's mandatory orientation, covering MMC location, emergency contacts, and available services.
Faculty Integration	Selected undergraduate programmes (BS Biosciences, BBA Healthcare Management) embed public health modules in their curricula, benefiting 500+ students annually.

1.4 Preventive Health Campaigns

- Annual influenza vaccination drive in partnership with provincial health authorities — offered free to all students and staff
- Dengue and COVID-19 awareness campaigns aligned with NCOC and WHO advisories
- Sun safety and heat-stroke prevention campaigns each April–June
- Periodic health fairs in partnership with Aga Khan University Hospital and Jinnah Postgraduate Medical Centre (JPMC)
- Tobacco-Free Campus Policy (Policy No. 007) enforced university-wide since 2015

1.5 External Healthcare Partnerships

MAJU has formalized Memoranda of Understanding (MoUs) with the following institutions to ensure students and staff have access to subsidized specialist care:

Jinnah Postgraduate Medical Centre (JPMC)	Priority outpatient access and discounted diagnostics for MAJU card-holders.
Liaquat National Hospital	Discounted laboratory and radiology services; ambulance referral protocol in place.
Dow University of Health Sciences (DUHS)	Cross-institutional health research collaboration and specialist referral pathway.
Pakistan Institute of Medical Sciences (PIMS)	Referral agreement for complex or specialist cases.

1.6 Occupational Health — Staff

- Mandatory pre-employment medical examination for all new faculty and administrative staff
- Annual optional health check-up for permanent staff members, partially subsidized by MAJU
- Ergonomic workstation assessment available through the Office of Human Resources
- EFU Life Group Health Insurance scheme covering inpatient hospitalization for all permanent employees and their dependents
- Maternity leave policy aligned with Pakistan Labour Law; additional return-to-work health support provided

Supporting Documents Available: MoU copies (JPMC, Liaquat), MMC Annual Health Reports (FY 2022, 2023, 2024), HWP-2022 Policy Document, Health Awareness Week programme booklets, seminar attendance registers, Staff Health Insurance Group Policy Certificate.

SECTION 2 — ACCESS TO SEXUAL & REPRODUCTIVE HEALTH-CARE SERVICES

2.1 Policy & Institutional Commitment

MAJU recognizes sexual and reproductive health (SRH) as a fundamental component of overall student and staff wellbeing, consistent with Pakistan's National Health Vision 2025 and SDG 3.7 (universal access to sexual and reproductive healthcare). The University's Gender Equity & Safe Campus Policy (GESCP-2021) explicitly commits to the provision of non-discriminatory, confidential SRH information and referral services within the campus environment.

MAJU upholds the dignity, privacy, and rights of all individuals. All SRH services and information are provided in a culturally sensitive and confidential manner, consistent with Islamic values and Pakistani law.

2.2 On-Campus SRH Services

- Confidential one-to-one consultation with the resident female medical officer for female students and staff
- Pregnancy-related health guidance and referral to OB/GYN at partner hospitals (Liaquat National, South City Hospital)
- Menstrual health and hygiene education integrated into health awareness weeks
- Safe and equipped female prayer/rest rooms and hygiene facilities across all campus buildings
- Peer Health Ambassador Programme — trained student volunteers who provide peer-to-peer SRH information referrals in a confidential setting

- Male reproductive health information (testicular health, safe practices) available through the MMC Medical Officer

2.3 SRH Education & Information

Dedicated SRH Information Corner	A private, discreetly located information display at the MMC provides pamphlets on reproductive health, family planning guidance (in line with national health policy), sexually transmitted infection (STI) prevention, and referral contacts.
Workshops for Female Students	MAJU Women's Society, in collaboration with the Student Affairs Directorate, conducts at least one SRH awareness session per semester for female students, led by qualified female health professionals.
Online Resources	A password-protected section of the MAJU Student Health Portal links to WHO, UNFPA, and Pakistan Population Council resources on reproductive health, accessible privately from any device.
Faculty of Biosciences Integration	Anatomy and Physiology coursework (BS Biosciences Year 1) includes human reproductive health topics, providing academic-level SRH education to enrolled students.
Staff Communication	HR communicates maternity health entitlements, antenatal care leave, and postnatal support options to all female staff through the annual HR Policy Handbook.

2.4 External SRH Referral Network

For specialist SRH needs, MAJU maintains structured referral pathways to:

- South City Hospital — Gynaecology & Obstetrics OPD with priority appointment scheduling for MAJU referrals
- Liaquat National Hospital — Maternal and Child Health Unit
- Family Planning Association of Pakistan (FPAP) — for family planning counselling and contraceptive information services
- Pink Ribbon Pakistan — breast cancer awareness and screening referrals
- Aga Khan University Hospital — specialist reproductive health referrals for complex cases

2.5 Safe Campus & Anti-Harassment Framework

Integral to SRH wellbeing is a safe campus environment. MAJU has established:

- A fully functional Harassment Enquiry Committee (HEC) as mandated by the Protection Against Harassment of Women at the Workplace Act 2010
- A confidential complaint mechanism (physical and digital) for reporting any form of harassment
- Annual mandatory anti-harassment awareness sessions for all students and staff
- CCTV coverage of all public campus areas for physical safety assurance

- A designated female Student Counsellor who handles sensitive SRH-related disclosures with strict confidentiality protocols

Supporting Documents Available: GESCP-2021 Policy, HEC Annual Report (2023–24), Workshop attendance sheets and session plans, Referral MoU extracts, Student Portal SRH section screenshot, Peer Health Ambassador training certificates.

SECTION 3 — ACCESS TO MENTAL HEALTH SUPPORT FOR STUDENTS AND STAFF

3.1 Institutional Framework & Strategy

MAJU has adopted a comprehensive Mental Health & Psychological Wellbeing Strategy (MHPWS-2023), developed in consultation with clinical psychologists and aligned with the WHO's Mental Health Action Plan 2013–2030. The strategy recognizes mental health as equally important as physical health and commits the institution to providing accessible, stigma-free, and professional psychological support to all members of the university community.

3.2 Student Mental Health Services

3.2.1 MAJU Student Counselling Centre (SCC)

The Student Counselling Centre is MAJU's flagship mental health service, operational Monday–Friday, 09:00–17:00:

- Staffed by two qualified clinical psychologists (MPhil Psychology) and one registered counsellor
- Free, unlimited, and strictly confidential one-to-one counselling sessions for all enrolled students
- Group therapy and support groups: Anxiety & Stress Management Group (weekly), Academic Pressure Support Circle (biweekly), Grief & Loss Support (monthly)
- Crisis walk-in service — no appointment required; immediate triage provided
- Psychiatric referral pathway through partnership with Karachi Psychiatric Hospital and Aga Khan University Department of Psychiatry
- Online/telephonic counselling option for students who prefer remote access

Data Point: SCC served 420 individual students (2,100+ sessions) in Academic Year 2023–24, a 35% increase from 2021–22, reflecting growing awareness and reduced stigma.

3.2.2 Mental Health Awareness Programmes

- World Mental Health Day (10 October) — Annual flagship event featuring panel discussions, art therapy workshops, awareness stalls, and a student open-mic forum
- Mental Health Awareness Month (October) — 4-week structured campaign with daily social media content, campus posters, and peer-led conversations
- Stress-Free Exam Zone — designated quiet spaces available during examination periods, featuring relaxation resources and drop-in counsellor availability
- Mindfulness & Meditation Sessions — twice-weekly sessions conducted by trained facilitator in the campus wellness room
- Resilience and Emotional Intelligence workshops — offered each semester to all student years
- Student Ambassador for Mental Health programme — selected student volunteers trained to be first-responders to peer distress and referral to SCC

3.2.3 Academic & Administrative Integration

- Accommodation for students with diagnosed mental health conditions: flexible deadlines, assignment extensions, and examination accommodations via the Disability & Special Needs Committee
- Mental health literacy module embedded in the First Year Experience course, mandatory for all new undergraduate students
- Faculty training on recognizing signs of student mental distress and effective referral to SCC — annual 3-hour CPD workshop
- Student handbook includes a dedicated Mental Health Resources section with SCC contacts, crisis lines, and self-help guidance

3.3 Staff Mental Health Support

3.3.1 Employee Wellbeing Programme (EWP)

MAJU's HR Directorate administers the Employee Wellbeing Programme, which provides:

- Access to the Employee Assistance Programme (EAP) — confidential short-term counselling (up to 6 sessions) provided by an external clinical psychologist, available to all permanent and contract staff
- Annual Staff Wellbeing Survey to identify stressors and improvement areas — results inform HR policy review
- Workload monitoring policy — Faculty workload guidelines reviewed annually to prevent academic burnout
- Flexible working arrangements — remote work options and adjusted schedules available for staff with documented mental health needs
- Compassionate leave policy — up to 5 days paid leave for mental health crises, bereavement, or acute psychological distress (HR Policy Manual, Clause 14.3)

3.3.2 Staff-Specific Awareness & Training

- Annual Mental Health First Aid (MHFA) Training — minimum 20% of staff trained as certified Mental Health First Aiders each year (MHFA Pakistan certified programme)

- Stress Management Workshops — offered twice yearly through the Staff Development Unit
- Leadership & Wellbeing Training for HODs and senior managers — equipping leaders to support team mental health effectively
- Peer Support Network for Faculty — informal, voluntary network of staff willing to provide peer support and signposting

3.4 Crisis Response & Emergency Protocols

Crisis Protocol	Documented escalation procedure for acute mental health crises on campus, involving SCC psychologist, Head of Student Affairs, and emergency services as required. Protocol reviewed annually.
24/7 Emergency Contact	Campus security trained in basic mental health first response; emergency psychiatric referral contacts accessible at all times.
Suicide Prevention	MAJU has adopted a Suicide Prevention and Postvention Policy (2023) aligned with WHO LIVE LIFE guidelines. All counselling staff are trained in ASIST (Applied Suicide Intervention Skills Training).
Helpline Partnerships	MAJU prominently displays and actively promotes Umang National Helpline (0317-4288665) and Rozan Counselling Helpline across campus and digital channels.
Postvention Support	Defined postvention protocol to support the campus community following any critical mental health incident, including immediate group debriefs and extended counselling availability.

3.5 Physical Wellness & Mental Health Nexus

MAJU recognizes the well-established link between physical activity and mental wellbeing. The following facilities and programmes directly support mental health through physical wellness:

- State-of-the-art sports complex with gymnasium, indoor courts (badminton, table tennis), and outdoor cricket and football facilities — free access for all students and staff
- Structured intramural sports leagues each semester to foster social connection and reduce isolation
- Yoga and stretching classes — offered every Saturday morning at the sports complex
- Green Campus Initiative — landscaped gardens and quiet seating areas across campus designed as restorative environments
- Cafeteria nutritional programme — balanced meal options and subsidized healthy meal combos, supported by periodic nutrition awareness messaging