



**LIAQUAT  
UNIVERSITY**

OF MEDICAL & HEALTH SCIENCES  
JAMSHORO

Reporting Year-2024

# Activity Report





Liaquat University of Medical and Health Sciences (LUMHS) is committed to promoting the holistic well-being of its students through a series of awareness and information sessions that begin at orientation and continue throughout their academic journey. These sessions cover a wide range of topics, with a particular focus on health and wellbeing.

As part of this initiative, a session on **Sexual and Reproductive Health (SRH)** was held on **Friday, 26<sup>th</sup> July 2024**, at the **IT Hall, LUMHS**.

The session aimed to:

- Educate students on the fundamentals of SRH
- Dispel myths and misconceptions
- Provide information on available SRH services and support

Expert facilitators conducted interactive discussions on key topics, including:

- Anatomy and physiology
- Prevention of Sexually Transmitted Infections (STIs)
- Mental health and overall wellbeing

This initiative reflects LUMHS's ongoing commitment to the **Sustainable Development Goals (SDGs)**, particularly **SDG 3 (Good Health and Well-being)** and **SDG 4 (Quality Education)** by ensuring students have access to accurate information and the resources needed to make informed, responsible choices.







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