ACTIVITY REPORT



SDG 3

LIAQUAT UNIVERSITY
OF MEDICAL & HEALTH SCIENCES
JAMSHORO

Mental Health Support for Staff and Faculty

Workshop on Training of Trainers for Problem Management Plus (PM+),

Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, recognizes mental health as an essential component of overall well-being and actively engages in international collaboration to strengthen mental health education, services, and research, as reflected in its participation in the National Workshop on Training of Trainers for Problem Management Plus (PM+), organized by the Centre for Global Mental Health Research Implementation & Development (GRID), Institute of Psychiatry, Rawalpindi Medical University, with the involvement of partners such as the Pakistan Psychiatric Society, IMPACT, and NIHR-supported UK international development initiatives. Such collaboration benefits LUMHS faculty by building their capacity in internationally recognized, evidence-based psychological and psychosocial interventions, and the training-of-trainers model enables them to pass these skills on to colleagues, students, and community-based practitioners. It also provides opportunities for knowledge exchange, academic and professional networking, and joint research on community mental health, maternal and adolescent mental health, vulnerable populations, and emergency mental health, while exposing faculty to global best practices that can be integrated into teaching and clinical care. Through these engagements, LUMHS strengthens community-oriented mental health services in Sindh and contributes to SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), SDG 10 (Reduced Inequalities), and SDG 17 (Partnerships for the Goals).



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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



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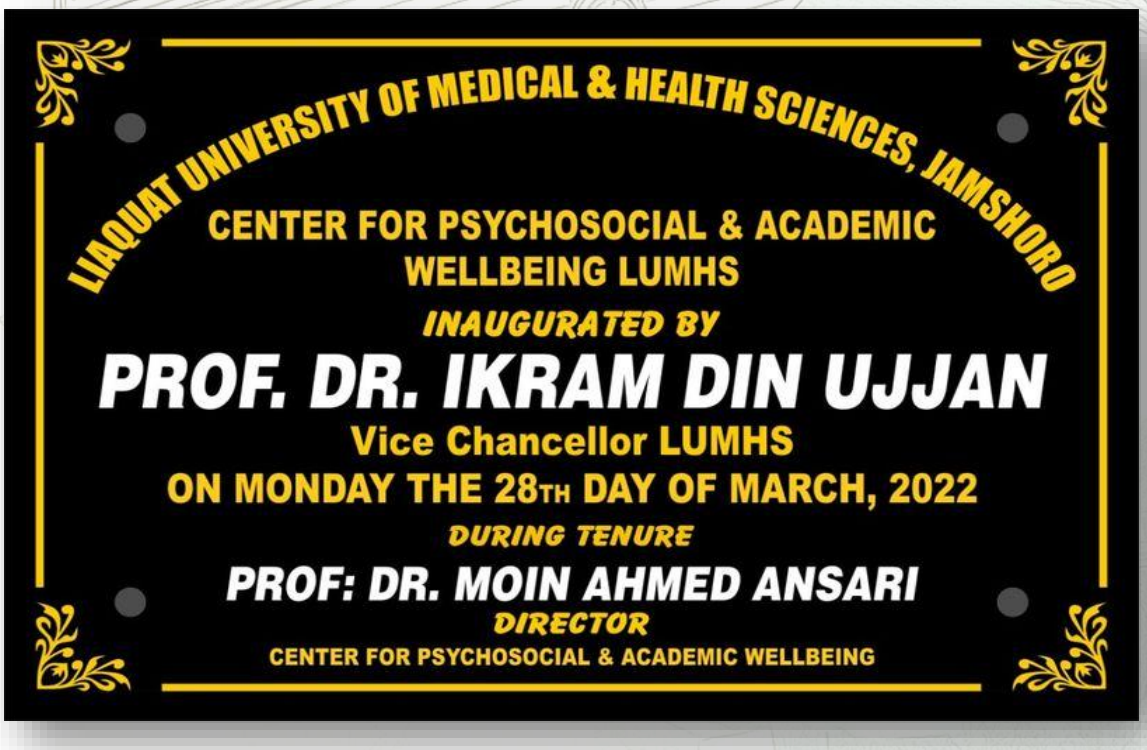
Liaquat University of Medical and Health Sciences, Jamshoro is committed to serve the students, faculty, staff and overall community strengthen its mission towards Sustainable development goal health and well-being. The university throughout the year provides mental health awareness sessions, stress 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 globally to raise awareness of mental health issues and to promote psychological 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 reflected the university's commitment to treating mental health as a shared institutional and societal responsibility, combining academic engagement with



outreach to the wider community. 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 resolve to promote a supportive environment in which the mental well-being of its faculty, students, and the communities it serves is recognized 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

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Organized by: Department of Psychiatry
Sir Cowasjee Jehangir Institute of Psychiatry & Beha
Director Student Affa



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Awareness walk on world mental health day

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Community awareness through FM radio



A Session on Mental Health and Stress Management for Faculty and Staff

An interactive session on mental health was held for the faculty members of LUMHS on 27 March 2025 at the MRC Auditorium. The session was organized by the Directorate of Quality Assurance / QEC to promote psychological well-being among academic staff and to strengthen a supportive institutional environment.

The session was conducted by [Name, designation of resource person], who addressed the importance of mental health in academic and professional life. The discussion covered the common stressors faced by faculty, including workload, academic and administrative responsibilities, and work-life balance. It also covered early signs of stress, burnout, and anxiety, along with practical strategies for coping, self-care, and emotional resilience, and the role of faculty in recognizing and supporting students and colleagues who may be struggling.

The session was designed as an interactive forum. Faculty members actively participated through questions, shared experiences, and open discussion, which allowed them to engage directly with the resource person and exchange perspectives on managing stress in the workplace.

Staff and faculty members from various departments/institutes attended. Participants appreciated the relevance of the topic and the open, constructive atmosphere of the session.

The session emphasized that mental well-being is integral to academic productivity, teaching quality, and institutional performance. It also underscored the importance of destigmatizing mental health concerns and encouraging timely help-seeking. The Directorate of Quality Assurance / QEC will continue to organize similar awareness and capacity-building activities to foster a healthy and supportive academic community at LUMHS.



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