



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

**POST
EVENT REPORT**

**Workshops & Trainings
for
General Public**

YEAR - 2023

Liaquat University of Medical & Health Sciences, Jamshoro Promoting Community Health and Well-being

Liaquat University of Medical & Health Sciences (LUMHS) is dedicated to enhancing community health and well-being through its proactive initiatives, which include hosting workshops and training sessions that are open to the general public. These events cover critical topics such as personal hygiene, mother and child health, nutrition, and overall well-being, reflecting the university's commitment to public health education and outreach.

Personal Hygiene Workshops LUMHS places a strong emphasis on the importance of personal hygiene as a fundamental aspect of health. The university regularly organizes workshops to educate the public on best practices for maintaining cleanliness and preventing the spread of infectious diseases. These sessions provide practical tips and demonstrations, ensuring participants understand the importance of hygiene in their daily lives.

Mother and Child Health Programs Recognizing the crucial role of maternal and child health in community well-being, LUMHS offers specialized programs and training sessions focused on this area. These events cover topics such as prenatal care, childbirth, postnatal care, and child nutrition. By providing comprehensive education and support, LUMHS aims to improve health outcomes for mothers and children, fostering a healthier future generation.

Nutrition Education LUMHS hosts workshops and training sessions dedicated to nutrition education, highlighting the importance of a balanced diet for overall health. These events educate the public on healthy eating habits, nutritional requirements, and how to manage dietary-related health conditions. Participants gain valuable knowledge that empowers them to make informed food choices, contributing to their long-term well-being.

Training of Health Staff District Badin, on Mother & Child Health at Department of Community Medicine LUMHS. In collaboration with Research & Development Foundation (RDF) and International Rescue Committee (IRC). DHO Badin (October 30th & 31st, 2023)



LIAQUAT UNIVERSITY
OF MEDICAL & HEALTH SCIENCES,
JAMSHORO



LIAQUAT UNIVERSITY
OF MEDICAL & HEALTH SCIENCES,
JAMSHORO

POST EVENT REPORT - 2023

**Personal Hygiene Session with Children at Sweet Home, Pakistan Baitul Mall, Hyderabad, Pakistan
(August 24th, 2023)**



A Workshop on Child Nutrition with Local Community at Liaquat University of Medical & Health Sciences, Jamshoro (May 8th, 2023)



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

POST EVENT REPORT - 2023

Three Days Training Workshop on Tele Help Service on Mental Health
(December 13th, 14th & 15th, 2023)



LIAQUAT UNIVERSITY
OF MEDICAL & HEALTH SCIENCES,
JAMSHORO

POST EVENT REPORT - 2023