



LUMHS NEWS BULLETIN

MARCH 2019



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Editor's Note

It is an Honor to present this LUMHS News Bulletin on the gracious occasion of the 18th LUMHS Convocation. This publication presents an overview of Academic, Social, Sports and Extra Curricular activities of this university.

This could not have been possible without dedicated efforts and Leadership of the worthy Vice Chancellor Professor Bikha Ram Devrajani.

Dr. Asadullah Makhdoom



Meeting with Health Minister Govt. Of Sindh



A team of consultants from various specialties led by the Vice Chancellor LUMHS Prof. Bikha Ram Devrajani attended a meeting convened by Minister Health, Government of Sindh at Mithi to discuss the health issues being faced by the people of Tharparkar. The Vice Chancellor offered and extended his full support on behalf of Liaquat University of Medical & Health Sciences to facilitate Health Department to arrange Medical Camps at the remote areas of the District.

Health Services at Remote and Rural Areas



LUMHS has a trend of providing health services at remote and rural areas, which includes Medical camps and awareness stalls regarding common health issues of local people. This event was arranged at village Rahmore, Distt Umerkot, and attended by more than a thousand participants. Around 600 patients were treated by Physicians, Gynecologist, Pediatrician and Dentist, whereas awareness sessions on Nutrition, Healthy lifestyle, Safe drinking water, Hygiene and sanitation, Reproductive health and Oral health were conducted by Faculty and students of LUMHS. Hepatitis-B vaccination of around 200 villagers was done and in addition to free medicines, gift hampers containing of Soap, Tooth-paste n brush, boiled Eggs, Apples, Bananas and Juices were distributed amongst women and children attending.



Lady doctors visited homes of village and delivered sessions on Reproductive health. This event was organized by Department of Community Medicine LUMHS under directives of Vice Chancellor and a total of 50 members took part in making this all possible, including Faculty, Doctors, Medical and Dental students, FM Radio team, Water testing Lab. and other staff of LUMHS.



MEDICAL CAMP CHAACHRO & KHEESAR



Liaquat University of Medical & Health Sciences Jamshoro arranged Two Medical Camps at Taluka Hospital Chaachro and Rural Health Center Kheesar, Taluka Daahli, District Tharparkar in compliance to the orders of Sindh Government,



A total number of 26 consultants from various medical specialties from the University were deputed to the said camps who examined a huge number of patients at Taluka Hospital Chaachro and Rural Health Center Kheesar, Taluka Daahli. The Vice Chancellor LUMHS Prof. Bikha Ram Devrajani personally monitored and visited the both camps and examined the patients.





LUMHS VIST by Justice Faisal Arab Honorable Judge Supreme Court of Pakistan





Seminar on Self-Assessment Review & Institute Level Statistical Data

A one-day workshop titled Program Self-Assessment Review & Institute Level Statistical Data was organized by Quality Enhancement Cell, Liaquat University of Medical & Health Sciences, Jamshoro, on 19th December 2018 at Video Conference Hall, Liaquat University of Medical & Health Sciences, Jamshoro. The workshop was aimed to brief the importance and requirement of Program Self-Assessment process to be used to identify the weak areas for the improvement of the program and in future strategic planning of the University. Further an Institute level statistical



Performa was also briefed in detail, in result to this exercise an apposite data will be collected which will be used in future planning and reporting to different relevant agencies / departments. The workshop comprises on three brief sessions, Program Self-Assessment, Institute Level Statistical Data and an

interactive session with inspectorate of colleges to discuss Administrative conduct at affiliated colleges/institutes. An introductory session of the workshop was conducted by Dr. Muhammad Najeeb Memon, Director Quality Enhancement Cell, after which, two sessions i.e Program Self-Assessment and Institute Level Statistical Data was conducted by Mr. Babar Ali Kalhoro, Assistant Director, Quality Enhancement Cell. The third interactive session to discuss Administrative conduct at affiliated colleges/Institutes was conducted by Dr. Abdul Rauf Memon, Assistant Inspector of Colleges.

At the end of the day Honorable Vice Chancellor, Prof. Bikha Ram Devrajani, Registrar, Dr. Murtaza Dayo, Director Q.E.C, Dr. Muhammad Najeeb Memon distribute certificates to the participants and organizers.



Meeting Regarding Preparation Of Action Plan for Institutional Performance Evaluation





Lecture on Clinical Genetics & its Applications in Medicine & Requirements of Scholarships & Residency for Medical Schools in USA



During his visit of LUMHS, Prof. Zubair delivered a lecture to post graduate students, undergraduate students, PhD Scholars and the faculty of various basic and clinical faculties on the title 'Clinical genetics & its applications in medicine' & "Requirements of Scholarships and residency for Medical Schools in US. He elaborated the pivotal role of genetic medicine in clinical practices by using the latest molecular techniques such Gene editing and CRISPR technology. He also informed the undergraduate students about the procedure and requirements of residency in the medical schools of USA. He visited the laboratories at Medical Research Center along with the Director Medical Research, LUMHS and appreciated the setup and commented LUMHS laboratories as comparable to the laboratories at USA.

He also visited the Institute of Ophthalmology, LUMHS, and admired the infrastructure of the eye hospital and services being rendered to poor community of the region for the treatment and prevention of the eye diseases. He has also a joint meeting with the Vice chancellor, LUMHS along with Dr. Binafsha Manzoor Syed, Director Medical Research Center/ORIC and Dr. Ali Muhammad Waryah, Incharge, Molecular Biology Laboratory, LUMHS. The Vice chancellor welcomed Prof Zubair and briefed him about the university and the ongoing developmental and research projects Prof. Zubair mutually agreed to strengthen the academic and scientific relationship with the LUMHS in future. He also extended his help for availing learning opportunities at USA for LUMHS students and faculty.



Prof Zubair M Ahmed, professor of Biochemistry and Molecular Biology, Ophthalmology and Otorhinolaryngology at School of Medicine, University of Maryland USA, visited LUMHS Prof. Zubair is faculty of several national and international universities and members of academic and scientific counsels and committee worldwide. He is giving training to M.Phil. / PhD students from different corners of the world at his lab in USA. He is author of over 200 research articles and abstracts with impact factor over 800 and citation index over 6000.

He is also writer/Editor of many international book chapters and books related to his field. Moreover, he has received several awards for his services nationally and internationally; He is recipient of Tamgh-e-Imtaiz by the President of Pakistan in 2008 for his outstanding services and achievements.

PAK TURK DELEGATION VISIT to LUMHS



GUEST FROM MALAYSIA



The Professor Shafi Muhammad Nizamani, of Forensic Pathologist in MARA University of Technology Shah Alam, Malaysia, visited Liaquat University of Medical & Health Sciences, Jamshoro, The Vice Chancellor LUMHS Prof. Bikha Ram Devrajani, presenting LUMHS Memento to Professor Shafi Muhammad Nizamani.



International Anti-Corruption Day



To mark the International Anti-Corruption day which falls in the month of December each year the Directorate of Student Affairs, Liaquat University of Medical & Health Sciences Jamshoro arranged an "Awareness Walk Against Corruption" followed by a Seminar on "Role of Youth in Fighting against Corruption" on 20th December 2018 at LUMHS Jamshoro. While addressing the participants the Vice Chancellor LUMHS Prof. Bikha Ram Devrajani expressed that engaging the youth is essential for success in curbing corruption as they are generally more open to social change and political transformation. Foremost it is important that youth understand that good governance can only be attained if corruption is addressed. They need an understanding of the rules of governance which include accountability, transparency and integrity. These are principles which need to be inculcated in the youth so that they grow up to be honest future leaders. He added that corruption is a complex social, political and economic phenomenon that affects all countries.

Corruption undermines democratic institutions, slows economic development and contributes to governmental instability. He further expressed that youths should understand corruption, speak out against it and guard each other against it by organizing for the dissemination of civic education on corruption. Young people have good exposure to the internet and social media, they can use such platforms to learn more about corruption and to share ideas on how to prevent & combat it. The Chief Guest Mr. Fayaz Hussain Abbasi Director Anticorruption Establishment Sindh expressed that the international campaign against corruption focuses on how corruption undermines democracy and the rule of law, leads to human rights violations, distorts markets, erodes quality of life and allows organized crime, terrorism and other threats to human security to flourish.



He further expressed that corruption attacks the foundation of democratic institutions by distorting electoral processes, perverting the rule of law and creating bureaucratic quagmires whose only reason for existing is the soliciting of bribes. Fighting corruption is a global concern because corruption is found in both rich and poor countries, and evidence shows that it hurts poor people disproportionately. It contributes to instability, poverty and is a dominant factor driving fragile countries towards state failure.

Symposium on Paediatric Nephrotic Syndrome

One day symposium organised by Department of Nephrology LUMHS. The Chief Guest was Vice Chancellor LUMHS professor Bikha Ram Devrajani and Guest of Honor prof Suhail Almani. Two guest speakers invited from SIUT Prof Ali Asghar Lanewala head of Paeds Nephrology and Prof Muhammad Mubark head of Pathology Department SIUT. Prof Akbar Nizamani, Dr Muhammad Hanif Kashtiwala and Dr Hiramani was panalist. This symposium was attended by majority of pediatric Physicans and nephrologists and general practitioners. Prof Ali Asghar Lanewala discussed in detail about Neprotic syndrome. He told how to diagnose the Nephrotic syndrome and how to treat steroid sensitive, steroid dependent and steroid resistant Nephrotic syndrome He also shared his experience in Paeds nephrology and he also shared biopsy data in Paediatric Nephrotic syndrome done at SIUT. Participants actively involved in the symposium and the whole session remained interactive. Prof Muhmmad Mubark discussed the histopathology pattern and Importance of renal biopsy in the diagnosis and management of nephrotic syndrome Professor Bikha ram Devrajani in his speech said that these type of symposium are very important in updating the current knowledge and management for betterment in the treatment of patients. He did warm well come of both the speakers. Dr Pooran Kumar Kohistani moderated the session and Dr Muhammad Rafique Ansari and Dr Bhaguan Das actively participated. Incharge Department of Urology Dr Javed Altaf and Deputy Registrar Dr. Saroop Bhatia also attended the symposium. FM LUMHS 96.6 broadcasted the whole Symposium live online. At the end chairman organizing committee Dr. Muhmmad Rafique Ansari addressed and thanked to , Chief Guest Professor Bikha Ram Devrajani , Guest of Honor prof Suhail Almani panel of experts all the doctors and finally he congratulated.



workshop on "ORTHO-PERIO interaction"

A much needed workshop "ORTHO-PERIO interaction" facilitated by Dr. Zaheer Hussain Chachar , Assistant Professor and Head Department of Periodontology Ziauddin College of Dentistry, Karachi) was organized by Department of Orthodontics ,Institute of Dentistry ,LUMHS Jamshoro under supervision of Dr. Abdul Jabbar Baloch (BDS, FCPS, FFD RCSI , Assistant Professor, Supervisor Department of Orthodontics, LUMHS Jamshoro) & Dr. Irfan Ahmed Sheikh Associate Professor, Supervisor Department of Prosthodontics, LUMHS Jamshoro . Lecture and Discussion session was held at IT Hall LUMHS and hands on session at Dr. Ishrat-UI-Ebad Dental Skill Lab.





Symposium on Heart Disease in Women

Professor Raheel Sikandar on behalf of OBGYN department of LUMHS organized a one day symposium on heart disease in women in collaboration with Prof Khalida Soomro of Pakistan cardiology society. Senior Professors from Cardiology and Gynecology Department gathered in new lecture hall at LUH Hyderabad .Professor Bikha Ram Vice Chancellor, LUMHS was chief guest and vice chancellor of Indus university, Tando Muhammad Khan, Prof. Feroz Memon honored the session.



Prof. Soomro emphasized on awareness of heart problems among women and what cardiac society is doing in this regard. Increasing number of cardiac patients showing up during pregnancy need a team of consultants dealing with high risk pregnancy under one roof . Building a high risk pregnancy unit was demanded by Prof Raheel and endorsed by vice chancellor LUMHS.

Symposium on Education: A key to maternal health

Annual intergynae symposia was organized by Dept. of Obstetrics & Gynaecology of LUMHS Prof. Nusrat Shah from DUHS ,Prof. Aftab Munir, Prof. Pushpa Sirichand, Prof Razia Abassi. Dr. Nighat Shah from Karachi Society of Obstetrics & Gynaecology Pakistan, Department of obstetrics & Gynaecology, LUMHS Professors attended the event. Theme of the symposium was Continuous Medical Education: A key to maternal health. Brain storming presentation on role of university in improving rural women health and leadership in medical education were thoroughly enjoyed by the postgraduate audience.

Walk on World Contraception Day.



Consultant Meeting at Islamabad



Representing LUMHS in Consultant meeting at Islamabad to scale up use of safe child birth check list. sponsored by WHO.



Seminar on Career Counselling

College of Pharmacy organised A seminar on career counselling, at IT Hall, Post Graduate Centre LUMHS, Jamshoro. The purpose of this seminar was to make students of pharmacy aware regarding various fields of pharmacy so that they can pursue their career in right direction. Seminar was attended by following dignitaries Dr Murtuza Dayo Registrar, Dr Saroop Bhatia Media Coordinator LUMHS, Prof. Dr Abdullah Dayo (Dean Faculty of Pharmacy, University of Sindh, Jamshoro), Dr Obaid (Deputy Director, DRAP), Mr Hammad Kalhoro (Marketing Manager, GSK), Dr. Khalid Shaikh (Site Director, Bayer Pharma), Dr Tahir Yousif (Assistant Manager, Pharmacy Services, AKUH Karachi), faculty member and Students. The Vice Chancellor LUMHS Prof. Bikha Ram Devrajani while addressing the ceremony expressed that community access to a pharmacist at a local or hospital pharmacy is commonplace today, but not many people are aware of the other important roles that pharmacists perform. At the end of session Ajrak Ceremony was conducted followed by vote of thanks.



Workshop on “Leadership in Medical Education”



The Department of Medical Education LUMHS organised a one day workshop on “Leadership in Medical Education” The objectives of the workshop were to identify the role of faculty members as change agent in medical education and highlights the traits of a leadership for undergraduates and postgraduates. Workshop was conducted by Prof Dr. Abdul Majeed Chuadry & Prof Dr. Aamir Bashir from Lahore Medical & Dental College, Lahore.



Seminar on World Diabetes Day





11th Pediatric Symposium

11th Two Days Pediatric Conference LUMHS was held at Hotel Indus Hyderabad. The Conference was arranged by Pediatric Department Liaquat University of Medical & Health Sciences Jamshoro in collaboration with Child Welfare Trust (CWT). This program was attended by more than 1000 pediatrician and family physicians from all over Sindh. 1st day theme was "Psychiatrist Problems in Children " speakers were invited from Department of Psychiatry Agha Khan university Prof. Aisha Mian & Dr. Aisha Sanober . Main Objectives of day 1st was Medical Knowledge to Pediatricians, Family Physicians and The resident should be able to: Understand normal growth and development. Be familiar with the various diagnostic conditions seen during childhood and adolescence including ADHD, Conduct Disorder, Anxiety Disorders, Substance Abuse disorder and Learning Disabilities. The Participants will be able to become familiar with the principles and practice of assessment, diagnosis and treatment, including therapeutic modalities, psychoactive medication and environmental manipulations of patients of all ages and their families presenting to child psychiatric or learning disability services. Chief Guest of this program was Prof: A.G Billoo. And Guest of Honor was Prof. Bikha Ram Devrajani Vice Chancellor LUMHS. The aim of program was to improve clinical skills by Pre-Symposium Workshops &



to updates Treatment of critical condition according to standard recommendation. Our common problems are infections like diarrhea, pneumonia and malnutrition with underlying problems of lack of family planning, poverty, addiction, environmental pollution and lack of Education. Despite Existing National Program and intervention large Number of children continue to die or become sick due to Pneumonia, Diarrhea, Measles, Malaria, and Malnutrition. These problems may be controlled by promoting Exclusive Breast Feeding for Six months, continued breast feeding for two years of life, safe water, Hand washing, free of cost vaccination of all children and child bearing age women from EPI Centers, Avoidance of addictive material like Pan & Ghutka by parents, encouraging family planning and modifying health seeking behavior of parents. The scientific program was started by speech on antibiotic resistant & Updates in Malaria , by Prof: Salma Shaikh Chairperson organizing committee and Professor of Paediatrics LUMHS, Jamshoro. Various eminent speakers such as Prof. Sajid Maqbool, Professor Huma Cheema, Professor Jamal Raza , Dr. Farhana Amanullah, Dr. Syed Asad Ali , Dr. Nabeela Soomro, Prof. Jalal-ud-Din Akber , Prof. Saifullah Jamroo, Prof. Ali Akber Siyal, Prof. Hamid Shaikh, will give their presentations on occasions. Given their Presentations on common problems on childrens like EPI, Chikungunya, Hypothyroidism, Malnutrition , infant colic , Diarrhea, cerebral palsy, Hopefully this Conference will be beneficial both for Pediatricians & Family Physicians and guide them for better health care to our children. She requested audience to nationalized antibiotics use to prevent people dying of antibiotic resistance infection as it is becoming increasing in Pakistan. Multiple drug resistance bacteria for cold as super bugs are causing common infections like MDR typhoid in Hyderabad MDR tuberculosis in Pakistan & other MDR infections requiring more costly treatment for longer duration and higher death rate

Seminar on Carcinoma of Breast



The Head of Department of Radiology LUMHS Jamshoro/Hyderabad Dr. Aneela Sheeba and Medical Staff of Radiology Department has organized (walk and a awareness program on early detection of Carcinoma of Breast) in collaboration with Head of NIMRA and Surgeons



Awareness Walk for Measles



Paediatric Department LUMHS and Community Department LUMHS in collaboration with DC Office hyd, DHO office, WHO office and PPA Hyderabad Sindh Arranged awareness walk for Measles Campaign starting from 15th to 27th October for children from 6 months to 5 years by Sindh Government Walk started from Gymkhana To DC office after walk DC hyd Mr Aslam Soomro commented that Govt is working to improve child health and all children should be vaccinated during this campaign. Prof Salma Shaikh talked about measles causing death from complications of measles like diarrhea and pneumonia. She stressed that children whether previously vaccinated or not must be vaccinated in this campaign and also parents must take their children for routine vaccination



17th Convocation 2018





Workshop On “Data Analysis And Synopsis

The Peoples Nursing School, LUMHS organized two days' workshop on “Data analysis and Synopsis writing on January 29th and 30th 2019. While addressing Prof. Dr. Bikha Ram appreciated the organizer and also highlighted the importance of research. He said that global village research play vital role in twenty 1st century. Theme of workshop is to enable the participants to involve in research, data analysis and proposal writing to meet the new challenges.



Vice Chancellor Prof. Dr. Bikha Ram Devrajani distributed the shields and certificates among participants of workshop. This event facilitated by Ms. Parveen Imdad Memon Assistant Prof. PNS, LUMHS and Ms. Victoria Samar Senior Lecturer PNS, LUMHS, Mr. Abdul Haque Khoso MS Nursing student and Mr. Muhammad Younis Bugti MS Nursing student PNS, LUMHS. However, 70 participants registered in the workshop from various institutions including Mehran University of Engineering Technology Jamshoro, St. James and Jesus and Mary institute of Nursing Karachi and others



Entry Test BS Nursing session 2019





Workshop on Research & Updates in Neurosciences (RUNS)



RUNS (Research & Updates in Neurosciences). An academic event organised by Department of Neurosurgery Liaquat University of Medical & Health Sciences, Jamshoro. where young neurosurgeons n neurologists presented papers on different brain and spine diseases. A workshop was conducted on stereotactic Neurosurgery by Prof. Satar Hashm(Ex Prof of JPMC). Young Neurosurgeons took interest and said if Govt. support them they will start this surgery in Hyderabad. This surgery only



performed in private sector in Karachi only on one Centre(NMI) and General Hospital Lahore. Prof Riaz Raja organised this workshop. Professor Bikha Ram Devrajani, Vice Chancellor LUMHS presented shields and Ajraks to guest faculty. In his speech he assures that university will help to promote Neurosurgery by all means.

Department of Neurosurgery pictorial



Prof. Riaz Ahmed Raja, Chairman Department of Neurosurgery has attended NeuroTrauma 2018 in Canada.

Dr. Peer Asad Aziz receiving Pride of Performance award from Noble Prize Nominee Prof. Naveed Syed (Canada) on world health day



Group Photo



Dr. Almas Abro, Dr. Ali Gohar Kalhoro, Resident of Neurosurgery LUMHS, Jamshoro receiving shield in PSN Conference Prof. Riaz Ahmed Raja Chairman Department of Neurosurgery LUMHS, Jamshoro also present at the movement



Prof. Riaz Ahmed Raja, Chairman Department of Neurosurgery in Multan Spine Masters 2019



23rd Annual Ophthalmology Conference

23rd Annual Ophthalmology conference organized by the Ophthalmology Society of Pakistan Hyderabad Chapter. In the institute of Ophthalmology Liaquat University Medical Health Sciences, Jamshoro at Hotel Indus. More than 100 speakers from all over the Pakistan presented their Research papers in different sub Specialties.



Pre Conference Workshop on Oculoplasty & Management of Dry Eye by Electric Stimulation

Pre conference workshop of 23rd Annual Ophthalmology conference on "Oculoplasty and management of dry eye by electric stimulation" was conducted at Institute of Ophthalmology LUMHS, in collaboration with Ophthalmology society of Pakistan Hyderabad Chapter. Worthy Vice Chancellor Professor Bikha Ram Devrajani and Professor Sohail Ahmed Almani were the guest of honour.

Eminent professor Dr. Zafar ul Islam from Peshawar and dr. Zahid Kamal from Lahore performed surgeries and demonstrated the examinations techniques and surgical procedures. The workshop was attended by many Ophthalmologists from Sindh as well as other parts of the country.



FAREWELL LUNCH TO PROF SAMEEN AFZAL JUNEJO





Kashmir Day Solidarity Walk



Liaquat University of Medical & Health Sciences Jamshoro, Vice Chancellor Prof. Bikha Ram Devrajani expressed that While addressing the participants of “Kashmir Solidarity walk” we, along with the people across the globe, salute the brave, valiant and courageous men, women and youth of Indian Occupied Jammu and Kashmir who laid their lives for the sacred cause of freedom for more than 70 years. We pay homage to thousands of Kashmiri martyrs. Despite the worst and gross atrocities by the Indian security forces, people of Jammu and Kashmir refused to accept the Indian army and demonstrated that the issue of Jammu and Kashmir cannot be wished away. He said that the Kashmir valley is metaphorically referred to as “heaven on earth”. The valley is shown in modern art as being engulfed by flames, depicting unrest, uproar and peril in heaven. The valley is also shown to be surrounded by a barbed wire drenched in blood. This illustrates human rights violations in Kashmir.

He added that the Jammu and Kashmir dispute remains the unfinished agenda of the Partition and is also one of the longest unfulfilled agenda of the United Nations. Numerous resolutions of United Nations Security Council on Kashmir remain pending because of Indian obstinacy in implementing them. We urge India and the international community to fulfill the promise it made with the people of Jammu and Kashmir 70 years ago. Prof. Bikha Ram Devrajani further said that the Kashmir dispute remains close to the heart of every Pakistani. We assure the people of Indian Occupied Jammu and Kashmir that they can count on us in their hour of anguish. We will always stand by our Kashmiri brothers and sisters until the realization of their cherished dream of freedom. The Kashmir struggle will continue till the freedom of the oppressed people of Indian Occupied Jammu and Kashmir is achieved.



Seminar on “Adolescent Health & Life Skill Based Education”



A Seminar on “Adolescent Health & Life Skill Based Education” was arranged by the Directorate of Student Affairs LUMHS in Collaboration with Population Welfare Department Government of Sindh at Latif Hall, Liaquat University of Medical & Health Sciences Jamshoro. While addressing the participants the Vice Chancellor LUMHS Prof. Bikha Ram Devrajani expressed that over the decades, educating people about health has been an important strategy for preventing illness and injury. This approach has drawn heavily from the fields of public health, social science, communications, and education.

Early experiments with education relied heavily on the delivery of information and facts. Gradually, educational approaches have turned more to skill development and to addressing all aspects of health, including physical, social, emotional, and mental wellbeing. Educating children and adolescents can instill positive health behaviors in the early years and prevent risk and premature death. It can also produce informed citizens who are able to seek services and advocate for policies and environments that affect their health. While utilizing both school and non-school settings to reach children and young people will be essential. He added that Education for health is an important and essential component of an effective School Health Program, and it is likely to be most effective when complemented by health related policies and services and healthy environments. Dr. Talib Lashari Focal Person/Technical Advisor, Population welfare Department expressed that adolescence is a transition period of development and adolescents are considered as the productive members of a society. Now a days the life of adolescents are becoming miserable due to many reasons including inappropriate home and school environment. They are becoming individuals who are less motivated, less confident and are engaging in antisocial activities and spoiling their valuable life. Adolescence is a period when the intellectual, physical and all the capabilities are very high but their antisocial activities and behavior are deteriorating all their capabilities and they are becoming a burden to the society. Imparting life skill training through inculcating life skill education will help our adolescents to overcome such difficulties in life

International Peace Day





Orientation Day

the Vice Chancellor Liaquat University of Medical & Health Sciences Jamshoro Prof. Bikha Ram Devrajani expressed that While addressing at the “ Orientation Day” of the students selected for admission in the courses of MBBS & BDS session 2018-2019. The newly admitted students are lucky enough that not only the dreams of their parents are becoming reality but it is



also their good fortune that they are now part of an institution which is ISO-9001-2008 certified. The graduates of this University are already working in the renowned institutions all over the world and had proven their worth. Though it is not an easy task to become a good doctor; it require a lot of labor, devotion, dedication and more over a good human being with full of sympathetic attitudes and feeling the pain of suffering of patients being treated by them. Cannot construct a sky scraper without proper foundation, likewise without deep roots and proper grip over subjects of basic medical sciences in the initial years of medical education a good doctor will be merely a pie in the sky. The Vice Chancellor mentioned that the relationship you develop here with the faculty, staff, and students will help you build your career. You are all here because you want to become the movers and shakers of the future. I urge you to make this happen by meeting new people, tapping into new resources, and joining the health community with earnest attachment to serve the suffering humanity, the benefits will follow you forever.

Seminar on Road Safety

Liaquat university medical & Health sciences, Jamshoro organized the seminar by Directorate of Students affairs (LUMHS) with National Highway & Motorway Police to make the awareness of road sense among the students and educate them on the important road safety tips. The seminar was largely attended by the students, faculty members of the University and motorway police officials. Seminar was attended by following dignitaries Chief Guest Prof. Bikha Ram Devrajani, Mr. Abbas Baloch Commissioner Hyderabad, Mr. Naem Ahmed Shaikh DIG Hyderabad, Mr. Touqeer Naem SSP Jamshoro, Dr. Murtuza Dayo Registrar LUMHS, Dr. Sajjan Halepoto Director Students Affairs, LUMHS.



While addressing chief guest Prof. Bikha Ram Devrajani (Vice Chancellor LUMHS) put emphasis on that if youth & adults follow the road safety rules and obey traffic laws while on the wheel it can minimize the road accidents in Pakistan. He also added that National Highways and Motorway Police have always maintained the standard of road safety. The Vice Chancellor mentioned that death rate in road accidents is higher than in natural disasters, he said Most of the accidents are caused by the ignorance of drivers and pedestrians because they are unaware of road rules, he said “Education is a lifelong process and we need to educate our people about traffic rules, this will reduce traffic accidents and fatalities. The participants of seminar especially young audience, were informed and requested to avoid mobile phone during driving and not to over speed while they are on the steering wheel. They were urged to use seat belt, helmet and refrain from reckless driving. The officers of motorway police said that thousands of people died each year in road accidents while many others injured, resulting in permanent disabilities. The participants were informed that over-speeding, careless attitude, underage driving, use of drugs while driving, fatigue, and lane violation are the major factors which result in fatal accidents.

HAJJ DRAW 2019





Seminar on Oral Cancer Updates

One Day Seminar on ORAL CANCER UPDATES. Clinical Presentation & Case Based Panel Discussion was organized by Oral Maxillofacial Surgery Department



(OMFS),LUMHS. To mark the World Oral Cancer Day, Programme was moderated by Chairman Oral Maxillofacial Surgery Prof Syed Ghazanfar Hassan Skype Presentation and discussion with panelist was done by Dr. Raza Hussain from Shaukuat Khanum Lahore. Dr Raza Hussain discussed early signs for oral cavity cancer and their treatment. After this complex cases were also discussed where expert and specialist opinion and advises were given by panelists. Participated were Prof Iqbal Hussain, ENT SIUT KHI, Prof Ghazanfar Hassan OMFS LUMHS, Prof Mahesh Kumar (PLASTIC SURGERY LUMHS), Dr. Asghar Hussain (Clinical Oncologist KIRAN & MMI KHI), Dr.M.Shahzad (OMFS LUMHS), Dr. Kashif Ali Channar (OMFS LUMHS),Dr. Suneel Kumar (OMFS LUMHS), Dr. Amin (Clinical Oncologist NIMRA), Dr. Jawad Safdar (OMFS DOW), Dr. Mushtaque Memon(ENT LUMHS).In concluding remarks it was said that prevention is better than cure therefore our Governments should spend more on health education.Event was attended by Postgraduates from different specialties oral maxillofacial surgery Department, Department of ENT, Department of PLASTIC SURGERY)

Workshop on Implant Dentistry



Workshop on Medical Emergencies in General Dental Practice

Workshop on Medical emergencies in general dental Practice organized by dr. irfan Shaikh Department of Prosthodontics institute of Dentistry, LUMHS, Jamshoro.



FAREWELL OF POST GRADUATE STUDENTS OF INSTITUTE OF DENTISTRY, LUMHS



World Mental Health Day



World Mental Health Day carrying theme: "young people and mental health in a changing world", organized by Liaquat University of Medical and Health Sciences department of psychiatry in collaboration with Sir C.J. Institute of Psychiatry Hyderabad and Pakistan Psychiatric Society held at auditorium of the institute. Eminent experts have said that people are facing psychiatric disorders because of pressure of psycho-social stress as the community is more traumatized and patients are rising day by day. "As per international standard, one psychiatrist must be for 1,000 people in the society, while there are 475 Psychiatrist for over 200 million population of this country. There are only 130-140 psychiatrists in Sindh while 70 psychiatrists are working in Karachi and rest of them are serving in interior of Sindh," he said. LUMHS Vice Chancellor Prof Dr Bikha Ram said that if parents and teachers played their fair role in bringing up, teaching and training children, there would be less ill and diseases in the society. He said that people ranging between 14 -29 years of age suffered from depression more and they could commit suicide as more depression causes more aggression and ultimately suicide. He said that the entire society is responsible and they must play the role. Sindh Mental Health Authority chairman Dr Karim Khawaja who is also psychiatrist said that it was the prime responsibility of the government to generate jobs, ensure health facilities and provide quality education. He said that there were 65 percent youngsters in the country. he said that 15-20 percent people were catching mental diseases as per WHO, while this figures rose and fell according to the condition of the specific society and their facilities. He said that there were only 140 psychiatrists for 50 million population of Sindh as it is sad. He said that he would strive to ensure a psychiatrist at all district level in all six divisions of Sindh including Hyderabad, Karachi, Mipurkhas, Sukkur, Larkana and Nawabshah. Directorate general health services Sindh director oral and dental Dr M Mushtaque Khan said that even officer carrying 22-grade were perturbed, when they retired because they did nothing for the society for their entire life. Those who spoke consisted of Sir C.J. Institute of Psychiatry Hyderabad medical superintendent Dr Ali Asghar Arain, Prof Dr Afzal Junejo, Dr Jamil Junejo and others.

Mental Health Symposium



A "Mental Health Symposium" was arranged by the Directorate of Student Affairs at Liaquat University of Medical & Health Sciences Jamshoro. While addressing a large number of students, the Vice Chancellor LUMHS Prof. Bikha Ram Devrajani expressed that every completed suicide has a devastating effect, but when a young life is cut short, the shock is oftentimes even greater. Suicide is a complex phenomenon, thus, the prevention of it needs to be tailored accordingly. Prevention can occur on both the individual and societal level, with the most effective strategies being a combination of efforts. An obstacle in the effort to combat suicide is the difficulty in identifying exactly which at risk individuals will commit suicide. Consequently, by informing the public and encouraging a general awareness of mental health problems including suicide, an increased alertness and responsiveness to suicidal individuals will follow. He added that in an effort to make such suicide preventive strategies effective and culturally appropriate, it is important to consider local attitudes toward suicide, and how to target suicide prevention and mental health interventions. Furthermore, it is imperative to take into account the feelings of pain and grief experienced by any community or individual that has encountered a suicide.

Workshop at District Mithi "Recognition & Prevention of Suicide"



A Department of Psychiatry, LUMHS organised Two Days' Training / Workshop for 200 Medical Officers (male and female) of Thar, on Mental Health under title of "Recognition & Prevention of Suicide", at DHO Tharparkar, Mithi. in collaboration with Mental Health Authority Sindh. The vision of Prof. Dr. Bikha Ram Devrajani, Vice Chancellor , LUMHS and Senator Dr. Karim Khuwaja. Sessions of training conducted by Prof Dr Moin Ansari and Dr Jameel Junejo, Dr Gulzar Usman from LUMHS and Prof Dr. Iqbal Afridi, Dr. Javed Akbar Dars and his team from JPMC Karachi. Dr. Mahesh Malani, MNA Thar and DHO Thar also addressed the Doctors, Media and others.

Inauguration "Memory Clinic "



Professor Bikha Ram Devrajani vice chancellor LUMHS inaugurated "memory clinic " at department of psychiatry at Sir Cowasji Jehangir institute of Psychiatry. In his speech professor Bikha Ram insisted to promote research culture in university specially focusing rural areas of Sindh. He encouraged the efforts taken by the chairman of psychiatry and his team to promote mental health in this region. Others who talked on this occasion including Professor Moin Ahmed Ansari chairman of Psychiatry, Dr. Ali Asger Arain medical superintendent Sir Cowasji Jehangir Institute, Dr A Hameed Memon senior psychiatrist and Dr. Darya Khan, Dr Jamil Junejo AP Psychiatry Dr Qasim Jamal Chachar AP Psychiatry and others



MEHFIL - E - MILAD



Defense Day

The Vice Chancellor LUMHS Prof. Bikha Ram Devrajani expressed that While addressing a program arranged at LUMHS to mark the Defense Day of Pakistan the Defense Day, is always celebrated throughout the country as a glorious day of victory. We defeated India in the war in 1965 and since then, the Defense Day is celebrated every year on 6th September in the memory of the brave soldiers and countrymen who sacrificed their lives while defending the national boundaries. He added that the 1965 the War began when India attacked Pakistan, considering it vulnerable, defenseless and politically unstable but it is not wrong to say that it became the day when patriotism and unity was seen in true sense, as the whole nation got united to support Pakistani army just to defeat India. The Indian army definitely had compunctions about their decision to challenge this country. To keep the memory and passion alive, 6th September will always be remembered and celebrated with full zeal and zest.



In the memory of Martyrs of Army Public School





Inter University Foot-Ball Tournament Zone H



HOST' TEAM LIAQUAT UNIVERSITY OF MEDICAL HEALTH SCIENCES, JAMSHORO



TEAM MEHRAN UNIVERSITY OF ENGINEERING, JAMSHORO



TEAM IBA UNIVERSITY, SUKKUR



TEAM UNIVERSITY OF SINDH JAMSHORO



TEAM SHAH ABDUL LATIF UNIVERSITY, KHAIRPUR MIR'S



LUMHS, JAMSHORO BETWEEN SALU, KHAIRPUR

Inter University Cricket Tournament Zone H





Sports Gala at Girls Hostel, LUMHS





ANOTHER MILESTONE ACHIEVED



A NEW COMPONENT FOR LIAQUAT UNIVERSITY OF MEDICAL & HEALTH SCIENCES, JAMSHORO " BILAWAL MEDICAL COLLEGE " FOR BOYS IS NOW RECOGNIZED BY PAKISTAN MEDICAL & DENTAL COUNCIL (PM & DC).

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