



**LIAQUAT UNIVERSITY  
OF MEDICAL & HEALTH SCIENCES  
JAMSHORO**

**POST  
EVENT REPORT**

**EVENTS  
FOR  
GENERAL PUBLIC**

**YEAR - 2023**

Liaquat University of Medical and Health Sciences (LUMHS) is dedicated to serving the community through a series of events and short courses focused on wellbeing, nutrition, and community health. These initiatives aim to educate and empower individuals, fostering healthier lifestyles and stronger communities.

**Wellbeing Initiatives** LUMHS hosts various events and workshops aimed at promoting mental and physical wellbeing. These include stress management seminars, mindfulness sessions, and fitness classes. By providing these resources, LUMHS helps individuals develop healthy habits and improve their overall quality of life.

**Nutrition Education** Understanding the importance of proper nutrition, LUMHS offers short courses and workshops on healthy eating habits, balanced diets, and nutrition for different life stages. These programs are designed to educate participants on making informed food choices, preventing malnutrition, and managing dietary-related health conditions.

**Community Health Programs** LUMHS is committed to improving community health through outreach programs and public health campaigns. These initiatives focus on preventive healthcare, vaccination drives, and health screenings. By engaging with the community, LUMHS aims to reduce the prevalence of common health issues and promote a healthier population.

**Impact and Outreach** The impact of LUMHS's efforts is evident in the positive feedback from participants and the broader community. These programs not only provide valuable knowledge but also encourage community members to take proactive steps towards better health. LUMHS continues to expand its reach, ensuring that more people benefit from its health and wellness initiatives.

Liaquat University of Medical and Health Sciences remains steadfast in its mission to serve the community through its wellbeing, nutrition, and community health programs. By hosting events and short courses, LUMHS plays a crucial role in educating and empowering individuals, ultimately contributing to a healthier and more informed society.

#### **WELLBEING DAY (May 19<sup>th</sup>, 2023)**

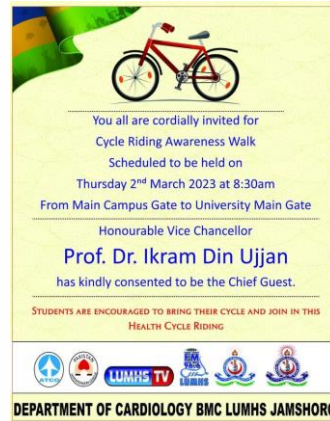
The Centre for Psycho-Social & Academic Wellbeing celebrated, **WELLBEING DAY**, on May 19<sup>th</sup>, 2023 at Latif Hall, Liaquat University of Medical & Health Sciences, Jamshoro. Students, staff, faculty members and delegates over the provinces joined hands to celebrate the importance of Wellbeing in Today's World. The Worthy Vice Chancellor - LUMHS; Prof. Dr. Ikram Din Ujjan was the Chief Guest of the occasion.



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## CYCLING IS GOOD FOR HEALTH

Awareness Program Organized by Department of Cardiology, LUMHS, Jamshoro on 2<sup>nd</sup> March 2023.



## WORLD DIABETES DAY (NOVEMBER 13<sup>TH</sup>, 2023)

World Diabetes Day celebrated by Department of Medicine, LUMHS. A public awareness, scholarly talks and interactive session and a Walk organized on November 13<sup>th</sup>, 2023. The event was actively participated by Faculty Staff and General Public.



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