



LIAQUAT NATIONAL HOSPITAL

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### Disclaimer:

Editorial board is not responsible for the views/information printed in the Newsline. Articles are contributed by individual departments.

## “VIEW FROM THE BOUNDARY” — A TRIBUTE TO CRICKET’S LIVING CHRONICLE

On 15<sup>th</sup> July 2025, Liaquat National Hospital hosted a remarkable program titled "View from the Boundary", celebrating the legendary cricket journalist Mr. Qamar Ahmed.



Prof. Dr. Salman Faridi presenting shield to Mr. Qamar Ahmed

# NEWSLINE

LNH TOWARDS BETTER HEALTH



## 10<sup>TH</sup> LNMC CONVOCATION

103 MBBS graduates were conferred degrees at the 10<sup>th</sup> Convocation of the Liaquat National Medical College (LNMC) held at the Auditorium, Convention Centre, Liaquat National Hospital. The Registrar of Jinnah Sindh Medical University, Dr. Mohammad Azam Khan, administered the Oath to the graduates, and the Vice Chancellor of Jinnah Sindh Medical University, Prof. Dr. Amjad Siraj Memon, conferred the degrees.

Principal LNMC Prof. Dr. Karimullah Makki, in his welcome address, congratulated the graduates and their parents on the milestone achieved. He highlighted the academic standards of the college by citing the results secured by the LNMC students. He said that since the start, LNMC has produced 1200 medical graduates who are serving the medical field in different capacities in Pakistan & abroad. He stated that LNMC is recognised by multiple foreign medical regulatory bodies and has also been accepted as a Host & Home institution in the Association of American Medical Colleges via the Visiting

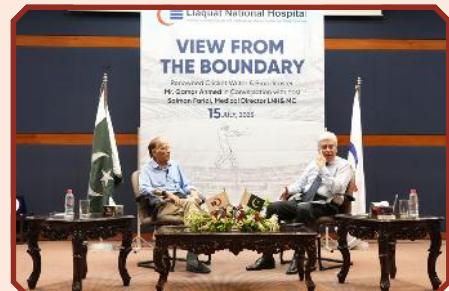
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Highlights of 10<sup>th</sup> Convocation

cricket added depth and warmth to the evening. Beyond his medical leadership, Prof. Dr. Salman Faridi is a man of intellect and artistic flair, known for his insightful writings on sports, especially cricket, which he explores with analytical precision and literary elegance.

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Mr. Qamar Ahmed in conversation with Prof. Dr. Salman Faridi

## 10<sup>TH</sup> LNMC CONVOCATION



Degree distribution by Prof. Dr. Amjad Siraj Memon accompanied by Prof. Dr. Karimullah Makki

student. He praised the teaching faculty for providing extensive training & teaching clinical acumen to the students. He advised the graduates to always prioritise service to the ailing humanity and strive for post-graduate qualifications to get better knowledge and skills.

Speaking on the occasion, the Medical Director of Liaquat National Hospital, Prof. Dr. Salman Faridi, congratulated the young doctors & their parents on the beginning of their new journey. He advised the graduates that life has a bigger purpose other than material success, and that is to help others in need. The purpose of a fulfilling life is not to receive but to give; not to seek worldly possessions but to bring joy to other people. He stressed that the students should move beyond the achievement of personal ambitions and shift their paradigm towards more expansive obligations of serving the nation by fulfilling the needs of the society in which they live. He guided the graduates that apart from the essential prerequisites of theoretical knowledge and practical dexterity, as doctors, their integrity in ethical, moral, financial & professional domains will be pivotal in their career. He advised the graduates that as doctors, they should passionately serve the

Students Learning Opportunities (VSLO) program. He added that LNMC is one of the best medical colleges in the private sector of Pakistan & the first choice of the

nation and, above all, serve humanity. "The success of your life's journey will not be defined by the quantum of all the material gains that you have accumulated by its end, but by the number of people that you have helped along the way", he added.

The Honourable Vice Chancellor, Jinnah Sindh Medical University, Prof. Dr. Amjad Siraj Memon, in his address, congratulated the graduates and praised their parents for all their efforts to make their children qualified doctors. He also congratulated the LNMC faculty for instilling quality education and morals in the graduates. He stated that the JSMU, as an affiliating university, have proudly witnessed the progress of Liaquat National Medical College, owing to being upright in its educational pursuits and standards of merit, and the results are testimonial to the quality education being imparted. He emphasised the importance of having the passion to serve, which would be essential for professional success. He advised the graduates that they should pursue their academic ambitions and go abroad, but they should always remember the sacrifices that their parents made for them and always look after their parents, especially in their time of need.

The following were the recipients of awards & Medals.

Dr. Mariam, 1<sup>st</sup> position

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Degree distribution by Prof. Dr. Amjad Siraj Memon accompanied by Prof. Dr. Karimullah Makki



Dr. Ishrat Saleem  
Chief Editor

Dear Readers,

Welcome to the second issue of Newsline for 2025. This edition highlights the 10<sup>th</sup> Convocation with vibrant clinical and academic activities at Liaquat National Hospital.

These events reflect our commitment to continuous learning, professional development, and excellence in patient care. The dedication of our faculty, staff, and students continues to drive innovation and uphold the standards of our institution.

### EDITOR'S NOTE

This edition features Independence Day Celebration at LNH, new developments in our procedures, academic achievements and activities from May to August 2025, as well as the engaging extracurricular activities that foster teamwork and camaraderie across departments.

Thank you for being a valued part of our community. Together, we can continue to positively impact the lives we touch.

Dr. Malaika Ali, 2<sup>nd</sup> Position

Dr. Alina Amin Muhammad, 3<sup>rd</sup> Position

Dr. Manal Arshad Malik was awarded the Wajid Ali

Shah Medal for the Best Graduate (Class of 2024) on the basis of her academic performance across five years of the MBBS program.

### **“VIEW FROM THE BOUNDARY” — A TRIBUTE TO CRICKET’S LIVING CHRONICLE**

The evening paid honour to Mr Qamar Ahmad, a towering figure in cricket journalism whose voice and pen have reported the sport's evolution across decades and continents. From his early days as a player to his career as a broadcaster and writer, Mr Ahmad has captured countless historic moments with the sharp eye of a cricketer and the graceful pen of a storyteller. He is widely regarded

as a pioneer in cricket data collection and record keeping at a time when such practices were virtually nonexistent.



Prof. Dr. Salman Faridi and Mr. Qamar with renowned personalities

The 90-minute live conversation drew an audience of over 450 guests, including renowned cricket personalities such as Sadiq Muhammad, Tausif Ahmed, senior journalists, doctors, students, and members of the hospital's senior management. It was a heartfelt celebration of cricket's legacy and the individuals who preserve its spirit.

Liaquat National Hospital is honoured to have hosted this unforgettable evening, blending sport, intellect, and storytelling in a truly inspiring tribute.



Audiance at the Program

### **WHAT'S NEW**

#### **INTRODUCING THE LNH CARE APP — HEALTHCARE AT YOUR FINGERTIPS**



Prof. Dr. Salman addressing at LNH Care App Inauguration

Liaquat National Hospital is proud to announce the launch of the LNH Care App, a revolutionary digital platform designed to

transform the patient experience. Built with the needs of both patients and attendants in mind, the app offers a smarter, faster, and more convenient way to access healthcare services anytime, anywhere.

With a focus on ease and efficiency, the LNH Care App simplifies hospital visits by allowing users to book OPD consultations directly from smart phones. Patients can browse available slots, choose their preferred consultants, and confirm appointments all without the need to call or wait in long queues.

The app also introduces a streamlined process for scheduling daycare surgeries, enabling patients to plan procedures with minimal hassle. Attendants can



Management at LNH Care App Inauguration

stay informed and manage appointments, ensuring better coordination and peace of mind throughout.

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Ms. Kiran with Mr. Waqas at Inauguration Ceremony



Audience at LNH Care App Inauguration

Key features include:

- Instant OPD booking
- Day care surgery booking

The LNH Care App reflects

Liaquat National Hospital's commitment to patient-centred care and digital innovation. It's more than just a mobile application; it's a personal

healthcare companion, designed to make every step of the medical journey smoother and more accessible.

## PUBLIC AWARENESS PROGRAMS

### WORLD BREASTFEEDING WEEK ACTIVITIES: 5<sup>TH</sup>–7<sup>TH</sup> AUGUST 2025 AT LIAQUAT NATIONAL HOSPITAL

To commemorate World Breastfeeding Week 2025, the Family Medicine Department, in collaboration with the Nursing Department at Liaquat National Hospital, organised a series of activities from 5<sup>th</sup> to 7<sup>th</sup> August. Interactive sessions were held in the Gynaecology, Paediatrics, and Family Medicine OPDs, engaging residents, medical students, doctors, nurses, and breastfeeding families to raise awareness and enhance clinical breastfeeding support.

These sessions focused on evidence-based practices, early initiation, overcoming breastfeeding challenges, and communication skills for effective patient counselling. Participants actively engaged in discussions and demonstrations, reflecting a strong commitment to maternal and infant health.

The week concluded with a closing ceremony on 7<sup>th</sup> August, featuring short lectures and a panel discussion on "Supporting Breastfeeding Mothers at Work." Panellists, including healthcare professionals and working mothers, shared experiences, challenges, and solutions for creating breastfeeding-friendly workplaces. Patient testimonials added a meaningful perspective on the importance of support during breastfeeding.

These activities mark an important step in strengthening breastfeeding support across LNH. The continued efforts of the Family Medicine and Nursing Departments aim to institutionalise lactation care and foster an environment that supports breastfeeding mothers both in the hospital and beyond.



Participants at the awareness session

### THE DEBATE THAT MATTERS, MIND, BODY & DISEASE - AWARENESS SESSION ON LIAISON PSYCHIATRY

The Department of Mental Health organised a landmark awareness program, "The Debate That Matters: Mind, Body and Disease", at the Convention Centre on August 16<sup>th</sup>, 2025. The event highlighted the importance of liaison psychiatry in bridging physical and mental health, promoting a holistic treatment model.

The program opened with Dr. Quratulain Yousuf, Consultant Psychiatrist, who presented international and local data on psychiatric comorbidities and referral patterns at LNH. Dr. Natasha K. Billia, Assistant Professor, Psychiatry, followed with findings from a comprehensive KAP survey of the hospital

fraternity, offering key insights into perceptions of mental health within clinical practice.

Adding a surgical perspective, Prof. Dr. M. Nadeem Khurshaidi, a renowned surgeon, shared a detailed case vignette demonstrating the role of psychiatric collaboration in complex cases.

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Participants at the awareness session

The centrepiece was a panel discussion moderated by Dr. Iqtidar Taufiq, Head of Department, Psychiatry, and Dr. Rabeeya Saeed, Head of Department, Family Medicine. The panel featured Dr. Aisha Taj, Head of Department, Gynaecology, Prof. Dr. Mansoor Ul Haq, Head of Department, Gastroenterology,

and Prof. Dr. Naila A. Zahid, Head of Department, Oncology, who discussed psychiatric aspects in their specialities and emphasised collaborative approaches.

Other highlights included The Reel Competition "Break the Stigma in 90 Seconds", judged by Prof. Dr. Syed Ali Arsalan and Ms Rida Bilal. The top 03 winners

were awarded with Shields and Gift vouchers. The event concluded with Brig. Dr. Anwer Ali Khan, Controller of Nursing, reinforced the need for integrated, stigma-free care.

The program was attended by medical and paramedical staff, except for medical students in large numbers.

## PREVENTIVE CARDIOLOGY AND CARDIOPULMONARY RESUSCITATION (CPR)

On Aug 27, 2025, Karachi Shipyard & Engineering Works Ltd hosted an informative awareness session on the prevention of heart disease and emergency cardiac situations. The event featured an engaging presentation by Dr. Abeer Sarfaraz, a consultant cardiologist at Liaquat National Hospital. She

provided valuable insights into common risk factors associated with cardiac issues, including a sedentary lifestyle, poor dietary habits, stress and other factors.

Dr. Abeer emphasised the importance of routine checkups for early detection of heart-

related diseases. Following this, the session extended beyond theory when the presentation shifted focus to practical and effective management strategies. The team from the Research & Development Centre, including Mr. Ahmad Ali (Chief Instructor),



Audience at the session



Participants of the session

Mr. Rahul Kumar (Instructor) and Ms. Ghyana Samar (Instructor), conducted a live, hands-on demonstration on managing workplace cardiac emergencies through CPR.

This informative session marked a significant milestone in ensuring

employee health and safety as the first aid attempt in emergencies. Participants had the opportunity to learn essential skills that can not only help control panic but also improve patient survival rates until professional medical assistance arrives.

During the interactive segment, employees had the opportunity to address their specific concerns directly with an expert, equipping them with essential knowledge to enhance their quality of life. This served as a proactive step toward fostering a more health-conscious workplace environment.

### **AWARENESS SESSION ON DRY EYES - ITS CAUSES AND MANAGEMENT**

On July 27, 2025, an insightful and highly informative awareness session was conducted at the K-Electric office on a common yet often overlooked condition, Dry Eyes - Its Causes and Management. The event featured an engaging presentation by Dr. Shahab Ul Hasan Siddiqui, Consultant Ophthalmologist at Liaquat National Hospital.

Dr. Siddiqui expertly highlighted various causes of dry eyes, moving beyond the typical perception of mere screen-time fatigue. He explained the roles of environmental factors, aging, certain medications, and underlying health conditions in disrupting the eye's natural tear film. The session was particularly valuable as it distinguished between different types of dry eye, providing a clearer understanding of the complex nature of the condition.

The presentation shifted focus to practical and effective management strategies. Attendees learned not just about over-the-counter artificial tears but also about advanced treatment options, lifestyle modifications, and proactive measures to protect their ocular health. The interactive segment allowed Doctors/employees to have their specific concerns addressed directly by an expert.

This session underscored K-Electric's commitment to the well-being of its doctors/employees, providing them with essential knowledge to improve comfort, productivity, and long-term eye health. It was a proactive step towards creating a more health-conscious workplace environment.



Awareness session in progress



Group photo of participants at the session

### **AWARENESS SESSION ON MENTAL HEALTH**

An Awareness Session on Mental Health was organised at Bahria University, Karachi Campus, on Monday, 12<sup>th</sup> May 2025, with a highly insightful talk delivered by Dr. Sehrish Habib, Consultant Family Medicine. The session

focused on the importance of mental well-being, particularly for students who often experience academic, social, and personal challenges in today's fast-paced world.

Dr. Sehrish opened the session by highlighting that mental health is just as essential as physical health, and that recognising early signs of stress, anxiety, and depression can make a significant difference in *(continue on page 7)*



Dr. Sehrish Habib at the session

one's overall quality of life. She emphasised the need to break the stigma surrounding mental health and encouraged students to seek help, communicate openly, and support one another. The session also included practical tips for maintaining mental wellness, such as stress

management techniques, mindfulness, healthy lifestyle practices, and balancing academic and personal responsibilities. Dr. Sehrish further spoke about the importance of counselling and the supportive role of families, friends, and institutions in creating a positive environment. Students actively participated through questions and discussions, making the session interactive and engaging. Many attendees shared that they found the talk highly relatable and motivating.

The event concluded with an encouraging message from Dr.

Sehrish, reminding students to prioritise their mental health as a foundation for academic success, career growth, and personal happiness. The session was well-received and served as a meaningful step toward fostering a culture of awareness, openness, and care within the university.



Participants at the session

## COURSES / WORKSHOPS / SEMINARS

### WORKSHOP ON CLINICAL PRACTICUM GUIDELINES ENCOMPASSING ROTATION PLANNING, ATTENDANCE RECORD MANAGEMENT AND EVALUATION CRITERIA UPDATES

A certification workshop session was held on 5<sup>th</sup> August at our Liaquat National School of Diagnostic Laboratory Sciences, regarding Allied Health Professional Council requirements, entitled "Workshop on Clinical Practicum Guidelines Encompassing Rotation planning, attendance record management and evaluation criteria updates". The workshop was attended by students of all four batches of the BS Medical Technology-Clinical Laboratory Sciences program.

Various training and teaching modules of Clinical Practicum, Lab rotations, management of students' evaluation and its documented criteria were presented. A question and answer session was also held, which was

undertaken by Principal, Dr. Junaid Mahmood Alam, Administrative Officer, Mr. Qaiser Amin and Academic coordinator Ms. Husna Saeed. Mr. Baber and Mr. Danish facilitated the certification processes.



Group photo of the participants

### ACADEMIC CME SESSION FOR R-1 RESIDENTS - OBESITY MANAGEMENT

To enhance clinical competence in addressing a critical public health challenge, a Continuing Medical Education (CME) session on Obesity Management was conducted for R-1 residents at

Liaquat National Hospital in May 2025. The session aimed to equip residents with evidence-based approaches to assess and manage obesity effectively in diverse clinical settings. *(continue on page 8)*

The session was led by Dr. Uzma Faisal, Specialist in Family Medicine, who provided a comprehensive overview of obesity as a multifactorial disease influenced by genetics, behaviour, environment, and social determinants. Dr Uzma discussed current clinical guidelines, non-pharmacological and pharmacological treatment options, and the role of primary care in long-term obesity management.

Through interactive discussions, residents explored the complex nature of obesity and its impact on health. They learned about medical and non-medical interventions, with emphasis on lifestyle

modification and behavioural strategies, along with appropriate use of pharmacological treatments. The session highlighted the importance of patient-centred, evidence-based obesity management.

Residents actively participated and showed strong interest in applying these skills in clinical practice. The session reinforced the essential role of primary care in early intervention and long-term support for patients living with obesity. This academic initiative marks a key step in strengthening resident training in chronic disease management.



Participants with Dr. Uzma Faisal addressing

## CLINICAL PHARMACY TRAINING COURSE – A MILESTONE ACHIEVEMENT

The Clinical Pharmacy Department proudly marked a major milestone in July 2025 with the launch of its first structured Clinical Pharmacy Training Course, a transformative step toward advancing the role of clinical pharmacy in modern healthcare.

The program is developed with a clear vision: to equip pharmacists with advanced clinical knowledge, practical skills, and the confidence to actively contribute to patient-centred care. It offers a carefully balanced blend of classroom learning, interactive case-based discussions, and hands-on ward-based training under the mentorship of experienced clinical pharmacists.

The first batch of trainees set a strong foundation for the program's success. Participants not only enhanced their clinical competencies but also played an active role in medication error prevention, antimicrobial stewardship, and optimisation of pharmacotherapy. Their contributions had a direct and measurable impact on patient safety and therapeutic outcomes.



Group Photo of First Batch of Clinical Pharmacy Training Program

The overwhelmingly positive feedback from participants and healthcare teams underscores the value of this initiative in bridging the gap between academic learning and clinical practice. Encouraged by these results, the department has committed to offering the course every quarter, ensuring a continuous pipeline of well-trained clinical pharmacists ready to lead future innovations.

## MORE THAN JUST A BACKACHE – CME AT LNH

The Department of Rheumatology, Liaquat National Hospital & Medical College, held a CME titled "More Than Just a Backache" on Monday, 26<sup>th</sup> May 2025, moderated by Dr. Syeda Rida-e-Zehra.

Insightful talks were delivered by Dr. Tahira Perveen on red flags of backache and Dr. Lubna Nazir on its management, followed by an interactive Q&A session. The program concluded with closing remarks and shield distribution by Dr. Syed Mahfooz Alam.



Participants at CME

## WORLD HEPATITIS DAY CME SESSION & FREE SCREENING CAMP

The Department of Gastroenterology at Liaquat National Hospital in Karachi organised a Continuing Medical Education (CME) session on July 30<sup>th</sup> to commemorate World Hepatitis Day. The event aimed to raise awareness about viral hepatitis and promote early diagnosis and treatment.

### Key Highlights:

- Free Screening Camp:** A free screening camp was conducted for hepatitis B and C, providing an opportunity for individuals to get tested and receive guidance on prevention and treatment.
- Awareness and Education:** The CME session featured expert talks by Dr. Punhal, Dr. Pooja, and Dr. Ameet, moderated by Dr. Rajesh Kumar Wadhwa, covering various aspects of hepatitis, including its global burden, diagnosis, treatment,

and prevention.

- Theme:** The theme for World Hepatitis Day 2025 is "Hepatitis: Let's Break It Down," emphasising the need to simplify, scale up, and integrate hepatitis services into national health systems.

### Importance of Hepatitis Awareness:

Viral hepatitis affects millions worldwide, causing liver damage, cancer, and even death. In Pakistan, hepatitis B and C are significant public health concerns. This CME session and screening camp play a crucial role in raising awareness, promoting testing, and encouraging treatment. By working together, we can strive towards a hepatitis-free world. Liaquat National Hospital's initiative is a step towards addressing this critical issue and promoting public health.



Audience with participants at the session and screening camp

## CME ON WORLD THALASSEMIA DAY 2025

A full-house CME on World Thalassemia Day 2025 titled "Breaking Barriers in Thalassemia care: Empower, Educate and Eliminate" was organised by the Department of Haematology at the Auditorium of Liaquat National Hospital, on 29<sup>th</sup> May 2025. The activity focused on creating awareness about the disease, its early diagnosis and a collaborative effort by the healthcare workers towards its prevention.

The program commenced with a welcome note and the introduction of speakers by Dr. Rija Shadab, Senior Resident Haematology. Esteemed speakers including Dr. Naila Raza (Head of the Department and Assistant Professor of Haematology), Prof. Dr. Syed Muhammad Irfan (Professor of Haematology), Dr. Shabneez Hussain (Consultant Hematologist, Blood transfusion services, Indus Hospital & Health network) and Dr. Syeda Mah Ali (Consultant

Hematologist, Patient Welfare Association) shared critical insights into epidemiology, diagnostic challenges, treatment modalities, and adverse immune-hematological aspects like post-transfusion alloantibodies development among thalassemia patients.

The panelists, including Prof. Dr. Syed Muhammad Irfan, Dr. Aftab Ahmed Mallah (Director Sindh Blood Transfusion Authority), Prof. Dr. Mehnaz Atiq Ahmed (HOD and Professor Paeds, LNH), Prof. Dr. Kamal Ahmed (Internal medicine, Dr. Aisha Taj (HOD Obs & Gynae, and Dr. Rabeeya Saeed (HOD Family Medicine, LNH), brought multidisciplinary expertise to the discussion. This diverse input provided a holistic understanding of the disease, its prevention strategies, and the systemic challenges in implementing effective care models. Their collaborative dialogue during the panel

discussion highlighted innovative solutions, policy recommendations, and community engagement initiatives essential for sustainable thalassemia control in Pakistan.

A unique and impactful segment was the session "Living with Thalassemia," where a patient shared real-life experiences, providing invaluable perspective to healthcare professionals about psychosocial and clinical challenges faced daily.

The event concluded with heartfelt thanks from Dr. Naila Raza and closing remarks by Prof. Dr. Saleha Shahzad, Assistant Medical Director, appreciating the contributions of all participants. CMEs like these not only strengthen professional competency but also bridge the gap between patient care and medical practice, ultimately striving for a thalassemia-free society.



Audience with participants at the CME

## ACADEMIC CME SESSION FOR HOUSE OFFICERS - OBESITY MANAGEMENT

The Department of Family Medicine hosted a highly engaging and informative session for house officers focused on the multifaceted challenge of obesity. Led by Dr. Sehrish Habib, the session aimed to equip our future physicians with the knowledge and skills

necessary to effectively manage this prevalent and complex health issue.

The session was designed around two core objectives: to provide a comprehensive understanding of the complex nature of obesity and

its impact on overall health, and to impart knowledge of the various medical and non-medical interventions available for its management.

The format was interactive, featuring lively discussions, case studies, and Q&A segments that encouraged active participation. The attendees explored not only the physiological underpinnings of obesity, but also the significant social, psychological, and economic factors that contribute to its development and persistence.

A key highlight of the session was the exploration of a wide range of management strategies - lifestyle modifications, including dietary interventions and exercise regimens, as well as the role of pharmacotherapy and bariatric surgery in appropriate patient populations. The importance of a patient-centred approach, emphasising empathy and motivational interviewing techniques, was also underscored.



Participants with Dr. Sehrish Habib addressing

## BASICS OF TEACHING AND ASSESSMENT SKILLS COURSE FOR LIAQUAT NATIONAL NURSE EDUCATORS

The Department of Health Professions Education successfully conducted a two-week course on "Basics of Teaching and Assessment Skills for Nurse Educators". The program was designed to provide Liaquat National nurse educators with the opportunity to explore innovative teaching strategies and strengthen their knowledge, leadership, and educational skills essential for modern nursing education. The course was facilitated by Prof. Nighat Huda, Dr. Afifa Tabassum, and Dr. Yusra Nasir, who shared their expertise and guided participants in applying contemporary trends in nursing education. Over the two weeks, participants engaged in sessions covering a variety of key topics, including objective writing, interactive lecture design, skill training, curriculum planning, assessment and evaluation, and the use of technology in nursing education. Group discussions and skill-based

training made the sessions interactive, practical, and directly applicable to professional practice. This course reinforced the importance of continuous professional development in healthcare, empowering nurse educators with evidence-based practices and updated pedagogical approaches. The program received an overwhelming response from participants and marked another step toward improving patient care and strengthening the future of nursing education.



Group photo of participants at the course

## WORKSHOP ON OPTIMISING AI-ASSISTED ACADEMIC RESEARCH



The Department of Health Professions Education (DHPE), Liaquat National Hospital & Medical College, organised a workshop titled "Optimising AI-Assisted Academic Research" on 26<sup>th</sup> August 2025. The session was facilitated by Dr. Yusra Nasir,

Assistant Professor, DHPE. This workshop was designed to empower faculty members and postgraduate residents in the health sciences to effectively use AI tools in their research projects. The workshop focused on enhancing participants' understanding (continue on page 12)

of the significance of prompting in optimising AI-assisted research. Participants explored effective prompting frameworks for generating and refining research content, developing focused research questions using AI tools, and conducting literature reviews with greater efficiency through AI support. The interactive format provided hands-on opportunities for participants to apply AI tools in real time, making the learning



Group photo of participants

both practical and engaging. This initiative reflects the department's ongoing commitment to academic researchers to innovate with the evolving digital landscape in research.

## PRE-CONFERENCE WORKSHOP AT THE INTERNATIONAL AI SYMPOSIUM AT SOHAIL UNIVERSITY



As part of the International Symposium on Integrating AI into Basic and Clinical Sciences organised by Sohail University, a pre-conference workshop on "Developing AI-Driven E-Portfolios" was conducted by DHPE on 20<sup>th</sup> May 2025 at Sohail University. The workshop was facilitated by Prof. Sobia Ali

Ali, Head of the DHPE, and Dr. Yusra Nasir, Assistant Professor of DHPE, Liaquat National Hospital. The session was attended by faculty from the medical and allied health sciences. It offered participants valuable insights into the design and application of digital portfolios. During the workshop, participants were provided hands-on opportunities to explore and apply AI-based tools in real time. This practical



Prof. Sobia Ali and Dr. Yusra Nasir at pre-conference workshop

component enabled them to design professional and personalised e-portfolios, equipping faculty with both the knowledge and skills necessary to integrate AI-driven innovations into their academic and professional practice. The workshop was well-received by the participants.

## WORKSHOP ON REFLECTION IN MEDICAL EDUCATION



The Department of Health Professions Education, Liaquat National Hospital, organised a faculty development workshop titled "Fostering Reflective Practitioners through Reflective Writing and Assessment" on 23<sup>rd</sup> July 2025. The session was facilitated by Prof. Sheeraz

Ur Rehman, Professor of General Surgery and Dr. Afifa Tabassum, Assistant Professor DHPE. The session was attended by medical, dental and allied health sciences faculty members.

The facilitators highlighted how reflection not only enhances self-awareness and critical thinking but also contributes to shaping compassionate, ethical, and competent healthcare practitioners. Key objectives covered in the session were (continue on page 13)

explaining the role of reflection in medical education, applying structured reflective models, and assessing reflective writing through standardised rubrics. Participants acknowledged the relevance of reflective practices in improving both teaching effectiveness and learner outcomes.



Group photo of participants

## WORKSHOP ON DEVELOPING AI-DRIVEN TEACHING E-PORTFOLIO

**Liaquat National Hospital**  
Institute for Undergraduate and Postgraduate Medical Studies and Health Sciences

**DEPARTMENT OF HEALTH PROFESSIONS EDUCATION**

Proudly Announces Faculty Development Workshop on  
**DEVELOPING AI-DRIVEN  
TEACHING E-PORTFOLIOS**

Wednesday, 11<sup>th</sup> June 2025, 09:00 - 11:00 AM  
REGISTRATION FEE RS. 500/- (Onsite) | Venue: Hall "D" Convention Centre

**OBJECTIVES**

- Introduce the concept and components of e-portfolios in medical education.
- Demonstrate the integration of AI tools like ChatGPT for creating and organizing e-portfolios.
- Provide hands-on experience in designing personalized, professional and reflective e-portfolios.

**WORKSHOP REQUIREMENTS**

- Laptops
- Active Email IDs

**FACILITATORS**

Prof. Sobia Ali Head of Department (HPE) Assistant Professor (HPE)  
Dr. Yusra Nasir

**TARGET AUDIENCES**

Open for all Medical and Allied Health Sciences Faculty

For Registration Scan the given QR Code

For Registration: Ms. Urooj Fatima, Ext # 021 34412290, urooj.fatima@lnmed.edu.pk

The workshop was aimed at introducing faculty members to the essential components of teaching e-portfolios in medical education. The session emphasised the use of AI tools for creating and enhancing e-portfolios while also highlighting the growing role of artificial intelligence in academic practice. The facilitators, Prof. Sobia Ali, Head and Dr. Yusra Nasir, Assistant Professor DHPE, guided the participants through

interactive sessions and hands-on experience in designing personalised and professional portfolios aligned with contemporary educational standards.

The workshop concluded with positive feedback, as participants acknowledged the relevance of AI-driven solutions and the utility of e-portfolios as a structured tool for documenting teaching excellence and professional growth.



Group photo of participants

## INSTITUTION-WIDE FACULTY DIGITAL RESEARCH PROFILES DEVELOPMENT AT LNH



Faculty of Basic Sciences

As part of the academic mandate of the LNH Clinical Trial Unit, a structured initiative was launched to strengthen the research culture by developing digital research profiles of all LNH-affiliated faculty. This activity was planned, implemented and

facilitated by Dr. Yusra Nasir, Assistant Professor DHPE and Prof. Sheeraz ur Rehman, Professor General Surgery.

The first phase of this activity was successfully conducted in May 2025, where departmental secretaries and junior faculty from the Medical College & clinical departments were trained to create and update Google Scholar, ResearchGate, and ORCID profiles for faculty members. The training was hands-on, with dedicated sessions for Surgical and Allied Medicine and Allied and Basic Sciences departments on 12<sup>th</sup>, 13<sup>th</sup>, and 14<sup>th</sup> May, respectively, followed by monitoring meetings on 19<sup>th</sup> and 21<sup>st</sup> May. Phase 2 targeted audience was the School of Medical Technology, the Physiothe- (continue on page 14)



Faculty of Medicine and Allied



School of Nursing



School of Physiotherapy

raphy Department and the School of Nursing. Phase 2 was implemented on 12<sup>th</sup> June 2025. To ensure

sustainability, each department was tasked with updating profiles within a week's timeline, and a centralised online Google

Sheet tracker was introduced for continuous monitoring.

The impact was evident, with a significant rise in the number of verified profiles across platforms. Faculty engagement was encouraging, and secretaries played a proactive role in addressing queries and ensuring compliance. This initiative represented a vital step toward enhancing the visibility, credibility, and academic research footprint of LNH at national and international levels.



School of Physiotherapy

## **DHPE LAUNCHES UNDERGRADUATE LONGITUDINAL LEADERSHIP CURRICULUM WITH I-LEAD TEAM**

The Department of Health Professions Education hosted a special ceremony to mark the launch of its first-ever Leadership and Professionalism Curriculum, developed by the fourth year and final medical student, LNMC I-LEAD, under the supervision of Prof. Sobia Ali. The ceremony was held on 21<sup>st</sup> May 2025. The ceremony was graced by the presence of Prof. Dr. Salman Faridi, Medical Director of LNH, Prof. Dr. Saleha Shahzad, Prof. Shaheena Akbani, Clinical and Basic Departmental Head of Departments and faculty from Liaquat National Medical College.

Prof. Dr. Sobia Ali welcomed the guests and shared her vision behind this initiative. She emphasised the

value of student involvement in curriculum development and commended the I-LEAD team for their dedication and innovation.

As part of the program, Dr.

Muneeb Tahir (Batch 2025) delivered an engaging presentation showcasing the development process and key components of the curriculum. Members of the I-LEAD team also shared their reflections on how the initiative aims to build essential skills in teamwork, communication, and healthcare management, while also shaping their own professional growth.

Prof. Dr. Salman Faridi appreciated Prof. Sobia Ali's vision, the students' efforts, and the continued contributions of DHPE toward advancing medical education. The event concluded with an inspiring address by Prof. Nighat Huda, whose mentorship and guidance played a pivotal role in making this initiative possible.



I-LEAD team group photo



Group photo of participants with MD LNMC Prof. Dr. Salman Faridi

## **RESIDENT'S TRAINING SESSION FOR THE BIOETHICS LONGITUDINAL CURRICULUM FOR MBBS**

The Department of Health Professions Education, in coord-

ination with the Bioethics Curriculum Committee for under-

graduate medical education, organised a training (continue on page 15)

session for the nominated residents to teach bioethics on Monday, 14<sup>th</sup> April 2025. The session objective was to develop residents' teaching skills to facilitate bioethics small group sessions for undergraduate medical students. The session highlighted the principles of

bioethics and medical ethics. This training has been particularly designed for the development and implementation of the Longitudinal Bioethics curriculum for Undergraduate MBBS students.

This session was facilitated by Dr. Syed Farhan Ahmed, Assistant

Professor, Urology Department and Dr. Shamim Kausar, Assistant Professor, Critical Care Medicine, who are members of the Bioethics Curriculum Committee. Prof. Karim Ullah Makki, Principal of Liaquat National Medical College, awarded certificates to the participants.



Participants at the training session



Participants at the training session with Principal LNMC Prof. Karim Ullah Makki

## ONLINE COURSE ON EVIDENCE-BASED MANAGEMENT OF NON-COMMUNICABLE DISEASES IN PRIMARY CARE

**Liaquat National Hospital**  
Institute for Undergraduate and Postgraduate Medical Studies and Health Sciences

Online Course on Evidence Based Management of Non Communicable Diseases In Primary Care

**10<sup>th</sup> May- 28<sup>th</sup> June, 2025**  
Organized by: Department of Family Medicine

**Learning Objectives:**  
By the end of this course, participants should be able to:

- Define evidence-based management plan of common non-communicable diseases including hypertension, diabetes, ischaemic heart disease and chronic respiratory diseases (Asthma, COPD), chronic liver and renal diseases as per current guidelines.
- Practice consultation and examination skills related to above mentioned conditions.

**Salient Features:**

- Hybrid synchronous & Zoom and asynchronous sessions every week.
- Case-based discussion, MCQ practice and assignment.
- Consultation video / Role plays.

**Who should attend:**

- General Practitioners, RMAs, House officers/ Interns, Residents, Final year medical students.
- Doctors who want to refresh their knowledge & skills

**Course Fee:** Rs. 10,000/-PKR  
Discount available for LNMC employees & graduates

**Registration deadline:** 05<sup>th</sup> May 2025

**For Information and queries:** 021-34412888, 0346-0101614

**Registration form link:** <https://forms.gle/meyt8z1Eg0gj>

**Scan for Registration**

The Department of Family Medicine successfully organised an Online Certificate Course in Family Medicine from 10<sup>th</sup> May to 28<sup>th</sup> June 2025, to strengthen primary care delivery and advance the capacity building of general practitioners (GPs).

This two-month certificate course was carefully structured to enhance knowledge, clinical reasoning, and practical application for healthcare professionals engaged in diverse community and clinical settings. The blended format ensured both flexibility and meaningful interaction. A total of seven synchronous sessions allowed for interactive teaching, case-based discussions, and direct faculty engagement, while four asynchronous sessions enabled participants to learn at their own pace, revisit material, and reinforce their understanding through guided self-directed study.

The curriculum emphasised the principles of family medicine, evidence-based practice, and holistic, patient-centred care. Special focus was given to the unique role of GPs in delivering comprehensive, continuous, and coordinated care to individuals and families. By integrating problem-solving and critical thinking approaches, the course supported participants in applying knowledge to real-world patient encounters in primary care, thus improving confidence and competence.

The initiative showcased the excellence and devotion to learning demonstrated by the Department of Family Medicine. Faculty members dedicated significant time and expertise to developing high-quality content, while participants showed commendable commitment to professional growth despite their ongoing clinical responsibilities.

This certificate course not only strengthened the professional skills of participants but also served as a model for innovative continuing medical education, reaffirming the vital role of family medicine in improving community health outcomes.

## PRE-CAREER TRAINING WEBINAR 2025

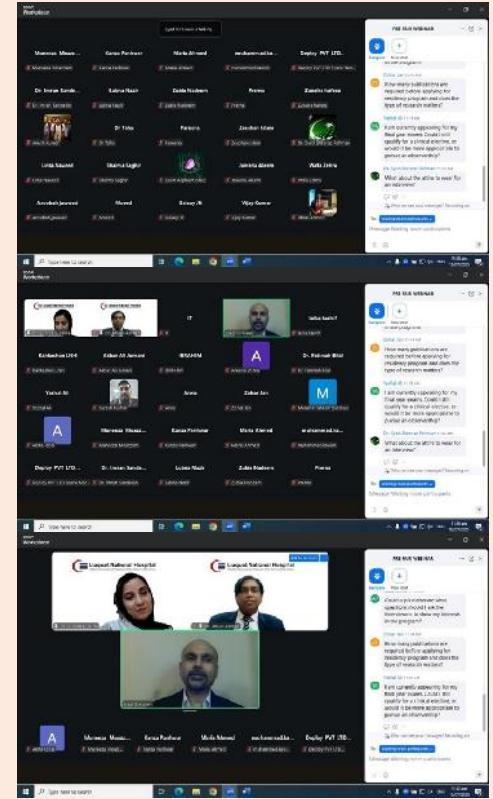
As part of the Career Fair 2025 activities, Liaquat National Hospital (LNH) successfully hosted a live Pre-Career Fair Webinar on Saturday, 12<sup>th</sup> July 2025, from 10:00 AM to 12:00 PM. Organised by the Internship Committee, attended by more than 40 participants, the session was designed to prepare participants with vital professional skills needed to excel in today's competitive career landscape.

The webinar focused on three crucial areas of career development: interview techniques, personal statement writing, and resume building. Expert facilitators provided practical insights and shared effective strategies to help participants present themselves confidently during interviews, develop impactful resumes, and craft personal statements that reflect their strengths and aspirations.

The interactive nature of the session allowed participants to engage in meaningful discussions, seek guidance, and clarify their queries, making the experience highly productive. Attendees expressed appreciation for the relevance of the topics and the practical advice shared, noting how the session enhanced their confidence in preparing for future career opportunities.

The Pre-Career Fair Webinar served as an excellent platform to equip interns, students, and early-career professionals with the right tools to navigate career pathways successfully. It also reflected LNH's commitment to fostering professional growth and supporting the next generation of healthcare and allied professionals.

The Internship Committee extends its gratitude to all participants for



Participants at the WEBINAR 2025

their enthusiastic involvement and looks forward to continued engagement.

## ELDERLY CARE ESSENTIALS: A FUNDAMENTAL COURSE FOR HEALTHCARE PROVIDERS

The Department of Nursing, in collaboration with the Department of Family Medicine and the Senior Citizen Primary Care Unit, successfully conducted a three-month course titled "Elderly Care Essentials: A Fundamental Course for Healthcare Providers" from April to June 2025. Held under the theme

"Caring for Our Elders: A Vital Responsibility," the program aimed to equip healthcare professionals with the knowledge and skills required to provide holistic, dignified, and evidence-based care to older adults.

*(continue on page 17)*



Pictorial highlights of the course

A total of 32 participants, including nurses, doctors, and allied health professionals, actively engaged in lectures, online classes, clinical rotations, poster presentations, and reflective learning. Weekly themes covered holistic geriatric care, communication, common diseases of the elderly, mental health challenges, nutrition, dementia care, fall prevention, pressure sore management, and ethical principles. Clinical rotations further reinforced the application of theory into practice.

The course opened with remarks from Brig. Dr. Anwer Ali Khan (Controller Nursing Admin - Nursing)

emphasised the importance of strengthening geriatric care capacity. Dr. Rabeeya Saeed (HOD Family Medicine) highlighted the role of primary care and multidisciplinary teamwork, while Ms. Samina Iqbal Kanji (Chief Nursing Officer) delivered the closing address, appreciating the initiative.

The program concluded with poster presentations and certificate distribution. Elderly clients also joined the final session, expressing their enjoyment and learning. Participants praised the course for enhancing professional competence, empathy, and skills in elderly care.

## **COMPREHENSIVE STOMA CARE: EMPOWERING NURSES FOR EFFECTIVE PATIENT SUPPORT**



Participants in group activity

The Department of Nursing, in collaboration with the Department of General Surgery (GS), successfully conducted a one-day workshop on "Comprehensive Stoma Care: Empowering Nurses for Effective Patient Support" on 30<sup>th</sup> May 2025. The session aimed to enhance nurses' knowledge and practical skills in stoma management, covering clinical guidelines, nutritional care, product use, complication management, and patient

counselling. A total of 42 participants, including nurses from multiple specialities, actively attended the workshop, which received an overwhelming and positive response.

The first scientific session was led by Dr. Faisal Siddiqi (HOD & Consultant GS), who presented on Indications for Ostomies and Selection of Stoma Site. This was followed by Mr. Habib Ahmed (Unit Head Clinical Nursing) addressing the Pre-operative Aspects of Stoma Care, providing insights into essential preparations before surgery.

Next, Prof. Dr. Rahman (Professor - GS) discussed Stoma and Its Types, elaborating on the various forms and their clinical significance. After that, Dr. Zahid Habib (Consultant - GS) presented on Complications Related to

Stoma, including early and delayed complications as well as fluid and electrolyte management.

The workshop then continued with a session on Patient Education and a Multidisciplinary Approach, led by the Dietitian Ms. Munaaza Haq, who emphasised dietary considerations for stoma patients. One of the highlights of the workshop was a Case Study Session on Coping with Stoma, presented by Dr. Rufina Soomro (Professor - GS).

In the end, the workshop emphasised practical learning through Skills Demonstration and Practice, conducted by Dr. Batool Zehra (Consultant - GS), Dr. Mirza Arshad Beg (Consultant - GS), along with Section Heads Ms. Zohra Javed, Mr. Atiq ur Rehman and Unit Head *(continue on page 18)*



Group photo of participants

NES Ms. Nazia Moiz. This interactive hands-on session allowed nurses to strengthen their technical competence in stoma management.

The event concluded with a Certificates Distribution Ceremony, led by the General Surgery & Nursing Heads, a vote of thanks by Brigadier Dr. Anwer Ali Khan

(Controller Nursing Admin - Nursing), followed by Closing Remarks from Dr Saleha Shahzad (Assistant Medical Director).

## PAK GI AND LIVER DISEASE SOCIETY 7<sup>TH</sup> ANNUAL CONFERENCE 2025

PAK GI and Liver Disease Society conducted the 07<sup>th</sup> annual conference 2025 at Liaquat National Hospital and Medical College on 21<sup>st</sup> and 22<sup>nd</sup> June with the collaboration of the Gastroenterology department of Liaquat National Hospital.

During the two days of the conference, international speakers from Russia, South Africa, South Korea and Turkey shared their knowledge through their presentations. Honourable speakers from Lahore, KPK, Baluchistan and Islamabad also presented their work.

The conference was well attended by students of the medical college, postgraduate trainees and faculty. During the conference, students participated in a Quiz competition related to the conference and won multiple cash prizes. The conference was well covered by local media and social media platforms.



Highlights of the 7<sup>th</sup> Pak GI conference 2025

## MICROSOFT EXCEL & WORD TRAINING CONDUCTED BY LNMC ADMINISTRATION FOR THEIR LAB STAFF

LNMC Administration arranged Microsoft Excel & Word training for LNMC Lab staff in the 2<sup>nd</sup> & 3<sup>rd</sup> week of June 2025 during the summer break of students. The purpose of the training was to uplift their computer skills and introduce employees to basic automation techniques like using Excel formulas, reducing manual effort and improving efficiency.

The workshop was greatly appreciated by the participants,

as evident from the feedback form, and there was an overwhelming request for more such educational sessions.

LNMC Administration has planned to conduct such trainings in future too during exam & summer break of students to promote a continuous growth and development culture within an organisation and empower staff to learn and grow.



Microsoft Excel & Word Training

## PEDIATRIC NUTRITION TRAINING PROGRAM

The Nutrition and Food Services Department (NFSD) conducted a detailed series of Training programs during April – May, 2025, on Pediatric Nutrition. All the dietitians actively participated by delivering presentations on various paediatric nutrition topics. The said program aimed to strengthen clinical knowledge and patient-centred care, within paediatric nutrition.

(continue on page 19)



Group photo of participants

After the completion of the Training Program, the certificates were graciously distributed by Brig. Dr. Syed Naseem Ahmad, Director of Administration, who commended the team for their professionalism, dedication, and continuous pursuit of excellence in advancing nutrition services.

## SENIOR CITIZENS PRIMARY CARE UNIT (SCPCU)

### AWARENESS SESSION ON MINDFULNESS AND COMMUNICATION SKILLS



Members attentively engaged as they listen to the insightful session on mindfulness and communication

On the 27<sup>th</sup> of July 2025, an insightful awareness session on Mindfulness and Communication Skills was held at the Senior Citizens Daycare Centre. The session was thoughtfully moderated by Ms. Mehr Yahya, a seasoned facilitator known for her compassionate approach and expertise in interpersonal development.

The primary aim of the session was to enhance emotional well-being among senior citizens through the practice of mindfulness and to foster more meaningful and effective communication within the community. Ms. Yahya engaged the participants in an interactive discussion, combining theory with simple, practical exercises tailored to their daily lives.

Participants explored key aspects of mindfulness, including present-moment awareness, breathing techniques, and strategies to manage stress and anxiety. The second part of the session focused on



Male members actively participating and reflecting during the session — a step towards thoughtful connection

communication skills—highlighting the importance of active listening, empathy, and clarity in conversations, especially in maintaining strong family and social relationships.



Moderator Ms. Mehr Yahya leading the session with clarity and warmth — guiding minds and opening hearts

The atmosphere was warm and engaging, with many attendees expressing appreciation for the safe space to share experiences and ask questions. The session concluded with a brief guided meditation, leaving the participants feeling calm, connected, and empowered.

The Senior Citizens Daycare Centre extends its gratitude to Ms. Mehr Yahya for her time and valuable insights, and looks forward to hosting similar sessions in the future to support the holistic well-being of its community members.



Our female members deeply focused, gaining valuable tools for mindful living and better communication

The Independence Day of Pakistan was celebrated with great enthusiasm at the Senior Citizens Daycare Centre on 13<sup>th</sup> August 2025. The entire space

was beautifully decorated in green and white, reflecting the patriotic spirit of the day. Every member participated whole heartedly and enjoyed the

celebration to the fullest. The atmosphere was filled with joy, pride, and a deep love for the country.

(continue on page 20)

## CELEBRATION OF THE INDEPENDENCE DAY OF PAKISTAN

The Independence Day of Pakistan was celebrated with great enthusiasm at the Senior Citizens Daycare Centre on 13<sup>th</sup> August 2025. The entire space

was beautifully decorated in green and white, reflecting the patriotic spirit of the day. Every member participated whole heartedly and enjoyed the

celebration to the fullest. The atmosphere was filled with joy, pride, and a deep love for the country.



A patriotic crowd gathered in celebration — the audience immersed in the spirit of Pakistan's Independence Day



Mr. Abdullah singing passionately alongside his fellow female members, showcasing unity and talent.

A variety of engaging programs were organised, which brought excitement and smiles to everyone's faces. The event began with the national anthem, followed by a series of activities that included bait bazi, where

members showcased their love for Urdu poetry through lively recitations. Heartfelt speeches were delivered by participants, sharing personal reflections on Pakistan's independence and their hopes for the nation's future. The celebration also featured energetic national songs, sung by members with great enthusiasm. A hand drum performance added a musical charm, while a short skit brought both laughter and meaningful messages about unity and patriotism. Each performance was met with warm applause and appreciation from the audience.



Our talented members presenting a classic Bait Bazi performance, reviving the beauty of Urdu poetry



A heartfelt skit performance by our female members, reflecting creativity, patriotism, and passion

It was truly a joyful and memorable day for all. The celebration not only brought happiness but also strengthened the sense of community and national pride among the members. Everyone left with smiles on their faces and hearts full of love for Pakistan.



Singer Areesha lighting up the stage and energizing the crowd with her powerful performance



A memorable group photo of all members with the admin — capturing unity, pride, and celebration



A sweet moment of pride — the ceremonial cake cutting featuring the beautiful Pakistani flag cake

## COOKING SESSION AT SCPCU



Fresh beginnings! A glimpse of the carefully selected ingredients for today's cooking session



The delicious final dish paired with its recipe card — a perfect blend of flavor and learning

On 28<sup>th</sup> August 2025, a delightful cooking session was organised at the Senior Citizens Daycare Centre, bringing together members for a fun-filled and interactive experience. The theme for the day was simple yet enjoyable — making fresh, healthy, and tasty sandwiches. The session was not just about preparing food, but also about creating moments of joy, connection, and shared memories. *(continue on page 21)*



Everyone's hands on deck! Each member actively participating and contributing to the recipe

Participants gathered around the tables, where a variety of ingredients were neatly arranged—fresh bread, butter, cheese, cucumbers, tomatoes, lettuce, sauces, and more. With sleeves rolled up and smiles on

their faces, everyone got involved in the preparation. Some took the lead in assembling layers, while others shared tips, added their own creative twists, or told stories of their favourite childhood recipes. The atmosphere was lively, filled with cheerful chatter and laughter.

As the sandwiches came together, so did a sense of accomplishment and camaraderie. Once everything was prepared, the group sat together to enjoy the results of their efforts. The sandwiches were delicious, and the joy of eating something made with one's own hands made them taste even better.

This simple yet meaningful activity brought warmth to the day and strengthened the sense of community among the members. The cooking session was not just about food—it was about togetherness, creativity, and making lasting memories. Everyone thoroughly enjoyed the experience and expressed enthusiasm for having more such sessions in the future.



Ms. Suraiyya fully immersed and smiling as she joyfully takes part in the cooking session — a true picture of enthusiasm and warmth



Mr. Sualeh lending a helping hand — teamwork and spirit in every step of the process



Sharing smiles and stories over a warm meal — members enjoying the fruits of their labor together

## EVENTS

### 14<sup>TH</sup> AUGUST CELEBRATIONS AT LNH



Flag hoisting by Prof. Dr. Salman Salman Faridi accompanied by Maj (R) Nadeem Ahmed Raja



Guards in Formation

On August 14, 2025, Pakistan proudly marked its 78<sup>th</sup> year of independence with vibrant celebrations across the country. Independence Day was celebrated with great enthusiasm and zeal across Liaquat National Hospital, which joined in the spirit of the occasion by organising an impressive ceremony through the Liaquat National School of Physiotherapy (LNSOP). The event began early in the morning with the flag hoisting by Prof. Dr. Salman Faridi, Medical Director,



Prof. Dr. Salman Faridi delivering heartfelt and motivational speech

Liaquat National Hospital, accompanied by the stirring rendition of the National Anthem and a dynamic march past

(continue on page 22)



Senior Management with Security Department performed by the Liaquat National Hospital Security Department.

The ceremony was graced by senior hospital management, faculty, staff, and students, who joined together in singing patriotic songs and applauding the

captivating skits performed by the students. The students' performances highlighted Pakistan's rich history, unity, and the importance of preserving the values on which the nation was founded, as well as the sacrifices made by our elders and freedom fighters.

To close the ceremony on a meaningful note, Prof. Dr. Salman Faridi delivered a heartfelt and motivational speech, emphasising the role of youth in shaping Pakistan's future while honouring



March Past

the sacrifices of those who fought for the country's freedom. He underscored the importance of unity and resilience in the face of modern challenges and praised the organisers and students for their dedicated efforts, stating that such events foster national pride and togetherness.



LNH Management



Students praying for Pakistan

## MEAT DRIVE

Prof. Dr. Salman Faridi is consistently at the forefront of initiatives that bring comfort and support to others. Guided by his belief that "a chain is only as strong as its weakest link," he has contributed to numerous welfare efforts at LNH, including subsidised meals, ration support, staff training programs, women's empowerment initiatives, scholarships, and assistance ranging from weddings to funerals. Following Eid-ul-Azha, he instructed Mr. Bashir Shah to distribute high-quality meat to Class 1–6 staff. Due to the large quantity and specific packaging requirements, local vendors were unable to meet

the demand; however, a specialised meat export firm eventually fulfilled the request. The distribution began on 25<sup>th</sup> June 2025 after a Dua and was completed over several days. Despite the effort involved, the gratitude expressed by staff highlighted the success of the initiative.

Special appreciation was extended to GM Mr. Hasan Abbas and the Housekeeping, Clinical, and Physiotherapy teams for their essential support. Prof. Dr. Salman Faridi remained involved until the final packet was delivered.



Participants and organisers at the Meat Drive

## GLOWTOPIA: WHEN A ROOM BECAME A UNIVERSE OF LIGHT

Glowtopia was more than an event—it was an immersive experience that transformed a simple room into a universe of light, imagination, and joy. Organised for the first time under the leadership of Dr. Shaesta Tabassum (Chairperson, Art and Culture Society) and Co-Chair Hanan Siddiqui, the event brought together creativity, music, and community in a way that felt truly magical.

From glowing murals to interactive art spaces, every detail was designed to spark expression and connection. Participants weren't just spectators—they became part of the experience. The grand reveal, where the lights went out and the room ignited with neon, glitter, and laughter, marked a moment of collective awe. It wasn't just a show—it was shared magic.

It was proof that when imagination, community and creativity meet, a single shared moment like this

one can feel like stepping into a universe of light. Following last year's Scrap Happy event, Glowtopia marked another chapter in ACS's growing legacy.

Glowtopia's success was a team effort—volunteers, artists, and organisers worked tirelessly behind the scenes. The impact of the event extended far beyond its lights; it celebrated creativity, community, and the power of shared joy. Glowtopia reminded us all: when people come together to create, even a single room can become a universe of light.



Dr. Shaesta Tabassum at GLOWTOPIA event



Participants at GLOWTOPIA

## THE INTERNATIONAL NURSES DAY AND THE LAMP LIGHTING CEREMONY 2025

LNH Team Nursing celebrated International Nurses Day (IND) alongside the Lamp Lighting Ceremony on 24<sup>th</sup> June 2025. The global theme, announced by the International Council of Nurses, was "Our Nurses. Our

Future. Caring for Nurses Strengthens Economies." To mark the occasion, a Poster Competition was held on the themes "Nurses: Caring for Nurses Strengthens Economies" and "Midwives:

Critical in Every Crisis," reflecting the International Day of the Midwife 2025. The event drew more than 70 entries from nursing staff and students. On 23<sup>rd</sup> June, a distinguished panel *(continue on page 24)*



Mrs. Judith Zaidi delivering the welcome address



Ms. Laila Rahimi reflecting on the growth and achievements of LNH Nursing



The Chief Nursing Officer presenting the overview of the IND Theme



Cake Cutting Ceremony with LNH Management



LNH Team Nursing with Chief Guest Prof. Dr. Salman Faridi, guests, and lamp lighters



Role Play Participants with Faculty Members

of consultants and faculty, including Prof. Dr. Nighat Huda, Dr. Aisha Taj, Dr. Naila Asif, Dr. Najiya Aslam Soomro, and Dr.

Tahira Yasmeen, evaluated the submissions and commended participants' creativity and dedication.

The International Nurses Day (IND) was held at LNH on 24<sup>th</sup> June 2025. Prof. Dr. Salman Faridi, Medical Director – LNH, graced the event as the Chief Guest. The event started with a warm welcome address by Mrs. Judith Zaidi, Principal of the College of Nursing. It was followed by a poignant overview of the IND theme, Our Nurses. Our Future. Caring for Nurses Strengthens Economies by Ms. Samina Iqbal Kanji, Chief Nursing Officer. The highlight was the Lamp Lighting Ceremony, in which 110 new B.S. Nursing (Generic) and 32 Diploma in Community Midwifery students took the professional oath, led by Ms. Sunnia Robinson, Lecturer I – College of Nursing. Later, Ms. Laila A. Rahimi, Section Head – Administration, reflected on the growth and achievements of LNH Nursing, while a role play titled "Colours and Culture of Nursing" celebrated nurses nationwide. The event concluded with awards, a memento, and a vote of thanks by Ms. Shaheen Zahir Ali, Vice Principal – College of Nursing. Overall, the event radiated with the unwavering spirit of care and the deep-rooted passion that nurses bring to this profession.

## ACHIEVEMENTS

### NATIONAL EXCELLENCE AWARD – PROF. DR. PREM CHAND

Prof. Dr. Prem Chand received the National Excellence Award from the Prime Minister of Pakistan, Mr. Shahbaz Sharif, on the occasion of National Minority Day and International Youth Day, held at the Jinnah Convention Centre in Islamabad on August 12, 2025. This prestigious national award recognises outstanding contributions made by individuals from minority communities in fields such as medicine, engineering, law, arts, and science. He was selected on the basis of the following achievements:

- Recipient of the Bernard D'Souza International Award by the Child Neurology Society, USA, at its 52<sup>nd</sup> Annual Conference in Vancouver, Canada (October 2023)—awarded to only two pediatric neurologists from Low- and Middle-Income Countries (LMICs).
- Member of the South Asian West Syndrome Group, contributing to the development of clinical guidelines for West Syndrome tailored to LMICs.

- Prof. Chand is leading the West Syndrome Project from Pakistan and managing an online registry (Epinet) of all children diagnosed with West Syndrome from various centres across the country. This registry will be instrumental in determining the incidence of West Syndrome in Pakistan. The goal is to enhance awareness and understanding of this disorder and, in collaboration with the Asian West Syndrome Research Group, participate in future clinical trials.



Prof. Dr. Prem Chand receiving the National Excellence Award from the Prime Minister of Pakistan, Mr. Shahbaz Sharif

- Co-investigator on the MRC-funded INDIGO Study (Identification of Children with Disabilities in Global Settings)—received multiple travel grants and helped design a gold-standard neurological examination for early diagnosis of disabilities in children from LMIC.
- First candidate from Pakistan to receive the prestigious Stecker Scholarship in Pediatric Epilepsy at Nationwide Children's Hospital, Columbus, Ohio—a competitive program that selects only one candidate per year globally.
- Authored over 50 research papers, published in national and international peer-reviewed journals.
- Served as Director of the Pediatric Neurology Fellowship and Section Head of Paediatric Neurology at Aga Khan University Hospital (AKUH), where I successfully trained several pediatric neurologists, all of whom are now working as independent consultants across Pakistan.
- Currently working as a Professor at Liaquat National Hospital and Medical College (LNHMC) and General Secretary of the Child Neurology Society of Pakistan, contributing actively to academic leadership and national pediatric neurology development.

## DR. SHAHTAJ KHAN - DEPARTMENT OF PHARMACOLOGY

Dr. Shahtaj Khan, Lecturer I in the Department of Pharmacology at LNMC, has achieved a remarkable milestone by authoring a book titled "Pharma Made Easy". This achievement reflects her dedication to improving medical education by breaking down difficult Pharmacology concepts into simple, student-friendly explanations. The book is expected to greatly benefit learners by making the subject less daunting and more engaging, ultimately helping them gain confidence and excel in their studies.



Dr. Shahtaj Khan

## ACADEMIC ACTIVITIES

### CONGRATULATIONS TO DR. SYEDA RIDA-E-ZEHRA

We are pleased to share that Dr. Syeda Rida E Zehra, Fellow in Rheumatology, successfully cleared the MRCP Speciality Certificate Examination (SCE) in Rheumatology in June 2025. This achievement is a testament to her dedication, hard work, and commitment to advancing her expertise in the field.

The department congratulates her on this milestone and wishes her continued success in her career.



Dr. Syeda Rida E Zehra

## RHEUMATOLOGY DEPARTMENT SHINES AT CAREER FAIR 2025

The Department of Rheumatology proudly participated in the Career Fair 2025, organised by Liaquat National Hospital on Sunday, July 13, 2025, at the Convention Centre & Syed Wajid Ali Complex.

Dr. Lubna Nazir, Consultant Rheumatologist, was selected as the Chairperson for the Scientific Session

of the event. She was highly appreciated for her contributions and leadership, which played a key role in making the session and the overall fair a great success.



Dr. Lubna Nazir

## LNHMC SHINES AT ISRC 2025: STUDENT CLINCHES BEST POSTER AWARD

It is a moment of immense pride for Liaquat National Medical College (LNMC) as our 3<sup>rd</sup>-year MBBS student, Faaria Rizvi, was awarded Best Poster Presentation at the International Student Research Conference (ISRC) 2025, hosted by Aga Khan University.

Her research, titled "Association between Sleep Quality and Cognitive Function in Older Adults in Pakistan: A Cross-Sectional Study," was a student-led initiative approved by the LNH Ethical Review Board. The study highlights a critical link between poor sleep and cognitive decline in Pakistan's ageing population—an underexplored area in geriatric health.



Faaria Rizvi receiving Best Poster Presentation Award

This year's ISRC saw over 1,200 abstract submissions from students worldwide, with just over 200 projects selected for poster presentation. Among these, Faaria's work stood out for its scientific rigour and relevance, earning top honours in a highly competitive field.

This achievement reflects LNMC's commitment to fostering student-led innovation and meaningful contributions to global medical knowledge. It is not only a personal milestone for Faaria but also a proud moment for our institution.

Heartfelt gratitude to:

Dr. Saima Zainab – Member, Research Core Committee, Department of Community Medicine.

Dr. Sadia Abdul Qayyum – Research Supervisor, Department of Forensic Medicine.

Eiman, Elaf, Dua, Arhama, Bhoomika, Fahad, Ayesha, Bilal – Co-authors

Faaria Rizvi's success is both humbling and inspiring. May it serve as a beacon for future students to pursue research with passion, integrity, and excellence.

## GUEST SPEAKER - MR. MUHAMMAD IRFAN, SENIOR BIOSTATISTICIAN



Mr. Irfan led Day 5 with key concepts in biostatistics

Mr. Muhammad Irfan, Senior Biostatistician, Liaquat National Hospital and Medical College, was recently invited as a Guest Speaker in the prestigious "Summer Pulse Research Course" organised by the Rawalian Students Research Society (RSRS), Rawalpindi Medical University.

The event brought together over 100 participants from more than 30 leading medical universities across Pakistan, including Rawalpindi Medical University, King Edward Medical University, Dow Medical College, Army Medical College, Ayub Medical College, Khyber Medical University, Nishtar Medical University, Ziauddin University, Shaheed Zulfiqar Ali Bhutto Medical University, and many others.

Mr. Irfan's interactive session on Biostatistics was highly appreciated by young medical researchers for its practical insights and engaging delivery. His contribution was instrumental in empowering medical students with essential research skills, reflecting Liaquat National Hospital's commitment to academic excellence and research promotion nationwide.

## MISCELLANEOUS

### CAREER FAIR-2025

Liaquat National Hospital (LNH) successfully hosted the Career Fair 2025 on 13<sup>th</sup> July 2025, attracting an overwhelming response with more than 500 participants, including medical graduates, interns, and young professionals. The event was designed to guide attendees in shaping their future careers through academic learning, interactive engagement, and international exposure.

The fair was thoughtfully divided into three structured segments. The day began with a scientific session (9:00 AM – 11:30 AM), where distinguished speakers provided in-depth guidance on career pathways across Basic Sciences, Medicine & Surgical Allied disciplines, and opportunities within Pakistan, UK/Ireland/Germany, USA, Australia, and New Zealand. Alternative routes were also discussed, offering participants a broad perspective on diverse career trajectories.

In the second segment (11:30 AM – 1:30 PM), attendees actively participated in booth visits, where



Participants at Career Fair-2025

representatives from various clinical and non-clinical departments of LNH and external institutions engaged with participants. These booths created an excellent platform for personalised discussions, enabling students and interns to gain deeper insights into specialities of interest and explore professional opportunities.

The third and final segment (1:30 PM – 2:30 PM) featured a virtual alumni interaction session. Esteemed LNH alumni currently

practising abroad joined via audiovisual link, sharing their professional journeys, practical advice, and valuable tips for pursuing international medical careers. Their insights provided participants with a global outlook and motivation to plan their pathways with clarity and confidence.

The Career Fair 2025 proved to be an enriching and impactful event, reflecting LNH's commitment to nurturing the next generation of healthcare professionals.

### PROF. SOBIA ALI INVITED AS GUEST SPEAKER AT INTERNATIONAL SYMPOSIUM ON INTEGRATING AI INTO BASIC AND CLINICAL SCIENCES AT SOHAIL UNIVERSITY



Prof. Dr. Sobia Ali  
guest speakers at Symposium

Sohail University organised the International Symposium on Integrating AI into Basic and Clinical Sciences on 24<sup>th</sup> May 2025. Prof. Sobia Ali, Head of the DHPE, was invited as a distinguished guest

speaker to deliver a talk on "The Evolving Role of AI in Personalised Learning." She shared valuable insights on how AI-driven adaptive learning platforms are reshaping the educational landscape. She explained how these platforms can analyse learners' patterns, identify individual needs, and provide real-time feedback to enhance the learning process. She emphasised that AI is not only increasing the efficiency of learning but is also enabling educators

(continue on page 28)

in medicine and healthcare to deliver tailored support, creating experiences that adapt to each learner's strengths, weaknesses, and pace. She drew attention to the ethical dimensions of AI in education, highlighting concerns related to data privacy, accessibility, and responsible use of technology. Her thought-provoking perspectives generated deep reflection among the participants.

The organisers extended their sincere gratitude to

Prof. Sobia Ali for her engaging and impactful lecture, which contributed significantly to the success of the symposium.



Guest speakers at Symposium

## PRIMARY CARE NURSING RESEARCH RETREAT



Staff giving presentation

In May 2025, the Primary Care Nursing Research Retreat was held at Liaquat National Hospital, featuring collaborative presentations by the Nursing and Family Medicine departments. The event highlighted three key research projects focused on enhancing patient safety and primary care outcomes.

The first project, Home Environmental Risk Assessment (HERA)

for Patient Safety, was presented by Staff Siani and Staff Shahbaz under the guidance of Ms. Ambreen Khawaja, Ms. Zohra Javed, and Mr. Muhammad Sadiq, with supervision by Dr. Uzma Faisal. This project aimed to identify and reduce home-based environmental risks, especially for vulnerable patients.

The second project, Catch It Early: Rapid Symptom Screening and Triage in Family Medicine, was presented by Ms. Nazia and Staff Asif Ayub. Guided by Mr. Sadiq, Ms. Ambreen, and Ms. Zohra, and supervised by Dr. Maium, the project focused on improving early detection and timely triage for patients in primary care settings.

The third presentation, Implementing the Falls Risk Assessment Tool (FRAT) in Outreach Centres, was delivered by Faizan and Shabroz. This initiative targeted fall prevention through systematic risk assessments in community health centres.

The retreat emphasised the value of interdisciplinary nursing research in promoting proactive, patient-centred care.



Participants at the retreat

## SUMMER CAMP AT LNH BABY DAY CARE CENTRE



Indoor game

Baby Day Care Centre organised a five-day summer camp from 14<sup>th</sup> to 18<sup>th</sup> July 2025 for its enrolled children. The camp featured theme-based activities such as Colour Day, Painting (continue on page 29) Day, Plantation Day, Indoor Games and Movie Day. Children enthusiastically took part in age-appropriate play-based creative



Plantation Day



Painting Day



Yellow Day



Movie Day

activities designed to support the holistic development of their social, emotional, cognitive and physical needs. These fun-filled experiences not only brought joy and excitement but also helped build a solid foundation for lifelong learning and overall well-being.

### INDEPENDENCE DAY AT LNH BABY DAY CARE CENTRE



Independence day celebration at baby day care



Baby Day Care Centre celebrated Independence Day. On this occasion, children were taught about the history of Pakistan, sacrifices made to achieve independence and the importance of national symbols. They learned about Pakistan's rich culture, traditions and provinces. A vibrant and festive atmosphere was created for the celebration.

### INDEPENDENCE DAY CELEBRATIONS AT THE LIAQUAT NATIONAL COLLEGE OF NURSING (LNCON)

On 13<sup>th</sup> August 2025, the students of the Community Midwifery Program, under the guidance and support of Ms. Sehar Siraj, Coordinator of the Community Midwifery Program, celebrated Pakistan's Independence Day. The celebrations started with the recitation of verses from the Holy Quran, followed by the National Anthem. It was followed by a powerful speech by a student highlighting the blessings of having a homeland one can call his / her own, and a group of students coming together to sing a few national songs. Ms. Judith Zaidi, Principal - College of Nursing, Ms. Shaheen Zahir Ali, Vice Principal – College of Nursing, and the LNCON attended the event. The Principal and Vice Principal commended the students' efforts and reminded them that their dedication and commitment to serve the community were, in essence, service to Pakistan. The event ended with a joyous cake-cutting ceremony.



Students and faculty members at the Independence Day Celebrations

## INCLUSIVE SUMMER CAMP 2025

Every year, the Occupational Therapy Department and Speech Therapy Department organise an Inclusive Summer camp, so that children of all abilities—including those with disabilities, developmental delays, or special needs—can participate together in a supportive environment. The main goal is to promote belonging, equal participation, and shared experiences among all campers.

The key features of an inclusive summer camp:

- Facilities, activities, and schedules are adapted so every child can take part. A therapist may help children who need extra support.
- Children without disabilities



Children immerse in different activities



Children immerse in different activities



Children immerse in different activities



Children immerse in different activities

learn acceptance, empathy, and teamwork by engaging with peers of all abilities.

- Activities such as arts, music, indoor sports, nature exploration, and games are modified so everyone can participate at their own level.
- Instead of emphasising differences, camps highlight what each child can do, building confidence and self-esteem.
- Some inclusive camps integrate therapy sessions into fun activities, so children keep progressing in their skills while enjoying camp.

## DEPARTMENT OF PAEDIATRIC SURGERY

Pediatric surgery is a subspecialty of surgery that involves the surgical care of infants, children, and adolescents. The subspecialty is primarily concerned with the diagnosis, pre-operative, operative, and post-operative management of surgical problems in children. On average, the department performs around 2000 major and minor procedures each year.

The department offers a 3-year structured residency program that adheres to the requirements of the College of Physicians and Surgeons of Pakistan. The residents perform a large number of surgical procedures under the direct/ indirect supervision of qualified full-time faculty members and are encouraged to remain actively involved in patient care and research.

The educational activities in the department include small group tutorials, didactic lectures, monthly audit meetings, a dedicated session for Paediatric Surgery and Paediatric Urology, Journal clubs, perinatal meetings, radiology meetings, and monthly pediatric surgery meetings. Residents also participate in oral and poster presentations at pediatric surgical conferences at national and international levels. All doctors and nurses have completed BLS training, and the faculty is ATLS certified by CPSP with a valid license. The department has 11 beds in the Pediatric Surgery general ward,

which includes 2 monitored beds, and 7 beds in the Pediatric Surgery HDU, with 2 reserved for the neonatal HDU. The department provides round-the-clock services to patients, including polytrauma and critically ill surgical patients.

The department is supported by a Pediatric medical team that includes cardiology, pediatric infectious disease, pediatric gastroenterologists and neurology specialists, an efficient laboratory service, a blood bank, and a well-equipped radiology department that assists in early diagnosis and adequate management.

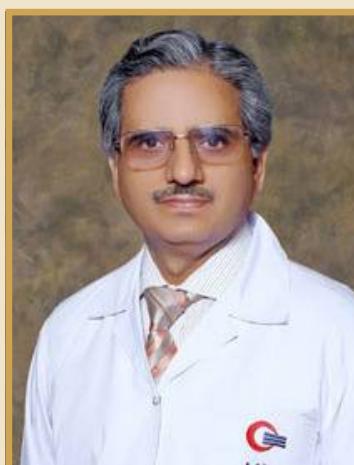
The department has provided pediatric urology care for some time now. Since 2017, the department has had a dedicated Pediatric Urology specialised clinic which caters to several urological pathologies, particularly neuropathic bowel and bladder treatment, antenatal counselling for prenatal Hydronephrosis (HN), and voiding dysfunction. An academic session dedicated solely to pediatric urology learning is conducted every Friday morning for residents, and a urodynamic study is conducted every Tuesday. The Academy session also includes a dedicated session on paediatric urology in 2023. A dedicated Pediatric Stone Management Clinic was established to manage and prevent urinary tract stones, which is conducted every Monday and Wednesday evening in the senior citizen unit.



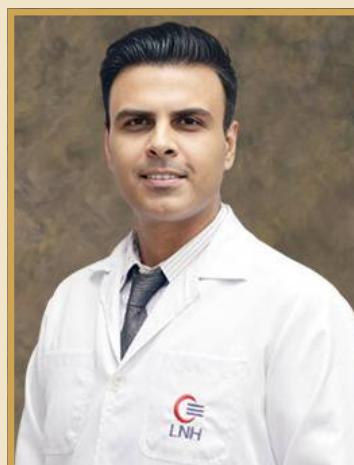
Dr. Hina Yousuf  
Head of Department



Prof. Dr. Shabbir Hussain  
Professor



Prof. Dr. Muhammad Arshad  
Professor



Dr. Taimur Iftikhar Qureshi  
Consultant (Part-Time)

## NEW APPOINTMENTS

Following people have recently joined the faculty of LNH&MC.



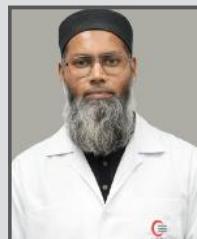
Dr. Khalil Farooque Khatri  
Assistant Professor,  
Orthopaedic Surgery



Dr. Sadaf Asim Awan  
Consultant (Part-Time) Paeds  
Nephrologist



Dr. Hira Saleem  
Consultant, Infectious Diseases



Dr. Fahad Hanif Khan  
Consultant (Part-Time), Plastic  
Surgery



Dr. Talat Zehra  
Associate Professor,  
Pathology Medical College



Dr. Noor-e-Sahar  
Consultant Family Medicine



Dr. Aiman Majid  
Consultant Oncologist



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