



# LIAQUAT UNIVERSITY OF MEDICAL & HEALTH SCIENCES JAMSHORO

## POST EVENT REPORT

MENTAL HEALTH SUPPORT FOR STUDENTS AT LUMHS

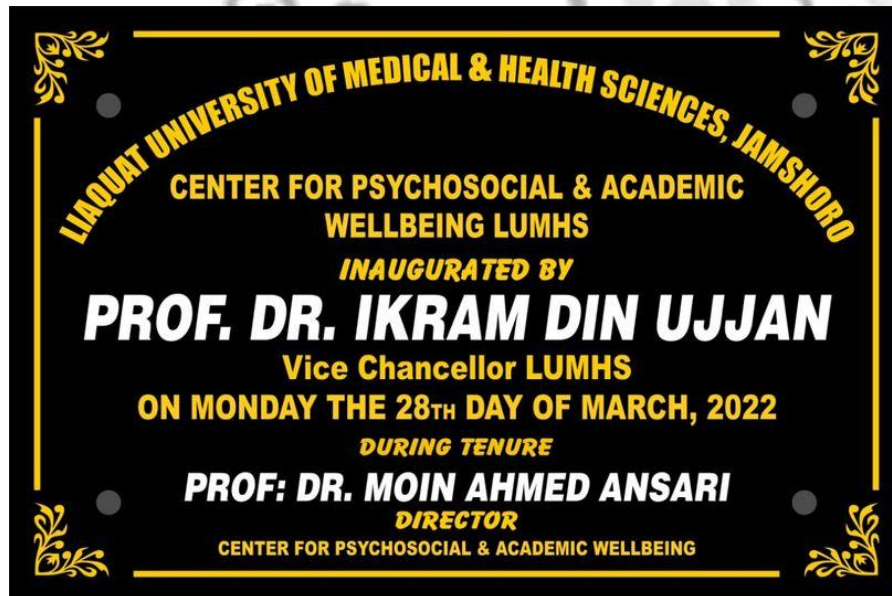
YEAR - 2023

## Mental Health Support For Students at LUMHS

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

### **1. 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.





## 2. Awareness Session on Mental Health for Students

On Monday, November 27th, 2023, Associate Professor Dr. Shariq Abid conducted an enlightening awareness session focused on maintaining mental health and overall wellbeing for students. The engaging presentation, attended by under grade students, emphasized effective stress management techniques and holistic approaches to promote overall health. Dr. Shariq's expert insights equipped students with valuable tools to navigate academic pressures, cultivate resilience, and prioritize self-care, fostering a supportive environment that encourages students to proactively manage their wellbeing.







**EPORT - 2023**