ACTIVITY REPORT



SDG 3

LIAQUAT UNIVERSITY
OF MEDICAL & HEALTH SCIENCES
JAMSHORO

Mental Health Support for Students

Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, recognizes that the mental well-being of its students is essential to their academic success, professional development, and overall quality of life, and it seeks to provide a supportive environment in which students can learn, grow, and seek help without fear of stigma. Drawing on the expertise of its Department of Psychiatry and its wider network of teaching hospitals and health professionals, the University makes counselling and psychiatric services available to students who experience stress, anxiety, depression, or other emotional and psychological difficulties, ensuring that support is accessible, confidential, and sensitive to individual needs. Students benefit from academic mentoring and guidance from faculty members, who are encouraged to recognize early signs of distress and to direct students towards appropriate care. The University also organizes awareness sessions, seminars, and observances such as World Mental Health Day, which bring together faculty, students, and external health partners to promote mental health literacy, reduce stigma, and encourage timely help-seeking. Complementing these efforts, student societies, co-curricular and cultural activities, and sports and recreational opportunities provide healthy outlets for stress, foster peer support and a sense of belonging, and contribute to resilience and balance in student life. Through this combination of clinical support, awareness, mentoring, and a caring campus culture, LUMHS demonstrates its commitment to the well-being of its students and contributes to SDG 3 (Good Health and Well-being) and SDG 10 (Reduced Inequalities) by promoting equitable access to mental health support for all students.

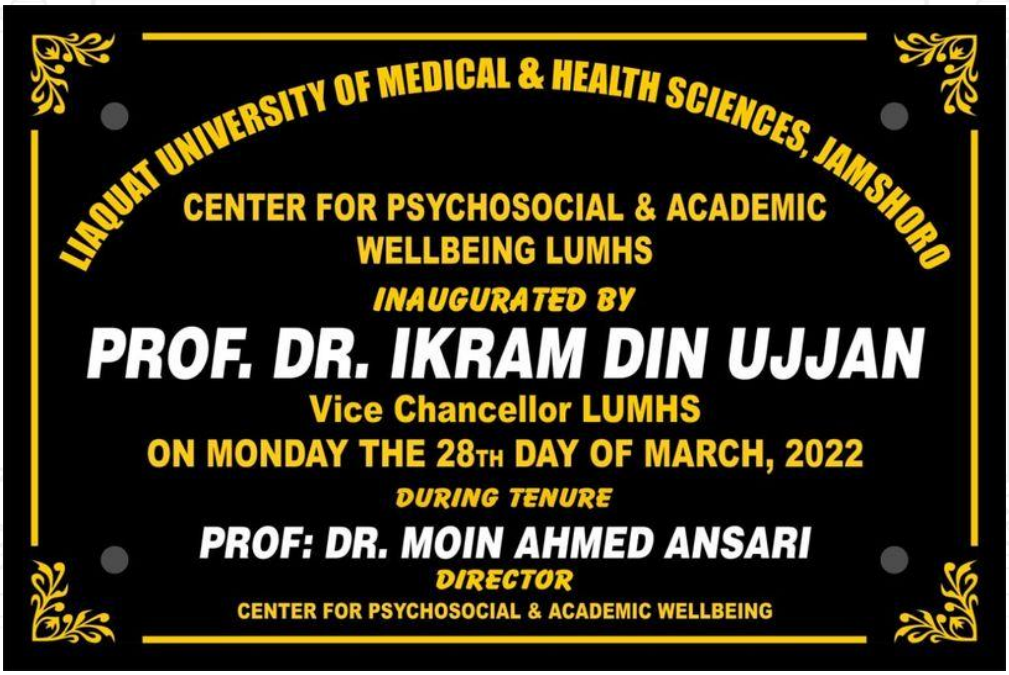
Establishment of Center for Psycho-Social & Academic Wellbeing

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 & 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

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 metal health and aids 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

World Mental Health Day Observance at LUMHS

World Mental Health Day was observed at Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, on 16 October 2025 at Latif Hall, LUMHS, in an event organized by the Department of Psychiatry and the Department of Community Medicine, with Dr. Jamil Junejo serving as Chief Organizer. World Mental Health Day is observed to raise awareness of mental health and to promote well-being, and LUMHS marked the occasion with an academic and community-oriented programme that brought together faculty members, students, and external health partners on a common platform. The programme combined scholarly engagement with outreach to the wider community, reflecting the University's recognition of mental health as a shared institutional and societal responsibility. By involving the two departments most closely associated with mental health care and public health, the event sought to strengthen awareness, reduce stigma, encourage early help-seeking, and foster collaboration among educators, learners, and health sector partners. The observance reaffirmed LUMHS's commitment to nurturing a supportive environment in which the mental well-being of its faculty, students, and the communities it serves is valued as integral to health, learning, and productivity.

Objectives

- To raise awareness of mental health among students, faculty and staff
- To encourage open dialogue and reduce stigma
- To strengthen partnerships with national health institutions and civil society

Programme Activities

- **Student Tableaux:** Dramatized presentations on mental health issues
- **Speeches:** Student and guest addresses on well-being and awareness
- **Panel Discussion:** Expert-led discussion with academics and external health professionals

Participation

Internal: Prof. Seema Nisar (Chief Guest), Prof. Manzoor Lakhiar, Prof. Imran Shaikh, Prof. Muhammad Ilyas Siddiqui, Ms. Shabnum Gul, and faculty and students of LUMHS.

External partners: Mr. Fayaz Shaikh (Thar Foundation) and Dr. Jawed Akbar Dars (National Institute of Child Health, Karachi) and the event was open to general community.

Outcomes

- Increased awareness of mental health among participants
- Student engagement in public advocacy and dialogue
- Strengthened inter-institutional linkages









Mental Health Support for Students
SUSTAINABLE DEVELOPMENT GOAL NO.3



Awareness Walk on World Mental Health Day



LIAQUAT UNIVERSITY
OF MEDICAL & HEALTH SCIENCES
JAMSHORO

Community awareness through FM radio

Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, extends its commitment to public health and social responsibility beyond the campus through community awareness programmes broadcast over FM radio, which allow the University to reach audiences that conventional outreach activities may not. Through these broadcasts, LUMHS faculty members and health professionals share reliable, easily understood information on preventive healthcare, common diseases, mental health, maternal and child health, hygiene, nutrition, and healthy lifestyles, while also informing listeners about the health services and facilities available at the University and its affiliated teaching hospitals. The service is available to students, faculty members, and the general community alike, ensuring that no listener is excluded on the basis of location, income, literacy, or access to digital technology. Students benefit from health education and guidance that supports their well-being and learning, faculty members and staff are kept informed of the University's health initiatives and awareness activities, and members of the wider community, including those in remote and underserved areas, gain valuable knowledge that helps them recognize early warning signs, adopt healthy practices, and seek timely medical care. By using a widely accessible and low-cost medium, LUMHS promotes health literacy, counters misinformation, reduces stigma around sensitive issues such as mental health, and strengthens trust between the University and the people it serves. This initiative reflects the University's commitment to inclusive and equitable access to health information and contributes to SDG 3 (Good Health and Well-being) and SDG 10 (Reduced Inequalities) by ensuring that essential health knowledge reaches all segments of society.



LUMHS Established Liaquat Institute of Mental Health (LIMH)

The inauguration of the Liaquat Institute of Mental Health (LIMH) by Vice Chancellor Prof. Dr. Ikram Din Ujjan represents an important step in strengthening mental health education, research, and psychiatric care at Liaquat University of Medical and Health Sciences (LUMHS). The institute is envisioned as a specialized center providing comprehensive mental health services while advancing professional training, research, rehabilitation, counseling, and community outreach. LIMH directly supports SDG 3 by strengthening access to mental health services, promoting psychological well-being, and addressing mental health challenges through specialized psychiatric care, counseling, rehabilitation, and community outreach. Its integrated approach to education, research, and patient care can contribute to early recognition of mental health needs, improved service delivery, and reduced barriers to seeking support.

Overall Impact

The establishment of LIMH reflects LUMHS's commitment to integrating mental health education, research, and compassionate patient care. By developing specialized services and strengthening professional capacity, the institute has the potential to improve community mental well-being, promote more inclusive healthcare, and advance the Sustainable Development Goals, particularly **SDG 3: Good Health and Well-being**.



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بسم الله الرحمن الرحيم
LIAQUAT UNIVERSITY OF MEDICAL & HEALTH SCIENCES JAMSHORO
LIAQUAT INSTITUTE OF
MENTAL HEALTH
INAUGURATED BY
PROF. DR. IKRAM DIN UJJAN
Vice Chancellor LUMHS, Jamshoro
ON MONDAY THE 24TH DAY OF MARCH, 2025
FOUNDING DIRECTOR
PROF. DR. MOIN AHMED ANSARI