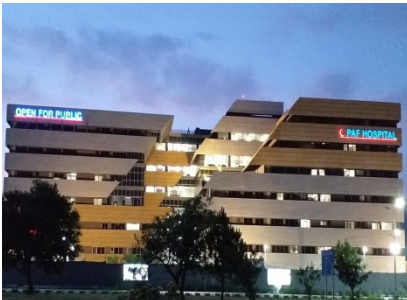


Health and Wellbeing

Air University Main Campus Islamabad



Description:

- Air University provides health facilities to staff, students and faculty members on campus ambulance facility for major injuries and incidents which helps to carry patient to the hospital.
- It has also given a large number of health insurance cards facilities to their staff and faculty members which will help them to avail the services of medical hospitals as per Askari insurance policy
- Faizaia Medical College was formally established on 16, March 2015 and is

planned to be inaugurated in December, 2015 with the start of first academic year of the college. The college is located in the premises of Air University in the secure and scenic environment of PAF Complex E-9 and Margala foothills. The college is built on atrium concept of architecture to ensure conducive and congenial environment for education. The college has highly qualified and well experienced faculty.

OBJECTIVES

- To contribute to the national and PAF pool of healthcare professionals by providing quality medical education to the aspiring students
- To create an opportunity for medical students for their intellectual, spiritual, emotional, cultural & physical development, in order to get groomed as holistic medical professionals
- To provide equal opportunities to expatriates to avail best possible medical education in the safe and conducive environment of the PAF
- To enhance standards of medical care with comprehensive use of facilities available in the PAF teaching hospital, for the benefit of both, the entitled personnel as well as the Civilian Non Entitled (CNE) community

(Pakistan Air Force) PAF Hospital Islamabad

- It is a 600 bedded teaching hospital affiliated with Fazaia Medical College and is in line with PAF vision of imparting community health care and education. It has a dependent population of approx. 100,000 serving and retired Armed Forces personnel and also serves as tertiary care hospital for other PAF hospitals of the country.
- It is also easily accessible and highly affordable for the civilian community of twin cities i.e. (Rawalpindi and Islamabad). It has state of the art infrastructure, equipment, doctors, health care staff and facilities.
- It also has most modern and aesthetically pleasing décor. It is equipped with the latest electro-medical equipment in all specialities. The faculty comprises of highly qualified and experienced doctors in all specialities.
- The allied facilities like cafeteria, car parking and waiting areas have been custom designed for convenience and comforts.
- It has top of the line radiological and laboratory services with MRI and 128 slice CT scan. There is also a 24 hours Accident & Emergency care services.
- The hospital strive to be one of the best medical facilities in the country, in line with PAFs drive for excellence.

Air University Kamra Campus



A clinic with specialized Medical Assistant

- Kamra Campus, started a Blood Donation Campaign with the collaboration of Thalassemia International Federation and Sundas Foundation.

 **2**
November
10AM-4PM

**BLOOD
DRIVE**
Join us

A 2nd Annual Blood Donation Camp
on
Air University A & AC Kamra

Join us
Air University A & AC
Contact:
Amaan Waheed
03038166931
Kashif Hussain
03137274116

  **THALASSAEMIA
INTERNATIONAL
FEDERATION** 

Air University Multan Campus



- First Aid Kit available at Admin office and basic medicine are available.

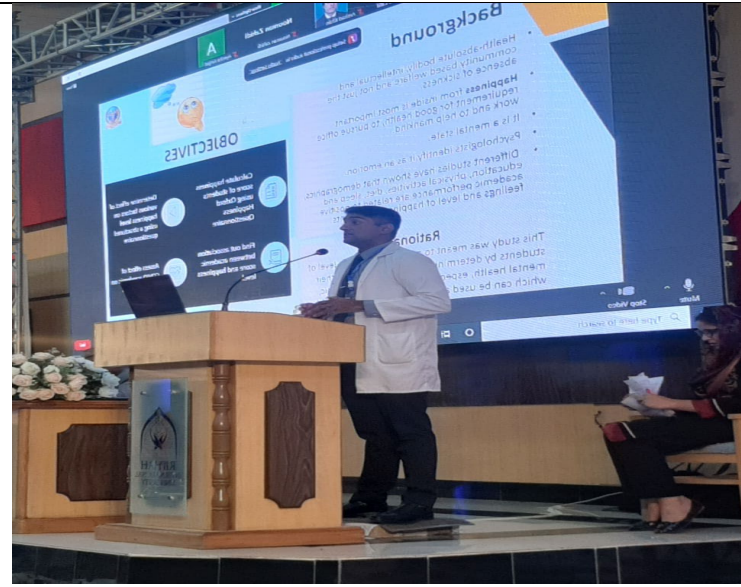
- Air University Multan Campus has collaborations with **Regional Blood Center Multan** and **Safe Blood Transfusion Services (Hemophilia and Thalassemia Center) Multan** (MOU attached). The main objective of this ALLIANCE is to serve the nation by saving precious LIVES through facilitating the health sector in meeting the daily requirement of blood of the designated health care providers.

Description:

As Fazaia Medical college is actively involved in creating awareness regarding prevention of different health issues through day commemoration of international days and research activities.

Other than day commemoration FMC is also actively involved in activities like sports and cultural events etc.







AU Fitness Centre

Air University constructed a fitness center with commercial Treadmills, sit-up benches , Olympic flat benches, Leg press machines, other equipment to promote healthy settings.



Empowering Minds: Mental Health Support at Air University

Mental health awareness and assistance are critical in today's fast-paced world for the well-being of both students and faculty. At Air University, we recognize the significance of fostering not just academic but also mental and emotional growth in our community members. We have introduced extensive mental health support services to promote a secure, supportive, and inclusive environment for everyone, as part of our profound commitment to the overall well-being of our students and staff.

1. Professional Counseling Services

We at Air University have access to highly qualified and compassionate mental health practitioners. Our counsellors provide students and staff with confidential and personalized counselling sessions for a variety of issues such as stress, anxiety, depression, academic pressure, relationships, and more. These workshops are intended to assist individuals in developing coping mechanisms, increasing resilience, and general mental health.

2. Peer Support Programs

We recognize the importance of peer support in fostering mental health. Students and staff can connect with peers who have gone through similar situations through our peer support programmes. Peer support groups and mentorship programmes provide a sense of belonging, understanding, and encouragement, building a friendly community in which individuals can openly discuss their thoughts and feelings.

3. Workshops and Seminars

Understanding and resolving mental health issues requires education. Air University provides lectures, seminars, and awareness initiatives on a regular basis to encourage mental health literacy. Stress management, emotional resilience, mindfulness practises, and maintaining a healthy work-life balance are among the subjects covered in these events. We encourage our community members to take proactive measures towards better mental health by offering knowledge and resources.

4. Services for Online Counselling

We realise the importance of accessibility, especially in today's digital age. Air University provides online counselling services, letting students and staff to communicate with mental health professionals from anywhere in the world. Individuals can seek support and guidance from the comfort of their own home via secure and confidential virtual platforms, ensuring that aid is always available.

5. Crisis Intervention and Information Line

In times of disaster, timely assistance is critical. Air University has established a specialised crisis intervention helpline that is available 24 hours a day, seven days a

week. Trained professionals are accessible around the clock to give emergency assistance, ensuring that anyone in need can get aid quickly.





