

Some Telephones to Remember

- NUST Emergency/Campus Complaint at H-12 Sector +92-051-9235847
- Boys Hostel Warden +92-051-9237418
- Girls Hostel Warden +92-051-9237219
- NUST MI Room +92-051-9237584
- NUST Registrar +92-051-90851041
- PIA Enquiry +92-051-9280911
- PIA Reservations +92-051-111786786
- Fire Brigade Islamabad +92 051 9252842-3
- Fire Brigade Rawalpindi +92-051-5770565
- Railway Enquiry Rawalpindi +92-051-9270835
- Railway Reservations Rawalpindi +92-051-9270895
- Daewoo Bus Service at Rawalpindi +92-051-5480792
- Combined Military Hospital Rawalpindi +92-051-561-32602
- NESCOM Hospital Islamabad +92-051-9229901
- Shifa International Hospital Islamabad +92-051-4603666
- Al-Shifa Eye Hospital Rawalpindi +92-051-5487823

- **NUST Centre for Counselling and Career Advisory (C³A):**
Telephone: +92-051-90851571
+92-051-90851573
+92-051-90851575
E-Mail: c3a@nust.edu.pk
Location: Student Centre,
NUST Campus
H-12 Sector, Islamabad

Our
doors are
always open
for those
seeking
help, advice
or
suggestions.
Stay Safe!

Lifestyle & Safety at NUST

All people have a right to safety and a lifestyle without fear. We aim to provide empowering personal information which will enhance the quality of life for all students rather than place limitations on them. Here are a few domains of life where, by taking certain precautionary measures you can ensure personal safety and a healthy lifestyle.

Staying safe at your Hostel/ Residence

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- Make sure your room/residence is secure. If you have to use a key, keep it on you or in a safe place where you can find it quickly. If you have a roommate, chalk out rules for safety on a mutual basis.
- Draw your curtains after dark.
- Always ask a visitor to identify himself/herself before opening the door.
- Discourage unauthorized visitors / strangers frequenting your place of residence.
- Do not cook in your rooms.
- Be aware of emergency fire exits.

Staying safe when you are out and about

- Always walk confidently. Your trip/journey should be planned.
- Be extra vigilant after dark.
- Ladies should carry their bags with the clasp facing inwards. If someone grabs your bag, let it go, your safety is more important than your property.
- If you regularly go for a jog or walk, try to vary your routine and stick to well-lit routes.
- Avoid hitch hiking or taking lift from strangers.
- Ladies should preferably not wear expensive jewelry items.
- Walk facing the traffic if you must walk on the road.
- Do not use your cell phone while walking.

On public transport

- Try and avoid overcrowded bus stops, it is always better to have advance reservation so that you spend least possible time in crowded areas.
- Do not share personal information with others.
- Be wary of what is offered to you in terms of eatables during the journey.
- It is always good to travel during daylight hours.
- Let someone know where you are going and when you are expected to arrive.

When driving

- While driving any kind of motorised transport, be sure you hold a valid driving license and vehicle registration.
- Be sure to have your safety belt on before moving the vehicle.
- Observe traffic rules/speed limits within and outside the university.
- Make sure your vehicle is in good working condition.
- Make sure you have enough money and fuel.
- Wear a safety helmet on a motorcycle, it is for your own good. Refrain from performing wheelies or other stunts.
- Keep your bag, phone, laptop or any other valuable out of sight in your car. It is always safe to carry them with you once the car is parked.

Improving In-Campus Lifestyle

- NUST is your home and Alma Mater, respect the environment.
- Be aware of the sensibilities and rights of your fellow students. Show tolerance and respect.
- Set healthy standards and trends so that others take pride in emulating you.
- Do not cause harm or injury to any other student through physical or verbal abuse or deface University property.
- Wear appropriate clothing for all activities/occasions, be responsible for the tidiness of your living and studying areas.
- Excessive noise is an irritant and interferes with the freedom of others. Be cultured in your expression.

Say goodbye to Smoking

- If you smoke, now is the time to quit.
- Adopt healthy pursuits instead of inhaling poisonous fumes and making others passive inhalers.
- Make NUST a tobacco-free zone.

Staying physically healthy

- Start your day with a healthy breakfast, do not rush to classes on an empty stomach, science has proven that it is hard to consume knowledge on an empty stomach.
- Walk, bike or jog where you can instead of taking transport. Take a ten minute activity break every hour while you study or watch TV.
- Be smart when you snack, opt for fruits, milk or dry fruits. Fast food should be enjoyed rarely.
- Drink more water. It is good for your skin/digestion and metabolism. Your body is 70 percent fluid. Any shortage causes headaches and lethargy not to mention some serious maladies.

- Get enough sleep. Deep sleep causes the body to heal itself and recuperate. Sleep requirements differ but an average of 8 hours is recommended.
- Stay away from intoxicants and drugs, they wreck your physical, psychological, spiritual and social well being.

Staying psychologically healthy

- Recognize your value and appreciate your strengths. All beings are created with a purpose and have a significant role to play. List your strengths and achievements as encouragement.
- Understand that personality is more important than appearance. Establish a self-image that includes inner beauty. Do not expect to be perfect and do not let failures bog you down.

- Explore your potentials by participating in different activities so that you know your abilities, interests and talents.
- Take criticism positively. Rectify your shortcomings proactively.
- Each person is unique. Avoid comparison with others. Only compare with your previous performance and do better.
- Establish good relationships with your fellow students, teachers and family as they will guide, support and encourage you.
- Work on your self esteem and confidence. Persons having these, accept challenges and overcome difficulties without being conscious of how or what others think of them.
- Handle emotions properly, your age group is of rapid growth and quicker and stronger emotional fluctuations. So perceive, manage and express your emotions appropriately.
- Learn skills to relieve stress, take time out for yourself, relaxing for at least 20 minutes each day will help recharge your batteries.

Things to remember

- Staying spiritually healthy is a key to physical and mental health. Offer your prayers. Follow the right path. Remember your Creator who made you with a purpose and superior to all living beings.
- Do not make obnoxious phone calls. If you are yourself a victim, report it to University authorities or the cell phone company.
- If you are harassed or threatened, do not suffer in silence, the University administration takes this seriously, all you have to do is report.
- Conserve energy. Use as much electricity as is required. Douse the lights before leaving the room.
- Do not use your cell phones for calls or text messaging while in class, on assignment or when in a formal gathering.
- 6. • Learn to safeguard your phones and USBs against pilferage.

Earthquake Safety Tips

- Do not give your personal information over the phone in an unsolicited call.
- Do not divulge your bank account numbers to persons needlessly. Change the PIN Code of your ATM Card on a regular basis.
- Never walk away from an ATM with cash in hand.

- If an earthquake occurs and you cannot easily escape through a door or window, do not panic. Lie down and curl up in a fetal position next to a sofa, bed or chair.
- If you are in a vehicle, get out and lie alongside the stationary vehicle. All crushed cars during earthquakes were found to have voids 3 feet next to them.
- Wooden buildings are the safest in an earthquake. Wood is flexible and moves with the force of the earthquake.
- Getting under a doorway is dangerous, if the doorway falls forward or backward, one is crushed by the roof, if it falls sideways it crushes anything underneath it.

Points to Ponder

- Avoiding the problem is not a solution. It will only accumulate stress, thus prolonging your misery.
- Smoking, drinking, drug abuse etc; can only bring temporary and superficial relief without solving the problem. Also, these are harmful substances which can lead to fatalities.
- Pessimism hurts you and the people who care about you. Do take care of yourself and treasure your life. All problems have a way out.
- It is always better to rely on God and have faith in one's abilities.
- When you feel that family, friends and teachers cannot help you, seek professional help. If we can take an aspirin for an headache we can resolve a mental conflict through help of a counselor.

Getting Help

NUST introduces a dedicated Centre for Counselling and Career Advisory to provide high quality professional counseling services to University students, their parents and the faculty.

- C³A aims to form a nurturing, trusting relationship between students and counselors. Prime objective of this relationship is to facilitate the students in structuring their thinking, evaluating objectives, identifying goals and facilitating their attainment.
- Counselling at C³A takes place in direct response to the individuals' need to address and deal with problem areas in their lives.
- C³A promotes the examining of options open to its clients and helps find new ways of coping with life's challenges.