3.3.2 Health outreach programmes

1. Medical Camp for the Local Community

A free medical camp was organized by Women University of Azad Jammu & Kashmir, Bagh, in collaboration with the University Health Unit. The initiative aimed to facilitate access to basic healthcare services and promote the health and well-being of the local community. This community-oriented initiative demonstrated the University's commitment to public health, community service, and the promotion of accessible healthcare. (Annex I)

2. Dengue Awareness Seminar

The Department of Zoology, Women University of Azad Jammu & Kashmir, Bagh, organized a Dengue Awareness Seminar featuring Dr. Umar Ayaz Aslam Sheikh as the guest speaker. The seminar aimed to educate students and participants about dengue fever, its transmission, common symptoms, preventive measures, and the importance of early diagnosis and timely medical care. The guest speaker highlighted practical strategies for dengue prevention, including eliminating stagnant water, maintaining a clean environment, and adopting measures to prevent mosquito bites. The initiative also supported community outreach by promoting health education beyond the classroom and encouraging participants to share preventive information within their families and local communities. (Annex II)

3. Blood Donation Camp

A Blood Donation Camp was organized in 2025, in collaboration with District Headquarters (DHQ) Hospital Bagh and Jehad for Zero Thalassemia (JZT). The initiative aimed to promote voluntary blood donation and support patients requiring blood transfusions, particularly those living with thalassemia and other medical conditions. Students, faculty members, and administrative staff actively participated in this humanitarian activity, demonstrating a strong spirit of social responsibility and community service. The camp highlighted the importance of voluntary blood donation in saving lives and strengthening community healthcare support systems. (Annex III)

4. Mental Health and Counseling Session for students of Cambridge School System, Bagh

On February 2025, the Department of Allied Health Sciences, in collaboration with the Department of Psychology, organized a Mental Health and Counseling Session for students of Cambridge School System, Bagh. The session aimed to promote mental health awareness and support students in developing healthy coping strategies for everyday challenges. Key areas of discussion included stress management, emotional well-being, and the importance of recognizing and addressing mental health concerns. This outreach initiative strengthened the University's engagement with the local community by extending mental health education beyond the campus and encouraging a supportive environment for young learners. (Annex IV)

5. World Mental Health Day 2025: Community Outreach and Mental Health Awareness

On October 10, 2025, the Department of Psychology, Women University of Azad Jammu & Kashmir, Bagh, collaborated with Aghosh Alkhidmat Bagh to observe World Mental Health Day through a series of community outreach activities. Students and faculty members engaged children in art and expression workshops, role-plays on kindness and friendship, and positive psychology activities designed to promote emotional awareness, empathy, resilience, and psychological well-being. The initiative extended mental health education beyond the university campus and fostered a supportive and inclusive environment for children in the local community. This collaborative effort demonstrated the University's commitment to community service, mental health promotion, and holistic development. (Annex V)

EVIDENCE

Annex I



Annex II



Annex III



Annex IV

Mental Health outreach at Cambridge college



Annex V







Mental Health out reach Program at Aghosh

