

Activity Report



LUMHS Volunteering Programs to Improve / Promote Health and Wellbeing for Local Community

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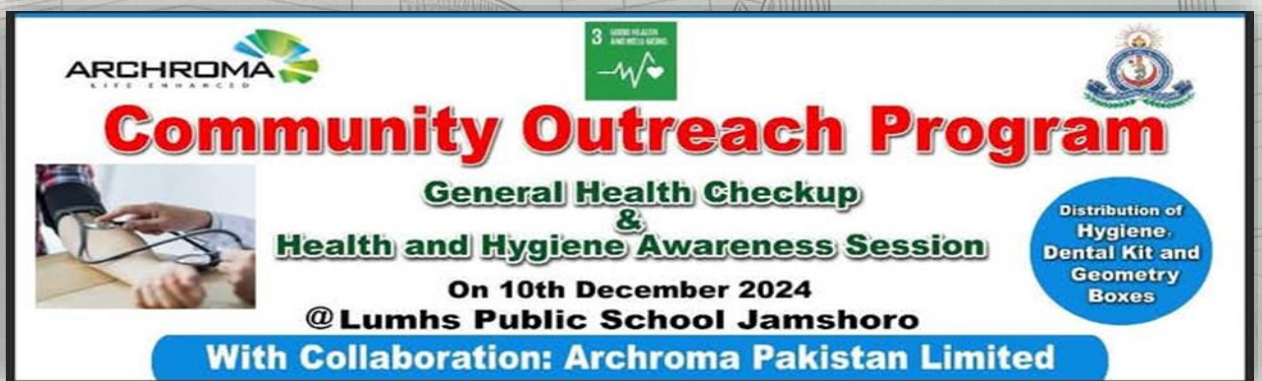
1. Hygeine
2. Nutrietion
3. Family planning
4. Sports/ exercise
5. Aging well

1. Screening and Medical Camp for Health and Hygiene at IRM Smart Schools for Street Children.

Under the directives of the worthy Vice Chancellor, Prof. Dr. Ikram Din Ujjan, Liaquat University of Medical and Health Sciences (LUMHS) organized a community outreach activity at Khuda Ki Basti, Kotri. The initiative was a collaboration between the Department of Community Medicine, the Department of Oral Pathology, Faculty of Dentistry and SWF a regional level NGO, conducted at two IRM Smart Schools for Street Children on 27th November 2024.

The activity aimed to promote health awareness and improve the well-being of underprivileged children. More than 150 students received health education, oral hygiene sessions, and general physical examinations conducted by faculty members from both departments. To encourage healthy practices, toothbrushes, toothpaste, biscuits, and multivitamin syrups were also distributed among the children.

This initiative reflects LUMHS's strong commitment to community service, health promotion, and the United Nations Sustainable Development Goal 3 (Good Health and Well-being) by extending healthcare awareness and preventive services to marginalized populations.



The banner features the Archroma logo on the top left, a green icon with a heart and pulse line in the top center, and the Liaquat University logo on the top right. The main title 'Community Outreach Program' is in large red font. Below it, 'General Health Checkup & Health and Hygiene Awareness Session' is in green. The date 'On 10th December 2024' and location '@ Lumhs Public School Jamshoro' are in black. A blue box on the right says 'Distribution of Hygiene, Dental Kit and Geometry Boxes'. A photo of a blood pressure check is on the left. The bottom blue bar says 'With Collaboration: Archroma Pakistan Limited'.

ARCHROMA
LIFE ENHANCER

Community Outreach Program

**General Health Checkup
&
Health and Hygiene Awareness Session**

**On 10th December 2024
@ Lumhs Public School Jamshoro**

With Collaboration: Archroma Pakistan Limited

**Distribution of
Hygiene,
Dental Kit and
Geometry
Boxes**



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ڄامشورو جي لمس پبلڪ اسڪول ۾ طبي ڪئمپ، 250 کان وڌيڪ شاگردن جو معائني

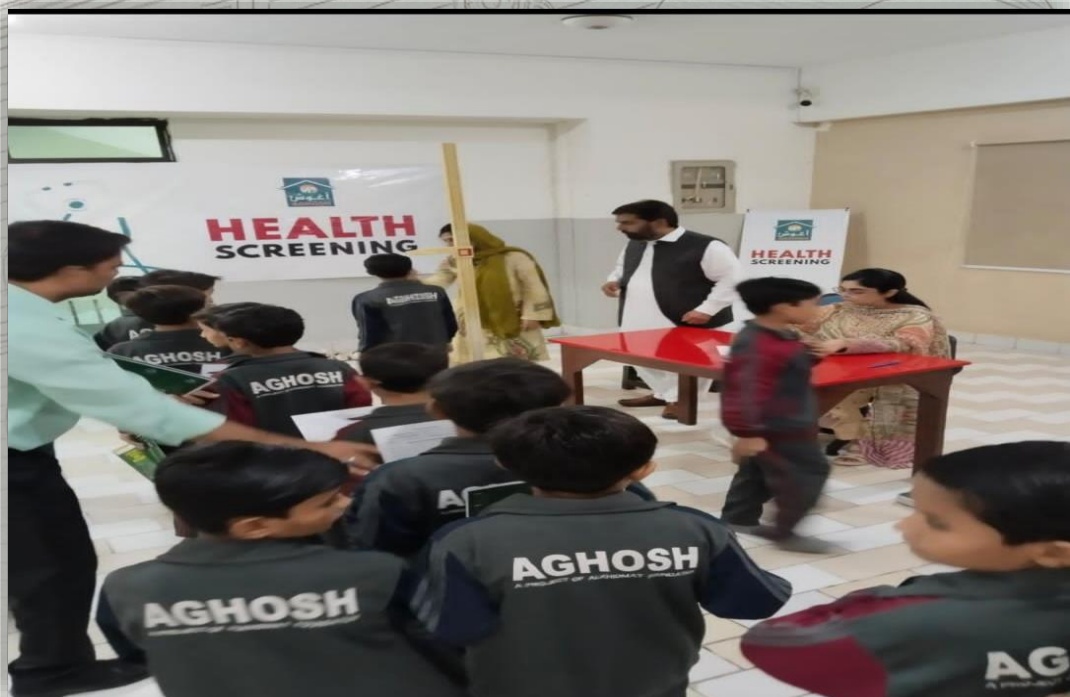
پبلڪ اسڪول جي شاگردن لاءِ هڪ ڏينهن جو ڪميونٽي آئوٿ ريچ پروگرام ميڊيڪل ۽ اسڪريننگ ڪئمپ لڳائي وئي. ڪميونٽي ميڊيسن، پيٿالاجي ۽ اکين جي بيمارين جي ماهر ڊاڪٽرن شاگردن جو معائنو ڪيو وزن، قد ۽ مجموعي طور تي اسڪريننگ ڪئي. **لمس جا ماهر ڊاڪٽر پوري سنڌ ۾ پنهنجون خدمتون سرانجام ڏئي رهيا آهن.** صحتمند پارٽي هڪ صحتمند قوم جي ضمانت هوند آهي. نري سي ترويج ۾ آرگروما ڪمپني جي تعاون سان ٻارن ۾ تحفا ورهايا ويا. پروفيسر ڊاڪٽر منور عالم انصاري، پروفيسر مظفر شيخ، ساجد حسين ۽ ٻيا شريڪ

LUMHS faculty members regularly visit underprivileged communities and schools as part of the university's commitment to social responsibility and community outreach. These visits are aimed at providing continuous support to children and schoolteachers, focusing on their overall health, hygiene, nutrition, and psychological wellbeing. During these visits, faculty and students conduct medical checkups, health education sessions, oral hygiene demonstrations, and awareness campaigns on preventive healthcare. Teachers are also guided on promoting healthy habits among students and identifying early signs of health or emotional issues.

Through these sustained efforts, LUMHS not only contributes to improving community health but also strengthens the link between education and wellbeing, empowering schools to foster healthier and more supportive learning environments.

2. Health screening and hygiene activity in school for orphans **LUMHS faculty and leadership visited Aaghosh,** **Khawaja Yaqoob Foundation for Orphans**

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3. Family Planning session and a Medical camp for overall health and well being of women in rural areas of Sindh

A Family Planning Session and Medical Camp was organized by Liaquat University of Medical and Health Sciences (LUMHS) in an underprivileged area of the province, where women's health is often a critical concern. The initiative aimed to raise awareness about the importance of maternal and reproductive health while ensuring that women from marginalized communities have access to essential healthcare services.

During the camp, women received free medical checkups, counseling on contraceptive methods, and necessary medications provided by LUMHS doctors. The healthcare team emphasized the importance of family planning in improving women's overall well-being, reducing maternal health risks, and promoting healthier family structures.

In addition to medical support, participants were guided on nutritional awareness, hygiene practices, and preventive healthcare measures to help them lead healthier lives. The outreach program not only addressed immediate medical needs but also aimed to empower women with knowledge and resources to make informed decisions about their health.

This initiative reflects LUMHS's commitment to community service, women's empowerment, and equitable access to healthcare, particularly in regions where such facilities are scarce.





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4. Aging well:

4.1 Community outreach program in Dar ul Sukoon a shelter home for homeless elderly people

Liaquat University of Medical and Health Sciences (LUMHS) students celebrated #YoumeTakbeer by spending time with orphans, disabled individuals, and homeless senior citizens at Darul Sukoon Rashidabad. This event was organized under the guidance of Vice Chancellor Prof. Dr. Ikram Din Ujjan and Prof. Muhammad Ilyas Siddiqui, Dean of Community Medicine.

Number of Students: Over 50 students participated in the event

Activities: Students visited different sections of the center and engaged with the residents

Objective: To promote community service and social responsibility among students

This event reflects LUMHS's commitment to fostering a sense of social responsibility and compassion among its students. By engaging with underprivileged communities, students gain valuable experiences and develop essential skills for their future careers in health care Team

LUMHS included Dr Gulzar Usman (Focal Person), Dr Farhana Rajpar, Dr Fasiha Shah and Mr. Babar Ali Kalhoro (QA).





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4.2 Medical camp and awareness session was organized for Elderly Care

Liaquat University of Medical and Health Sciences (LUMHS), Department of Community Medicine organized a medical camp and awareness session for elderly people in Thar, a rural area of Sindh. The initiative aimed to address the unique health challenges faced by the elderly and promote healthy aging within the community.

During the session, healthcare professionals discussed common health issues among older adults, preventive measures, and strategies for maintaining physical and mental well-being. Families were also invited to participate, learning how to provide better care, emotional support, and assistance to elderly members at home.

This community outreach activity reflects LUMHS's ongoing commitment to promoting public health, social responsibility, and inclusive healthcare for all age groups.



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3.4 Diploma Program in Geriatric Care

Additionally, Liaquat University of Medical and Health Sciences (LUMHS) has introduced a Diploma Program in Geriatric Care to address the growing healthcare needs of the elderly population. The program is designed to equip healthcare professionals with the knowledge and skills required to provide compassionate, evidence-based care to older adults.

The initiative focuses on promoting healthy aging, improving quality of life, and fostering dignity and independence among senior citizens. Through specialized training and practical experience, the program prepares participants to manage age-related health issues effectively and contribute to the development of age-friendly healthcare services in Pakistan.

4. Community outreach program for awareness

A session on breast cancer screening to raise awareness about early detection of breast cancer was organized for young girls at Pak-Turk Marif school

For prevention and awareness regarding early detection of breast cancer a community outreach program organized by LUMHS faculty at Pak-Turk Maarif schools with collaboration of Pinktober Awareness Session

In recognition of Pinktober, the Global Cancer Awareness Month, the Maarif Health & Wellness Club organized an Awareness Session led by Dr. Ambreen Munir Banglani, Head of the Department of Breast Surgery at Liaquat University of Medical & Health Sciences.

The session aimed to educate and empower our female students and staff on the importance of early detection, self-examination, and timely medical consultation.

Together, we stand for awareness, strength, and hope



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Community Outreach program: Free Medical Camp at Village Meghe jo Tarr, Thar Coal

As per the directives of the Worthy Vice Chancellor, Prof. Dr. Ikram Din Ujjan, Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro organized a Free Medical Camp at Village Meghe jo Tarr, Thar Coal Block-2 on 2nd December 2024.

The initiative was carried out under the University's Community Outreach and Public Health Program, in alignment with Sustainable Development Goal (SDG) 3 – Good Health and Well-being.

The LUMHS team, comprising Consultants and Postgraduate Trainees from the Departments of Pediatrics, Gynecology, Dermatology, Sonology, and Public Health, provided essential health services to the local population.

The camp was inaugurated by MPA Sindh, Faqir Sher Muhammad Bilalani, along with representatives from the Thar Foundation.

A total of 600 patients were examined and treated during the camp. Services included medical consultations, provision of quality medicines, ultrasound examinations, EPI vaccination coverage, nutritional assessments, and health education sessions for school children and community members.

This activity demonstrates LUMHS's continued dedication to improving community health, promoting preventive care, and supporting the well-being of underserved populations in remote areas of Sindh.





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5. Exercise for community

Liaquat University of Medical and Health Sciences (LUMHS) operates a state-of-the-art gymnasium, primarily catering to students, staff, and faculty. However, every Saturday and Sunday from 5 to 7 pm, the university extends an invitation to the general community to utilize its gym facilities. This inclusive initiative promotes community engagement, health awareness, and wellness among local residents. By sharing its resources, LUMHS demonstrates its commitment to social responsibility and public health, fostering a culture of fitness and healthy living beyond its campus boundaries.





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