



# OVERALL REPORT

*On SDG-3 Good Health and  
Wellbeing.*



## **LUMHS Contribution Towards Good Health and Wellbeing**

Liaquat University of Medical and Health Sciences (LUMHS) is deeply committed to promoting **Good Health and Well-being (SDG 3)** by advancing healthcare education, research, and community service. As a leading medical institution, LUMHS plays a pivotal role in improving public health outcomes through quality medical training, innovative research, and accessible healthcare services. The university emphasizes preventive healthcare, disease awareness, and health equity, ensuring that both its students and surrounding communities benefit from its expertise and initiatives. Through hospitals, outreach programs, health awareness campaigns, and partnerships with national and international health organizations, LUMHS actively contributes to building a healthier and more resilient society.

### **Diabetes Awareness Program at LUMHS**

Liaquat University of Medical and Health Sciences (LUMHS), Jamshoro, organized a *Diabetes Awareness Program* aimed at enhancing public understanding of diabetes prevention, management, and lifestyle modification. The event was conducted in collaboration with the *Sindh Institute of Endocrinology and Diabetology (SIED)* and targeted patients, their families, and the general community. The initiative reflected LUMHS's continued commitment to community health promotion and its alignment with the United Nations Sustainable Development Goal 3 – *Good Health and Well-being*.

#### **Program Highlights**

The program was graced by the **Honorable Vice Chancellor, Prof. Dr. Ikram Din Ujjan**, who attended as the **Chief Guest**. The event was organized under the supervision of Dr. Kanwal Abbas Bhatti, In-Charge of SIED, along with his dedicated team.

Eminent Diabetologists and health experts delivered informative talks focusing on key aspects of diabetes care, including:

- Early diagnosis and screening for diabetes
- Adoption of a balanced and healthy diet
- Importance of regular physical activity
- Effective community-based management of diabetes

The interactive sessions encouraged participants to adopt healthier lifestyle choices and to understand the importance of regular medical checkups.



## Awareness Walk

A **Diabetes Awareness Walk** was also organized as part of the event. Students, faculty members, healthcare professionals, and members of the general public participated enthusiastically. The walk symbolized solidarity with people living with diabetes and aimed to spread the message of preventive health practices across the community.

### **Community Outreach and Participation**

The event witnessed active participation from academia, students, healthcare providers, media representatives, and the general public, reflecting strong community engagement. As part of the outreach initiative, **glucometers and other health-related items** were distributed among patients and their caretakers. This gesture aimed to facilitate home-based monitoring and to encourage better management of diabetes at the individual and family levels.





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## **LUMHS Observed 14<sup>th</sup> International CBT Conference & Wellbeing Symposium 2024**

### **Introduction:**

Liaquat University of Medical and Health Sciences (LUMHS), Jamshoro, through its **Centre for Psychosocial & Academic Wellbeing** and the **Department of Psychiatry & Behavioral Sciences**, organized the **14th International CBT (Cognitive Behavioral Therapy) Conference & Wellbeing Symposium 2024** from **May 3rd to 5th, 2024**. The event aimed to promote mental health awareness, professional collaboration, and the exchange of knowledge in the field of psychological wellbeing.

### **Objectives:**

- To highlight the importance of Cognitive Behavioral Therapy in promoting mental health.
- To provide a platform for experts, researchers, and clinicians to share the latest developments in CBT.
- To enhance professional competence and wellbeing among practitioners and students.

### **Event Highlights:**

The symposium brought together distinguished national and international experts who delivered lectures, workshops, and panel discussions on themes related to **mental health, wellbeing, and psychosocial resilience**.

A formal **inaugural ceremony** was held, during which guests and speakers were acknowledged for their contributions to the field. Plaques and certificates of appreciation were presented to participants and speakers in recognition of their valuable efforts.

### **Outcomes:**

The conference provided participants with an opportunity to deepen their understanding of CBT applications in diverse settings and to promote the integration of mental health support within healthcare systems. The event reinforced LUMHS's ongoing commitment to improving **mental health and wellbeing** in Pakistan and beyond.

### **Conclusion:**

The **14th International CBT Conference & Wellbeing Symposium 2024** was a successful and impactful event that strengthened academic collaboration and encouraged evidence-based approaches to mental health. LUMHS continues to lead initiatives that enhance psychosocial wellbeing and contribute to achieving the **UN Sustainable Development Goal 3 – Good Health and Wellbeing**.



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## LUMHS Organized Seminar on Tuberculosis Awareness for the General Public

### Overview

Liaquat University of Medical and Health Sciences (LUMHS), in collaboration with the **National TB Control Program**, organized a **public awareness seminar on Tuberculosis (TB)** in Hyderabad. The event aimed to raise community awareness regarding TB prevention, diagnosis, and treatment, aligning with the global commitment to end tuberculosis under **Sustainable Development Goal 3 (SDG 3): Good Health and Well-being**.

### Objectives

- To educate the general public about the **causes, symptoms, and prevention** of tuberculosis.
- To highlight the importance of **early diagnosis and adherence to treatment**.



- To promote the role of healthcare institutions, particularly LUMHS, in supporting national TB control efforts.
- To strengthen community engagement and reduce stigma associated with TB.

## Event Highlights

- The seminar was attended by a large number of community members, healthcare professionals, faculty, and students.
- **Officials from the National TB Control Program**, along with **senior faculty and clinicians from LUMHS**, addressed the audience on the significance of TB awareness and prevention.
- Experts discussed ongoing TB control strategies, availability of free diagnostic and treatment facilities, and the importance of following infection prevention and control protocols.
- Shields and certificates were presented to individuals and teams for their contributions to TB awareness and control initiatives.

## Impact and SDG Alignment

The seminar contributed directly to **SDG Target 3.3 — End the epidemics of AIDS, tuberculosis, malaria, and other communicable diseases.**

Through this collaborative initiative, LUMHS played a crucial role in promoting:

- **Public awareness** and early health-seeking behavior.
- **Community participation** in disease control.
- **Capacity building** of health professionals and students in TB prevention.

## Conclusion

This joint effort by LUMHS and the National TB Control Program reflects the university's ongoing commitment to **public health education** and **community well-being**. By fostering awareness and preventive action against tuberculosis, LUMHS continues to contribute toward achieving **SDG 3: Good Health and Well-being**, ensuring a healthier and more informed society.



حیدر آباد: ڈپٹی ڈائریکٹر ہسپتال سی ڈی سی ڈاکٹر ڈالقار و ڈھار سبجو، ایمیشٹل ڈائریکٹر ڈی سی تھری ڈی بی کنٹرول پروگرام ڈاکٹر شمیں اشرف ڈی بی پیاری کی آگاہی کے حوالے سے  
ورلڈ ڈی بی ڈے کے موقع پر حیدر آباد کے نجی ہوٹل میں سیمینار سے خطاب کر رہے ہیں جبکہ ڈی بی کنٹرول پروگرام سے نسلک افراد کو کارکر دیگی شیلڈ تقسیم کر رہے ہیں۔

## LUMHS organized Two Days Pediatric & Neonatal Conference





## **Screening and Medical Camp for Health and Hygiene at IRM Smart Schools for Street Children.**

Under the directives of the worthy Vice Chancellor, Prof. Dr. Ikram Din Ujjan, Liaquat University of Medical and Health Sciences (LUMHS) organized a community outreach activity at Khuda Ki Basti, Kotri. The initiative was a collaboration between the Department of



Community Medicine, the Department of Oral Pathology, Faculty of Dentistry and SWF a regional level NGO, conducted at two IRM Smart Schools for Street Children on 27th November 2024.

The activity aimed to promote health awareness and improve the well-being of underprivileged children. More than 150 students received health education, oral hygiene sessions, and general physical examinations conducted by faculty members from both departments. To encourage healthy practices, toothbrushes, toothpaste, biscuits, and multivitamin syrups were also distributed among the children.

The event was led by Prof. Dr. Muhammad Ilyas Siddiqui (Chairman, Department of Community Medicine) and Dr. Sana Mirza (Chairperson, Department of Oral Pathology, Dentistry). The dedicated team included Dr. Gulzar Usman, Dr. Faiza Memon, Dr. Sabir Ali, Dr. Wali Muhammad Nizamani, Dr. Kanwal Manzoor, Dr. Rafaina Shah, Dr. Habib, Dr. Kanwal, Dr. Anusha, Dr. Marhaba, Dr. Suneeta, and Dr. Sania Manzoor.

This initiative reflects LUMHS's strong commitment to community service, health promotion, and the United Nations Sustainable Development Goal 3 (Good Health and Well-being) by extending healthcare awareness and preventive services to marginalized populations.



# Community Outreach Program

**General Health Checkup  
&  
Health and Hygiene Awareness Session**

**On 10th December 2024  
@ Lumhs Public School Jamshoro**

**With Collaboration: Archroma Pakistan Limited**

**Distribution of Hygiene, Dental Kit and Geometry Boxes**



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## News Published in regional newspaper

چامشوروجي لمس پيلک اسکول ۾ طبي ڪئمپ، 250 کان وڌيڪ شاگردن جو معائنو

پبلک اسکول جي شاگردن لاہور ہک ذینہن جو کمپونئی ائٹوٹ ریج پروگرام میدیکل یا اسکریننگ کٹمپ لگائی وئی کمپونئی میدیسن پیتوالجی یا اکین جي بیماریں جی ماہر ڈاکٹر: شاگردن جو معاشر ٹیکنالوژی، قدر، مجموعی طور تی اسکریننگ کٹمی لمس جامہر ڈاکٹر پوری سندھ پر یونیورسٹی میں سراج حمار ڈائی رہیا آهن، صحتمند پارائی ہک صحتمند قبرو جی ضمانت ہوندا آهن ہی سی تدريب ہر آرکرڈم اکٹپنی جي تعاون سان پارن ہر تھنا ورہای وبا پروفیسر ڈاکٹر مسحور عالم انصاری، پروفیسر مظہر شیخ، ساجد حسین یا بیا شریک

دوداپور جو بوجوان سراجی مان

پرسار نمونی کم. دس نم

مليو وارئن پاران اغوا جوشك

دوداپوران جیجل دوداپور ویجھو یکوں  
دودو ملقاتی واسی توجوان کراچی مان  
۱۵۵۰ء

پرسنل / بیانیه پیوشر صفحه ۵ (اکتبر ۰۴)

جستجوی محتوا

## کراچی (بیووہ دیور) ترک کلچرل

سینتر اسلام آباد جی ڈائیکٹر پروفیسر  
دکتر بقایا پڑھو صفحو 05 نمبر 05

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میدیسن، پیتوچوچی ۽ اکین جو بیماریں  
جو ماہر ڈاکٹر ڈاکٹر الیاس صدیقی،  
ڈاکٹر گلزار عثمان، ڈاکٹر فائزہ میمن  
ڈاکٹر فرحان شیخ، ڈاکٹر عامر رمضان،  
ڈاکٹر ولی محمد نظامی ۽ ڈاکٹر علی



چامشورو: واکیس چانسلر طبی گیمپ جو دور و شوی رهیو آهي



## **Outreach activity for health and Hygiene in School for Orphans**

### **LUMHS faculty and leadership visited Aaghosh, Khawaja Yaqoob Foundation for Orphans**

LUMHS faculty members visited Aaghosh as part of the university's commitment to social responsibility and community outreach. These visits are aimed at providing continuous support to children and schoolteachers, focusing on their overall health, hygiene, nutrition, and psychological wellbeing. During these visits, faculty and students conduct medical checkups, health education sessions, oral hygiene demonstrations, and awareness campaigns on preventive healthcare. Teachers are also guided on promoting healthy habits among students and identifying early signs of health or emotional issues. Through these sustained efforts, LUMHS not only contributes to improving community health but also strengthens the link between education and wellbeing, empowering schools to foster healthier and more supportive learning environments.





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## **Free Medical Camp at Eye Hospital LUMHS**



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## Community Outreach Activity for School Children for Health and Hygiene





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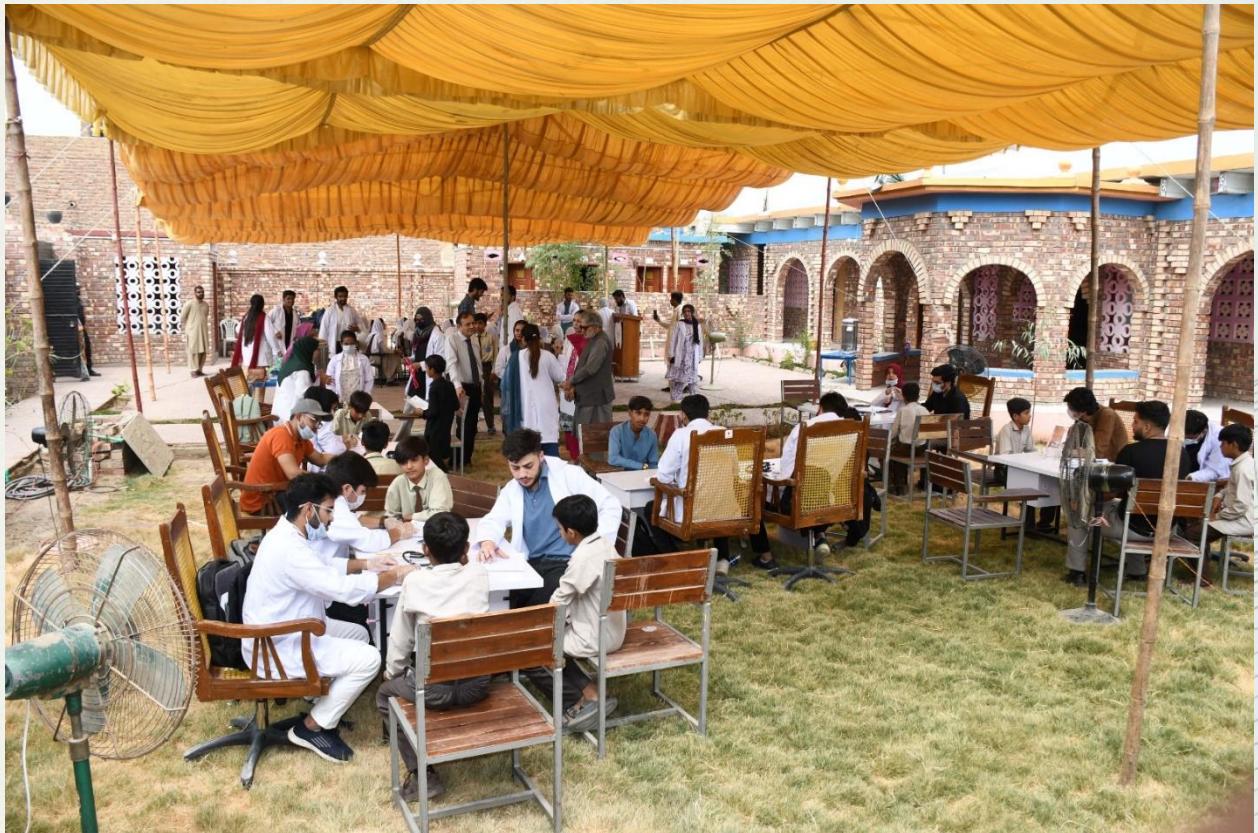


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## Family Planning session and a Medical camp for overall health and well being of women in rural areas of Sindh

A Family Planning Session and Medical Camp was organized by Liaquat University of Medical and Health Sciences (LUMHS) in an underprivileged area of the province, where women's health is often a critical concern. The initiative aimed to raise awareness about the importance of maternal and reproductive health while ensuring that women from marginalized communities have access to essential healthcare services.



During the camp, women received free medical checkups, counseling on contraceptive methods, and necessary medications provided by LUMHS doctors. The healthcare team emphasized the importance of family planning in improving women's overall well-being, reducing maternal health risks, and promoting healthier family structures.

In addition to medical support, participants were guided on nutritional awareness, hygiene practices, and preventive healthcare measures to help them lead healthier lives. The outreach program not only addressed immediate medical needs but also aimed to empower women with knowledge and resources to make informed decisions about their health.

This initiative reflects LUMHS's commitment to community service, women's empowerment, and equitable access to healthcare, particularly in regions where such facilities are scarce.





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## 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.





## Community outreach program in Dar ul Sukoon a shelter home for Homeless Elderly People

Liaquat University of Medical and Health Sciences (LUMHS) students celebrated #YoumeTakbeer by spending time with orphans, disabled individuals, and homeless senior citizens at Darul Sukoon Rashidabad. This event was organized under the guidance of Vice Chancellor Prof. Dr. Ikram Din Ujjan and Prof. Muhammad Ilyas Siddiqui, Dean of Community Medicine.

Number of Students: Over 50 students participated in the event

Activities: Students visited different sections of the center and engaged with the residents

Objective: To promote community service and social responsibility among students

This event reflects LUMHS's commitment to fostering a sense of social responsibility and compassion among its students. By engaging with underprivileged communities, students gain valuable experiences and develop essential skills for their future careers in health care Team LUMHS included Dr Gulzar Usman (Focal Person), Dr Farhana Rajpar, Dr Fasiha Shah and Mr. Babar Ali Kalhoro (QA).



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## **Medical camp and awareness session was organized for Elderly Care**

Liaquat University of Medical and Health Sciences (LUMHS), Department of Community Medicine organized a medical camp and awareness session for elderly people in Thar, a rural area of Sindh. The initiative aimed to address the unique health challenges faced by the elderly and promote healthy aging within the community.

During the session, healthcare professionals discussed common health issues among older adults, preventive measures, and strategies for maintaining physical and mental well-being. Families were also invited to participate, learning how to provide better care, emotional support, and assistance to elderly members at home.

This community outreach activity reflects LUMHS's ongoing commitment to promoting public health, social responsibility, and inclusive healthcare for all age groups.



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## **Diploma Program in Geriatric Care**

Additionally, Liaquat University of Medical and Health Sciences (LUMHS) has introduced a Diploma Program in Geriatric Care to address the growing healthcare needs of the elderly population. The program is designed to equip healthcare professionals with the knowledge and skills required to provide compassionate, evidence-based care to older adults.

The initiative focuses on promoting healthy aging, improving quality of life, and fostering dignity and independence among senior citizens. Through specialized training and practical experience, the program prepares participants to manage age-related health issues effectively and contribute to the development of age-friendly healthcare services in Pakistan.

### **Community outreach program for awareness**

### **A session on breast cancer screening to raise awareness about early detection of breast cancer was organized for young girls at Pak-Turk**

#### **Marif school**

For prevention and awareness regarding early detection of breast cancer a a community outreach program organized by LUMHS faculty at Pak-Turk Maarif schools with collaboration of Pinktober Awareness Session

In recognition of Pinktober, the Global Cancer Awareness Month, the Maarif Health & Wellness Club organized an Awareness Session led by Dr. Ambreen Munir Banglani, Head of the Department of Breast Surgery at Liaquat University of Medical & Health Sciences.

The session aimed to educate and empower our female students and staff on the importance of early detection, self-examination, and timely medical consultation.

Together, we stand for awareness, strength, and hope



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## **Community Outreach program: Free Medical Camp at Village Meghe jo Tarr, Thar Coal Block-2**

As per the directives of the Worthy Vice Chancellor, Prof. Dr. Ikram Din Ujjan, Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro organized a Free Medical Camp at Village Meghe jo Tarr, Thar Coal Block-2 on 2<sup>nd</sup> December 2024.

The initiative was carried out under the University's Community Outreach and Public Health Program, in alignment with Sustainable Development Goal (SDG) 3 – Good Health and Well-being.

The LUMHS team, comprising Consultants and Postgraduate Trainees from the Departments of Pediatrics, Gynecology, Dermatology, Sonology, and Public Health, provided essential health services to the local population.

The camp was inaugurated by MPA Sindh, Faqir Sher Muhammad Bilalani, along with representatives from the Thar Foundation.

A total of 600 patients were examined and treated during the camp. Services included medical consultations, provision of quality medicines, ultrasound examinations, EPI vaccination coverage, nutritional assessments, and health education sessions for school children and community members.



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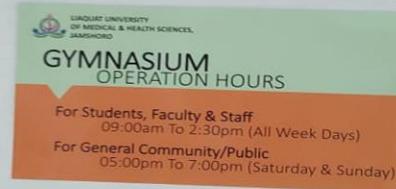
## Exercise for Community

Liaquat University of Medical and Health Sciences (LUMHS) operates a state-of-the-art gymnasium, primarily catering to students, staff, and faculty. However, every Saturday and Sunday from 5 to 7 pm, the university extends an invitation to the general community to utilize its gym facilities. This inclusive initiative promotes community engagement, health awareness, and wellness among local residents. By sharing its resources, LUMHS demonstrates its commitment to social responsibility and public health, fostering a culture of fitness and healthy living beyond its campus boundaries.



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## **Sports activities at LUMHS to promote health and wellbeing**





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## World Mental Health Day 2024

World Mental Health Day 2024 was observed at Liaquat University of Medical and Health Sciences (LUMHS), Jamshoro, on **Thursday, 10th October 2024**, at Latif Hall. The event was **jointly organized by the Department of Psychiatry and Behavioral Sciences** in collaboration with the **Department of Community Medicine**.

The initiative was held under the directives and visionary leadership of the Honorable Vice Chancellor, Prof. Dr. Ikram Din Ujjan, and was successfully executed under the supervision of Dr. Jamil Junejo, Chairman, Department of Psychiatry and Behavioral Sciences.

The program aimed to raise awareness about the importance of mental health, reduce stigma associated with psychological disorders, and promote early intervention and community support. It brought together a diverse audience, including Deans, senior psychiatrists, doctors, faculty members, media representatives, distinguished guests, and students from various disciplines.

The speakers highlighted the significance of recognizing mental well-being as an integral component of overall health and emphasized the role of educational institutions in fostering mental resilience among youth. The event also included interactive discussions and awareness sessions focusing on stress management, emotional well-being, and the need for a supportive environment in academic and professional settings.

The session concluded with a note of appreciation to all organizers and participants for their active involvement in making the event a success, reinforcing LUMHS's ongoing commitment to promoting **mental health awareness and community well-being**.





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Liaquat University of Medical and Health Sciences, Jamshoro is committed to serve the students, faculty, staff and overall community strengthen its mission towards Sustainable development goal health and well-being. The university throughout the year provides mental health awareness sessions, stress management sessions, and provision of physical activities to maintain good physical and mental health. LUMHS has initiated a Center for Psycho-social & Academic wellbeing for mental health support to the students at university. The center provides

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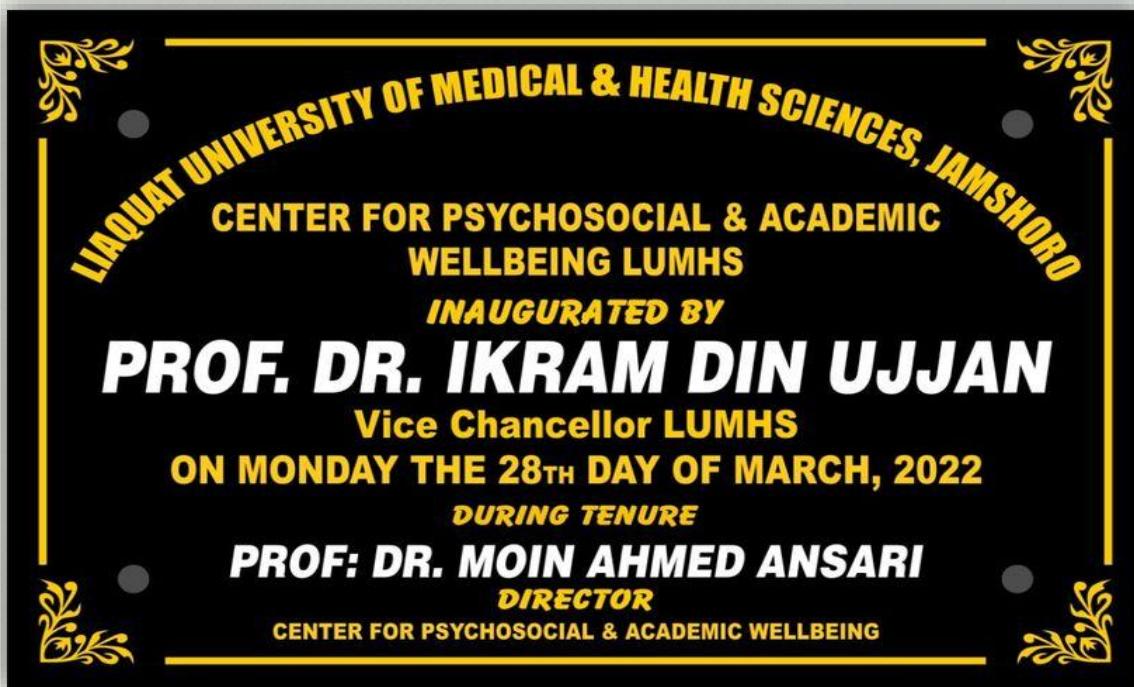


therapies to maintain psychological and social support to maintain mental health and provides assistance to manage their stress related to academics. The center operates free of cost all five working days and in campus, which is accessible to all the students.

## **Establishment of Center for Psycho-social & Academic wellbeing**

Liaquat University of Medical and Health Sciences has launched a groundbreaking Center for Psycho-Social and Academic Wellbeing, marking a significant milestone in supporting students' mental health and academic success. Inaugurated on March 28th, 2022, by worthy Vice Chancellor Professor Dr. Ikram Din Ujjan and Founding Director Professor Dr. Moin Ahmed Ansari, this pioneering center addresses the holistic needs of students, promoting their psychosocial wellbeing and academic excellence.





### **Programs for Mental health Program for youth**

A session for youth was organized in collaboration with Tak Talk, as part of Liaquat University of Medical & Health Sciences (LUMHS)'s ongoing efforts to engage with both local and international organizations for promoting sustainability and community well-being. The event featured interactive discussions and expert-led sessions focusing on mental health awareness, the importance of social support systems, and coping with related psychosocial challenges. Students actively participated by sharing their experiences, perspectives, and strategies for maintaining emotional resilience. The initiative reflected LUMHS's commitment to nurturing a supportive academic environment that prioritizes mental well-being and sustainable development goals (SDG 3 – Good Health and Well-being).

Students actively participating in the youth session organized in collaboration with Tak Talk at LUMHS. The discussion centered on mental health awareness, peer support, and academic well-being, reflecting the university's commitment to creating a supportive environment for its students. Representatives from the Centre for Psycho-Social & Academic Wellbeing were also present to highlight available services such as mentoring, counseling, and student support programs. The interactive nature of the event encouraged open dialogue and helped students share their perspectives on maintaining emotional balance and resilience in academic life.



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## **Session on Harassment an awareness session on developing a safe and inclusive environment for faculty and students was organized**

Liaquat University of Medical and Health Sciences (LUMHS) emphasizes ethical conduct, integrity, and respect in all aspects of academic and professional life. In line with this



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commitment, an awareness session on harassment was organized to educate students, faculty, and staff about maintaining a safe, inclusive, and respectful environment on campus.





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## **Programs on FM Radio for General Community Regarding Health and Wellbeing**

FM radio plays a significant role in raising awareness and promoting good health and well-being, particularly in communities where access to digital or print media is limited. As an accessible and cost-effective communication platform, FM radio bridges the gap between health institutions and the general public, fostering informed, healthier societies.

Here's how FM radio contributes to promoting **good health and well-being**:

### **1. Dissemination of Health Information:**

FM radio broadcasts vital health information in a simple and understandable language, making it easier for listeners from diverse backgrounds to learn about disease prevention, hygiene practices, vaccination drives, and nutrition.

### **2. Health Awareness Campaigns:**

Radio stations frequently collaborate with healthcare professionals, NGOs, and government agencies to air programs on topics such as mental health, reproductive health, maternal and childcare, communicable diseases, and healthy lifestyle choices.

### **3. Reaching Remote and Underserved Populations:**

FM radio is particularly effective in reaching rural or low-literacy communities where internet access and healthcare services may be limited. It ensures that essential health messages reach those who need them most.

### **4. Interactive Programs and Expert Talks:**

Many FM stations host live talk shows, interviews, and call-in sessions with doctors, psychologists, and public health experts. Listeners can ask questions, clarify doubts, and receive credible health advice directly from professionals.

### **5. Addressing Stigma and Myths:**

Through well-designed awareness programs, radio helps dispel misconceptions related to mental health, HIV/AIDS, reproductive health, and other sensitive issues—encouraging open discussion and reducing stigma.

### **6. Emergency and Pandemic Communication:**

During public health crises such as disease outbreaks or natural disasters, FM radio serves as a rapid communication channel to spread accurate information, safety measures, and government advisories.

### **7. Promotion of Mental Health and Well-being:**

Many FM programs feature motivational talks, stress management tips, and mindfulness exercises. These segments promote emotional resilience, social connectedness, and mental wellness among listeners.

### **8. Encouraging Community Participation:**

Community-based FM stations often invite local voices—teachers, health workers, and youth volunteers—to share experiences and solutions. This participatory approach fosters trust and collective responsibility for health improvement.



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In essence, FM radio acts as a **powerful public health education tool**, amplifying messages aligned with **Sustainable Development Goal 3 (Good Health and Well-being)**. By combining accessibility, cultural relevance, and community engagement, it effectively contributes to building healthier, more informed societies.



**INVOLVEMENT IN WOMEN'S HEALTH - KEEP LISTENING LUMHS FM 96.6 - WWW**

Male Involvement in Women's Health" Program. Guest. Prof. Dr. Nusrat Nisar (Prof. of Gynaecology) LUMHS. Host. Dr. Gulzar Usman.



**WORLD SUICIDE PREVENTION DAY AWARENESS PROGRAM**

**OVERALL REPORT ON  
SUSTAINABLE DEVELOPMENT GOAL-3**



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