LIAQUAT UNIVERSITY
OF MEDICAL & HEALTH SCIENCES
JAMSHORO

2025 COMMUNITY SERVICES REPORT

LIAQUAT UNIVERSITY OF MEDICAL & HEALTH SCIENCES (LUMHS)

Information on the University's Involvement and Impact on Local Communities around.









THE GLOBAL GOALS
Report for the
General Comunity

LUMHS Community Health and Well-Being Outreach Programmes

1. ***Health & Hygiene***
2. ***Nutrition***
3. ***Family Planning***
4. ***Sports & Exercise***
5. ***Aging well***

Karwan-e-Sehat- School Health Camp

Overview

On 13 May 2025, LUMHS organized Karwan-e-Sehat, a community health outreach initiative at Government Girls High School, LUMHS Colony, Jamshoro, to improve access to basic healthcare and health education for school children. The activity focused on preventive healthcare, early identification of common health concerns, and promotion of healthy practices among students. Approximately 500 students (400 female and 100 male) benefited from health screening and medical consultation delivered through five dedicated service areas: General Physician, Nursing, ENT, Pediatrics, and Dentistry. Students received assessments and guidance regarding general health, growth, vision, ENT and dental concerns, as well as other common health issues. By bringing essential health services and awareness directly to the school community, the initiative strengthened the University's engagement with the local community and contributed to SDG 3: Good Health and Well-being.

Health-awareness sessions addressed **personal hygiene, hand hygiene, healthy lifestyle practices, heat-stroke prevention, and timely healthcare-seeking behavior**. Relevant health information was also collected to support understanding of students' health needs and inform future community health interventions. **Oral-hygiene essentials and stationery packs** were distributed to reinforce healthy habits and support students' educational needs.

Impact

Karwan-e-Sehat demonstrated LUMHS's commitment to **community engagement, preventive healthcare, health equity, and sustainable development** by bringing university-based healthcare expertise directly to the school community. The initiative integrated healthcare delivery, health education, student engagement, and community service, creating a practical contribution to multiple Sustainable Development Goals.





Outreach programmes and projects in the local community

SUSTAINABLE DEVELOPMENT GOAL NO.3

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Health and Wellbeing Outreach: Community Visit to Dar-ul-Sukun

Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, delivers outreach programmes and projects in the local community to promote health and wellbeing. On 29 May 2025, LUMHS students' / a team from LUMHS visited Dar-ul-Sukun at Rashidabad, Tando Allahyar, to conduct a health awareness session / medical camp / wellbeing activity for its residents.

Approximately 250 residents benefited from the activity, which covered health screening, hygiene, nutrition, and general wellbeing guidance.

The initiative reflects the University's commitment to community engagement and student volunteering, and to improving the health and wellbeing of vulnerable groups beyond its campus, in line with SDG 3 (Good Health and Well-being).




DAR-UL-SUKUN



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LUMHS Contributed a Session on Menstrual Health and Hygiene Practices, Organized by the University of Sindh

The session aimed to raise awareness among female students about personal and menstrual hygiene, promote healthy hygiene practices, encourage open discussion on menstrual health, and provide accurate information on preventing infections and maintaining overall well-being.

Most participants were first- and second-year students with limited prior knowledge of menstrual health and hygiene. Through interactive discussion and awareness-based learning, they gained greater understanding and confidence in managing menstrual health. Many participants asked questions and shared their perspectives, which strengthened the learning environment.

A brief pre- and post-session activity assessed participants' knowledge before and after the session, and it showed a positive improvement in their understanding and awareness. Participants were also encouraged to share this knowledge with their families, communities and rural areas to promote healthier and better-informed societies.


MENSTRUAL HEALTH
& HYGIENE
Empowering Women with Care and Awareness
ORGANIZED BY


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social work universi
Hafsa Fida Hussain,


MENSTRUAL HEALTH
& HYGIENE


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ain, Akram Ali, Atiqa bhatti

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LUMHS Promotes Community Health and Hygiene Awareness Through Outreach Programme at IRM Smart School

Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, organized a Health and Hygiene Community Outreach Programme at IRM Smart School to promote health awareness and encourage healthy hygiene practices among schoolchildren. The initiative aimed to educate students about the importance of personal hygiene, handwashing, oral health, environmental cleanliness, safe drinking water, and preventive healthcare through age-appropriate health education and interactive awareness activities. The programme provided an opportunity for students to learn practical measures for maintaining personal cleanliness, preventing communicable diseases, and adopting healthy habits in their daily lives, both at school and at home. By engaging with the school community, LUMHS extended its health education initiatives beyond the university campus and contributed to developing health-conscious behaviours among children at an early age. This outreach activity reflects the University's commitment to community engagement, preventive healthcare, and health promotion, while strengthening collaboration between higher education institutions and local schools. The initiative directly supports SDG 3 (Good Health and Well-being) through disease prevention and health awareness, SDG 4 (Quality Education) by promoting health literacy among schoolchildren, and SDG 6 (Clean Water and Sanitation) through awareness of hygiene, sanitation, and safe water practices.







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LUMHS outreach activity: Awareness Session on "Mind, Body, and Balance: Essential Health Tips for Young Adults"

Date: 28 November 2025
Collaborating Institution: Department of Social Work, University of Sindh, Jamshoro
LUMHS Representative: Dr. Tarachand Devrajani, Assistant Professor and General Physician

Liaquat University of Medical & Health Sciences (LUMHS) contributed to an inter-university health awareness initiative through the participation of **Dr. Tarachand Devrajani, Assistant Professor and General Physician**, as the guest speaker at an awareness session organized by the Department of Social Work, University of Sindh, Jamshoro.

The session, titled *"Mind, Body, and Balance: Essential Health Tips for Young Adults,"* was held on 28 November 2025 to promote mental, emotional, and physical well-being among university students. Dr. Tarachand Devrajani shared practical guidance on healthy lifestyle choices, balanced nutrition, regular physical activity, examination stress, anxiety management,

and strategies for maintaining overall well-being and aging well. An interactive question-and-answer session enabled students to seek health-related guidance.

Through the contribution of its faculty expertise, **LUMHS supported knowledge-sharing and collaboration with the University of Sindh**, extending health education beyond its own campus and promoting student well-being within the wider academic community.

The initiative contributed to **SDG 3 (Good Health and Well-being)** by promoting mental and physical health awareness; **SDG 4 (Quality Education)** by supporting students' well-being and academic readiness; **SDG 5 (Gender Equality)** by promoting inclusive access to health knowledge; and **SDG 10 (Reduced Inequalities)** by supporting accessible health education for university students.

This collaboration demonstrates LUMHS's commitment to inter-university community engagement, sharing professional expertise, and advancing health awareness and sustainable development through community out reach.





Free Medical Camp and Mobile Medical Clinic in an Underserved Rural Community of Sindh

Institution: Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro
Activity: Free Medical Camp and Mobile Medical Clinic
Location: Rural and underserved area of Sindh
Participants: LUMHS Faculty Members, SDG Volunteers, Medical Professionals, and Student Volunteers

Introduction

Liaquat University of Medical & Health Sciences (LUMHS) organized a **Free Medical Health Camp and Mobile Medical Clinic in an Underserved Rural Community of Sindh**

Liaquat University of Medical & Health Sciences (LUMHS) organized a Health Camp and Mobile Medical Clinic in an underserved rural community of Sindh to provide accessible healthcare services to people who face barriers in accessing regular medical facilities.

The initiative was carried out through the active participation of LUMHS faculty members, medical professionals, SDG volunteers, and student volunteers. The mobile medical clinic enabled the healthcare team to take essential medical services directly to the community, particularly individuals and families facing financial, geographic, or transportation-related barriers to healthcare.

The camp offered general health services, with a particular focus on the health of women and children. Services and awareness sessions covered family planning, hygiene, and nutrition, promoting preventive care and healthy practices within families.

Objectives

The major objectives of the medical camp and mobile clinic were to:

- Provide **free medical consultation and basic healthcare services** to underserved community members.
- Improve access to healthcare for people living in rural areas.
- Provide **free essential medicines** to patients identified by the medical team.
- Promote preventive healthcare and health awareness.
- Identify common health concerns requiring further medical attention.
- Encourage community members to seek timely healthcare services.
- Engage LUMHS faculty, students, and SDG volunteers in meaningful community service.
- Strengthening the university's contribution to health equity and sustainable community development.

Free Medical Services

The medical camp provided healthcare services without cost to community members. The mobile clinic approach allowed the LUMHS team to reach residents within their own community rather than requiring them to travel to distant healthcare facilities.

Services included:

- Medical consultation and clinical assessment
- Basic health screening
- Identification of common health conditions
- Health counselling and preventive health education
- Advice regarding appropriate follow-up and referral where required
- Provision of **free medicines** based on medical assessment and availability

The provision of medicines alongside consultation helped address immediate healthcare needs and reduced the financial burden on low-income families.

Participation of LUMHS Faculty and SDG Volunteers

The activity was supported by **LUMHS faculty members and healthcare professionals**, who contributed their clinical expertise and time to serve the community.

SDG volunteers and student volunteers also actively participated in organizing and facilitating the camp. Their responsibilities included assisting with registration, patient flow, community awareness, health education, coordination, and other logistical arrangements.

The participation of students and volunteers provided them with valuable opportunities to understand community health needs and apply their academic knowledge in a real-world setting.

Mobile Medical Clinic: Reaching Underserved Communities

The mobile medical clinic component was particularly important for rural communities where healthcare facilities may be limited or geographically distant.

By taking healthcare services directly to underserved populations, the initiative helped address barriers related to:

- Geographic distance from healthcare facilities
- Transportation difficulties
- Financial constraints
- Limited access to medical consultation
- Lack of awareness regarding preventive healthcare
- Family planning
- Nutrition and hygiene as a preventive strategy

The mobile model supports a more community-oriented approach to healthcare delivery and allows health professionals to engage directly with populations that may otherwise have limited access to services.

Community Health Awareness

In addition to clinical services, the camp provided an opportunity for health education and awareness. Community members were encouraged to adopt preventive health practices and seek professional medical advice when experiencing health problems.

Health education is an important component of sustainable community health because it can strengthen individuals' ability to make informed decisions about their health and encourage timely utilization of healthcare services.

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Free Medical Camp for Women and Child Overall Health and Nutrition

Rural and Underprivileged Area of Sindh

Background

Women and children in rural and underprivileged areas of Sindh face limited access to maternal and child healthcare and reproductive health, health and hygiene often due to distance, cost and a shortage of trained providers. In line with its commitment to community service and public health, Liaquat University of Medical and Health Sciences (LUMHS) organized a free medical camp focused on women and child health, family planning and overall health and Hygiene.

Objectives

- To provide free medical consultations to women and children
- To promote maternal health, child health and preventive care
- To raise health awareness among rural families
- To strengthen LUMHS's engagement with the communities it serves

Activity

LUMHS conducted a free medical camp for women and child health in a rural, underprivileged area of Sindh. more than 500 women and children were examined, the department of Gynecology and Obstetrics and Pediatrics), provided services such as antenatal checkups, nutrition assessment, immunization advice, free medicines and health education,

Outcomes

- Women and children received healthcare services at no cost
- Access to maternal and child health care was extended to an underserved area
- Patients requiring further treatment were identified for referral [confirm if applicable]
- Health awareness and community trust in LUMHS were strengthened





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

Overview

On 26 September 2025, to mark 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 in collaboration with DKT Pakistan. The workshop aimed to promote informed decision-making, strengthen understanding of reproductive health services, and encourage responsible, evidence-based practices among future health professionals.

Workshop Focus

The workshop highlighted the importance of family planning as a key component of public health, supporting maternal and child well-being, healthy birth spacing, and the overall health of families and communities. Discussions also emphasized access to accurate information, awareness of available contraceptive methods, and the role of healthcare providers in delivering respectful, confidential, and non-judgmental reproductive health services.

Participation

Faculty members and postgraduate students of LUMHS actively participated in the workshop. Their engagement contributed to meaningful discussion on strengthening community-level awareness and improving reproductive health counseling and service delivery.

Partnership

The collaboration with DKT Pakistan reflects LUMHS's commitment to working with national partners to advance public health priorities and build the capacity of its faculty and students in reproductive health.



AKISTAN

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.

PAKISTAN

- 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 '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, Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, hosted the 'Bakhabar Noujawan' Training of Trainers (ToT) at the Department of Community Medicine, LUMHS Jamshoro, in collaboration with the Association for Mothers and Newborns (AMAN). The session was organized by the Dean, Faculty of Community Medicine & Public Health Sciences,

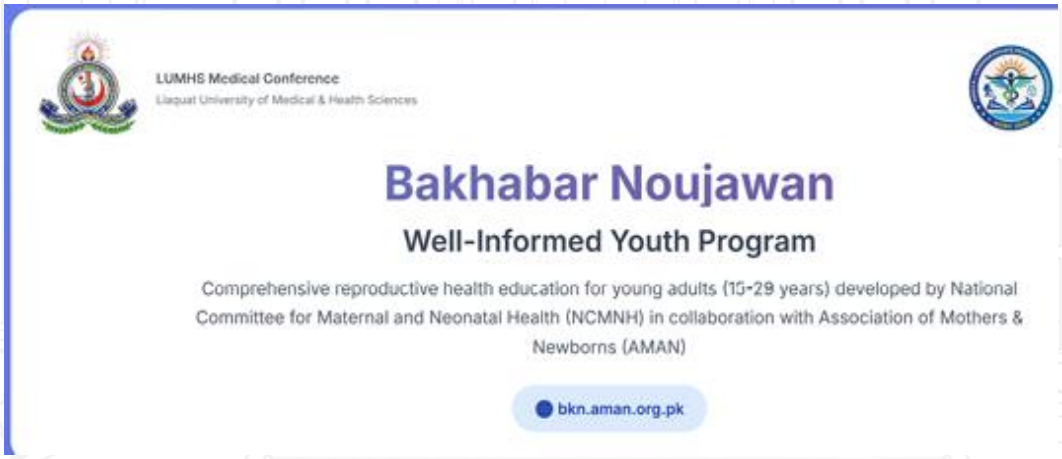
and introduced participants to life skills education and to a digital platform on reproductive health, equipping them with the knowledge and tools to guide young people on matters that are often difficult to discuss openly. By following a training-of-trainers approach, the initiative enabled participants to carry the learning forward and share it with adolescents and youth in their own institutions and communities, thereby multiplying its reach well beyond the session itself. The emphasis on life skills, including communication, informed decision-making, and healthy behaviours, together with an accessible digital resource on reproductive health, supports young people in obtaining accurate, age-appropriate, and reliable information while reducing stigma and misinformation. The collaboration between LUMHS and AMAN reflects the value of academic and civil society partnerships in advancing community health and youth empowerment. In this way, the initiative contributes to SDG 3 (Good Health and Well-being) by promoting health literacy and reproductive health awareness, and to SDG 10 (Reduced Inequalities) by improving access to essential health information for young people, including those who might otherwise have limited access to it.

Content

- Introduction to life skills.
- Introduction to the 'Bakhabar Noujawan' digital platform on reproductive health.

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.



Breast Cancer Awareness Program

Breast Cancer Awareness Program at Gymkhana Hyderabad. Organized by Gymkhana Hyderabad which was open to general public. Talk by Begum Governor Sindh Reema

Imran and Prof. Dr. Ambreen Munir,Dr. Binafsha Manzoor Syed Director MRC (LUMHS Jamshoro) Madam Nusrat Wahid & Madam Nuzhat Pathan.









Community-Oriented Mental Health Training Session for General Practitioners (GPs)

On 18 April 2025, the Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS), organized a community-oriented mental health training session for General Practitioners (GPs) in Mirpurkhas, with the support of the Government of Sindh (GoS). The training was facilitated by Dr. Jamil Junejo, Head of the Department of Psychiatry, LUMHS, alongside Dr. Raza, Senior Registrar, Psychiatry, and aimed to strengthen the capacity of primary healthcare practitioners to recognize, assess, and initially manage common psychiatric conditions within community-based healthcare settings. The session focused on

identifying early signs and symptoms of mental health disorders, understanding basic assessment and initial management approaches, recognizing cases requiring specialized psychiatric intervention, and establishing appropriate referral pathways to ensure timely and effective treatment. It also emphasized the important role of General Practitioners as the first point of contact for individuals experiencing mental health difficulties, particularly in communities where access to specialist psychiatric services may be limited. Through interactive knowledge sharing and professional guidance, the training encouraged stronger coordination between primary healthcare providers and specialist psychiatric services, promoting continuity of care and reducing delays in accessing appropriate mental health support. This initiative reflects LUMHS's commitment to Sustainable Development Goal 3 (Good Health and Well-being), particularly Target 3.4, by strengthening mental healthcare capacity, promoting early identification and intervention, and extending psychiatric knowledge beyond tertiary healthcare institutions into community settings. The collaboration with the Government of Sindh further demonstrates the University's contribution to strengthening the provincial healthcare system through professional training, capacity building, and improved access to quality mental healthcare.

Mental Health Outreach for the General Community

This activity extended the University's mental health expertise beyond the campus to the wider community of Mirpurkhas. General practitioners are often the first point of contact for people with emotional and psychiatric concerns, particularly in districts where specialist services are limited. By training them to recognize common psychiatric conditions early, manage them at the primary-care level, and refer complex cases appropriately, the session improves access to timely and appropriate mental healthcare for the general population.

LUMHS contributes to SDG 3 by taking mental health education directly to primary-care providers serving local communities. The session supports **Target 3.4**, which promotes mental health and well-being, and strengthens the community-level health workforce that people rely on in everyday practice. Better recognition and early management reduce delays in care, narrow the gap between specialist and primary services, and help reduce the burden of untreated mental illness.

The activity also reflects the University's commitment to partnership with government, as it was conducted with the support of the Government of Sindh, and to equitable access to care beyond urban centres. It complements the Department's other activities during 2025 and 2026, including academic sessions, workshops, conference participation, and awareness initiatives such as World Mental Health Day, which together demonstrate a consistent institutional commitment to mental health education, prevention, capacity building, and community care.

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Mental Health Outreach for the General Community

The Department of Psychiatry, LUMHS, conducted a training session for senior physicians in Thatta City on 17th May 2025. The session was facilitated by Dr. Jamil Junejo and Dr. Adeel Memon. It focused on recognizing and managing common psychiatric presentations in general medical practice, promoting early intervention, ensuring timely referral, and strengthening collaboration between psychiatry and general medicine.

Mental Health Outreach for the General Community

This activity extended the University's mental health expertise beyond the campus to the district of Thatta. Senior physicians are often the first point of contact for patients presenting with emotional, behavioral, and psychiatric symptoms, frequently alongside physical complaints. By strengthening their ability to recognize these presentations early, manage them appropriately, and refer complex cases in a timely manner, the session improves access to quality mental healthcare for the local population.

LUMHS contributes to SDG 3 by taking mental health education directly to practicing physicians serving communities outside major urban centers. The session supports which promotes mental health and well-being, by promoting early intervention and reducing delays in care. Integrating psychiatric knowledge into general medical practice narrows the gap between specialist and primary services and helps reduce the burden of untreated mental illness.

The activity also reflects the University's partnership with the Government of Sindh and its commitment to equitable access to care beyond urban areas. Together with the training session for general practitioners in Mirpurkhas and the Department's academic sessions, workshops, conference participation, and awareness initiatives, it demonstrates a consistent institutional commitment to mental health education, capacity building, and community care.








PAKISTAN PSYCHIATRIC SOCIETY
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Promotion of Sports and Physical Activities for the General Community

Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, actively promotes sports, physical activities, and recreational opportunities as essential components of a healthy and active lifestyle, extending its initiatives beyond the university campus to engage youth in the general community. Recognizing the importance of regular physical activity in preventing non-communicable diseases, improving physical fitness, supporting mental health, and enhancing overall quality of life, the University organizes sports activities and recreational events at different venues for community members, including children, young people, and adults. Through these initiatives, LUMHS encourages wider public participation in sports, creates opportunities for social interaction, and raises awareness about the importance of incorporating physical exercise into daily routines. The University also facilitates access to its sports facilities, including its two sports complexes, gymnasium, and available recreational spaces, to encourage community members to participate in organized sports, exercise, and other physical activities. These efforts aim to play sports and recreation more accessible, promote social inclusion, encourage healthy habits among different age groups, and strengthen community engagement. By extending sports and physical activity opportunities to the wider public, LUMHS demonstrates its commitment to preventive healthcare and community well-being. These initiatives directly contribute to SDG 3 (Good Health and Well-being) by promoting physical fitness, mental well-being, and the prevention of lifestyle-related diseases, while also supporting SDG 10 (Reduced Inequalities) through broader community access to recreational and sports opportunities.









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LUMHS Participation in the CMAM Training (15-19 December 2025)

Overview

From 15 to 19 December 2025, Shaheed Mohtarma Benazir Bhutto Medical University, Larkana, organized a five-day training on Community-Based Management of Acute Malnutrition (CMAM) in collaboration with the International Rescue Committee (IRC). It was delivered under the project *Strengthening Local Civil Society and Community-based Organization and their Capacity in the Nutrition Sector in Sindh*, with Strengthening Participatory Organization (SPO) and MERF as partners and funding from the European Union.

LUMHS Contribution

Liaquat University of Medical & Health Sciences (LUMHS) contributed to the training through **[faculty/experts delivered sessions / nominated N participants from the Departments of community Medicine**. The training covered early identification of acute malnutrition, including MUAC screening of children, and community-level referral and management. LUMHS's involvement strengthened frontline nutrition capacity in Sindh and drew on the university's clinical and public health expertise.

Outcome

The training expanded the skills of health professionals and community-based organizations in Sindh. It also demonstrated LUMHS's commitment to community-oriented health education and to multi-stakeholder partnerships for nutrition.






MERF
SPO
Funded by the European Union
Community-Based Management of Acute Malnutrition (CMAM) Training
15th-19th December-2025
Organized by Shaheed Mohtarma Benazir Bhutto Medical University Larkana in Collaboration with International Rescue Committee
Strengthening Local Civil Society and Community-based Organization and their Capacity in the Nutrition Sector in Sindh





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Session on Aging well

A session on aging well was organized at the MRC Auditorium of Liaquat University of Medical & Health Sciences (LUMHS) on 7 th December 2025, Jamshoro, as part of the University's commitment to promoting the health, dignity, and well-being of older adults. The session brought together faculty members, students, and health professionals to discuss the physical, mental, and social aspects of healthy aging, including the importance of preventive healthcare, regular health screening, balanced nutrition, physical activity, and the management of common age-related conditions such as hypertension, diabetes, joint problems, and memory decline. Attention was also given to emotional well-being, loneliness, and the value of family and community support in helping older persons remain active, independent, and respected members of society. The interactive format encouraged participants to ask questions, share experiences, and exchange practical ideas for caring for elderly family members and community members, while also building awareness of the need for age-friendly health services and attitudes. By drawing attention to the needs of an often-overlooked segment of the population, the session promoted health literacy, empathy, and intergenerational respect. This initiative reflects LUMHS's commitment to inclusive healthcare and prompting healthy habits to have a better life in older age. The session was attended by middle age people the primary objective of the session was adapt healthy lifestyle to prevent health issues.

