LIAQUAT UNIVERSITY
OF MEDICAL & HEALTH SCIENCES
JAMSHORO

SDG - 3
HEALTH
And Well-Being



LUMHS Contribution to SDG 3: Good Health and Well-being

Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, demonstrates a strong institutional commitment to Sustainable Development Goal 3 (SDG 3): Good Health and Well-being, which aims to ensure healthy lives and promote well-being for all at every age. As a leading public-sector medical university in Sindh, LUMHS advances this goal through an integrated approach encompassing quality healthcare delivery, medical education, clinical research, disease prevention, community engagement, and public health initiatives. Through its teaching hospitals and specialized healthcare facilities, the University provides free and subsidized medical services, specialist consultations, diagnostic investigations, and treatment to patients, with particular attention to economically disadvantaged and underserved populations. Beyond hospital-based services, LUMHS regularly extends healthcare to communities through free medical camps, mobile health services, school health programmes, preventive screening, and public awareness campaigns. The University also strengthens the healthcare system by educating and training future healthcare professionals, promoting mental health and well-being, supporting maternal and child health, addressing communicable and non-communicable diseases, and collaborating with government departments, national and international organizations, and community partners. Through these interconnected efforts, LUMHS contributes to improving healthcare accessibility, reducing health inequalities, promoting disease prevention, and strengthening the overall health and resilience of communities across Sindh. Its initiatives reflect a broader institutional vision of making quality healthcare more accessible, equitable, affordable, and responsive to the needs of society, in alignment with the United Nations 2030 Sustainable Development Agenda.

LUMHS Commitment to Universal Healthcare: Free and Subsidized Tertiary Medical Services and Community Health Outreach

Overview

Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, demonstrates its commitment to universal health coverage by providing accessible, affordable, and quality healthcare services through its teaching hospital and associated healthcare facilities. Serving as an important public-sector tertiary healthcare institution for the population of Sindh and surrounding areas, LUMHS provides a wide range of specialized medical, surgical, diagnostic, and preventive healthcare services. A fundamental principle of the University's healthcare mission is that financial hardship should not prevent individuals from receiving essential medical attention. Accordingly, the University provides numerous healthcare services free of cost, while other services are offered at subsidized and affordable rates. Special consideration is extended to patients from economically disadvantaged backgrounds who cannot afford treatment, enabling them to access necessary medical consultations, investigations, medicines, and specialist care. Through this approach, LUMHS seeks to reduce financial barriers to healthcare, promote social equity, and ensure that quality medical services remain accessible to vulnerable and underserved populations.

Free Tertiary Healthcare Services Through the Teaching Hospital

The LUMHS teaching hospital provides comprehensive tertiary healthcare services across multiple medical and surgical specialties, catering to patients requiring routine consultations, specialized investigations, emergency treatment, and advanced clinical management. Major areas of healthcare delivery include:

- Paediatrics: Medical assessment, diagnosis, and treatment of infants and children.
- Gynaecology and Obstetrics: Maternal healthcare, antenatal and postnatal services, reproductive healthcare, and management of gynaecological conditions.
- Ophthalmology: Eye examinations, diagnosis, treatment, and specialist eye care.
- Medicine and Allied Specialties: Diagnosis and management of acute and chronic medical conditions.
- Surgery and Allied Specialties: Surgical consultations, procedures, and postoperative care.
- Psychiatry and Mental Healthcare: Assessment, diagnosis, and management of mental health conditions.
- Emergency and Critical Care: Medical attention for patients requiring urgent and specialized intervention.
- Diagnostic and Laboratory Services: Clinical investigations and diagnostic support to facilitate accurate diagnosis and treatment.

These services play an important role in supporting patients who may otherwise face difficulties accessing specialist healthcare because of financial constraints. By maintaining free and affordable treatment options, LUMHS contributes to reducing the economic burden of illness on individuals and families, particularly those belonging to low-income and marginalized communities.

Subsidized Healthcare and Financial Assistance for Deserving Patients

In addition to free healthcare facilities, LUMHS follows an affordability-oriented approach through subsidized medical services and financial support for patients who cannot meet the cost of treatment. Patients with limited financial resources are provided opportunities to access essential healthcare without being excluded because of their economic circumstances. Depending on the nature of the service and the patient's financial situation, treatment, diagnostic investigations, and other healthcare facilities are provided free of cost or at nominal and subsidized rates.

This approach is particularly important for patients requiring repeated consultations, laboratory investigations, long-term treatment, and specialist medical care. By reducing out-of-pocket healthcare expenditure, the University helps families manage the financial consequences of illness and reduces the risk of delayed treatment due to economic hardship. This commitment reflects the University's broader responsibility as a public-sector medical institution to promote equitable healthcare access and prioritize the needs of vulnerable populations.

Regular Free Medical Camps and Community Outreach Programmes

Beyond its hospital-based healthcare services, LUMHS regularly organizes free medical camps and community outreach activities to extend healthcare facilities to underserved populations, particularly in rural and economically disadvantaged areas of Sindh. These initiatives bring healthcare professionals, specialists, faculty members, students, and volunteers closer to communities that may experience geographical, financial, and transportation-related barriers in accessing hospitals.

Scope of Services

- **Pediatric care:** Specialist outpatient, inpatient, and emergency services for infants and children, including neonatal and critical care where available.
- **Gynecology and obstetrics:** Antenatal, delivery, postnatal, and emergency obstetric services, contributing to the reduction of maternal and newborn mortality.
- **Eye care:** Diagnostic, medical, and surgical ophthalmology services, including cataract and other sight-restoring procedures.
- **Other tertiary services:** Advanced diagnostic, surgical, and specialty services, delivered at no cost to the patient.

Impact and Justification

LUMHS serves a large catchment of rural and low-income patients who would otherwise lack access to specialist care or face catastrophic out-of-pocket expenditure. By removing the financial barrier, the University directly advances universal health coverage and equitable access to quality care. The hospital also functions as a referral center for the province, relieving pressure on primary and secondary facilities. Because the services are integrated with teaching and training, they simultaneously build the healthcare workforce serving the region.


لمس هيلث سروس اسپتال جامشورو
OUTPATIENT DEPARTMENT (OPD) او پي ڊي
ايمبولينٽري ڪيئر
AMBULATORY CARE
CARE FOR WALK-IN PATIENTS
ڪنسلٽنٽ ڪلينڪس
CONSULTANT CLINICS
SPECIALIST DOCTOR CLINICS
ايگزيڪيوٽيو ڪلينڪس
EXECUTIVE CLINICS
PREMIUM PATIENT CLINICS


LUMHS HEALTH SERVICES HOSPITAL JAMSHORO
LUMHS LASER CENTRE
Kidney Centre
Vascular Surgery Centre
Surgery & Allied
OPHTHALMOLOGY DEPARTMENT
اکين جي اسپتال












GYNAE / OBS
PEDIATRIC DEPARTMENT
MOTHER & CHILD CARE
عورتن جي، زچگي ۽ پارڙن جي بيمارين جو شعبو





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SINDH INSTITUTE OF ENDOCRINOLOGY
& DIABETES LUMHS JAMSHORO


RECEPTION
استقباليه
صفائي جو خاص خيال رکو
اسپتال ۾ پان گهٽڪو
کائڻ سخت معنيٰ آهي






LUMHS HEALTH SERVICES
HOSPITAL
OTOLARYNGOLOGY - HEAD & NECK SURGERY
کان ناک حلق | کن نک گلو


RUCOBO


خبردار...!
RECEPTION
استقبالیہ

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Diagnostic Research Laboratory: Accessible and Affordable Healthcare

The **Diagnostic Research Laboratory at Liaquat University of Medical & Health Sciences (LUMHS)** provides quality diagnostic and laboratory testing services to support accurate diagnosis and timely treatment.

As part of its commitment to **SDG 3: Good Health and Well-being**, LUMHS ensures that essential diagnostic services are accessible to underserved communities. Patients attending **free medical camps organized by LUMHS across Sindh** receive required laboratory investigations and diagnostic testing as part of the healthcare services provided at these camps.

LUMHS also follows an **affordable healthcare model** through its Diagnostic Research Laboratory. Diagnostic services are provided **free of cost to patients who cannot afford them**, while those who can pay are charged **very nominal and affordable fees**. This approach helps reduce financial barriers to essential healthcare and promotes equitable access to diagnostic services.

The laboratory therefore contributes to:

- **Accessible healthcare** for underserved and vulnerable populations.
- **Early diagnosis and timely treatment** through quality laboratory testing.
- **Financially inclusive healthcare** by providing free services to non-affording patients.
- **Community health promotion** through diagnostic support at LUMHS medical camps across Sindh.
- **Reduction of health inequalities** by ensuring that inability to pay does not prevent access to essential diagnostic services.

Through these services, LUMHS strengthens its contribution to **SDG 3**, particularly by promoting universal access to essential healthcare and supporting improved health outcomes among economically disadvantaged and underserved communities.


LIAQUAT UNIVERSITY OF MEDICAL & HEALTH SCIENCES
LUMHS LAB
DIAGNOSTIC & RESEARCH LABORATORY
LUMHS Health Services Hospital Jamshoro
24 Hours Service
WARNING
CCTV


لیاقت یونیورسٹی آف میڈیکل اینڈ ہیلتھ سائنسز
لمس لیب
LIAQUAT UNIVERSITY OF MEDICAL & HEALTH SCIENCES
LUMHS LAB
DIAGNOSTIC & RESEARCH LABORATORY
LUMHS Health Services Hospital Jamshoro
24 Hours Service
چوبیس گھنٹے خدمت






NAFINA


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

Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, organized a Free Medical Camp and Mobile Medical Clinic in an underserved rural community of Sindh as part of its commitment to promoting accessible, affordable, and equitable healthcare for all. The initiative brought together LUMHS faculty members, medical professionals, SDG volunteers, and student volunteers to extend essential healthcare services beyond the University campus and reach individuals and families facing financial, geographical, and transportation-related barriers to medical facilities. Through the mobile medical clinic, the healthcare team took medical expertise and essential health services directly to the community, providing an opportunity for underserved populations to receive medical consultations, preliminary health assessments, preventive healthcare guidance, and appropriate medical advice. The participation of faculty members and medical professionals ensured the involvement of qualified healthcare personnel, while student and SDG volunteers contributed to community mobilization, patient facilitation, and health awareness. Beyond providing immediate medical assistance, the initiative aimed to strengthen community engagement, encourage early healthcare-seeking behaviour, promote disease prevention, and raise awareness about the importance of maintaining good health and well-being. This outreach activity reflects LUMHS's institutional commitment to social responsibility and healthcare equity by prioritizing vulnerable populations and bringing essential medical services closer to communities that need them most. It directly contributes to SDG 3 (Good Health and Well-being) by improving access to healthcare and promoting preventive health practices

2. 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.
- Strengthen the university's contribution to health equity and sustainable community development.

3. 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

The mobile model supports in collaborations with Government of Sindh, 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 collaboration with provincial Government

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.






فري جنرل ميڈيکل ڪيمپ
17 سيپ 20 نومبر 2025


مهمان خاص: پاکٹر سید امداد علي شاهه
تعاون کندڙ: نالي وارو ليڪ محمد خان ابڙو صاحب
22984406 امام علي ڏيڻو 03003274221 رابطي لاءِ: منظور حسين جمالي
تاريخ: 23 نومبر 2025 وقت: صبح 9 بجي کان شام 4 بجي تائين
نوٽ: رت جون چڪاسون پڻ ڪيون ويندیون




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SINDH
MOBILE CLINIC


"جنرل مفت ميڈيڪل ڪئمپ"
SFO
JAVED KHAN



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 behaviors 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.




HAND WASH TECHNIQUES




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IRM SMART SCHOOL
Medical Health Check Up
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3 GOOD HEALTH AND WELL-BEING
SCHOOL
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Free Eye Camp at Manchar Lake

Free Eye Checkup and Medicines for the Community

Background

Eye diseases and visual impairment are common in underserved communities, where access to eye specialists and affordable treatment is limited. In line with its commitment to community service and public health, Liaquat University of Medical and Health Sciences (LUMHS) organised a free eye camp at Manchar.

Objectives

- To provide free eye examinations to community members
- To distribute free medicines to patients in need
- To promote early detection of eye disease and awareness of eye health
- To strengthen LUMHS's engagement with the communities it serves

Activity

LUMHS conducted a free eye camp at Manchar a rural costal area, offering free eye checkups and free medicines to patients. More than 300 patients were examined, the department of Ophthalmology including team of senior specialists and SDG volunteers provided services such as vision screening, spectacles or referral for surgery, free medicines were distributed to the patients.

Outcomes

- Community members received eye examinations and medicines at no cost
- Access to eye care was extended to an underserved area
- Patients requiring further treatment were identified for referral [confirm if applicable]
- Awareness of eye health and community trust in LUMHS were strengthened





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Free Medical Camp for Women and Child Health

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, 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.

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 to LUMHS tertiary care hospital
- Health awareness and community trust in LUMHS were strengthened


DONATED BY:





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Community Outreach Program health and hygiene activity at Dar-ul-Sukun

Liaquat University of Medical & Health Sciences (LUMHS) organized a community outreach programme at **Dar-ul-Sukun, Rashidabad, Tando Allahyar, on 29 May 2025**, reaffirming its commitment to accessible healthcare, community welfare, and inclusive well-being. Dar-ul-Sukun provides shelter and care for vulnerable individuals, including homeless people, persons with disabilities, elderly residents, and orphans. Recognizing the healthcare needs of these communities, LUMHS extended its professional services beyond the university campus to support the health and well-being of the residents.

The programme included **health checkups, oral hygiene services for elderly residents, and a health awareness session** designed to promote preventive healthcare and encourage healthy practices. The health checkups provided an opportunity to assess residents' health needs and identify concerns requiring further attention. Oral health services were particularly important for older adults, as maintaining oral hygiene contributes to comfort, nutrition, general health, and quality of life. The awareness session further emphasized the importance of personal hygiene, preventive health practices, and timely access to healthcare. Through direct interaction with residents and caregivers, the programme helped promote health awareness and reinforce the importance of compassionate, respectful, and person-centred care.

This initiative reflects LUMHS's broader role as a public-sector health sciences university committed to serving communities beyond its institutional boundaries. By engaging with a care

facility supporting individuals from diverse and often vulnerable backgrounds, the university demonstrated how its healthcare expertise and professional knowledge can be translated into meaningful community service. The programme also highlighted the importance of inclusive healthcare that recognizes the needs and dignity of older adults, persons with disabilities,



homeless individuals, and children requiring additional care and protection.

The outreach programme contributes directly to **SDG 3: Good Health and Well-being** by promoting access to health checkups, oral healthcare, and preventive health education. Overall, the activity demonstrates LUMHS's commitment to social responsibility, equitable healthcare, community engagement, and the promotion of health and dignity for all.

LUMHS contributes to SDG 3 by taking healthcare directly to elderly people, a group that often faces limited mobility, limited family support, and barriers in accessing health services. Health checkups at the facility allow common conditions to be identified early and referred for further care where needed, supporting **Target 3.8**, which promotes access to essential quality health services.

Oral hygiene services addressed a frequently overlooked aspect of elderly health, since poor oral health can affect nutrition, general health, and quality of life. The health-related session promoted awareness of healthy ageing and self-care, which promotes health and well-being.

The program also reflects the University's commitment to the principle of leaving no one behind, by reaching vulnerable populations outside the campus and hospital setting. It complements the University's school-based health checkup camp at IRM Smart School and its other community-oriented activities, demonstrating a consistent institutional commitment to community health outreach.


DAR-UL-SUKUN









World AMR Awareness Week 2025 at LUMHS

World AMR Awareness Week is observed globally each year from 18 to 24 November to raise awareness of antimicrobial resistance (AMR) and to promote the responsible use of antimicrobials. In 2025, the observance was held under the theme "Act Now: Protect Our Present, Secure Our Future," underscoring the urgency of collective action against a threat that undermines modern medicine and global health security. Pakistan carries a high burden of AMR, making sustained awareness, stewardship, and surveillance a national priority. As a partner institution in the Fleming Fund-supported national AMR surveillance system, funded through UK aid under the Fleming Fund Country Grant, Liaquat University of Medical & Health Sciences (LUMHS) marked the 2025 observance on 24 November 2025 with a seminar and an awareness walk. These activities brought together faculty, students, clinicians, and staff to promote prudent antimicrobial use, strengthen understanding of the risks of resistance, and reaffirm the University's commitment to infection prevention, evidence-based practice, and the global effort to safeguard effective treatments for present and future generations.

Objectives

- To raise awareness of AMR among students, faculty, clinicians and the community
- To promote rational antibiotic use and infection prevention practices
- To recognize contributions to strengthening AMR surveillance
- To strengthen partnerships with national and international AMR stakeholders

Activities

Awareness Seminar / Programme
LUMHS faculty, SDG Volunteer students and invited guests attended a programme under the 2025 theme, supported by the Fleming Fund, DAI, Mott MacDonald and UK aid. A Certificate of Appreciation was presented during the event.

AMR Awareness Walk

An awareness walk was held to promote public and institutional understanding of AMR. Participants carried banners and placards with messages on responsible antibiotic use, completing prescribed courses, hand hygiene and infection prevention.

Outcomes

- Increased awareness of AMR among participants
- Public advocacy for responsible antibiotic use through the awareness walk
- Formal recognition of contributions to AMR surveillance
- Strengthened partnership with the Fleming Fund and DAI Pakistan

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OVERALL REPORT ON
SUSTAINABLE DEVELOPMENT GOAL NO.3

LIAQUAT UNIVERSITY
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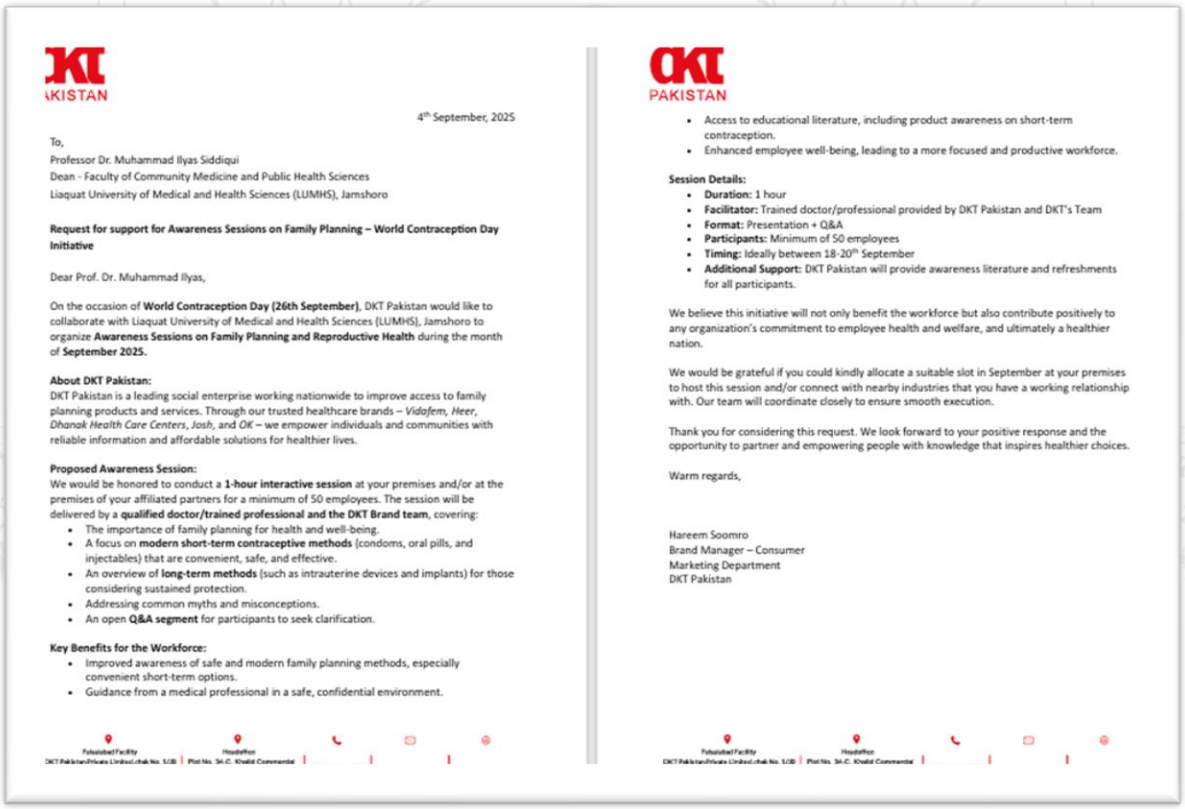
Awareness Workshop on Family Planning, Reproductive and Sexual Health in collaboration with DKT Pakistan

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, held an Awareness Workshop on Family Planning, Reproductive and Sexual Health in collaboration with DKT Pakistan. Organized under the leadership of the Dean of the Faculty, the workshop was convened at LUMHS Jamshoro to promote informed decision-making, strengthen understanding of modern contraceptive methods, and encourage responsible reproductive and sexual health practices among the university community. The initiative directly advances SDG 3: Good Health and Well-being, particularly Target 3.7, which calls for universal access to sexual and reproductive health-care services, including family planning, information, and education. It also supports SDG 4 (Quality Education) by enhancing health literacy and knowledge among students and future health professionals, and SDG 17 (Partnerships for the Goals) by demonstrating the value of collaboration between academia and a leading development partner. Through this engagement, LUMHS reaffirmed its commitment to community-oriented public health education, evidence-based awareness, and the promotion of healthier families and communities.

Participation

Faculty members, postgraduate students and SDG volunteers of LUMHS actively participated in the workshop.



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.

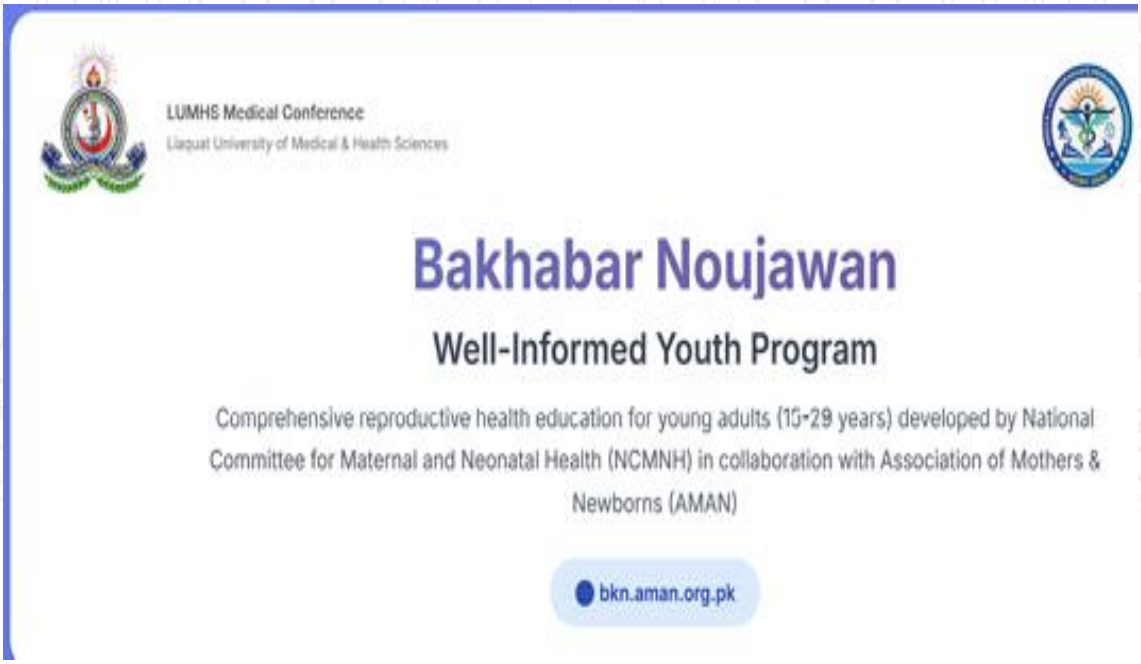
Thank you for considering this request. We look forward to your positive response and the opportunity to partner and empowering people with knowledge that inspires healthier choices.

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, organized a Training of Trainers (ToT) under the Bakhabar Noujawan initiative in collaboration with the Association for Mothers and Newborns (AMAN). The training aimed to strengthen participants' capacity to promote life skills education and improve awareness of reproductive and sexual health, particularly among young people. The session introduced participants to the fundamental concepts of life skills, emphasizing their importance in developing informed decision-making, effective communication, critical thinking, self-awareness, and responsible behaviours. It also provided an introduction to the Bakhabar Noujawan digital platform, which serves as an accessible resource for reproductive and sexual health information and education. Through the Training of Trainers approach, participants were equipped with the knowledge and skills to further disseminate this information within their respective communities and institutions, particularly among adolescents and young people. This cascading model of learning extends the impact of the initiative beyond the immediate participants, enabling wider community awareness, promoting informed health choices, and supporting young people's well-being. The initiative reflects LUMHS's commitment to SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), SDG 5 (Gender Equality), and SDG 17 (Partnerships for the Goals) through health education, capacity building, youth empowerment, and collaboration with civil society organizations.

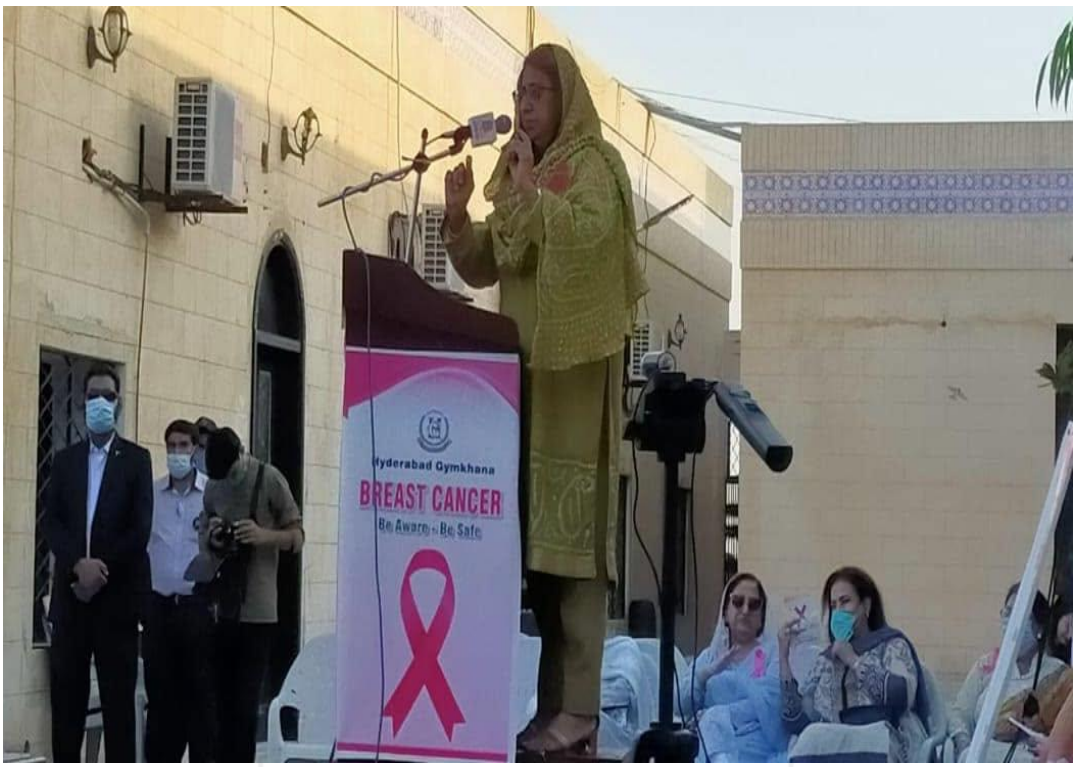


Breast Cancer Awareness Program

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.






Hyderabad Gymkhana
BREAST CANCER
Be Aware - Be Safe


BREAST
CANCER
Be Aware - Be Safe
Begum Samina Arif Alvi
Wife of the President of
Pakistan

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 / 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.






MERF
SPO
mmunity-Based Management
ute Malnutrition (CMAM) Training
9th December-2025
Civil Society and
Sector in Si

Urology Conference (HUC25)

. Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, hosted the 2nd Hyderabad Urology Conference (HUC25) from 17–19 April 2025, in collaboration with the Pakistan Association of Urological Surgeons (PAUS), Hyderabad Chapter, providing an important academic and professional platform for advancing urological education, clinical expertise, and surgical practice in Pakistan. The conference primarily focused on the advancement of reconstructive urology, bringing together urologists, surgeons, postgraduate trainees, medical students, and other healthcare professionals for scientific discussions, expert-led presentations, clinical learning, and professional exchange. The event aimed to enhance participants' knowledge of contemporary developments in urology, promote the adoption of advanced surgical techniques, and strengthen clinical competencies in the diagnosis and management of complex urological conditions. It also provided opportunities for continuing professional development, enabling specialists and trainees to exchange clinical experiences, discuss emerging evidence, share best practices, and explore innovative approaches to patient management. Through scientific sessions and interaction with experienced professionals and visiting faculty, the conference encouraged knowledge transfer, interdisciplinary learning, and the dissemination of evidence-based clinical practices. Furthermore, the collaboration between LUMHS and PAUS demonstrated the importance of partnerships between academic institutions and professional medical associations in strengthening specialist education, promoting research, and improving healthcare standards. By hosting this scientific gathering, LUMHS reinforced its role as a center for postgraduate medical education, specialist training, and professional development while contributing to the advancement of urological services in the country. The conference directly supports SDG 3 (Good Health and Well-being) through the promotion of improved clinical knowledge and quality healthcare, SDG 4 (Quality Education) through continuing medical education and professional capacity development, and SDG 17 (Partnerships for the Goals) through institutional collaboration and professional engagement with national and international medical experts.

Outcome

The conference gave specialists and trainees access to advanced training in reconstructive urology, strengthened ties between LUMHS and the national urology community, and confirmed the university as a host of national-level scientific even

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PAEDIATRICS CONFERENCE
2025
DEFINING BOUNDRIES AMONG
GENERAL & SPECIALITY
PAEDIATRIC CARE
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Pre-Conference Workshop: Communication Skills for Effective Counselling (MURC-2025)

As part of the Medical Undergraduate Research Conference (MURC-2025), the Department of Medicine, Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, organized a pre-conference workshop titled "Ways to Make Our Graduates an Effective Counsellor: Communication Skills" to strengthen the communication and counselling competencies of undergraduate medical students. The workshop emphasized the importance of effective communication as an essential component of professional medical practice, highlighting the role of empathy, active listening, clear information sharing, ethical conduct, confidentiality, and patient-centred interaction in building trust between healthcare professionals, patients, and their families. It aimed to equip future medical graduates with the practical skills required to communicate sensitive health information, understand patients' concerns, respond appropriately to emotional needs, support informed decision-making, and provide guidance in a respectful and compassionate manner. The session also highlighted the importance of effective counselling in improving patient understanding, treatment adherence, health awareness, and overall healthcare experiences. By incorporating communication and counselling skills into undergraduate medical education, LUMHS promotes a holistic approach to medical training that goes beyond clinical knowledge and technical expertise to develop competent, compassionate, and socially responsible healthcare professionals. This initiative directly contributes to SDG 4 (Quality Education) by promoting competency-based learning and strengthening essential professional skills among future graduates, while also supporting SDG 3 (Good Health and Well-being) through improved patient-provider communication, ethical counselling, and the delivery of responsive, patient-centred healthcare services.

Workshop Content

The facilitated sessions covered:

- ethical principles in patient communication;
- breaking bad news;
- explaining an investigation to a patient;
- handling a difficult patient;
- anger management;
- time management;
- role plays for practising the skills.

Outcome

Participants practised the core communication skills that clinical work requires, such as delivering difficult news and managing challenging encounters. The workshop reflects LUMHS's commitment to developing students as competent, ethical and compassionate health professionals, and to integrating skills training with undergraduate research activity.




MURC-2025
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COUNSELLOE: COMMUNICATION SKILLS
WORKSHOP FACILITATOR
CHIEF GUEST :
PROF. DR. IKRAM DIN UJJAN
WORTHY VICE CHANCELLOR
GUEST OF HONOR:
PROF. DR. MOIN AHMED ANSARI
DEAN-MEDICINE & ALLIED SCIENCES
PROF. DR. MANZOOR LAKHAIR
CHAIRMAN CONFERENCE

Workshop on surgical skills for students of LUMHS and Medical colleges of the region

Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, organized a Workshop on Surgical Skills for medical students of LUMHS and other medical colleges of the region, with the aim of strengthening practical competence among future doctors. The workshop brought together undergraduate students from across the region to learn essential surgical techniques through structured, hands-on training under the guidance of experienced surgeons and faculty members. Participants were introduced to fundamental procedural skills, including aseptic technique, handling of surgical instruments, suturing and knot tying, and the principles of safe surgical practice, thereby bridging the gap between theoretical knowledge and clinical application. By opening the platform to students of neighboring medical colleges, LUMHS fostered inter-institutional collaboration, peer learning, and the exchange of academic experience across the region. The workshop directly supports SDG 3 (Good Health and Well-being) by contributing to a skilled and competent health workforce, SDG 4 (Quality Education) through experiential, competency-based learning, and SDG 17 (Partnerships for the Goals) through collaboration among medical institutions. Through this initiative, LUMHS reaffirmed its commitment to excellence in medical education, skill development, and the preparation of confident, capable healthcare professionals for the communities they will serve.




Tonoflex-P


WORKSHOP
Tonoflex-P
Relieves moderate to severe pain at multiple sites






4th TUTORIAL
BASIC SURGICAL SKILLS
WORKSHOP
FOR FINAL YEAR MBBS STUDENTS, HOUSE
SURGEONS AND POSTGRADUATE
CHIEF ORGANISE
CERTIFICATE


4th TUTORIAL
BASIC SURGICAL SKILLS
WORKSHOP
FOR FINAL YEAR MBBS STUDENTS, HOUSE
SURGEONS AND POSTGRADUATE
Suturing Technique| knotting Technique|
Gloving & Gowning| Surgical Instruments|
Nutritional Assessment
CHIEF ORGANISER
PROF. DR. RASOOL BUX BEHAN
MBBS, MS (General Surgery)

INTERNATIONAL COLLABORATION FOR MENTAL HEALTH

Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, recognizes mental health as an essential component of overall health and well-being and supports national and international efforts aimed at strengthening mental health services, professional capacity, research, and community-based interventions. As a health sciences university, LUMHS promotes academic and professional engagement in mental health through education, research, clinical practice, capacity building, and collaboration with national and international institutions and organizations.

One example of international engagement relevant to mental health is participation in the **Problem Management Plus (PM+) Training of Trainers Workshop**, a capacity-building initiative involving international partners and organizations working in global mental health.

International Mental Health Collaboration

LUMHS's engagement with international mental health initiatives provides opportunities for:

- Knowledge exchange in contemporary mental health approaches.
- Capacity building of healthcare professionals and trainers.
- Exposure to internationally developed mental health interventions.
- Strengthening community-based mental health services.
- Development of skills in psychological and psychosocial interventions. Academic and professional networking with national and international mental health institutions.
- Promotion of evidence-based approaches to mental health care.

Problem Management Plus (PM+) Training of Trainers

The documentary provided evidence shows a **National Workshop on Training of Trainers for Problem Management Plus (PM+)**.

The workshop was organized by the:

Centre for Global Mental Health Research Implementation & Development (GRID)
Institute of Psychiatry, Rawalpindi Medical University

The activity represents an important example of collaboration and knowledge transfer in the field of global mental health.

Problem Management Plus (PM+) is a structured psychological intervention designed to provide support to people experiencing common mental health difficulties, particularly in settings where access to specialist mental health services may be limited.

Training-of-trainers programmes are particularly valuable because they allow trained professionals to disseminate knowledge and skills to a wider group of healthcare providers and community-based practitioners.

International Partners and Supporting Organizations

The workshop documentation displays the logos of several organizations involved in or supporting the initiative, demonstrating the international dimension of the programme.

The organizations displayed include:

- **Pakistan Psychiatric Society**
- **IMPACT**
- **NIHR – National Institute for Health and Care Research**
- **UK International Development**
- Other institutional and academic partners displayed on the workshop banner.

The involvement of organizations associated with the **United Kingdom's international development and health research ecosystem**, together with national psychiatric and academic institutions, reflects a broader international approach to strengthening mental health capacity.

Capacity Building

Faculty and healthcare professionals can gain exposure to internationally recognized approaches to psychological and psychosocial care.

Knowledge Exchange

International programmes provide opportunities for exchange of knowledge, experiences, training methodologies, and evidence-based practices.

Research Collaboration

International mental health networks can support collaborative research on:

- Mental health and well-being
- Community mental health
- Psychological interventions
- Mental health of vulnerable populations
- Maternal and adolescent mental health
- Mental health in underserved communities
- Disaster and emergency mental health

Community Mental Health

PM+ and similar interventions emphasize accessible psychological support, making them particularly relevant to communities where specialist mental health services may be limited.

Institutional Benefits of International Collaboration

International mental health collaborations can strengthen LUMHS by:

1. Enhancing the capacity of faculty and healthcare professionals.
2. Promoting evidence-based mental health interventions.
3. Supporting interdisciplinary education and training.
4. Creating opportunities for collaborative research.
5. Developing international academic and professional networks.
6. Improving community-oriented mental health services.
7. Supporting student and faculty exposure to global mental health practices.
8. Strengthening LUMHS's contribution to SDG 3 and SDG 17.

Conclusion

LUMHS recognizes that improving mental health requires collaboration beyond institutional and national boundaries. Engagement with international mental health initiatives provides opportunities for **capacity building, knowledge exchange, research collaboration,**






National Program
for
Problem Management Plus Pakistan






Organized by
Centre for Global Mental Health Research Implementation & Development (GRID)
Institute of Psychiatry,
Rawalpindi Medical University, Rawalpindi
UK International Development




INTRODUCTIONS



LUMHS Participated in International Psychiatric Conference

Postgraduate Residents (PGs) of the Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS), participated in the 24th International Psychiatric Conference, held on 2nd-3rd January 2025 at Serena Hotel, Islamabad, and organized by Global Research & Innovation in Psychiatry (GRID), Rawalpindi Medical University. The two-day conference provided a national and international academic platform for psychiatrists, researchers, and trainees to exchange current evidence, clinical experience, and emerging developments in mental health care. Participation allowed the residents to broaden their clinical and scientific knowledge, engage with experts and peers from across the country and abroad, and strengthen their professional networks. The engagement supports SDG 3 (Good Health and Well-being), particularly Target 3.4 on the promotion of mental health and well-being, by contributing to a better-trained mental health workforce, and SDG 4 (Quality Education) through continuing professional development. Through this participation, the Department of Psychiatry reaffirmed LUMHS's commitment to postgraduate training, evidence-based practice, and the advancement of mental health services in the region.

Participation and Benefits

Participation gave PGs valuable national-level exposure to current psychiatric practices, research developments, expert-led academic discussions, and professional networking. Such engagement contributes significantly to the continuing academic development of postgraduate trainees and encourages their involvement in research, evidence-based clinical practice, and broader developments in mental healthcare.

LUMHS Initiatives for Mental Health Education, Suicide Prevention and Adolescent Well-being

The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS), undertook a series of academic and capacity-building initiatives during 2025 to promote mental health education, strengthen psychiatric knowledge, and enhance awareness and prevention of mental health challenges, particularly bipolar disorder, suicide risk, and adolescent emotional distress. These initiatives provided opportunities for postgraduate residents, house officers, teaching faculty, students, and other participants to strengthen their clinical competencies, exchange professional knowledge, and improve their understanding of mental health issues.

The series commenced on 29 May 2025 with the Olanzia Psych Quest: Presentation Competition, supported by Werrick Pharmaceuticals. The academic competition focused on bipolar disorder and provided postgraduate residents with a platform to explore its clinical presentation, diagnosis, management, and related psychiatric considerations. Through structured presentations and academic discussions, participants enhanced their clinical reasoning, critical thinking, communication, and scientific presentation skills. The competition also encouraged peer learning and healthy academic engagement, while the Best Presenter received a gift in recognition of their performance and academic excellence.

Subsequently, on 26 September 2025, the Department organized an academic session on Suicide Prevention, featuring presentations by Dr. Urooj Din, Dr. Asjad Gul, and House Officer Dr. Almas. The session addressed essential aspects of suicide prevention, including the

identification of warning signs, suicide risk assessment, understanding risk and protective factors, and appropriate preventive strategies. It provided an interactive academic learning opportunity for postgraduate residents, house officers, teaching faculty, students, and participating community members, promoting greater awareness of suicide prevention and strengthening the clinical and communication skills of young healthcare professionals.

Continuing these efforts, on 10 October 2025, the Department organized a specialized workshop titled "Healing Young Minds: Strategies for Adolescent Emotional Wellbeing & Suicide Prevention", facilitated by Dr. Aatir Hanif Rajpoot, Assistant Professor of Psychiatry, LUMHS. The workshop was designed for postgraduate residents and teaching faculty associated with the Psychosocial and Wellbeing Center, LUMHS, with particular emphasis on strengthening the mental health team's capacity to support university students and adolescents. Key areas included the early recognition of emotional distress, suicide risk assessment, preventive approaches, and timely clinical intervention. The activity promoted the importance of early identification and appropriate mental health support in improving adolescent well-being.

These academic activities were conducted under the leadership and support of Dr. Jamil Junejo, Head of the Department of Psychiatry, LUMHS, reflecting the Department's commitment to continuous professional development, academic excellence, and the integration of mental health awareness into medical education and clinical practice.

Collectively, these initiatives demonstrate LUMHS's sustained institutional commitment to Sustainable Development Goal 3 (Good Health and Well-being), particularly Target 3.4, which emphasizes the promotion of mental health and well-being and the reduction of premature mortality. They also contribute to SDG 4 (Quality Education) by providing structured learning, professional development, and opportunities for knowledge exchange among healthcare professionals and postgraduate trainees. By strengthening the capacity of future mental health practitioners to recognize psychiatric conditions, identify psychological distress, assess suicide risks, and facilitate timely interventions, LUMHS contributes to improving the quality of mental healthcare, supporting adolescent and student well-being, and extending the benefits of mental health education to the wider community.




BIPOLAR DISORDER





World Mental Health Day 2025

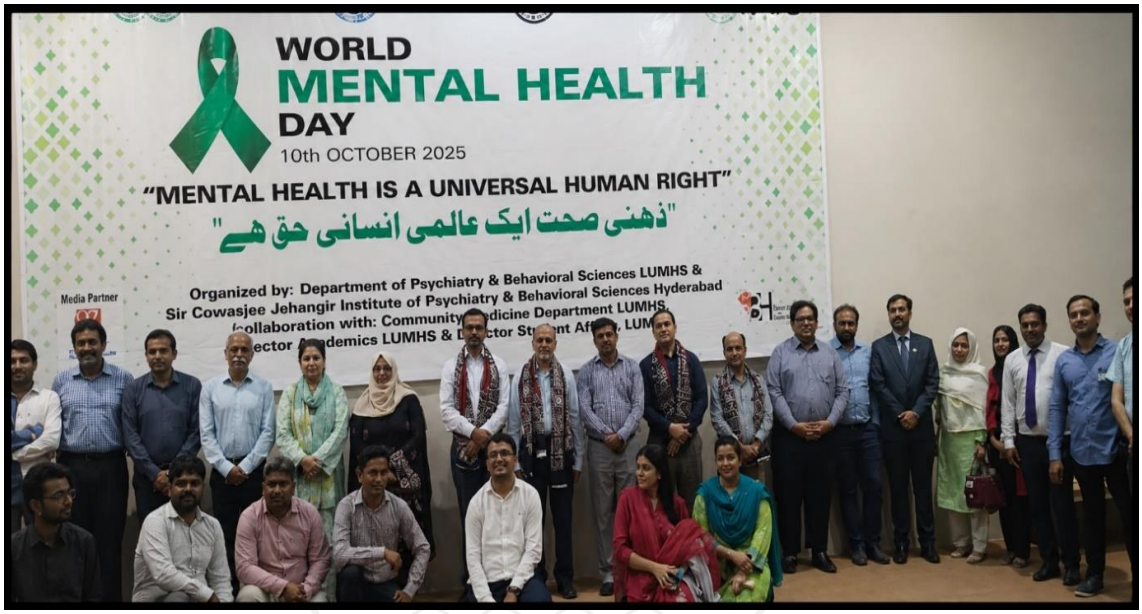
On 15 October 2025, the Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, commemorated World Mental Health Day 2025 through an awareness event held at Latif Hall, LUMHS, with the active participation of postgraduate residents and faculty members. The event aimed to highlight the importance of mental health as an essential component of overall health and well-being, promote public awareness, encourage early recognition of mental health conditions, improve understanding of available mental health services, and address the social stigma associated with mental illness. Through academic engagement and awareness activities, the Department emphasized the importance of creating an environment in which individuals feel comfortable discussing psychological difficulties and seeking professional support without fear of discrimination or social judgment. The participation of postgraduate residents and faculty members also reflected LUMHS's commitment to integrating mental health advocacy into medical education, clinical practice, and community awareness. The initiative highlighted the importance of timely identification, appropriate psychiatric care, and accessible mental health services in improving individual and community well-being. By commemorating this internationally recognized day, LUMHS reinforced its institutional commitment to Sustainable Development Goal 3 (Good Health and Well-being), particularly Target 3.4, which emphasizes the promotion of mental health and well-being. The event also contributed to reducing misconceptions surrounding mental illness, encouraging help-seeking behavior, and fostering a more informed, supportive, and stigma-free society.



Early recognition and access to care. The event emphasized recognizing the early signs of mental illness and the importance of accessible care. Early identification improves outcomes and reduces the risk of long-term disability and premature mortality, in line with **Target 3.4**, which promotes mental health and well-being.

Advocacy and community education. The active contribution of postgraduate residents and faculty members shows the involvement of clinicians in translating specialist knowledge into community education, extending the University's role beyond clinical service to public engagement on health. Several members of community attended the event.

- Student engagement in public advocacy and dialogue
- Strengthened inter-institutional linkages


WORLD
MENTAL HEALTH
DAY
10th OCTOBER 2025
"MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT"
"ذهنی صحت ایک عالمی انسانی حق ہے"
Media Partner


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




"Access to Services
Getz



Awareness walk on world mental health day



Community awareness through FM radio



26th National Psychiatric Conference, Pakistan Psychiatric Society (PPS): LUMHS participation

The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS), participated in the 26th National Psychiatric Conference of the Pakistan Psychiatric Society (PPS), held from 31 October to 2 November 2025 at Mövenpick Hotel, Karachi, under the theme "Breaking Barriers, Building Resilience." The conference brought together psychiatrists, postgraduate trainees, researchers, and mental health professionals from across Pakistan to exchange professional experiences, discuss emerging challenges in mental healthcare, and explore contemporary developments in psychiatric research, diagnosis, and treatment. The participation provided LUMHS postgraduate residents with valuable opportunities for academic learning, exposure to current evidence-based clinical practices, professional networking, and interaction with leading mental health experts. A notable highlight was the participation of LUMHS Psychiatry postgraduate residents in the "Doctors Got Talent" skit, through which they demonstrated creativity, teamwork, confidence, and talents beyond their clinical responsibilities. Their performance provided the LUMHS delegation with a positive presence at the national forum and highlighted the importance of balancing professional commitments with personal development, collegiality, and psychological well-being. The Department's participation reflects its commitment to continuous professional development, holistic postgraduate training, and active engagement with national psychiatric platforms. The conference also reinforced the importance of breaking barriers to mental healthcare, including stigma, limited public awareness, and gaps in access to psychiatric services, while promoting resilience among patients and healthcare professionals. This initiative contributes directly to Sustainable Development Goal 3 (Good Health and Well-being), particularly Target 3.4, through strengthening mental health education, professional capacity, and the quality of psychiatric care. It also forms part of LUMHS's broader engagement with national and



international psychiatric forums during 2025, alongside participation in the 24th International Psychiatric Conference held on 2–3 January 2025 and various departmental academic sessions,



workshops, and mental health awareness activities, demonstrating the University's sustained commitment to advancing mental health education, strengthening clinical competencies, and promoting accessible, quality mental healthcare.

1st International Child & Adolescent Psychiatry Conference (Child PSYCON 2025)

Overview

The Department of Psychiatry, LUMHS, participated in the 1st International Child & Adolescent Psychiatry Conference (Child PSYCON 2025), held on 28th to 29th November 2025 in Lahore. The delegation of postgraduate residents was accompanied by Dr. Aatir H. Rajpoot, who led the Department's participation. The conference provided valuable opportunities for research dissemination, academic exchange, and professional development in child and adolescent psychiatry.

Achievement

Dr. Nakash Channa, Postgraduate Resident, LUMHS, secured **3rd Place in the Research Poster Presentation Competition**. This achievement reflects the quality of research undertaken by LUMHS trainees and the Department's commitment to academic excellence and research advancement.

LUMHS contributes to SDG 3 by building specialist knowledge and research capacity in child and adolescent mental health, an area where early identification and intervention can significantly improve long-term outcomes. Participation in the first international conference dedicated to this field exposed postgraduate residents to current evidence, clinical approaches, and research developments, strengthening the quality of mental healthcare they provide to children, adolescents, and families. This supports **Target 3.4**, which promotes mental health and well-being.

The presentation of original research at an international forum also demonstrates the University's investment in evidence-based practice. By encouraging trainees to generate and share research, LUMHS contributes to the wider knowledge base on mental health needs in the region.

The activity builds on the Department's earlier work on adolescent mental health, including the workshop on Adolescent Emotional Wellbeing and Suicide Prevention (10th October 2025), and forms part of its continuing engagement with national and international psychiatric platforms during 2025. Together, these activities reflect a consistent institutional commitment to mental health education, research, prevention, and care.









LIAQUAT UNIVERSITY
OF MEDICAL & HEALTH SCIENCES
JAMSHORO

LUMHS Advances Integrated Mental and Physical Healthcare Through International Seminar on Psych dermatology

On 6 April 2025, the Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, organized a specialized academic seminar titled "Basics of Psych dermatology: Psychological Dimensions of Skin Disease" at the IT Hall, Postgraduate Centre, LUMHS. The seminar was delivered by Dr. Muhammad Jafferany, Professor of Psych dermatology, Psychiatry and Behavioral Sciences, Central Michigan University College of Medicine, USA, an internationally recognized expert in the field. The session focused on the close relationship between psychological well-being and dermatological conditions, highlighting how skin diseases can affect an individual's emotional health, self-esteem, social interactions, and quality of life, while psychological distress may also influence the onset, severity, and progression of certain skin disorders. The resource person discussed psychiatric comorbidities associated with dermatological conditions, the importance of recognizing psychological symptoms in patients presenting with skin diseases, and the clinical application of an integrated biopsychosocial approach to diagnosis and treatment. The seminar provided postgraduate residents and participating faculty with valuable insights into the emerging field of psych dermatology, strengthened their understanding of the interaction between physical and mental health, and encouraged multidisciplinary collaboration between psychiatry and dermatology. Hosting an international expert also provided an opportunity for academic exchange, exposure to global clinical perspectives, and enhancement of postgraduate medical education through specialized knowledge sharing. This initiative reflects LUMHS's commitment to Sustainable Development Goal 3 (Good Health and Well-being), particularly Target 3.4, by promoting mental health awareness and strengthening the capacity of healthcare professionals to address the psychological dimensions of physical illness. It further reinforces the University's focus on holistic, integrated, and patient-centred healthcare, ensuring that the emotional and psychological needs of patients are considered alongside their physical health, and forms part of the Department of Psychiatry's broader programme of academic seminars, professional development activities, workshops, and mental health awareness initiatives during 2025.




TOSHIBA
BASIC OF PSYCHODERMATOLOGY:
PSYCHOLOGICAL DIMENSIONS

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.

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.



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
DINERS



Collaboration with Sir Cowasjee Jehangir Institute for Mental Health Support

Liaquat University of Medical and Health Sciences (LUMHS) collaborates with Sir Cowasjee Jehangir Institute to strengthen mental health awareness, support and services within the community. Through this partnership, LUMHS contributes its academic expertise, professional healthcare knowledge and institutional resources to support initiatives addressing mental health challenges.

The collaboration reflects a shared commitment to promoting psychological well-being, improving awareness of mental health issues, reducing stigma associated with mental illness and facilitating access to appropriate mental health support. Such institutional partnerships are particularly important in addressing the mental health needs of vulnerable populations and strengthening community-based mental health services.

Through engagement with non-governmental and community-oriented organizations, LUMHS extends its contribution beyond conventional healthcare delivery and supports a more inclusive approach to mental health promotion.



Physical Activity Awareness Session

On 21 August 2025, Liaquat University of Medical & Health Sciences (LUMHS) organized a physical activity session led by a professional physical trainer. The session aimed to motivate participants to adopt regular exercise as part of a healthy lifestyle and to raise awareness of the role of physical activity in preventing lifestyle-related and non-communicable diseases.

The trainer guided participants through practical exercises and shared simple, accessible ways to remain physically active in daily routines. Participants were encouraged to build sustainable habits that support physical fitness, mental wellbeing, and overall quality of life.

This activity reflects the university's commitment to promoting health and wellbeing among its community and aligns with SDG 3 (Good Health and Well-being). *The* participant group included students, faculty, staff, and the session was open to general community members,

Physical Activity and sports

Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, recognizes that physical activity and sport are essential to the health, well-being and personal development of its students, and it organizes sports activities for them throughout the academic year. To support this, the University provides two sports complexes together with several open spaces for physical activity and recreational sports, which are available for organized events, training and informal exercise. These facilities allow students to take part in team and individual sports, helping them maintain physical fitness, manage academic stress, build teamwork, discipline and leadership skills, and form social connections across programs and disciplines. Regular physical activity is especially valuable for students of medicine, dentistry and allied health sciences, whose demanding schedules can limit time for exercise. By making sports facilities accessible to students, LUMHS promotes a healthy campus environment and supports a



balanced student life. [Add, if applicable, the sports offered, annual events or inter-departmental tournaments, and the number of student participants.] The University also extends the use of its sports facilities to children from local schools, widening access to physical activity beyond the campus community. These initiatives contribute to SDG 3 (Good Health and Well-being), particularly Target 3.4 on the promotion of well-being, and to SDG 4 (Quality Education), by supporting holistic student development, and to SDG 10 (Reduced Inequalities) by broadening access to sports and recreation facilities.









LUMHS shares Sports facilities with underprivileged schools and 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.

Strengthening University–School Partnerships

The regular invitation of schools to use LUMHS sports facilities demonstrates the university's commitment to meaningful community engagement. By making its sports infrastructure accessible to schoolchildren, LUMHS fosters partnerships with educational institutions and creates opportunities for interaction between school communities and the university.

These activities also provide a practical platform for promoting health awareness and encouraging schools to incorporate physical activity into children's daily lives. The initiative illustrates how higher education institutions can contribute to community health not only through medical education and healthcare services but also through the responsible use of their infrastructure and resources.


















Butterfly






BankIslami
BEST ISLAMIC
BANK







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 opened to the **general community every Saturday and Sunday from 5:00 pm to 7:00 pm**.

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.

This is particularly relevant to the University's contribution to **SDG 3: Good Health and Well-being**, as THE's Sustainability Impact Ratings methodology specifically recognizes the sharing of sports facilities with the local community and health outreach activities involving sports and exercise.

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.

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.

Through its sports complexes, gymnasium, and community access initiatives, LUMHS demonstrates how university infrastructure can be transformed into a practical mechanism for promoting population health. The University's contribution extends from providing facilities for its own students and employees to creating opportunities for local residents and schools to participate in 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





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SPORTS FESTIVAL

The Art of Becoming: Student Well-being and Creative Engagement

Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, organized "The Art of Becoming," a creative art and self-expression session designed to promote students' mental health, emotional well-being, and personal development through artistic engagement. The activity brought students together in a relaxed, welcoming, and supportive environment where they had the opportunity to paint, draw, explore their creativity, and share ideas and experiences with their peers beyond the formal classroom setting. The session aimed to provide students with a positive outlet for expressing their emotions, thoughts, and individuality through creative activities while offering relief from academic pressure and everyday stress. It also encouraged self-discovery, confidence, mindfulness, peer interaction, and the development of meaningful social connections among students. By creating an inclusive space where students could participate freely, appreciate different perspectives, and express themselves without academic expectations, the initiative contributed to fostering a supportive campus culture that recognizes the importance of psychological and emotional well-being alongside academic achievement. This activity reflects LUMHS's commitment to SDG 3 (Good Health and Well-being) by promoting mental health, stress reduction, and emotional resilience, while also supporting SDG 4 (Quality Education) through holistic student development and the creation of a positive, inclusive, and supportive learning environment.

Students took part actively and collaboratively, and the event strengthened the culture of student well-being and engagement at LUMHS. It forms part of the university's wider commitment to supporting the health and development of its students.



LIAQUAT UNIVERSITY
OF MEDICAL & HEALTH SCIENCES
JAMSHORO





OVERALL REPORT ON
SUSTAINABLE DEVELOPMENT GOAL NO.3


ART OF
BECOMING
ART OF BECOMING




COMING
ART OF BECOMING
INTERACTIVE TALK & CANVAS PAINTING
Ms Arosha Rani