LIAQUAT UNIVERSITY
OF MEDICAL & HEALTH SCIENCES
JAMSHORO





OVERALL REPORT

SDG-11 Sustainable Cities and Communities





LUMHS Contribution to SDG-11

Clean Green LUMHS Campus Plantation / Tree-Planting Drives on Campus

Liaquat University of Medical & Health Sciences (LUMHS) is deeply committed to surrounding communities. This commitment extends beyond healthcare services to promoting a sustainable and environmentally responsible culture. The University actively engages in plantation drives, creating green spaces, and maintaining a clean and pollution-free environment to foster better physical and mental health for all. Through its "Clean and Green Campus" initiative, LUMHS emphasizes environmental conservation, waste management, and energy efficiency as essential components of sustainable development. These efforts reflect the University's dedication to aligning health and education with global sustainability goals, ensuring a healthier, greener, and more resilient future for generations to come

Green campus





Tree Plantation Drive





Community Awareness Session: "Addiction Awareness and Building Strong Communities"

On 25 November 2025, LUMHS SDG Volunteers, in collaboration with student volunteers from the Department of Social Work, University of Sindh, Jamshoro, jointly organized a community awareness session titled “Addiction Awareness and Building Strong Communities” for youth community mobilizers in Hyderabad. Organized as part of the Department of Social Work's ongoing Community Development Project, the initiative aimed to develop a trained community-based volunteer task force equipped to raise awareness among young people about substance abuse, its causes, consequences, prevention, and impact on individuals, families, and society. The session was facilitated by final-year students of LUMHS emphasized on health effects due to substance use and introduced the organizing team and outlined the objectives of the activity. Mr. Abdul Rehman highlighted the harmful physical, psychological, social, and familial consequences of addiction, while Mr. Bashir discussed preventive strategies, emphasizing the importance of supportive family environments, healthy lifestyles, positive peer relationships, and open communication within communities. An interactive question-and-answer session provided participants with an opportunity to discuss concerns, seek guidance, and gain practical knowledge about addressing addiction-related challenges at the grassroots level. The session encouraged active participation, meaningful dialogue, and community engagement, while strengthening the capacity of youth mobilizers to serve as local advocates for addiction prevention and awareness. This collaborative initiative demonstrated the commitment of LUMHS and the University of Sindh to addressing critical social and public

health challenges through student-led community engagement, contributing to SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), SDG 11 (Sustainable Communities), and SDG 17 (Partnerships for the Goals).










ADDICTION AWARENESS





Report on Basic Life Support (BLS) Training for Diverse Groups

Local Collaborations to Improve Health and Wellbeing

Background

Community service organizations are often the first responders during disasters and emergencies, and their ability to give immediate life-saving care directly affects survival outcomes on 4th October 2025. In line with its commitment to community health and local collaboration, Liaquat University of Medical and Health Sciences (LUMHS) delivered a free Basic Life Support (BLS) training programme for such organizations.

Objectives

- To equip community responders with essential life-saving skills
- To strengthen local preparedness for disasters and emergencies
- To build collaboration between LUMHS and community service organizations

Activity

In October 2025, LUMHS provided free BLS training to a team of community service organizations that serve during disasters and emergencies such as CPR, use of an AED, and choking management.

Outcomes

- Community responders were trained in basic life-saving skills at no cost
- Local capacity for emergency response was strengthened
- LUMHS's partnership with community organizations was reinforced

Conclusion
This training reflects LUMHS's commitment to community engagement and to improving health and wellbeing through local partnerships.



Anti-Narcotics Awareness Session at LUMHS

Introduction

Liaquat University of Medical & Health Sciences (LUMHS) recognizes substance abuse and drug addiction as significant public health and social challenges that can undermine community safety, social well-being, and quality of life, particularly among young people. In line with its commitment to promoting a safe, healthy, and socially responsible environment, LUMHS organized an Anti-Narcotics Awareness Session to educate participants about the harmful consequences of drug abuse and the importance of prevention. The session focused on raising awareness regarding the physical, psychological, social, and academic consequences of substance use while encouraging students to make informed decisions and contribute to safer, healthier, and more responsible communities.

Objectives of the Session

The awareness session focused on the following objectives:

- Educating students about the harmful effects of narcotics and substance abuse.
- Raising awareness about the physical and psychological consequences of drug addiction.
- Promoting preventive behaviour and informed decision-making among young people.
- Encouraging a drug-free lifestyle and positive social engagement.
- Highlighting the importance of family, peer, and community support in preventing substance abuse.
- Encouraging students to contribute to a safe, inclusive, and healthy university and community environment.

Key Awareness Messages

The session highlighted the warning signs of substance abuse, including sudden behavioural changes, declining academic performance, social isolation, unusual mood fluctuations, and changes in relationships with family and friends. Educational materials from the Anti-Narcotics Force (ANF), Sindh, were used to familiarize participants with possible indicators of drug and alcohol misuse and the wider social and economic consequences of addiction.

Participants were encouraged to recognize the importance of early intervention, supportive family relationships, positive peer influence, and seeking professional assistance when necessary.

Contribution to SDG 11: Sustainable Cities and Communities

This initiative supports SDG 11: Sustainable Cities and Communities by promoting safer, healthier, and more socially resilient communities through preventive education and awareness. Substance abuse can contribute to social vulnerability, family disruption, community insecurity, and reduced social well-being. By educating students and encouraging them to become advocates for drug prevention, LUMHS contributes to building a culture of social responsibility, community awareness, and collective action.

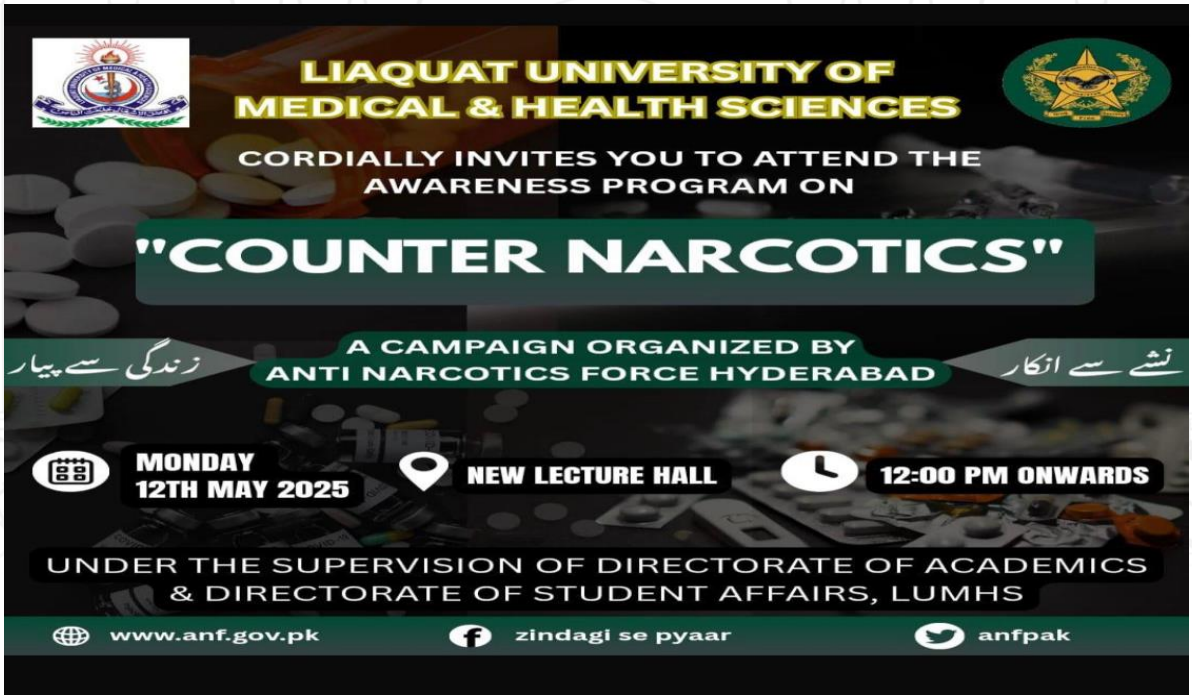
The session reinforces the importance of creating supportive environments where young people can make healthy choices and participate positively in society. Through such initiatives, LUMHS extends its commitment beyond the university campus to promoting safer and more inclusive communities.

Institutional Impact

Through its anti-narcotics awareness initiative, LUMHS demonstrates its commitment to student welfare, preventive healthcare, and community well-being. By educating students about substance abuse and encouraging responsible behaviour, the University contributes to developing socially conscious young people who can influence their peers, families, and communities positively.

Overall Contribution: LUMHS recognizes that sustainable communities require not only physical infrastructure but also healthy individuals, responsible citizens, and supportive social environments. Through anti-narcotics awareness and preventive education, the University contributes to the development of safer, healthier, and more resilient communities.

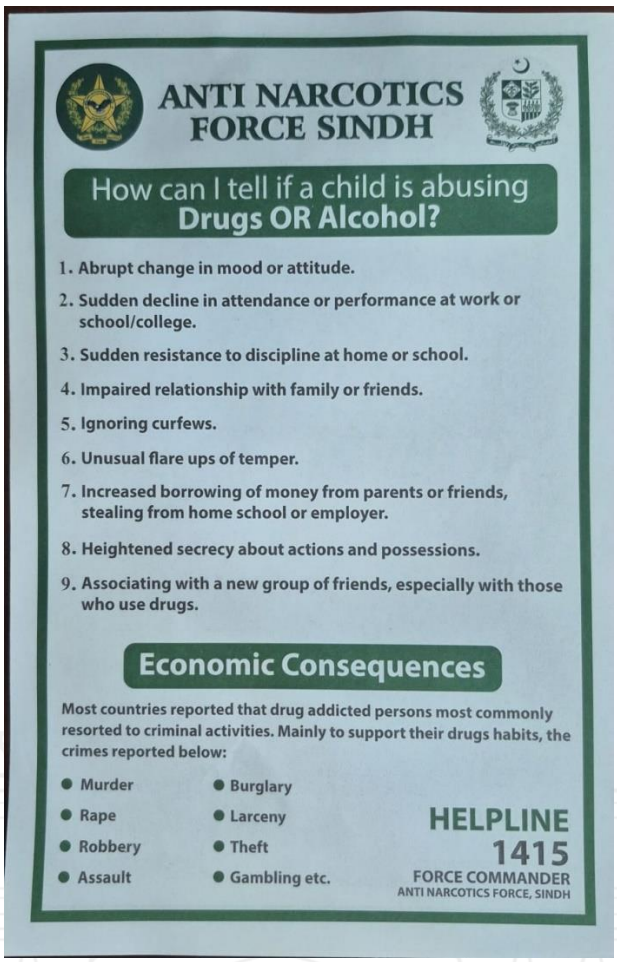






Collaboration with the Anti-Narcotics Force (ANF), Sindh

Liaquat University of Medical & Health Sciences (LUMHS) recognizes the importance of institutional collaboration in addressing the growing challenge of substance abuse among young people. Through its collaboration with the Anti-Narcotics Force (ANF), Sindh, the University promotes awareness, education, and preventive measures to discourage drug use and encourage a drug-free society. This collaboration supports the dissemination of educational materials and awareness messages highlighting the warning signs of drug and alcohol abuse, behavioural changes associated with substance misuse, and its potential health, social, and economic consequences. The initiative also emphasizes the importance of early identification, timely intervention, and seeking professional support. By engaging with a specialized law enforcement and narcotics prevention agency, LUMHS strengthens its efforts to educate students, encourage responsible decision-making, and foster a safe, healthy, and drug-free academic environment. This collaboration contributes to SDG 3 (Good Health and Well-being) and SDG 16 (Peace, Justice and Strong Institutions) through preventive health education, community awareness, and institutional partnerships.



LUMHS–University of Sindh Collaboration on Climate Action Awareness

Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, in collaboration with the **University of Sindh, Jamshoro**, organized an awareness session for students focusing on **Climate Action and Environmental Sustainability**. The initiative aimed to enhance students' understanding of climate change, its environmental and public health consequences, and the urgent need for collective action to address emerging climate challenges. The session provided an interactive platform for students to explore the impacts of rising temperatures, environmental degradation, pollution, water scarcity, and changing climatic patterns on communities and ecosystems. It also emphasized the role of young people and academic institutions in promoting environmentally responsible behaviors, sustainable lifestyles, resource conservation, tree plantation, and community-based climate initiatives. Through this inter-university collaboration, LUMHS and the University of Sindh strengthened academic engagement and knowledge sharing while encouraging students to become environmentally conscious citizens and active contributors to a climate-resilient society. This initiative reflects the universities' shared commitment to **SDG 13 (Climate Action), SDG 4 (Quality Education), SDG 11 (Sustainable Cities and Communities), and SDG 17 (Partnerships for the Goals)**.


SDG 13 CLIMATE ACTION
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SDG 13 CLIMATE ACTION
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Work, University of Sindh

Provision of Free Music Education to Underprivileged Children and Youth

Introduction

A significant initiative has been undertaken in Mithi, Tharparkar, to promote equitable access to music education and preserve the rich cultural heritage of Thari and Sindhi folk music through the establishment of the Saddique Faqeer Music Academy. The initiative is a collaborative effort between the Thar Foundation and the Saddique Faqeer Foundation, with the support and guidance of Ustad Rafique Faqeer. 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.

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.

Contribution to Sustainable Development

The initiative contributes to the broader principle of **inclusive and equitable access to education** by making music and cultural learning accessible to children and youth who may otherwise be excluded because of financial constraints.

It also supports community development by investing in young people's skills, creativity, cultural identity, and participation. The initiative demonstrates how partnerships between foundations, cultural practitioners, and local communities can create accessible educational opportunities for underserved populations.

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.

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.








MOU Signing
Ceremony