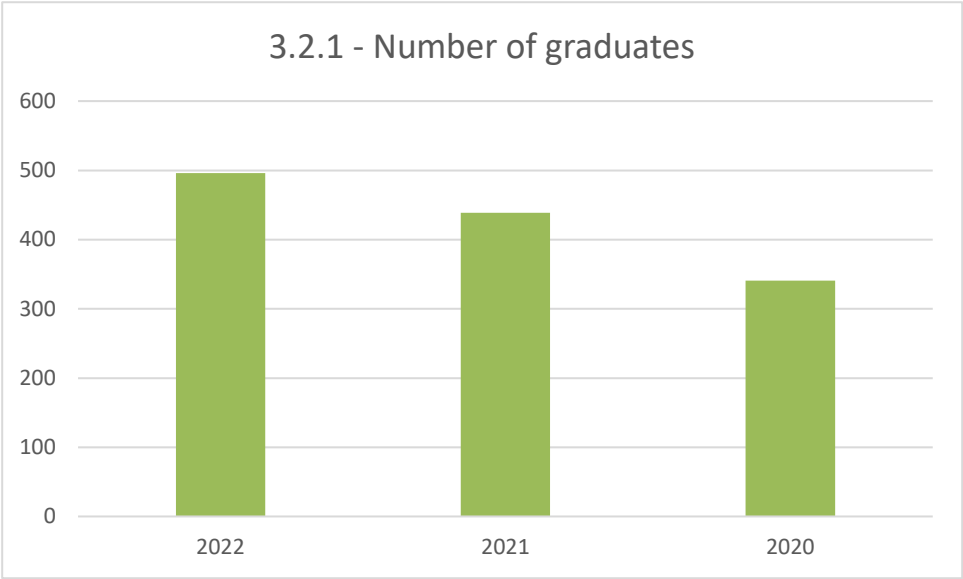


# 3 GOOD HEALTH AND WELL-BEING





# ILMA UNIVERSITY PARTNERS WITH FATIMID FOUNDATION TO HOST A SUCCESSFUL BLOOD DONATION CAMP

ILMA University, a pioneering institution committed to advancing Sustainable Development Goal 3 (SDG 3): Good Health and Well-being, has partnered with the Fatimid Foundation to host a successful Blood Donation Camp at its Gulshan Campus on February 25, 2022. This initiative is a testament to ILMA University's dedication to promoting good health and well-being within its community.

The collaborative effort, made possible by the dedicated team from the Fatimid Foundation, led by Dr. Aziz Qamaruddin, Director, and Ms. Durakhshan Ali, Manager

BMD, brought together a team of medical professionals, including doctors and nurses, for the crucial task of collecting blood donations. This noble endeavor aimed to support cancer and thalassemia patients by ensuring a consistent supply of life-saving blood.

ILMA University's commitment to the principles of SDG 3 goes beyond the classroom, and this Blood Donation Camp serves as a prime example of the university's efforts to make a positive impact on the health and well-being of the community.



## ILMA UNIVERSITY PARTNERS WITH DR. ESSA LABORATORY TO PROMOTE SDG 3 THROUGH DENTAL HYGIENE AWARENESS

ILMA University, a renowned institution dedicated to advancing Sustainable Development Goal 3 (SDG 3): Good Health and Well-being, has joined forces with Dr. Essa Laboratory & Diagnostic Centre to raise awareness about the importance of Dental Hygiene. This educational session was hosted on June 16, 2022, at ILMA University's main campus.

The enlightening session featured a delegation of experts, including Dr. Saqib Kaleem, a skilled BDS Dental Surgeon, and the accomplished Business Development Officers, Ms. Rimsha Afzal and Mr. Talha Fareed. Together, they delved into the critical topic of dental hygiene and its profound impact on overall well-being.



# ILMA UNIVERSITY AND KAZIM TRUST JOIN HANDS TO ADDRESS LEARNING DISORDERS

ILMA University's Alumni & Placement Department joined forces with Kazim Trust to organize a highly informative session on "Attention-Deficit Hyperactivity & Learning Disorder." The event, held at the Main Campus on Saturday, September 10, 2022, aimed to shed light on these learning challenges and equip students with valuable insights to cope with them.

Ms. Ambreen Ali, Head of Services & Clinical Psychologist at Kazim Trust, served as the esteemed speaker for the

session. Her expertise and interactive approach captivated the audience, engaging them in meaningful discussions about learning disorders. Students actively raised questions and sought guidance, making the session a dynamic platform for sharing knowledge and fostering understanding. ILMA University's commitment to empowering its students was evident through this collaborative effort, which aimed to create a supportive learning environment for all.



# NURTURING ENTREPRENEURS: ILMA UNIVERSITY HOSTS INSPIRING SESSION BY MR. WAQAS BADSHAH

The Faculty of Computer Sciences at ILMA University orchestrated an empowering Guest Speaker Session on “Problems & Opportunities of Entrepreneurship Development.” The session, conducted by the esteemed Mr. Waqas Badshah, Chief Executive Officer of Webnet Pakistan (Pvt.) Ltd., aimed to ignite the entrepreneurial spirit within students while providing invaluable industry insights.

The objective of ILMA University’s guest

speaker sessions is to bridge the gap between academia and industry, fostering experiential learning opportunities for students. By bringing industry experts like Mr. Waqas Badshah to the campus, the university aims to inspire and equip students with the knowledge and tools required for better career growth. The session became a platform for students to gain firsthand knowledge about the challenges and opportunities that await in the entrepreneurial realm.





## ILMA UNIVERSITY EMPOWERS SDG 3: GOOD HEALTH AND WELL-BEING THROUGH THRILLING FUTSAL TOURNAMENT

ILMA University's Sports Club took a leap towards advancing Sustainable Development Goal 3 (SDG 3): Good Health and Well-being, by bringing the excitement of FUTSAL to life with a spirited tournament held in collaboration on December 14, 2022. The event saw students from both the Gulshan and Main Campus showcasing their athletic skills and sportsmanship on the field.

In a dazzling display of teamwork and determination, the Gulshan Campus emerged victorious, securing the top position in the tournament. Their exceptional performance was met with

due recognition and rewarded with a well-deserved Trophy and Certificates, presented by the esteemed Secretary (Acting) of Sindh Higher Education Commission of Pakistan, Mr. Noman Ahsan.

This event was not just a competition; it was a celebration of unity and camaraderie among participants from both campuses. The tournament brought together sports enthusiasts, encouraging them to pursue their passion for sports and physical fitness, thereby promoting the importance of a healthy and active lifestyle.



# ILMA UNIVERSITY WITNESSES VICTORIOUS PAKISTAN VS. SRI LANKA WOMEN'S T20 SERIES

ILMA University had the honor of being invited by the Pakistan Cricket Board (PCB) to witness the thrilling International T20 Women's series between Pakistan and Sri Lanka. The matches took place at the iconic Southend Club, where both teams displayed exceptional talent and sportsmanship.

The series, consisting of three exhilarating matches, witnessed a remarkable performance by both teams. The Green Shirts displayed remarkable teamwork and determination, securing a triumphant victory with a score of 3-0. The series was a testament to the dedication and hard work of the players, capturing the hearts of cricket enthusiasts.

ILMA University students and faculty actively participated in the event, adding

to the enthusiasm and energy of the crowd. The university's presence was highly appreciated by the Pakistan Cricket Board (PCB), highlighting ILMA University's commitment to promoting sports and fostering a spirit of sportsmanship among its community.





# TRIUMPH ON THE PITCH: ILMA UNIVERSITY HOSTS 3-DAY INTERCAMPUS CRICKET TOURNAMENT

ILMA University's Sports Department orchestrated an exhilarating 3-day Intercampus Cricket tournament on October 24, 2022, that brought together teams from across the university campuses. The spirited event showcased exceptional talent and sportsmanship, leaving a lasting impression on the participants and spectators alike.

Under the inspirational leadership of student captains Muhammad Suleiman and Muzammil Zafar, the runner-up and winning teams respectively displayed commendable skills and teamwork, earning them high praise from both the University staff and fellow students. The victorious team, captained by Muzammil Zafar, was especially celebrated for their outstanding performance on the pitch.



## STUDENT WELL-BEING: FREE COUNSELING SESSIONS FOR MENTAL HEALTH AND STUDENT-RELATED ISSUES

ILMA University is deeply committed to the well-being of its students, recognizing that mental health is a vital component of overall student success. To support our students in facing the challenges that can arise during their academic journey, we offer free counseling sessions focused on addressing a wide range of mental health and student-related issues. These counseling sessions are provided by trained professionals who create a safe and confidential space for students to express their concerns, seek guidance, and work through personal challenges.

Our university understands that students may encounter a variety of stressors and emotional issues, and our free counseling services are designed to provide them with the necessary tools and support to cope with these challenges. We encourage students to take advantage of these sessions to enhance their mental well-being and create a positive and

nurturing environment that fosters their academic and personal growth. At ILMA University, we believe that investing in our students' mental health is an investment in their overall success and happiness.



## EMPOWERING STUDENT WELL-BEING: ILMA UNIVERSITY'S MENTAL HEALTH SEMINARS

ILMA University is dedicated to promoting mental health and well-being among its students, recognizing the importance of addressing the unique challenges they may face during their academic journey. In line with this commitment, we regularly host Mental Health Seminars to create awareness and provide valuable insights into managing mental health effectively. These seminars feature expert speakers, psychologists, and counselors who engage with our students in an open and supportive environment, offering guidance on stress management, anxiety, depression, and other mental health concerns.

Our Mental Health Seminars serve as a platform for students to openly discuss and learn about mental health-related issues, encouraging a culture of understanding and support. Through these seminars, we aim to equip our students with the tools and knowledge

they need to navigate the ups and downs of academic life while promoting a healthier and more resilient campus community.





### **LIFE COACHING PROGRAM BY SYEDA RAFIA FASIH, CERTIFIED LIFE COACH AND A CERTIFIED MASTER PRACTITIONER OF NLP (NEURO-LINGUISTIC PROGRAMMING).**

ILMA University made its mark again by organizing Life Coaching Session with Syeda Rafia Fasih, certified Life and Mental Coach from USA. The session was organized part of university's SDG plan under SDG 3 Good Health and Wellbeing. The session was held on 18th February 2022 at its Main Campus. The event started with a welcome note from honorable Registrar, ILMA University, Syed Kashif Rafi.

Syeda Rafia Fasih is also a Blogger, Influencer, critical thinker, goal planner,

and a certified Master Practitioner of NPL. Syeda Rafia Fasih highly appreciated the students and the university and said that I am glad that the students of ILMA University are very capable, enthusiastic and able to comprehend the session's importance. Students thoroughly enjoyed the mesmerizing and interactive session with the Life Coach, Syeda Rafia Fasih.

# RESEARCH PUBLICATIONS

TITLE	ILMA Author	HJRS Category	Journal Name:
The long-term dynamic relationship between communicable disease spread, economic prosperity, greenhouse gas emissions, and government health expenditures: preparing for COVID-19-like pandemics	Syed Abdul Rehman Khan & Zhang Yu	W	Environmental Science and Pollution Research
Commodity and financial markets' fear before and during COVID-19 pandemic: Persistence and causality analyses	Oluwasegun B. Adekoya	W	Resources Policy
Assessing the nexus between COVID-19 pandemic-driven economic crisis and economic policy: lesson learned and challenges	Wasim Iqbal	W	Environmental Science and Pollution Research



Re-examining the nexuses of communicable diseases, environmental performance, and dynamics of sustainable Development in OECD countries	Zhang Yu	W	Environmental Science and Pollution Research
Factors Affecting Environmental Performance during the Covid-19 Period in the Leather Industry: A Moderated-Mediation Approach"	Shafique Ur Rehman	X	Journal of Competitiveness
Emotional Promiscuity and Emotional Intelligence: An Empirical Study	Afreen Faiza	Y	Specialusis Ugdymas
Who loves to forgive? The mediator mechanism of service recovery between brand love, brand trust and purchase intention in the context of food-delivery apps	Leonardo Aureliano-Silva	W	British Food Journal
A New V-Net Convolutional Neural Network Based on Four-Dimensional Hyperchaotic System for Medical Image Encryption	Shahid Karim	W	Security and Communication Networks
Does Servant Leadership Control Psychological Distress in Crisis? Moderation and Mediation Mechanism	Shagufta Zada	W	Psychology Research and Behavior Management



Factors Affecting Consumers Preferences during Covid-19 Pandemic: An Empirical Study with Evidence from Fast Food Industry in Karachi	Rehana Qurban Ali	Y	Academy of Strategic Management Journal
Emotional Intelligence And Self-Esteem: A Brief Inquiry	Afreen Faiza	NA	Elementary Education Online
Interventions for the Current COVID-19 Pandemic: Frontline Workers' Intention to Use Personal Protective Equipment	Muhammad Irfan	W	"Frontiers in Public Health
IoT-based real time clinical healthcare system for aging and underprivileged areas	Dr. Shahid Karim	Y	International Journal of Computational Vision and Robotics
The asymmetric nexus between air pollution and COVID-19: Evidence from a non-linear panel autoregressive distributed lag model	Muhammad Irfan	W	Environmental Research
Do Predictors of Health Facility Delivery Among Reproductive-Age Women Differ by Health Insurance Enrollment? A Multi-Level Analysis of Nigeria's Data	Romanus Osabohien & Mumal Mirza	W	Frontiers in Public Health
The impact of internet development on the health of Chinese residents: Transmission mechanisms and empirical tests	Muhammad Irfan	W	Socio-Economic Planning Sciences
Seeing Through Rose-tinted Glass: Exploring Forms of Self-deception Through Students Substance Usage Beliefs	Abdul Waheed Siyal	W	Journal of Human Values

Hyperspectral Imaging: A Review and Trends towards Medical Imaging	Shahid Karim	Y	Current Medical Imaging Reviews
Individual and community-level factors associated with non-institutional delivery of women of childbearing-age in Nigeria	"Romanus Osabohien & Ayesha Aziz "	Y	Humanities and Social Sciences Communications
Quality Management Practices and Inter-Organizational Project Performance: Moderating Effects of Inter-Organizational Communication, Relationship, and Process Conflicts in Healthcare	Shafique Ur Rehman	W	SAGE Open
Asymmetric effects of fine particulate matter and stringency policy on COVID-19 intensity	Muhammad Irfan	W	International Journal of Environmental Health Research
mRNA vaccines for COVID-19 and diverse diseases	"Muhammad Irfan "	W	Journal of Controlled Release
Probing the factors influencing cloud computing adoption in healthcare organizations: A three-way interaction model	"Rimsha Zahid "	W	Technology in Society
Vehicle collisions analysis on highways based on multi-user driving simulator and multinomial logistic regression model on US highways in Michigan	Irfan Ullah	W	International Journal of Crashworthiness

DAD-Net: Classification of Alzheimer's Disease Using ADASYN Oversampling Technique and Optimized Neural Network	Gulnaz Ahmed & Mian Muhammad Sadiq Fareed	W	Molecules
Adolescent Deviant Behavior And Satisfaction With Life : A Brief Inquiry	Dr. Afreen Faiza	Y	Journal of Positive School Psychology
Modified Artificial Bee Colony Based Feature Optimized Federated Learning for Heart Disease Diagnosis in Healthcare	Asad Ali Shaikh	W	Applied Sciences (Switzerland)

