Liaquat University of Medical & Health Sciences

LUMHS

shares Sports Facilities with School Children and General Public 2025

Healthy Children Brighter Futures



SUSTAINABLE DEVELOPMENT GOALS

SDG 3

Good Health and Well-Being

LIAQUAT UNIVERSITY
OF MEDICAL & HEALTH SCIENCES
JAMSHORO

LUMHS shares Sports Facilitates with under-resourced community schools

Liaquat University of Medical and Health Sciences (LUMHS), Jamshoro, is committed to promoting good health and well-being through community engagement, health promotion, and initiatives that encourage healthy lifestyles. Recognizing that physical activity and sports play an important role in preventing non-communicable diseases, improving mental health, and supporting the overall development of children and young people, LUMHS promotes the use of its sports facilities as a means of community engagement.

As part of its contribution to **Sustainable Development Goal 3 (SDG 3): Good Health and Well-Being**, LUMHS regularly invites schoolchildren from various schools to use its sports facilities. The university has two sports complexes that provide opportunities for physical exercise, sports participation, recreation, and the development of healthy habits among children. This initiate also supports under resources schools to provide sports facilities to the school children.

Sharing University Sports Facilities with Schoolchildren

LUMHS facilitates community access to its sports infrastructure by regularly inviting schools to participate in sports and physical activities on the university campus. Through this initiative, schoolchildren can use the university's two sports complexes and benefit from an environment that encourages physical fitness, recreation, teamwork, and healthy competition.

This initiative reflects the university's commitment to extending the benefits of its facilities beyond its own student population and supporting the health and well-being of the wider community. By welcoming schoolchildren, LUMHS helps create opportunities for young people to engage in physical activities that may not always be readily available within their own school environments.

The initiative also strengthens relationships between LUMHS and local educational institutions, encouraging collaboration between the LUMHS and schools in promoting the health and development of children.

Contribution to SDG 3: Good Health and Well-Being

LUMHS's community sports initiative contributes to SDG 3 through several important areas:

- **Promotion of physical fitness:** Encourages children to participate in regular physical activity and develop healthy lifestyle habits.
- **Health risks:** Supports awareness of the importance of physical activity in reducing the risk of obesity and other non-communicable diseases.

- **Mental health and emotional well-being:** Provides opportunities for recreation, stress relief, enjoyment, and positive social interaction.
- **Social development:** Encourages teamwork, discipline, mutual respect, cooperation, and sportsmanship among schoolchildren.
- **Inclusive community engagement:** Extends opportunities to access university sports facilities to children from schools beyond the university.
- **Early development of healthy habits:** Helps children understand the value of active living from an early age, supporting long-term health and well-being.

Strengthening University–School Partnerships

The regular invitation of schools to use LUMHS sports facilities demonstrates the university's commitment to meaningful community engagement. By making its sports infrastructure accessible to schoolchildren, LUMHS fosters partnerships with educational institutions and creates opportunities for interaction between school communities and the university.

These activities also provide a practical platform for promoting health awareness and encouraging schools to incorporate physical activity into children's daily lives. The initiative illustrates how higher education institutions can contribute to community health not only through medical education and healthcare services but also through the responsible use of their infrastructure and resources.



LUMHS shares sports facilities with local schools & general community

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Transport facility to and from school also provided by LUMHS





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LUMHS shares Sports Facilities with General Community

Inclusive Access to Sports, Exercise and Physical Activity

Over the past decade, Liaquat University of Medical and Health Sciences (LUMHS) has substantially expanded and upgraded its physical infrastructure to create a healthier, safer, and more supportive environment for students, faculty, staff, and the wider community. As a health sciences university, LUMHS recognizes that good health and well-being extend beyond clinical care and treatment and include prevention, physical activity, fitness, recreation, mental well-being, and the promotion of healthy lifestyles.

A key element of this commitment is the development of sports and physical activity facilities that are not restricted exclusively to the University community. LUMHS seeks to use its institutional infrastructure as a community resource, providing opportunities for people from surrounding communities and schools with limited resources to participate in sports, exercise, and other health-promoting activities.

Shared Sports Facilities for Community Well-being

LUMHS maintains **two dedicated sports complexes**, one for male users and one for female users. These facilities provide safe, accessible, and gender-appropriate environments for sports, exercise, recreation, and physical activity. The availability of separate facilities helps encourage participation among both men and women and supports an inclusive approach to health promotion.

The University's investment in sports infrastructure provides opportunities for regular physical activity, which is an important component of preventive health and healthy living. These facilities can also promote social interaction, reduce sedentary lifestyles, support stress management, and contribute to physical and psychological well-being.

Importantly, LUMHS extends the benefits of these facilities beyond its own students and employees. **Schools with limited resources and members of the surrounding community are provided opportunities to access and benefit from the University's sports and physical activity infrastructure.** This approach enables LUMHS to contribute to health promotion at the community level and demonstrates the University's commitment to using its resources for broader social benefit.

Community Access to the LUMHS Gymnasium

In addition to its sports complexes, LUMHS operates a **state-of-the-art gymnasium** that primarily serves students, faculty, and staff. Recognizing the importance of physical fitness

and preventive health for the wider population, the gymnasium is also open to the **general community**.

This regular, scheduled access provides community members with an opportunity to engage in structured exercise and fitness activities. Rather than being a one-time outreach activity, the arrangement provides a recurring mechanism through which members of the public can benefit from LUMHS health-promoting infrastructure.

Supporting Healthy Lifestyles among Young People

LUMHS also recognizes the importance of developing healthy behaviors during childhood and adolescence. By facilitating access to sports and physical activity opportunities for local schools, particularly schools with limited resources, the University helps create opportunities for young people to participate in exercise and recreational activities.

Such engagement can contribute to the development of lifelong healthy habits and awareness of the importance of physical activity. It also provides an opportunity for LUMHS to connect its health sciences mission with community-based health promotion and prevention.

Promoting Physical and Mental Well-being

The University's sports and fitness facilities contribute to a holistic understanding of health by promoting both **physical and mental well-being**. Regular exercise and participation in sports can support physical fitness while also providing opportunities for recreation, social interaction, stress reduction, confidence building, and positive engagement.

For a health sciences university, these activities complement LUMHS's wider contributions to health education, disease prevention, community outreach, clinical services, research, and health promotion. The University's approach therefore reflects the principle that prevention and healthy lifestyles are fundamental components of a sustainable health system.

Inclusion, Accessibility and Social Responsibility

LUMHS's decision to extend appropriate access to its facilities beyond its immediate University population reflects its broader commitment to **social responsibility and inclusive community engagement**. University infrastructure represents a significant institutional resource, and LUMHS seeks to maximize its social value by creating opportunities for communities and schools that may have fewer resources for sports and physical activity.

These initiatives demonstrate LUMHS's commitment to:

- **Promoting healthy and active lifestyles**

- **Supporting physical and mental well-being**
- **Encouraging preventive health practices**
- **Providing community access to sports and exercise facilities**
- **Supporting physical activity among young people**
- **Creating inclusive and gender-appropriate spaces for exercise**
- **Reducing inequalities in access to recreational and health-promoting facilities**
- **Strengthening university-community engagement**
- **Using university infrastructure for wider social benefit**

Through this integrated approach, LUMHS goes beyond the traditional role of a university by actively contributing to the health and well-being of the population it serves. Its shared sports and fitness facilities represent a tangible example of **SDG 3 in action**, demonstrating LUMHS's commitment to healthier individuals, stronger communities, inclusive access, and a healthier and more sustainable future.

Girls Gymnasium



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The provision of separate male and female sports facilities further supports an inclusive environment in which different groups can participate in physical activity in appropriate and safe settings. The approach also complements the University's contributions to **SDG 4: Quality Education, SDG 5: Gender Equality, SDG 10: Reduced Inequalities, and SDG 17: Partnerships for the Goals**, while maintaining SDG 3 as the primary focus of the initiative.

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Gymnasium for Male Community Members





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