



University of Karachi's Center for Health and Well-Being offers physical and mental health counseling, care and keeping fit services. It will be a space with substantial renovation of the Hostel building at University of Karachi. It is our belief that in order to succeed academically and to be at best of their potentials the University has to offer, students and staff to be cared for physically and mentally, and have a sense of well-being within their community.



CHAWB will be an inclusive resource center that focuses on preventative health and wellness on campus. Everyone's experience with health and wellness is different. This office recognizes the unique needs of specific communities on campus and will work to provide relevant resources for all students. No matter how you identify, you are welcome here. CHAWB is dedicated to making our care accessible to all students with each of our experts to be committed in creating a safe, inclusive, and affirming environment for all.

Although individual experts may offer different approaches to analysis and healing with unique styles and qualities, we all have a counseling philosophy that affirms the value, uniqueness and potential of individuals and embraces human diversity and its richness. All of the team members are considered generalists, which means we all have an extensive and broad wealth of experience in brain and body health. This includes having skill and experience in working with diverse psychosocial, physiological, behavioral and environmental challenges.

The team of advisors & experts will be a Network within University and from various institutions and organizations to provide a peer support and development. The upcoming programs under the canopy of CHWB. It is to create an evidence based, and practically effective program in facilitating our students create a peaceful, tolerant and healthier state of mind with deeper connection with meaning of life, service to society, opportunities & strength

**ROAR** a Program directly addressing the theme of education and capacity building of students by Recreating the importance of Optimism, Acquisition and Resilience.

**SUKH** pronounced as sukh... Serving Uniquely with Kindness & Harmony will be a program based on workplace wellness

This project is inclusive of The 2030 Agenda for Sustainable Development, adopted by all United Nations Member States shared blueprint for peace and prosperity for people and the planet, now and into the future.



University of Karachi,  
Karachi-75270, Pakistan  
Tel:99261300-07

Web: [www.uok.edu.pk/chwb](http://www.uok.edu.pk/chwb)  
Email: [chwb.uok@gmail.com](mailto:chwb.uok@gmail.com)



# Center for Health and Wellbeing

University of Karachi





UNIVERSITY OF KARACHI

**Patron:**

Prof Dr. Khalid Mehmood Iraqi

**Director Psychological health & strategy**

Prof. Dr. Farah Iqbal

**Director Operations & Administrations**

Prof Dr. Tanveer Abbas

**Director Physiological health & Trainings**

Dr. Sadaf Ahmed