LIAQUAT UNIVERSITY
OF MEDICAL & HEALTH SCIENCES
JAMSHORO

SDG - 4

QUALITY EDUCATION



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LUMHS Hosted Vocational Training for Midwives: The Immediate Help to Save Life of Mother and Child

LUMHS organizes short vocational and capacity-building programmes for participants who are not enrolled at the University. One example is "Together for Health, Stand with Science", a hands-on workshop on obstetric emergencies. It was organized by LUMHS in collaboration with the Thar Foundation and the Health Department, Government of Sindh, for midwifery students of the Midwifery School Mithi. The workshop aimed to strengthen participants' clinical competencies in managing obstetric emergencies, raise awareness of key women's health issues, and promote collaboration among academia, government and development partners for maternal health in an under-served district. The programme supports SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), SDG 5 (Gender Equality) and SDG 17 (Partnerships for the Goals).

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.

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.


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WORLD HEALTH DAY


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Pulse Point-Basic Life Support (BLS) Training

Activity Title: Pulse Point (BLS)
Venue: LUMHS, Jamshoro
Participants: 60 students (30 per day)

Background

Timely first response in medical emergencies, such as cardiac arrest, choking and burns, significantly improves survival outcomes. Pulse Point was organized to equip students from diverse disciplines with essential Basic Life Support (BLS) knowledge and practical skills. The training was open to students of medical colleges outside LUMHS, reflecting its primary objective: to include diverse groups of students and prepare a growing number of individuals able to provide life-saving support to people in emergencies.

Objectives

- To train students from diverse disciplines and institutions in core life-saving skills
- To build confidence in responding to medical emergencies

- To widen access to BLS training beyond LUMHS by including students from other medical colleges
- To strengthen collaboration between the university and its teaching hospital

Activity Description

The two-day training was conducted in collaboration with the Emergency Department of Liaquat University Hospital. Thirty students attended each day, divided into five groups that rotated through five hands-on stations:

Station	Skill
1	Automated External Defibrillator (AED)
2	Cardiopulmonary Resuscitation (CPR)
3	Choking Management
4	Basic Airway Management
5	Burn Management

At each station, trained professionals provided a demonstration followed by supervised practice. Certificates were awarded to all participants on completion.






Golden Rules of Burn First Aid






TRAINING







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Basic Life Support (BLS) Training for Community Workers & Health Professionals

The Department of Community Medicine and the Skills Lab, Liaquat University of Medical & Health Sciences (LUMHS), organized a **Basic Life Support (BLS) workshop** for community workers and health professionals, with participation from representatives of various community organizations.

The workshop focused on developing participants' knowledge and practical skills in **basic life-saving techniques**, enabling them to respond effectively to medical emergencies and provide immediate assistance before specialized medical care becomes available. Through practical demonstrations and hands-on training, participants were introduced to essential emergency response and life-support skills.

The initiative demonstrates LUMHS's commitment to **community engagement, capacity building, and strengthening community-level health preparedness**. By empowering community workers and health professionals with essential life-saving competencies, LUMHS contributes to improved emergency response and better health outcomes.







