



LIAQUAT UNIVERSITY OF MEDICAL & HEALTH SCIENCES JAMSHORO

POST EVENT REPORT

LUMHS CONTRIBUTES TOWARDS SPORTS & SHARES SPORTS FACILITIES
WITH LOCAL SCHOOLS TO PROMOTE GOOD HEALTH AND WELLBEING

YEAR - 2023

LUMHS contributes towards sports and Shares Sports Facilities with Local Schools to promote Good Health and Wellbeing

Title: "Play & Learn" – Community based Sports activity

Objective

To promote physical education, teamwork, and healthy lifestyle choices among local school students by providing access to LUMHS sports facilities. The flexible schedule is set with the schools on the set days the transport is provided to the school students accompanying their teacher come to sports gymnasium and spend meaningful time with the sports trainers at LUMHS.

Facilities:

- Directorate of Sports Gymnasium
- Outdoor sports fields
- Indoor sports courts
- Transport from and back to school

Eligible Schools:

- Government and private schools in Jamshoro district
- Schools with limited or no sports facilities

Benefits:

- Expert coaching and mentorship
- Opportunities for inter-school competitions
- Promoting physical activity and healthy lifestyle choices

Program Details:

- Invitation to school students to use LUMHS gymnasium
- Scheduled sports session
- Coaching and training by certified sports professionals
- Equipment and safety gear provided

By sharing its sports facilities with local schools, LUMHS aims to foster a culture of physical activity, teamwork, and community engagement among young people.















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