



THE AGA KHAN UNIVERSITY



School of Nursing
and Midwifery, Pakistan
Alumni News

December 2019



Message from the Interim Dean

As alumni of SONAM, our graduates form an accomplished and influential professional nursing network, serving in leadership positions in Pakistan and internationally. The impact that our 4500+ alumni have in transforming nursing education, practice and research, is phenomenal.

As a vital part of our extended community, we value your contributions and efforts in bringing back new knowledge and expertise to the School.

There are multiple ways to stay connected with us. You may contribute your time and expertise by mentoring students, supporting financial aid and scholarship programmes or collaborating with us on research projects.

With 2020 declared as the year of nurses and midwives globally, we hope to re-energise our partnerships and stay connected.

We wish you a happy new year and thank you for being part of our amazing community! --- Dr Rozina Karmaliani

New Scholarship Expands Access to Nursing Education



The first-ever named scholarship fund has been established at SONAM to enable the best and most deserving students to pursue an undergraduate degree in nursing. The scholarship will be offered to two students beginning their studies in 2021 and subsequently to two students starting in 2023. Thereafter, each year, four students will receive a scholarship to pursue their studies. [More >>](#)

Alumni Spotlight: Rehana Elahi ' 97



Rehana Elahi, Post-RN BScN '97, shares how her time at AKU enhanced her skills for clinical practice. These skills enabled her to play a vital role in devising and implementing solutions which provide better care to patients undergoing chemotherapy treatments. [More >>](#)

Research: Promoting Mental Well-being Among Women in Pakistan



Assistant Professor and SONAM alumna, Shireen Shehzad, '04, has turned her passion for promoting mental health and well-being into a research career in nursing. Shireen has extensively studied depression levels, anxiety and life satisfaction among women in Pakistan by identifying challenges and possible solutions. She shares with us her recent work in mental health promotion.

[More >>](#)

Other Stories



Innovating for Better Health Outcomes

While many students are beaming with amazing entrepreneurial ideas, their mentors at AKU are helping to make them a reality. A group of five students have devised a solution to overcome the language barrier facing many doctors and patients today. [More >>](#)



A New Spot to Relax and Study

Our nursing and midwifery students can now enjoy the newly renovated student lounge which was recently inaugurated by SONAM students and University leadership. [More >>](#)



Raising Mental Health Awareness Together

Students on campus are advocating for the importance of creating an open environment which encourages people to talk about their feelings. This step, in itself, can help individuals struggling with mental health issues. [More >>](#)

Update from Alumni Affairs



Congratulations to all 2019 AKU graduates and welcome to the AKU alumni community!

Follow us on [Facebook](#) and [Instagram](#) to keep up-to-date with campus news, events in your area and the latest about your fellow alumni and former classmates.

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Our mailing address is:

Aga Khan University Hospital, Stadium Road, Karachi, Sindh, Pakistan, 74800

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