



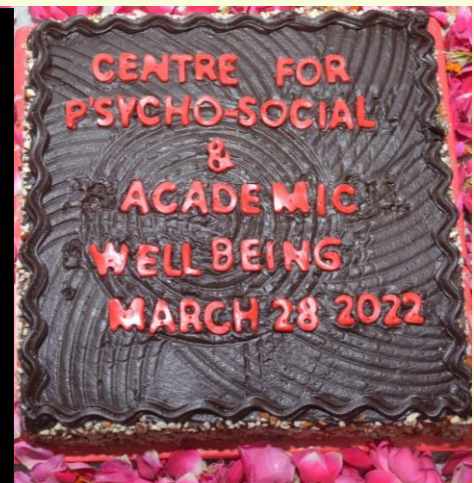
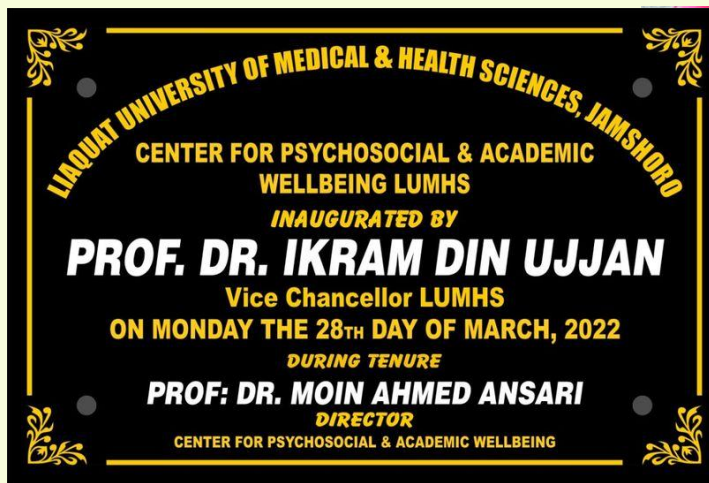
**LIAQUAT UNIVERSITY  
OF MEDICAL &  
HEALTH SCIENCES**

جامشورو, Pakistan

## ESTABLISHMENT OF CENTRE FOR PSYCHO-SOCIAL & ACADEMIC WELLBEING

The Centre for Psycho-Social & Academic Wellbeing, is a novel, and first of its kind, initiative to cater to the ever increasing need of the students regarding Psychological Help, Career Counselling, Mentoring & Overall Wellbeing.

The Centre for Psycho-Social & Academic Wellbeing - LUMHS was inaugurated by the Worthy Vice Chancellor - LUMHS; Prof. Dr. Ikram Din Ujjan & the Founding Director; Prof. Dr. Moin Ahmed Ansari on March 28th, 2022



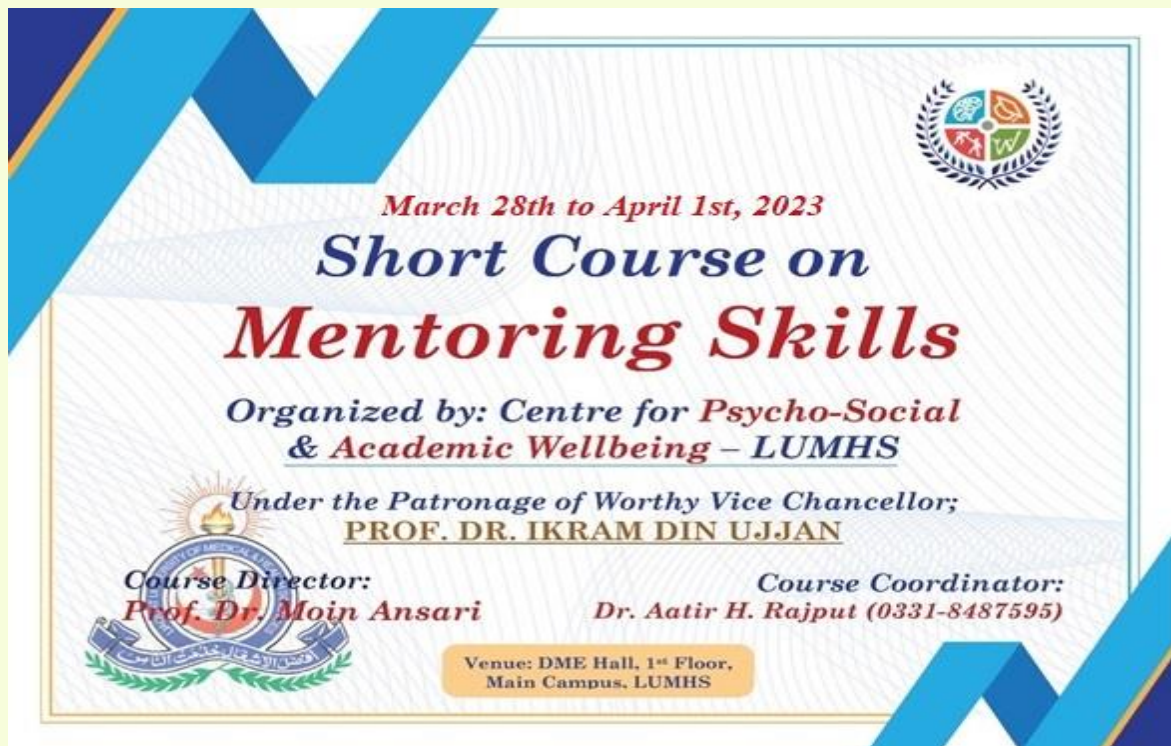


## SHORT COURSE ON MENTORING SKILLS

In order to achieve the desired objectives and to develop mentoring skills among mentors, the Centre for Psycho-Social & Academic Wellbeing, has organized a Short Course on Mentoring Skills from March 28th to April 1st, 2023. Prof. Dr. Moin Ansari (Director – Centre for Psycho-Social & Academic Wellbeing) was Course Director and Dr. Aatir H. Rajput (Deputy Director – Centre for Psycho-Social & Academic Wellbeing), served as Course Coordinator.

Via this short course, initial training of mentors was done by a number of experts. The 5-day carefully crafted Short Course on Mentorship Skills, focused on a number of skills trainings via various instructional strategies and mentoring demonstrations along with reading materials, exercises and tools to train health professionals equipped with essential mentoring skills.

The course was successfully completed by 19 participants.



March 28th to April 1st, 2023

### Short Course on Mentoring Skills

Organized by: Centre for *Psycho-Social & Academic Wellbeing* – LUMHS

Under the Patronage of Worthy Vice Chancellor;  
**PROF. DR. IKRAM DIN UJJAN**

Course Director:  
**Prof. Dr. Moin Ansari**

Course Coordinator:  
**Dr. Aatir H. Rajput (0331-8487595)**

Venue: DME Hall, 1<sup>st</sup> Floor,  
Main Campus, LUMHS

The certificate features a decorative border with blue and white geometric patterns. At the top right is a circular logo with a laurel wreath. The text is centered and uses a mix of bold, italicized, and underlined fonts. The course dates are in red, while the title is in large blue and red letters. The organizers' names are in red, and the venue information is in a yellow box at the bottom.

## LUMHS STUDENT MENTORSHIP PROGRAM

In the light of ever increasing academic and psychosocial stress among the medical students, specifically in first year (fresher) students (who found themselves unable to deal with the academic needs and stress and become lost in the midway) and to deal with the psychosocial dynamics of current era, the Liaquat University of Medical & Health Sciences is determined to guide, facilitate and help their students via establishing Student Mentorship Program.

This mentorship program is offered by the Centre for Psycho-Social & Academic Wellbeing and is aimed to accelerate the personal, professional and psychosocial development of mentees (students) via providing mentees with guidance, advice and feedback from mentors with more experience than themselves.

### OBJECTIVES:

Objectives of mentorship program are:

- To train the mentors to deal with issues of students
- To promote the positive mental health among students
- To drive out the maximum potential of students
- To aid in development of conducive educational environment for students.





# **LUMHS STUDENT MENTORSHIP PROGRAM**

*To bring out the best in you*

*Visit & Register yourself at Centre for Psycho-Social &  
Academic Wellbeing, First Floor, MBBS Campus, LUMHS*

**MONDAY - FRIDAY (9:30 AM - 1:30 PM)**

**PATRON : PROF. DR. IKRAM DIN UJJAN**  
WORTHY VICE CHANCELLOR - LUMHS

**PROGRAM : PROF. DR. MOIN AHMED ANSARI**  
**DIRECTOR : DIRECTOR - WELLBEING CENTRE**

**FOR CONTACT : DR. AATIR H. RAJPUT**  
PROGRAM COORDINATOR

022-9213490 | [wellbeing@lumhs.edu.pk](mailto:wellbeing@lumhs.edu.pk) | <https://www.facebook.com/LUMHS.wellbeing>



**CENTRE FOR PSYCHO-SOCIAL  
& ACADEMIC WELLBEING**

## VISION BASED LEADERSHIP

A One-Day Workshop on Vision Based Leadership organized by the Centre for Psycho-Social & Academic Wellbeing – LUMHS. The workshop was conducted at the Department of Medical Education Hall of Liaquat University of Medical & Health Sciences, Jamshoro on May 12th, 2023, which lasted 4 hours (from 10:30 AM to 2:30 PM) and was attended by 20 participants.



The objectives of the workshop were:

- Discuss the Concept of Academic Leadership in Healthcare Education
- Distinguish between the Management & Leadership
- Enlist Different Leadership Styles
- Discuss the Concept of Vision Based Leadership
- Enlist the Characteristics of an Effective Leader
- Devise the Strategic Plan for an Effective Leadership
- Discuss the concepts of Team-Based Leadership



The workshop was facilitated by:

1. Meritorious Prof. Dr. Iqbal Afridi (Dean Faculty of Psychiatry, CPSP)
2. Prof. Dr. Moin Ahmed Ansari (Dean - Faculty of Medicine & Allied Sciences, & Director – Centre for Psycho-Social & Academic Wellbeing, LUMHS)
3. Dr. Aatir H. Rajput (Senior Registrar –Psychiatry & Deputy Director – Centre for Psycho-Social & Academic Wellbeing, LUMHS)
4. Dr. Muhammad Muneeb (Assistant Professor, Department of Medical Education & Program Director – Masters in Health Profession Education)



The specially crafted workshop on Vision-Based Leadership focused on the importance of transformational leadership along with other leadership styles, traits, skills, and competencies of effective leaders along with the concept of social accountability and pluralism and leadership and ethics. Various instructional strategies along with reading materials, self-assessment questionnaires, and role plays were used to train senior faculty members and executives in Strategic Framework Development for Change Management and Vision-Based Leadership in order to enable them with essential leadership skills.

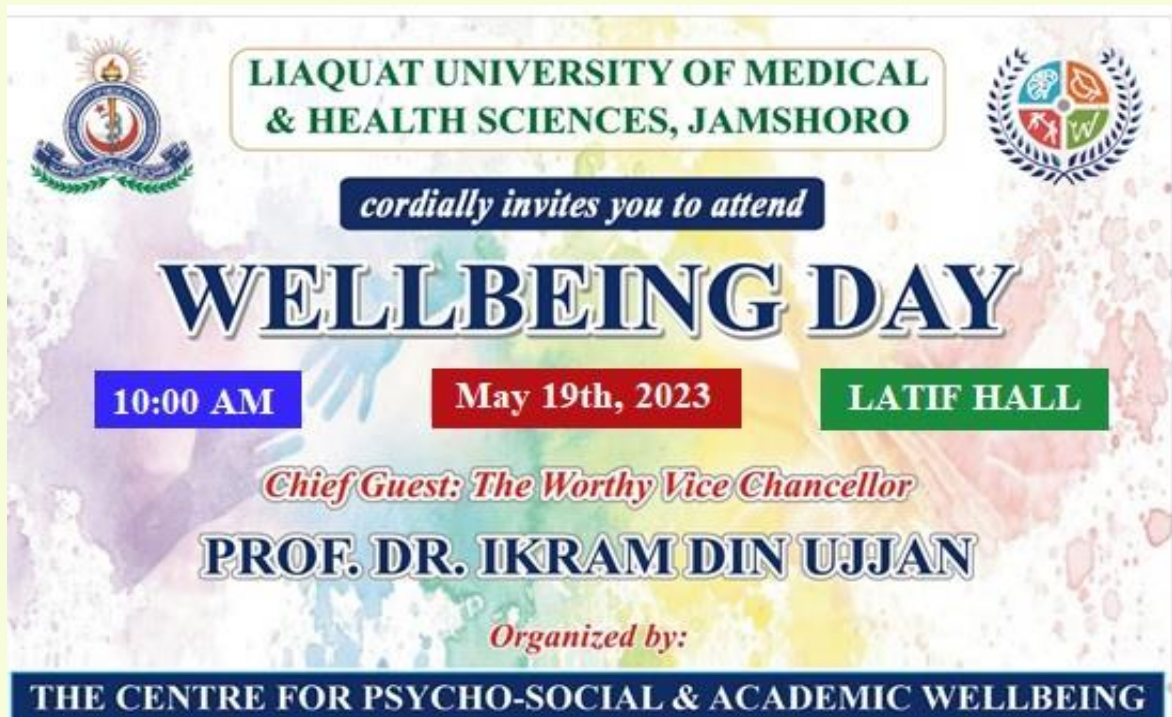




## WELLBEING DAY

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.

Prof. Dr. Moin Ahmed Ansari, Dean Medicine & Allied Sciences & Director for Centre for Psycho-Social & Academic Wellbeing introduced about the concept behind the establishment of Wellbeing Centre. Prof. Dr. Unaiza Niaz, a legend in Psychiatry delivered keynote speech on Mentoring in Medical Schools while thematic lecture titled, Being Well in Today's World was delivered by Prof. Dr. Raza ur Rehman, a renowned psychiatrist. Dr. Aatir H. Rajput presented the working model of LUMHS Student Mentorship Program, which was the vision of the Worthy Vice Chancellor. Prof. Dr. Ikram Din Ujjan decorated guest speakers with traditional ajrak and topi. He also awarded certificates to the mentors who successfully completed Short Course on Mentoring Skills.



The poster features a central graphic with a background of hands in various colors (purple, blue, green, yellow, red) reaching towards the center. At the top left is the Liaquat University of Medical & Health Sciences logo, and at the top right is a circular logo with icons for health and well-being. The text is arranged in a clear, hierarchical manner, with the university name at the top, followed by an invitation, the event title, date, time, and location, the chief guest's name, and the organizing body at the bottom.

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

*cordially invites you to attend*

**WELLBEING DAY**

**10:00 AM**      **May 19th, 2023**      **LATIF HALL**

*Chief Guest: The Worthy Vice Chancellor*  
**PROF. DR. IKRAM DIN UJJAN**

*Organized by:*  
**THE CENTRE FOR PSYCHO-SOCIAL & ACADEMIC WELLBEING**



## SESSION ON THE ROLE OF LEADERSHIP IN OUR CAREER

An Interactive Session titled “The Role of Leadership in Our Career”, was organized by the Centre for Psycho-Social & Academic Wellbeing on the directives of Worthy Vice Chancellor, today on Aug 2<sup>nd</sup>, 2023 at Academic Council Hall, Liaquat University of Medical & Health Sciences, Jamshoro.

The session was conducted by Mr. Atiq Raj; International Life Skills Trainer and Chairman Pakistan Youth Council & International Kashmir Case Committee. It was attended by 20 participants from Faculty of Basic Sciences and also by Prof. Dr. Ashok Kumar Narsani; Dean, Faculty of Surgery & Allied Sciences and Prof. Dr. Moin Ahmed Ansari; Dean, Faculty of Medicine & Allied Sciences. The participants actively participated by taking Part in Discussions, Activities & Questioning.

Prof. Dr. Moin Ansari presented the certificate to Mr. Atiq Raja and the Worthy Vice Chancellor; Prof. Dr. Ikram Din Ujjan decorated the facilitator with traditional souvenirs of Sindhi Topi & Ajrak.





