

SUSTAINABLE DEVELOPMENT GOAL 3

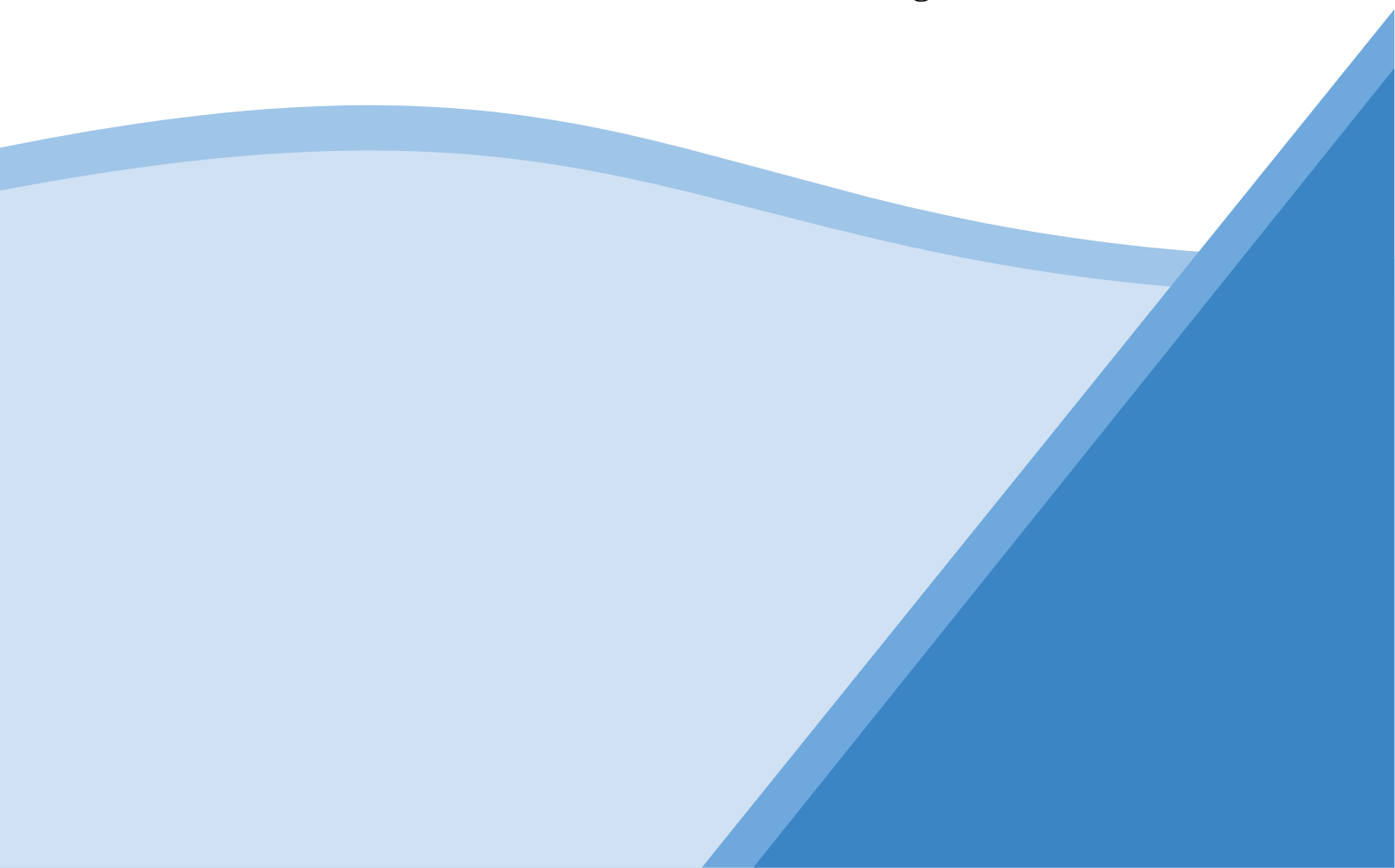


KINNAIRD COLLEGE FOR WOMEN REPORT ON

SUSTAINABLE DEVELOPMENT GOAL 3



Good Health and Well-Being



SUSTAINABLE DEVELOPMENT GOAL 3



GOAL 3: GOOD HEALTH AND WELL-BEING

Great strides have been made in improving people's health in recent years. 146 out of 200 countries or areas have already met or are on track to meet the SDG target on under-5 mortality. Effective HIV treatment has cut global AIDS-related deaths by 52 per cent since 2010 and at least one neglected tropical disease has been eliminated in 47 countries.

However, inequalities in health care access still persist. The COVID-19 pandemic and other ongoing crises have impeded progress towards Goal 3. Childhood vaccinations have experienced the largest decline in three decades, and tuberculosis and malaria deaths have increased compared with pre-pandemic levels.

The Sustainable Development Goals make a bold commitment to end the epidemics of AIDS, tuberculosis, malaria and other communicable diseases by 2030. The aim is to achieve universal health coverage, and provide access to safe and affordable medicines and vaccines for all.

To overcome these setbacks and address long-standing health care shortcomings, increased investment in health systems is needed to support countries in their recovery and build resilience against future health threats.

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Kinnaird's activities on GOAL 3: Good Health and Well-Being DEVELOPMENT GOAL 3

Webinar on Managing Short Bowel Syndrome with Medical Therapy



MANAGING SHORT BOWEL SYNDROME WITH MEDICAL THERAPY
12TH JUNE 2024

FREE WEBINAR JUNE 12 • 1 PM ET

Managing Short Bowel Syndrome with Medical Therapy

Sponsored by
ZEAL &
ZEALAND PHARMA

Webinar Attended by:
Ms. Nasreen Kausar,
Ms. Fasiha Ilyas, Ms. Syeda Aliya Sherazi,
Ms. Nida Tasneem Khan, Ms. Quratulain Aleem and Ms. Samawia Qureshi

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Awareness seminar on breast feeding by Food Science Department



AWARENESS SEMINAR ON BREASTFEEDING
22ND AUGUST, 2024,

SEMINAR ARRANGED BY DEPARTMENT OF FOOD SCIENCE AND HUMAN NUTRITION, IN COLLABORATION WITH THE PRIMARY AND SECONDARY HEALTH DEPARTMENT PUNJAB AND UNICEF,

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Awareness Seminar

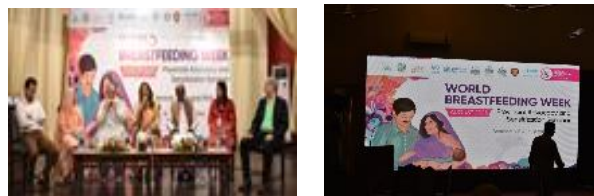


Dr Mahnaz Nasir Khan Key Note Speaker
Awareness Seminar “Role of Nutrition and Supplements in Diabetes Mellitus”
16th May, 2024 at Rashid Latif Khan University.

Breastfeeding week



Dr Mahnaz Nasir Khan Key Note Speaker
Awareness Seminar; Breastfeeding week at Children Hospital, Lahore
2024



Awareness Seminar

“Enabling Breastfeeding: Making a difference for working parents” –
Celebrating the Global Breastfeeding Week Organized by the Department of
Food Science and Human Nutrition and Primary and Secondary Health Care
in Collaboration with UNICEF-30th August, 2023

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Celebrating the Global Breast Feeding Week “Closing the Gaps – Breastfeeding Support for all”
Organized by the Department of Food Science & Human Nutrition and Primary and Secondary Health Care in Collaboration with UNICEF –22nd August 2024

Capacity development training on nutrition



Dr. Mahnaz Nasir Khan and Ms. Nasreen Kausar attended “Capacity development training on nutrition in emergencies” 4th -7th November 2024.

Seminar organized by the Food Science



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“Wellness Unleashed; Yoga and Nutrition Essentials”.
Seminar organized by the Food Science and Human Nutrition
department on 22nd October 2024



Organized – Nutrition Awareness Day “Fuel for the Future”, 7th November 2023 at Kinnaird College for Women, Lahore, organized by the Department of Food Science and Human Nutrition in collaboration with ORIC Students of FSHN Developed a nutrition education handbook for thalassemia and imparted education at Sundas Foundation. Also raised fund for the same.

Publication in X category Journal

Rabia Naz, Nadia Akram, Fasiha Ilyas, Stead Aliya Sherazi and Nida Tasneem. Momordica Charantia and Polypeptide- p mini review on medicinal potential diabetes care (2023) Journal of Population therapeutics and clinical Pharmacology



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World Diabetes day

Dr. Mahnaz Nasir Khan was invited as a guest speaker on World Diabetes day organized by institute of public health on 14th November 2023



Awareness Seminar on Body Positivity on 7th February 2023 Open art competition





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Moiza Ambur- Student of Food Science and Human Nutrition secured 3rd position in open art competition on the topic of “First one thousand golden days” organized by Department of Human Nutrition in collaboration with UNICEF and Qatar charity.



PYCA'S Transform Pakistan Campaign 2023



Nutritional awareness campaign and nutritional assessment workshop by students of semester VII and MPhil semester I.

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Mineral Bone Deficiency Camp by Nutrix Health Care. 2023



Seminar on “Botanical Wonders in Skin and Health” by Skin Life Clinic



Seminar on Prevention, Treatment and Control of Dengue 2023



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Attending the seminar on “Breast feeding” at Kinnaird College for women. 2024



Awareness seminar on ‘Drug s Abuse prevention in educational institutes’

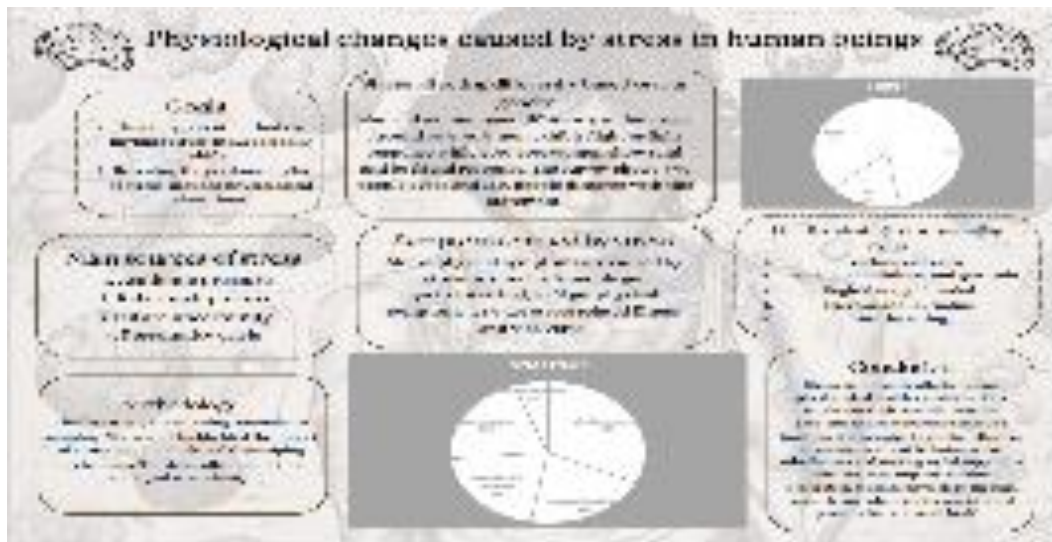


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The department arranged a seminar on “Personal Development and Stress Management” on 7th November, 2023.

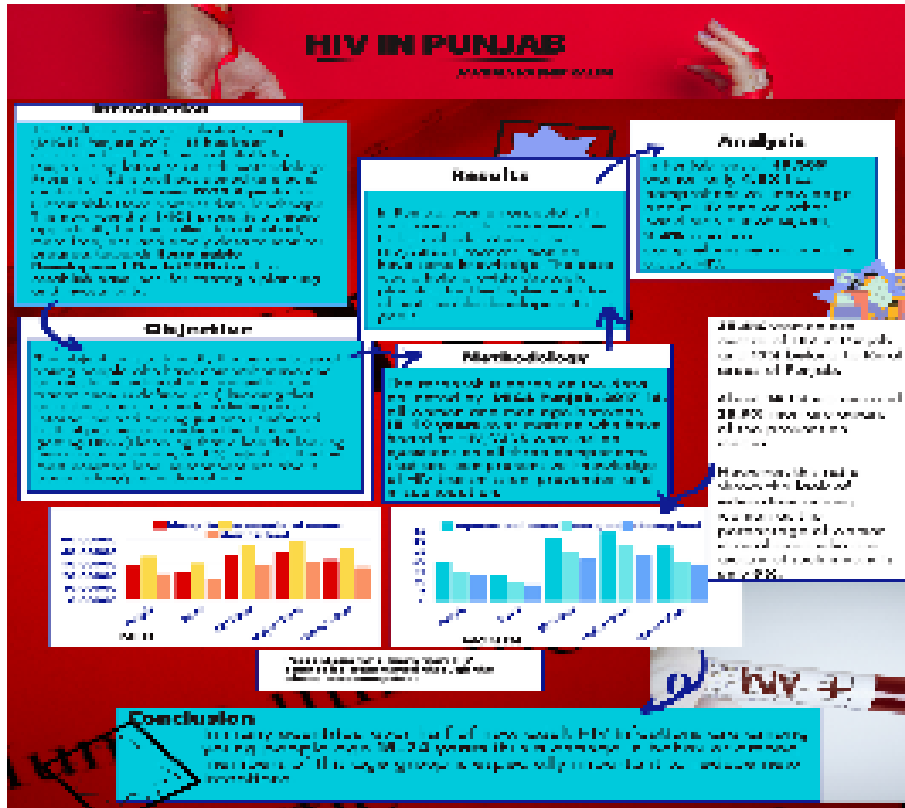


A poster presentation entitled “Physiological changes caused by stress in human beings” Supervised by Ms. Fatima Jamil at Kinnaird festival of statistics and data science in May, 2024.



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A poster presentation entitled “HIV in Punjab” Supervised by Ms. Tooba Khan and Ms. Shaista Shumaila at Kinnaird festival of statistics and data science in May, 2024.



A poster presentation entitled “Prevalence of Healthy Eating” Supervised by Ms. Fatima Jamil



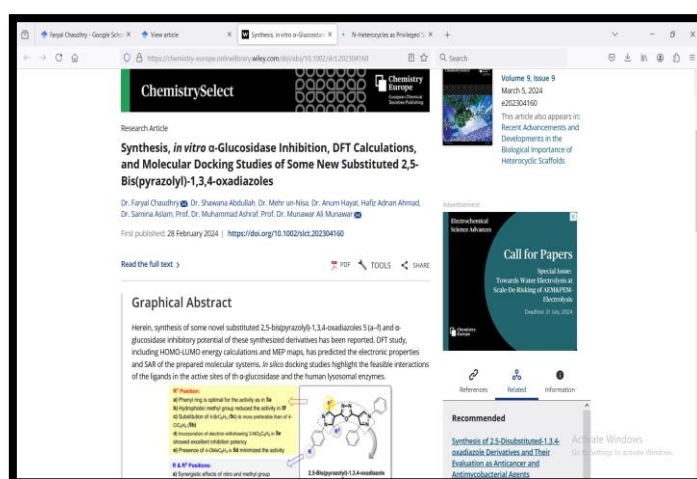
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Dr. Kalsoom Akhtar and Shaista Shumaila attended one-day training workshop on “Drug use and Prevention” dated 10th May, 2024.



Research Article Published

Chaudhry, F., Abdullah, S., un-Nisa, M., Hayat, A., Ahmad, H.A., Aslam, S., Ashraf, M. and Munawar, M.A. (2024). Synthesis, *in vitro* α -Glucosidase Inhibition, DFT Calculations, and Molecular Docking Studies of Some New Substituted 2,5-Bis (pyrazolyl)-1,3,4-oxadiazoles. *Chemistry Select*, 9(9), 202304160. DOI:



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Dr. Faryal Chaudhry Attended a Two Day Workshop on “Computational Tools for Drug Design & Discovery” at Forman Christian College (A Chartered University), Lahore on 17th to 18th Oct, 2023. Resource Person: Dr. Muhammad Qaiser Fatmi from COMSATS University Islamabad.



Dr. Faryal Chaudhry attended a webinar on “High Throughput Cell-Based Assays” organized by Shifa Tameer-E-Millat University via Zoom, Dated: 21st August, 2023. Resource Person: Dr. Saeed Seyed Mohammad from Cedars-Sinai Medical Institute, Los Angeles, United States.



Dr. Faryal Chaudhry organized an Annual Tutorial on “Unlocking Vitality: Women’s Health and Well-being”, SDG-3; Good Health and Well-Being, under Kinnaird Science Club on 16th April, 2024 at Kinnaird College for Women, Lahore.



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Dr. Anum Hayat organized two days workshop on Drug Delivery & Design, July 24-25th July, 2023 FCCU.

