

# Activity Report



***Certificate Courses for people who are not attending University***



Liaquat University of Medical and Health Sciences (LUMHS) offers a variety of educational events, executive education programs, and vocational training sessions that are open to the general public. These programs are designed to enhance professional skills, promote lifelong learning, and build community capacity in the fields of health, education, and social development.

LUMHS regularly conducts short-term training courses and workshops for healthcare professionals, teachers, and community workers on topics such as first aid, public health awareness, disease prevention, infection control, research methods, and data management. In addition, the university organizes vocational and skill-based training for paramedical staff, laboratory technicians, and nursing assistants to improve their technical expertise and employability.

These initiatives reflect LUMHS's commitment to community engagement and knowledge sharing beyond its enrolled student body, ensuring that individuals from diverse backgrounds have access to educational and professional development opportunities.

### **Research Certificate Courses**

These courses are offered either free of cost or at a nominal fee, making them accessible to undergraduate and postgraduate students from across the province. The primary aim of these programs is to enhance students' knowledge and understanding of research methodologies and to strengthen their capacity for independent inquiry and innovation. Through these courses, participants gain practical skills in designing, conducting, and analyzing research, which enables them to apply evidence-based approaches to real-world challenges. By fostering critical thinking and problem-solving abilities, LUMHS empowers students to contribute effectively to advancements in health sciences, education, and community development.

### **Two-Days Training of Health Staff on Maternal, Child Health, and Nutrition**

A two-day training session for health staff on **Maternal, Child Health, and Nutrition** was successfully organized at Liaquat University of Medical and Health Sciences (LUMHS), Jamshoro. The training aimed to strengthen the capacity of healthcare providers in improving maternal and child health outcomes and promoting better nutritional practices at the community level.

The event was conducted in collaboration with the **Rural Development Foundation (RDF)** and brought together doctors, nurses, and allied health professionals from various departments. Expert trainers delivered interactive sessions on maternal health care, child nutrition, early detection of malnutrition, and community-based interventions to reduce maternal and infant mortality rates.



Participants actively engaged in discussions and practical demonstrations, enhancing their knowledge and skills in providing quality health services. The program concluded with a commitment to apply the learned strategies in their respective health facilities to ensure better community health outcomes.

This initiative aligns with **SDG 3 – Good Health and Well-being**, emphasizing LUMHS's dedication to improving healthcare delivery and promoting sustainable community health practices.





## **Three-Day Training Workshop on TELE HELP Services: Mental Health Support for Teachers**

Empowering teachers with the knowledge and skills to identify and address mental health issues among students is a key initiative of Liaquat University of Medical and Health Sciences (LUMHS). The program aims to promote a supportive school environment and prevent suicidal behaviors among students at higher school level. Schools from across the district are invited to participate in this important initiative. LUMHS organizes this course annually and invites teachers from various schools to take part in capacity-building sessions designed to enhance their understanding of mental health, early intervention strategies, and effective communication techniques. Through this continuous effort, LUMHS contributes to fostering emotionally healthy learning environments and strengthening the role of educators in supporting student well-being.

### **1. Understanding Mental Health**

- Introduction to mental health and its importance
- Common mental health issues in students (anxiety, depression, substance abuse)
- Identifying early warning signs and risk factors
- Breaking stigma: promoting a positive mental health culture

### **2. TELE HELP Services**

### **3. Preventing Suicide and Supporting Students**

- Understanding suicidal behavior and its warning signs
- Developing a school-based suicide prevention plan
- Strategies for supporting students in crisis
- Community resources and referrals for mental health services

### **Expected Outcomes:**

- Enhanced understanding of mental health issues in students
- Ability to identify early warning signs and risk factors
- Effective communication strategies for supporting students
- Knowledge of TELE HELP services and crisis intervention techniques
- Confidence in preventing suicidal behaviors and promoting a supportive school environment

### **Target Audience:**



- Teachers
- School counselors
- Mental health professionals
- Education administrators

**Resource Persons:**

- Mental health experts from psychiatry department of LUMHS
- TELE HELP service providers
- Education specialists

**This training workshop aims to equip teachers with the necessary knowledge, skills, and resources to support students' mental health and prevent suicidal behaviors.**







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