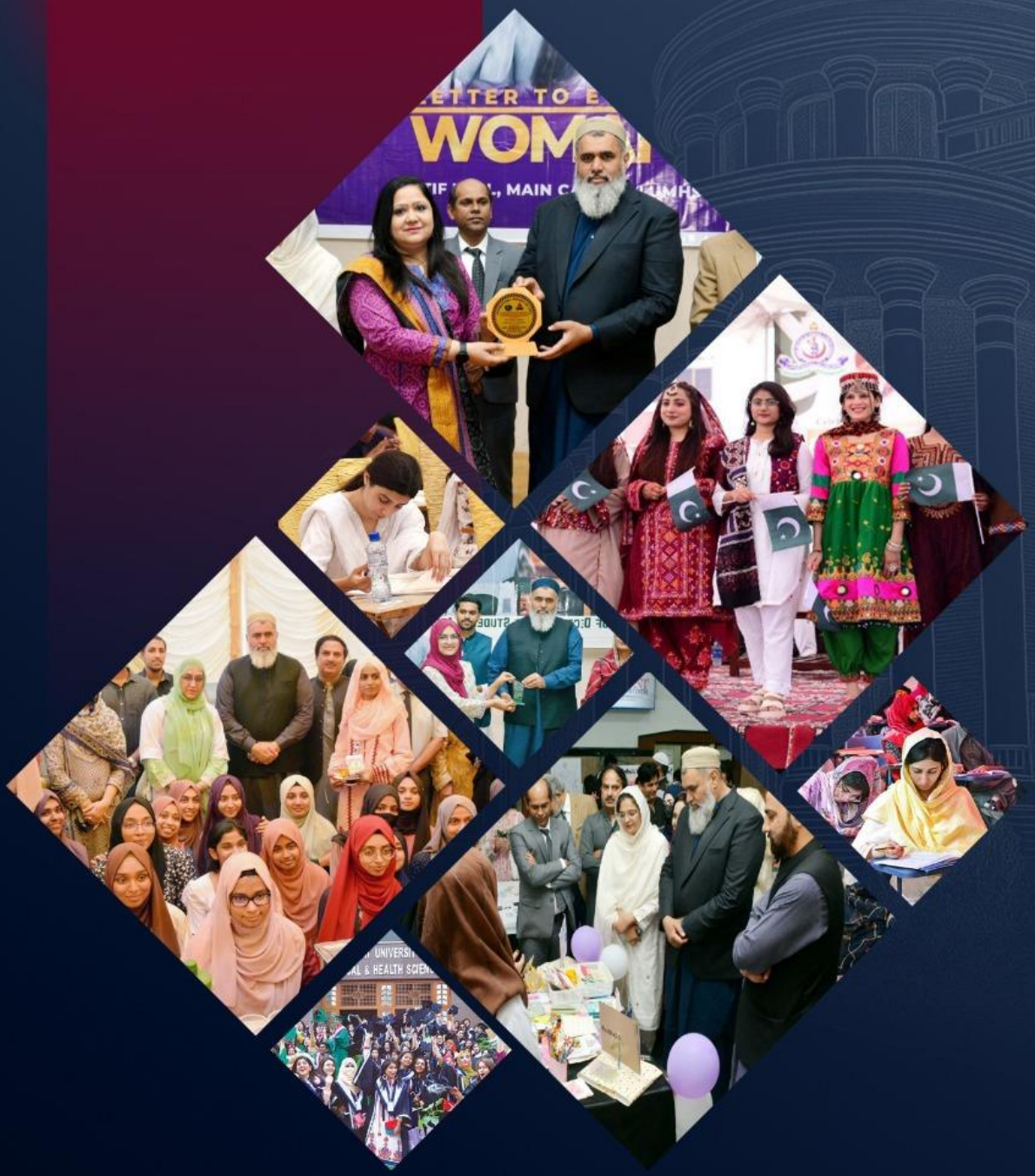
LIAQUAT UNIVERSITY
OF MEDICAL & HEALTH SCIENCES
JAMSHORO

SDG-5

GENDER EQUALITY



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LUMHS's Commitment to Girls' Education, Women's Empowerment and Gender Equality (SDG 5)

Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, demonstrates a strong institutional commitment to **Sustainable Development Goal 5 (Gender Equality)** by promoting girls' education, expanding women's access to higher education, fostering female leadership, and creating equal opportunities for women in academic, professional, and social spheres.

Situated in the rural context of Sindh, where girls' access to education is often constrained by socioeconomic challenges, traditional gender roles, limited educational opportunities, and concerns regarding safety and mobility, LUMHS plays a particularly important role in transforming educational opportunities for women. In many surrounding rural communities, girls face considerable barriers to continuing their education beyond the primary level. Against this backdrop, the University serves as an important gateway to higher education, enabling young women to pursue professional qualifications, develop independent careers, and participate meaningfully in society.

Liaquat University of Medical & Health Sciences (LUMHS) is committed to an inclusive academic and working environment, and its policies ensure equal opportunity for all students, faculty, and staff without discrimination on the basis of gender, ethnicity, religion, disability, or socioeconomic background. In line with SDG 5 (Gender Equality), the University promotes the participation, safety, and advancement of women across all levels of the institution. The celebration of International Women's Day reaffirms this commitment by recognizing women's contributions to education, healthcare, research, and institutional leadership.

Promoting Girls' Access to Higher Education

LUMHS promotes girls' education through inclusive, merit-based admission policies that provide female students with opportunities to pursue higher education across medical, dental, pharmaceutical, nursing, physiotherapy, biomedical engineering, public health, and other academic disciplines. By providing access to professional education throughout the region, the University helps reduce geographical and social barriers that might otherwise prevent girls from pursuing university-level studies. A substantial proportion of the University's student population comprises women, reflecting their growing participation in higher education and professional development.



Creating a Safe and Supportive Learning Environment

Recognizing that safety, accessibility, and family confidence are important determinants of girls' educational participation, LUMHS provides an institutional learning environment that encourages female students to pursue their academic ambitions. Through its academic facilities, student support mechanisms, campus environment, and institutional policies, the University promotes dignity, respect, equal treatment, and freedom from gender-based discrimination. Such an environment helps build confidence among female students and encourages families from surrounding communities to support their daughters' pursuit of higher education.

Ensuring Equal Opportunities and Merit-Based Institutional Policies

The University upholds merit-based principles in its academic admissions, recruitment, professional development, and administrative processes. Female students and employees are encouraged to participate equally in teaching, research, training, leadership, and institutional decision-making. LUMHS also promotes women's representation in academic and administrative positions, recognizing their contributions to institutional governance, research productivity, healthcare delivery, and educational advancement.

Empowering Women through Education and Professional Development

Beyond providing academic qualifications, LUMHS enables women to acquire professional competencies, research skills, leadership capabilities, and economic independence. Female graduates enter the healthcare and education workforce as doctors, dentists, nurses, pharmacists, researchers, academicians, and healthcare professionals. In this way, educating a girl at LUMHS creates benefits that extend beyond the individual student to families,

communities, and the wider healthcare system.

Community Engagement and Women's Health Awareness

Through the Department of Community Medicine and other relevant academic departments, the University contributes to women's empowerment through community outreach, health education, and awareness initiatives. These activities address maternal health, reproductive health, preventive healthcare, women's well-being, and the importance of equal access to healthcare and education, particularly in underserved communities.

Transforming Educational Opportunities for Women in Rural Sindh

LUMHS recognizes that girls' education is not merely an educational concern but a fundamental driver of social transformation, poverty reduction, improved health outcomes, and sustainable community development. By opening access to professional higher education for young women from rural and underserved backgrounds, the University helps challenge traditional barriers, expand aspirations, and create pathways towards social and economic mobility.

For LUMHS, educating a girl means empowering a future healthcare professional, strengthening a family, transforming a community, and investing in the next generation. Through its inclusive educational opportunities, merit-based institutional practices, supportive campus environment, and commitment to women's professional advancement, LUMHS continues to contribute to a more equitable society in which girls and women can learn, lead, excel, and shape their own futures.

The University's contribution to SDG 5 therefore extends beyond gender representation within its campus: it encompasses the broader mission of making higher education accessible to girls, particularly those whose educational opportunities have historically been limited by their social and geographical circumstances.

"Breaking Barriers, Opening Doors: LUMHS Empowering Girls through Higher Education."




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LUMHS Ensures to Include Girls in Sports Activities






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Representation of women in administrative positions and Statutory Bodies





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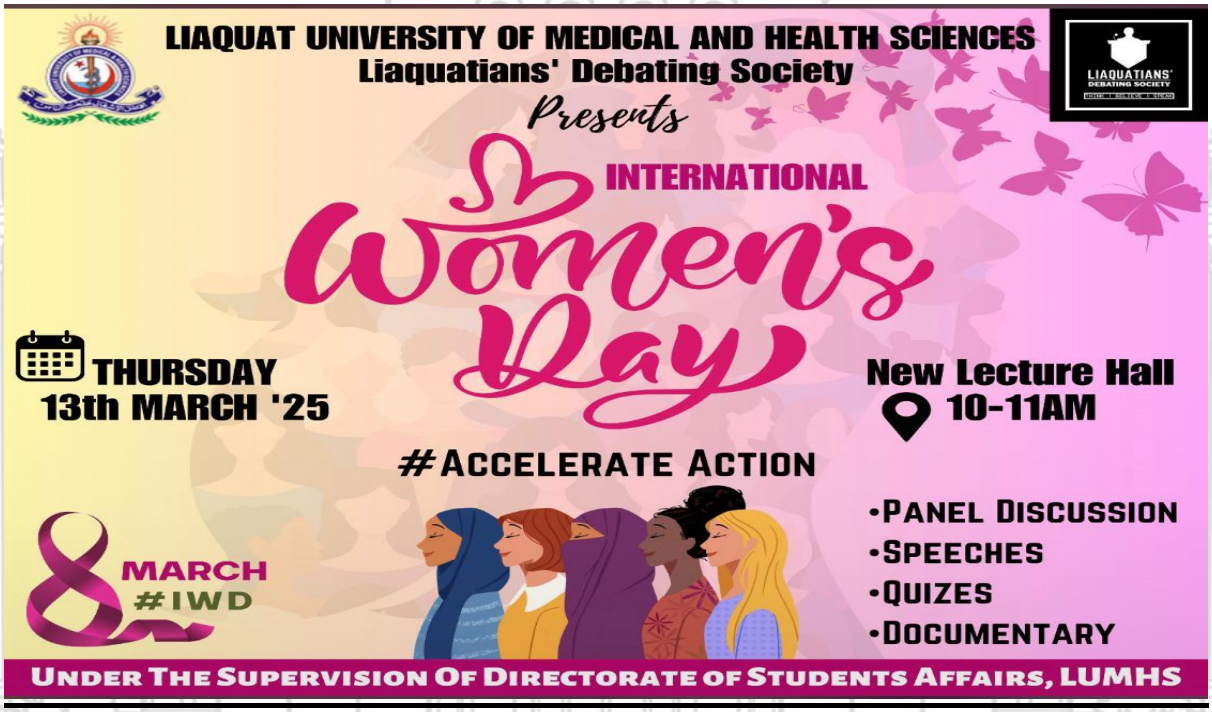
International Women's Day

Liaquat University of Medical & Health Sciences (LUMHS) celebrates International Women's Day to recognize and appreciate the achievements, contributions, and leadership of women in education, healthcare, research, and society. The University uses this occasion to promote gender equality, women's empowerment, equal opportunities, and respect for women's rights and dignity. As an institution with a significant proportion of female students and women professionals, LUMHS emphasizes the importance of creating an inclusive, safe, and supportive academic and professional environment that encourages women's participation in leadership, decision-making, and career advancement. Through this celebration, the University reaffirms its commitment to SDG 5 (Gender Equality) and SDG 10 (Reduced Inequalities) by advocating equal opportunities, recognizing women's accomplishments, and promoting a society where every woman and girl can realize her full potential.




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







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Together for Health, Stand with Science: Capacity Building Workshop on Obstetric

To commemorate World Health Day under the theme "Together for Health, Stand with Science," Liaquat University of Medical & Health Sciences (LUMHS), in collaboration with Thar Foundation and the Health Department, Government of Sindh, organized a hands-on capacity-building workshop on obstetric emergencies for midwifery students at the Midwifery School, Mithi, Tharparkar. The initiative aimed to strengthen participants' knowledge, clinical competencies, and practical skills in recognizing and managing obstetric emergencies, thereby enhancing their preparedness to provide timely and effective maternal healthcare. By investing in the professional development of future midwives in an underserved region, the workshop contributed to improving maternal health outcomes, promoting women's well-being, strengthening healthcare education, and advancing equitable access to quality maternal healthcare services. The initiative supported SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), SDG 5 (Gender Equality), and SDG 17 (Partnerships for the Goals) through collaborative efforts to strengthen maternal healthcare capacity in Tharparkar.

Objectives

- To strengthen the clinical competencies of midwifery students in managing obstetric emergencies.
- To raise awareness of key women's health issues.
- To promote collaboration among academia, government and development partners for maternal health.

Training Content and Methodology

The training was led by **Dr. Samia Aijaz**, Assistant Professor and Uro-Gynecologist, LUMHS. It covered the management of obstetric emergencies and key women's health issues through:

- practical demonstrations;
- skill-building exercises;
- interactive sessions.

Outcomes

- Participants gained practical skills in managing obstetric emergencies.
- Representatives of all partner organizations acknowledged the vital role of Thar Foundation and LUMHS in strengthening maternal healthcare through capacity building and awareness programmes.
- The event strengthened partnerships between the university, the provincial health department and community organizations.

Conclusion

The workshop contributed to building the capacity of future midwives in Tharparkar and demonstrated LUMHS's commitment to community-oriented health education and to improving maternal health outcomes in Sindh.






health.
science


HUBCO
Certificate of Participation
for health.
with science



Girl's SCHOOL HEALTH CAMP

On 13 May 2025, Liaquat University of Medical & Health Sciences (LUMHS) organized Karwan-e-Sehat – a School Health Camp at Government Girls High School, LUMHS Colony, Jamshoro, with the aim of promoting preventive healthcare and improving the health and well-being of school-going children, particularly girls. The initiative benefited approximately 400 female students by providing accessible basic health screening, medical consultations, and health education in a safe, supportive, and gender-sensitive school environment. The camp focused on identifying common health concerns at an early stage, raising awareness about personal hygiene, healthy lifestyles, nutrition, and preventive healthcare, and encouraging students to adopt positive health practices and seek timely medical assistance when needed. By extending healthcare services beyond the university campus and directly engaging with a public-sector school, LUMHS demonstrated its commitment to community outreach, girls' health, and equitable access to essential healthcare services. This initiative contributed particularly to SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), and SDG 5 (Gender Equality) by promoting health awareness, supporting girls' well-being, and creating opportunities for healthier and more informed futures.

Objectives

The major objectives of the school health camp were to:

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

Activity Description

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

Health Screening and Medical Consultation

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

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

Medical Service Desks

Five dedicated service desks were established:

No.	*Medical Desk*	*Service Provided*
1	General Physician	General medical assessment and consultation
2	Nursing	Basic health assessment and nursing support
3	ENT	Ear, nose and throat screening
4	Pediatrics	Pediatric assessment and consultation
5	Dentistry	Basic dental screening and oral-health guidance

Health Awareness and Education

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

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

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

Health Data and Research

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

Key Outcomes

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

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

Significance of the Initiative

Karwan-e-Sehat demonstrates LUMHS's commitment to extending its academic and healthcare expertise beyond the university campus and contributing to the health and well-being of the wider community.

The initiative is particularly significant in its focus on **girls' health**, combining preventive healthcare, health education, and gender-sensitive service delivery. By bringing basic

healthcare and health awareness directly to a school setting, the activity contributed to creating a healthier and more supportive environment for students to learn and develop.

The initiative also reflects the role of student engagement and community partnerships in advancing the University's contribution to the SDGs.








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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) at the Department of Community Medicine, LUMHS. The training aimed to strengthen participants' capacity to promote life skills education and improve young people's awareness and understanding of sexual and reproductive health through the introduction of a dedicated digital learning platform, Bakhabar Noujawan. The session covered the fundamentals of life skills education and familiarized participants with the platform's features and educational resources related to reproductive health. Using a Training of Trainers approach, the initiative equipped participants with the knowledge and skills required to further disseminate accurate, age-appropriate, and evidence-based information among young people within their respective institutions and communities, thereby extending the impact of the training beyond the initial participants. This collaborative initiative demonstrated LUMHS's commitment to promoting reproductive health awareness, empowering young people with essential life skills, supporting informed health decisions, and strengthening partnerships for community health education. It contributed to SDG 3 (Good Health and Well-being), particularly Target 3.7 on sexual and reproductive health services and education, while also supporting SDG 4 (Quality Education), SDG 5 (Gender Equality), and SDG 17 (Partnerships for the Goals).



Liaquat University of Medical and health Sciences has developed the university infrastructure during last decade the primary objective is to provide best possible services to students , faculty and staff but services are not limited to also shares all these facilities with general community and also schools wit limited resources share the sports and physical facilities at LUMHS has two sports complexes one for male and one females

LUMHS shares Sports facilities with general public

Inclusive Access to Sports, Exercise and Physical Activity

Over the past decade, Liaquat University of Medical and Health Sciences (LUMHS) has substantially expanded and upgraded its physical infrastructure to create a healthier, safer, and more supportive environment for students, faculty, staff, and the wider community. As a health sciences university, LUMHS recognizes that good health and well-being extend beyond clinical care and treatment and include prevention, physical activity, fitness, recreation, mental well-being, and the promotion of healthy lifestyles.

A key element of this commitment is the development of sports and physical activity facilities that are not restricted exclusively to the University community. LUMHS seeks to use its institutional infrastructure as a community resource, providing opportunities for people from surrounding communities and schools with limited resources to participate in sports, exercise, and other health-promoting activities.

Shared Sports Facilities for Community Well-being

LUMHS maintains **two dedicated sports complexes**, one for male users and one for female users. These facilities provide safe, accessible, and gender-appropriate environments for sports, exercise, recreation, and physical activity. The availability of separate facilities helps encourage participation among both men and women and supports an inclusive approach to health promotion.

The University's investment in sports infrastructure provides opportunities for regular physical activity, which is an important component of preventive health and healthy living. These facilities can also promote social interaction, reduce sedentary lifestyles, support stress management, and contribute to physical and psychological well-being.

Importantly, LUMHS extends the benefits of these facilities beyond its own students and employees. **Schools with limited resources and members of the surrounding community are provided opportunities to access and benefit from the University's sports and physical activity infrastructure.** This approach enables LUMHS to contribute to health promotion at the community level and demonstrates the University's commitment to using its resources for broader social benefit.

Community Access to the LUMHS Gymnasium

In addition to its sports complexes, LUMHS operates a **state-of-the-art gymnasium** that primarily serves students, faculty, and staff. Recognizing the importance of physical fitness and preventive health for the wider population, the gymnasium is also open to the **general community**.

This regular, scheduled access provides community members with an opportunity to engage in structured exercise and fitness activities. Rather than being a one-time outreach activity, the arrangement provides a recurring mechanism through which members of the public can benefit from LUMHS health-promoting infrastructure.

Supporting Healthy Lifestyles among Young People

LUMHS also recognizes the importance of developing healthy behaviors during childhood and adolescence. By facilitating access to sports and physical activity opportunities for local schools, particularly schools with limited resources, the University helps create opportunities for young people to participate in exercise and recreational activities.

Such engagement can contribute to the development of lifelong healthy habits and awareness of the importance of physical activity. It also provides an opportunity for LUMHS to connect its health sciences mission with community-based health promotion and prevention.

Promoting Physical and Mental Well-being

The University's sports and fitness facilities contribute to a holistic understanding of health by promoting both **physical and mental well-being**. Regular exercise and participation in sports can support physical fitness while also providing opportunities for recreation, social interaction, stress reduction, confidence building, and positive engagement.

For a health sciences university, these activities complement LUMHS's wider contributions to health education, disease prevention, community outreach, clinical services, research, and health promotion. The University's approach therefore reflects the principle that prevention and healthy lifestyles are fundamental components of a sustainable health system.

Inclusion, Accessibility and Social Responsibility

LUMHS's decision to extend appropriate access to its facilities beyond its immediate University population reflects its broader commitment to **social responsibility and inclusive community engagement**. University infrastructure represents a significant institutional resource, and LUMHS seeks to maximize its social value by creating opportunities for communities and schools that may have fewer resources for sports and physical activity.

These initiatives demonstrate LUMHS's commitment to:

- **Promoting healthy and active lifestyles**
- **Supporting physical and mental well-being**
- **Encouraging preventive health practices**
- **Providing community access to sports and exercise facilities**
- **Supporting physical activity among young people**
- **Creating inclusive and gender-appropriate spaces for exercise**
- **Reducing inequalities in access to recreational and health-promoting facilities**
- **Strengthening university-community engagement**
- **Using university infrastructure for wider social benefit**

Through this integrated approach, LUMHS goes beyond the traditional role of a university by actively contributing to the health and well-being of the population it serves. Its shared sports and fitness facilities represent a tangible example of **SDG 3 in action**, demonstrating LUMHS's commitment to healthier individuals, stronger communities, inclusive access, and a healthier and more sustainable future.

Girls Gymnasium






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