

ON-CAMPUS AND LOCAL HEALTH AND WELLBEING SERVICES (QS SUSTAINABILITY RANKINGS – HEALTH AND WELLBEING)

Air University demonstrates a comprehensive and inclusive approach to health and wellbeing by providing extensive on-campus and affiliated services that promote physical and mental wellness for its students, staff, and the surrounding community. This commitment aligns with the QS Sustainability Rankings indicators HW1-HW3.

Access to Physical Health-care Services Including Information and Education (HW2)

On-Campus Health Services:

- Air University provides health facilities including an on-campus ambulance for emergencies and major injuries, ensuring swift transport to medical facilities.
- Staff and faculty members are provided with health insurance cards under the Askari Insurance policy, enabling access to a wide network of medical hospitals.

Fazaia Medical College (FMC):

- Established on March 16, 2015, FMC is located within the secure premises of Air University, E-9 Campus, Islamabad. It offers quality medical education and contributes significantly to the national pool of healthcare professionals.
- FMC facilitates comprehensive development of students, including intellectual, emotional, physical, and ethical growth.
- Equal opportunities are provided to expatriates seeking world-class medical education in a safe environment.

PAF Hospital Islamabad:

- A 600-bed teaching hospital affiliated with FMC, serving approximately 100,000 individuals including both Armed Forces personnel and civilians from Rawalpindi and Islamabad.
- Offers advanced medical care with the latest radiological and laboratory facilities, including MRI, CT scan, and 24/7 Emergency Services.
- Features state-of-the-art infrastructure, qualified doctors, modern amenities, and ISO-standard clinical practices.

Regional Campus Services:

- **Kamra Campus:** Includes an on-site clinic with specialized Medical Assistant support and has organized blood donation drives in partnership with organizations like Sundas Foundation.

- **Multan Campus:** Provides first aid kits and essential medicines. It has MOUs with Regional Blood Center and Hemophilia & Thalassemia Center for blood donations and health support services.

Community Health Awareness & Physical Wellbeing (HW1, HW3)

- FMC leads awareness campaigns and commemorates international health days, engaging students and the public in health education.
- Activities include sports and cultural events, promoting both mental and physical wellness.
- The AU Fitness Centre is equipped with commercial-grade gym equipment to promote physical fitness among students and faculty.

Mental Health and Emotional Wellbeing

1. **Professional Counseling Services:** Confidential sessions with trained counselors are available to assist students and staff in managing stress, anxiety, academic pressure, and more.

2. **Peer Support Programs:** Students and staff participate in mentorship and peer networks that create a supportive, understanding community environment.

3. **Workshops and Seminars:** Regular sessions on stress management, mindfulness, emotional resilience, and work-life balance improve awareness and proactive care.

4. **Online Counseling Services:** Remote access to mental health professionals via secure, virtual platforms ensures flexibility and confidentiality.

5. **Crisis Intervention Helpline:** A 24/7 mental health helpline provides emergency support, helping individuals receive timely assistance during crises.

These multi-faceted health and wellbeing services reflect Air University's strategic focus on building a resilient, healthy academic community while addressing SDG 3 i.e. Good Health and Wellbeing.

- **Professional Counseling Services**

- **Peer Support Programs**





- **Workshops and Seminars**



- Online Counseling Services



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SPEAKER
Khadija Tanveer
Clinical Psychologist

Take care of your mental health for a better life

- Crisis Intervention Helpline





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