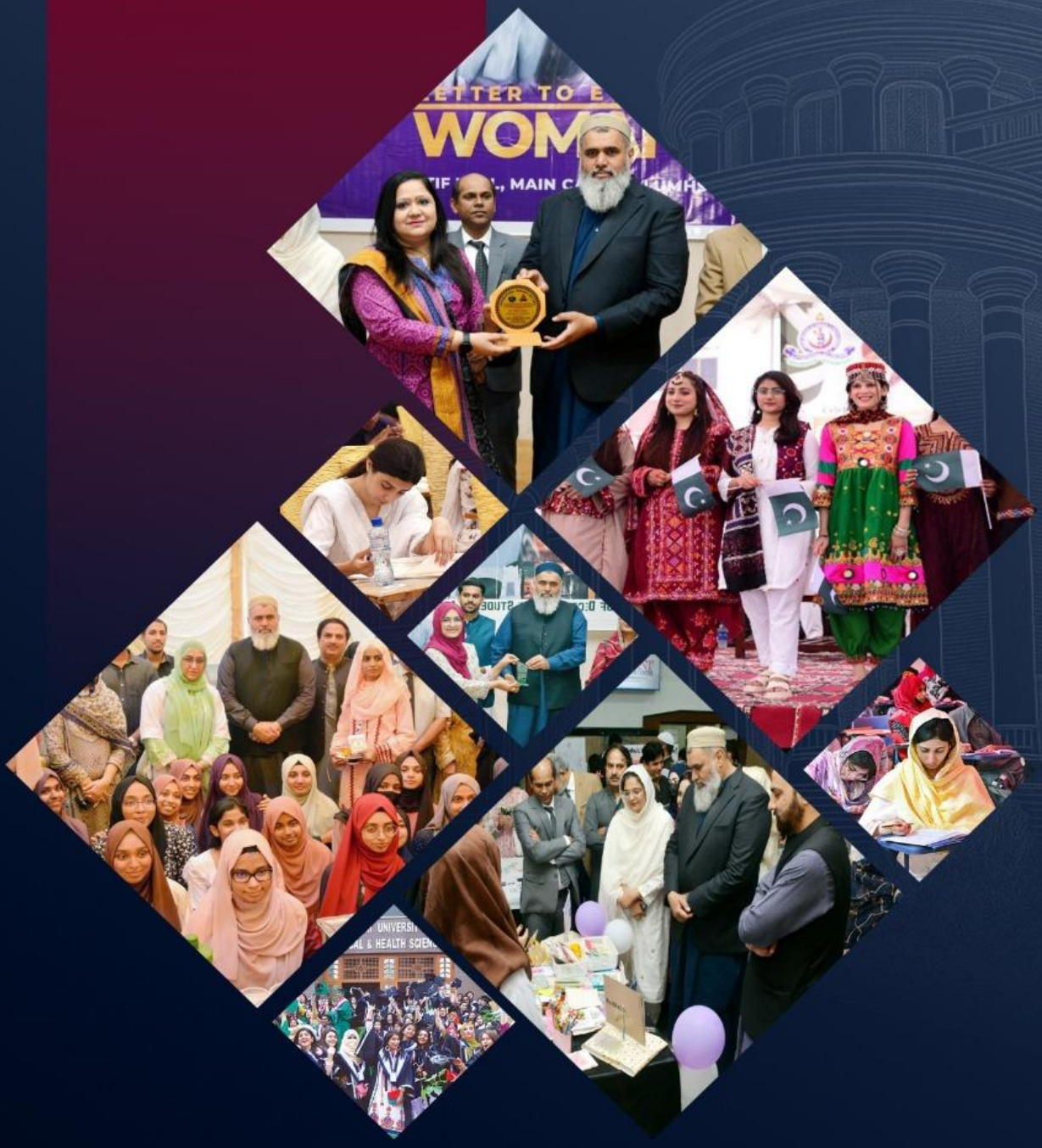
LIAQUAT UNIVERSITY
OF MEDICAL & HEALTH SCIENCES
JAMSHORO

SDG- 10

REDUCED INEQUALITIES



LUMHS commitment to Reduced Inequalities

Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, is committed to advancing Sustainable Development Goal 10, Reduced Inequalities, by ensuring that access to quality health education, healthcare services, and institutional opportunities is inclusive, equitable, and free from discrimination. As a leading public-sector health sciences university serving Sindh and beyond, LUMHS draws students, faculty, and patients from diverse social, economic, geographic, and gender backgrounds, and it seeks to translate this diversity into equal opportunity through merit-based admissions, financial assistance and scholarships for deserving students, accessible and affordable clinical care for underserved populations, and supportive policies that promote equity in employment, learning, and campus life. Through community outreach programmes, health awareness initiatives, and partnerships with external health organizations, the University extends its services to marginalized and vulnerable groups, while its academic and institutional activities, including awareness sessions on mental health and well-being, foster an inclusive culture that values dignity, participation, and shared responsibility. This report presents the University's policies, initiatives, and measurable contributions towards SDG 10 during the reporting period, reflecting its continued resolve to reduce disparities and to build a more equitable and just society through education, research, and service.

Liaquat University of Medical and Health Sciences (LUMHS) is committed to fostering an inclusive and supportive educational environment for all students, including those with disabilities. Recognizing the unique challenges faced by individuals with disabilities, LUMHS has implemented a range of support services aimed at ensuring equal access to education and campus facilities. This report outlines the specific measures taken by LUMHS to support students with disabilities, including reserved seats for admissions and priority allocation in hostels.

Reserved Seats for Admissions

LUMHS understands the importance of providing equal opportunities for all students, regardless of their physical or mental abilities. To this end, the university has established a policy of reserved seats for students with disabilities in its various academic programs. This initiative ensures that deserving candidates with disabilities could pursue their education and achieve their academic goals at LUMHS.

Admission Process:

- Students with disabilities can apply for admission through the standard application process, indicating their need for accommodation.
- Reserved seats are allocated based on the applicant's academic qualifications and the severity of their disability.
- The admissions office provides additional support to applicants with disabilities, ensuring that they have access to all necessary information and resources during the application process.

Priority Allocation in Hostels

LUMHS is dedicated to creating a living environment that supports the needs of students with disabilities. One of the key measures in this regard is the priority allocation of hostel accommodation for these students. By providing accessible and comfortable living spaces, the university aims to enhance the overall well-being and academic success of students with disabilities.

Hostel Accommodation:

- Priority allocation is given to students with disabilities, ensuring they have access to suitable rooms and facilities.
- Hostels are equipped with necessary modifications, such as ramps, handrails, and accessible bathrooms, to accommodate students with mobility impairments.
- The university offers additional support services, including transportation assistance and emergency response systems, to ensure the safety and comfort of students with disabilities.

Dedicated Rest Rooms





Auto Doors



Dedicated Ramp for Wheelchairs in all buildings to support students, faculty, and visitors

Liaquat University of Medical & Health Sciences (LUMHS) is committed to ensuring that people with disabilities can access its facilities, services and opportunities on an equal basis with others. In line with SDG 10, the University has constructed ramps in all academic buildings, administrative offices and hospital facilities to support the independent movement of people with disabilities. Lifts are also available to enable safe and dignified wheelchair access across multiple floors.

These measures reflect the University's commitment to reducing inequalities by removing physical barriers to education, employment and healthcare. They benefit students, faculty, staff, patients and visitors, and form part of the University's broader approach to inclusive and equitable campus development.

LIAQUAT UNIVERSITY
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JAMSHORO





OVERALL REPORT ON
SUSTAINABLE DEVELOPMENT GOAL NO.10




WHEELCHAIRS RAMP

Distribution of Free Wheelchairs



Priority Seating for special people





Additional Support Services

In addition to reserved seats for admissions and priority hostel allocation, LUMHS offers a comprehensive range of support services to assist students with disabilities in their academic and personal lives:

Academic Support:

- The university provides specialized tutoring and mentoring programs tailored to the needs of students with disabilities.
- Assistive technologies, such as screen readers, voice recognition software, and adaptive learning tools, are made available to enhance the learning experience.
- Faculty members receive training on inclusive teaching practices and are encouraged to adopt flexible instructional methods to accommodate diverse learning needs.

Counseling and Psychological Services:

The Centre for Psycho-Social & Academic Wellbeing is a novel, and first of its kind, initiative to cater to the ever increasing need of the students regarding Psychological Help, Career Counselling, Mentoring & Overall Wellbeing.

The Centre for Psycho-Social & Academic Wellbeing - LUMHS was inaugurated by the Worthy Vice Chancellor - LUMHS; Prof. Dr. Ikram Din Ujjan & the Founding Director; Prof. Dr. Moin Ahmed Ansari on March 28th, 2022

- LUMHS offers counseling and psychological support services to help students with disabilities manage stress, anxiety, and other mental health concerns.
- The university employs qualified counselors who specialize in working with individuals with disabilities, providing personalized support and guidance.

Career Services:

- The university's career services department assists students with disabilities in finding suitable employment opportunities and internships.
- Workshops and seminars are organized to help students develop job-search skills, prepare for interviews, and build professional networks.

Student Organizations and Advocacy:

- LUMHS encourages the formation of student organizations and advocacy groups focused on disability rights and inclusion.
- These organizations provide a platform for students with disabilities to voice their concerns, share experiences, and advocate for positive changes within the university community

DEI Desk established at LUMHS:

Liaquat University of Medical and Health Sciences (LUMHS) has established a Diversity, Equity & Inclusion (DEI) Desk under the supervision of the International Office. The Desk plays a central role in promoting an inclusive, equitable, and respectful campus environment that embraces the uniqueness of every student, faculty member, and staff member.

Its primary responsibility is to develop, revise, and implement policies that strengthen diversity, equity, and inclusion across all academic and administrative levels of the University. It ensures that LUMHS continues to provide a safe, supportive, and empowering environment for individuals from different cultural, religious, ethnic, and socio-economic backgrounds.

Key Functions

- **Policy development:** Formulating and periodically reviewing institutional policies on equal opportunity, non-discrimination, and inclusive practice.
- **Implementation and monitoring:** Ensuring policies are applied consistently in admissions, recruitment, teaching, assessment, and administration.
- **Awareness and capacity building:** Organizing seminars, workshops, and observances, including International Women's Day, to promote understanding of diversity and respectful conduct.
- **Support for students and staff:** Providing guidance and a point of contact for those who face exclusion, bias, or barriers, in coordination with the relevant university committees.
- **Support for international and diverse communities:** Working with the International Office to help international students and staff integrate into campus life.

- **Reporting and review:** Maintaining records of activities and outcomes to support institutional reporting and accreditation.

Promoting Girls' Sports

Introduction

Liaquat University of Medical and Health Sciences (LUMHS), Jamshoro, is committed to promoting health, well-being, gender equality, and inclusive community development. Recognizing the importance of sports and physical activity in the physical, mental, and social development of girls, LUMHS provides dedicated sports facilities and extends opportunities for schoolgirls to participate in sports and exercise.

The university has a **fully equipped girls' sports gymnasium** and shares its sports facilities with girls from different schools. By extending access to its facilities beyond the university community, LUMHS encourages girls' participation in physical activity, supports equal opportunities in sports, and helps reduce barriers to accessing recreational and fitness resources.

Dedicated Sports Facilities for Girls

The fully equipped girls' sports gymnasium at LUMHS provides a dedicated environment for female participation in exercise, fitness, and sports-related activities. This facility reflects the university's recognition of the importance of creating supportive spaces where girls and women can engage in physical activity.

Access to appropriate sports facilities can help encourage girls to prioritize their physical health, develop confidence, and participate in activities that support their overall well-being. By providing dedicated facilities for girls, LUMHS promotes opportunities for female participation in sports and contributes to a more inclusive sporting environment.

Sharing Sports Facilities with Schoolgirls

As part of its community engagement initiatives, LUMHS regularly invites girls from different schools to use its sports facilities. This initiative enables schoolgirls to benefit from the university's sports infrastructure and provides opportunities to engage in physical activity beyond their usual school environment.

Sharing these facilities demonstrates how LUMHS uses its institutional resources to benefit the wider community. It also strengthens university–school partnerships and encourages the development of healthy habits among young girls.By extending access to schoolgirls, LUMHS helps broaden opportunities for participation in sports and physical activity, particularly for students whose schools may have limited sports infrastructure.

Through its dedicated girls' sports gymnasium and the sharing of sports facilities with schoolgirls, LUMHS:

- Promotes girls' participation in sports and physical activity.
- Provides a supportive environment for female fitness and recreation.
- Encourages confidence, independence, teamwork, and leadership among girls.
- Challenges barriers may limit girls' access to sports and recreational opportunities.
- Reinforces the principle that girls should have opportunities to participate in physical activity and benefit from sports facilities.

By promoting girls' access to sports, LUMHS contributes to a culture in which female participation in physical activity is encouraged and valued as an important aspect of health, development, and empowerment.

The initiative also supports **SDG 10: Reduced Inequalities** by extending access to institutional sports facilities to schoolgirls from outside the university community.

Not all schools have adequate sports infrastructure or dedicated facilities for girls. By inviting girls from different schools to use its sports facilities, LUMHS helps address disparities in access to opportunities for physical activity and recreation.

This community-oriented approach:

- Expands access to sports facilities beyond the university's own students.
- Creates opportunities for schoolgirls from different educational settings to participate in physical activities.
- Helps reduce infrastructure-related barriers to girls' participation in sports.
- Promotes a more inclusive approach to community health and recreation.
- Encourages collaboration between the university and schools to improve opportunities for young people.

The initiative illustrates how sharing institutional resources can help address inequalities in access to facilities and promote more inclusive community development.

Conclusion

Liaquat University of Medical and Health Sciences demonstrates its commitment to inclusive community development through its fully equipped girls' sports gymnasium and the sharing of sports facilities with girls from different schools. These initiatives extend the benefits of university infrastructure to the wider community while encouraging physical fitness, confidence, and healthy lifestyles among young female students. Beyond promoting health and well-being, the initiative advances gender equality by supporting girls' participation in sports and contributes to reduced inequalities by broadening access to sports facilities. Through this approach, LUMHS supports

SDG 3 (Good Health and Well-Being), SDG 5 (Gender Equality), and SDG 10 (Reduced Inequalities) and demonstrates the role of universities in creating healthier, more equitable, and inclusive communities.







LUMHS Ensures to Include Girls in Sports Activities






MARKA-E-
MINI MARATHON 2025
150





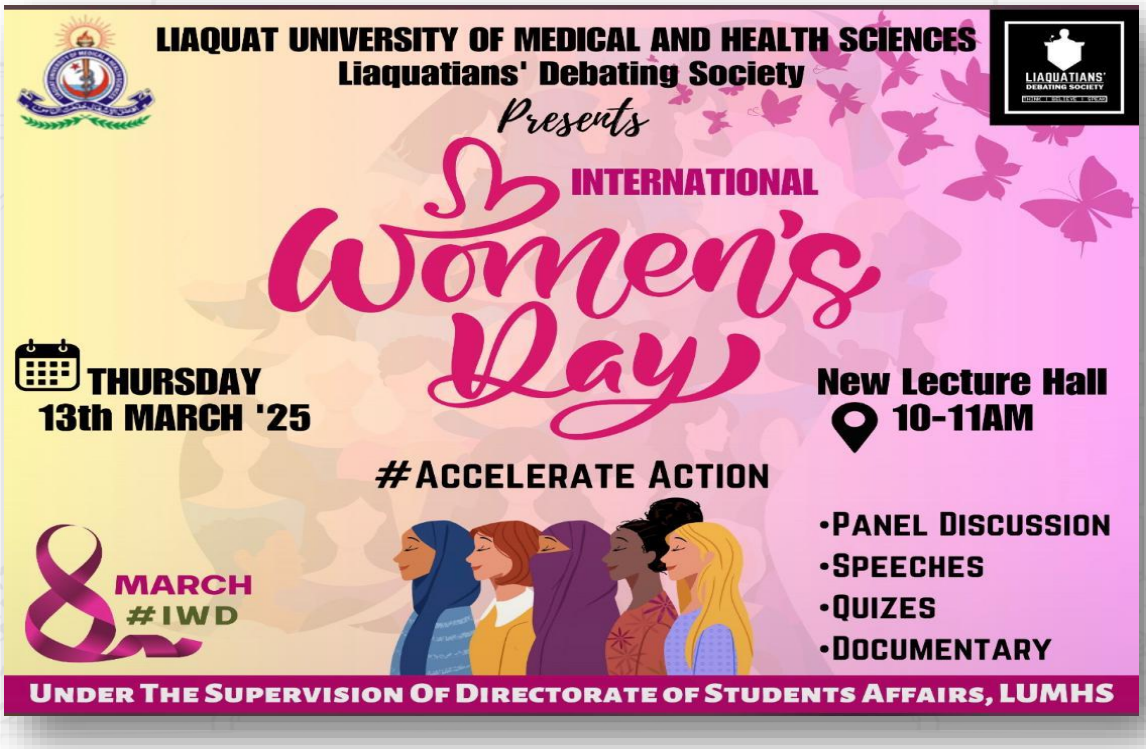
Representation of women in administrative positions and Statutory Bodies





International Women's Day

Liaquat University of Medical & Health Sciences (LUMHS) celebrates International Women's Day to recognize and appreciate the achievements, contributions, and leadership of women in education, healthcare, research, and society. The University uses this occasion to promote gender equality, women's empowerment, equal opportunities, and respect for women's rights and dignity. As an institution with a significant proportion of female students and women professionals, LUMHS emphasizes the importance of creating an inclusive, safe, and supportive academic and professional environment that encourages women's participation in leadership, decision-making, and career advancement. Through this celebration, the University reaffirms its commitment to SDG 10 (Reduced Inequalities) by advocating equal opportunities, recognizing women's accomplishments, and promoting a society where every woman and girl can realize her full potential.




LIAQUAT UNIVERSITY OF MEDICAL AND HEALTH SCIENCES
Liaquatians' Debating Society
Presents
INTERNATIONAL







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JAMSHORO

Awareness Session on the Rights of Persons with Disabilities and Social Responsibilities

Overview

LUMHS conducted an awareness session on international day for people with disabilities on12-12-2025 on the LUMHS FM radio platform on the rights of people with disabilities and the social responsibilities of the wider community. Radio reaches audiences in Jamshoro and surrounding areas, including those with limited access to print or digital media. It is therefore an effective way to carry public health and social messages to the community.

Objectives

- To raise public awareness of the rights of people with disabilities, including access to healthcare, education, and equal opportunity.
- To encourage respectful, inclusive, and sensitive behavior towards people with disabilities.
- To promote a shared understanding that inclusion is a collective social responsibility.
- To challenge stigma, stereotypes, and misconceptions that lead to exclusion and discrimination.

Content and Approach

The session discussed the legal and moral rights of people with disabilities. It also addressed everyday attitudes and practices, such as using respectful language, offering support without condescension, and removing physical and social barriers. Presenting these topics in simple, accessible language helped listeners relate the message to their own families, workplaces, and neighborhoods.

Impact on Society

Sessions of this kind contribute to gradual behavioral change by:

- Building empathy and sensitivity in how community members interact with persons with disabilities.
- Reducing stigma and discrimination, which often keep people with disabilities out of education and livelihood opportunities.
- Encouraging families and communities to support the participation of people with disabilities in social and economic life.
- Strengthening the link between the university and the community through regular public engagement.



Priority in free medical camps throughout all activities to facilitate people with disabilities

LUMHS gives priority to persons with disabilities across all of its free medical camps, ensuring that they can access healthcare services with dignity, convenience, and equal opportunity. In every camp organized by the University, special arrangements are made to facilitate persons with disabilities, including priority registration and consultation, reduced waiting times, assistance from volunteers and medical staff, and accessible entry and seating wherever possible, so that physical, sensory, or mobility limitations do not become barriers to care. This approach reflects the University's recognition that persons with disabilities often face greater difficulty in reaching health facilities and obtaining timely treatment, and that targeted facilitation is necessary to bridge this gap. By mainstreaming disability-sensitive practices into all its outreach activities, rather than treating them as occasional measures, LUMHS demonstrates its commitment to inclusion, equity, and the principle of leaving no one behind, and contributes directly to the objectives of SDG 10 by reducing inequalities in access to health services for one of the most vulnerable segments of society.



Karwan-e-Sehat, a School Health Camp

Karwan-e-Sehat, a School Health Camp, was organized on 13 May 2025 at Government Girls High School, LUMHS Colony, Jamshoro, benefiting approximately 400 female students. Access to preventive healthcare, health screening, and health education remains an important need among school-going children, particularly those studying in public-sector schools, and the initiative was undertaken by LUMHS in recognition of this need. The camp placed particular emphasis on the health and well-being of girls, offering accessible basic health screening, medical consultation, and health education in a safe and gender-sensitive school environment where students could seek guidance with comfort and confidence. Beyond providing immediate services, the activity aimed to promote healthy behaviors, encourage timely healthcare-seeking practices, and enable the early identification of common health concerns among the students so that they could be addressed before developing into more serious conditions. By bringing quality health services directly to a public-sector girls' school, the initiative contributed to reducing disparities in access to healthcare and reflected the University's commitment to equity, community engagement, and the well-being of young girls as the foundation of a healthier and more inclusive society.

Objectives

The major objectives of the school health camp were to:

- Promote the health and well-being of school-going children, with particular attention to girls' health.

- Provide accessible basic health screening and medical consultation within the school environment.
- Facilitate early identification of common health and developmental concerns.
- Increase awareness regarding personal hygiene, oral health, general health practices, and heat-stroke prevention.
- Promote appropriate and timely healthcare-seeking behavior among students.
- Generate relevant health information to support an understanding of the healthcare needs of school students and inform future interventions.

Activity Description

The school health camp was conducted through a structured and student-friendly arrangement to ensure smooth delivery of healthcare services. Special attention was given to the **comfort, privacy, and safe participation of female students**, with appropriate arrangements for the movement and facilitation of female students.

Health Screening and Medical Consultation

Students were provided with basic health screening and medical consultation covering:

- Growth and general health assessment
- Vision screening
- ENT screening
- General medical evaluation
- Basic dental assessment

Medical Service Desks

Five dedicated service desks were established:

NO.	MEDICAL DESK	SERVICE PROVIDED
1	General Physician	General medical assessment and consultation
2	Nursing	Basic health assessment and nursing support
3	ENT	Ear, nose and throat screening
4	Pediatrics	Pediatric assessment and consultation
5	Dentistry	Basic dental screening and oral-health guidance

Health Awareness and Education

Awareness sessions were conducted by SDG volunteers to promote healthy practices among school students. Key topics included:

- Personal hygiene
- General health and healthy practices
- Oral hygiene
- Prevention of heat-related illness and heat stroke

These sessions were designed to provide students with practical information that could be incorporated into their everyday lives.

Health Data and Research

Relevant health information was collected during the activity to support a better understanding of the health needs of participating students. The information may contribute to future research, health promotion activities, and targeted interventions for school-going children, particularly girls.

Key Outcomes

The Karwan-e-Sehat school health camp resulted in the following outcomes:

- Around **400 female students** received health-related services, highlighting the initiative's focus on girls' health.
- Students received access to multiple healthcare services through five dedicated medical desks.
- Common health concerns were identified through basic screening and clinical assessment.
- Students received practical information on personal hygiene, oral health, general health practices, and heat-stroke prevention.
- Health-related information was collected to support future research and evidence-based health interventions.
- Goodie packs containing oral-hygiene items and stationery were distributed to encourage healthy practices and support learning.
- LUMHS student volunteers gained practical experience in community engagement, health promotion, and service delivery.

Significance of the Initiative

Karwan-e-Sehat demonstrates LUMHS's commitment to extending its academic and healthcare expertise beyond the university campus and contributing to the health and well-being of the wider community. The initiative is particularly significant in its focus on **girls' health**, combining preventive healthcare, health education, and gender-sensitive service delivery. By bringing basic healthcare and health awareness directly to a school setting, the activity contributed to creating a healthier and more supportive environment for students to learn and develop. The initiative also reflects the role of student engagement and community partnerships in advancing the University's contribution to the SDGs.









LIAQUAT UNIVERSITY
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OVERALL REPORT ON
SUSTAINABLE DEVELOPMENT GOAL NO.10




Plant Cell
Animal Cell
PEDIATRICS

Awareness Session on Women's Rights for the Student Community

On 26 June 2025, Liaquat University of Medical & Health Sciences (LUMHS) facilitated a session for the student community at the University of Sindh to build understanding of women's rights. The session was organized in partnership with the University of Sindh and was open to students from different disciplines.

By taking part, LUMHS supported the exchange of knowledge on women's legal, social and educational rights and promoted a respectful and inclusive campus culture. The activity reflects the University's commitment to SDG 5 and to advancing gender equality beyond its own campus, through collaboration with another higher education institution in the region.

Seminar on Peacebuilding, Inclusion, Advocacy and Lobbying

The seminar was organized by the LUMHS SDG Volunteers and volunteers from the Department of Social Work, under the umbrella of the Local Committee for Peace (LCP). The LCP is a joint initiative of the Department of Social Work and Community World Service Asia (CWSA) to strengthen peacebuilding, social inclusion, civic engagement, and interfaith harmony through collaborative community action.

The event brought together students, academics, development practitioners, civil society representatives, and faith leaders to discuss building peaceful, inclusive, and resilient communities. Expert presentations, interactive activities, and practical sessions enhanced participants' understanding of advocacy, lobbying, conflict transformation, and collaborative leadership.

Faith leaders Father Naseer John, Moulvi Ghulam Raza Sirewal, and Mr. Romas Bhatti took part in the seminar. Their presence highlighted interfaith dialogue as a cornerstone of peaceful coexistence and the vital role of faith communities in promoting tolerance, mutual respect, and inclusive development.

Dr. Imran Ali, Associate Professor, Department of International Relations, University of Sindh, Jamshoro, delivered the keynote session "Understanding Inclusion, Peacebuilding, Advocacy & Lobbying." He explained how evidence-based advocacy and constructive engagement can influence public policy and empower communities as agents of positive change.

Mr. Junaid Ahmed of CWSA presented the achievements of the LCP initiative, showing how local partnerships, dialogue, and community participation can prevent conflict and strengthen social resilience.

Dr. Faisal Hyder Shah facilitated an interactive Lobbying Simulation. Participants took on the roles of advocates and decisionmakers to build their communication, negotiation, and evidence-based lobbying skills.

Dr. Erum Shah facilitated the Peace Tree Reflection Activity, in which participants wrote individual commitments to peace, inclusion, tolerance, and social justice and placed them on a symbolic Peace Tree.












CHOOSE PEACE OVER CONFLICT!


VALUES THAT LEA
CHOOSE PEACE


JUST DO IT
HOME



LUMHS shares Sports facilities with general public

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





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.

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.

Gymnasium for male community members





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.




Butterfly









Visit of High School Students from District Umerkot (an underprivileged rural area of province) to

On **28 November 2025**, Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, hosted a group of high school students from **District Umerkot** as part of its continuing commitment to facilitating and motivating the younger generation to pursue higher education and realize their academic aspirations. The visit built upon earlier educational visits by student groups from the same district and provided participants with an opportunity to experience a university environment firsthand. During the visit, the students were taken on a guided tour of the LUMHS campus and introduced to the University's academic environment, facilities, and diverse programmes in medical and health sciences. Faculty and staff interacted with the students, providing information about higher education pathways, admission opportunities, academic disciplines, and the range of professional careers that can be pursued in health and medical sciences. The exposure was particularly valuable for students from a district where access to specialized higher education opportunities may be more limited, helping them develop greater awareness, confidence, and motivation to continue their education. The visit also encouraged meaningful interaction between school students and the University community, allowing the students to ask questions, explore their interests, and

envision themselves pursuing university education in the future. The enthusiasm, curiosity, and active participation of the visiting students made the engagement a valuable educational and motivational experience. Through such outreach initiatives, LUMHS extends its educational mission beyond its enrolled students, promotes aspiration and lifelong learning among young people, and strengthens its role as a community-oriented institution supporting **SDG 4: Quality Education**, while also contributing to **SDG 10: Reduced Inequalities** by creating greater awareness of higher education opportunities among students from underserved communities.

Outcomes

- Improved awareness among students of LUMHS programs and admission pathways.
- Motivation and inspiration for students to pursue higher education.
- Strengthened community and school engagement with the University.

Way Forward

LUMHS will continue to host such visits and explore further outreach activities for schools across Sindh, in support of its commitment to inclusive and quality education.







Provision of Free Music Education to Underprivileged Children and Youth

On 05 September 2025, a significant initiative was undertaken in Mithi, Tharparkar, Sindh, with the establishment of the Saddique Faqeer Music Academy, aimed at promoting equitable access to music education and preserving the rich cultural heritage of Thari and Sindhi folk music. The initiative is a collaborative effort between the Thar Foundation and the Saddique Faqeer Foundation, undertaken with the support and guidance of Ustad Rafique Faqeer, whose standing in the field of traditional music lends the Academy both credibility and cultural depth. The Academy has been established to provide free music education, training, mentoring, and guidance to children and young people, particularly those from underserved and economically disadvantaged communities who would otherwise have limited opportunity to pursue artistic learning. By removing financial barriers and bringing structured instruction to a remote and resource-constrained region, the initiative creates a platform for young talent to be recognized, nurtured, and sustained, while ensuring that traditional musical knowledge is transmitted to the next generation. The Academy thereby serves a dual purpose: it expands social and cultural inclusion for marginalized youth and safeguards the intangible heritage of Thar and Sindh. In this way, the initiative contributes to SDG 10 by reducing inequalities in access to education, skills development, and cultural participation, and reflects the shared commitment of the partner organizations to community empowerment and inclusive development.

Objectives of the Initiative

The Saddique Faqeer Music Academy aims to:

- Provide **free access to structured music education** for children and youth who may otherwise have limited opportunities to receive formal musical training.
- Reduce economic barriers to participation in arts and cultural education.
- Develop musical knowledge, practical skills, creativity, and confidence among young learners.
- Provide training in **Thari and Sindhi folk music** and support the transmission of traditional cultural knowledge to younger generations.
- Identify and nurture emerging musical talent in the Thar region.
- Provide mentorship and guidance from experienced musicians and cultural practitioners.
- Create opportunities for children and youth to develop skills that can contribute to their personal, cultural, and professional development.

Free and Equitable Music Education

One of the key features of the Academy is the provision of **free training and instrumental music education**. By removing tuition and training-related financial barriers, the initiative enables children and youth from underserved communities to participate in music education regardless of their economic circumstances.

The initiative recognizes that access to education extends beyond conventional academic subjects. **Arts and cultural education can contribute to creativity, self-expression, communication, confidence, and social participation.** Providing these opportunities free of cost can help ensure that financial limitations do not prevent talented young people from developing their abilities.

Support for Underprivileged Children and Youth

Children and young people from economically disadvantaged communities may have limited access to private music lessons, musical instruments, professional mentors, and structured cultural learning opportunities. The Academy addresses these barriers by creating a community-based learning environment where participants can receive training and mentorship without tuition costs.

Through this approach, the initiative supports:

- **Equal access to learning opportunities**
- **Youth development and empowerment**
- **Talent identification and development**
- **Cultural participation**
- **Creative and artistic skills development**
- **Intergenerational transmission of cultural knowledge**

Preservation of Thari and Sindhi Cultural Heritage

In addition to expanding access to education, the Academy contributes to the preservation and promotion of **Thari and Sindhi folk music**. Experienced musicians provide learners with opportunities to learn traditional musical forms, instruments, techniques, and cultural expressions.

This creates a bridge between generations by enabling young learners to acquire knowledge from established artists and cultural practitioners and carry traditional musical heritage into the future.

Mentoring and Skills Development

Under the supervision and guidance of **Ustad Rafique Faqeer**, learners receive practical training and mentorship. The Academy provides an environment in which young participants can progressively develop their musical abilities through instruction, practice, performance, and interaction with experienced musicians.

The provision of **free instrumental training** further strengthens the initiative by enabling learners to develop practical skills rather than limiting participation to theoretical learning.

8. Expected Outcomes

The Saddique Faqeer Music Academy is expected to contribute to:

1. Increased access to free music education among children and youth in Mithi.
2. Development of musical and instrumental skills among emerging learners.
3. Increased participation of underprivileged children in arts and cultural education.
4. Identification and nurturing of young musical talent.
5. Preservation and transmission of Thari and Sindhi folk music traditions.
6. Strengthened mentorship opportunities between experienced musicians and younger generations.
7. Increased confidence, creativity, and cultural engagement among participating youth.
8. Creation of a sustainable community-based platform for music education.

Conclusion

The establishment of the **Saddique Faqeer Music Academy in Mithi** represents a meaningful effort to make music education accessible to children and youth from underserved communities. By providing **free training, mentoring, guidance, and instrumental education**, the initiative reduces financial barriers to participation while simultaneously promoting the preservation of Thari and Sindhi cultural heritage.

The collaboration between the **Thar Foundation, Saddique Faqeer Foundation, and experienced cultural practitioners** demonstrates the potential of community partnerships to expand educational opportunities and empower young people through arts and cultural learning.









inclusion of women in leadership

Liaquat University of Medical & Health Sciences (LUMHS) promotes the inclusion of women in leadership as a core element of its commitment to gender equality and equitable institutional governance. The University provides women faculty and staff with equal opportunities for appointment, promotion, and participation in decision-making, and women hold leadership and administrative roles across academic departments, directorates, committees, and statutory and policy-making forums. Merit-based selection processes, supportive and harassment-free work environments, and policies that recognize the professional and personal responsibilities of women employees help ensure that capable women are enabled to progress into senior positions. Women are also encouraged to take part in training, research, quality assurance, and institutional planning activities, which strengthens their professional growth and brings diverse perspectives to university governance. By enabling women to lead and contribute at every level, LUMHS not only advances fairness and representation within the institution but also provides role models for female students and the wider community and contributes directly to SDG 10 by reducing gender-based inequalities in access to opportunity, authority, and influence.







Inclusion of Persons with Disabilities in Community Outreach Programs

Liaquat University of Medical & Health Sciences (LUMHS) is committed to ensuring that its community outreach programs are accessible to all, including persons with disabilities. The University recognizes that equitable access to health services, education, and community engagement is a right, and that inclusion strengthens the social impact of its outreach work.

In keeping with this commitment, LUMHS seeks to make its health camps, awareness sessions, screening drives, and educational activities accessible to persons with physical, sensory, and intellectual disabilities. Venues are selected and arranged to support physical access, and information is communicated in clear, accessible formats so that persons with disabilities and their caregivers can participate fully and with dignity.

The University also encourages the participation of persons with disabilities as beneficiaries, volunteers, and contributors, rather than only as recipients of services. Students, faculty, and staff are sensitized to disability-inclusive practices, helping to build a respectful and supportive institutional culture. Where possible, outreach programs are delivered in collaboration with schools, community organizations, and special education institutions serving persons with disabilities.



LUMHS Celebrating Diversity

Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, celebrates diversity and different cultures as an integral part of its institutional identity, recognizing that a university community drawn from varied regional, linguistic, social, and cultural backgrounds is a source of strength and mutual learning. Through cultural days, food stalls, traditional performances, artistic displays, and student-led presentations, the University provides students and members of the university community with a common platform to showcase and appreciate their cultural heritage. The student-led nature of such activities encourages active participation, creativity, teamwork, and peer learning, while giving students the opportunity to express their cultural identity and learn about the traditions, languages, arts, and cuisines of others. These celebrations promote mutual respect, tolerance, and understanding among students from diverse backgrounds, strengthen social interaction and community cohesion, and help create an inclusive and welcoming campus environment in which differences are accepted and valued rather than becoming a source of division. By encouraging the preservation and appreciation of cultural heritage and fostering dialogue and peaceful coexistence, LUMHS contributes directly to SDG 10 by promoting social inclusion and reducing inequalities, while also supporting SDGs 4, 5, 11, 16, and 17 through holistic education, equal participation, cultural preservation, and partnerships among students, faculty, and staff.


CULTURE DAY
2025


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OVERALL REPORT ON

SUSTAINABLE DEVELOPMENT GOAL NO.10