

Activity Report



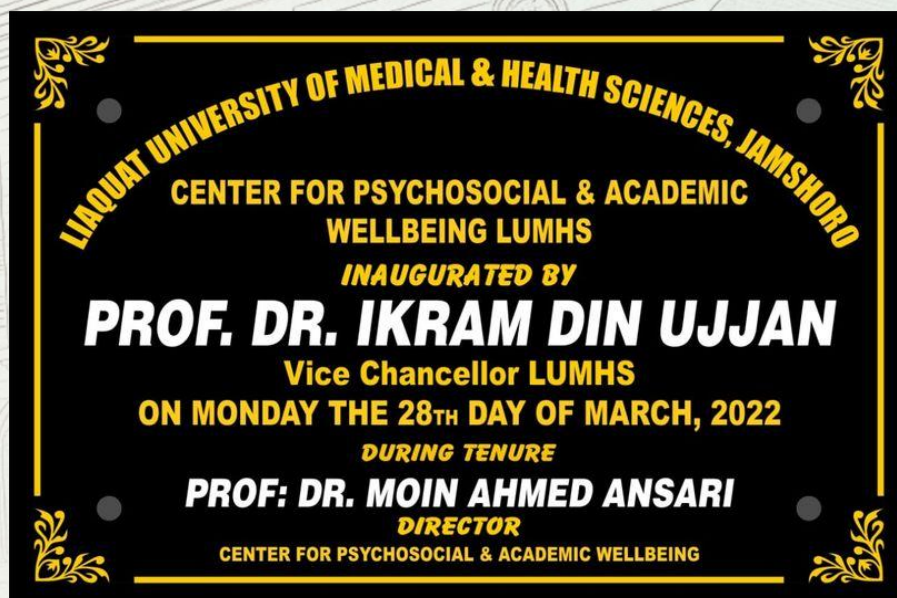
Mental Health Support for Students

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, staff and faculty towards' 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. The center has additional facility for faculty and staff to provide psycho-social support for mental health and wellbeing. The center provides mental health support to the students, staff and faculty.

Functions of Center for Psycho-social support for staff and faculty

- Provides mental health services to staff and faculty Offers counseling, therapy, and support groups
- Conduct awareness programs and sessions to promote mental health
- Trained occupational therapists and counselors
- Confidential and non-judgmental environment





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. The center organizes several sessions on mental health and wellbeing every year i.e.,

Mental health session for youth

A **session for youth** was organized in collaboration with **Tak Talk**, as part of **Liaquat University of Medical & Health Sciences (LUMHS)**'s ongoing efforts to engage with both **local and international organizations** for promoting **sustainability and community well-being**. The event featured **interactive discussions and expert-led sessions** focusing on **mental health awareness, the importance of social support systems, and coping with related psychosocial challenges**. Students actively participated by sharing their experiences, perspectives, and strategies for maintaining emotional resilience. The initiative reflected LUMHS's commitment to nurturing a supportive academic environment that prioritizes **mental well-being and sustainable development goals (SDG 3 – Good Health and Well-being)**.

Students actively participating in the youth session organized in collaboration with Tak Talk at LUMHS. The discussion centered on **mental health awareness, peer support, and academic well-being**, reflecting the university's commitment to creating a supportive environment for its students. Representatives from the **Centre for Psycho-Social & Academic Wellbeing** were also present to highlight available services such as mentoring, counseling, and student support programs. The interactive nature of the event encouraged open dialogue and helped students share their perspectives on maintaining emotional balance and resilience in academic life.







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THE 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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