



1.4.3. Programmes for services access

The Women University of Azad Jammu and Kashmir Bagh organises numerous trainings and programmes to improve access to basic services for all, including health and standard of living. A few examples of these activities conducted in 2024 are summarized below:

Free Medical Camp for Community

The University organized the free medical camp and free medical checkup facility at the university medical center to facilitate the community under the initiative basic services for all. These events are summarized in [Annex. I](#).

Seminar on Safe Drinking Water and Provision of Safe Water

The university organized a seminar on the improvement of safe and clean drinking water and the impacts of polluted water on health so that the audience would prefer safe drinking water rather than tap water. Besides this, to support this initiative, a filter plant is available on the university campus (installed with the support of NGO) from where the community can fill filtered water free of cost from 09:00 am to 05:00 pm. ([Annex. II](#))

Seminar on Health, Nutritions and Food Security

Seminar was conducted on the importance of health, nutrition and food security for the guidance of students and community as provided in [Annex. III](#).

Seminar on Child Mortality

As child mortality is a serious issue due to lack of awareness in women, and thus seminar was conducted to provide awareness in females including students and females from community. ([Annex. IV](#))

Cancer Awareness Seminar

Now a days, cancer is a serious threat due to the lack of awareness, lack of precautionary measures, frequent use of plastic bags in eating material even tea and hot food, which can react with the plastic material and can cause the cancer. In this situation, awareness in the community is necessary, and thus, a seminar was held on cancer awareness, in which females from the public and university students participated ([Annex. V](#)).





Blood Donation Camps

As several patients on thalassemia are in the district and also due to some traffic accidents, or surgeries, blood transplantation is required. The blood donation camp was organized to facilitate the treatment of these patients and injured persons. ([Annex. VI](#))

Mental Health Awareness and Psychological Well-Being

Now a days, due to intense work pressure, busy schedule, mental and psychological issues are increasing rapidly. To provide awareness in the community and among students, several training sessions and workshops were organized in 2024, as summarized in the [Annex. VII](#).





Free Medical Check-up In collaboration with DHQ Hospital Bagh

27 November, 2024





Medical Camp for the Local Community

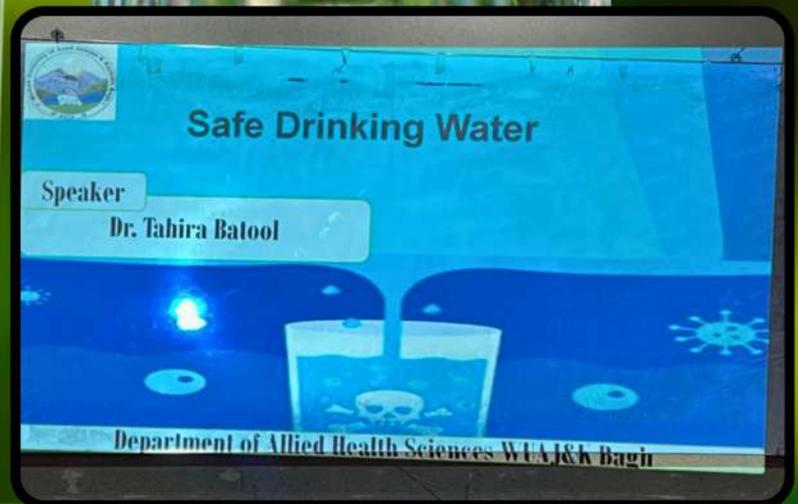
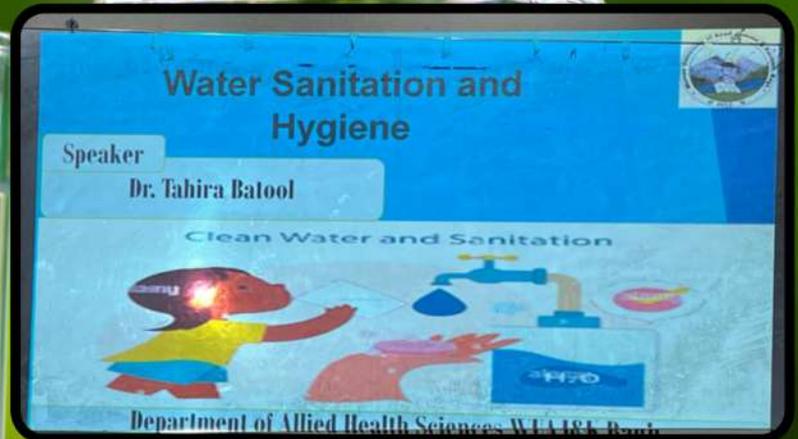
13 Feburary, 2024





Seminars on Safe Drinking Water and Water, Sanitation, and Hygiene

11 April, 2024





water
Ultra Filtration Plant
Women University Bagh
Tehsil & District Bagh (AJ&K)
WFL-PAK-FILT-2023-003-0029
**Sadaqa e Jaria for Akbar
& Afsar Family**
Please remember in prayers.
Helping Hand For Relief & Development Pakistan

Installation of a Water Filtration Plant in collaboration with Helping Hand NGO to promote environmental sustainability and strengthen community partnerships for climate-resilient development

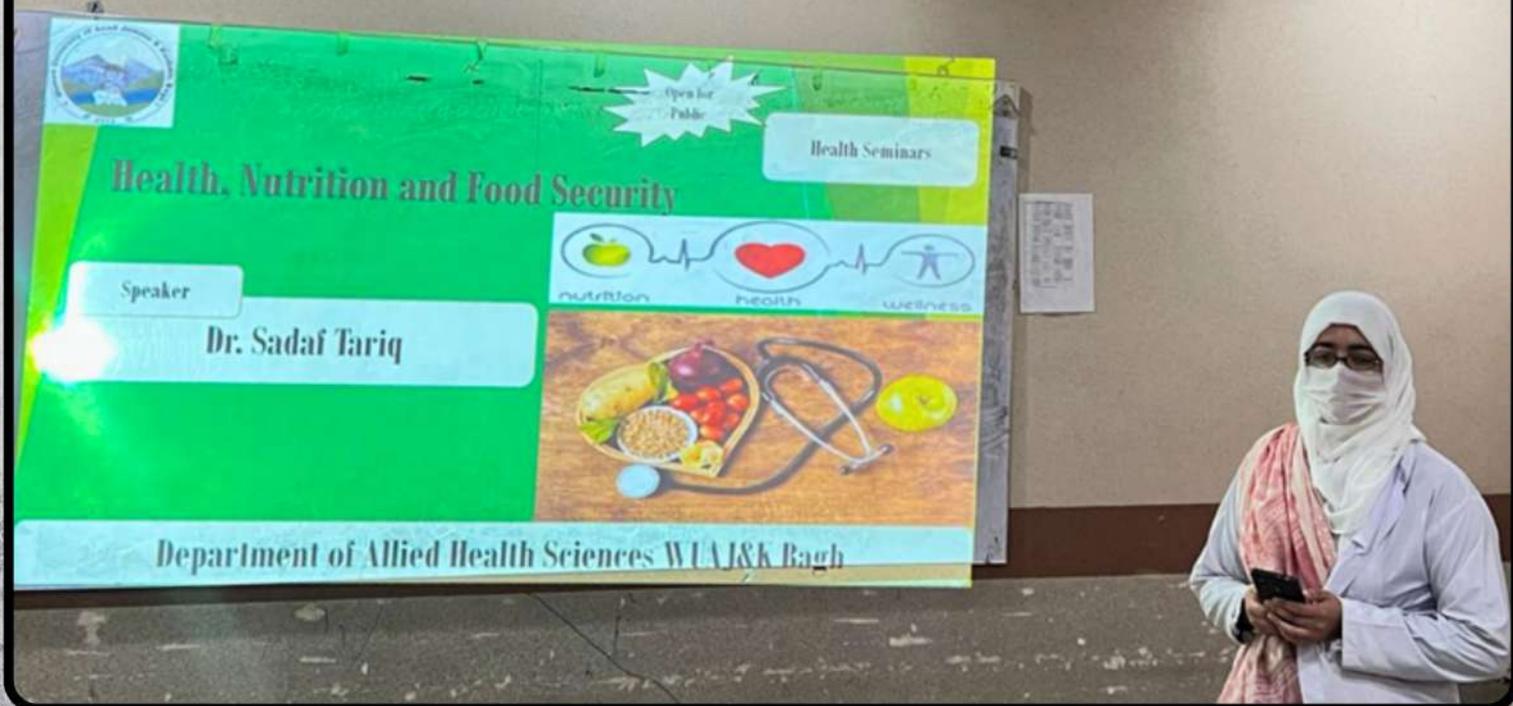
15 January, 2024



water
Ultra Filtration Plant
Women University Bagh
Tehsil & District Bagh (AJ&K)
WFL-PAK-FILT-2023-003-0029
**Sadaqa e Jaria for Akbar
& Afsar Family**
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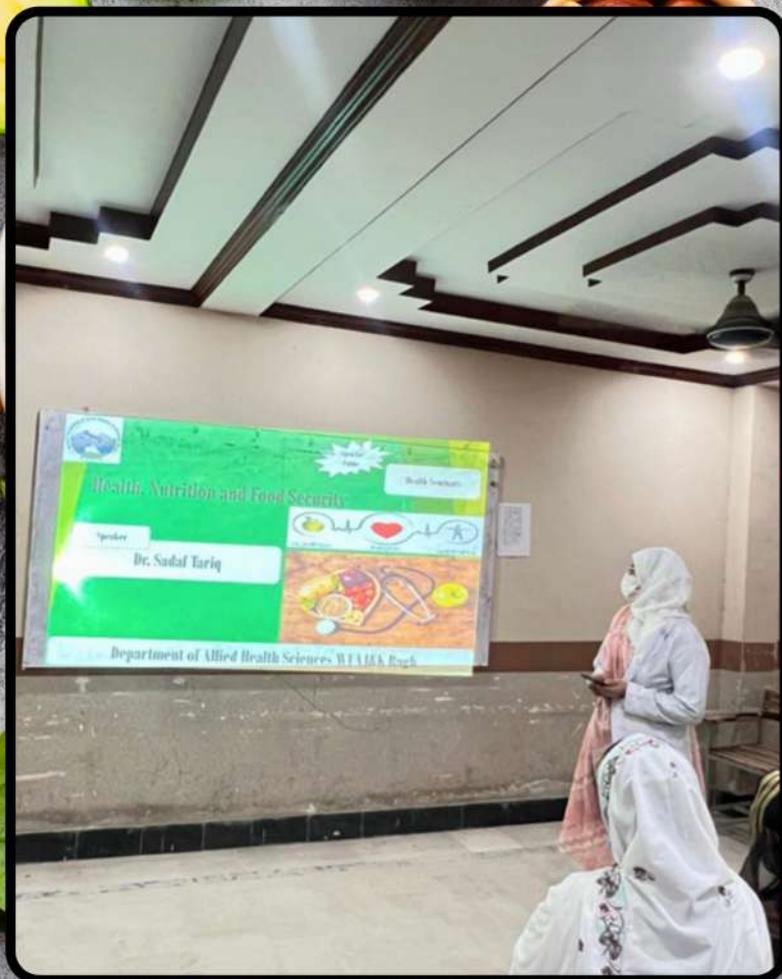


water
Ultra Filtration Plant
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Seminar on Health, Nutrition, and Food Security

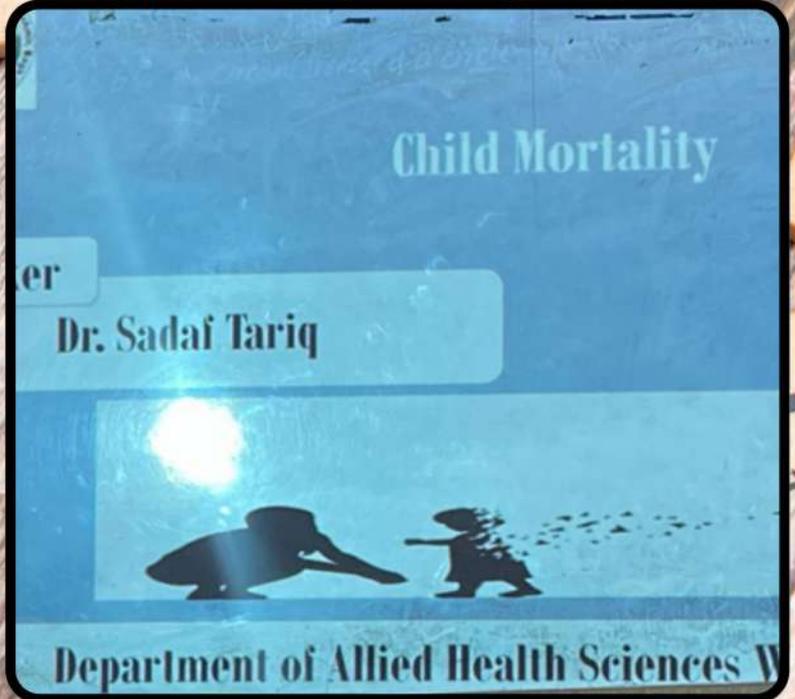
18 March, 2024





Seminar on Child Mortality

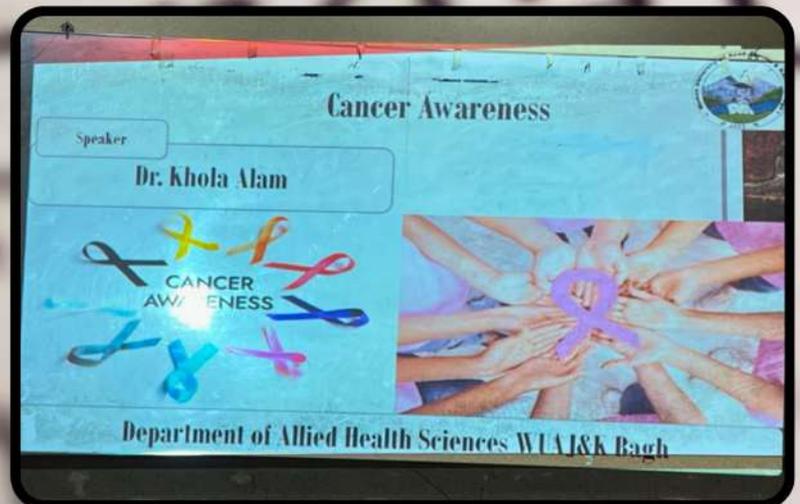
06 June, 2024





Cancer Awareness Seminar

11 June, 2024

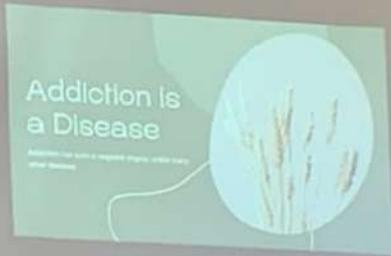




Blood Donation Camp

13 November, 2024





But now you see an addict on the street,

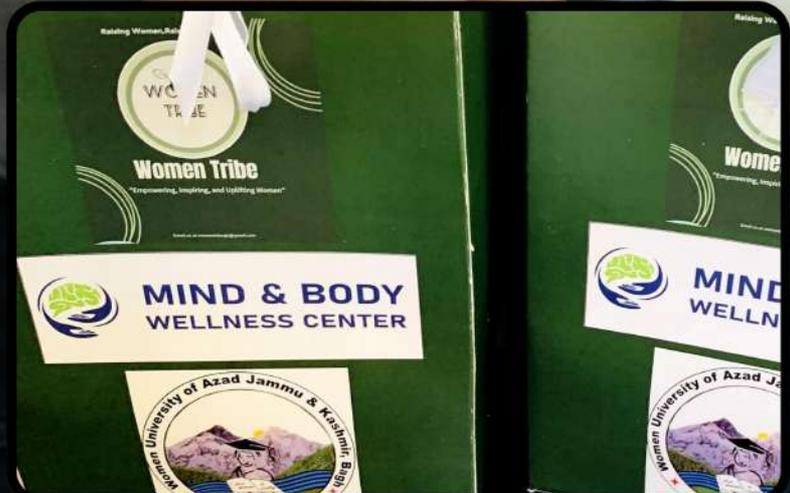


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Seminar on Psychological Well-being

2024

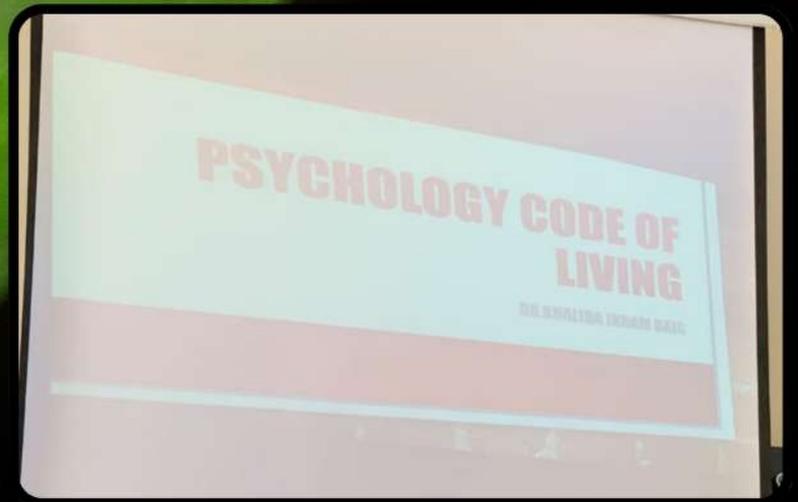




Psychology Code of Living

PERSONALITY
TEST

11 June, 2024





Counseling and Mental Health Support Program at Cambridge International School System Bagh





Workshop Report: Psychological First Aid (PFA)

26 November, 2024





World Mental Health Day Awareness Seminar

M E N T A L

10 October, 2024

