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Mobility Report

Prof. Ehsan Ullah Munir
Visit of University of the West of Scotland
July 29 – August 2, 2024

- **Name of the Participant:** Ehsan Ullah Munir
- **Affiliation:** COMSATS University Islamabad, Pakistan
- **Host Institution:** University of the West of Scotland
- **Visit Dates:** July 29 – August 2, 2024
- **Title of Project:** Sensing, Artificial Intelligence and Edge Networking towards Rural Health Monitoring (SAFE-RH)
- **Erasmus+ Project Reference Number:** 619483-EPP-1-2020-1-UK-EPPKA2-CBHE-JP

I had the privilege of visiting the University of the West of Scotland, UK, to participate in the training and project meeting for the SAFE-RH project. As the lead of the project team, I was responsible for overseeing the overall progress and deliverables on behalf of CUI.

The project meeting commenced on July 29, 2024, with a warm welcome from Prof. Dr. Naeem Ramzan, followed by an introductory session with all participants. Discussions addressed data delays in the mobile app, alongside proposed solutions. A significant topic during the initial session was the testing of project components, particularly the Fetus Monitoring Belt, which the CUI team confirmed had been successfully tested at Basic Health Units (BHUs) and hospitals during a visit to Islamia University Bahawalpur.

After the general discussion on the project's components, I presented the overall project progress, emphasizing the completed deliverables. I also ensured the installation and testing of all project components developed by the CUI team for demonstration and proper functioning of these devices and software for the visit of the Consulate General of Pakistan in Glasgow.

On July 31, during the Consulate General's visit to the University of the West of Scotland, I represented CUI and my team. Prof. Ramzan delivered a presentation outlining the project's objectives and progress, attended by key figures such as the Principal of the College, the Associate Dean of Research, and team leads from other partner institutions. As the CUI team lead, I briefed the Consulate General on CUI's role in the project and the specific deliverables achieved. Following this, we conducted a detailed demonstration of the Fetus Monitoring Belt and Mobile App, during which the Consulate General was informed about the successful testing of these devices in Pakistan. The chief guest appreciated the efforts of all partners, especially CUI.

After a productive day, I participated in a social gathering at Loch Lomond arranged for the participants of project meeting. Along with delicious BBQ, this event provided a relaxed atmosphere for all participants to engage in informal discussions and strengthen their collaborations through networking.

As the team lead, I provided feedback to other partner institutions, including Capital University of Science and Technology, Islamia University Bahawalpur, and the University of Lorraine, France, regarding their deliverables. Moreover, fruitful discussions were held on integrating various devices with the Management Information System (MIS) to achieve the project objectives.

I had a healthy discussion with Dr. Naeem about a joint research publication stemming from the project work. Dr. Naeem suggested several improvements to the draft papers, which will be incorporated before submission.

Additionally, I had a detailed meeting with Prof. Ramzan to discuss the final project report, its deliverables, and both technical and user manuals for the Fetus Monitoring Belt and mobile app. The visit concluded with discussions on the project's budget and expenditure, ensuring that all expenses were aligned with project goals.

This visit not only provided to conclude the overall demonstration of project components and feedback but also fostered valuable networking opportunities, leading to significant academic collaborations, including publications, as well as laying the groundwork for future collaborations that benefit the community.





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Tassawar Iqbal
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- **Name of the Participant:** Tassawar Iqbal
- **Affiliation:** COMSATS University Islamabad, Pakistan
- **Host Institution:** University of the West of Scotland
- **Mobility Period:** July 29 – August 2, 2024
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I attended the SAFE-RH meeting and training at the University of the West of Scotland from July 29 to August 2, 2024, as a key member of the project team. This gathering provided an excellent platform to present and discuss the project's progress, and I was able to highlight several important deliverables. My presentations focused on two key deliverables of the project:

- Monitoring of Maternal and Infant Health Pilot
- Creation, Updating, and Management of the Project Website and Social Media:

I presented our work on developing and maintaining the project's online presence.

Additionally, I reviewed deliverables from other partners at Capital University of Science & Technology and Islamia University Bahawalpur to ensure that all aspects of the project were aligned and progressing according to the planned timeline.

I also provided a detailed briefing on the testing of the Fetus Monitoring Belt at a Basic Health Unit in Bahawalpur. This testing phase was a pivotal step in validating the belt's functionality in a real-time healthcare setting. The belt, which continuously monitors fetal health, was shown to be a practical solution for rural healthcare centers where access to advanced medical technology is limited.

I also assisted the team in installation of all devices for testing and demonstration and ensured that all devices were functioning properly and ready for presentation during the visit of the Consulate General of Pakistan. During this visit, I presented the deliverables achieved by CUI team to the chief guest. The demonstrations of the Fetus Monitoring Belt and other devices were well-received, and the visit provided a valuable opportunity to showcase the tangible impact of the project on maternal and infant health in Pakistan.

I also participated in a detailed discussion regarding the design of three training programs and the development of related learning materials with CUST team. These programs are intended to educate healthcare workers in Pakistan on the proper use of the project's devices and technologies, ensuring that they can be effectively integrated into routine healthcare practices.

Moreover, I had a detailed meeting with Professor Naeem and Dr. Ehsan to present the project's budget and its utilization.

Finally, I supported other project partners in demonstration during the Consulate General's visit.

Overall, this meeting was a highly productive experience, strengthening collaboration with international and local partners while advancing the goals of the SAFE-RH project in meaningful ways.





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Saima Gulzar
Visit of University of the West of Scotland
July 29 – August 2, 2024

- **Name of the Participant:** Saima Gulzar
- **Affiliation:** COMSATS University Islamabad, Pakistan
- **Host Institution:** University of the West of Scotland
- **Mobility Period:** July 29 – August 2, 2024
- **Title of Project:** Sensing, Artificial Intelligence and Edge Networking towards Rural Health Monitoring (SAFE-RH)
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I attended the SAFE-RH meeting and training at the University of the West of Scotland from July 29 to August 2, 2024, as a key member of the project team. During the meeting, I presented the user and technical manuals for the Fetus Monitoring Belt in detail. The feedback I received was invaluable, enabling me to make necessary updates to enhance the clarity and usability of the manuals.

In addition to presenting the manuals, I had the opportunity to demonstrate the Fetus Monitoring Belt, a device that was indigenously developed by our project team. This belt is a major contribution to achieve the project objectives, specifically designed to monitor fetal health in underserved areas where access to advanced medical technology is limited. During the demonstration, I highlighted the belt's features, such as its real-time monitoring capabilities and ease of use. I explained how it collects vital health data, which can be transmitted to healthcare providers for timely interventions. This aspect is particularly important in rural settings, where immediate medical support may not always be available.

After the initial demonstration, I ensured the installation and proper functioning of the belt during the visit of the Consulate General for smooth operation with the help of my team. During the visit, I provided a comprehensive presentation that included a live demonstration of the belt's functions. The chief guest asked various questions about the belt's functionality, showing keen interest in how it operates and its impact on maternal health. He also expressed appreciation for efforts to address health challenges in less developed areas, highlighting the importance of project work in improving healthcare access.

Additionally, I engaged in detailed discussions with Dr. Hassan from the University of Lorraine regarding potential future research collaborations and publication opportunities. Overall, this meeting not only provided an opportunity to integrate and exhibit the indigenously developed devices but also opened opportunities for future collaborations and research initiatives.





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Kashif Ayyub
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- **Name of the Participant:** Kashif Ayyub
- **Affiliation:** COMSATS University Islamabad, Pakistan
- **Host Institution:** University of the West of Scotland
- **Mobility Period:** July 29 – August 2, 2024
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I attended the SAFE-RH meeting and training at the University of the West of Scotland from July 29 to August 2, 2024, as a key member of the project team. During this event, I presented the mobile application, detailing its functionality and how it integrates into our overall project goals.

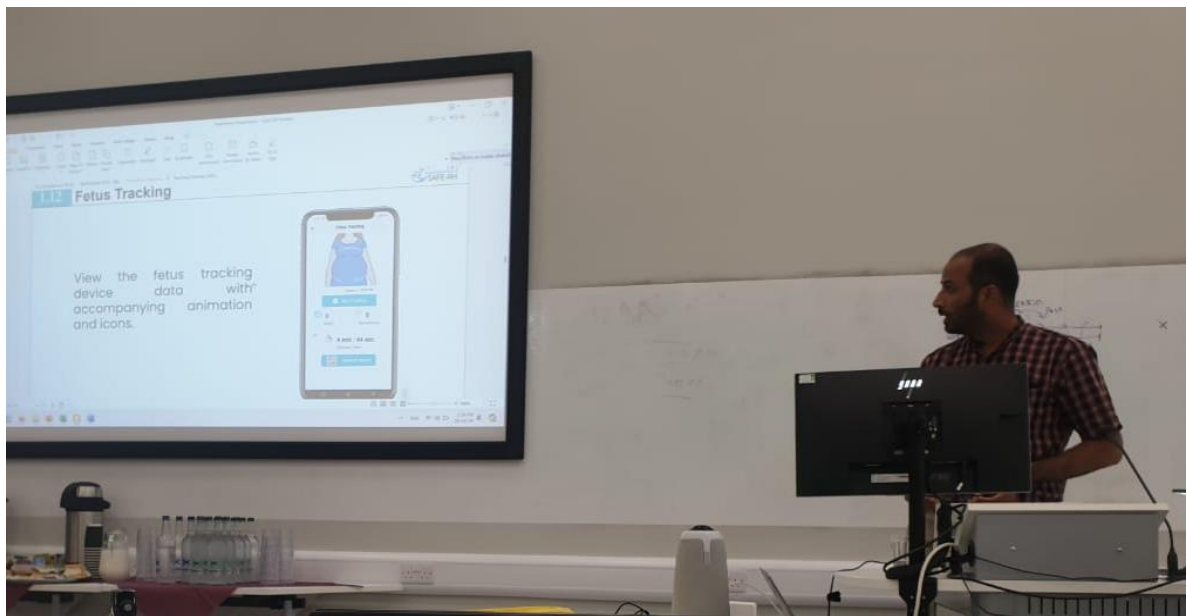
I introduced both the user manual and the technical manual for the app during the meeting, highlighting their importance in guiding users through the app's functionalities and ensuring smooth operation. The user manual is designed for end-users, focusing on ease of navigation and practical applications, while the technical manual offers detailed insights for developers and technical staff regarding the app's architecture and integration capabilities.

The feedback I received during the presentation was very valuable, providing specific suggestions for improvements. The participants highlighted areas where clarity could be enhanced. The input allowed me to identify key updates that would improve the manuals' usability and effectiveness.

During the meeting, live demonstration of the app was also conducted, which involved testing its various features in real-time. This hands-on approach was particularly engaging to explore and test the functionalities, such as tracking health metrics and accessing information on maternal and infant care. This session fostered a valuable feedback for providing extra features. To ensure a comprehensive demonstration and testing, the app was installed on multiple devices. I also addressed the technical challenges that arose during the demonstration, reinforcing our commitment to delivering a reliable and effective tool.

During the visit of the Consulate General, I had the opportunity to present the app's features again and demonstrate its functionality. The real time demonstration of App was conducted. The presentation was well-received, and the chief guest expressed appreciation for the app's potential impact on maternal and infant health monitoring.

Additionally, the visit provided valuable networking opportunities with different foreign colleagues. Engaging with peers and experts in the field allowed for fruitful discussions on potential collaborations and future advancements within the project. Overall, this experience was key in improving work and building stronger partnerships towards project goals.





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Jawwad Ahmad
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- **Affiliation:** COMSATS University Islamabad, Pakistan
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I had the privilege of visiting the University of the West of Scotland, UK, to participate in the training and project meeting of the SAFE-RH project. As a member of the project team, I was responsible for administrative part including procurement and finance management.

The event commenced with a warm welcome from Prof. Naeem Ramzan, followed by an introduction of all participants, which fostered a collaborative atmosphere for the sessions. After the introductions, the meeting proceeded according to the agenda. I was also tasked with meticulously recording the minutes of the meeting, ensuring that all discussions, decisions, and action items were accurately documented. In addition, I played an active role in assisting the project team with the setup and installation of various devices required for the demonstration and testing phase, which was crucial to the project's success.

Moreover, I along with Prof. Ehsan Ullah Munir and Dr. Tassawar Iqbal presented the financial reports, procurement details and audit related matters to Prof. Naeem Ramzan. He further advised to improve the documents with proper format.

A key highlight of the visit was the arrival of the Consulate General of Pakistan in Glasgow. I had the opportunity to attend the presentation delivered by Prof. Naeem Ramzan, where he briefed the Chief Guest on the project's progress, key deliverables, and overall significance. This session was particularly important, as it facilitated a productive discussion between the project team and the Consulate General regarding the project's achievements, challenges, and future goals.

During a social gathering at Loch Lomond, I enjoyed helping prepare the BBQ, which was organized as part of the event's networking and social integration activities. This informal gathering provided a relaxed setting for participants to interact, build rapport, and strengthen collaboration.

The visit not only broadened my understanding of the project's scope and team dynamics but also provided valuable international exposure, enhancing my personal and professional growth through the experience of working abroad.

