LIAQUAT UNIVERSITY
OF MEDICAL & HEALTH SCIENCES
JAMSHORO

SDG - 3
HEALTH
And Well-Being



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Awareness Workshop on Family Planning, Reproductive and Sexual Health with DKT Pakistan

Participation
Faculty members and postgraduate students of LUMHS actively participated in the workshop.

On 26 September 2025, in observance of World Contraceptive Day, the Faculty of Community Medicine & Public Health Sciences, Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, organized an awareness workshop on family planning and reproductive health at the university campus under the leadership of the Dean of the Faculty. The workshop was held in collaboration with DKT Pakistan, reflecting the university's commitment to partnering with national organizations in advancing public health priorities. Faculty members and postgraduate students of LUMHS participated actively, engaging with issues related to informed contraceptive choice, birth spacing, and access to quality reproductive health services. By bringing together academic staff and emerging public health professionals, the event strengthened awareness of evidence-based family planning practices and their role in improving maternal and child health outcomes. The activity also reaffirmed LUMHS's broader commitment to community engagement, public health education, and collaborative action in support of reproductive health and sustainable development.



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4th September, 2025

To,
Professor Dr. Muhammad Ilyas Siddiqui
Dean - Faculty of Community Medicine and Public Health Sciences
Liaquat University of Medical and Health Sciences (LUMHS), Jamshoro

Request for support for Awareness Sessions on Family Planning – World Contraception Day Initiative

Dear Prof. Dr. Muhammad Ilyas,

On the occasion of **World Contraception Day (26th September)**, DKT Pakistan would like to collaborate with Liaquat University of Medical and Health Sciences (LUMHS), Jamshoro to organize **Awareness Sessions on Family Planning and Reproductive Health** during the month of **September 2025.**

About DKT Pakistan:
DKT Pakistan is a leading social enterprise working nationwide to improve access to family planning products and services. Through our trusted healthcare brands – *Vidafem, Heer, Dhanak Health Care Centers, Josh,* and *OK* – we empower individuals and communities with reliable information and affordable solutions for healthier lives.

Proposed Awareness Session:
We would be honored to conduct a **1-hour interactive session** at your premises and/or at the premises of your affiliated partners for a minimum of 50 employees. The session will be delivered by a **qualified doctor/trained professional and the DKT Brand team**, covering:

- The importance of family planning for health and well-being.
- A focus on **modern short-term contraceptive methods** (condoms, oral pills, and injectables) that are convenient, safe, and effective.
- An overview of **long-term methods** (such as intrauterine devices and implants) for those considering sustained protection.
- Addressing common myths and misconceptions.
- An open **Q&A segment** for participants to seek clarification.

Key Benefits for the Workforce:

- Improved awareness of safe and modern family planning methods, especially convenient short-term options.
- Guidance from a medical professional in a safe, confidential environment.

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- Access to educational literature, including product awareness on short-term contraception.
- Enhanced employee well-being, leading to a more focused and productive workforce.

Session Details:

- **Duration:** 1 hour
- **Facilitator:** Trained doctor/professional provided by DKT Pakistan and DKT's Team
- **Format:** Presentation + Q&A
- **Participants:** Minimum of 50 employees
- **Timing:** Ideally between 18-20th September
- **Additional Support:** DKT Pakistan will provide awareness literature and refreshments for all participants.

We believe this initiative will not only benefit the workforce but also contribute positively to any organization's commitment to employee health and welfare, and ultimately a healthier nation.

We would be grateful if you could kindly allocate a suitable slot in September at your premises to host this session and/or connect with nearby industries that you have a working relationship with. Our team will coordinate closely to ensure smooth execution.

Thank you for considering this request. We look forward to your positive response and the opportunity to partner and empowering people with knowledge that inspires healthier choices.

Warm regards,

Hareem Soomro
Brand Manager – Consumer
Marketing Department
DKT Pakistan

Session for students on sexual and reproductive health
SUSTAINABLE DEVELOPMENT GOAL NO.3

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Session for students 'Bakhabar Noujawan' Training of Trainers on Life Skills and Reproductive Health with AMAN

On 18 August 2025, the Faculty of Community Medicine & Public Health Sciences at Liaquat University of Medical and Health Sciences (LUMHS), Jamshoro, organized a **Training of Trainers (ToT) under the "Bakhabar Noujawan" initiative**, in collaboration with the Association for Mothers and Newborns (AMAN). The programme aimed to strengthen young people's access to reliable information on sexual and reproductive health and equip participants with the knowledge and life skills needed to make informed, responsible decisions.

The training introduced participants to **life skills education**, emphasizing self-awareness, effective communication, interpersonal relationships, critical thinking, decision-making, responsible behaviour, and healthy lifestyle choices. These competencies are essential for helping young people navigate personal and social challenges, understand their health needs, and make informed decisions about their well-being.

Participants were also introduced to the **Bakhabar Noujawan digital platform**, which provides accessible educational resources and information related to sexual and reproductive health. The initiative highlighted the importance of accurate, age-appropriate health education in addressing misconceptions, encouraging responsible choices, and improving young people's awareness of reproductive health issues.

Through this collaborative capacity-building initiative, LUMHS extended its role beyond clinical healthcare by supporting preventive health education, youth empowerment, and community-oriented learning. The Training of Trainers approach also promotes the dissemination of knowledge through trained participants, helping extend the potential reach of reproductive health education within communities.

The programme directly supports **SDG 3: Good Health and Well-being, particularly Target 3.7**, which focuses on access to sexual and reproductive healthcare services, information, and education. It also contributes to **SDG 4: Quality Education**, through life skills and health education; **SDG 5: Gender Equality**, through informed decision-making and reproductive health awareness; and **SDG 17: Partnerships for the Goals**, through collaboration between LUMHS and AMAN.

This initiative demonstrates LUMHS's commitment to empowering young people with essential health knowledge, strengthening community capacity, and promoting informed choices that contribute to healthier individuals and communities.

Training of Trainers Approach
The ToT model prepares participants to deliver life skills and reproductive and sexual health education to young people in their own settings, extending the reach of the training beyond those present on the day.

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Session for students on sexual and reproductive health

SUSTAINABLE DEVELOPMENT GOAL NO.3