



LIAQUAT UNIVERSITY OF MEDICAL & HEALTH SCIENCES JAMSHORO

POST EVENT REPORT

Good health and wellbeing: awareness session on
sexual and reproductive Health

YEAR - 2023

Liaquat University of Medical and Health Sciences (LUMHS) offer a comprehensive range of awareness and information sessions to students, commencing from orientation and continuing throughout their academic journey. These sessions focus on variety of topics including health and wellbeing, a session was conducted on sexual and reproductive health for students on Thursday 4th August 2023 at IT Hall, LUMHS.

Liaquat University of Medical and Health Sciences (LUMHS) prioritize students' holistic well-being by offering comprehensive awareness and information sessions throughout their academic journey. Commencing from orientation, these sessions address diverse topics, including health and wellbeing.

This informative event aimed to:

- Educate students on SRH fundamentals
- Address myths and misconceptions
- Provide resources for SRH services and support

Expert facilitators led interactive discussions, covering critical topics such as:

- Anatomy and physiology
- Sexually Transmitted Infections (STIs) prevention
- Mental health and wellbeing

This session aligns with LUMHS's commitment to Sustainable Development Goals (SDGs) 3 (Good Health and Well-being) and 4 (Quality Education), ensuring students receive accurate information and support for informed choices.



