Sustainability in Action

Review of UOS's Sustainable Practices

UNIVERSITY OF SARGODHA

Report prepared by the Team of ORIC-UOS

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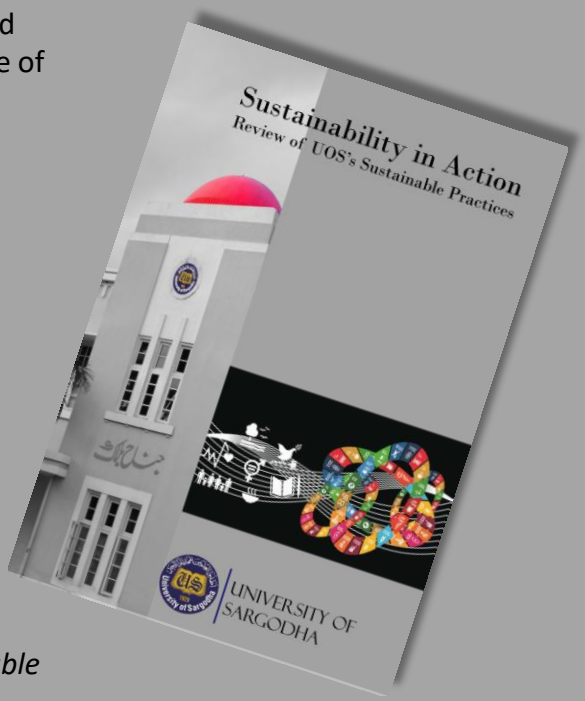

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Vice-Chancellor Message

At University of Sargodha, we are continuously addressing the challenges of sustainability as key driver of our future growth. We are committed to incorporating sustainable practices into our processes and operations. This commitment reflects our deep understanding of the challenges and our dedication to being part of the solution.

We are on endless journey for our future generations to reduce our carbon footprint, conserve natural resources and promote social development, including quality education, green energy solutions, water conservation, reducing waste, clean safe drinking water, poverty elevation, zero hunger, good health and well-being, gender equality, decent work, economic growth, resource sharing, sustainable construction materials, peace, justice and community engagements through outreach programs. We are also working closely with our partners and stakeholders to ensure sustainable practices throughout our value chain.

Our students, researchers, scientists and employees play a significant role in these efforts. Together, we are developing a culture of sustainable practices as a strategy to achieve long-term success. These efforts not only benefit the environment but also add value for our stakeholders and communities.

We are committed to transparency and accountability through regular monitoring, evaluation and reporting our progress. This will provides valuable insights which helps us to develop new strategies and goals on the way of people-centered sustainable development.

Thank you for your continued support for sustainability in action at University of Sargodha.

Sincerely,

Professor Dr Qaisar Abbas

Sustainability in Action
University of Sargodha

Globally, the fundamental objectives behind establishing universities are to create prosperity in their local regions and contribute to growth, jobs, investment and community wellbeing. Universities help regions to achieve their economic potential by supporting innovation and entrepreneurship, attracting investment and talent, and creating jobs. University of Sargodha also equips the youth with professional, technical and analytical skills to meet the challenges of the future. Highly supportive and conducive environment of the University creates a culture of research, innovation and collaborative learning.

University is fully committed to boost the economic activities in the region. We have special focus on the challenges in agriculture, industrial sectors and social development in the Sargodha region. These sectors needed the highly skilled manpower and indigenous innovative solutions to contemporary challenges for sustainable development. University of Sargodha, with sophisticated infrastructure and highly skilled human resources, has been working on people centered sustainable development since 2016 by creating knowledge, innovation and community engagement. We are continuously working to shape a more equitable and sustainable world by conducting impactful research and promoting sustainability practices. We may classify our efforts to achieve sustainability in twelve multifaceted dimensions; 1) education and awareness 2) research and innovation, 3) capacity building, 4) community and global partnerships, 5) sustainable campus practices, 6) policy advocacy, 7) global networks and conferences, 8) health and community well-being 9) gender equality 10) cultural and social transformation 11) reduction of carbon footprints 12) monitoring and reporting. Our firm believes to achieve sustainability is to have work holistically.

1. Education and Awareness

We have integrated SDGs in our curricula and practices, therefore our researcher, faculty and students are well aware of sustainability issues and contributing to solutions. Through conferences, lectures, workshops, seminars, webinars, and outreach programs, UOS promotes awareness engaging local and global communities about people centered sustainable development.

2. Research and Innovation

Our researchers, scientists and scholars are conducting cutting-edge research on critical sustainability issues like poverty, one health, happiness and well-being, renewable energy, climate resilience in agriculture, education, gender equalities, gender empowerment, gender mainstreaming, industrial solutions, sustainable construction materials, climate changes, education, sustainable eco-systems etc. We are developing new technologies, products, prototypes, local industrial solutions, processes, systems, and strategies to address challenges in the journey towards planet 50-50 in 2030. Presently we are significantly contributing to clean energy, clean water, water conservation, sustainable agriculture practices, and healthcare improvements.

3. Capacity Building

We are preparing future leaders who will advocate for sustainable policies at local, national and international levels. We are also equipping them with vocational and skill-building programs through internships. The University also provides on job training to its employees about good governance and sustainable practices.

4. Community and Global Partnerships

We are collaborating with local, provincial, national and international governments, NGOs, chambers of commerce, industries, small businesses, and many other organizations to address the issues of sustainability. These partnerships may lead to sustainable policies, social development and shared goals. The University also has a great impact on work with local communities to address specific sustainability challenges like poverty alleviation, health improvement, happiness and mental well-being, modern agricultural practices, food and nutrition technology, education, urban and rural sustainable transformations and social development.

5. Sustainable Campus Practices

University of Sargodha leads in eco-friendly operations by implementing green initiatives in its campuses by increasing renewable energy usage, less paper usage, sustainable buildings, water conservation, encouraging sustainable transportation etc. We are investing for sustainable campuses and promoting a green environment and reducing carbon footprints and serving as a model for sustainable urban development.

6. Policy Advocacy

Our researchers and scientists are well trained in generating evidence-based policy briefs and closely attached with public and private agencies at national and international levels who are involved in policy making. ORIC-UOS has established the policy brief section, a permanent entity for policy advocacy to influential policy makers. The focus of this section is on public policy, social development, environmental laws, gender equity, health, education, mental well-being, sustainable infrastructures and social inclusion of marginalized communities.

7. Global Networks and Conferences

University of Sargodha often hosts international conferences and collaborates within global networks to share ideas and strategies of achieving sustainable development. We are connected with various global networks of Europe, America, China, Africa and some networks in East and South Asia.

8. Health and Community well-being

Our scientists and researchers are working for new treatments and interventions for diseases, strategies and policies for public health, innovation in the area of mental health, nutrition and investigating social determinants of health, also contributing to improving policies regarding public health and community well-being. We are addressing the health disparities in our policy briefs and trying to provide quality services in healthcare, also working in alternative western and Chinese medicine. The University also provides low-cost healthcare services to the local community through telemedicine, hospital, medical diagnostic center and our outreach program. We recognize the importance of mental health and are on the forefront of developing support systems by providing counseling and psychological therapies not only to our students and staff but also the general public. We often raise awareness campaigns about mental health and community well-being through walks, seminars, workshops, camps and outreach programs.

9. Gender equality

We believe in gender equality and no nation can enter a developed world with gender disparity. University of Sargodha caters more than 50% of female students' enrollment each year. We have developed policies to promote on campus gender equality with provisions against gender-based violence, measures to ensure equal opportunities in recruitment and promotion, and gender-inclusive language in official documents. We have established the 'Women Development Center' for counseling and advocacy services for female students facing gender-based discrimination, harassment or violence. We also arrange mentorship programs, workshops and seminars to support the professional and academic advancement of

women. University of Sargodha has a safe and inclusive campus environment for females. We are often raising awareness about gender-based issues through student bodies, seminars, workshops and cultural events promoting gender equality. World will achieve planet 50-50 in 2030, however we have achieved it in our campuses in 2024.

10. Cultural and Social Transformation

University of Sargodha is contributing to social transformation by promoting a culture of change regarding sustainability, social justice and equality. We are providing platforms for gender equality, inclusive education and racial equity. We have wide ethnic diversity in our staff and students, indicating our equitable policies of recruitment and enrollment.

11. Reduction of Carbon Footprints

University of Sargodha has a significant role in reducing carbon footprints both within its own operations and by influencing the local community. We have adopted energy-efficient technologies, systems and renewable energy sources to reduce carbon footprints. We operate with zero greenhouse gas emission. We have a special focus on reducing waste, encouraging public transit for students and staff. Most of the alleys at campus are dedicated for pedestrians. University of Sargodha has a strong commitment to become carbon neutral in the near future by reducing its emissions and increasing carbon trading through tree conservation. We have a sustainable food system at campus cafeterias and in student lodging halls. We promote plant-based meals, locally sourced food and reducing food waste. In this way we are reducing the carbon footprints associated with food production and consumption.

12. Monitoring and Reporting

University of Sargodha has established the 'Statistical Lab' for data collection and analysis. This lab along with Quality Insurance Cell (QEC), and Office of Research, Innovation & Commercialization (ORIC-UOS) are continuously collecting, monitoring and evaluating data to ensure the progress towards sustainability. Such exercises provide valuable insights and for future policy direction to University of Sargodha for continue journey towards 'People Centered Sustainable Development'.

Success Stories

Sustainability in Action
University of Sargodha

1 NO POVERTY

2 ZERO HUNGER

3 GOOD HEALTH AND WELL-BEING

4 QUALITY EDUCATION

5 GENDER EQUALITY

6 CLEAN WATER AND SANITATION

7 AFFORDABLE AND CLEAN ENERGY

8 DECENT WORK AND ECONOMIC GROWTH

9 INDUSTRY, INNOVATION AND INFRASTRUCTURE

10 REDUCED INEQUALITIES

11 SUSTAINABLE CITIES AND COMMUNITIES

12 RESPONSIBLE CONSUMPTION AND PRODUCTION

13 CLIMATE ACTION

14 LIFE BELOW WATER

15 LIFE ON LAND

16 PEACE, JUSTICE AND STRONG INSTITUTIONS

17 PARTNERSHIPS FOR THE GOALS

Rural Economic Transformation Lab (SDG-1)

The University of Sargodha has taken a significant step toward fostering rural development by establishing the Rural Economic Transformation Lab in collaboration with the Local Government. This initiative aims to drive economic growth and prosperity in rural areas through evidence-based policies and targeted interventions. By leveraging academic research, field surveys, and data-driven analysis, the lab will identify key challenges faced by rural communities and develop sustainable solutions. The partnership between UOS and the Local Government ensures that policy recommendations are not only grounded in rigorous research but also aligned with the socio-economic realities of rural Pakistan.

This initiative will provide a deeper understanding of the socio-economic challenges in these areas, paving the way for well-informed policy decisions and community-driven solutions. The lab will continue to focus on various aspects of rural development, including poverty alleviation, agricultural productivity, financial inclusion, and small enterprise support. It will serve as a hub for researchers, policymakers, and local stakeholders to collaborate on innovative strategies that enhance rural livelihoods.

Interdisciplinary Research Center for One Health (SDG-3)

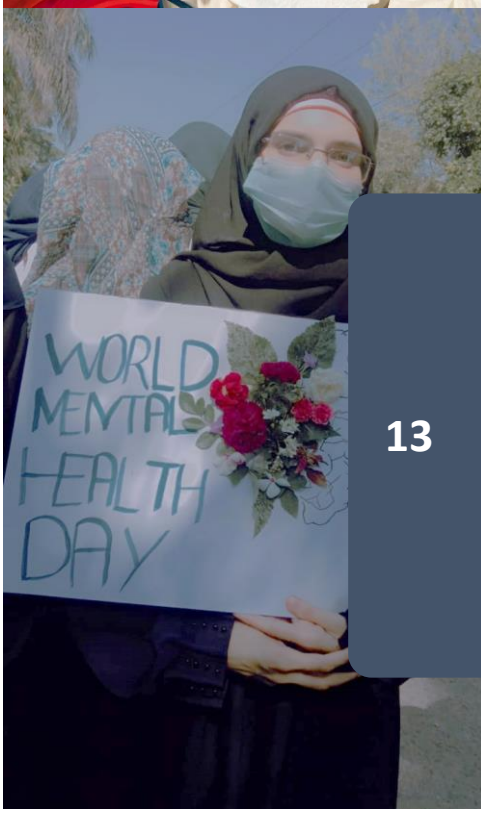
'One Health' is an integrated, unifying approach that recognizes the interconnection among the health of humans, animals, and ecosystems. It aims to sustainably balance and optimize health outcomes by promoting collaboration across various sectors and disciplines. The approach mobilizes multiple sectors, disciplines and communities at various levels of society to work together to foster well-being and tackle threats to health and ecosystems, while addressing the collective need for clean water, energy and air, safe and nutritious food, taking action on climate change, and contributing to sustainable development. Recently, the University of Sargodha has established Interdisciplinary Research Center for One Health (IRCOH) which is the only example in Pakistan so far.

IRCOH is committed to tackling complex health challenges that require an integrated perspective. The team has great determination to integrate cutting-edge research, innovative and commercialization practices, and policy advocacy to foster sustainable solutions for global health issues. By bridging gaps among disciplines, IRCOH aims to build resilient communities and ensure a healthier future for all. For more detail please visit: **https://ircoh.su.edu.pk**

Mental Health and Well-being (SDG-3)

University of Sargodha recognize the importance of mental health and well-being. We are developing support systems through multifaceted approach by providing counseling and psychological therapies not only to our students and staff but also the general public. We often raise awareness campaigns about mental health and community well-being through walks, seminars, workshops, camps and outreach programs. We equip individuals with the necessary tools and strategies to manage mental health challenges. These programs focus on building resilience, fostering emotional intelligence, and cultivating positive personality traits.

Our outreach programs bridge the gap between academia and the broader community. These initiatives involve local organizations, schools, and community centers, offering mental health education, screening, and support services. Additionally, the counseling services offer vital support and guidance to individuals struggling with mental health issues, empowering them to face challenges and achieve sustainable well-being.



Research Publications (SDG-4)

We have strong emphasis on sustainability, our students, faculty and researchers are conducting research for sustainable solutions. The last five years of publication record against each SDG reflects our dedication for sustainable future.

SDGS	2024	2023	2022	2021	2020
1	37	14	10	09	18
2	140	137	183	182	123
3	279	308	345	359	327
4	233	255	105	129	285
5	13	19	20	16	30
6	20	14	08	09	11
7	80	43	42	05	56
8	19	29	09	24	25
9	209	97	92	127	134
10	15	04	07	06	13
11	29	17	15	13	16
12	10	19	18	15	20
13	29	38	68	59	40
14	10	05	04	01	02
15	41	37	62	71	36
16	44	43	21	07	15
17	01	03	06	02	04
Total	1209	1082	1015	1034	1155

Policy Advocacy (SDG-4)

ORIC-UOS has established the policy brief section for policy advocacy to influential policy makers. The focus of this section is on public policy, social development, environmental laws, gender equity, health, education, mental well-being, sustainable infrastructures and social inclusion of marginalized communities.

In 2024, our researchers wrote **55 policy brief** to policy makers on the issues of agriculture, climate change, community development, economics, emergency services, employability, energy alternatives, food security, gender equalities, governance, governments, health, higher education, industry, international relations, law enforcement agencies, local bodies, marginalized communities, mental health and well-being, peace, politics, public health, school education, services industries, social development, sustainability. We also engage local communities in public advocacy through awareness campaigns, walks, seminars and workshops.

Women Development Center (SDG-5)

The University of Sargodha has established the 'Women Development Center' (WDC) since March 2022. This center provides the female students, staff and alumni the awareness of women protection laws and women mental & physical health workshops, session for their career development, entrepreneurship, online educational facilities, capacity building workshops and training sessions with the help of potential volunteers as resource persons including the Chamber of commerce & Industry women wing Sargodha, various National and International organization. Since its establishment, WDC has been organized around 130 sessions, seminars, workshops and colloquium with the support of eminent speakers, scholars and experts from various pertinent fields, who shared their expertise, knowledge and insights with more than 2000 female students and employees as well.

The Center has signed two research contracts and research consultancy of worth rupees 8 million in total and developed linkages with renowned national and international organizations like, Initiatives for Sustainable Development (IFSD), IDEA think Tank, Phoenix Foundation, Let's Rise & Shine (UK), Social Work Department of Punjab University, Women Sargodha Chambers of Commerce & Industry, Aspire Young Leadership Program, Women Wing of Harvard University, Social Welfare & Bait-ul-Mal department, NCHRD, Global Women Development Network (GWDN), UniKassel Versität, Germany etc.

Clean and Safe Drinking Water (SDG-6)

Clean and safe drinking water is vital to preventing diseases spreading through contaminated water especially for those communities which have lacking modern infrastructure. University of Sargodha is much concerned about the quality of water for the campus and local community. Therefore, we have installed water filtration units at various points at campus for the campus community. While for the local community, the University set-up a mega industrial plant of bottled drinking water which supplies safe drinking water under the label 'Khush-Aab'. The Khush-Aab water unit is operating under industrial license issued by PCRWR authority of Pakistan, also strictly follows the standards of World Health Organization (WHO) and Environmental Protection Agency (EPA) and provides clean, healthy and safe water to local communities at cheaper rates.

Rain Water Conservation (SDG-6)

The underground water level or groundwater table in Pakistan has been a growing concern due to over-extraction, limited recharge, dry rivers and drastic climate changes. In Sargodha region most of the underground aquifers are salty and the table of sweet water aquifers decreased due to over-extraction due to increasing demand of drinking water. University of Sargodha has developed state of art infrastructure for conservation of rain water to maintain the water table level of its underground aquifers. We have a well-developed infrastructure of water channels. In the rainy season, the rain water will automatically drain into underground aquifers through these channels and rechargeable boring wells. It is an excellent method to manage and replenish groundwater supplies and a very helpful system to maintain the local water table at the Campus.

Renewable Energy (SDG-7)

Solar energy is one of the most promising sources of renewable energy. It is a clean, abundant, and sustainable source having potential to address energy challenges. It is helpful to reduce reliance on fossil fuels and mitigating climate change. University of Sargodha fulfils 90% of its energy needs from solar energy and 10% from other sources. We developed a sustainable, cost effective and environmentally friendly system to fulfil the energy needs of the University.

Decent Work for University Employees (SDG-8)

Decent work is important for sustainability. It connects economic growth, social development and green environmental practices. University of Sargodha recognize it for well-being of its employees, equity and fairness. Therefore, our all policies have special focus on decent work which provides productivity, fair income, ensure safe workplace, social protection and promotes dignity and equality among our people.

Career Development Center (SDG-8)

Career Development Center (CDC) at Sargodha University is a dedicated resource to help students and alumni with their career planning and professional development. The center offers a wide range of services to students in career counseling and placements. It provides career counseling to one-on-one or in group sessions where students discuss career goals, job searching strategies, resume writing, and career transitions with experts. During such sessions students realize their interests and how to align them with potential career paths. The center also manages internships and job fairs for students and helps companies on campus hiring. The center offers resources to students to develop critical soft skills, like communication, teamwork, leadership, time management and provides industry-specific guidance.

Human Resource Development Center (SDG-8)

University of Sargodha has recently established the 'Human Resource Development Center' (HRDC) to achieve its educational and socio-economic objectives. The main aim of the center is to foster skill development in the region. It is a pivotal facility for advancing human resource management, professional training, and development programs. Its creation addresses the growing demand for skilled professionals and aims to provide comprehensive training tailored to both local and regional needs. We anticipate that HRDC will play a significant role in the socio-economic development of Punjab by cultivating a skilled workforce prepared for the challenges of the modern job market.

Laboratory Services at University of Sargodha (SDG-9)

The University of Sargodha offers a diverse range of specialized laboratories equipped with state-of-the-art tools across various disciplines, including physics, chemistry, botany, food science, pharmacy, zoology, agriculture, and engineering & technology. The cutting-edge Central Labs for One Health, featuring advanced diagnostic equipment, supports interdisciplinary research and hands-on practical training. The engineering college houses modern civil, electrical, and mechanical testing laboratories, which not only support academic needs but also provide commercial services to the community. Additionally, the university's Makers' Lab, located within the Business Incubation Center, promotes innovation and entrepreneurial ventures. Other universities and institutes may use these services which is an ample example of resource sharing. This comprehensive infrastructure empowers students, faculty, researchers, and scientists from all over the country to engage in high-impact research and drive technological advancements. The infrastructure at University of Sargodha has following laboratories with highly calibrated equipment.

1. UOS Central Laboratories
    a) Polymerase Chain Reaction Lab
    b) Particle Size Analyzer Lab
    c) Scanning Electron Microscope lab
    d) Inductively Coupled Plasma Mass Spectrometry lab
2. Center of Excellence for Citrus Research
3. Molecular Biology Lab
4. Plant Tissue Culture Lab
5. Food Microbiology Lab
6. Food Analysis Lab
7. Nutrition Lab
8. Pharmacognosy Lab
9. Pharmaceutics Lab
10. Pharmacology Research Lab
11. Microbiology Lab
12. Central Research Lab
13. Hematology and Vascular Biology Lab
14. Wildlife and Molecular Ecology Lab
15. Agronomy Lab
16. Animal Sciences Lab
17. Entomology Lab
    a) Biological control lab
    b) Post-Graduate Lab

18. Horticulture Lab
19. Plant Breeding and Genetics Lab
20. Plant pathology Lab
21. Soil Sciences Lab
22. Power Electronics Lab
23. Hydal Turbine
24. High Voltage Lab
25. Soil Mechanics Lab
26. Concrete Lab
27. Materials Lab
28. Manufacturing practice Lab
29. Makers' Lab

Contract and Consultancies (SDG-9)

University of Sargodha recognize the role of businesses, organizations, and governments in incorporating sustainable practices into their operations and decision-making processes. Our researchers provide consultancies services to industry, organizations, and institutions to provide local solutions and align business practices with environmental, social and governance criteria. In 2024 our researcher signed **136+** applied industrial collaborations in the form of contract researches and industrial consultancies.

Waheed Wain Incubation Center (SDG-9)

The Waheed Wain Incubation Center (WWIC) has been dedicated to promote entrepreneurship and a thriving startup culture in the region. Through a series of impactful initiatives such as awareness campaigns, business idea competitions, innovative product exhibitions, expos, and incubation programs, WWIC continues to support the growth of new ventures. Our structured curriculum, comprehensive training sessions, and workshops led by experienced entrepreneurs and industry experts provide invaluable guidance to budding startups. At WWIC, we embrace startups from a wide array of fields, including but not limited to agriculture, pharmacy, botany, biotechnology, fine arts, and creative industries. Since its establishment, WWIC has successfully graduated two cohorts, while the third is currently in-progress. The center's remarkable contribution to the local entrepreneurial ecosystem was further recognized in 2024 when it received acknowledgment from the Higher Education Commission (HEC) for its efforts in promoting sustainable ventures across diverse sectors. WWIC remains committed to driving innovation and sustainability within the startup ecosystem.

Community Engagement (SDG-11)

We firmly believe, community engagement and sustainability are deeply intertwined. Long-term well-being, resource conservation and social development are not possible without engaging local communities. Therefore, we have rigors outreach programs for local communities in the field of poverty elevation, mental well-being, health, agriculture and education. Our effective community engagement and outreach programs create sense of shared responsibility and allows individuals and communities to work collectively towards more sustainable future.

Green Practices (SDG-13)

University of Sargodha is a socially and environmentally responsible organization. Our strategies, operations, practices, policies and actions are environment friendly and focus on sustainability. We are conserving resources, reducing waste and promote well-being. We meet the 90% of our energy need from renewable energy sources. We have special focus on reducing waste. We encourage student to use public transportation. Most of our alleys in the campus are dedicated for pedestrians only. We have abundant plantation and unique eco-system. Our food system in cafeterias and student lodges is sustainable. We discourage the use of paper. We provide safe clean drinking water to students and local community. We have special focus on water conservation.

Statistical Consulting Lab (SDG-16)

The Statistical Consulting Lab (SCL) at the University of Sargodha aims to serve as a dedicated hub for statistical expertise, providing comprehensive consulting services to researchers, students, and external organizations. By offering specialized support in survey design, data analysis, predictive modeling, and machine learning applications, SCL seeks to bridge the gap between raw data and meaningful insights. The lab provides training on various statistical software tools, such as R, Python, SPSS, and MATLAB, ensuring that clients may enhance their analytical skills. Additionally, the initiative aligns with the university's vision of fostering interdisciplinary research and innovation, ultimately improving the quality of academic and professional projects that rely on statistical methodologies.

The lab offers free advising, paid consultancy, and structured training modules at different levels of statistical proficiency. Revenue generated from these services helps to sustain operations of the lab. It not only generates income by commercializing its expertise but also contributes significantly to the broader academic and business communities.

Alumni Office, University of Sargodha (SDG-17)

The alumni office at University of Sargodha plays a central role in maintaining and fostering a strong connection between the institution and its former students. The University has a rich institutional legacy in producing esteemed alumni in the field of arts, business, economics, humanities, journalism, literature, politics, science and technology. The UOS Alumni Office is established to reconnect and reunite the alumni periodically, through formal and informal meet-ups for institutional, intellectual and professional growth of the students, alumni and university. The key responsibilities of the office are to build and maintain relationships, networking, fundraising, communication, recognition, and data collection to help professional advancements. These efforts of the Alumni Office help the University to serve communities in a better and more sustainable way.

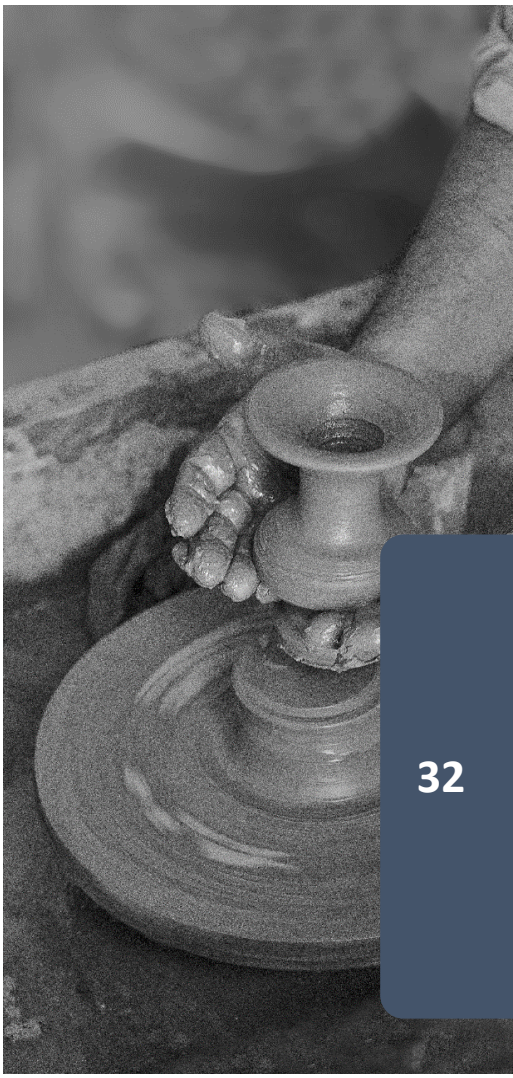
Partnerships and Collaborations (SDG-17)

The Directorate of External Linkages at the University of Sargodha is committed to managing and nurturing external linkages and collaborations with academic institutions, research organizations, and industry stakeholders at national and international levels. Its key objectives is to engage partners in sustainable development through promoting education, training and knowledge-sharing. We are facilitating collaborative research to build national capacities and local expertise and organizing events to expand the university's global outreach. The directorate is serving as a bridge between the University and the wider academic and professional community to improve policy coherence, coordination and partnerships to ensure that the sustainable practices are integrated into policy framework.

Future Projects

We are in endless journey towards sustainability. We are trying our best to fulfil our own needs without compromising the abilities of our future generations to fulfil their own needs. More towards sustainability we have following future plans:

1. Tele-hospital service for Sargodha City (SDG-3)
2. Hospital with foreign investment (SDG-3)
3. Boarding school (foreign investment, SDG-4)
4. Corporate Cattle Farming (foreign investment, SDG-15)
5. Staff Colony (foreign investment, SDG-11)



TOP Success Stories

1

No Poverty

Success Stories

Sustainability in Action

University of Sargodha

1 NO POVERTY

2 ZERO HUNGER

3 GOOD HEALTH AND WELL-BEING

4 QUALITY EDUCATION

5 GENDER EQUALITY

6 CLEAN WATER AND SANITATION

7 AFFORDABLE AND CLEAN ENERGY

8 DECENT WORK AND ECONOMIC GROWTH

9 INDUSTRY, INNOVATION AND INFRASTRUCTURE

10 REDUCED INEQUALITIES

11 SUSTAINABLE CITIES AND COMMUNITIES

12 RESPONSIBLE CONSUMPTION AND PRODUCTION

13 CLIMATE ACTION

14 LIFE BELOW WATER

15 LIFE ON LAND

16 PEACE, JUSTICE AND STRONG INSTITUTIONS

17 PARTNERSHIPS FOR THE GOALS

SDG 1: No Poverty

The University of Sargodha has taken a significant step toward poverty elevation in rural areas by establishing the Rural Economic Transformation Lab in collaboration with the Local Government. This initiative aims to drive economic growth and prosperity in rural areas through evidence-based policies and targeted interventions. By leveraging academic research, field surveys, and data-driven analysis, the lab will identify key challenges faced by rural communities and develop sustainable solutions. The partnership between UOS and the Local Government ensures that policy recommendations are not only grounded in rigorous research but also aligned with the socio-economic realities of rural Pakistan.

Achievements and Outcomes

The establishment of the Rural Economic Transformation Lab has led to several significant achievements:

1. Data-Driven Policy Recommendations: By thoroughly analyzing indicators related to rural poverty and development, the lab offers practical policy suggestions to local government authorities, ensuring that resources are allocated where they are most needed.

2. Community Engagement and Empowerment: This initiative promotes collaboration among researchers, policymakers, and local stakeholders, making sure that rural communities have a voice in the decision-making process.

3. Capacity Building and Training: Through workshops, training sessions, and policy discussions, the lab improves the skills and knowledge of local populations, providing them with the necessary tools for economic independence.

4. Impact Evaluation and RCTs: The lab utilizes impact evaluation methods, including randomized controlled trials (RCTs), to assess the effectiveness of various development programs. This approach guarantees that interventions produce real benefits and can be scaled for wider application.

5. Focus on Key Rural Sectors: The lab emphasizes critical areas of rural development, such as poverty reduction, enhancing agricultural productivity, promoting financial inclusion, and supporting small enterprises, to create a comprehensive impact on rural economies.

3 Good Health & Well-being

Success Stories

Sustainability in Action
University of Sargodha

1 NO POVERTY
2 ZERO HUNGER
3 GOOD HEALTH AND WELL-BEING
4 QUALITY EDUCATION
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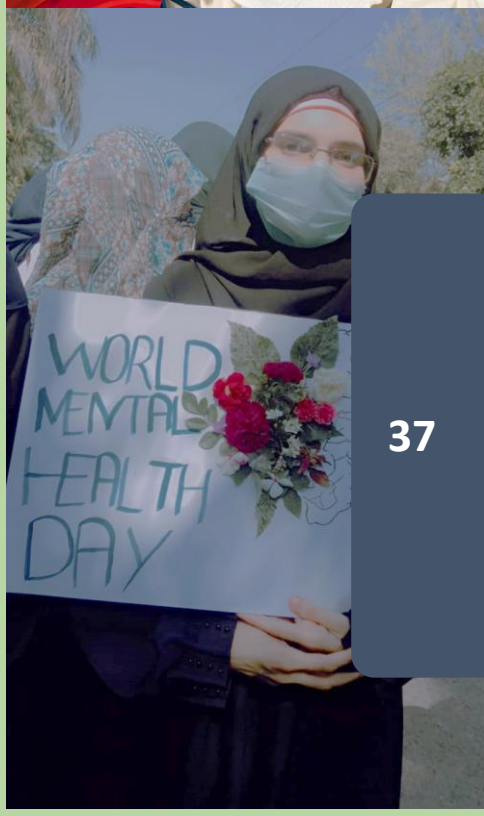
SDG 3: Good Health and Well-Being

3 GOOD HEALTH AND WELL-BEING

University of Sargodha recognize the importance of mental health and well-being. We are developing support systems through multifaceted approach by providing counseling and psychological therapies not only to our students and staff but also the general public. We often raise awareness campaigns about mental health and community well-being through walks, seminars, workshops, camps and outreach programs. We equip individuals with the necessary tools and strategies to manage mental health challenges. These programs focus on building resilience, fostering emotional intelligence, and cultivating positive personality traits.

Our outreach programs bridge the gap between academia and the broader community. These initiatives involve local organizations, schools, and community centers, offering mental health education, screening, and support services. Additionally, the counseling services offer vital support and guidance to individuals struggling with mental health issues, empowering them to face challenges and achieve sustainable well-being.



Outcomes in 2024

- **Counseling Camps: 20**
- **Workshops: 14**
- **Awareness Walks: 10**
- **Student Counselling: around the year**

4 Quality Education

Success Stories

Sustainability in Action
University of Sargodha

1 NO POVERTY

2 ZERO HUNGER

3 GOOD HEALTH AND WELL-BEING

4 QUALITY EDUCATION

5 GENDER EQUALITY

6 CLEAN WATER AND SANITATION

7 AFFORDABLE AND CLEAN ENERGY

8 DECENT WORK AND ECONOMIC GROWTH

9 INDUSTRY, INNOVATION AND INFRASTRUCTURE

10 REDUCED INEQUALITIES

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SDG 4: Quality Education

We have integrated SDGs in our curricula and practices, therefore our researcher, faculty and students are well aware of sustainability issues and contributing to solutions. Through conferences, lectures, workshops, seminars, webinars, and outreach programs, UOS promotes awareness engaging local and global communities about people centered sustainable development.

Our researchers, scientists and scholars are conducting cutting-edge research on critical sustainability issues like poverty, one health, happiness and well-being, renewable energy, climate resilience in agriculture, education, gender equalities, gender empowerment, gender mainstreaming, industrial solutions, sustainable construction materials, climate changes, education, sustainable eco-systems etc.

SDGS	2024	2023	2022	2021	2020
1	37	14	10	09	18
2	140	137	183	182	123
3	279	308	345	359	327
4	233	255	105	129	285
5	13	19	20	16	30
6	20	14	08	09	11
7	80	43	42	05	56
8	19	29	09	24	25
9	209	97	92	127	134
10	15	04	07	06	13
11	29	17	15	13	16
12	10	19	18	15	20
13	29	38	68	59	40
14	10	05	04	01	02
15	41	37	62	71	36
16	44	43	21	07	15
17	01	03	06	02	04
Total	1209	1082	1015	1034	1155

Policy Briefs

In 2024, our researchers wrote **55 policy brief** to policy makers on the issues of agriculture, climate change, community development, economics, emergency services, employability, energy alternatives, food security, gender equalities, governance, governments, health, higher education, industry, international relations, law enforcement agencies, local bodies, marginalized communities, mental health and well-being, peace, politics, public health, school education, services industries, social development, sustainability. We also engage local communities in public advocacy through awareness campaigns, walks, seminars and workshops.

5 Gender Equality

Success Stories

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SDG 5: Gender Equality

We believe in gender equality and no nation can become the part of developed world with gender disparity. University of Sargodha caters more than 50% of female students' enrollment each year. We have well defined policies to promote campus gender equality with provisions against gender-based violence, measures to ensure equal opportunities in recruitment and promotion, and gender-inclusive language in official documents. We provide counseling and advocacy services for female students facing gender-based discrimination, harassment or violence. We also arrange mentorship programs, training workshops and seminars to support the professional and academic advancement of women.

The increasing enrollment of female students each year reflects the fact that University of Sargodha has a safe and inclusive campus environment for females.

Enrollment

Year	Female	Male	Total
2020	53.2%	46.8%	23740
2021	54.8%	45.2%	19172
2022	57.2%	42.8%	21945
2023	60.2%	39.8%	23492
2024	62%	38%	24800

Achievements:
The University of Sargodha has established the 'Women Development Center' (WDC) since March 2022. This center provides the female students, staff and alumni the awareness of women protection laws and women mental & physical health workshops, session for their career development, entrepreneurship, online educational facilities, capacity building workshops and training sessions with the help of potential volunteers as resource persons including the Chamber of commerce & Industry women wing Sargodha, various National and International organization. The center has developed linkages with renowned national and international organizations like, **Initiatives for Sustainable Development** (IFSD), **IDEA think Tank**, **Phoenix Foundation**, **Let's Rise & Shine** (UK), **Social Work Department of Punjab University**, **Women Sargodha Chambers of Commerce & Industry**, **Aspire Young Leadership Program**, **Women Wing of Harvard University**, **Social Welfare & Bait-ul-Mal** department, **National Commission Human Resources Development** (NCHRD), **Global Women Development Network** (GWDN), **UniKassel Versität**, (Germany) etc.

Outcomes:
The Center has signed two research contracts and research consultancy of worth rupees **8 million** in total. Since its establishment, WDC has been organized around **130** sessions, seminars, workshops and colloquium with the support of eminent speakers, scholars and experts from various pertinent fields, who shared their expertise, knowledge and insights with more than **2000** female students and employees as well.

6 Clean Water & Sanitation

Success Stories

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SDG 6: Clean Water and Sanitation

Clean and safe drinking water is vital to preventing diseases spreading through contaminated water especially for those communities which have lacking modern infrastructure. University of Sargodha is much concerned about the quality of water for the campus and local community. Therefore, we have installed water filtration units at various points at campus for the campus community. While for the local community, the University set-up a mega industrial plant of bottled drinking water which supplies safe drinking water under the label 'Khush-Aab'. The Khush-Aab water unit is operating under industrial license issued by PCRWR authority of Pakistan, also strictly follows the standards of World Health Organization (WHO) and Environmental Protection Agency (EPA) and provides clean, healthy and safe water to local communities at cheaper rates.

7 Affordable and Clean Energy

Success Stories

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SDG 7: Affordable and Clean Energy

7 AFFORDABLE AND CLEAN ENERGY

Solar energy is one of the most promising sources of renewable energy. It is a clean, abundant, and sustainable source having potential to address energy challenges. It is helpful to reduce reliance on fossil fuels and mitigating climate change. University of Sargodha fulfils 90% of its energy needs from solar energy and 10% from other sources. We have developed a sustainable, cost effective and environmentally friendly system to fulfil the energy needs of the University.

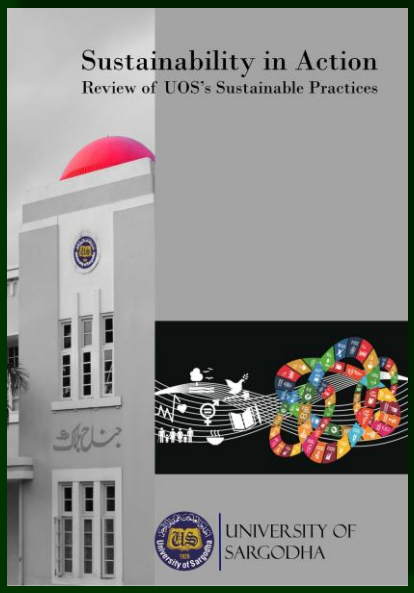
Funding: Own Sources

Total cost of the project: Rs. 380 million

Total production capacity: 2.7 MW

Average Production: 1.7 MW

Payback Period: 2.5 Years



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