



3 GOOD HEALTH
AND WELL-BEING





PAKISTAN'S BATTLE AGAINST COVID-19 ENSURING MENTAL HEALTH FOR SUSTAINABLE COMMUNITY

The Department of Psychology hosted a webinar on United Nations Sustainable Development Goal 3, 'Good Health and Well Being' to highlight the significance of digital psychiatry and the tele-mental health support services in Pakistan amid the COVID-19 pandemic. The webinar titled, 'Pakistan's Battle against COVID-19 Ensuring Mental Health for Sustainable Community' was held on June 30, 2020.

The eminent scholars in the field of psychology from the Netherland, Poland, and Pakistan stressed on ensuring mental health as a component of preventive response in the health care services to minimize distress and prevent people from developing more significant mental health problems. Ensuring healthy lives and promoting well-being at all ages is essential to sustainable development.



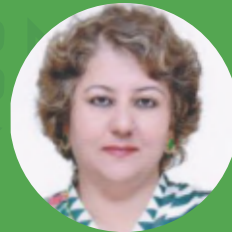
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Findings & Recommendations



The pandemic has caused widespread trauma in the society. Its mental health consequences such as stress, anxiety, depression and post-traumatic disorders require effective psychological responses from state and societal institutions.



The financial implications of the pandemic for the direly affected households may have a deteriorating effect on the mental health of the family members concerned.



Isolation, because of no societal interactions, has become not only a mental health issue but a social problem as well. The suicide rate and domestic violence is increasing due to the depression triggered by social isolation during the pandemic.



The idea of smart lockdown has a positive outcome in terms of mental health, as the fear of social isolation is reduced and people are able to interact in the public space.



The pandemic has provided an opportunity to transform mental healthcare centers virtually into tele-mental healthcare units, as the idea of digital psychiatry is gaining momentum.



To minimize distress and mental illness, along with physical healthcare, mental health facilities should be an essential component of the COVID-19 preventive response.



The lack of awareness related to precaution against disease, insufficient medical facilities, and weak public health infrastructure make developing countries, like Pakistan, to be more vulnerable to mental health crises.



Despite facing multiple constraints, the progressive role of psychiatrists, psychologists and other mental health professionals is crucial for improving policy reforms, and their mental health services during the pandemic must be appreciated.



Our Preventive Response to the Pandemic



Telemedicine Centre

to mitigate overcrowding in the hospitals.



Field Hospital

with a capacity of **100 beds** to overcome the shortage of public health facilities for corona patients.



A cost-effective **hand sanitizer** by College of Pharmacy.



Donation of Rs.

4.3 M

for the Prime Minister's Corona Relief Fund.



Landmark National Drug Trial: PROTECT

to discover a reliable treatment for COVID-19.



Awareness drive for COVID-19

through University's FM Radio 98.2 VOV for the illiterate masses in the regional local languages.



Hostels turned into Quarantine Centers

to accommodate around **5000** people.



International Conference on Future-Med 2020

to discuss the healthcare challenges and to better serve the future generation of the patients.

Our Healthcare Initiatives



Research on immunization with UNICEF Health Academy



Free Cornea transplant



Counselling service

University of Sargodha
RANKED 301-400
FOR SDG3: GOOD HEALTH AND WELL-BEING



24/7 Ambulance service



University Health Centre

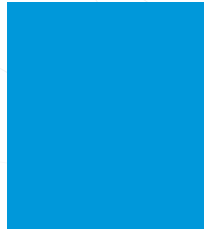


Medical Consultants

INTERNATIONAL RECOGNITION FOR IMPACT ON SUSTAINABLE DEVELOPMENT GOALS



3 GOOD HEALTH AND WELL-BEING



University of Sargodha
RANKED 601+



University of Sargodha
RANKED 301-400
FOR SDG3: GOOD HEALTH AND WELL-BEING

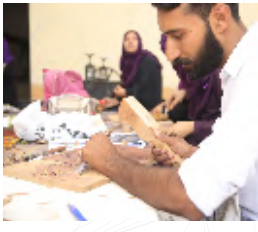


University of Sargodha
RANKED 301-400
FOR SDG4: QUALITY EDUCATION



University of Sargodha
RANKED 401-600
FOR SDG17: PARTNERSHIPS FOR THE GOALS

4 QUALITY EDUCATION



5 GENDER EQUALITY



University of Sargodha
RANKED 401+
FOR SDG5: GENDER EQUALITY



17 PARTNERSHIPS FOR THE GOALS

