



Support for underrepresented Groups.

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Liaquat University of Medical and Health Sciences (LUMHS) is deeply committed to fostering an inclusive, equitable, and supportive learning environment for all members of its community, particularly those belonging to underrepresented groups. Recognizing the diverse needs of its students, faculty, and staff, LUMHS has established comprehensive support systems to promote emotional well-being, social inclusion, and equal opportunities.

The university offers a **psychosocial support system** that provides counseling and guidance services to address mental health challenges, stress, and adjustment issues faced by students and staff. Trained professionals and faculty mentors offer confidential and compassionate support to help individuals navigate personal and academic challenges effectively.

LUMHS provides dedicated counselling sessions for students from underrepresented groups through its Psychosocial and Academic Well-being Center, established in 2023. The center serves as a safe and supportive space where students can seek guidance related to mental health, academic stress, and personal challenges. It aims to promote emotional resilience, academic success, and overall well-being by offering professional counselling, peer support programs, and awareness sessions on stress management and coping strategies. The services are provided to all students, staff and faculty, which includes underrepresented groups.

In addition, LUMHS has developed a **peer support network** that encourages students to assist one another through mentorship, active listening, and shared experiences. This initiative helps build a sense of belonging and community, particularly for those from marginalized or disadvantaged backgrounds.

Through these sustained efforts, LUMHS continues to uphold its commitment to inclusion, empowerment, and well-being, ensuring that every member of its community can thrive academically, personally, and professionally.

Community outreach activities for underrepresented groups

Establishment of LUMHS Public School for Underprivileged Community

Objective/ Overview:

Background

In Sindh province, where the literacy rate remains the lowest in Pakistan, Liaquat University of Medical and Health Sciences (LUMHS), located in a rural and underprivileged region, has taken a significant step to address this challenge through an educational empowerment

initiative. Recognizing the need to promote education as a means to break the cycle of poverty, the university leadership launched a public school within the LUMHS campus dedicated to providing **free quality education** to children from marginalized communities. The school offers free education to the children of domestic staff and local underprivileged families and also distributes free books and study materials at the beginning of each academic year to ensure that financial constraints do not hinder learning. This initiative is a collaborative effort of LUMHS students (as SDG Volunteers), faculty members, and the university administration. The students play an active role in the project, not only by motivating street children and other underprivileged groups to enroll in the school but also by volunteering as teaching assistants. Each week, different groups of students conduct classes, contributing their time, knowledge, and compassion to uplift the educational standards of the community and promote the values of equality, inclusion, and lifelong learning.

Services offered by LUMHS

- Purpose-built school building
- Well-equipped classrooms
- Library and resource center
- Playground and sports facilities
- Free study packs

Programs and Services:

- Free education to underprivileged students
- Health services (medical check-ups, vaccinations)
- Extracurricular activities

Faculty and Staff:

1. Qualified teachers
2. Trained staff (administrative, support)

Outcomes:

1. Improved academic performance
2. Increased enrollment of children to school
3. Empowered students and families



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Additionally, LUMHS shares sports complex and University Library with students of LUMHS Public School





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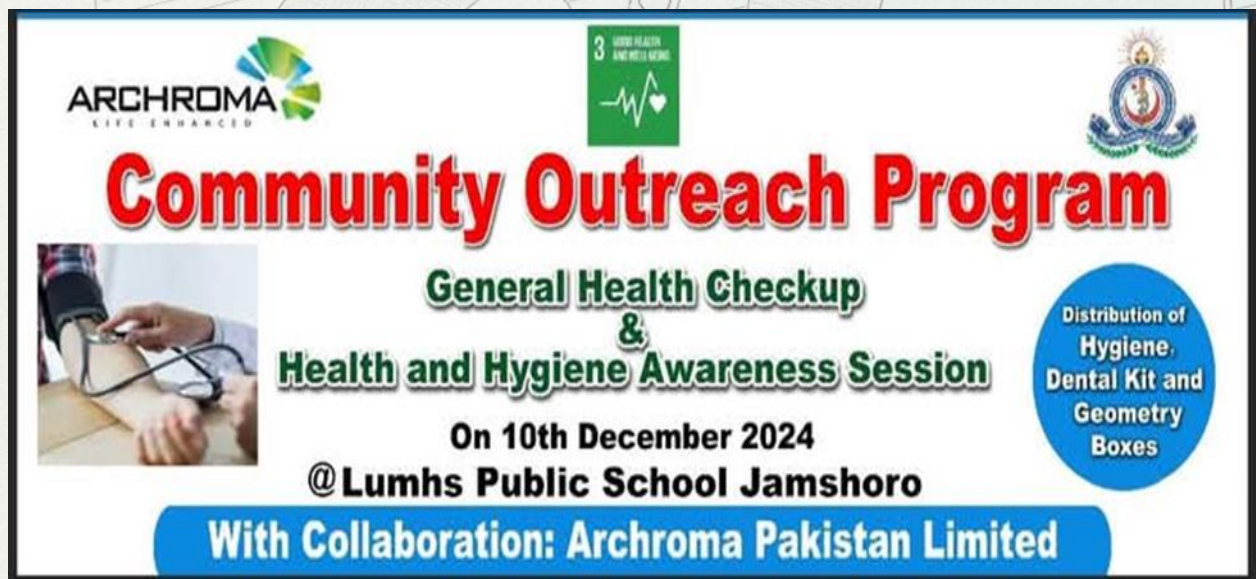
Screening and Medical Camp for Health and Hygiene at IRM Smart Schools for Street Children. (Underrepresented Groups)

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.

The event was led by Prof. Dr. Muhammad Ilyas Siddiqui (Chairman, Department of Community Medicine) and Dr. Sana Mirza (Chairperson, Department of Oral Pathology, Dentistry). The dedicated team included Dr. Gulzar Usman, Dr. Faiza Memon, Dr. Sabir Ali, Dr. Wali Muhammad Nizamani, Dr. Kanwal Manzoor, Dr. Rafaina Shah, Dr. Habib, Dr. Kanwal, Dr. Anusha, Dr. Marhaba, Dr. Suneeta, and Dr. Sania Manzoor.

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 poster features the Archroma logo at the top left, a green square icon with a heart and pulse line at the top center, and the Liaquat University logo at the top right. The main title 'Community Outreach Program' is in large red letters. Below it, the text '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 banner at the bottom says 'With Collaboration: Archroma Pakistan Limited'. A small image of a blood pressure cuff is on the left, and a blue circle on the right says 'Distribution of Hygiene, Dental Kit and Geometry Boxes'.

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3 GOOD HEALTH AND WELL-BEING

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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Introduction

Liaquat University of Medical and Health Sciences (LUMHS) is committed to fostering an inclusive and supportive educational environment for all students, including those with disabilities. Recognizing the unique challenges faced by individuals with disabilities, LUMHS has implemented a range of support services aimed at ensuring equal access to education and campus facilities. This report outlines the specific measures taken by LUMHS to support students with disabilities, including reserved seats for admissions and priority allocation in hostels.

1. Reserved Seats for Admissions

LUMHS understands the importance of providing equal opportunities for all students, regardless of their physical or mental abilities. To this end, the university has established a policy of reserved seats for students with disabilities in its various academic programs. This initiative ensures that deserving candidates with disabilities could pursue their education and achieve their academic goals at LUMHS.

Admission Process:

- Students with disabilities can apply for admission through the standard application process, indicating their need for accommodation.
- Reserved seats are allocated based on the applicant's academic qualifications and the severity of their disability.

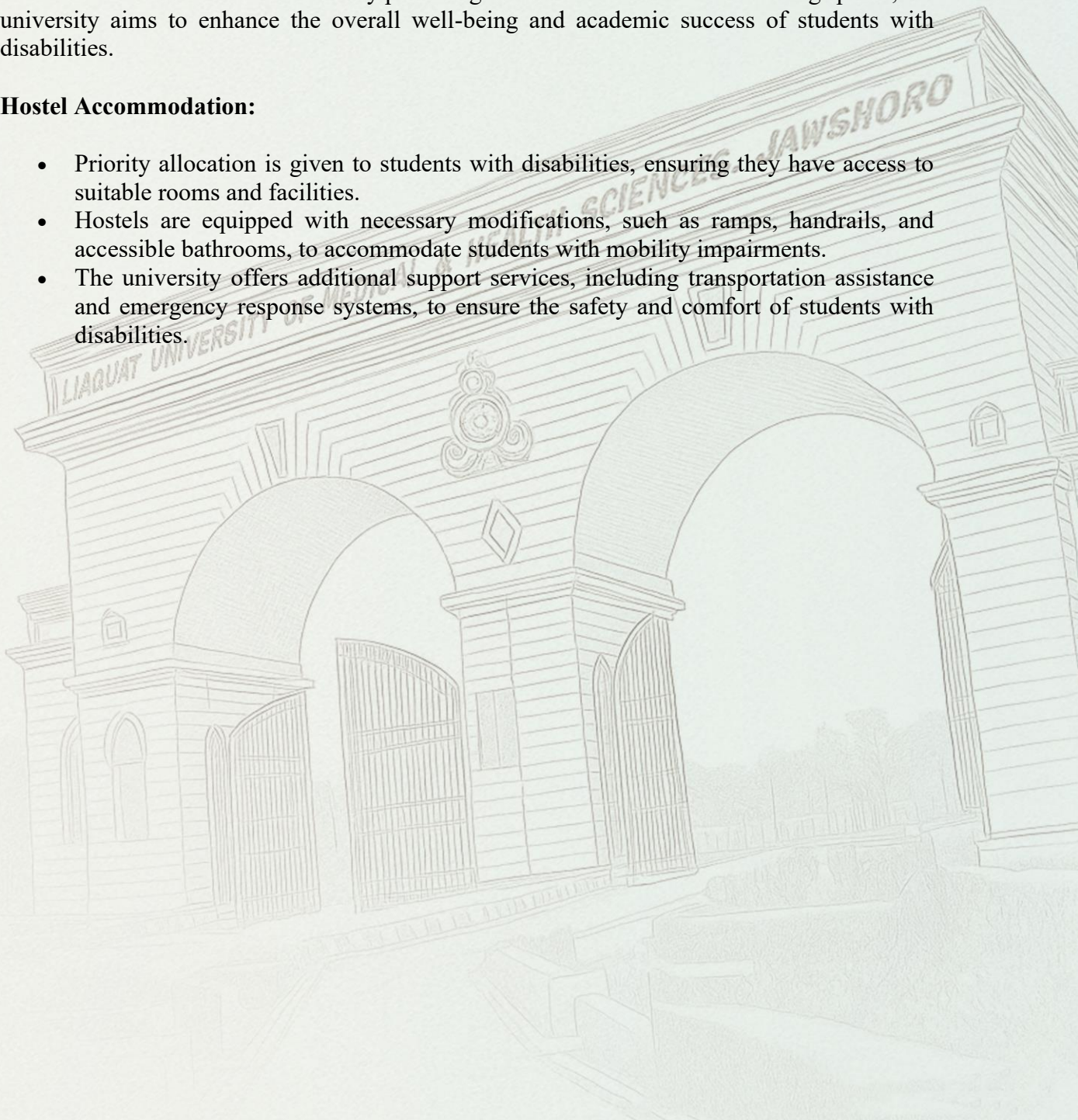
- The admissions office provides additional support to applicants with disabilities, ensuring that they have access to all necessary information and resources during the application process.

2. Priority Allocation in Hostels

LUMHS is dedicated to creating a living environment that supports the needs of students with disabilities. One of the key measures in this regard is the priority allocation of hostel accommodation for these students. By providing accessible and comfortable living spaces, the university aims to enhance the overall well-being and academic success of students with disabilities.

Hostel Accommodation:

- Priority allocation is given to students with disabilities, ensuring they have access to suitable rooms and facilities.
- Hostels are equipped with necessary modifications, such as ramps, handrails, and accessible bathrooms, to accommodate students with mobility impairments.
- The university offers additional support services, including transportation assistance and emergency response systems, to ensure the safety and comfort of students with disabilities.



Dedicated Rest Rooms



Auto Doors



Dedicated Ramp for Wheelchairs



Distribution of Free Wheelchairs



Priority Seating for special people





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Additional Support Services

In addition to reserved seats for admissions and priority hostel allocation, LUMHS offers a comprehensive range of support services to assist students with disabilities in their academic and personal lives:

1. Academic Support:

- The university provides specialized tutoring and mentoring programs tailored to the needs of students with disabilities.
- Assistive technologies, such as screen readers, voice recognition software, and adaptive learning tools, are made available to enhance the learning experience.

- Faculty members receive training on inclusive teaching practices and are encouraged to adopt flexible instructional methods to accommodate diverse learning needs.

2. Counseling and Psychological Services:

The Centre for Psycho-Social & Academic Wellbeing is a novel, and first of its kind, initiative to cater to the ever increasing need of the students regarding Psychological Help, Career Counselling, Mentoring & Overall Wellbeing.

The Centre for Psycho-Social & Academic Wellbeing - LUMHS was inaugurated by the Worthy Vice Chancellor - LUMHS; Prof. Dr. Ikram Din Ujjan & the Founding Director; Prof. Dr. Moin Ahmed Ansari on March 28th, 2022

- LUMHS offers counseling and psychological support services to help students with disabilities manage stress, anxiety, and other mental health concerns.
- The university employs qualified counselors who specialize in working with individuals with disabilities, providing personalized support and guidance.

3. Career Services:

- The university's career services department assists students with disabilities in finding suitable employment opportunities and internships.
- Workshops and seminars are organized to help students develop job-search skills, prepare for interviews, and build professional networks.

4. Student Organizations and Advocacy:

- LUMHS encourages the formation of student organizations and advocacy groups focused on disability rights and inclusion.
- These organizations provide a platform for students with disabilities to voice their concerns, share experiences, and advocate for positive changes within the university community