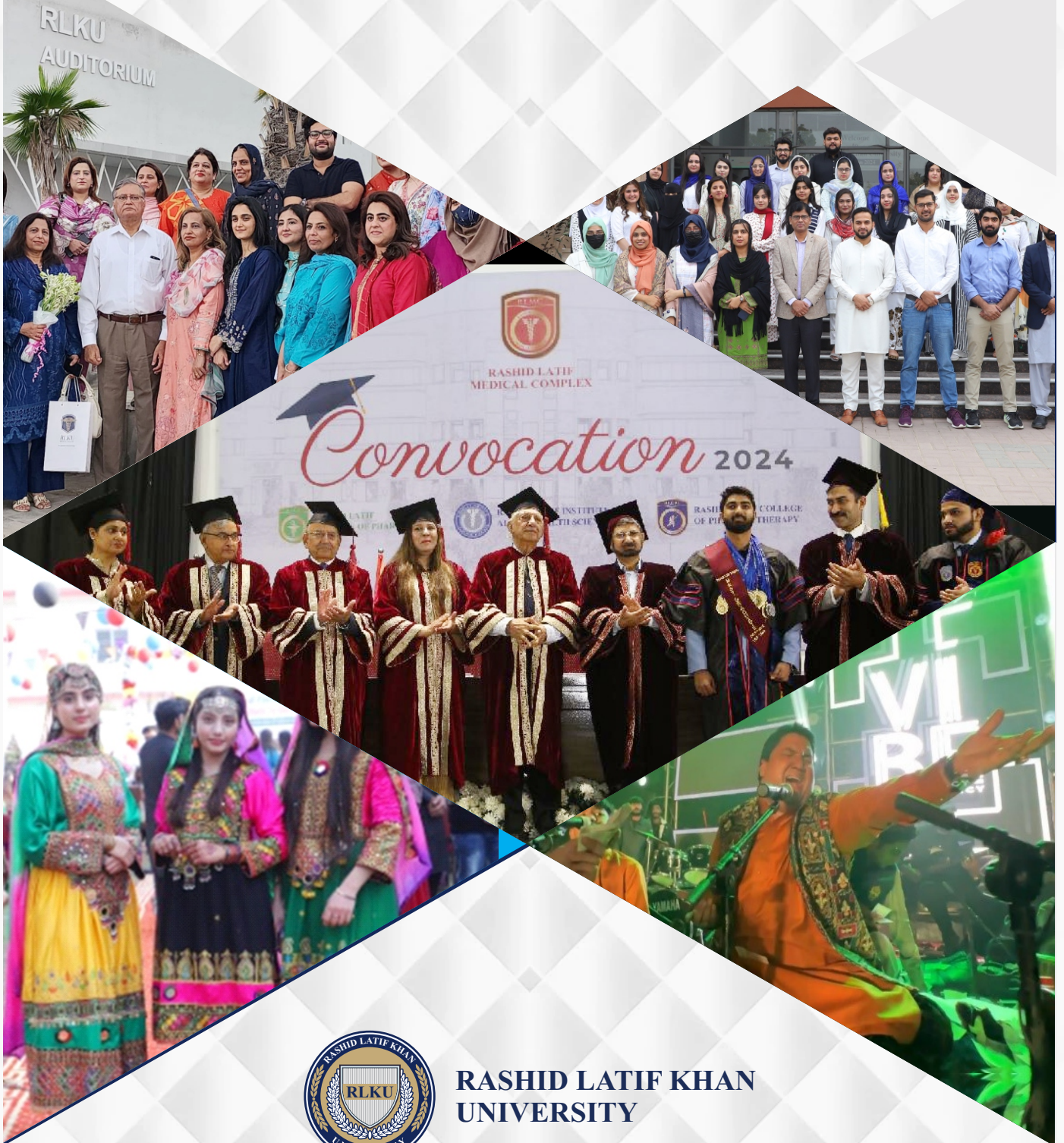


NEWSLETTER

NOVEMBER & DECEMBER-2024



RASHID LATIF KHAN
UNIVERSITY



RASHID LATIF
MEDICAL COLLEGE



RLKU
MEDICAL COLLEGE



NEWSLETTER

NOVEMBER 2024

RASHID LATIF KHAN UNIVERSITY (RLKU)

15th International Psychological Association on Navigating Applied Fields of Psychology, Research, Practices & Current Developments in Pakistan

Prof. Dr. Rukhsana Kausar, Pro Vice Chancellor RLKU, delivered a key note speech on Caregiving: The Dual Journey of Stress and Strength.



RASHID LATIF KHAN UNIVERSITY (RLKU)

Breast Cancer Awareness

In a continued effort to promote breast cancer awareness, the Faculty of Physical and Biological Sciences (FPBS) in collaboration with Faculty of Social Sciences at Rashid Latif Khan University hosted an insightful session featuring the guest speaker, SN Ms Rubi Arshad, from Shaukat Khanum Cancer Hospital. The session focused on breast cancer awareness and the critical practice of self-examination for early detection to reduce risks associated with delayed diagnosis.

Prof. Sadia Qureshi, Dean of FPBS, opened the event with a warm welcome and a brief yet informative talk on breast cancer, its prevalence, and the importance of early detection.

Special thanks to Ms. Rubi Arshad, our expert from Shaukat Khanum, for her valuable presentation and guidance. The event concluded with a heartfelt token of appreciation, as Prof. Ruksana Kauser (Pro VC, RLKU), Prof. Nashi Khan (Dean, FSS), and Prof. Sadia Qureshi (Dean, FPBS) presented a souvenir to Ms. Rubi Arshad for her contribution.

Together, we continue to raise awareness and empower individuals with knowledge for a healthier future!



RASHID LATIF KHAN UNIVERSITY (RLKU)

Rectors' Conference

Character Mastery: A key to Achieving and Sustaining Success. Participated in a round table discussion along with CEO RLKU.



Thank you for attending RC Roundtable Discussion on Character Mastery



RASHID LATIF KHAN UNIVERSITY (RLKU)

Resource Person of a Training workshop on Interpersonal Skills

Prof. Dr. Rukhsana Kausar gave a training session on Interpersonal & Communication Skills, Emotional Intelligence, anger and stress management to officials of the FJMU, Lahore.



RASHID LATIF KHAN UNIVERSITY (RLKU)

Resource Person of a Training workshop on Interpersonal Skills at PTUT

Prof. Dr. Rukhsana Kausar gave a training session on Interpersonal & Communication Skills, Emotional Intelligence, anger and stress management to officials of the University of Education and Punjab Tianjin University of Technology, Lahore.



RASHID LATIF KHAN UNIVERSITY (RLKU)

DEPARTMENT OF PROFESSIONAL PSYCHOLOGY

Core Values Workshops

The Department of Professional Psychology led 10 Days Workshops focused on the core value of "Perseverance," aiming to instill this vital quality in the incoming cohort. The workshops featured a variety of engaging activities, interactive games, thought-provoking worksheets, and dynamic discussions centered on Perseverance.

Faculty members worked diligently to ensure the sessions were both captivating and impactful, fostering a positive and stimulating learning environment. Students actively participated and found the experience enjoyable and enriching, gaining valuable insights into the importance of perseverance in personal and academic growth.



RASHID LATIF KHAN UNIVERSITY (RLKU)

DEPARTMENT OF PROFESSIONAL PSYCHOLOGY

Navigating Applied Fields of Psychology Research Practices and Current Developments in Pakistan

Pro-Vice-Chancellor, Prof. Dr. Rukhsana Kausar, along with faculty members of RLDPP— Prof. Dr. Nashi Khan, Ms. Mahrukh Mumtaz and Ms. Wajiha Abrar—attended the event. The Conference was thoroughly organized, featuring insightful Panel Discussions that captivated the audience and significantly enriched their Knowledge. As a keynote speaker, Prof. Dr. Rukhsana Kausar shared her profound insights, leaving a lasting impression on the attendees. Additionally, Prof. Dr. Nashi, as one of the distinguished panelists, made a valuable contribution to the discussions during the opening ceremony.



RASHID LATIF KHAN UNIVERSITY (RLKU)

RASHID LATIF INSTITUTE OF ALLIED HEALTH SCIENCES

Two days International Conference on Radiology and Imaging Sciences at Green International University

Green International University hosted a prestigious two days International Conference on Radiology and Imaging Sciences held on 22 & 23 Nov.2024, bringing together renowned healthcare experts from around the world.

Dr.Khawaja Khursheed, Head of Radiology Department AMTH was invited and played a pivotal role in organizing this momentous event.

The conference was attended by Dr. Atia ur Rehman, Faculty of MIT including Dr. Shafqat Rehman, Ms. Ammara Jabeen and students of MIT from the second, third and fourth year. This gathering provided a unique opportunity for our students to engage with global healthcare leaders, fostering knowledge sharing and networking.

We celebrated The World Radiology Day making it an apt occasion to celebrate the tireless efforts of healthcare professionals worldwide. Our students actively participated in the celebrations, showcasing their enthusiasm and dedication to the healthcare profession.



RASHID LATIF KHAN UNIVERSITY (RLKU)

RASHID LATIF INSTITUTE OF ALLIED HEALTH SCIENCES

Orientation Ceremony of Optometry and Medical Laboratory Technology

Rashid Latif Institute of Allied Health Sciences held a warm and informative orientation ceremony for its newly enrolled Optometry and Medical Laboratory Technology students on November 8, 2024. The event was graced by the presence of the esteemed Principal, Dr. Atia Ur Rehman and all faculty members of the department. The orientation program was designed to Provide a smooth transition for the incoming students into their academic journey. It covered a wide range of topics, including: Departmental Overview, Academic Expectations, Laboratory Facilities and a bit about Student Life at RLKC. The event concluded with a Q & A session, Where students had the opportunity to ask questions and clarify any doubts they may have had. The Principal and faculty members were on hand to provide guidance and support.



RASHID LATIF KHAN UNIVERSITY (RLKU)

RASHID LATIF COLLEGE OF PHYSICAL THERAPY

Color Week

DPT Final Year from Rashid Latif College of Physical Therapy celebrated Color Week Dated 18th November to 22nd November 2024. Each day, faculty and students participated by dressing in specific colors. The event aimed to promote inclusivity, creativity, and team spirit among students.

Themes:

1. Scrub day
2. Pink day
3. Blue day
4. White day
5. Red day



RASHID LATIF KHAN UNIVERSITY (RLKU)

RASHID LATIF COLLEGE OF PHYSICAL THERAPY

Color Week



Department of Anatomy journal club

On November 1, 2024, the Department of Anatomy organized an impactful session that addressed a critical issue in medical education. Dr. Hamza delivered a thought-provoking presentation on "Suicidal Ideation, Psychological Distress, and Depression in Medical Students of Pakistan: Striving or Thriving." The session shed light on the alarming prevalence of mental health challenges among medical students, exploring underlying causes and potential strategies for prevention and intervention.

The presentation was followed by an engaging and insightful Q&A segment expertly facilitated by Prof. Fatima Qaiser. Participants actively discussed the importance of creating a supportive environment for students, recognizing early signs of distress, and fostering resilience through counseling and mentorship programs. This session served as a wake-up call and a step towards prioritizing mental health within academic and professional settings, leaving a lasting impact on attendees.



RASHID LATIF MEDICAL COLLEGE (RLMC)

DEPARTMENT OF MEDICAL EDUCATION

Workshop on "Effective Tools of Organizational Development: Teamwork and Conflict Resolution."



On November 5th, 2024, Rashid Latif Medical College had the privilege of hosting Prof. Dr. Yawar Hayat Khan, Deputy Vice Chancellor of Riphah International University, for an engaging and insightful workshop on "Effective Tools of Organizational Development: Teamwork and Conflict Resolution." This workshop, held under the auspices of the 8th International Conference on Health Professions Education (ICHPE), focused on providing participants with practical tools to enhance organizational effectiveness through improved teamwork and conflict resolution strategies.

Dr. Yawar Hayat Khan's expert guidance provided attendees with valuable insights into the dynamics of effective collaboration and managing conflicts constructively within teams. The session featured interactive activities that encouraged participants to explore real-world solutions for resolving conflicts and enhancing communication in the workplace. These activities emphasized the importance of fostering a supportive, collaborative environment that promotes mutual respect and productivity.

As a token of appreciation, a souvenir was presented to Prof. Dr. Yawar Hayat Khan by Prof. Tahir Masood Ahmed, Principal of Rashid Latif Medical College, in recognition of his valuable contribution to the session and his continued support of medical education.

The workshop not only contributed to the professional development of all attendees but also equipped them with actionable strategies to create a more harmonious and efficient work environment, reinforcing the role of organizational development in achieving institutional goals.



RASHID LATIF MEDICAL COLLEGE (RLMC)

DEPARTMENT OF MEDICAL EDUCATION

International Conference of Health Professions Education 2024

A Proud Moment for Rashid Latif Khan Group at ICHPE 2024!



Our collaboration with ICHPE this year made a significant impact in advancing medical education and research. Prof. Arif Siddiqi and Prof. Mudassar Ali received the collaboration shield on behalf of the Rashid Latif Khan Group. Esteemed faculty members, including Prof. Sahar Mudassar, Dr. Noreen, Dr. Kainat Javed, and others, supported and participated in this landmark event, showcasing exceptional contributions and making us all proud.

Dr. Kainat Javed, Director of DME, earned the prestigious MH Qazi Certificate of Merit in Medical Education (Student Engagement Domain). Dr. Nosheen Khurram from the Pathology Department



won the Best Poster Presentation Award, alongside a remarkable achievement by our 3rd-year student, who also secured the Best Poster Award.



The RLKU booth was well received by the audience, reflecting the strong engagement and interest in the programs and initiatives offered by our institutions.

Together, we continue to set new benchmarks in medical education and research excellence!



RASHID LATIF MEDICAL COLLEGE (RLMC)

DEPARTMENT OF ANATOMY, BIOCHEMISTRY, PHYSIOLOGY PHARMACOLOGY, MEDICINE AND MEDICAL EDUCATION

Problem Based Learning Session 2nd Year MBBS

On November 7th and 14th, 2024, the Department of Medical Education at Rashid Latif Medical College organized Problem-Based Learning (PBL)



sessions for second-year MBBS students, centered around the theme "Tremors of the Unbending" as part of the Neurosciences module. The sessions were designed to immerse students in real-world clinical scenarios, encouraging them to use critical thinking and apply theoretical knowledge to solve complex medical problems.

Through collaborative discussions and team-based learning, students were encouraged to enhance their clinical reasoning, diagnostic skills, and ability to formulate effective management plans. The sessions emphasized the importance of teamwork, where students worked together to analyze case studies, debate different perspectives, and arrive at comprehensive solutions. In addition, the PBL format fostered the development of communication skills, as students presented their findings and discussed their reasoning with peers and facilitators.

The PBL approach provided students with a deeper understanding of the neurological conditions and symptoms represented by the term "Tremors of the Unbending." They explored both the medical aspects of the cases, gaining insights into the multifaceted nature of patient care.

A special thanks was extended to the dedicated PBL facilitators and coordinators, whose expertise and guidance were invaluable in creating a stimulating and dynamic learning environment. Additionally, the session was made more impactful through the collaborative efforts of various departments, including Anatomy, Biochemistry, Physiology, and Pharmacology, who worked together to integrate and align their content. This interdisciplinary collaboration enriched the learning experience and ensured that students received a well-rounded understanding of the topic.

These sessions not only sharpened the students' clinical competencies but also contributed significantly to their professional growth by reinforcing the importance of collaboration, critical thinking, and effective communication in healthcare settings.

RASHID LATIF MEDICAL COLLEGE (RLMC)

THE DEPARTMENT OF COMMUNITY MEDICINE

Journal Club (8th November 2024)



On November 8, 2024, the Department of Community Medicine at Rashid Latif Medical College hosted a thought-provoking Journal Club session. Dr. Ahmad Abdullah delivered an insightful presentation on "Determinants of Obesity in Children," a pressing issue in public health that continues to gain attention due to its increasing prevalence and impact on future generations. Dr. Abdullah thoroughly explored the various factors contributing to childhood obesity, including genetics, socioeconomic status, diet, physical activity levels, and environmental influences. His presentation highlighted the complexities of the issue, emphasizing the multifactorial nature of childhood obesity and its long-term consequences on both physical and mental health.

Following the presentation, an engaging Q&A session, expertly facilitated by Prof. Maaz Ahmad, allowed participants to delve deeper into the topic. Attendees raised questions and shared perspectives on the role of healthcare providers, parents, and the broader community in addressing childhood obesity. The discussion also covered preventive strategies, early intervention, and policy recommendations aimed at tackling this growing concern.

The session proved to be a valuable learning experience, sparking thoughtful dialogue among faculty and students alike. It not only broadened the participants' understanding of the determinants of obesity in children but also reinforced the importance of community-based interventions in promoting healthier lifestyles for future generations. The event was an excellent example of how academic discussions and research can contribute to addressing significant public health challenges.



RASHID LATIF MEDICAL COLLEGE (RLMC)

RASHID LATIF MEDICAL COLLEGE

Farewell & Faculty Dinner 2024

Rashid Latif Medical College hosted a heartfelt Farewell & Faculty Dinner on November 10th, 2024, celebrating the exceptional contributions of faculty members who have left an indelible mark on the institution. The evening commenced with a warm welcome address by Vice Principal Prof.



Mudassar Ali, setting the tone for a memorable event. Prof. Ali expressed gratitude for the unwavering commitment and dedication of the RLMC faculty, highlighting the importance of fostering a collaborative and nurturing academic environment.



Following this, a series of poignant speeches were delivered by key figures in the college. Principal Prof. Tahir Masood Ahmed, Prof. Rashid Latif Khan, Prof. Farrukh Zaman, and Madam Sabahat Khan each shared their reflections on the extraordinary efforts and achievements of the faculty over the years. Their words resonated deeply with all in attendance, acknowledging the invaluable contributions that these educators have made to the growth and success of RLMC.

The farewell ceremony was particularly special as it honored several senior faculty members who were retiring after years of distinguished service. Prof. Sarfraz Ahmad, Prof. Sohail Khursheed Lodhi, Prof. Afzal Sheikh, Prof. Aziz ur Rehman, Prof. Farzana Amjad, and Prof. Bilquis Akhtar were recognized for their dedication, hard work, and passion for teaching. Their impact on students, colleagues, and the overall academic community at RLMC was celebrated, with many fond memories shared by their peers.

The event also provided an opportunity for the entire RLMC family to come together, express their appreciation, and reflect on the institution's journey. It was a fitting tribute to those whose years of service have helped shape the college into the esteemed institution it is today. The evening ended on a note of gratitude and well-wishes, as the RLMC community celebrated both the past achievements and the future promise of the institution.



RASHID LATIF MEDICAL COLLEGE (RLMC)

RASHID LATIF MEDICAL COLLEGE

Farewell & Faculty Dinner 2024



RASHID LATIF MEDICAL COLLEGE (RLMC)

Patient Welfare Club Funfair 2024

PWC (Patient Welfare Club) of Rashid Latif Medical College successfully organized Funfair'24, an event that turned out to be a resounding success, showcasing both meticulous planning and vibrant enthusiasm. The event took place in a lively and energetic atmosphere, with a wide array of fun-filled activities that captivated everyone in attendance. From exciting games and stalls to cultural performances and food, every corner of the Funfair buzzed with joy and excitement, making it a day to remember for all.

A standout feature of the event was the exceptional talent of the students, who truly shone in various performances and activities. Whether it was through musical performances, dance shows, or theatrical acts, students demonstrated creativity, teamwork, and enthusiasm, leaving the audience thoroughly impressed. Their dedication and effort in preparing for the event were evident in every aspect, and they showcased not only their talent but also their ability to collaborate and bring ideas to life.

The Funfair also provided an excellent platform for students to engage with faculty, staff, and their peers in a relaxed and fun environment, strengthening the sense of community at Rashid Latif Medical College. The event's success was a testament to the hard work and commitment of the organizing team, who ensured every detail was carefully thought out. Kudos to the PWC team for putting together such a memorable experience! Their efforts in organizing Funfair'24 have left an indelible mark on the college community, highlighting the vibrant spirit and incredible talent that thrives at RLMC.



RASHID LATIF MEDICAL COLLEGE (RLMC)

Patient Welfare Club Funfair 2024



RASHID LATIF MEDICAL COLLEGE (RLMC)

Patient Welfare Club & Dramatics Society Rang-e-Bismal 5.0

A soulful **RANG E BISMIL 5.0**, hosted by the **Patient Welfare Club** and the **Dramatics Society** of Rashid Latif Medical College, was an unforgettable evening filled with powerful performances and heartfelt emotions. The event, held on 15th November 2024, was a beautiful celebration of music, art, and the rich cultural expressions that resonate deeply with the audience.

The atmosphere was nothing short of magical as talented students took the stage to perform a diverse array of **melodies and soulful renditions**. The captivating tunes, ranging from traditional to contemporary, created an immersive experience that transported everyone present into a world of music and emotion. The performances, accompanied by soulful vocals and instrumental harmony, touched the hearts of every attendee, creating an aura of reflection and appreciation for the beauty of music.

As the melodies flowed through the venue, the audience was completely **lost in the enchanting tunes**, experiencing moments of joy, nostalgia, and connection. The event was more than just a concert; it was a celebration of the power of music to bring people together, evoke emotions, and uplift spirits.

The event's success was made possible by the **exceptional efforts of the organizers** and the **outstanding talent** of the performers, who poured their hearts into their presentations. Their passion and dedication to the craft were evident in every note, making this edition of RANG E BISMIL truly special.

RANG E BISMIL 5.0 was a mesmerizing evening that will be cherished by all who attended, leaving them with lasting memories of music, camaraderie, and a deep sense of connection. A truly remarkable showcase of the creativity and talent thriving within the RLMC community!



RASHID LATIF MEDICAL COLLEGE (RLMC)

Patient Welfare Club & Dramatics Society
Rang-e-Bismal 5.0



RASHID LATIF MEDICAL COLLEGE (RLMC)

THE DEPARTMENT OF COMMUNITY MEDICINE

Pink Tea Party

The Biochemistry Department, RLMC, organized a heartfelt Pink Tea Party to raise awareness about breast cancer and empower the community with knowledge and hope. The event featured informative sessions on early detection, prevention, and treatment, along with inspiring stories of courage and resilience shared by participants. Attendees enjoyed delicious pink-themed treats and refreshments, and the atmosphere was enriched by a beautiful display of solidarity through pink ribbons and vibrant energy.



RASHID LATIF MEDICAL COLLEGE (RLMC)

THE DEPARTMENT OF COMMUNITY MEDICINE

Pink Tea Party



RASHID LATIF KHAN UNIVERSITY MEDICAL COLLEGE (RLKUMC)

Hands on workshop on Manual Vacuum Aspiration (MVA) for Medical Professionals at RLKUMC/HLTH

A hands on workshop and certificate course was held by the Obstetrics & Gynaecology department of Hameed Latif Teaching Hospital on 27th September 2024. This initiative was made possible under the guidance of Principal Prof. Dr. Arif Mehmood Siddiqui, who emphasizes Continuous Professional Development through Certificate Courses at RLKUMC. The aim of this workshop was to equip postgraduate residents and medical officers with necessary skills and knowledge to perform Manual Vacuum Aspiration (MVA).

A comprehensive lecture was delivered by Associate Professor Dr. Saima Qurban regarding different aspects of MVA which was followed by hands-on practice session. The practical hands on training session equipped participants with latest clinical skills and knowledge. An assessment was also taken in the form of a Quiz. The participants were offered guidance, and questions and concerns raised by participants were addressed.

This workshop demonstrated HLTH's commitment to providing quality training and education, ensuring that Medical Professionals stay updated with the latest clinical skills and knowledge.



RASHID LATIF KHAN UNIVERSITY MEDICAL COLLEGE (RLKUMC)

Hands on workshop on Manual Vacuum Aspiration (MVA) for Medical Professionals at RLKUMC/HLTH





NEWSLETTER

DECEMBER 2024

RASHID LATIF KHAN UNIVERSITY (RLKU)

RASHID LATIF INSTITUTE OF ALLIED HEALTH SCIENCES

STUDENTS OF RLIHHS BID FAREWELL TO FINAL YEAR PEERS IN HEARTFELT FAREWELL PARTY

Third year students of Rashid Latif Institute of Allied Health Sciences hosted a memorable farewell party for final year students. The event, held on the evening of December 17th, was a grand celebration of the achievements, memories, and camaraderie that have defined the final year students' journey through the institution. The venue was beautifully decorated. As part of the tradition, the juniors presented farewell gifts and lighthearted titles were also given to the final-year students. Principal and faculty of RLIHHS also graced the event with their presence. As the night wound down with cake cutting and students enjoying music and food, the farewell party was not just a celebration of the end of an era, but also a symbol of the lasting friendships, shared experiences, and the bright futures that lie ahead for the graduating students.



RASHID LATIF KHAN UNIVERSITY (RLKU)

RASHID LATIF INSTITUTE OF ALLIED HEALTH SCIENCES

ORIENTATION CEREMONY OF ARIF MEMORIAL PARAMEDICAL COLLEGE

Arif Memorial Paramedical College organized an orientation for paramedical students, marking the beginning of their academic journey on 18 December 2024. **The principal Dr. Atia ur Rehman** warmly welcomed the students and provided valuable insights into their chosen fields, emphasizing the significance of their disciplines. She also offered career guidance, highlighting the various opportunities available to the students. Course Coordinator of Arif Memorial Paramedical **Mr. Tahir Latif** guiding the students on the importance and fundamental principles of their degree programs.



RASHID LATIF KHAN UNIVERSITY (RLKU)

ITF MASTERS CHAMPIONSHIP 2024

RLK Group proudly presented the ITF Masters Champions 2024 at Nishtar Park Sports Complex, December 2nd to 7th.



RASHID LATIF KHAN UNIVERSITY (RLKU)

Attended vcs of lahore forum's meeting



MOU SIGNING CEREMONY

Career counselling between RLKU & concordia colleges.
Project of beacon house group



RASHID LATIF KHAN UNIVERSITY (RLKU)

Gave a Pre-Conference Workshop Emotional Intelligence & Emotional Regulations as Resource Person to Faculty members of FJMU, Lahore, Prof Dr. Rukhsana Kausar was a Facilitator and Ms.Wajeeha Fatima as Co-Facilitator.



PARTICIPATED IN VCS OF LAHORE'S

Tour of 'Picture Wall' at Lahore Fort-Walled City of Lahore



RASHID LATIF KHAN UNIVERSITY (RLKU)

Prof. Dr. Rukhsana kausar attended annual dinner of institute of applied psychology as guest of honour.



ATTENDED MOU SIGNING CEREMONY

Between association of private sector universities of pakistan (apsup) and european asian universities association sector (euras)



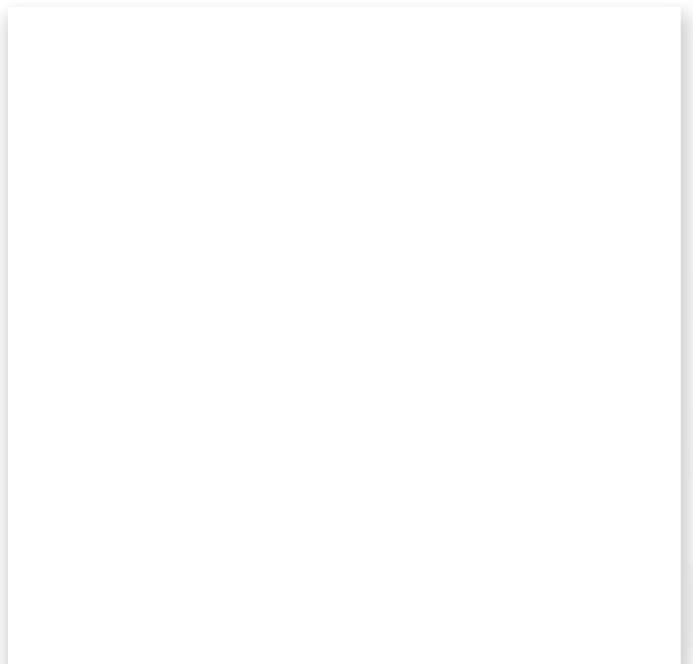
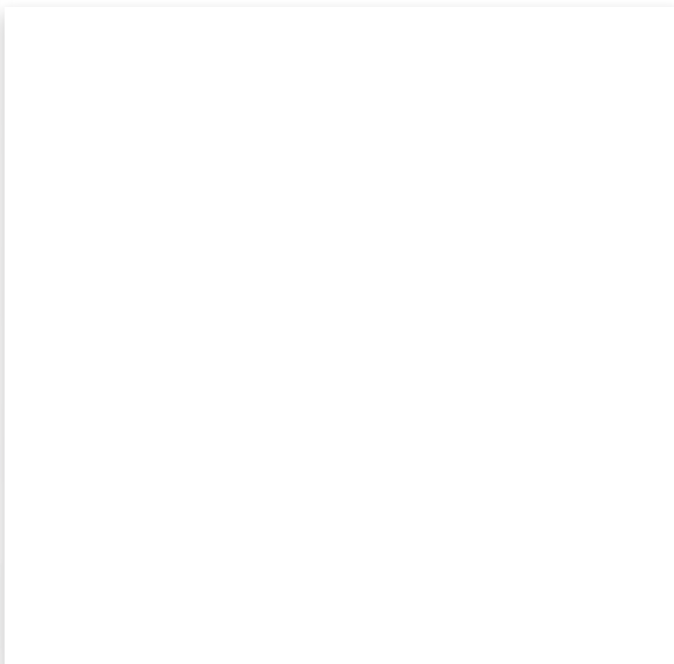
RASHID LATIF KHAN UNIVERSITY (RLKU)

Attended meeting of a committee constituted by PHEC on transnational education policy (tne) for higher education institutions in Punjab offering degree programs in collaboration with foreign universities



ATTENDED MEETING OF THE COMMITTEE

Constituted for “ranking of the universities in Punjab”, as its convener.



SEMINAR ON "WORKPLACE ETHICS" AT RLCP

Rashid Latif College of Pharmacy (RLCP) successfully hosted an enlightening seminar on Workplace Ethics. The esteemed Ms. Nida Shakir conducted the session and provided an in-depth understanding of ethical behavior in professional settings.

Her thought-provoking presentation emphasized key principles such as:

- ✔ **Respect**
- ✔ **Honesty**
- ✔ **Accountability**
- ✔ **Confidentiality**
- ✔ **Professionalism**

The dedicated faculty of RLCP attended the seminar, engaging actively and gaining valuable insights. Prof. Dr. Humayun Riaz, the Principal of RLCP, expressed his appreciation for this excellent initiative. He emphasized the importance of fostering professionalism among faculty members and applauded the effort to reinforce ethical standards.

A big thanks to Ms. Nida Shakir for her impactful session and to the RLCP leadership for always striving for excellence!



Respect

It is a positive feeling or action shown towards someone or something considered important, or held in high esteem or regard. It conveys a sense of admiration for good or valuable qualities.

Work hard

- Work to the best of your ability

Carry out orders

- Do what's asked the first time

Show respect

- Accept and acknowledge an individual's talents and knowledge



RASHID LATIF KHAN UNIVERSITY (RLKU)

RASHID LATIF DEPARTMENT OF PROFESSIONAL PSYCHOLOGY (RLDPP)

RLKU STUDENTS CASCADING SESSION

On 11th Dec'2024, RLDPP along with the collaboration of Pakistan Girls Guide Association organized a Cascading Session of RLKU Students who received 4 Day Training on "Project Stay Safe" launched by Pakistan Girls Guide Association. The Session aimed at enhancing Students' Learning by sharing insights and key takeaways to younger Students. The Students went to Govt. Girls Higher Secondary School, Mustafabad, Kasur and completed 4 Hour Cascading Session.

Through this initiative, the RLDPP and the Pakistan Girls Guide Association aimed to empower Students with the Knowledge and Skills necessary to make informed decisions about their safety and well-being. By cascading their training to younger students, the RLKU students demonstrated their commitment to creating a safer and more supportive community.



RASHID LATIF KHAN UNIVERSITY (RLKU)

SDG MEETING

THE MEETING OF THE SDG AND RANKING COMMITTEE WAS HELD

The meeting of the SDG and Ranking Committee was held on December 3, 2024. The agenda of the first meeting was formally approved. Key discussions focused on the approval of the Terms of Reference (ToR) for the committee, nomination of Ambassadors for SDG attainment, and structuring and modeling of MoUs. Members emphasized the importance of SDG integration in the university's vision to enhance global impact and institutional ranking. The meeting concluded with preparations for a cumulative calendar for 2025 to streamline efforts and enhance collaboration.



RASHID LATIF KHAN UNIVERSITY (RLKU)

TEDx EVENT AT BEACON HOUSE

CEO RLKU, MS. SABAHAAT KHAN SPARKS MEANINGFUL CONVERSATIONS ON 'INCLUSION.'

CEO RLKU, Ms. Sabahat Khan sparks meaningful conversations on 'Inclusion: It Starts with You and Me' at TEDx 2024, Beacon House Gulberg Campus! Her powerful words ignite a sense of responsibility among students to create a more inclusive world. RLK Group proudly presents the ITF Masters Champions 2024 at Nishtar Park Sports Complex! We were honored to have Chairman RLK Group, Prof. Rashid Latif Khan, President of Pakistan Tennis Federation, Mr. Aisam-Ul-Haq Qureshi, and other esteemed guests at the opening ceremony.

Stay tuned for more updates and thrilling tennis action!



RASHID LATIF KHAN UNIVERSITY (RLKU)

MEDIA DEPT. STUDENTS STUDY TOUR OF PTV

The students of the Department of Media and Communication Studies (MCS) at Rashid Latif Khan University (RLKU), Lahore, undertook a study visit to the Pakistan Television (PTV) Lahore Center. Sidra Malik, PTV's Manager News Desk and Public Affairs, provided a detailed briefing to the students about various departments.

The study visit was organized by Syed Urooj Samadani, Head of the Media and Communication Studies Department at RLKU. Senior Lecturer, MCS Shabbir Sadiq led the students on the visit.

The students visited various departments of PTV, including News, Current Affairs, Programming, Editing, and Designing, where they were provided with in-depth insights into the workings of these sections. They also toured the studios, control rooms, editing rooms, and the archive section, gaining technical knowledge about news production and learning about modern trends in editing. The students were briefed on all stages of programming and the technical and human skills involved.

Senior News Producer Nawaz Awan, Sidra Malik, and others addressed the students queries. Sidra Malik briefed the students about PTV's history, news production, programming, and other operations. She explained that Pakistan Television is a pioneer of responsible journalism and a valuable national asset, representing the state of Pakistan by delivering only authentic and fact-based news to the public.

The students showed great interest in the study tour. RLKU regularly organized such study tours for its students.



RASHID LATIF KHAN UNIVERSITY (RLKU)

RENOWNED ACTOR ALI TAHIR VISITS RLKU

Renowned Actor-Director-Producer Ali Tahir visited Rashid Latif Khan University (RLKU) to deliver a lecture on ‘Impact of TV Drama on Society’. He shared his experiences of theatre and TV drama with the students at a packed auditorium in an interactive session organized by Dept. Of Media and Communication Studies (MCS) at RLKU.

Speaking on the impact of TV Drama on Society, he said that it is through TV that the culture of a country is depicted, and that TV influences society as millions largely watch it daily. He said that it is the responsibility of a director, producer and actor to play their part in imparting the right information to the society via TV.

He appreciated the enthusiasm and interest shown by RLKU students and answered their questions. He also appreciated RLKU for introducing Media as an undergraduate degree at the university.

The session was attended by Pro Vice Chancellor Prof. Dr. Rukhsana Qaiser, Registrar Dr. Muhammad Khalid Khan, Prof. Dr. Sadia Qureshi, HOD Media & Communication Studies Syed Urooj Samdani and many faculty members.



RASHID LATIF KHAN UNIVERSITY MEDICAL COLLEGE (RLKUMC)

2 COURSES CONDUCTED BY RLKUMC

RED EYE MANAGEMENT COURSE

A comprehensive Basic Life Support (BLS) course by the Medicine Department, designed to equip healthcare professionals and first responders with essential life-saving skills. The course, led by Dr Hanna Khursheed consultant anesthesiologist HLH, Dr. Raja Yasser consultant gastroenterologist HLH and Dr. Hira Afzal registrar emergency HLH adhered to the American Heart Association (AHA) guidelines. Participants learned critical techniques such as cardiopulmonary resuscitation (CPR) and airway management. The training emphasized practical skills through hands-on sessions, ensuring that each participant could perform BLS steps efficiently.

The RED EYE MANAGEMENT COURSE was conducted by Dr. Idrees Ahmed, consultant ophthalmologist HLTH. It widened the vision of participants regarding various forms of red eye, their management, and prevention of severe complications by first-hand responders.



RASHID LATIF MEDICAL COLLEGE (RLMC)

CONVOCATION 2024

RLMC CELEBRATED A MAJOR MILESTONE WITH ITS CONVOCATION 2024

Rashid Latif Medical Complex (RLMC) celebrated a major milestone with its Convocation 2024, held on Saturday, 21st December, at the RLMC Auditorium. The momentous occasion honored the graduating classes of three esteemed departments: Allied Health Sciences (AHS), Doctor of Physical Therapy (DPT), and Pharmacy. The ceremony was attended by distinguished guests, proud parents, and faculty members, who joined in celebrating the achievements of the graduating students.







RASHID LATIF MEDICAL COLLEGE (RLMC)

RASHID LATIF NURSING COLLEGE

ONE DAY COMPREHENSIVE WORKSHOP WAS ORGANIZED ON ABORTIONS, DNC AND ITS MANAGEMENT.

The Head of Department Gynecology & Obstetrics Arif Memorial Teaching Hospital

Prof. Dr Asma Yasin and her team shared the details followed by hands on activity, Nursing students learned about various methods of DNC and their management.



RASHID LATIF MEDICAL COLLEGE (RLMC)

RASHID LATIF NURSING COLLEGE

CULTURAL FESTIVAL

Cultural Festival was arranged at Rashid Latif Nursing College to celebrate unique traditions of Pakistan. Through this event a great opportunity is provided for students Learning, appreciating diversity and building a great community.



RASHID LATIF MEDICAL COLLEGE (RLMC)

RASHID LATIF NURSING COLLEGE

ONE DAY SEMINAR ON DIABETES MANAGEMENT

One-day seminar has been conducted in Rashid Latif Nursing College on the topic of Diabetes Management scheduled on 18th December for the students of BSN 2nd year who have attended the seminar along with the active participation in hands on practice. Enhanced the better understanding & gave a practical edge in the effective management of diabetes Mellitus.

Seminar was conducted by Ms. Iqra Saleem and mediated by Head of Department Mr. Faisal Nadeem. This seminar was meant to improve the quality of life of diabetic patients in all the aspects of care.



RASHID LATIF MEDICAL COLLEGE (RLMC)

RASHID LATIF NURSING COLLEGE

HUMAN RESOURCE MANAGER

An interactive session was conducted by our distinguish guest Ms. Aasma Safdar Principal RB-Institute of Nursing, Lahore on Human Resource Manager for Nursing Professionals at RLNC.



RASHID LATIF MEDICAL COLLEGE (RLMC)

RASHID LATIF NURSING COLLEGE

ONE-DAY WORKSHOP FOR BS NURSING

One-day workshop for BS Nursing Final Year students has been conducted successfully by RLNC Faculty, in collaboration with the Faculty of Business and Management Sciences at RLMC.

Title: Data Analysis for Nursing Professionals Using SPSS Software

