



LIAQUAT UNIVERSITY OF MEDICAL & HEALTH SCIENCES JAMSHORO

**OVERALL REPORT
ON SUSTAINABLE DEVELOPMENT
GOAL NO.4**

YEAR - 2023

Liaquat University of Medical and Health Sciences, Jamshoro

4.2.1 Number of Graduates

The Total Number of Graduates is 1783 in the year 2023

4.2.2 - Number of graduates who gained a qualification that entitled them to teach at primary school level

Liaquat University of Medical and Health Sciences (LUMHS) stands as a beacon of excellence in medical education, producing highly qualified professionals who are dedicated to improving health and education in their communities.

LUMHS recognizes the value of building strong partnerships with local schools. These partnerships create opportunities for LUMHS students to engage directly with school communities, spreading knowledge, showcase their talents and build confidence. In last year total 5 student's groups outreach to schools, to and interact with around 350 school students. Students are spending 10 days' noncredit program at schools at local community during their studies at University.

Liaquat University of Medical and Health Sciences is proud of its students who are making significant contributions to education and community service. By spreading their knowledge and expertise to school-level students of the community.





4.3.1 Providing Free Access to Educational Resources

Liaquat University of Medical and Health Sciences (LUMHS) is dedicated to fostering a robust academic environment that supports students, researchers, and alumni in their pursuit of knowledge and professional growth. As part of our commitment to educational excellence not limited for our Students, staff and faculty but LUMHS offers a range of services designed to enhance the learning experience and support academic endeavors.



LUMHS FM Radio: LUMHS Community Health FM Radio often referred as LUMHS FM 96.6 is the educational radio station of Liaquat University of Medical & Health Sciences (LUMHS) Jamshoro, Sindh, Pakistan. The transmission of LUMHS FM 96.6 went on-air for the very first time on Tuesday, 8th November 2016. This FM Radio Station aims to provide to spread Health, Social & Educational awareness in the masses and provide complete information to the students, faculty members, researchers about all activities being carried out in the university. **Facebook link:** <https://www.facebook.com/pakstudioin/>



LUMHS Web TV: Liaquat University of Medical and Health Sciences (LUMHS) proudly presents Liaquat University Web TV, an innovative platform dedicated to spreading health, social, and educational awareness among the masses. This pioneering initiative serves as a vital resource for students, faculty members, researchers, and the general public, offering comprehensive information about the myriad activities and programs conducted within the university.

Liaquat University Web TV is at the forefront of promoting health awareness, providing viewers with valuable insights into various health-related topics on preventive healthcare measures and disease management to mental health and wellness.



The platform addresses a wide range of social issues, including gender equality, environmental sustainability, and community development.

The LUMHS Web TV channel also broadcasts lectures, workshops, and seminars conducted by LUMHS, making educational content accessible to a wider audience. Additionally, it features interviews with prominent academics and experts, offering insights into the latest research and developments in various fields.

Facebook Link: <https://www.facebook.com/p/LUMHS-WEB-TV-100086415054488/>

You Tube Link: <https://www.youtube.com/channel/UCytVVnITB-fcJ-9BAiRhURA>



Liaquat University of Medical and Health Sciences (LUMHS) has been leveraging the Microsoft 365 platform since 2013, providing comprehensive, lifelong free services to all its students, faculty, and staff. This seamless integration ensures that all alumni continue to benefit from these services even after their graduation, enjoying access to essential tools that support their ongoing professional and academic endeavors. This initiative underscores LUMHS's commitment to equipping its community with the digital resources needed for success in today's interconnected world.

Online Digital Library: In addition to our physical library, LUMHS offers access to an extensive online digital library using resources Higher Education Commission Pakistan. This resource enables students, faculty, and researchers to access around 75,000 number of electronic content available through the Digital Library Programs, including e-books, journals, research papers, and academic databases, from anywhere at any time.



Turnitin License for Research Integrity: To uphold the highest standards of academic integrity, LUMHS provides researchers with Turnitin license accounts. This powerful tool helps detect and prevent plagiarism, ensuring that all academic work is original and properly referenced.

Official Email Accounts for Alumni: Recognizing the importance of staying connected, LUMHS offers official email accounts for alumni. These accounts facilitate ongoing communication, access to university resources, and participation in alumni events, fostering a strong and supportive alumni network.



4.3.2 LUMHS Events for General Public

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.

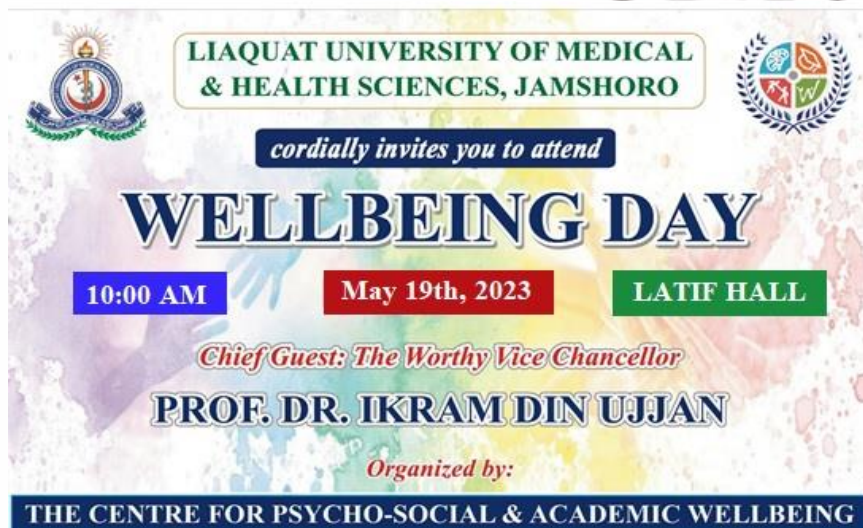
Impact and Outreach The impact of LUMHS's efforts is evident in the positive feedback from participants and the broader community. These programs not only provide valuable knowledge but also encourage community members to take proactive steps towards better health. LUMHS continues to expand its reach, 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 19th, 2023)


The Centre for Psycho-Social & Academic Wellbeing celebrated, **WELLBEING DAY**, on May 19th, 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 2nd March 2023.



You all are cordially invited for
Cycle Riding Awareness Walk
Scheduled to be held on
Thursday 2nd March 2023 at 8:30am
From Main Campus Gate to University Main Gate

Honourable Vice Chancellor
Prof. Dr. Ikram Din Ujjan
has kindly consented to be the Chief Guest.

STUDENTS ARE ENCOURAGED TO BRING THEIR CYCLE AND JOIN IN THIS
HEALTH CYCLE RIDING



DEPARTMENT OF CARDIOLOGY BMC LUMHS JAMSHORO



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WORLD DIABETES DAY (NOVEMBER 13TH, 2023)

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



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4.3.3 LUMHS Host Workshops & Trainings for General Public

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)



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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)



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



4.3.4 LUMHS Engaging Local Schools through Outreach and Counseling

Engaging Local Schools through Outreach and Counseling

Liaquat University of Medical and Health Sciences (LUMHS) is dedicated to extending its educational mission beyond the university campus through proactive outreach initiatives. One significant aspect of this outreach is the delivery of lectures and counseling sessions for students at local schools. These efforts are aimed at providing valuable educational resources and guidance to young learners, fostering a culture of learning and growth within the community.

Educational Lectures LUMHS faculty and students regularly visit local schools to deliver lectures on a variety of topics, ranging from basic health education and hygiene to advanced medical sciences and career guidance. These lectures are designed to enrich the school curriculum and provide students with insights into the field of medical and health sciences. By sharing their expertise and knowledge, LUMHS aims to inspire and motivate young minds to pursue their academic and professional goals.

Counseling and Guidance In addition to educational lectures, LUMHS offers counseling sessions to help school students navigate their academic journeys and personal development. These sessions provide a supportive environment where students can discuss their



aspirations, challenges, and career interests. Experienced counselors from LUMHS offer personalized advice and guidance, helping students make informed decisions about their future educational and career paths.

Impact on the Community The outreach activities conducted by LUMHS have a profound impact on the local community. By actively engaging with school students, LUMHS helps to bridge the gap between secondary and higher education, encouraging a seamless transition for those interested in pursuing further studies in medical and health sciences. These initiatives also promote awareness and understanding of important health and well-being topics, contributing to a healthier and more informed community.

Through its dedicated outreach programs, Liaquat University of Medical and Health Sciences continues to make a meaningful difference in the lives of young students, fostering a brighter future for all.



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OVERALL REPORT ON SUSTAINABLE DEVELOPMENT GOAL NO.4

4.3.5 Policy for University Inclusivity and Accessibility

Policy Statement:

Liaquat University of Medical & Health Sciences Jamshoro is committed to fostering an inclusive environment where all students, faculty, and staff have equal access to participate in University activities. This commitment extends to individuals of all ethnicities, religions, disabilities, immigration statuses, and genders.

The Policy was Approved from Academic Council of the University on January 14th 2022.

Purpose:

The purpose of this policy is to ensure that every member of our University community can engage fully in academic, extracurricular, and social activities without facing discrimination or barriers due to their personal backgrounds or characteristics.

Policy Details:

1. Equal Opportunity:

All activities, including but not limited to educational programs, events, and recreational opportunities, will be accessible to all individuals regardless of ethnicity, religion, disability, immigration status, or gender.

2. Reasonable Accommodations:

The university will provide reasonable accommodations to ensure that individuals with disabilities can participate fully in all activities. This includes but is not limited to, accessible facilities, assistive technologies, and alternative formats for materials.

3. Non-Discrimination:

The university will not tolerate any form of discrimination or harassment based on ethnicity, religion, disability, immigration status, or gender. Any reported incidents will be investigated promptly, and appropriate actions will be taken.

4. Awareness and Training:

The university will conduct regular training and awareness programs for students, faculty, and staff to promote understanding and respect for diversity. These programs will highlight the importance of inclusivity and the legal and ethical responsibilities of all members of the university community.

4.4.1 - Number of students starting a degree

Total Number of students starting a degree is **3412** in the year 2023

4.4.2 - Number of first-generation students starting a degree

The Total Number of first-generation students starting a degree is **6991** in the year 2023

4.4.3 Number of Students

The Total Number of Students is **15173** in the year 2023.

