

NEWSLETTER

December-2023



**RASHID LATIF KHAN
UNIVERSITY**



**RASHID LATIF
MEDICAL COMPLEX**



**HAMEED LATIF
TEACHING HOSPITAL**



**RLKU
MEDICAL COLLEGE**



**ARIF MEMORIAL
TEACHING HOSPITAL**

Arif Memorial Teaching Hospital (AMTH)

Free Medical Camp (1st December 2023)

Arif Memorial Teaching Hospital brings Healing Hands: A series of Free Medical Camps were being held for Akhuwat university students. A large number (500+) students are being checked in the month of December and this activity is still going on for every Friday and Saturday. Arif Memorial Teaching Hospital, renowned for its exceptional medical care, is proud to host students for their free OPD checkups, consulted by experienced doctors across various specialties including general medicine, EYE, ENT and Nutrition. With patient-centered approach, AMTH prioritized students' comfort and well-being, treating with respect under Dr Babar Orangaib Wattoo (Medical Director Arif Memorial Teaching Hospital) supervision in collaboration with Prof. Bukhari (principal Akhuwat University). A well-organized camp by Dr Noor ul Ain Munawar (Deputy Medical Superintendent) is well framed in pictures.



Rashid Latif Khan University (RLKU)

Smog Awareness (1st December 2023)

Awareness Seminar at Rashid Latif Khan University! Honored to have Miss Azmat Naz, Deputy Director from the Government of Punjab's Environment Protection Department, share comprehensive insights on smog awareness and precautionary measures. Her knowledge and humility made the session truly impactful. Let's take steps as individuals and society to combat smog and create a healthier environment.



RLKU Medical College (RLKUMC)

3rd Inspirational Speaker Program (2nd November 2023)

Third of a series of Inspirational Speaker Program took place on Thursday 2nd November 2023. Prof Mahmood Shaukat was the invited speaker. Prof Mahmood Shaukat is an eminent Paediatric Surgeon and has lots of credits to his career, he has been Principal of Allama Iqbal Medical College Lahore, Officiating Vice Chancellor UHS, Chairman Board of Management KEMU and Registrar KEMU. He spoke very eloquently on career development and leading an impactful life. There were lots of practical tips for the medical students as well as motivational and inspirational quotes. RLKUMC is indebted to him for sparing his time and contributing in the education of its students.



Rashid Latif Medical College (RLMC)

Awareness of Malnutrition (4th December 2023)

A seminar on “Awareness of Malnutrition” was conducted on 4th December for the Department of Human Nutrition and Dietetics at Rashid Latif Medical College. The seminar featured presentations and discussions led by collaboration with SIGNS International which is a dynamic and globally recognized healthcare organization with a presence in over 30 countries across the Middle East, Africa, Asia, Australia, the UK, and Canada.



Rashid Latif Medical College (RLMC)

The Ultimate MCQ Mastery (4th December 2023)

An engaging workshop under the supervision of Principal Prof. Tahir Masood & Vice Principal Prof. Mudassar Ali on "The ultimate MCQ mastery" was facilitated by Dr. Saman Saeed (Associate professor of Physiology) on 4th Dec, 2023 at RLMC. Her expertise, enthusiasm & time-saving tips made the learning experience truly great. It was a joint venture of the Department of Physiology & Department of Medical Education. Thank you for your contribution to our success.



Rashid Latif Khan University (RLKU)

World Disability Day (6th December 2023)

"3rd December is celebrated as World Disability Day. On 6th December 2023, In a heartwarming display of inclusivity, RLKU & RLMC celebrated Disability Day with a meaningful walk on campus. Mrs. Zuleikha Khan Member Board of Director and Head of Marketing, Pro Vice-Chancellor Dr Khalid Khan, Principal RLMC Pro. Dr. Tahir Masood, Mrs Atia Ur Rehman Principal Allied Health Sciences, Prof. Dr Nashi Khan Director Academics, Dean Faculty of Law Prof. Iftikhar Tarer. Vice Principal RLMC Dr. Mudassar, Dean Faculty Prof. Dr Saadia Qureshi, Students, faculty, staff, and other departments joined forces to raise awareness and promote accessibility for individuals with disabilities. The event fostered a sense of community as participants walked together, emphasizing the university's commitment to creating an environment where everyone feels valued and supported. Through this initiative, RLKU & RLMC took a significant step towards fostering a more inclusive campus culture, promoting understanding, and breaking down barriers that individuals with disabilities may face."



RLKU Medical College (RLKUMC)

1st Research Moot (12th December 2023)

The research Cell at RLKU Medical College organized the 1st Research Moot.



Rashid Latif Medical College (RLMC)

Workshop on Team-Based Learning (13th December 2023)

Department of Medical Education hosted a transformative workshop on Team-Based Learning on December 13, 2023, at Rashid Latif Medical College, under the insightful leadership of Prof. Tahir Masood (Principal) & Prof. Mudassar Ali (Vice Principal). Prof. Sadaf Sajid (Assistant Director, DME) & Prof. Sofia Khan (HOD Pathology), the dynamic facilitators, delivered a compelling lecture & orchestrated engaging activities to underscore the significance of Team-Based Learning. Their efforts showcased how each department can pioneer initiatives to implement this approach effectively for student development. Commendations to the organizing team for an enriching & hands-on workshop that resonated with the essence of collaborative learning!



Mental Well Being in University Students (14th December 2023)

Special Guest Lecture was Organized by Prof. Iftikhar Ahmed Tarar, Director, School of Law, RLKU. The Guest Speaker was Prof. Dr. Nashi Khan, Dean, FSS & Director, RLDPP. The Topic was "Mental Well-Being in University Students". This Special Lecture was conducted with Law Students in a very interactive and engaging manner by Prof. Dr. Nashi Khan. Law Students were fully involved in various exercises along with educating them about how important Mental well-being is for all. Faculty from Pharmaceutical Sciences was also present in this Lecture. Ms. Mahrukh Mumtaz & Ms. Wajiha Abrar as student counselors of RLKU /RLMC gave well-being tips to the students. A Well-Being Scale was also given to the Law Students during this Lecture. The lecture was very well organized by the Law School Faculty and Team.



RLKU Medical College (RLKUMC)

Student Inauguration of Societies (17th December 2023)

Students Inauguration of Societies, will be held on 17 October, 2023 Tuesday at 11:00 am



Rashid Latif Department of Professional Psychology (RLDPP)

International Conference (21st December 2023)

Prof. Dr. Nashi Khan represented Rashid Latif Khan University (RLKU) as Panel Chair in International Conference organized by Centre for Clinical Psychology, University of the Punjab among the Exceptional Academicians & Psychologists. Prof. Dr. Nashi Khan Chaired Two Scientific Sessions in this Conference.



International Conference on
MENTAL HEALTH and REHABILITATION: INNOVATION and IMPLEMENTATION (ICMHR-2023)

Panel Discussion: "Latest trends in Psychotherapeutic Interventions focusing on improving Mental Health and Promoting Rehabilitation"

December 21st, 2023
10:30 A.M.

Panelists

- Dr. Iram Bokharey
- Dr. Shahida Tanveer
- Dr. Fatima Kamran
- Dr. Mohsina Nejee
- Dr. Uzma Ashiq
- Dr. Urusa Fahid
- Dr. Aisha Sitwat
- Ms. Nazish Habib
- Ms. Aqila Umbrreen

Panel Chairs

- Prof. Dr. Nashi Khan**
Dean, P.S.S. RLKU
Director and HOD, Rashid Latif
Department of Professional Psychology
Rashid Latif Khan University (RLKU)

Venue: Centre for Clinical Psychology, New Building,
University of the Punjab, Quaid e Azam Campus Lahore, Paki



Rashid Latif Khan University (RLKU)

Christmas (25th December 2023)

Our Christian community celebrated Christmas at Rashid Latif Khan University.



4th Inspirational Speaker Programme

Prof Faisal Saud Dar FRCS Dean PKLI was the guest speaker. Prof Dar is the pioneer leading liver transplant surgeon of Pakistan having performed well over 1500 liver transplants. He established liver transplant center in Shifa Hospital Islamabad and then moved to Lahore as Dean PKLI and established another state-of-the-art Liver Transplant Unit. His talk was directed at the medical students whereby he traced the history of medical profession from prehistoric times to present day, he spoke about evolution of Liver Transplant in the world and in Pakistan. He discussed the importance of teamwork, commitment and sheer hard work. He discussed the future of medical profession in the way of Tele medicine, robotic surgery and artificial intelligence. He encouraged the students by enlightening the students about the vast avenues of opportunities in this profession awaiting them.

