

NEWSLETTER

July & August 2024



RASHID LATIF KHAN
UNIVERSITY



RASHID LATIF
MEDICAL COMPLEX



HAMEED LATIF
TEACHING HOSPITAL



RLKU
MEDICAL COLLEGE



ARIF MEMORIAL
TEACHING HOSPITAL

Rashid Latif Khan University (RLKU)

Jang Education Expo 2024

Rashid Latif Khan University is proud to have participated in the prestigious Jang Education Expo 2024! Our team engaged with prospective students, sharing information about our programs and facilities. We appreciate the interest and enthusiasm shown by the visitors!



Rashid Latif College of Pharmacy (RLCP)

Meeting with Secretary HED

We are proud to announce that our esteemed Principal of Rashid Latif College of Pharmacy, Prof. Dr. Humayun Riaz, recently met with Dr. Farukh Naveed, the Secretary of the Higher Education Department (HED). They had a productive discussion on various aspects related to the professional growth of pharmacists. This meeting highlights our commitment to advancing the field of pharmacy and ensuring that our students and faculty are at the forefront of professional development and innovation. We look forward to the positive outcomes and collaborative efforts that will arise from this important dialogue.



Rashid Latif College of Pharmacy (RLCP)

Seminar in UVAS

Our faculty members recently attended a one-day seminar and poster presentation at the University of Veterinary and Animal Sciences (UVAS). The theme of the conference was "Unlocking the Clinical Insight with Experts in the Field." We are thrilled to share that Dr. Umer Shaukat won the 2nd prize in the poster presentation competition, showcasing his outstanding work. Additionally, Dr. Hammad Yousaf had the honour of chairing a session.

Overall, it was a fantastic opportunity for our faculty to engage with and learn from leading experts in the field of clinical pharmacy. Congratulations to all who participated and contributed to this enriching experience!



Department of Gynaecology & Obstetrics

Workshop on Exploring the Power of Artificial Intelligence in Health Care Research

Step into the future by exploring the power of Artificial Intelligence in Health Care Research.

A workshop conducted under kind supervision of Prof Asma Yasin, Head of department Obstetrics and Gynaecology at Rashid Latif Medical complex.



Arif Memorial Teaching Hospital (AMTH)

Orientation for House Officers

An Orientation was conducted by Medical Director Dr. Babar Orangzaib Wattoo for coming house officer's batch (2018-2023) (session 2024-2025). The purpose was to familiarization with Hospital environment, defining roles and responsibilities, providing clinical training and guidance, promoting professional development and addressing well-being and support. Quality patient care in patient friendly environment is our vision and house-officers are our future. Basic Life Support Training was conducted for Doctors and Nurses working at Arif Memorial Teaching Hospital that equipped individual with the essential skills to recognize and respond to life-threatening emergencies, such as cardiac arrest and airway obstruction. Our goal is to save lives by providing immediate care to our patients at emergency.



Rashid Latif College of Pharmacy (RLCP)

Punjab University visit

Prof. Dr. Humayun Riaz, Principal of Rashid Latif College of Pharmacy, recently visited Punjab University College of Pharmacy, where he had the pleasure of meeting the newly appointed Dean, Prof. Dr. Muhammad Saleem.

This meeting marks a promising step towards fostering collaboration and enhancing academic relationships between our institutions. We look forward to future opportunities for partnership and shared growth in the field of pharmacy education and research.



Arif Memorial Teaching Hospital (AMTH)

Orientation for House Officers

On August 8, 2024, a pivotal seminar on prescription handling was held, bringing together doctors, nurses, and pharmacists to discuss the evolving challenges and best practices in the field. This event served as a crucial platform for healthcare professionals to exchange knowledge, explore innovative strategies, and strengthen interdisciplinary collaboration to improve patient care.

This event not only provided valuable insights and practical tools for attendees but also fostered a sense of shared responsibility and purpose among doctors, nurses, and pharmacists.

The seminar concluded with a call to action for all healthcare professionals to remain vigilant and proactive in their approach to prescription handling.



Rashid Latif Khan University (RLKU)

RLKU School of Business

We are thrilled to announce the successful completion of the "Hands-on Workshop on Data Analysis using SPSS" at the Rashid Latif Khan University's School of Business!

Faculty members and students from various departments came together for an interactive session, gaining practical skills in data analysis. The workshop provided invaluable insights and hands-on experience, empowering participants to excel in their research and academic endeavors.

Stay tuned for more exciting events!



Rashid Latif Khan University (RLKU)

14th August Celebration

Rashid Latif Khan University (RLKU) proudly celebrated Pakistan's 77th Independence Day with great zeal and enthusiasm. The respectable faculty, staff, and other members of the RLKU community gathered to commemorate this momentous occasion. The ceremony began with the hoisting of the national flag, followed by a recitation of the national anthem. The event was marked by patriotic spirit, fervor, and a renewed commitment to making Pakistan a prosperous and harmonious nation. The RLKU family came together to celebrate this special day with unity, pride, and joy.

Happy Independence Day!



Research Cell

Institutional Review Board (IRB) meeting

On Thursday, August 15th, 2024, the Research Cell at our institution held an Institutional Review Board (IRB) meeting, which was chaired by the esteemed Prof. Sadia Qureshi (Chairperson IRB). During the meeting, research proposals submitted by our participants were thoroughly reviewed, and we are delighted to report that they were approved with only minor changes.

We are proud to support the research endeavors of our participants and strive to ensure that they have a smooth and seamless experience throughout the IRB process. We are grateful to have Prof. Mudassar Ali, Prof. Rehana, Prof. Usman Hotiana, Dr. Kainat Javed and Mr. Daniyal Safdar (Secretary) at the helm of this meeting, leading us to make informed decisions that promote the ethical conduct of research.



Rashid Latif College of Pharmacy (RLCP)

UOS Visit Pharmacy

We were honored to host a delegation from Sargodha University for an inspection visit at Rashid Latif College of Pharmacy. As an affiliated institution, this visit was an important opportunity to showcase our commitment to maintaining the highest standards in pharmacy education.

We are proud to collaborate closely with Sargodha University to ensure the continued excellence of our programs. Thank you to the Sargodha University team.



Rashid Latif College of Pharmacy (RLCP)

Animal Handling Pharmacy

Our Pharm D students recently had the incredible opportunity to participate in a hands-on "Animal Handling" practice session under the expert supervision of Prof. Dr. Humayun Riaz. We were honored to have the esteemed Dr. Alamgir, Associate Professor of Pharmacology at Punjab University College of Pharmacy, join us for a live demonstration on the proper techniques for handling animals during laboratory research.

Dr. Abduraheem, a Ph.D. student of Dr. Alamgir, also contributed to the session, ensuring our students gained valuable insights and practical skills essential for their future research careers. A big thank you to our distinguished guests for sharing their expertise and enhancing our students' learning experience!



Global Conference on "Psychopathology & Rehabilitation (GCPR-24)

Prof. Dr. Nashi Khan, Director of RLDPP, Participated as the Chair Panel at the Global Conference on Psychopathology and Rehabilitation. This Event, organized by the University of Central Punjab, Lahore in Collaboration with Fountain House, Lahore, The Conference focused on the theme "Psychopathology and Rehabilitation: Our Shared Responsibility," bringing together Experts and Practitioners to discuss and share Insights on Mental Health and Rehabilitation Strategies.

As Chair Panel, Prof. Dr. Nashi Khan facilitated discussions, guided Panel Debates, and ensured a Collaborative Environment for Knowledge Exchange. The Event featured a series of Keynote Speeches, Interactive Workshops, and Panel Discussions, all aimed at addressing Current Challenges and Innovations in the Field of Psychopathology and Rehabilitation.

Department of Nutrition

Poster and Oral Presentation Competition

Poster and Oral Presentation Competition August, 2024

Student's participation in competitions helps them to bolster self-esteem and confidence in their abilities. Students attain benefits in terms to build in-demand STEM skills; to build soft skills included Interpersonal skills, emotional intelligence, character formation experiencing teamwork, peer interactions, leadership and time management.

Asnia Bukhari 4th year student of BS nutrition, Department of Diet and Nutritional Sciences took part in the oral presentation competition on the topic of "comparison of nutritional status of toddlers living in rural and urban areas" on 24th-august, 2024 at Rashid Latif Khan University. She presented the findings of cross-sectional study that indicated that the frequency of stunting and wasting was high in rural children comparative to urban children; about 41.25% children were stunted in rural areas. She also shared the strategies and recommendation regarding creating awareness among rural and urban population in order to improve health status and quality of life.

Fatima Saleh 3rd year student of BS Nutrition, Department of Diet and Nutritional Sciences took part in the poster presentation competition on the topic of concept of food safety practices among domestic food handlers in Lahore, Pakistan on 23rd-august, 2024 at Rashid Latif Khan University. She explained the details of cross-sectional study conducted among 116 adults by highlight the aim of study to determine the concept of food safety among domestic food handlers and the food safety and hygiene practices of domestic food handlers. According to study findings, a significant number of participants were aware of foodborne illnesses and the importance of hand hygiene. However, there was a lack of awareness about checking expiration dates and food labels, cross-contamination risks were observed with the use of the same cutting boards and utensils, also a lack of understanding regarding ideal meat storage temperatures.

CONCEPT OF FOOD SAFETY PRACTICES AMONG DOMESTIC FOOD HANDLERS IN LAHORE, PAKISTAN
[Fatima Saleh]

Abstract
This study explores food safety practices among domestic food handlers in Lahore, Pakistan. Surveys and interviews were conducted with 116 households from diverse socio-economic backgrounds. Findings reveal significant gaps in knowledge, particularly regarding cross-contamination, safe cooking temperatures, and food storage. While some awareness exists, adherence to proper practices is inconsistent. The study highlights the need for targeted educational interventions to improve food safety at the household level.

Methodology
A cross-sectional study of 116 adults was conducted (aged 19-65 years). The sample was collected from Lahore, Pakistan, using a convenient sampling method. Data were collected by administering a questionnaire to one hundred and sixteen domestic food handlers. To collect information, the questionnaire was divided into five distinct sections: (i) Demographic profile, (ii) Food safety knowledge, (iii) Personal hygiene practices,

Introduction
As per World Health Organization (WHO), 1.8 million kids die yearly from diarrheal sicknesses. A greater percentage of these illnesses are brought on by contaminated food and drinking water [1]. Children & older individuals are particularly more inclined to food-borne illnesses. In youngsters, expanded danger results from their immature immune system, low body weight, restricted power over meal [2]. Although many consumers generally associate foodborne illness with eating outside the home, research suggests that many cases of food poisoning are associated with unsafe home preparation. [3]. A past report was directed in the rural community of Lahore, Pakistan, and the examination showed that information of people belonging to rural communities about health hazards but cause of unhygienic food, unsafe food practices, and food contamination was very poor [4].

Education Level of Study

Result
According to this study, a significant number of participants were aware of foodborne illnesses, the importance of hand hygiene. However, there was a lack of awareness about checking expiration dates and food labels. Cross-contamination risks were observed with the use of the same cutting boards and utensils. There was also a lack of understanding regarding ideal meat storage temperatures.

Food preparation and storage practices

Practice	Do you do it?	Yes	No	Total
Do you wash your hands with soap before food preparation?	Yes	80	36	116
Do you wash vegetables and fruits before consumption?	Yes	10	106	116
Do you use clean water for drinking?	Yes	106	10	116
Do you use clean water for washing dishes and utensils?	Yes	106	10	116
Do you use clean water for washing your face and hands?	Yes	106	10	116
Do you use clean water for washing your clothes and bedding?	Yes	106	10	116
Do you use clean water for washing your dishes and utensils?	Yes	106	10	116
Do you use clean water for washing your face and hands?	Yes	106	10	116
Do you use clean water for washing your clothes and bedding?	Yes	106	10	116

Discussion
The current study showed 80% of the members included had good information about food borne illness and signs and symptoms associated with it. Results of previous study regarding food safety of domestic food handlers in rural area of Lahore showed that the community involved in their study had average knowledge of health risk associated with unhygienic food & poor food practice. According to Food and drug administration guidelines boiling milk and cooking meat thoroughly at right temperature minimizes the risk of food borne illness. Our current study showed 76% of participants, were aware of foodborne illness risk of unboiled milk & agreed that boiling milk kills microorganism. Similarly, when asked about cooking of meat, 70% of the participants agreed that cooking meat thoroughly is best way of killing microorganism in the meat.

Conclusion
Despite having knowledge about food-borne illness, the food purchasing, storage, and handling practices of participants could have been better in this study. To promote good food safety practices at home, consumers should be informed regarding safe use of electric food handling, purchasing, storage, and preparation procedures.

Reference
1. World Health Organization. Food Safety and Food-borne illnesses 2007 2. Kasby D. Children and Microbial food-borne illness. Food Review 2003;16(2):32-37. 3. Gillett, C. J., K. A. Watkins, and R. E. Price. 1994. The mass media and food hygiene education. W. Food J. 96:16-21.



RLKU Medical College (RLKUMC)

Career Counselling Fair

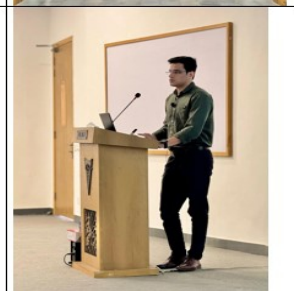
At RLKU Medical College, the Student Body, under the guidance of Prof. Faheem Mahmood (Vice Principal), organized a highly successful Career Counseling Event. The event featured a variety of stalls offering invaluable guidance on Fellowship pathways for Clinical Sciences, Postgraduate pathways for Basic Sciences, Medical Education and international licensing exams such as USMLE, PLAB, and the Australian Board. Experts from diverse specialties were present to provide tailored advice to students eager to explore their future in medicine. The event attracted students from various colleges across Lahore, anxious to benefit from the knowledge shared. We were honored to have CEO of RLK Group, Mrs. Sabahat Khan, and renowned Professor, Prof. Farukh Zaman, as our special guests. Their presence added great value to this initiative, further inspiring our students to strive for excellence in their medical careers.



RLKU Medical College (RLKUMC)

Inspirational Speaker Programme

Inspirational Speaker Programme was conducted on 30th August whereby Dr Arsalan Khalid and Dr Abdullah Munir interacted with the medical students. Dr Abdullah is a young Kemcolian who recently passed USMLE II while a final year student scoring very high marks. Both doctors gave very valuable guidance. Purpose, structure, eligibility criteria, study resources and preparation strategies of USMLE explained in detail. Professional guidance including challenges, study groups and forums for high score were discussed with students during question-and-answer session.



Principal's Visit to UK

Principal RLKUMC Prof. Arif Mahmood Siddique visited University of Birmingham Medical School and had a formal meeting with their Director of Medical Education Prof Greg Simmons for about an hour. Topics of mutual interest were discussed, especially Curriculum, teaching methodologies, the volume of basic science subjects and student & forthcoming exchange programmes. The Director DME was very positive and it was agreed that our mutual co-operation will continue and strengthen. We consider it a leap forwards in building bridges overseas and equating RLKUMC with international standards. Prof. Arif also met Prof Azhar Shehzad, Professor of Medicine who has been tremendous in organizing the meetings and is also the part of our foreign faculty.



Rashid Latif Medical College & Rashid Latif Khan University

1st National Stucon

The Winds of Change - Innovation in future horizons

1st National StuCon'24: A Landmark Event in Medical Education and interprofessional Research at Undergraduate level.

The 1st National StuCon'24 has emerged as a significant milestone in the realm of medical education and research, bringing together a vibrant community of scholars, students, and professionals from across Pakistan. The event was a comprehensive platform that featured a diverse range of activities, including workshops, poster presentations, oral research sessions, a Think Tank segment, and the Med Venture competition.

Overview of Registrations and Participation

StuCon'24 saw an impressive turnout with over 950 registrations and participation from more than 15 medical colleges and universities. The event was marked by its broad engagement and active involvement from various institutions, reflecting the collective enthusiasm for advancing medical research and education.

Pre-Conference Workshops

The pre-conference workshops were conducted over two days and featured 30 specialized sessions designed to enhance skills and knowledge in various areas:

Day 1 Workshops

Assisted Reproductive Techniques; IVF Workshop – Focused on the latest advancements in reproductive technologies.

Autism Workshop – Provided insights into autism spectrum disorders and management strategies.

Emotional Intelligence – Emphasized the importance of emotional intelligence in healthcare.



Enhancing Learning Capabilities with AI Tools – Explored the use of artificial intelligence in education.

Fast Scan-Radiology – Covered rapid imaging techniques and their applications.

Healing Hands and Moral Hearts; Medical Ethics – Discussed ethical considerations in medical practice.

Learning the Art of Cytopathology – Offered hands-on experience in cytopathology.

Mastering Reference Management in Biochemistry – Taught efficient citation and bibliography techniques.

Safe and Effective Animal Handling for Pharmacological Studies – Focused on best practices for animal handling.

Motorcyclist Trauma Management 'Knights to the Rescue' – Addressed trauma care specific to motorcyclist injuries.

Multidisciplinary Approaches to Comprehensive Eye Care – Examined collaborative approaches in ophthalmology.

Stitch In Time; Stitch Fine: Suturing and Stitching Workshop – Provided practical suturing skills.

Stress Smarts: Practical Management Strategies – Offered strategies for managing stress effectively.

Quality and Safety in Healthcare – Integrated standard precautions and international patient safety goals.

Unlocking the Heart's Secrets: ECG Masterclass – Provided an interactive session on ECG interpretation.

Neonatal Resuscitation – Focused on life-saving techniques for newborns.

Professionalism and Personal Development Plan – Covered strategies for career development and professionalism.



Day 2 Workshops

Airway/Epistaxis Management – Taught management techniques for airway issues and nosebleeds.

The Art of Breaking Bad News in Healthcare – Explored methods for delivering difficult news.

Enhancing Wellness – Focused on strategies for improving overall well-being.

Entrepreneurial Mindset – Discussed fostering an entrepreneurial approach in healthcare.

The Ethical Use of AI in Medical Research – Addressed ethical considerations in AI applications.



Fundoscopy – Provided training in funduscopy techniques.



Hand Hygiene: Clean Hands and Save Lives – Emphasized the importance of hand hygiene.



Hands-on Laparoscopic Surgery Simulation – Offered practical experience in laparoscopic techniques.



Journey to Self-Discovery – Focused on personal growth and self-awareness.

Launching Your Medical Research Journey – Provided guidance on starting a research career.

Surviving Through Medical School – Offered tips for managing medical school challenges.

Sustainable Future Food Systems – Discussed sustainability in food systems.

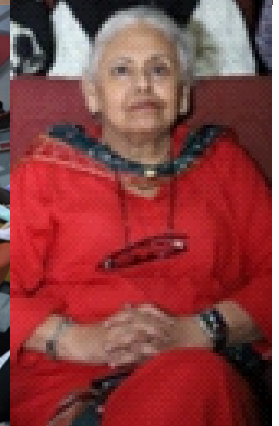
Virtual Reality-Assisted Surgery in Gynecology – Explored the use of VR in surgical training.



Opening Ceremony

The opening ceremony of StuCon'24 was graced by the esteemed Prof. Dr. Farid, a distinguished plastic surgeon and respected member of the Higher Education Commission (HEC), who served as the chief guest. Prof. Dr. Farid's keynote address highlighted the critical role of innovation and excellence in advancing medical education and research.

The event began with a warm welcome from Prof. Tahir Masood, who extended heartfelt greetings to all guests and participants. Additionally, Prof. Rashid Latif inspired and motivated the students with his encouraging words, reinforcing their potential and the importance of their contributions to the medical field. Together, their presence and support set a tone of enthusiasm and commitment for the conference, marking a significant start to the proceedings.



Panel Discussion

The panel discussion at StuCon'24 featured four distinguished keynote speakers who addressed pivotal topics shaping the future of healthcare. Prof. Syed Asghar Naqi explored "Winds of Change: AI in Healthcare-Promise or Peril?", delving into the transformative potential and challenges of artificial intelligence in medicine. Prof. Shaila Anwer provided insights on "Knowledge and Attitude of Women on Genital Health & Newer Rejuvenation Techniques," highlighting advancements in women's health and wellness. Prof. Naeem Zafar discussed "From Students to Super Parents: The Journey Ahead," offering guidance on balancing medical careers with parenting responsibilities. Col Dr. Khalid Rahim presented on "Cutting Edge Advancements Leveraging Innovative Healthcare Inquiries and Solutions," showcasing the latest innovations driving progress in healthcare. Each discussion illuminated critical issues and advancements, reflecting the dynamic and evolving landscape of the medical field.



StuCon'24 Poster Presentation Competition

The StuCon'24 Poster Presentation Competition showcased the innovative research of 34 medical students from Lahore and beyond. Held in a dynamic poster display arena, the competition allowed participants to present their research in three-minute slots. This format demonstrated their ability to succinctly convey complex information.

Winning Poster: Haneen Kamran and her team from Allama Iqbal Medical College, Lahore, won the competition with their poster titled "Prevalence of Metabolic Syndrome and Its Components Among the Faculty of Allama Iqbal Medical College and Jinnah Hospital Lahore," which was noted for its insightful analysis and impactful findings.



StuCon'24 Oral Presentation Segment

The oral presentation segment was a symposium of scholarly excellence held over two days. The event included six parallel sessions:

- Medical and Allied Research Session
- Behavioral Sciences and Psychiatry Research Session
- Physiotherapy Research Session
- Pharmacy Research Session
- Surgical and Allied Research Session – Featured extensive research turnover and innovations in surgery.
- Community and Basic Science Research Session – Highlighted fundamental research crucial for public health.



Each session showcased advanced research and facilitated stimulating discussions among attendees.

Think Tank Segment

The Think Tank segment brought together over 70 participants from 12+ medical colleges. Teams worked on "Developing Sustainable Healthcare Systems in Low-Resource Settings" and presented their solutions in 5-minute slots followed by Q&A sessions.

Final Challenge: Teams tackled "Redesigning Emergency Medicine for Better Patient Outcomes." LMDC emerged victorious, narrowly defeating AIMC by just 2 points, demonstrating the collaborative spirit and innovative thinking of Pakistan's medical student community.



Med Venture Competition

The Med Venture segment featured pitches for healthcare startup ideas, each presented in just 3 minutes:

- Eman from RMDC impressed with "Madad App" for maternity leave.
- A Shalamar Medical College student presented "MedDiet."
- RLMC showcased an innovative surgical headgear.



Winners: Abeera Awan and Aleena Iqbal won the MedVenture segment for their outstanding pitches, garnering applause from the enthusiastic audience.

StuCon'24 successfully facilitated a platform for showcasing cutting-edge research, fostering innovation, and enhancing professional skills across various domains. The event highlighted the dedication and creativity of participants and emphasized the importance of collaborative efforts in advancing healthcare. We extend our heartfelt gratitude to all participants, judges, and volunteers for their contributions to making StuCon'24 a resounding success.

The StuCon'24 conference witnessed enthusiastic participation from a broad spectrum of fields, including medical, dental, nursing, social sciences, pharmacy, and allied health sciences. The vibrant engagement of students from these diverse disciplines was a highlight of the event, showcasing their active involvement and dedication to advancing their respective fields. The collective enthusiasm and the high level of student participation were truly commendable and a source of pride for the entire conference.

Rashid Latif Medical College (RLMC)

14th August Independence Day Celebration

The students of Rashid Latif Medical College (RLMC) proudly celebrated Pakistan's 77th Independence Day by plantation drive with great zeal & enthusiasm.



Rashid Latif Medical College (RLMC)

Arthur C. Guyton Physiology Quiz

We are proud to announce that our students under the leadership of our Chair, Prof. Mudassar Ali & with the guidance of our Co-chair, Dr. Saman Saeed made a significant impact at the Arthur C. Guyton Physiology Quiz at FMH College of Medicine & Dentistry.

Our team, comprising the following exceptional students, Rana Ammar, Syed Turab Haider, Saad Ikram, Abdul Mateen, Ahsan Ejaz, Alyan Hassan, Komal Arif, Daboor Tabraiz, Mahrukh Sultan, Fatima Shehryar Fatima Zubair.

A special congratulations to Saad Ikram, who was awarded an Honorable Mention in the MOH category, a testament to his hard work & dedication.



Department of Medical Education and Pediatrics

Awareness Seminar on Congenital Heart Disease

The Departments of Pediatrics and Medical Education, in collaboration with Pakistan's Children Heart Foundation (PCHF), organized an "Awareness Seminar on Congenital Heart Diseases" for MBBS students. The first day featured an insightful session by Dr. Sehar Zahid from the Pediatrics Department at RLMC. The second day continued with an engaging and impactful session conducted by Dr. Farhan Ahmad and Dr. Ali Nasir from PCHF.



Surgery II and Ophthalmology Department

Clinical Pathological Conference

A Clinical Pathological Conference (CPC) was jointly organized by the Departments of Surgery II and Ophthalmology on 9th August 2024. The Ophthalmology Department presented a case involving a roadside accident, while the Surgery II Department discussed a case of neck swelling. Each case was thoroughly examined, covering the patient's history, general physical examination, investigations, diagnosis, and management. The Q&A sessions following each presentation were expertly handled by Prof. Nasira Inayat, Head of the Ophthalmology Department, and Prof. Abul Fazal, Head of the Surgery II Department.



Department of Pathology & Community Medicine

Dengue Awareness Walk

Together, we can prevent the spread of dengue and protect our community.

Dengue Awareness Walk was conducted by Pathology and Community Medicine department on 9th of August 2024

"Dengue is a big public health problem and a serious viral infection transmitted by the Aedes mosquitoes, and its prevention is a shared responsibility and it is a dire need to create awareness of dengue prevention among community to reduce the morbidity and mortality. The primary aim of this awareness walk is to educate and inform the community about dengue fever, its transmission prevention and control measures. To eliminate mosquitoes breeding places by cleaning the surrounding and removing the extra water from pots.



Department of Pharmacology

Journal Club

The Department of Pharmacology organized a Journal Club meeting where Dr. Maria Qammar presented her study titled "Anti-inflammatory Effect of Torilis Leptophylla in a Mouse Model of Allergic Airway Inflammation." She provided an in-depth discussion of the study's objectives, materials and methods, sampling techniques, experimental design, results, discussion and conclusion. A lively Q&A session followed, which she expertly handled. The audience was highly impressed and captivated by her research.



Rashid Latif Department of Medical Education (DME)

Educational Visit to Aziz Jehan Begum Trust for the Blind

The Department of Medical Education at RLMC arranged a visit for 1st-year MBBS students, providing them with the invaluable opportunity to engage with the Aziz Jehan Begum Trust for the Blind. The primary objectives of this educational visit were to actively participate in community service and support and to contribute to the broader goals of sustainable development by addressing health and inclusivity issues.

Rashid Latif Medical College



Department of
Medical Education



The Department of Medical Education at RLMC arranged a visit for 1st-year MBBS students to the Aziz Jehan Begum Trust for the Blind.



Visit Highlights

- Engaging Interactions
- Health Education
- Advocacy and Support
- Alignment with Sustainable Development Goals

The primary objective of this educational visit was to engage in community service August-2024



Department of Physiology

Physiology Day

The Physiology Department of Rashid Latif Medical College, under the guidance of Prof. Mudassar Ali & led by Dr. Saman Saeed, organized a captivating metaphoric role-play competition among various medical colleges. This event, endorsed by SAAP and PPS, featured a grand prize of 15,000 PKR for the winning team & 10,000 PKR for the runners-up.

The event was graced by esteemed guests, including Prof. Dr. Samina Malik, HOD of Physiology at UCMD, who served as the chief guest & Mrs. Sabahat Khan along with Prof. Dr. Tahir Masood & Prof. Bilquis Akhtar, who were guests of honor. The judging panel consisted of Dr. Qanita Mehmood from FJMU, Dr. Sobia Adnan from Continental Medical College & Dr. Ghazala from FJMU.

The competition witnessed enthusiastic participation from several medical institutions, including RLMC, UCMD, SIMS, CPMC, RLKU Medical College, FMH & Al-Aleem Medical College. The first prize was awarded to the RLMC team for their insightful presentation on "Skeletal Muscle Contraction & Its Pathology," while the second prize was secured by Al-Aleem Medical College with their compelling portrayal of "Hashimoto's Thyroiditis."

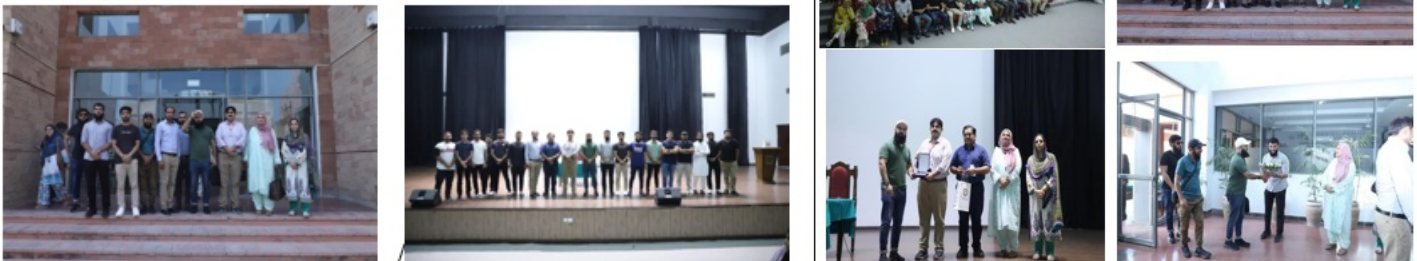
The event was a resounding success, enjoyed thoroughly by both educators & students alike.



Rashid Latif Medical College (RLMC)

RLMC Youth Club Event

The RLMC Youth Club recently hosted 'Rediscovering Purpose', an inspiring event exploring a life of meaning in a pre-planned world. We were privileged to have Tuaha Jalil as our guest speaker, who shared his insightful thoughts with us.



Rashid Latif Department of Professional Psychology (RLDPP)

Oral Presentation Session, RLMC 1st National STUCON' 2024

On 23rd August' 2024, Prof. Dr. Nashi Khan, Dean, FSS, RLKU & Director RLDPP, Chaired the Scientific Session of Oral Presentations for Behavioral and Community Sciences, as well as Allied Health Sciences, during the RLMC 1st National STUCON' 2024. The Session Featured, Dr. Uzma Ashiq Khan, Head of the Department of Gender Studies at LCWU, as the Chief Guest. The Panel of Judges included Prof. Dr. Iftikhar Tarar and Mr. Urooj Samdhani. Students from RLDPP and various other Institutes presented the Research Papers, contributing to an Engaging and Intellectually Stimulating Session.



Rashid Latif Department of Professional Psychology (RLDPP)

Pre-Conference Workshop, RLMC 1st National STUCON' 2024

The Rashid Latif Department of Professional Psychology (RLDPP) Conducted a Pre-Conference Workshop Titled "Stress Smarts: Practical Management Strategies" as part of the RLMC 1st National STUCON' 2024. The Workshop, supervised by Prof. Dr. Nashi Khan, Dean, FSS, RLKU & Director RLDPP, and co-facilitated by Ms. Mahrukh Mumtaz, Ms. Wajiha Abrar, and Ms. Aqsa Bukhari, focused on Equipping Participants with Hands-on Techniques to Manage Stress Effectively in both Personal and Professional settings. Prof. Dr. Rukhsana Kausar, Pro-Vice-Chancellor, RLKU, graced the event as the Chief Guest and Distributed Certificates to the Participants. Students from various Departments of RLMC and RLKU actively participated, engaging in Interactive Sessions and Practical Exercises designed to enhance their Coping Skills and Resilience.



Departments of Gynecology/Obstetrics and Psychiatry

Clinico- Pathological Conference

The Departments of Gynecology and Obstetrics I and Psychiatry organized a Clinical Pathological Conference (CPC) on 30th August 2024. The Gynecology and Obstetrics Department presented a "Case of Borderline Ovarian Tumor", while the Psychiatry Department discussed cases of "Mania in patients". Both departments provided a comprehensive overview of the signs and symptoms, investigations, diagnosis, and management of the cases. The CPC was highly informative and engaging. Following the presentations, Prof. Usman Amin, Head of the Psychiatry Department, and Prof. Asma Yasin, Head of the Gynecology and Obstetrics Department, expertly facilitated the Q&A session. Prof. Tahir Masood Ahmad and Prof. Anjum Butt appreciated the efforts of both the departments, marking the conclusion of the event.

