



LIAQUAT UNIVERSITY OF MEDICAL & HEALTH SCIENCES JAMSHORO

SMOKE-FREE POLICY

Introduction

Liaquat University of Medical and Health Sciences is committed to promote health and wellbeing of students, faculty, staff and visitors. In line with aim the university has created environment of no smoke, no tobacco policy. The policy is implemented and strictly followed in campus.

Purpose: To promote a healthy and safe environment by prohibiting smoking and tobacco use in Liaquat University of Medical and Health Sciences, Jamshoro.

Scope:

This policy applies to all:

- Students
- Faculty
- Employees
- Visitors

Policy Statement:

Liaquat University of Medical and Health Sciences, Jamshoro is committed to maintaining a smoke-free environment. Smoking and tobacco use are prohibited on all premises, including:

- Buildings
- Grounds
- Parking areas
- Company vehicles
- Outdoor areas

Prohibited Products:

- Cigarettes
- Cigars
- Pipes

- Electronic cigarettes (e-cigarettes)
- Vaping devices
- Chewing tobacco
- Snuff
- All other tobacco products

Responsibilities:

- Employees: Comply with policy, report violations.
- Management: Enforce policy, provide support.
- Security: Monitor premises, address violations and report to the authority.

Consequences of Non-Compliance:

- Verbal warning (first offense)
- Written warning (second offense)
- Disciplinary action (third offense)
- Termination (repeated offenses)

Support for Quitting:

- Smoking cessation programs
- Counseling services
- Nicotine replacement therapy (NRT)
- Prescription medications

Signage:

- Clear signage indicating smoke-free premises
- Posted at entrances, exits, and throughout premises

Effective Date:

Review and Revision: This policy will be reviewed and revised as necessary.

Benefits:

- Improved health and well-being
- Reduced risk of smoking-related illnesses
- Increased productivity
- Cleaner environment
- Compliance with regulations

LUMHS has established a complaint process for policy violations.

- Communicate policy to contractors, vendors and visitors.
- Post policy on company website and intranet.
- Review and update policy annually.



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POST EVENT REPORT

COMPLAINT WITH SMOKE FREE POLICY
(HEALTH AND WELLBEING: CLEAN, GREEN &
SMOKE FREE LUMHS)

YEAR - 2023

Health and wellbeing: Clean, Green and Smoke free LUMHS **Campus**

LUMHS has taken a proactive stance against tobacco use, enforcing a comprehensive policy of HEC for Tobacco and smoke-free policy as mandated by the HEC. This uniform ban promotes wellness, prevents health risks, and protects individuals' wellbeing. Regular monitoring and policy updates ensure ongoing effectiveness, underscoring LUMHS's dedication to a healthy, smoke-free campus and its alignment with SDG 3.

Liaquat University of Medical and Health Sciences (LUMHS) has embarked on a comprehensive green initiative, transforming its campus into a sustainable oasis. Strategic tree planting, landscaping, and gardening efforts aim to bolster green cover, counteract air pollution, and cultivate a healthier environment. By incorporating an array of oxygen-enriching and air-purifying plant species, LUMHS enhances its aesthetic appeal while promoting improved air quality, reduced carbon emissions, and increased biodiversity. Through diligent maintenance, the university reaffirms its dedication to environmental responsibility, aligning with SDGs 11, 12, and 13.





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POST EVENT REPORT - 2023



LUMHS campus (Green & Smoke Free)



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