



LIAQUAT UNIVERSITY OF MEDICAL & HEALTH SCIENCES JAMSHORO

Overall Report on Sustainable Development Goal-3

Good Health and Wellbeing

1. Community based activities, Relief Camps

1.1 Free medical camp in underprivileged flood affected areas

In August 2023, Liaquat University of Medical and Health Sciences (LUMHS) spearheaded a relief medical camp in the disaster-affected areas of Sindh, providing critical aid to over a thousand individuals. Demonstrating unwavering commitment to humanity, a dedicated team of LUMHS doctors bravely navigated flooded regions by boat to reach remote communities. Upon arrival, they delivered comprehensive medical care and distributed free medicines, alleviating suffering and restoring hope among those severely impacted by the disaster. This selfless initiative exemplifies LUMHS's steadfast dedication to serving humanity and underscores its role as a responsible and compassionate institution.





جامشورو: بس ریلیف میڈیکل کمپ کا اسٹاف کشتیوں کے ذریعے گوٹھ او ایس قرنی میں سیلاب متاثرین کے علاج کے لیے کشتی میں سوار ہے
دوسری جانب مریضوں کا طبی معائنہ کیا جا رہا ہے اور ادویات دی جا رہی ہیں





1.1 Relief Medical Camp in Majhand (a rural area of Sindh)



1.2 Relief Medical Camp during floods in Sindh 2023

Medical Camp for Flood-Affected Communities in Jamshoro, 2023 (SDG-3 Good Health and Wellbeing)

Liaquat University of Medical and Health sciences is located in a underprivileged province of Pakistan being an advanced medical and healthcare system LUMHS accepts social responsibility and committed to promote health and wellbeing among communities throughout the year specially during disasters. Sindh is experiencing flood every year like all years this year in 2023. Sindh faced massive flood which affected thousands of people. LUMHS utilized manpower and health care facilities to provide relief to local communities. Thousands of people were displaced and stayed in camps. LUMHS provide health care facilities to improve health and wellbeing of people affected by flood. The camp continued for several days where several affected people were shifted to LUMHS tertiary care hospitals for further treatment.

The camp facilitated individuals, including women, children, elderly, and people with disabilities. The medical services provided include general medicine, pediatrics, obstetrics and gynecology, vaccination, and immunization, along with health education. The facilities offered comprise free consultation and medication, emergency medical care, and referral services to tertiary care hospitals. A multidisciplinary team of doctors, nurses, paramedics, healthcare

volunteers, support staff, and SDG Volunteer students collaborated to deliver these services. Strategic partnerships were forged with local hospitals, government health departments, NGOs, humanitarian organizations, community leaders, and local authorities. This initiative aimed to achieve improved health outcomes, reduced morbidity and mortality rates, enhanced awareness on health and hygiene practices, and strengthened community resilience and coping mechanisms, ultimately aligning with the United Nations' Sustainable Development Goals (SDGs), particularly SDG 3: Good Health and Well-being, and SDG 11: Sustainable Cities and Communities.



Figure 1 people migrating to camps during the flood in Sindh

1.4 Medical camp in Kotri

Liaquat University of Medical and Health Sciences (LUMHS) conducted a medical relief camp on July 7th 2023, providing vital healthcare services to the community. During this altruistic initiative, hundreds of individuals received free consultations from expert medical professionals, while also being provided with complimentary medications. This outreach program exemplified LUMHS's commitment to social responsibility and community welfare, ensuring accessible healthcare for those in need and reaffirming its dedication to improving the well-being of marginalized populations





1.5 Free medical camp in PunjMoro Matyari



1.6 Medical Relief Camp in Matyari



2. Community Outreach Activity 2023: For Good Health and Wellbeing: LUMHS organized a health hygiene community outreach program at sweet Home (an orphanage)

Liaquat University of Medical and Health Sciences (LUMHS) conducted a health and hygiene community outreach program at Sweet Home, an orphanage operated by Pakistan Baitulmal in Qasimabad. The event was graced by the Vice Chancellor of LUMHS, Prof. Dr. Ikram Din Ujjan, who emphasized the importance of maintaining good health and hygiene practices, particularly among vulnerable populations like orphans. During the program, the university's team provided comprehensive health and hygiene education to the children, focusing on essential habits such as hand washing, oral hygiene, and proper sanitation. To support the children's health and wellbeing, the Vice Chancellor distributed hygiene kits to each child, containing essential items like toothbrushes, toothpaste, soaps, and towels. This initiative demonstrates LUMHS's commitment to community service and social responsibility, aligning with the United Nations' Sustainable Development Goals (SDGs), particularly SDG 3: Good Health and Well-being. By promoting health and hygiene practices among orphaned children, LUMHS aims to contribute to their overall wellbeing, education, and development, ultimately empowering them to lead healthier and more productive lives. The university's outreach program also strengthens its ties with local communities, fostering a culture of care and compassion among its students, faculty, and staff. LUMHS continues to serve the orphanage through similar activities and provision of goods needed by the children

Date 11th October 2023







Over all Health and Nutrition Activity for Children in Local Community

Liaquat University of Medical and Health Sciences (LUMHS) conducted a community outreach program, providing medical care, health education, and nutrition awareness to 200 local children. Faculty and SDG Volunteer students participated, offering medical checkups, de-worming initiatives, and gift distribution. Partnering with local organizations, LUMHS fostered community engagement and social responsibility, aligning with SDGs 3 and 4. The program improved health awareness, detected and treated health issues, and boosted morale, demonstrating LUMHS's commitment to Sustainable Development. The activity was organized by Department of Community Medicine, Liaquat University of Medical and Health Sciences (LUMHS) on 12th October 2023 in a local community in Jamshoro with the





3. World Diabetes Day

World Diabetes Day 2023 celebrated by Department of Medicine, LUMHS a walk for public awareness, scholarly talks and interactive session held on 13th November 2023.



4. Breast cancer symposium

Breast Cancer Symposium was organized by LUMHS at Latif Hall on October 24-2023.



5. Mental Health Day

Mental Health Day is celebrated every year at LUMHS which involves teaching faculty staff and people from different groups and communities which is Expert-led session addressing stress management, anxiety, and depression

By integrating these initiatives, LUMHS demonstrates its commitment to mental health and wellbeing, aligning with Sustainable Development Goal (SDG) 3: Good Health and Well-being.





6. Awareness through media participation in local TV channel



@ Mehran TV, talked about post flood Health risks, Medical n Relief Camps.. 🌹🙏

