

Activity 1 — Activity Detail

Department/Section:	The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS).
Activity Title:	24th International Psychiatric Conference
Date(s) of Activity:	2nd–3rd January 2025
Venue:	Serena Hotel, Islamabad
Organized by:	Global Research & Innovation in Psychiatry (GRID), Rawalpindi Medical University
Brief Description:	The participation of Postgraduate Residents (PGs) of the Department of Psychiatry, LUMHS provided valuable exposure to current psychiatric practices, research developments, expert-led academic discussions, and professional networking at the national level. Such participation contributes significantly to the continuing academic development of postgraduate trainees and encourages their engagement with research, evidence-based clinical practice, and broader developments in mental healthcare. The Department acknowledges the leadership and continued academic support of Dr. Jamil Junejo, Chairman and Head of the Department of Psychiatry, LUMHS, in promoting academic excellence, research, and professional development among postgraduate trainees.

Photographs/Evidence



Activity 2 — Activity Detail

Department/Section:	The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS).
Activity Title:	Olanzia Psych Quest — Presentation Competition
Date(s) of Activity:	29th May 2025
Venue:	Conference Hall, Ward 11-A (CJIP), Hyderabad
Organized by:	Werrick Pharmaceuticals
Brief Description:	The Department of Psychiatry, LUMHS, organized the Olanzia Psych Quest, an academic competition focused on Bipolar Disorder. The activity encouraged postgraduate residents to strengthen their psychiatric knowledge, clinical understanding, critical thinking, and presentation skills. The Best Presenter was awarded a gift in recognition of their performance. The Department acknowledges the continued academic leadership and support of Dr. Jamil Junejo, Head of the Department of Psychiatry, LUMHS, in promoting engaging academic activities and postgraduate development.

Photographs/Evidence



Activity 3 — Activity Detail

Department/Section:	The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS).
Activity Title:	Academic Session — Suicide Prevention
Date(s) of Activity:	26th September 2025
Venue:	Conference Hall, Ward 11-A (CJIP), Hyderabad
Organized by:	The Department of Psychiatry
Brief Description:	The Department of Psychiatry, LUMHS, conducted an academic session on Suicide Prevention, featuring presentations by Dr. Urooj Din, Dr. Asjad Gul, and House Officer Dr. Almas. The session focused on suicide risk assessment, warning signs, risk and protective factors, and preventive strategies, while promoting clinical knowledge, communication, and teaching skills among trainees. The Department acknowledges the contributions of the presenters and the continued academic leadership and support of Dr. Jamil Junejo, Head of the Department of Psychiatry, LUMHS, in fostering academic learning and professional development.

Photographs/Evidence



Activity 4 — Activity Detail

Department/Section:	The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS).
Activity Title:	Workshop — “Healing Young Minds: Strategies for Adolescent Emotional Wellbeing & Suicide Prevention”
Date(s) of Activity:	10th October 2025
Venue:	Conference Hall, Ward 11-A (CJIP), Hyderabad
Organized by:	The Department of Psychiatry
Brief Description:	The Department of Psychiatry, LUMHS, organized a workshop on Adolescent Mental Health and Suicide Prevention, conducted by Dr. Aatir Hanif Rajpoot, Assistant Professor of Psychiatry, LUMHS. The workshop focused on early recognition of emotional distress, suicide risk assessment, preventive strategies, and timely intervention, enhancing postgraduate residents' clinical understanding and skills in adolescent mental healthcare. The Department appreciates Dr. Aatir Hanif Rajpoot for sharing his expertise and acknowledges the continued academic leadership and support of Dr. Jamil Junejo, Head of the Department of Psychiatry, LUMHS, in promoting postgraduate learning and professional development.

Photographs/Evidence



Activity 5 — Activity Detail

Department/Section:	The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS).
Activity Title:	World Mental Health Day 2025
Date(s) of Activity:	15th October 2025
Venue:	Latif Hall, Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro
Organized by:	The Department of Psychiatry
Brief Description:	The Department of Psychiatry, LUMHS, Jamshoro, commemorated World Mental Health Day 2025 on 15th October 2025 at Latif Hall, LUMHS. The event promoted mental health awareness, early recognition, access to care, and the reduction of stigma surrounding mental illness. Postgraduate residents and faculty members actively contributed to the awareness initiative, highlighting the importance of mental-health advocacy and community education. The Department acknowledges the participation of its PG residents and faculty and appreciates the continued leadership and support of Dr. Jamil Junejo, Head of the Department of Psychiatry, LUMHS, in promoting mental-health awareness and academic development.

Photographs/Evidence



Activity 6 — Activity Detail

Department/Section:	The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS).
Activity Title:	26th National Psychiatric Conference — Pakistan Psychiatric Society
Date(s) of Activity:	31st October – 2nd November 2025
Venue:	Mövenpick Hotel, Karachi
Organized by:	Pakistan Psychiatric Society (PPS)
Brief Description:	The Department of Psychiatry, LUMHS, participated in the 26th National Psychiatric Conference of the Pakistan Psychiatric Society (PPS), held from 31st October to 2nd November 2025 at Mövenpick Hotel, Karachi, under the theme <i>“Breaking Barriers, Building Resilience.”</i> The conference provided postgraduate residents with valuable exposure to contemporary psychiatric developments, research, and professional networking. A key highlight was the participation of LUMHS Psychiatry PGs in the “Doctors Got Talent” skit, showcasing their creativity, teamwork, confidence, and talents beyond clinical practice. Their participation reflected the Department’s commitment to academic growth, professional development, and holistic trainee engagement.

Photographs/Evidence



Activity 7 — Activity Detail

Department/Section:	The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS).
Activity Title:	1st International Child & Adolescent Psychiatry Conference — Child PSYCON 2025
Date(s) of Activity:	28th–29th November 2025
Venue:	King Edward Medical University (KEMU), Lahore & Pakistan Psychiatric Research Centre/Fountain House, Lahore
Organized by:	King Edward Medical University (KEMU)
Brief Description:	The Department of Psychiatry, LUMHS, participated in the 1st International Child & Adolescent Psychiatry Conference (Child PSYCON 2025), held on 28th–29th November 2025 in Lahore, under the leadership of Dr. Aatir H. Rajpoot, who accompanied the postgraduate residents. A major achievement was secured by Dr. Nakash Channa, Postgraduate Resident, LUMHS, who won 3rd Place in the Research Poster Presentation Competition. The conference provided valuable opportunities for research dissemination, academic exchange, and professional development in child and adolescent psychiatry, reflecting the Department's commitment to academic excellence and research advancement.

Photographs/Evidence



Activity 8 — Activity Detail

Department/Section:	The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS).
Activity Title:	Seminar — “Basics of Psychodermatology & Psychological Dimensions of Skin Disease”
Date(s) of Activity:	6th April 2026
Venue:	IT Hall, Postgraduate Centre, LUMHS, Jamshoro
Organized by:	Department of Psychiatry, LUMHS
Brief Description:	The Department of Psychiatry, LUMHS, organized a specialized seminar titled “Basics of Psychodermatology: Psychological Dimensions of Skin Disease” on 6th April 2026 at the IT Hall, Postgraduate Centre, LUMHS. The session was delivered by Dr. Muhammad Jafferany, Professor of Psychodermatology, Psychiatry and Behavioral Sciences at Central Michigan University College of Medicine. The seminar highlighted the relationship between psychological wellbeing and skin diseases, psychiatric comorbidities, and the importance of a multidisciplinary biopsychosocial approach. It provided postgraduate residents with valuable insights into psychodermatology and its clinical applications. The Department gratefully acknowledges Dr. Jafferany for sharing his expertise and enriching the academic learning experience of the trainees.

Photographs/Evidence



Activity 9 — Activity Detail

Department/Section:	The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS).
Activity Title:	Training Session with General Practitioners
Date(s) of Activity:	18th April 2026
Venue:	Mirpurkhas
Organized by:	GoS
Brief Description:	The Department of Psychiatry, LUMHS, conducted a training session for General Practitioners (GPs) in Mirpurkhas on 18th April 2026, led by Dr. Jamil Junejo, Head of the Department of Psychiatry, LUMHS, with the participation of Dr. Raza, Senior Registrar, Psychiatry. The session focused on the recognition and initial management of common psychiatric conditions in primary care, appropriate referral, and strengthening collaboration between general practitioners and psychiatric services. The Department appreciates the contributions of both facilitators and acknowledges Dr. Jamil Junejo's leadership in promoting mental-health education and capacity-building at the primary-care level.

Photographs/Evidence



Activity 10 — Activity Detail

Department/Section:	The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS).
Activity Title:	Symposium — “Please Pain, The Brain: The Science of Drug Dependence”
Date(s) of Activity:	9th May 2026
Venue:	Arena, Karsaz, Karachi
Brief Description:	The Department of Psychiatry, LUMHS, participated in the symposium “Please Pain, The Brain: The Science of Drug Dependence”, held on 9th May 2026 at Arena, Karsaz, Karachi. The event explored the neurobiological and clinical aspects of drug dependence and substance-use disorders. The Postgraduate Residents (PGs) of LUMHS Psychiatry participated in the quiz competition, demonstrating their engagement with addiction psychiatry and academic learning. The Department acknowledges the residents' efforts and appreciates the continued leadership and support of Dr. Jamil Junejo, Head of the Department of Psychiatry, LUMHS, in promoting academic excellence and professional development.

Photographs/Evidence



Activity 11 — Activity Detail

Department/Section:	The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS).
Activity Title:	Training Session for Senior Physicians
Date(s) of Activity:	17th May 2026
Venue:	Thatta City
Organized by:	GoS
Brief Description:	The Department of Psychiatry, LUMHS, conducted a training session for senior physicians in Thatta on 17th May 2026, facilitated by Dr. Jamil Junejo, Head of the Department of Psychiatry, and Dr. Adeel Memon, Senior Registrar. The session focused on recognizing and managing common psychiatric presentations in general medical practice, promoting early intervention, timely referral, and collaboration between psychiatry and general medicine.

Photographs/Evidence



Activity 12 — Activity Detail

Department/Section:	The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS).
Activity Title:	Seminar: “Quetiapine vs. Risperidone”
Date(s) of Activity:	22nd May 2026
Venue:	Conference Hall, Ward 11-A (CJIP), Hyderabad
Organized by:	
Brief Description:	The Department of Psychiatry, LUMHS, conducted an academic seminar titled “Quetiapine vs. Risperidone” on 22nd May 2026, presented by Dr. Abid Munir, R3. The seminar compared the two second-generation antipsychotics, covering their mechanisms of action, clinical indications, efficacy, dosing, adverse effects, and prescribing considerations. The session promoted evidence-based psychopharmacology, rational prescribing, and individualized treatment approaches, contributing to the ongoing academic development of postgraduate residents.

Photographs/Evidence



Activity 13 — Activity Detail

Department/Section:	The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS).
Activity Title:	“Balancing Clinical Demands: Time Management, Stress Control & Burnout Prevention”
Date(s) of Activity:	9th July 2026
Venue:	Latif Hall, Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro
Organized by:	Department of Psychiatry
Brief Description:	The Department of Psychiatry, LUMHS, organized a workshop titled “Balancing Clinical Demands: Time Management, Stress Control & Burnout Prevention” on 9th July 2026 at Latif Hall, LUMHS, facilitated by Prof. Dr. Iqbal Afridi. The workshop focused on effective time management, occupational stress management, burnout prevention, work–life balance, and sustainable coping strategies. It aimed to strengthen resilience, wellbeing, and ability to manage the demands of clinical and academic responsibilities.

Photographs/Evidence



Activity 14 — Activity Detail

Department/Section:	The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS).
Activity Title:	Lifespan Health & Mental Wellbeing Symposium 2026
Date(s) of Activity:	16th July 2026
Venue:	Latif Hall, Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro
Organized by:	Centre for Psychosocial and Academic Wellbeing, LUMHS
Brief Description:	The Lifespan Health & Mental Wellbeing Symposium 2026, organized by the Centre for Psychosocial and Academic Wellbeing, LUMHS, was held on 16th July 2026 at Latif Hall, LUMHS, under the theme <i>"Beyond Disciplines, Beyond Age."</i> The event was held under the patronage of Prof. Dr. Ikram Din Ujjan, Vice Chancellor, LUMHS, and brought together experts from multiple healthcare disciplines to discuss physical and mental wellbeing across the lifespan. The scientific programme featured Prof. Dr. M. Iqbal Afridi (TI) as Chair and thematic speaker, while Prof. Dr. Raza-ur-Rehman delivered the keynote lecture on student mental health. Delegates from Aga Khan University Hospital also contributed to discussions on child development, women's mental health, and healthy ageing. The symposium included mental-health screening, interactive wellbeing activities, educational games, and three pre-symposium workshops on healthy digital habits, neurodevelopmental care, and Psychological First Aid. The event promoted multidisciplinary collaboration, preventive mental healthcare, and holistic wellbeing among students, trainees, and healthcare professionals.

Photographs/Evidence



Activity 15 — Activity Detail

Department/Section:	The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS).
Activity Title:	Pre-Conference Workshop — MURC 2026 Topic: <i>Attention Deficit/Hyperactivity Disorder (ADHD)</i>
Date(s) of Activity:	30th July 2026
Venue:	Conference Hall, Ward 11-A (CJIP), Hyderabad
Organized by:	The Department of Psychiatry
Brief Description:	As part of the MURC 2026 pre-conference academic activities , the Department of Psychiatry, LUMHS, conducted a workshop on Attention Deficit/Hyperactivity Disorder (ADHD) on 30th July 2026 at CJIP, Hyderabad , facilitated by Dr. Aziz Memon . The workshop covered ADHD recognition, clinical assessment, developmental history, functional impairment, comorbidities, and evidence-based management. It provided participants and postgraduate trainees with valuable insights into neurodevelopmental disorders, diagnostic reasoning, and clinical practice in child and adolescent psychiatry.

Photographs/Evidence



Activity 16 — Activity Detail

Department/Section:	The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS).
Activity Title:	Pre-Conference Workshop — MURC 2026 Title: “Using AI Skills for Health Profession Education”
Date(s) of Activity:	1st September 2026
Venue:	IT Hall, Postgraduate Centre, Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro
Organized by:	The Department of Psychiatry
Brief Description:	As part of MURC 2026 pre-conference activities, a workshop titled “Using AI Skills for Health Profession Education” was held on 1st September 2026 at the IT Hall, Postgraduate Centre, LUMHS. The session was moderated by Dr. Raveena (R1) and Dr. Asjad Gul (R2) from the Department of Psychiatry, LUMHS. The workshop explored the applications of artificial intelligence in medical teaching, learning, assessment, research, and educational content development, emphasizing ethical use, academic integrity, and professional judgment. It highlighted the potential of AI to support innovative, effective, and responsible approaches to health professions education.

Photographs/Evidence



Activity 17 — Activity Detail

Department/Section:	The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS).
Activity Title:	Pre-Conference Workshop — MURC 2026 Title: “Research Integrity”
Date(s) of Activity:	2nd September 2026
Venue:	Medical Research Centre (MRC), Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro
Organized by:	The Department of Psychiatry
Brief Description:	As part of the MURC 2026 pre-conference activities, a workshop on “Research Integrity” was conducted on 2nd September 2026 at the Medical Research Centre (MRC), LUMHS, moderated by Dr. Asjad Gul (R2), Department of Psychiatry, LUMHS. The workshop emphasized ethical and responsible research practices, covering research ethics, plagiarism, authorship, data integrity, conflicts of interest, publication ethics, and transparent reporting. It aimed to promote scientific responsibility and strengthen participants’ understanding of ethical research conduct, particularly among undergraduate researchers and early-career healthcare professionals.
Photographs/Evidence	



Activity 18 — Activity Detail

Department/Section:	The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS).
Activity Title:	Medical Undergraduate Research Conference (MURC) 2026
Date(s) of Activity:	3rd–6th September 2026
Venue:	Latif Hall, Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro
Organized by:	Liaquat University of Medical & Health Sciences (LUMHS).
Brief Description:	The LUMHS Postgraduate Symposium 2026, held on 3rd September at Latif Hall, provided a platform for discussions on research ethics, clinical research, postgraduate examinations, and professional development. The conference also featured MURC Quest 2.0, a team-based competition focused on research methodology, critical appraisal, biostatistics, and scientific writing. Held under the patronage of Prof. Dr. Ikram Din Ujjan, Vice-Chancellor, LUMHS, the conference provided valuable opportunities for postgraduate residents of Psychiatry to engage in interdisciplinary learning, research activities, and academic collaboration. Dr. Aatir Rajput, Assistant Professor, Department of Psychiatry, LUMHS, served as Co-Secretary of the conference.

Photographs/Evidence



Activity 19 — Activity Detail

Department/Section:	The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS).
Activity Title:	PM+ Master Training Workshop — RMU Team
Date(s) of Activity:	14th–17th September 2026
Venue:	Medical Research Centre (MRC), LUMHS, Jamshoro
Organized by:	Department of Psychiatry and Behavioral Sciences, LUMHS Institute of Psychiatry, Rawalpindi Medical University (RMU)
Brief Description:	The Department of Psychiatry and Behavioral Sciences, LUMHS, hosted a four-day Master Trainer Workshop on Problem Management Plus (PM+) from 14th–17th September 2026 at the Medical Research Centre, Jamshoro, in collaboration with the Institute of Psychiatry, Rawalpindi Medical University (RMU). The workshop provided practical training to 40 participants, focusing on the implementation of evidence-based psychological interventions, communication, problem-solving, and mental-health capacity building. PM+, developed by the World Health Organization, is a brief psychological intervention designed to address common mental-health problems, particularly in settings with limited specialist resources. The workshop strengthened professional competencies and inter-institutional collaboration to expand access to psychological support in Pakistan. Special thanks to Dr. Jamil Junejo, Head of the Department of Psychiatry, LUMHS, for his leadership and continued support in facilitating this academic and capacity-building initiative.

Photographs/Evidence



Activity 20 — Activity Detail

Department/Section:	The Department of Psychiatry, Liaquat University of Medical & Health Sciences (LUMHS).
Activity Title:	Pakistan Psychiatry League — Season 2 Psychiatry Quiz Competition
Date(s) of Activity:	22nd September 2026
Venue:	Getz Pharma Limited Office, Karachi
Organized by:	The Department of Psychiatry
Brief Description:	The LUMHS Psychiatry Team participated in Season 2 of the Pakistan Psychiatry League on 22nd September 2026 at Getz Pharma Limited, Karachi, securing the Runner-Up position in the psychiatry quiz competition. The event provided postgraduate residents with an opportunity to demonstrate their psychiatric knowledge, clinical reasoning, and teamwork in a competitive academic setting. This achievement highlights the team's academic commitment and the department's efforts to promote postgraduate learning and inter-institutional engagement. Special thanks to Dr. Jamil Junejo, Head of the Department of Psychiatry, LUMHS, for his continued leadership, encouragement, and support in promoting academic excellence among postgraduate residents.

Photographs/Evidence

