



**LIAQUAT
UNIVERSITY**

OF MEDICAL & HEALTH SCIENCES
JAMSHORO

Activity Report



Mental Health Support for Faculty and Staff

MENTAL HEALTH SUPPORT FOR FACULTY AT LUMHS

WORLD MENTAL HEALTH DAY 2024

World *Mental Health Day 2024* was observed at Liaquat University of Medical and Health Sciences (LUMHS), Jamshoro, on **Thursday, 10th October 2024**, at **Latif Hall**. The event was **jointly organized by the Department of Psychiatry and Behavioral Sciences** in collaboration with the **Department of Community Medicine**.

The initiative was held under the directives and visionary leadership of the **Honorable Vice Chancellor, Prof. Dr. Ikram Din Ujjan**, and was **successfully executed under the supervision of Dr. Jamil Junejo**, Chairman, Department of Psychiatry and Behavioral Sciences.

The program aimed to raise awareness about the importance of mental health, reduce stigma associated with psychological disorders, and promote early intervention and community support. It brought together a diverse audience, including **Deans, senior psychiatrists, doctors, faculty members, media representatives, distinguished guests, and students** from various disciplines.

The speakers highlighted the significance of recognizing mental well-being as an integral component of overall health and emphasized the role of educational institutions in fostering mental resilience among youth. The event also included interactive discussions and awareness sessions focusing on stress management, emotional well-being, and the need for a supportive environment in academic and professional settings.

The session concluded with a note of appreciation to all organizers and participants for their active involvement in making the event a success, reinforcing LUMHS's ongoing commitment to promoting **mental health awareness and community well-being**.





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Liaquat University of Medical and Health Sciences, Jamshoro is committed to serve the students, faculty, staff and overall community strengthen its mission towards Sustainable development goal health and well-being. The university throughout the year provides mental health awareness sessions, stress management sessions, and provision of physical activities to maintain good physical and mental health. LUMHS has initiated a Center for Psycho-social & Academic wellbeing for mental health support to the students at university. The center provides therapies to maintain psychological and social support to maintain mental health and provides assistance to manage their stress related to the academics. The center operates free of cost all five working days and in campus, which is accessible to all the students.

Establishment of Center for Psycho-social & Academic wellbeing

Liaquat University of Medical and Health Sciences has launched a groundbreaking Center for Psycho-Social and Academic Wellbeing, marking a significant milestone in supporting students' mental health and academic success. Inaugurated on March 28th, 2022, by worthy Vice Chancellor Professor Dr. Ikram Din Ujjan and Founding Director Professor Dr. Moin Ahmed Ansari, this pioneering center addresses the holistic needs of students, promoting their psychosocial wellbeing and academic excellence. Since the establishment the center is providing psycho-social support to the students, faculty and staff.





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LIAQUAT UNIVERSITY OF MEDICAL & HEALTH SCIENCES, JAMSHORO

**CENTER FOR PSYCHOSOCIAL & ACADEMIC
WELLBEING LUMHS**

INAUGURATED BY

PROF. DR. IKRAM DIN UJJAN

Vice Chancellor LUMHS

ON MONDAY THE 28TH DAY OF MARCH, 2022

DURING TENURE

PROF: DR. MOIN AHMED ANSARI

DIRECTOR

CENTER FOR PSYCHOSOCIAL & ACADEMIC WELLBEING

