



LIAQUAT NATIONAL HOSPITAL

NEWSLINE

LNH TOWARDS BETTER HEALTH CARE



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LIAQUAT NATIONAL HOSPITAL (LNH) FAMILY MELA 2026



Medical Director Prof. Dr. Salman Faridi sharing his views with media

The annual LNH Family Mela 2026 has proudly become a cherished tradition. This year's event, held on Sunday, 11 January 2026, brought together more than 35,000 staff members and their families. Attendees



Prof. Dr. Salman Faridi with Former Test Cricketers Mr. Tauseef Ahmed and Mr. Sadiq Muhammad



Medical Director Prof. Dr. Salman Faridi with Management at Inauguration of LNH Family Mela 2026 celebrated the unique occasion with immense zeal and enthusiasm.

Event Highlights & Activities

- **Kids' Play Area:** Features included traditional horse, camel, and train rides, various amusement rides (jhoolas), and exciting gift giveaways.
- **Stage Performances:** Live entertainment featured captivating puppet and magic shows.
- **Food & Shopping:** Attendees enjoyed a variety of traditional food stalls and unique gift items.

(continue on page 2)



Families Enjoying Fulfilled Activities at Mela

LNMC ORIENTATION DAY & WHITE COAT CEREMONY



The Entrance



Welcome Speech by
Dr. Shaheena Akbani



Principal LNMC Prof. K.U.
Makki addressing the
audience



Medical Director Prof. Dr.
Salman Faridi addressing the
audience



Newly inducted students
taking oath

An Orientation Day Ceremony of the new Batch of 1st Year MBBS class of 2031 admitted at Liaquat National Medical College (LNMC) was held on Saturday, the 7th

February, 2026, at the Convention Center of Liaquat National Medical College.

Newly admitted students, their parents, faculty, and senior

management attended the Ceremony at Liaquat National Medical College.

In her welcome speech, Director of Academic

(continue on page 2)

LNH Family Mela Continued.....



Families enjoying and artists showcasing their talent at LNH Family Mela

- **Musical Concert:** A live musical performance kept the energy high throughout the day.
- **Grand Lucky Draw:** Prizes included motorcycles, bicycles, household appliances, and special cricket bats signed by former Test cricketers Mr. Tauseef Ahmed and Mr. Sadiq Muhammad.

A Resounding Success

True to tradition, the Mela was a spectacular, fun-filled event. Staff members from all departments participated Wholeheartedly. The event was celebrated in true spirits of LNH Family.



Lucky Draw

LNMC Orientation Day and White Coat Ceremony Continued.....



Prof. Dr. K.U. Makki distributing the student packages

Administration, LNMC, Dr. Shaheena Akbani, welcomed the students and their parents & highlighted the salient features of the medical college and hospital, as well as the milestones and achievements of LNMC. She briefly outlined key outcomes expected from the MBBS program,

including equipping students with clinical competence, ethical professionalism, and a commitment to community health. Professor Karim Ullah Makki, Principal of Liaquat National Medical College, congratulated the new students and their parents and introduced the senior faculty

of the Medical College to them.

Ms. Neha Rubab Khan, a 4th year student, shared her experiences of her stay at LNMC with the august audience.

The Medical Director, Prof. Dr. Salman Faridi, congratulated and welcomed new students at Liaquat National (continue on page 3)



LNHMC Management at event



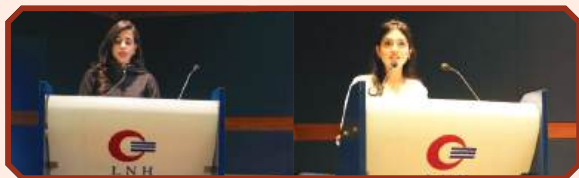
Dr. Ishrat Saleem
Chief Editor

EDITOR'S NOTE

Dear Readers,
Welcome to the inaugural issue of LNH Newsline 2026. This edition brings together snapshots of our recent progress—ranging from clinical improvements and academic accomplishments to the everyday efforts that keep our departments moving forward.

Beyond achievements, it reflects the spirit of collaboration and shared purpose that defines LNH. As we enter a new year, we remain committed to growth, innovation, and quality care.

Thank you for being part of this journey with us.



Students sharing their views

Medical College, Karachi. He assured them of his full support in curricular and extracurricular activities. He explained why

Liaquat National Hospital (LNH) is recognized as a state-of-the-art facility that works without donations from any source. He emphasized the need for young doctors to stay abreast of the latest developments worldwide, underscoring that, upon completion, graduates will

be prepared to contribute effectively to global medical advancements and patient care.

Principal LNMC, Prof. Karim Ullah Makki administered the oath to newly admitted students and distributed student packages. The ceremony concluded at 12:00 p.m. with a vote of thanks.

WHAT'S NEW

LIAQUAT NATIONAL HOSPITAL WELCOMES INAUGURAL CLASS OF BS AUDIOLOGY & SPEECH-LANGUAGE PATHOLOGY AND INSPECTION TEAM VISITS SPEECH THERAPY COLLEGE



Inaugural Class of BS Audiology & Speech-Language Pathology

Liaquat National Hospital (LNH) marked a significant milestone with the launch of the orientation program for the inaugural batch of the BS in Audiology and Speech-Language Pathology (BS-ASLP), a degree program recently approved by the University of Karachi and offered through the Liaquat National College of Speech Therapy. The program officially commenced on January 15, 2026.

The introductory session was hosted by Associate Professor Syed Hasan Abbas Rizvi, who welcomed the students and highlighted the important role of audiologists and speech-language pathologists in contemporary healthcare. Faculty members and academic leaders briefed students on the curriculum, clinical rotations, professional ethics, and institutional policies.



Group Photo

Coinciding with this achievement, an inspection team from Affiliation Committee, University of Karachi conducted a comprehensive review of the Speech Therapy College's academic and clinical facilities. The team evaluated classrooms, physical and digital library resources, and the accessibility of learning materials. Clinical areas, including audiology and audiometry units, barium swallow diagnostic services, and speech therapy laboratories, were also inspected.

Expressing satisfaction with the overall standards, the inspection team commended the college for its well-maintained infrastructure and commitment to providing quality education and clinical training.



Inspection team visits speech therapy college

ENDOVENOUS LASER ABLATION FOR VARICOSE VEINS: DEPT. OF VASCULAR SURGERY

In the era of day-to-day advances in the health care system, minimally invasive procedures have gained a significant edge over routinely performed open

surgical procedures. The Department of Vascular Surgery has introduced and successfully performed Endovenous Laser Ablation (EVLA) for varicose veins

at Liaquat National Hospital (LNH).

Varicose veins are a commonly seen venous pathology that

clinically presents as dilated, tortuous superficial veins due to malfunctioning venous valves. The traditional open surgical procedure of stripping out superficial veins along with stab avulsion has now been replaced by a minimally invasive approach to ablate the endothelial lining of the venous channel, under tumescent anesthesia.

As a daycare procedure, avoiding multiple scars, being the least painful, having no bruising, and early mobilization are advantages of this minimally invasive endovascular approach to varicose veins.

With recent advances, the Department of Vascular Surgery continues to provide and ensure quality health care.



EndoVenous Laser Ablation for Varicose Veins

PATHOLOGY DEPARTMENT LNH ACQUIRES WHOLE SLIDE SCANNER FOR RESEARCH AND EDUCATION



Medical Director Dr. Salman Faridi, Dr. Anil Parwani and HOD Pathology Dr. Naveen Faridi inaugurating the Scanner

In the era of digitization and precision medicine, where cutting-edge technology opens new horizons for improved patient care, the Pathology Department at Liaquat National Hospital (LNH) has acquired a novel tool, Digital and Computational Pathology, for research and education.



Prof. Dr. Saleha Shahzad Exercising the scanner

The formal inauguration of the Whole Slide Scanner took place on 7th January 2026, by world-renowned Genitourinary Pathologist and one of the pioneers of digital pathology, Dr. Anil Parwani, along with Medical Director Prof. Dr. Salman Faridi and the head of the Pathology Department, Dr. Naveen Faridi.

The addition of this novel tool will improve research and educational skills among residents and consultants and will also support telepathology across the globe, ultimately resulting in improved patient care.

PUBLIC AWARENESS PROGRAMS

BUILDING A CULTURE OF SAFETY: HAND HYGIENE CAMPAIGN HIGHLIGHTS



Hand Hygiene Awareness



Hand Hygiene Station



Role Play



Award Distribution

Liaquat National Hospital strengthened its commitment to patient safety through a 3-day Hand Hygiene Awareness Campaign in March 2026 across the entire hospital, organized by the Infection Prevention & Control (IPC) and Nursing Department. The campaign began with a keynote session by

Infection Control Committee (ICC) Chairperson, Professor Dr. Sana Anwar, highlighting the vital connection between hand hygiene and patient safety outcomes.

An interactive panel discussion by subject experts, including Microbiology and Infectious Diseases (ID) Consultants and the Chief Nursing



Prof. Dr. Salman Faridi, Prof. Dr. Saleha Shahzad and Mrs. Judith Zaidi during Session



Auditorium Session



Nursing and IPC Group Photo

Dr. Anwer Ali Khan. The presence and remarks of Medical Director Prof. Dr. Salman Faridi and Assistant Medical Director Dr. Saleha Shahzad reflected leadership's commitment to fostering a culture of safety.

Officer, Ms. Laila Rahimi, encouraged shared learning and reinforced collective responsibility, with guidance from the Controller, Nursing Administration, Brigadier

Staff participated in interactive technique booths led by IPC and the Unit Head, Nursing, under the Section Head, Nursing, Ms. Monia Zeeshan, and the Unit Head, Infection Prevention (IP), Mr. Robin Bashir, emphasizing hand hygiene as a critical patient safety intervention. A poster competition showcased teamwork and innovation.

The campaign concluded with recognition of departments achieving the highest hand hygiene compliance in 2025, reinforcing that clean hands are fundamental to safe care.

WORKPLACE HARASSMENT PREVENTION AND AWARENESS AT LIAQUAT NATIONAL HOSPITAL



M. Sohaib Khan facilitated the session

At Liaquat National Hospital (LNH), continuous efforts are made to promote awareness of workplace harassment and to foster a safe, respectful, and professional environment. The Harassment Committee regularly conducts awareness sessions and shares emails and posters on the "Protection against Harassment at the Workplace" to educate employees about harassment, reporting mechanisms, and their rights.

On March 9, 2026, an awareness session was conducted in collaboration with the Federal Ombudsperson Secretariat for



Ms. Fauzia Viqar, Federal Ombudsperson against Harassment addressing the session

Protection Against Harassment. Representatives, including Ms. Fauzia Waqar and her team, provided valuable guidance on maintaining a harassment-free workplace.

Awareness has improved significantly compared to previous years. Employees are now better informed and more confident



LNH Management presenting souvenir to the speakers

about reporting incidents through proper channels. Female staff, in particular, are increasingly coming forward. The Harassment Committee ensures support and appropriate action in line with policies.

These efforts have strengthened trust and promoted a more inclusive workplace culture at LNH.



Attendees

AWARENESS ACTIVITY - GO RED FOR WOMEN - PAKISTAN CARDIAC SOCIETY AND AMERICAN HEART ASSOCIATION

An awareness activity titled "Go Red for Women" was conducted in collaboration with the Pakistan Cardiac Society and the American Heart Association (AHA) to highlight the increasing burden of cardiovascular disease among women and emphasize the importance of early prevention and

timely management. The event was organized by Dr. Najia Soomro, with Dr. Khalida Soomro (Co-Ordinator of Go Red Program for Women Pakistan and Chairperson Scientific Council of Women with Heart Disease) as the Chief Guest. The opening remarks were delivered by Dr. Hafeez Ahmed, who



Group Photo

stressed the need for increased awareness and proactive healthcare measures for women. The session concluded with closing remarks from Prof. Syed Ishtiaq Rasool, who highlighted the importance of continued education and community engagement. All Cardiology and Cardiac Surgery Faculty, Dr. Kaleemullah Shaikh, Dr. Imran Sandeelo, Dr. Qaiser Aziz Khan, Dr. Ifrah Uroos, Dr. Abeer Sarfaraz, and Dr. Moomal (ER-Emergency Medicine Consultant). General Manager Ms. Kiran Akhtar and Deputy Manager Ms. Asiya Bano have actively participated. All Cardiology Residents and Staff from the Invasive and Non-Invasive departments, and Medical Students, attended this awareness session.

The activity focused on educating participants about major risk factors such as hypertension, diabetes, obesity, smoking, and sedentary lifestyles. Emphasis was placed on recognizing atypical symptoms of heart disease in women, which often result in delayed diagnosis. The program included informative talks and interactive discussions.

The initiative successfully raised awareness and encouraged women to adopt healthier lifestyles, reinforcing the message that cardiovascular disease is largely preventable through early detection and appropriate intervention.

We appreciate Cardiology Secretary Mr. Zeeshan Islam for smoothly arranging this awareness session, as well as our Marketing Department, Continuing Medical Education (CME) Department, and Administration.



Go Red for Women Awareness Activity

PUBLIC AWARENESS PROGRAM ON WORLD KIDNEY DAY 2026



Prof. Kunwer Naveed Mukhtar

The Department of Nephrology at Liaquat National Hospital & Medical College (LNHMC) organized a Public Awareness Program on 11th April 2026 from 10:00 am to 12:00 pm. The session aimed to educate the general public, healthcare professionals, and trainees about kidney health, prevention, and early detection of kidney diseases.

Prof. Kunwer Naveed Mukhtar highlighted the strong relationship



Group Photo



Dr. Fahad Nasim

between hypertension and kidney disease. He explained how uncontrolled blood pressure can damage the kidneys over time. Emphasis was placed on early diagnosis and strict blood pressure control to prevent complications. He also discussed lifestyle modifications and medication compliance.

Dr. Farzana Adnan discussed the impact of diabetes on kidney function, stressing the importance of early screening, glycemic control, and treatment options. The importance of patient awareness and routine follow-up was strongly reinforced.

Dr. Naila Asif focused on the role



Dr. Naila Asif

of diet in managing kidney disease. She clarified common myths and misconceptions regarding food, highlighting balanced nutrition and the importance of salt, protein, and fluid intake.

Dr. Fahad Nasim emphasized the importance of early detection of Chronic Kidney Diseases (CKD). Screening of high-risk groups, like people with diabetes and hypertensive patients, was highlighted. Early intervention can significantly reduce complications.

The program concluded with an interactive Q&A session and was highly appreciated by the participants.

IGI INSURANCE AWARENESS SESSION, LIAQUAT NATIONAL SCHOOL OF DIAGNOSTIC LABORATORY SCIENCES

An awareness session was hosted on 22nd April 2026 by Liaquat National School of Diagnostic Laboratory Sciences (LNSDLS), in collaboration with IGI Insurance (International General Insurance), LNH's health insurance partner, and our LNH Accounts and Finance departments, to educate students about the importance and practical benefits of health insurance cards. The session aimed to simplify key concepts, helping students understand how insurance coverage works, what services are included, and how to effectively use their health cards in times of need. Representatives from IGI explained essential features such as dedicated cashless treatment and health coverage, ensuring students felt informed and confident. By the end of the session, our Bachelor of Science-Medical Technology Program-Clinical Lab Sciences (BS MT



Group Photo

CLS) students and other participants had a clearer understanding of how health insurance can provide financial security and timely access to medical care. Representatives from Liaquat National Medical College and Liaquat National School of Physiotherapy also attended the session. The session was coordinated by Mr. Qaiser Amin, Ms. Hunsaa Saeed, Mr. Danish, and Mr. Baber from LNSDLS.

AWARENESS SESSION ON IDENTIFYING DELAYED LEARNING PATTERNS



Awareness session on identifying delayed learning patterns at FPS North Campus

In January 2026, Liaquat National Hospital conducted an impactful awareness session on identifying delayed learning patterns for teachers at Foundation Public School, North Campus (Elementary). Ms. Nishat and Ms. Samreen from the Departments of Speech Therapy and Occupational Therapy, respectively, led the session that focused on early recognition and timely inter-

vention for children's developmental milestones.

The session aimed to equip educators with practical knowledge to identify early signs of learning delays, including speech difficulties, attention challenges, and motor skill concerns.

The experts trained teachers to identify these indicators in classroom settings, highlighted

the impact of early detection on a child's development, and guided them on when to refer a child for professional assessment while supporting inclusive learning environments within schools.

By empowering teachers with this knowledge, Liaquat National Hospital reinforced its commitment to community well-being and early childhood development.

CERVICAL CANCER AWARENESS SESSION

In line with its commitment to preventive healthcare and community outreach, Liaquat National Hospital (LNH), through Dr. Aiman Majid from the Department of Oncology, conducted a cervical cancer awareness session at HUM Network in February 2026.

The session aimed to raise awareness about cervical cancer, its risk factors, symptoms, and the importance of early detection. Participants learned about the important role of regular screening and the availability of preventive measures such as HPV vaccination.

Specialist discussed that cervical cancer is one of the most preventable and treatable forms of cancer when detected early. Additionally, the discussion addressed common misconceptions, barriers to screening, and the importance of routine check-ups, especially for women in at-risk age groups.

It also emphasized lifestyle factors, awareness of warning signs, and the significance of timely medical consultation. An open Q&A segment allowed participants to engage directly, ensuring clarity and encouraging proactive health-seeking behaviour.

Overall, the session reinforced the message that awareness and early action can save lives.



Cervical Cancer Awareness at HUM network

RHEUMATOID ARTHRITIS AWARENESS SESSION

Liaquat National Hospital organized a Rheumatoid Arthritis awareness session at Taj Gasoline in February 2026, with Dr. Syeda Rida-e-Zehra from the Department of Rheumatology serving as the speaker.

During the session, the expert aimed at increasing awareness about rheumatoid arthritis, an autoimmune condition that affects joints and can significantly impact quality of life if left untreated. Participants also learned about

the early symptoms, such as joint pain, stiffness, swelling, and fatigue.

Dr. Rida educated participants on the importance of early diagnosis and timely treatment to prevent joint damage and long-term disability. The discussion covered available treatment options, lifestyle modifications, and the role of regular follow-ups in managing the condition effectively.

Employees were encouraged to recognize early warning signs and seek medical advice without delay. The session also addressed common myths and highlighted that with proper management, individuals with rheumatoid arthritis can lead active lives.

This initiative reflects Liaquat National Hospital's commitment to spread the essential information to the masses regarding widespread diseases.



Rheumatoid Arthritis Awareness session at Taj Gasoline

STRESS MANAGEMENT AWARENESS SESSIONS



Awareness session on stress management at Workplace at Dar Al Eiman



Awareness session on stress management at Workplace at State Bank of Pakistan

To address the growing importance of mental well-being, Liaquat National Hospital (LNH) organized stress management awareness sessions at various organizations. Experts from the department of Mental Health conducted these sessions.

Dr. Natasha Kersi Billia conducted a stress management awareness session at Sibisoft (Pvt). Ltd. and HBL (Habib Bank) Currency Exchange Pvt. Ltd. The sessions focused on understanding stress, its impact on mental and physical health, and effective strategies to manage it in high-pressure work environments. She



Stress Management awareness session at HBL Currency Exchange



Stress Management awareness session at Sibisoft (Pvt). Ltd

also guided the audience on recognizing early signs of stress, including fatigue, irritability, and reduced productivity.

This way, Dr. Natasha introduced practical coping mechanisms such as mindfulness techniques. Interactive discussions allowed employees to share experiences and learn adaptive ways to handle workplace challenges. Finally, it ended with engaging stress-busting activities, allowing teams to bond well.

Additionally, Dr. Iqtidar Taufiq also extended similar awareness sessions at Dar Al Eiman and the State Bank of Pakistan, addressing the high-pressure nature of the respective industries.

The program not only provided clinical information but also offered proven strategies for managing workplace stress. Participants learnt how chronic pressure affects both physical health and professional productivity, encouraging them to recognize early signs of burnout in a demanding work environment.

The sessions encouraged open conversations around mental health and emphasized the importance of seeking support when needed. Through such initiatives, LNH ensures its commitment to promoting mental resilience alongside physical health in today's fast-paced professional landscape.

CPR AND PREVENTIVE CARDIOLOGY AWARENESS SESSION



Dr. Abeer Sarfaraz delivering a lecture

In February 2026, Liaquat National Hospital Cardiology department teamed up with the Research and Skills Development Centre (RSDC) to bring life-saving knowledge to Hino Pak Motors. Dr. Abeer Sarfaraz, consultant of preventive cardiology alongside the RSDC team, delivered a comprehensive session focusing on preventive cardiology and the fundamentals of Cardiopulmonary resuscitation (CPR).

The session highlighted the fact that heart disease is often preventable through lifestyle choices. What made the event more meaningful was the way the team prepared employees for the worst-case scenario.

Participants received hands-on guidance on performing CPR, a first aid skill that can save lives during a cardiac emergency until the professionals arrive. By taking



Hands-On CPR guidance by RSDC

these techniques directly to the floor, the LNH team empowered candidates to take charge of their heart health and act wisely in emergencies.

This continued effort reflects our commitment to community safety and cardiovascular wellness, contributing to a healthier, more balanced, and productive workforce through a proactive approach.



Group Photo

COMBATING DEEP VEIN THROMBOSIS (DVT): AWARENESS SESSION AT K-ELECTRIC

In January 2025, Liaquat National Hospital continued its commitment to advancing medical knowledge through collaborative learning initiatives. On January 23rd, Dr. Rabia Gillani, Consultant Vascular Surgeon from the Department of Vascular Surgery, conducted an informative session at

K-Electric on the "Management of Deep Vein Thrombosis (DVT)" for healthcare professionals within the K-Electric network.

The session covered the prevalence, risk factors, pathogenesis, and clinical presentations of DVT, along with modern diagnostic imaging and



Preventive Cardiology and CPR Session at Hino Pak Motors

biochemical evaluation, particularly in younger patients. Dr. Gillani also highlighted current international management standards and regionally relevant treatment approaches, emphasizing the prevention of serious complications such as Pulmonary Embolism through timely diagnosis and referral to vascular clinics.

The interactive discussion provided participants an opportunity to address their queries and strengthen their understanding of vascular pathologies. Such collaborations play a vital role in enhancing medical awareness and improving patient care beyond the hospital through shared expertise and evidence-based practice.

FLU AWARENESS SESSION AT YOUNUS TEXTILE



Dr. Samar Abbas Jaffri conducted awareness session at Younus Textile

With seasonal flu on the rise, Liaquat National Hospital's Internal Medicine department stepped up to protect the workforce. Dr. Samar Abbas Jaffri conducted an informative session at Younus Textile regarding the

viral flu in April, considering weather changes.

While addressing the largest group of employees, he broke down the common misconceptions about the flu and how it spreads in a busy factory setting. The session focused on simple, effective

prevention methods. This includes hygiene practices and timely vaccinations to keep the staff healthy and the production lines moving.

By bringing this clinical expertise directly to the industrial sector, we aim to help reduce the impact of seasonal outbreaks in the region. This reaffirms how basic health education can safeguard the well-being of thousands of hardworking individuals.

WORLD MALARIA DAY AND IMMUNIZATION WEEK



Awareness session by Dr. Samar Abbas Jaffri on World Immunization Week at PSPC

In observance of World Malaria Day and Immunization Week, Dr. Samar Abbas Jaffri, consultant Internal Medicine, Liaquat National Hospital, conducted an informative awareness session at Pakistan Security Printing Corporation (PSPC). The session focused on strengthening workplace health awareness and encouraging preventive practices among employees working in different operational environments.

More than a hundred employees of Pakistan Security Printing Corporation participated, understanding the practical health measures that can contribute to a safer and healthier workforce.

The consultant also described the importance of essential vaccinations and their role in protecting individuals against infectious diseases, as prevention is one of the strongest tools in public health. Additionally, employees received expert guidance on workplace safety practices, particularly while working around chemicals, fumes, and dust.

The session proved to be an open platform where employees shared concerns related to everyday workplace activities and received practical recommendations to help minimize exposure-related health risks. Through such awareness programs, Liaquat National Hospital continues to

promote healthier and safer workplaces by support employee well-being, workplace safety, encouraging timely preventive measures that and informed health practices.

AN AWARENESS SESSION ON OCCUPATIONAL WELLNESS



An Awareness Session on Professionals at Lucky Motor Corporation

Liaquat National Hospital (LNH) conducted a health awareness session at Lucky Motor Corporation Limited on 11th February, 2026, titled “Occupational Wellness for Automotive Manufacturing professionals by addressing Respiratory, Skin, and

Digestive Health.”

Medical experts addressed preventing lung damage from paint fumes and welding smoke, protecting skin from industrial oils and chemicals, and managing digestive issues like acid reflux for shift workers.



Group Photo

The interactive session had active participation from production staff.

This session is part of Liaquat National Hospital’s ongoing commitment to occupational wellness in production and manufacturing concerns.

COURSES/WORKSHOPS /SEMINARS

WORKSHOP ON SCIENTIFIC WRITING & QUALITY IN MEDICAL PUBLICATIONS



Mr. Shaukat Ali Jawaaid delivering insightful session on Scientific Writing & Quality in Publications

Liaquat National Hospital (LNH) organized a workshop on Scientific Writing & Quality in Publications, led by Mr. Shaukat Ali Jawaaid, Chief Editor of the Pakistan Journal of Medical Sciences (PJMS) and a distinguished expert with over five decades of experience in medical journalism and scholarly publishing. The workshop aimed to enhance scientific writing skills and improve the quality of medical publications produced by LNH journals. It was attended by chief editors, editorial board members, reviewers, clinical researchers, and publication staff. During the session, Mr. Shaukat Ali Jawaaid shared practical guidance on selecting effective research titles, preparing structured abstracts, and writing



Mr. Shaukat Ali Jawaaid with Assistant Medical Director Prof. Dr. Saleha Shahzad, Mr. Amjad Rizvi and Editors of LNH Journals

key sections of scientific manuscripts, including the introduction, methodology, results, discussion, and conclusion. He emphasized research integrity, editorial excellence, and compliance with international publication standards. Important ethical issues such as authorship criteria, gift authorship, and ghost authorship were also discussed.

The workshop featured interactive discussions and self-assessment exercises that promoted critical thinking and collaborative learning. Participants gained valuable insights into manuscript evaluation, plagiarism prevention, publication ethics, and strategies for improving the quality and visibility of medical journals.



Group Photo

Mr. Shaukat Ali Jawaaid concluded by emphasizing that scientific writing is a skill refined through continuous practice and that publication quality should take precedence over quantity. In her closing remarks, Prof. Dr. Saleha Shahzad, Assistant Medical Director LNH, commended Mr. Shoukat Jawaaid’s contributions to medical journalism and reaffirmed the institute’s commitment to research excellence, academic integrity, and professional development. She added that the workshop reflected the institution’s ongoing efforts to strengthen scholarly publishing and advance medical research in Pakistan.

UNVEILING THE HEART VALVES FROM STENOSIS TO REGURGITATION



Dr. Najia Aslam Soomro



Panel of Experts



Participants

A Pre-Conference Workshop of Pakistan Society of Echocardiography, "Unveiling the Heart Valves from Stenosis to Regurgitation" was organized by the Department of Cardiology, Liaquat National Hospital and Medical College (LNH&MC), at Convention Center Hall 'A' on 13th December 2025. Among the panelists were Dr. Sohail Abrar, Medical Director at Tabba Heart Institute (THI); Dr. Parveen Akhtar, Associate Professor of Cardiology

at National Institute of Cardiovascular Diseases (NICVD); Dr. Hafeez Ahmed, Head of the Department of Cardiology at LNH; and Dr. Fateh Ali Tipoo Sultan, Professor of Cardiology at Aga Khan University Hospital (AKUH), who also delivered one of the talks. Among the speakers were Dr. Mariam Naz, Assistant Professor, Cardiology at NICVD; Dr. Adeel ur Rahman Siddiqui, Consultant Cardiologist at THI; and Dr. Abeer Sarfaraz, Assistant

Professor, Cardiology at Liaquat National Hospital (LNH). The session was moderated by Dr. Najia Aslam Soomro, Consultant Cardiologist at LNH and Course Director, and facilitated by Dr. Vandana, Senior Registrar at LNH.



Group Photo

A CME AND HANDS-ON WORKSHOP AT THE DEPARTMENT OF MOLECULAR PATHOLOGY



Dr. Sajjad Jamil



Dr. Sobia Rafiq delivering a lecture on Molecular Testing in Hepatitis Virus-related disease

was one of two workshops planned by the Department of Molecular Pathology to educate faculty, staff, and students working in diagnostics and research, as well as those who wish to pursue specialization in Molecular Pathology.

Dr. Sobia Rafiq, Head of the Department, Molecular

Pathology, celebrated World DNA (Deoxyribonucleic Acid) Day by organizing a Continuing Medical Education (CME) session followed by a hands-on workshop on "Real Time PCR (Real-Time Polymerase Chain Reaction) in the Diagnosis of Infectious Hepatitis" on April 25, 2026. This workshop

welcomed the participants and delivered the lecture on Molecular Testing in Hepatitis Virus-related disease. Dr. Sajjad Jamil, Associate Professor & Consultant Gastroenterologist, presented on the Burden of Hepatitis in Pakistan, and Dr. Syed Zulfiqar Ali Naqvi, Associate Professor & Consultant, Molecular Pathology, presented on Real-time PCR: Past, Present and Future.

Syeda Javeria (Assistant Medical Technologist-AMT) hosted the event.

At the same time, staff members from the Department of Molecular Pathology, Nazneen Perveen (Senior Medical Technologist-SMT),



Dr. Sobia Rafiq Presenting Shield to Dr. Sajjad Jamil and Dr. S. Zulfiqar Naqvi



Dr. Syed Zulfiqar Ali Naqvi addressing the session



Group Photos



Hands-On training provided to the participants

Mohammad Hamid (AMT), and Aisha Iqbal (AMT), provided hands-on training to the participants on setting up a real-time PCR reaction, the basics of the equipment, and the analysis of results.

Faculty, students, and staff from various hospitals, colleges, and universities attended the CME and provided great feedback, requesting that more sessions be arranged in the future.

DEPARTMENT OF MEDICINE AT LNH CONDUCTED THE ADVANCED COURSE FOR FCPS II & MRCP



Dr. Syeda Nosheen Zehra and Prof. Illahi Bux Soomro



External Examiners, Medicine Faculty, and Participants



Participant Examining the Patient

The Department of Medicine at Liaquat National Hospital (LNH) successfully conducted the Advanced Course for Fellowship of the College of Physicians and Surgeons-II (FCPS II) & Membership of the Royal Colleges of Physicians (MRCP) (Medicine) from April 03 to April 09, 2026, featuring a distinguished panel of 20 external CPSP examiners along with 7 observer examiners. Senior faculty from Medicine and Allied specialties actively contributed, enriching the course's academic depth.

The program included structured daily teaching sessions, along with intensive long- and short-case performances that closely simulated real examination scenarios and strengthened clinical

competencies. These interactive sessions provided candidates with hands-on experience and valuable feedback from experienced examiners.

A total of 31 candidates from leading institutions—including Jinnah Postgraduate Medical Centre (JPMC), Aga Khan University Hospital (AKUH), Civil Hospital Karachi (CHK), Abbasi Shaheed Hospital, Sukkur, Memon Medical Institute Hospital (MMI), Ziauddin, Islamabad, Quetta, Patel Hospital, and other peripheral hospitals—participated in the course. Approximately 80% of candidates successfully cleared the FCPS Part II examination, reflecting the program's effectiveness and high academic standards.

The participants highly appreciated the well-organized sessions, practical approach, and the dedicated efforts of the Department of Medicine in delivering a comprehensive and impactful learning experience.

CME SESSION ON IRON DEFICIENCY ANEMIA



Medical Director Prof. Dr. Salman Faridi addressing the participants



Participants of the CME



Group Photo of Medical Director with Experts

The Department of Internal Medicine at Liaquat National Hospital conducted a Continuing Medical Education (CME) session on Iron Deficiency Anemia on April 16, 2026, at Lecture Hall A, Convention Centre. The session featured expert talks covering an overview, modern diagnostic approaches,

management, and special considerations, including pregnancy, chronic kidney disease, and gastrointestinal evaluation.

The session commenced with a welcome address by Prof. Karim Ullah Makki, Head of the Department of Medicine, and concluded with remarks by Medical

Director Prof. Salman Faridi. It was attended by medical students, house officers, residents, and consultants from multiple specialties, who

appreciated the concise and clinically focused discussions and commended the department for organizing an informative academic session.

DHPE CONDUCTED FACULTY TRAINING WORKSHOPS ON MENTIMETER



Faculty Participants from the School of Nursing



Faculty Participants of Basic Sciences, LNMCI

The Department of Health Professions Education (DHPE), Liaquat National Hospital, acquired an institutional premium subscription of Mentimeter in December 2025. Mentimeter is an interactive audience engagement platform that enables educators to create live polls, quizzes, word clouds, Q&A sessions, and real-time feedback activities, fostering active participation and student-centered learning.

Following the acquisition, DHPE organized a series of faculty development workshops to train faculty members in the effective use of Mentimeter. The sessions were facilitated by Dr. Asra Zia, Dr. Maryam



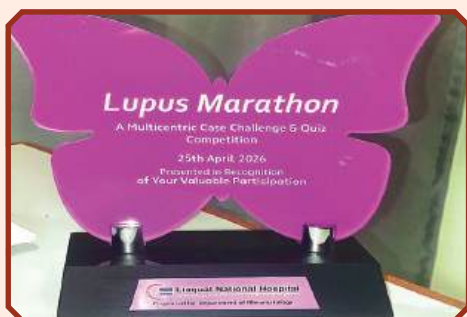
Faculty Participants from the School of Physiotherapy

Fatima, and Ms. Rakiya Zarmeena Khan and were conducted on 13th February 2026, 16th February 2026, and 17th February 2026 for the faculties of Physiotherapy, Nursing, and Basic Sciences Liaquat National Medical College (LNMCI) respectively.

The workshops aimed to familiarize participants with Mentimeter's interactive features and demonstrate how these tools can be integrated into teaching practices to enhance learner engagement. Faculty members explored various functionalities, including live polls, quizzes, word clouds, and instant feedback mechanisms. Through hands-on activities, participants gained practical experience in designing interactive presentations and incorporating them effectively into classroom teaching.

The initiative marked an important step toward strengthening technology-enhanced learning and promoting innovative, learner-centered teaching practices within the institution.

LUPUS MARATHON – CME AT LNH



Shield

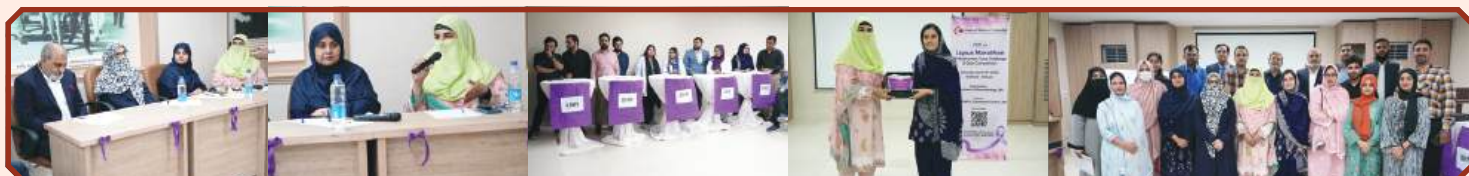
The Department of Rheumatology, Liaquat National Hospital &

Medical College (LNH&MC), successfully conducted a Continuing Medical Education (CME) titled "Lupus Marathon – A Multicentric Case Challenge & Quiz Competition" on Saturday, 25th April 2026. Dr. Syeda Rida-e-Zehra moderated the session.

The event featured insightful case-based presentations from leading institutes, including

Jinnah Postgraduate Medical Centre (JPMC), Civil Hospital, Indus Hospital and Health Network, Ziauddin Hospital, and Dow University (Ojha Campus). An engaging panel discussion, an interactive Q&A session, and a competitive quiz segment followed.

The esteemed panel comprised distinguished experts, including



Lupus Marathon – CME at LNH

Dr. Tahira Perveen (Liaquat National Hospital-LNH), Dr. Lubna Nazir (LNH), Prof. Dr. Samina Ghaznavi (South City Hospital), and Dr. Hafiz Mehmood Riaz (Aga Khan University Hospital-AKUH), who contributed their valuable insights and expertise, enriching the academic discussion and enhancing the overall quality of the session.

QUALITY MANAGEMENT AND PATIENT SAFETY (QPS) MANDATORY TRAINING SESSION – BEYOND COMPLIANCE: QUALITY IN HEALTHCARE



Healthcare professionals participate in a training session - Beyond compliance; Quality in healthcare

The Quality Management and Patient Safety (QPS) Department organized an insightful training session titled “Beyond Compliance: Quality in Healthcare,” aimed at strengthening a culture of continuous improvement and patient-centered care within the Liaquat National Hospital.

The session brought together a diverse group of participants, including consultants, nursing managers, Infection Prevention and Control (IPC) professionals, diagnostic staff, pharmacy teams, and administrative personnel. This multidisciplinary engagement fostered meaningful discussions and encouraged a collaborative approach to quality enhancement across departments.

The training explored key areas that impact the patient experience and outcomes, including Key

Performance Indicators (KPIs), Risk Assessment and Root Cause Analysis, and Occupational Health and Safety.

Ms. Zara Ammer Saleem (Deputy Manager – QPS)

highlighted the importance of KPIs in monitoring performance, improving service delivery, and supporting data-driven decisions that enhance patient care. Ms. Qurat ul Ain Tausif (Head of Department – QPS) shared valuable insights into identifying potential risks and addressing their root causes through structured analysis, reinforcing a proactive approach to patient safety. Mr. Syed Muhammad Faiz (QPS Officer) emphasized that a safe and healthy work environment for healthcare professionals is fundamental to providing high-quality, patient-centered services.

The session concluded with an interactive discussion, reinforcing the organization’s commitment to patient safety, quality, and continuous improvement in healthcare delivery.



Participants engage in the discussion session of training ; Beyond compliance; Quality in healthcare

ASIA PACIFIC LEAGUE OF ASSOCIATIONS FOR RHEUMATOLOGY (APLAR) WORD DAY WEBINAR

Dr. Tahira Perveen moderated the APLAR WORD Day Webinar 2026 on Saturday, 7th March 2026. Playing a pivotal role in facilitating the scientific proceedings of the session. The webinar, titled "From Inflammation to Integrity: Bone Health in Children with Rheumatic Disease," brought together an international panel of pediatric rheumatology experts.

Dr. Perveen's involvement in this international educational activity reflects her continued commitment to academic excellence and her active participation in global pediatric rheumatology forums.



DHPE CONDUCTED PRE-CONFERENCE WORKSHOPS FOR THE CPSP 3RD INTERNATIONAL MEDICAL EDUCATION CONFERENCE 2026 AT LIAQUAT NATIONAL HOSPITAL

The Department of Health Professions Education (DHPE) at Liaquat National Hospital hosted three workshops. As part of the College of Physicians and

Surgeons Pakistan (CPSP) 3rd International Medical Education Conference,

The first workshop, "Prompt to Plot: An AI Storytelling

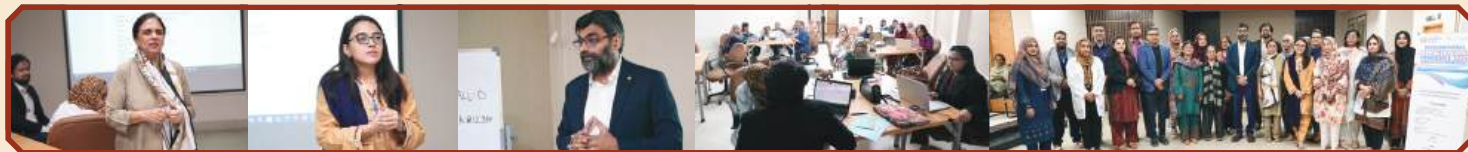
Toolkit for Medical Education," was held on 10th January 2026. Dr. Yusra Nasir and Dr. M. Ahsan Naseer led the session. The workshop provided hands-on learning opportunities, enabling attendees to transform prompts into structured teaching stories, thereby enhancing creativity and effectiveness in medical education.

On 21st January, 2026, the second pre-conference workshop titled "Departmental Automated Q-Bank: A Step-by-Step Guide for Faculty" was conducted, which was facilitated by Prof. Nighat Huda, Prof. Sheeraz Ur Rehman, and Dr. Yusra Nasir. The session provided faculty members with a practical and structured approach to developing and managing

automated question banks within their departments.

The third pre-conference workshop titled "Multiple Mini Interviews (MMI) for Postgraduate Residents' Selection: A Step-by-Step Guide" was conducted on 24th January 2026. The session was facilitated by Prof. Sobia Ali, Head of the Department, and Dr. Afifa Tabassum, Associate Professor. The workshop emphasized the importance of fairness, reliability, and validity in resident selection processes.

These workshops offered invaluable opportunities for participants to refine their skills and deepen their understanding of contemporary medical education practices.



Workshop on Departmental Automated Q-Bank



Workshop on Multiple Mini Interviews (MMI) for Postgraduate Residents



AI Storytelling Toolkit for Medical Education Workshop

TRANSFORMING CASE-BASED LEARNING THROUGH DIGITAL INTEGRATION: PRE-CONFERENCE WORKSHOP BY THE DEPARTMENT OF ANATOMY, LNHMC



Pre-Conference Workshop by the Department of Anatomy

The Department of Anatomy, in collaboration with the Department of Health Professions Education (DHPE), successfully organized a pre-conference workshop in association with the College of Physicians and Surgeons Pakistan (CPSP) International Medical Education Conference (IMECON 2026) titled "Integrating Virtual and Clinical Scenarios: Transforming Case-Based Learning through the Digital Table," on 22nd January 2026, at the Virtual

Learning Lab, Liaquat National Hospital & Medical College (LNH&MC).

The workshop brought together faculty participants from both Basic and Clinical Science of LNH&MC and other institutions, such as Jinnah Medical & Dental College, Sohail University, and Dow University of Health Sciences, reflecting strong interdisciplinary and inter-institutional engagement.

The session commenced with opening remarks by the honorable Principal, LNH&MC, Prof. K.U. Makki. Prof. Zia-ul-Islam led the foundational segment, introducing principles of effective case-based learning and the 5E instructional model, emphasizing alignment of learning objectives with clinical outcomes and the importance of learner-centered teaching. He introduced and emphasized integration of virtual tools with clinical reasoning and active

student engagement. Prof. Saima Athar conducted the hands-on component in the Virtual Learning Lab, guiding participants in applying the 5E model using the digital table to design and implement case-based learning scenarios.

This was followed by a hands-on session in which participants developed and presented highly interactive digital Case-Based Learning (CBL) sessions using the digital table, demonstrating collaborative learning, critical thinking, and the practical

application of technology-enhanced teaching strategies. Following the workshop, participants provided highly positive feedback, acknowledging the importance of integrating digital tools into case-based learning.

WORKSHOP ON STATISTICAL PACKAGE FOR THE SOCIAL SCIENCES (SPSS) FOR RESEARCH: FROM DATA ENTRY TO PUBLICATION-READY RESULTS

To strengthen competencies in research methodology and statistical analysis, along with practical skills for students of Liaquat National College of Nursing, the Statistics Department of Liaquat National Hospital successfully conducted a workshop titled “SPSS for Research: From Data Entry to Publication-Ready Results” in December 2025 at Liaquat National College of Nursing, facilitated by Mr. Syed Mustansir Hussain Zaidi and Mr. Muhammad Irfan.

The Liaquat National College of Nursing (LNCON) organized the workshop under the supervision of Ms. Shaheen Zahir Ali from the Statistics Department. This initiative reflected the ongoing collaboration

between the Statistics Department and Liaquat National College of Nursing, underscoring the institution's commitment to advancing nursing students' research capacity. The workshop provided valuable learning opportunities and enhanced participants' confidence in applying statistical tools to their academic and professional research endeavors.



LNCON-Workshop by Statistics Department

LIAQUAT NATIONAL SCHOOL OF PHYSIOTHERAPY (LNSOP)

ORIENTATION HELD FOR FIRST-YEAR DPT BATCH



Mr. Hasan Abbas Addressing the Audience

The orientation program for the first-year Doctor of Physical Therapy (DPT) batch was conducted in January.



Group Photo



Student Taking Professional Oath

The session was attended by various departments of Liaquat National Hospital. The Principal, Vice Principal, and academic coordinators shared their insights and guidance with the new students. The event aimed to familiarize students with academic expectations, professional values, and institutional policies. The ceremony concluded with the students taking a professional oath, and a memorable picture marking the beginning of their journey in the field of physiotherapy.

SIP, RELAX, AND REPEAT—THE STORY OF LNH'S NEW CAFETERIA



Medical Director Prof. Dr. Salman Faridi with LNH management at inauguration of LNSOP Cafeteria

The newly established LNSOP cafeteria was officially inaugurated on 17th February 2026 with a ribbon-cutting ceremony led by Medical Director Prof. Dr. Salman Faridi. Located within the Department of Physiotherapy at Liaquat National Hospital, the

cafeteria has quickly become a favorite spot for students, faculty, and staff. The moment visitors walk in, they are greeted by a calm, refreshing atmosphere. Large windows overlooking lush greenery let in natural light, creating a peaceful environment

away from the demands of hospital life. The cafeteria is managed by Eventment (Event Management Company), owned by Founder and Managing Director Ms. Samina Masood, who has worked hard to create a vibrant and welcoming setting. A

variety of food stalls offer gol gappay, fresh juices, coffee, biryani, pasta, sandwiches, fries, and many other snacks. Faculty members and students alike appreciate this addition. Lecturer and physiotherapist Ms. Nida Rizvi shared that after long ICU

(Intensive Care Unit) rotations and busy schedules, change is important, and this place is perfect for that. Now we finally have a peaceful corner where I can sip coffee, relax, and even work on my research papers.



Highlights of the New Cafeteria

AWARENESS SESSION AT FOLIO3 FOR OFFICE WORKERS



Awareness Session at Folio3 for Office Workers

A multidisciplinary team comprising Physical therapist, Speech Therapist, and occupational therapist conducted an awareness session at Folio3 for office workers. Folio3 is a leading software and technology company located at Shahrah-e-Faisal, Karachi. The company provides software development, digital solutions, and information technology services to clients around the world. The session focused on workplace ergonomics, posture correction, and the prevention of work-related musculoskeletal disorders. Employees were

educated on proper desk setup, the importance of taking regular movement breaks, and ways to care for their voice during work.

The team also conducted interactive demonstrations and shared practical tips to help employees maintain healthy work habits. The session highlighted simple strategies to reduce physical strain, improve comfort, and support overall well-being in the workplace. Participants appreciated the session and gave positive feedback on its usefulness and relevance to their daily work.

OCCUPATIONAL ERGONOMICS & POSTURE AWARENESS SESSION PHYSIOTHERAPY TEAM AT DHL



Awareness Program at DHL by Department of Physiotherapy

To promote workplace wellness, Liaquat National Hospital conducted an occupational ergonomics and posture awareness session at DHL (Dalsey, Hillblom and Lynn) in the month of February. Experts from the department of Physiotherapy, Ms. Nida, Ms. Tabish, Mr. Hashir, Mr. Ahsan, and Mr. Amjad led the

session, which combined theoretical knowledge with live demonstrations.

The session focused on the growing impact of poor posture and repetitive strain in modern work environments. Employees had the opportunity to learn about posture correction and techniques to prevent musculoskeletal

discomfort, common reasons behind the prolonged desk work and manual handling.

Through live exercises, participants learned simple yet effective stretches and posture correction techniques to incorporate into daily routines. Furthermore, the healthcare experts emphasised preventive

care, highlighting how small ergonomic changes can significantly reduce the risk of chronic pain, fatigue, and long-term injuries.

These sessions encouraged

employees to reflect on their daily work routines and adopt healthier practices. The audience appreciated actionable tips on maintaining posture, reducing digital strain, and incorporating

movement into their workday.

Such initiatives underscore the hospital's commitment to promoting workplace wellness and preventive healthcare in corporate environments.

GERIATRIC CAMP

The Department of Physical Therapy organized a geriatric camp to promote healthy aging and functional independence among older adults. Comprehensive pre- and post-assessments were conducted to evaluate mobility, balance, and overall physical function. Based on the findings, individualized exercise guidance was provided to

address specific deficits. Participants were educated on the importance of regular physical activity in preventing falls and maintaining independence. Practical demonstrations of simple, safe exercises were included for home practice. The camp was well-received and highlighted the role of physiotherapy in geriatric care.



Group Photo



Geriatric Camp

HELPING HANDS SOCIETY OF LNSOP- RAMZAN DRIVE

In the quiet serenity of Ramadan, the iftar drive by Helping Hands Society of LNSOP turned a simple act into something deep and meaningful. Helping Hands Society visited the Society for the Rehabilitation of Special Children (SRSC) to promote reflection, gratitude, and shared humanity at the iftar table. The initiative aimed to promote inclusivity, compassion, and community engagement. The members made sure children felt truly joyful and shared not just meals, but also a nurturing connection. This drive highlighted the significance of inclusivity in creating a sense of community. The activity highlighted the importance of social responsibility and empathy in healthcare professionals.



Ramzan Drive by Helping Hands Society of LNSOP

COLLABORATIVE RESEARCH ON ADOLESCENT SCIOLIOSIS AT LNH

The Departments of Anatomy and Physical Therapy at Liaquat National Hospital and Medical College (LNH&MC) jointly conducted a collaborative research study on idiopathic scoliosis among adolescents presenting to the outpatient department in Karachi. Researchers from both departments collaborated on data collection, clinical assessment, and analysis to evaluate the prevalence and characteristics of scoliosis in young patients. The study highlights the importance of interdisciplinary



teamwork in promoting evidence-based research and early identification of musculoskeletal disorders. This collaborative effort reflects the institution's growing contribution toward academic excellence, research development, and improved patient care.

This important research has been published in the Turkish journal *Anatomy*, available through DergiPark, reflecting the institution's growing international academic and research contribution.

SENIOR CITIZENS PRIMARY CARE UNIT (SCPCU)

GAMING – THEMED: NEW YEAR 2026 AND MR. ASHHAD ALI'S 86TH BIRTHDAY CELEBRATION



A joyful start to the New Year celebration at the Day Care facility

A vibrant New Year celebration in 2026 was held at the Senior Citizen Day Care of Liaquat National Hospital, bringing together elderly participants in a lively, festive environment filled with warmth and positivity.

The occasion was made even more special by celebrating Mr.



Creating happy memories while welcoming the New Year



Special moments from the 86th birthday celebration of Mr. Ashhad Ali

Ashhad Ali's 86th birthday, adding a meaningful, personal dimension to the event. The celebration followed a gaming-themed concept, where participants actively engaged in a variety of age-appropriate games designed to encourage participation, enjoyment, and friendly competition.

The event was marked by laughter, cheerful interactions, and enthusiastic involvement, as participants enjoyed each activity with great spirit. The combination of games, group participation,



Participants actively engaged in fun and interactive gaming activities

and celebration created an atmosphere of joy and inclusivity, allowing seniors to connect, share experiences, and create lasting memories together.

The gathering concluded on a delightful note, with participants expressing happiness and appreciation for the opportunity to celebrate, interact, and welcome the New Year in such a joyful and engaging setting.

HUMMUS SALAD COOKING ACTIVITY – SENIOR CITIZEN DAY CARE



Senior participants actively preparing hummus salad together

A cooking activity featuring the preparation of hummus salad was organized at the Senior Citizen



Teamwork and coordination during the cooking activity

Day Care of Liaquat National Hospital (LNH) on 20th January, 2026, providing an enjoyable



Moments of joy and interaction during the session

and interactive experience for elderly participants.

The activity was carried out with great enthusiasm, as participants worked together in teams to prepare the dish. From mixing ingredients to assembling the salad, each step was completed

with active involvement, coordination, and shared effort. The session encouraged collaboration, creativity, and a sense of accomplishment among the seniors.

The environment was filled with energy, laughter, and meaningful

interaction, as participants not only engaged in a hands-on activity but also enjoyed the process of creating something together. The teamwork displayed during the session reflected strong bonding and mutual support, making the activity both

productive and memorable.

The session concluded with participants appreciating their collective effort and enjoying the prepared hummus salad, making it a delightful and fulfilling experience for all.

GARDENING ACTIVITY AT SENIOR CITIZEN PRIMARY CARE UNIT



Senior participant engaged in soil preparation and planting of seasonal flowers



Hands-on planting activity promoting active aging and functional mobility

The Senior Citizen Primary Care Unit at Liaquat National Hospital organized a structured gardening activity on 29th January, 2026, at the Day Care and Nursery facility to promote active aging and holistic well-being among elderly participants.

During the session, seniors actively participated in soil preparation, planting seasonal flowering plants, and arranging potted plants within the garden area. The activity was conducted in a safe, supervised outdoor environment, allowing participants to engage in light physical movement while enjoying fresh air and natural surroundings. Group participation further encouraged social interaction, teamwork, and emotional bonding among attendees.

This initiative highlights the department's ongoing efforts to integrate recreational and therapeutic interventions into geriatric care, aiming to improve mobility, cognitive engagement, and psychological well-being. The activity also fostered a sense of accomplishment and connection with nature among the participants.



Participants presenting potted plants prepared during the activity session



Group participation in gardening activities within the Day Care Garden area

EID MILAN GATHERING – SENIOR CITIZEN DAY CARE



Celebrating Eid with joy and togetherness at the Day Care



Warm Eid greetings shared among senior participants

An Eid Milan gathering was organized on 16th April 2026 at the Senior Citizen Day Care of

Liaquat National Hospital, bringing together elderly participants to celebrate the joyous occasion



Moments of happiness and festive spirit during Eid Milan

of Eid in a warm and welcoming environment.

The event provided an opportunity for seniors to come together, share festive greetings, and enjoy moments of happiness and togetherness. The atmosphere

was filled with smiles, laughter, and a spirit of unity, as participants engaged in light recreational activities and social interaction.

The celebration reflected the true essence of Eid—spreading joy, fostering connections, and

creating meaningful memories. Participants appreciated the opportunity to celebrate the occasion in a supportive and cheerful setting, making the gathering both memorable and uplifting.

EVENTS

INAUGURAL OF PRE-CONFERENCE WORKSHOPS OF CPSP 3RD INTERNATIONAL MEDICAL EDUCATION CONFERENCE 2026 AT LIAQUAT NATIONAL HOSPITAL



Prof. Dr. Salman Faridi, Medical Director LNH addressing the audience



Prof. Sobia Ali, HOD Health Professions Education, welcoming attendees with her opening remarks



Inauguration ceremony hosted by Dr. Yusra Nasir and Dr. Asra Zia



Medical Director Prof. Dr. Salman Faridi and Principal Medical College Prof. Karimullah Makki Presenting Souvenir to the Distinguished Guests

On 10th January 2026, Liaquat National Hospital (LNH) proudly hosted the inaugural session of the pre-conference workshops for the College of Physicians and Surgeons Pakistan (CPSP) 3rd International Medical Education Conference. The institution has had the privilege of hosting the CPSP pre-conference workshop consecutively for three years.

The LNH Convention Hall had a full-capacity audience representing LNHMC faculty and residents from nearly 40 specialties. The event was hosted by the Department of Health Professions Education (DHPE) faculty, Dr. Asra Zia and Dr. Yusra Nasir. After Tilawat-e-Quran, Professor Sobia Ali (Head, DHPE) delivered welcome remarks, appreciating the collaborative role of LNH & CPSP in advancing medical education in Pakistan. LNH Medical Director, Prof. Salman Faridi, in his address, traced the long-

standing relationship between the CPSP and LNH and highly valued the standards set by the CPSP for postgraduate training in challenging circumstances. Professor Khalid Masood Gondal, President of CPSP, spoke highly of LNH for its exemplary educational leadership and the quality training programs run by qualified LNH supervisors. The inaugural session was followed by the pre-conference workshop titled "AI (Artificial Intelligence) Storytelling Toolkit for Medical Education," facilitated by the DHPE faculty. The event showcased the College of Physicians and Surgeons, Pakistan, and Liaquat National Hospital's dedication to promoting quality medical education through collaborative efforts.



Prof. Khalid Masood Gondal, President, CPSP. Presenting Souvenir to Medical Director LNH Prof. Dr. Salman Faridi

INAUGURATION OF SPEECH THERAPY COLLEGE AND NEW BLOCK

The new block of the Speech Therapy College was inaugurated in February with a ribbon-cutting ceremony by the Medical Director Prof. Dr. Salman Faridi, marking a significant milestone in the institution. The event highlighted the commitment to advancing education and clinical excellence in speech and audiology services. Faculty members, students, and administration attended the ceremony with great enthusiasm.



Inauguration of Speech Therapy College and New Block by Medical Director Prof. Dr. Salman Faridi

LIAQUAT NATIONAL COLLEGE OF NURSING – FIRST SPORTS GALA 2026



Medical Director Prof. Dr. Salman Faridi



LNH Management



MD presenting the shield to Brig. Dr. Anwar Ali Khan Controller Nursing, Administration



Players with Prof. Dr. Saleha Shahzad, Mr. Hasan Abbas and Brig. Dr. Anwar Ali Khan Liaquat National College of Nursing (LNCON) proudly organized its inaugural Sports Gala from February 16-19, 2026. The week-long event brought together undergraduate students who participated with great enthusiasm in a diverse range of indoor and outdoor competitions, including throwball, cricket, tug of war, relay races, sack races, 100-meter races, arm wrestling, and musical

chairs, with separate categories for male and female participants. Students from each academic year proudly represented their batches through distinct colors: first year in green, second year in blue, third year in yellow, and final year in red, while the Community Midwifery students stood out in maroon, adding vibrancy and unity to the celebrations.

The opening ceremony was graced by Prof. Dr. Salman Faridi, Medical Director Liaquat National Hospital (LNH), as the Chief Guest, accompanied by Prof. Dr. Saleha Shahzad, Assistant Medical Director (LNH), Dr. Hassan Rizvi, Chairman of the LNH Sports

Committee, and representatives from the Department of Nursing Education Services. Brigadier Dr. Anwar Ali Khan, Controller Nursing & Administration, and Ms. Shaheen Zahir Ali, Vice Principal, College of Nursing, warmly welcomed the distinguished guests.

The culmination day featured a spirited march past, followed by the tug-of-war and races, in the presence of the Chief Guest. The Sports Gala not only promoted physical fitness and teamwork but also marked a memorable milestone in the College's extracurricular calendar.



Players showcasing their skills in the ground



Prize Distribution

EARTH DAY



Earth Day Activity

An Earth Day activity was organized on 22nd April 2026 for children at the Baby Day Care Center to raise awareness about environmental protection. The session included watering plants along with an



Watering Plant



Earth Day Souvenir

interactive hand-painting activity. Children were also introduced to the concept of land and water using a Montessori material globe. Earth Day souvenirs were distributed among the children. The activity proved to be a meaningful and engaging learning experience for the children.

ACHIEVEMENTS

ACADEMIC ACHIEVEMENT: FIRST POSITION IN ORAL PAPER PRESENTATION



Dr. Sadia Abdul Qayyum
presenting her paper

Dr. Sadia Abdul Qayyum, Associate Professor in the Department of Forensic Medicine, Liaquat National Medical College (LNMC), secured 1st position in the oral paper presentation at the 55th Annual Medical Symposium of Jinnah

Postgraduate Medical Center (JPMC).

Her research paper focused on the severity of concussion in helmet versus non-helmet-wearing motorcyclists, a topic of significant medico-legal importance and public health safety. The study underscored the protective role of helmets in reducing the severity of head injuries and highlighted implications for trauma management, forensic injury evaluation, and certification.

DR. NIMRA KHAN SECURED 1ST PRIZE IN THE POSTER COMPETITION ORGANIZED BY THE PAKISTAN SOCIETY OF INTERNAL MEDICINE



Nimra Khan, FCPS Resident of Cardiology
secured 1st Prize in Prize in the Poster
Competition

We are proud to announce that Dr. Nimra Khan, FCPS (Fellowship of the College of Physicians and Surgeons Pakistan) Resident of Cardiology, secured 1st Prize in

the Poster Competition organized by the Pakistan Society of Internal Medicine, held at Pearl Continental Hotel on 6th February 2026.

The poster was based on an interesting case diagnosed as Takotsubo Cardiomyopathy and was presented under the supervision of Dr. Najia Aslam Soomro, Consultant Cardiologist, Liaquat National Hospital.

This achievement reflects dedication to academic excellence, clinical research, and the



Group Photo

advancement of medical knowledge. We extend our heartfelt congratulations to Dr. Nimra and her supervisor Dr. Najia Aslam Soomro on this remarkable accomplishment and wish them continued success in future endeavors.

DR. RABIA GILANI HAS ACHIEVED THE DEGREE OF "MASTER OF SURGERY" IN VASCULAR AND ENDOVASCULAR SURGERY

Department of Vascular Surgery is pleased to share that Dr. Rabia Gilani, Consultant Vascular Surgeon, has successfully cleared her exam and achieved the degree of "Master of Surgery" in Vascular and Endovascular Surgery from the University of Edinburgh, United Kingdom (UK).

The department congratulates her and wishes her continued success and accomplishment in her career.



Dr. Rabia Gilani

MS. MONIA ZEESHAN HAS SUCCESSFULLY COMPLETED CHQP (CERTIFIED HEALTHCARE QUALITY PROFESSIONAL) CERTIFICATION

Ms. Monia Zeeshan, Section Head Clinical Nursing at Liaquat National Hospital (LNH), has completed the CHQP certification in Collaboration with PIQC Institute of Quality (Pakistan Institute of Quality

Control) and Dow University of Health Sciences in January 2026. This accomplishment reinforces her commitment to advancing quality, patient safety, and clinical excellence within the organization.



Ms. Monia Zeeshan

The program has strengthened her leadership perspective in driving quality improvement initiatives, enhancing patient safety frameworks, and aligning clinical practices with international standards. It has also provided deeper insights into risk management, clinical

governance, and performance optimization across care settings.

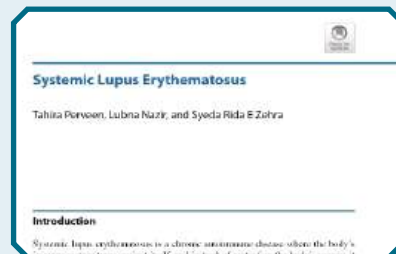
Leveraging this knowledge, she aims to strengthen quality systems further, support evidence-based nursing practices, and contribute to sustainable improvements in patient outcomes. This milestone reflects her ongoing dedication to professional growth and to fostering a culture of safety and continuous quality improvement at LNH.

CHAPTER PUBLISHED BY SPRINGER NATURE SWITZERLAND – 2026

Department of Rheumatology is pleased to share that a book chapter titled “Systemic Lupus Erythematosus” has been published in the book Autoimmune Diseases by Springer Nature Switzerland AG in April 2026.

It was a combined effort by Dr. Tahira Perveen, Dr. Lubna Nazir, and Dr. Syeda Rida-e-Zehra that highlighted the pathophysiology, clinical complex picture, investigations, and management of the disease. The authors sought to simplify this complex and multifaceted disease so that it is easily understandable to readers from various specialties. The effort reflects the valuable academic contribution of the Department of Rheumatology at LNH to the field of rheumatology and autoimmune diseases.

Web-link/DOI: https://link.springer.com/chapter/10.1007/978-3-032-12937-6_3#DOI



ACADEMIC ACTIVITIES

CLINICAL EXPOSURE TO TRAUMA CASES: 3RD YEAR MBBS VISIT TO LNH ACCIDENT & EMERGENCY DEPARTMENT



Dr. Shaesta Giving Introduction on Triage

The Department of Forensic Medicine at Liaquat National Medical College (LNMC) organized an academic visit for 3rd year MBBS students to the Accident & Emergency Department (ER) of Liaquat National Hospital (LNH). Conducted exclusively for educational purposes, the visit aimed to enhance clinical understanding and provide practical exposure to trauma care.

Students were introduced to real-

life trauma cases, bridging theoretical forensic knowledge with clinical application. They actively participated in history-taking and basic examination of patients presenting with blunt trauma, road traffic accidents, burn injuries, hit-and-run incidents, and electrical burns. Faculty emphasized correlating external findings with internal damage, a critical aspect of forensic evaluation.

In addition, students observed principles of emergency management, including initial stabilization, triage, and structured trauma handling. The visit was supervised by Prof. Mukkaram, Dr. Sadia, Dr. Farzana, Dr. Mujtaba, and Dr. Ali, while the Emergency



Observation on Trauma Cases

Department team, led by Dr. Shaesta Tabassum and Dr. Momal, enriched the experience by sharing departmental protocols and clinical expertise.

Overall, the visit proved highly informative, strengthening students' understanding of trauma management, medico-legal documentation, and the integration of forensic principles into emergency practice.

3RD YEAR MBBS STUDENTS (BATCH 2029) SHOWCASED THEIR RESEARCH SYNOPSIS POSTER ON POSTER DAY

The Department of Community Medicine at Liaquat National Medical College (LNMC) organized a Research Synopsis Poster Day for Batch 2029 of the 3rd Year MBBS to promote research. Group D3 actively participated



Poster Presented

and presented their research poster titled "Association of Hypertension Knowledge Adequacy with Self-Care Activities among Hypertensive Patients Presenting in Outpatient Clinics in a Tertiary Care Hospital".

The group included Zuha Mahreen, Zunairah Mohsin, Sahil Abbas, Maria, Sandhya, Yasmeen, Zeeshan Ahmed, Zulqarnain, Nakash, Muhammad Rashid Raheem, and Lucky Kumar. They were supervised by Dr. Nimra Akhtar with Ms. Noureen Durrani as the core supervisor.



Prof. Dr. K.U. Makki presenting the certificate of participation

The study highlighted the link between patients' knowledge of hypertension and their self-care practices, emphasizing the importance of awareness in effective disease management. By addressing gaps between knowledge and behavior, the research offers valuable insights for improving patient education and reducing the burden of hypertension.

MISCELLANEOUS

3RD ANNUAL CONFERENCE OF ECHO PAKISTAN



3rd Annual Conference of ECHO Pakistan

The 3rd Annual Conference of ECHO Pakistan was held at Pearl Continental Karachi from 19th to 20th December 2025, bringing together Cardiologists and Echocardiography experts from across the country. It was a great opportunity to learn, share experiences, and discuss the latest developments in cardiac imaging and patient care.

Dr. Najia Aslam Soomro represented the Echocardiography Department of Cardiology at Liaquat National Hospital as a speaker. She

delivered an insightful talk that was well-received by the audience and contributed meaningfully to the academic sessions.

A proud moment for the department was Senior Resident Dr. Saadia Abubakar's 3rd-place finish in the nationwide echocardiography clinical case competition. Her success reflects her dedication and the strong training environment at the institution. Overall, the conference was an engaging and enriching experience. It not only enhanced professional knowledge but also encouraged collaboration among participants. The active involvement and accomplishments of Liaquat National Hospital's team clearly demonstrated their commitment to excellence in cardiology and echocardiography.

MEET & GREET SESSION WITH LNH&MC FACULTY MENTORS



Meet & Greet Session with LNH&MC Faculty Mentors

A "Meet & Greet with Mentors" session was organized by the Mentorship Advisory Board (MAB) under the leadership of Director MAB, Prof. K.U. Makki, on Thursday, 30th April 2026, at Lecture Hall A, Convention Center. The session was attended

by MAB members and a large number of faculty mentors, with over 90 participants.

The session commenced with a welcome address by Prof. Munira Shakir, followed by an overview of the Mentorship Program, its achievements, and the need for

its upgradation by Prof. K.U. Makki. He acknowledged and appreciated the continued commitment and contributions of the faculty mentors. He further elaborated on the mentorship program's structure, the role of the Mentorship Advisory Board,

and its members. This was followed by a presentation on the e-portal by Prof. Saima Athar, highlighting recent updates to the mentorship form aimed at improving usability, facilitating efficient record-keeping, and enhancing engagement for both existing and new mentors.

An interactive question and answer session followed, during which faculty members actively participated and shared valuable suggestions. The queries were addressed by Prof. K.U. Makki, Prof. Sobia Ali, Prof. Munira Shakir, and Prof. Saima Athar. The faculty expressed appreciation for the ongoing efforts to strengthen the mentorship program. Prof. Saleha

Shehzad suggested sharing mentee feedback forms with mentors to improve the process further.

In his closing remarks, Prof. K.U. Makki announced the introduction of a “Mentor of the Year” award starting next year. The session concluded with light refreshments at the hospitality suite.

ORIENTATION DAY AT LIAQUAT NATIONAL SCHOOL OF DIAGNOSTIC LAB SCIENCES



Prof. Dr. Junaid Mahmood Alam addressing the new batch

of Science-Medical Technology Program-Clinical Lab Sciences (BS MT CLS) degree program. Ms. Husna conducted the program, whereas Ms. Uzma Usman, our deputy manager of lab services, provided in-depth information regarding the departments and services of Liaquat National Hospital (LNH) Clinical Laboratories. Mr. Qaiser Amin, Administrative Officer, informed students

Orientation day, 10th February 2026, Liaquat National School of Diagnostic Lab Sciences (LNSDLS) for our newly inducted batch of four years, Bachelor



New batch 2026 BS MT CLS 2

about the rules, regulations, and policies of the BS MT CLS program and of LNH. In contrast, Ms. Sara Tanwer, Instructor II, provided the course outline and related information. Mr. Amjid Hanif, Instructor, informed students about similar programs and licensing strategies, whereas in the last, Prof. Dr. Junaid Mahmood Alam, Principal, oriented the new batch and the current ones regarding the history, vision, and mission of LNH management, LNSDLS, and our program. Ms. Husna gave a vote of thanks and congratulated the newly inducted students.

B.S. NURSING (GENERIC) DAY 2026



Assistant Medical Director, Controller – Nursing Administration, and Principal College of Nursing with heads of departments, Nursing Managers

The Orientation Day of the new batch of B.S. Nursing (Generic) 1st Year (Session 2025-26) was held on 26th January 2026 at the Convention Centre. The event marked the beginning of an exciting academic journey for 110 newly inducted nursing students. Prof. Dr. Saleha Shahzad, Assistant Medical Director Liaquat National Hospital (LNH), graced the occasion as the Guest of

Honor. The event was also attended by Brig. Dr. Anwer Ali Khan, Controller – Nursing Administration, Ms. Judith Zaidi, Principal – College of Nursing, Ms. Shaheen Zahir Ali, Vice Principal – College of Nursing, faculty members, Section Heads – Nursing, and heads of departments at LNH.

The program began with an enthralling ice-breaker session conducted by Ms. Haleema Younus, Lecturer I, which energized the students and fostered camaraderie. Following this, distinguished LNH leaders, including Prof. Dr. Saleha Shahzad, Brig. Dr. Anwer Ali Khan, Ms. Judith Zaidi, and Ms. Laila

Rahimi, Chief Nursing Officer, warmly welcomed the students. They highlighted the transformative nature of nursing education and outlined the academic and disciplinary expectations.

Ms. Areeba Muhammad Aslam, an Liaquat National College of Nursing (LNCON) alumnus and current Nurse Intern, shared her personal journey and the profound impact of nursing on her life via a video message. The event concluded with a vote of thanks by Vice Principal Ms. Shaheen Zahir Ali, who expressed gratitude to leadership, faculty, and student volunteers, followed by announcements regarding class schedules.

HUMAN RESOURCES DEPARTMENT ORGANIZED A TRAINING SESSION ON TIME MANAGEMENT



Active participation from the attendees during an interactive Q&A segment focused on identifying the ONE task to tackle first



Facilitator Mr. Irfan Hashim engaging the audience with real-life examples and humor to reinforce key time management concepts

The Human Resources Department at Liaquat National Hospital organized a training session on Time Management on April 10, 14, and 28, 2026, for Supervisors, Managers, and Heads of the Department.

The training covered key concepts such as the importance and benefits of time management, common time wasters in the workplace, and practical techniques, including the Eisenhower Matrix, Time Blocking, the ABCDE prioritization method, and the "Eat the Ugliest Frog First"



Mr. Irfan Hashim, Manager Human Resources, explaining the Eisenhower Matrix to help participants distinguish between urgent and important tasks



A full view of the training session

approach. Participants also explored procrastination—its causes and strategies to overcome it, as well as the concept of creative procrastination.

The session was facilitated by Mr. Irfan Hashim, Manager, Human Resources, who maintained an engaging environment through real-life examples, humor, and participant interaction. A short video demonstrating the concept of prioritizing important tasks further reinforced learning.

The session was well-received, with active participation and positive feedback from attendees.

PHARMACY DEPARTMENT ADVANCES CLINICAL EXCELLENCE THROUGH STRUCTURED TRAINING INITIATIVE

The Pharmacy Department is pleased to report the successful completion of one year of its structured Clinical Pharmacy Training Course. The program was delivered in four consecutive batches, each spanning three months, and was designed to strengthen clinical competencies through a combination of academic instruction and practical exposure.

A total of 46 graduate pharmacists participated in the program—predominantly external candidates, along with one in-house pharmacist—reflecting the department's commitment to broader professional capacity building. The curriculum comprised more than 50 focused lectures and over 30 case-based discussions, emphasizing real-world clinical

scenarios and evidence-based pharmacotherapy.

Participants benefited from intensive, hands-on clinical exposure and case-driven learning methodologies, which significantly enhanced their clinical decision-making abilities and therapeutic planning skills. The program not only contributed to the professional development of external pharmacists but also supported the upskilling of internal staff.

Through this initiative, the Pharmacy Department continues to play a pivotal role in advancing safe medication practices and improving patient care outcomes, while contributing to the development of a more competent and clinically oriented pharmacy workforce.



Participants of all four Clinical Pharmacy Training Courses

SOFT SKILLS TRAINING SESSION OF NEW BATCH BS MT CLS 2026 ON 4TH MARCH 2026 AT RESEARCH AND SKILLS DEVELOPMENT CENTER (RSDC)-LNH

A training session was held for the new batch of Bachelor of Science-Medical Technology Program-Clinical Lab Sciences (BS MT CLS) on 4th March 2026, at RSDC, to impart Skills like Time management, Leadership, Stress management, which are components of soft skills, non-technical, interpersonal, and behavioral traits that dictate how a young student can work, study, and interact with others.



Soft Skills Session for new students of Liaquat National School of Diagnostic Laboratory Sciences (LNSDLS) by RSDC

55TH ANNUAL MEDICAL SYMPOSIUM OF JPMC 2026



Dr. Tahira Perveen

Dr. Tahira Perveen was invited as a distinguished speaker at the 55th Annual Medical Symposium of Jinnah Postgraduate Medical

Center (JPMC) 2026, where she delivered an insightful and academically enriching lecture titled "Rheumatoid Arthritis: Do We Have Anything New to Offer?" on 3rd February 2026. Her contribution was highly appreciated and reflected her expertise and continued commitment to advancing rheumatology.



DHPE FACILITATED FACULTY DEVELOPMENT SESSION ON PROMOTING EDUCATIONAL RESEARCH AMONG CLINICIANS



The Department of Health Professions Education (DHPE) at Liaquat National Hospital (LNH) organized a faculty development workshop on "Medical Education Research in a Busy Clinical Setting" held on 1st April 2026. The session was led by Dr. Khalil

Ullah Shibli (Clinical Educator and Consultant Anesthetist, Lee Kong Chian School of Medicine, Nanyang Technological University (NTU), Singapore), with LNH faculty, including Prof. Dr. Sheeraz Ur Rehman, Dr. Afifa Tabassum, and Dr. Yusra Nasir. The session focused on strengthening faculty capacity to engage in research alongside their clinical and teaching responsibilities. Participants were guided in identifying research opportunities within routine teaching and clinical practice, making research more achievable in busy settings. The workshop also covered essential



Group Photo

aspects of developing research questions, study design, and contributing to evidence-based practices in medical education. It provided faculty with valuable tools and insights to enhance their academic and professional growth. Overall, the session was highly enriching and underscored the importance of fostering a strong research culture among faculty.

FACULTY RECOGNITION IN CRITICAL CARE: CO-CHAIRING A SCIENTIFIC SESSION ON CRITICAL CARE IN 55TH ANNUAL SYMPOSIUM AT JPMC

Dr. Shamim Kausar, Assistant Professor of Critical Care Medicine, was invited as Co-Chair of the Scientific Session on Critical Care Medicine at an academic event organized by Jinnah Postgraduate Medical Centre (JPMC) under the theme "Global Health Challenges and National Solutions." The session focused on key aspects of fluid management and sedation practices in critically ill patients, highlighting evidence-based approaches and contextual adaptations for local healthcare settings.



A gesture of honour by Executive Director JPMC



A proud academic moment



Chair-persons of the scientific session

The engagement provided an opportunity for knowledge exchange and collaborative dialogue, reinforcing the shared goal of improving patient outcomes amid evolving global and local healthcare challenges.

ORIENTATION OF CHPE BATCH 9: A STEP TOWARDS EXCELLENCE IN HEALTH PROFESSIONS EDUCATION

The Department of Health Professions Education (DHPE) at Liaquat National Hospital (LNH) formally inaugurated the Certificate in Health Professions Education (CHPE) Batch 9 with an orientation session held on 19th January 2026. This event marked the beginning of a dynamic and enriching academic journey for a diverse group of healthcare professionals committed to advancing their educational skills. Alongside LNH faculty, the cohort includes participants from the Sindh Institute of Child Health & Neonatology, Postgraduate Medical Institute, Quetta, Medicare Cardiac & General Hospital, The Kidney Center, Chiniot General Hospital, South City Hospital, and Civil Hospital. This diverse representation further strengthens LNH's academic visibility in medical education.



Group Photo

DHPE FACULTY ORAL PRESENTATIONS AT CPSP 3RD INTERNATIONAL MEDICAL EDUCATION CONFERENCE 2026



DHPE faculty Oral presentations at CPSP 3rd IMECON 2026

Department of Health Professions Education (DHPE) faculty from Liaquat National Hospital represented LNH through their oral presentations at the College of Physicians and Surgeons Pakistan (CPSP) 3rd International Medical Education Conference held on 6th-8th February 2026. Their research work was selected under key conference subthemes. Prof. Sobia Ali, Head of Department, presented "The Resident-as-Teacher Educational Initiative: A Nationwide Needs Assessment of Medical Residents in Pakistan," under the subtheme Innovations in Education & Practice. Dr. Afifa Tabassum, Associate Professor, presented "Patient-Centered Care Concept and Practice in Medical Education in Pakistan: A Phenomenological Study," under Quality & Safety in Education and Service. Yusra Nasir, Assistant Professor, presented "Exploring the Adoption and Utilization of Digital Research Profiles among Faculty of Private Medical Institutes of Pakistan," under Faculty Development, Leadership & Strategic Governance. The research work was well received by both international and national session chairpersons and participants, highlighting its relevance and quality. These presentations reflect DHPE's continued commitment to advancing research, innovation, and quality in health professions education.

THE DEPARTMENT OF FAMILY MEDICINE ORGANIZED A DIABETES AND HYPERTENSION SCREENING CAMP AT THE OUTREACH GULSHAN-E-IQBAL CAMPUS

The Department of Family and Hypertension Screening Iqbal Campus on 8th April 2026 to raise awareness about non-

communicable diseases and encourage preventive health care practices within the community—the camp aimed to facilitate early screening, health education, and access to basic medical consultation services.

Free consultations with a Family Medicine Physician and a dietitian were provided to participants for guidance on diabetes, hypertension, nutrition, and

healthy lifestyle modifications. Free blood sugar testing via glucometer screening was also conducted to detect and monitor diabetes and related health concerns early.

The activity received an encouraging response from the community and highlighted the importance of preventive and community-based health care services.



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

FREE
DIABETES & BLOOD
PRESSURE SCREENING
CAMP



**Early Detection
Better Protection**

Free Services

- Consultation by Expert Physician & Dietician
- Blood Sugar Test (Glucometer)
- Family Health Card (Valid for 1 Month)
- Discounts on Lab Tests *

***Discounted Lab Tests**
(Only in Gulshan Outreach Center)

HbA1C | Lipid Profile | Urine DR | UCE | FBS | RBS

8 April 2026 5:00 PM – 8:00 PM

LNH Outreach Gulshan e Iqbal

For Registration:
021-34838605

Organized by Department of Family Medicine

TRAINING SESSION: RSTUDIO SOFTWARE FOR DATA ANALYSIS

To integrate modern statistical tools into medical education and a research-oriented academic environment, the Department of Statistics conducted a training session on “RStudio Software for Data Analysis” in March 2026 at the Department of Community Medicine, Liaquat National Medical College (LNMC). This session was an initiative of the Department of Community Medicine at LNMC, under the supervision of Dr. Saima Zainab. Ms. Abira Imran facilitated the session, with Mr. Muhammad Irfan as a key facilitator.

The session was focused on enhancing practical skills in statistical analysis using R software among faculty members of the Department of Community Medicine. It was well-received for its relevance to medical research and evidence-based practice. As biomedical research advances, proficiency in



RStudio session by Statistics Department

RStudio helps faculty strengthen data analysis, support reproducibility, and enhance the overall quality of academic publications. The workshop emphasized hands-on learning in data management, statistical analysis, and interpretation using RStudio, enabling participants to strengthen their analytical competencies. Interactive demonstrations further supported practical understanding.

TAKMEEL-E-QURAN CEREMONY AT LNH JAMA MASJID

A Takmeel-e-Quran ceremony was observed at the Jama Masjid of Liaquat National Hospital on March 16, 2026, coinciding with the 27th night of the Holy month of Ramadan.



Takmeel-e-Quran Ceremony at LNH Jama Masjid

RESEARCH AND SKILLS DEVELOPMENT CENTRE (RSDC)

CLINICAL MANDATORY SKILLS TRAINING PROGRAM FOR LNH DOCTORS

From January to April 2026, a series of structured clinical training programs was successfully conducted to enhance medical professionals' core emergency and diagnostic competencies. During this period, 22 doctors were trained in four Advanced Airway Management courses, and 33 doctors completed five Basics of ECG Interpretation courses. These initiatives reflect a continued commitment to strengthening clinical



Participants during Clinical Mandatory Skills Training Program for LNH Doctors

skills, improving patient safety, and promoting high standards of medical care through targeted professional development.

EMPOWERING LNMC IN MODULAR SKILLS



Training Sessions on Empowering LNMC in Modular Skills

The Research and Skills Development Center (RSDC) organized a series of training sessions for Liaquat National Hospital & Medical College (LNMC) students from 1st year through final year, held between January and April 2026. These sessions were designed to enhance students' clinical competencies in accordance with current medical guidelines. The

training covered essential procedures such as lumbar puncture, hand hygiene, management of bleeding and soft tissue injuries, vertebral and bony injuries, Pap smear techniques, and the mechanism of labor using manikins. Over this period, 900 students participated to strengthen their clinical effectiveness.

Additionally, final-year MBBS students received specialized

training in the Trauma and Emergency Management (TEAM) Course, conducted in collaboration with the General Surgery Department and supervised by Dr. Rufina Soomro. Held in April 2026, the workshop was attended by 25 students and focused on equipping them with practical skills to handle emergencies and manage patients effectively.

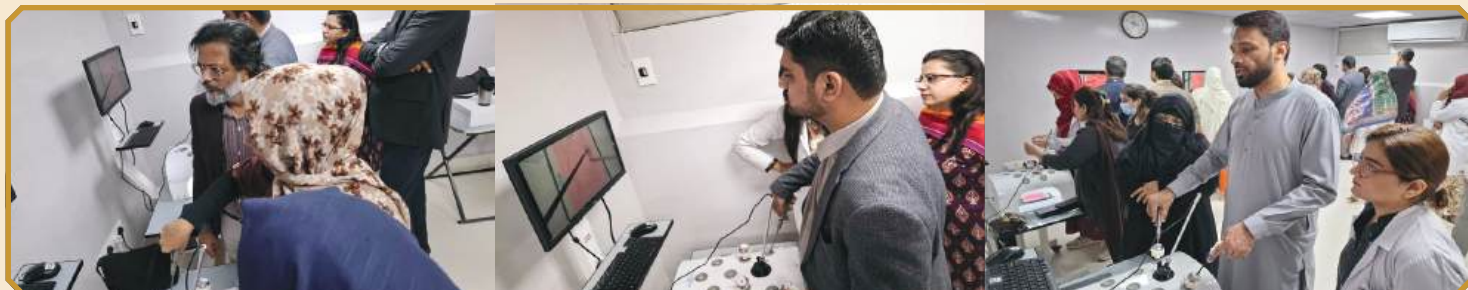
COLLABORATIVE INTER-DEPARTMENTAL HANDS-ON WORKSHOPS

From January to April 2026, 23 hands-on laparoscopic training sessions were conducted for General Surgery residents. In addition, 12 separate sessions were conducted for Obstetrics and Gynecology residents and 12 sessions for Pediatric Surgery residents, focusing on enhancing procedural and technical skills through simulation-based training.

Fundoscopy training sessions were delivered to undergraduate students in collaboration with the Department of Ophthalmology, covering the identification and interpretation of various ocular pathologies.

Hands-on sessions for the Postgraduate Certificate in Family Medicine were conducted, training 45 medical graduates, with a focus on maternal and child health-related skills, clinical examinations, and women's health. Additionally, Electronic Medical Record (EMR) training sessions were conducted for 20 consultants to improve clinical documentation and digital competency.

Additionally, an Advanced Refresher Course for the Intermediate Module (IMM) examination in Internal Medicine was organized, during which 30 candidates were trained in airway management using mannequins.



Collaborative Inter-Departmental Hands on Workshops

NURSING CAPACITY BUILDING PROGRAM



Mock Drills during Nursing Capacity Building Program

In collaboration with the Nursing Education Services (NES) Department, Research and Skills Development Center (RSDC) conducted 31 mock drills across various wards and ICUs (Intensive Care Units) from January to April 2026. The primary aim of these

drills was to strengthen and enhance clinical practice skills, particularly in resuscitation. These sessions were designed to simulate real-life clinical scenarios within ward settings, allowing participants to demonstrate their knowledge and emergency response capabilities in a controlled environment.

Additionally, RSDC supported the NES Department in conducting four challenge test sessions, engaging approximately 200 nursing candidates, including newly inducted staff. The



assessment stations included key clinical procedures such as intravenous Cannulation, urethral catheterization, nasogastric (NG) tube insertion, defibrillator handling, ECG (Electrocardiogram) machine use, and newborn receiving in the labor room.

AMERICAN HEART ASSOCIATION (AHA) ACCREDITED COURSES HEARTSAVER CPR AED COURSE FOR THE CONSULATE OF ITALY



Heartsaver CPR AED Course for Consulate of Italy

A comprehensive HSFA CPR (Heartsaver First Aid Cardiopulmonary Resuscitation) and AED (Automated External Defibrillator) training course was successfully conducted for candidates for the Consulate of Italy. The session aimed to equip participants with essential life-saving skills, including Cardiopulmonary Resuscitation (CPR) techniques, the effective use of AEDs in emergencies, and First aid skills in line with the updated 2025 AHA guidelines.

The training combined theoretical knowledge with hands-on practice, helping attendees gain confidence in responding to cardiac emergencies.

Certified instructors guided participants through real-life scenarios, emphasizing quick response times and proper safety protocols.

Officials appreciated the initiative, highlighting the importance of such training in enhancing emergency preparedness and potentially saving lives. Participants expressed satisfaction with the course, noting its practical value and relevance.

This initiative reflects a continued commitment to promoting health and safety awareness within the diplomatic community.

ENHANCING CLINICAL SKILLS ON BASIC LIFE SUPPORT FOR HEALTHCARE PROFESSIONALS

HeartCode® BLS Online is designed for healthcare professionals who need Basic Life Support (BLS) training for their clinical duties. Research and Skills Development Center (RSDC) is proud of its team of AHA Instructors for conducting HeartCode® BLS Online course for In-House & Outsider participants from January 2026 to April 2026. A total of (53) BLS Courses were conducted with (133) in-house doctors and (126) Nurses & overall (259) Participants received certification.



Participants receiving hands-on training

ADVANCING CARDIAC EMERGENCY CARE THROUGH CONTINUOUS ACLS TRAINING



Participants of the course receiving hands-on experience

Over Four months, successfully conducted (04) Advanced Cardiovascular Life Support (ACLS) training courses, providing structured, evidence-based instruction and hands-on simulation, resulting in the certification of 22 healthcare professionals and strengthening their competence in managing cardiac emergencies.

EMPOWERING PAEDIATRIC HEALTHCARE PROFESSIONALS THROUGH THE PALS COURSE



Participants of PALS Course

Research & Skills Development Centre is the AHA-Accredited PALS (Pediatric Advanced Life Support) Program Centre in Pakistan. A session was conducted for paediatricians across Karachi in January 2026 by Dr. Atika Sher. A total of 06 paediatricians were certified as PALS Providers in the course.

EXPLORE OUR DEPARTMENTS

DEPARTMENT OF GASTROENTEROLOGY

FACULTY



Prof. Dr. Mansoor Ul Haq
Head of Department



Prof. Dr. Lubna Kamani
Professor



Dr. Sajjad Jamil
Associate Professor



Dr. Shahid Karim
Associate Professor



Dr. Baseer Sultan Ahmed
Assistant Professor



Dr. Muhammad Tanweer
Khalid
Assistant Professor



Dr. Pervez Ashraf
Assistant Professor



Dr. Rajesh Kumar Wadhwa
Assistant Professor



Dr. Shanil Kadir
Assistant Professor



Dr. Kiran Bajaj
Consultant (Part Time)

Overview

The Department of Gastroenterology (GI) was inaugurated in 1987. Since then, it has become one of the leading departments at Liaquat National Hospital. It consists of 8 Consultants, 3 Senior Registrars, Senior Medical Officers (SMOs), Medical Officers, and Interns. Our department provides

services in Out Patient Departments (OPDs), manages in-house patients, including emergencies, and performs advanced endoscopic procedures.

Liaquat National Hospital is one of the few hospitals in Karachi where our experienced Gastroenterology faculty offers 24-hour comprehensive emergency endoscopic services to adult and pediatric patients,

especially for Gastrointestinal (GI) bleeding and foreign body removal.

Facilities Available, Services Provided and Volume of Work

We have a modern, cutting-edge endoscopy department with 4 endoscopy rooms. Apart from emergency services, we perform more than ten thousand regular endoscopic procedures per year. These procedures include:

- Diagnostic Gastrosocopy and Colonoscopy
- Sclerotherapy
- Esophageal Variceal Band Ligation
- Therapeutic Endoscopic Retrograde Cholangiopancreatography (ERCP)-Pancreatic and Biliary Stone Extraction and Stenting (Plastic and Metallic Stenting)
- Esophageal, Enteral, Colonic Dilatation and Stenting
- Haemoclipping
- Argon plasma coagulation
- Achalasia dilatation
- Polypectomy
- Endoscopic mucosal resection
- Foreign body removal
- Cyst gastrostomy
- Hemorrhoidal Band ligation

- Nasojejunal (NJ) and Nasogastric (NG) tube placement
- Peg tube placement and replacement
- Endoscopic ultrasound services
- Fibroscan services
- Urea Breath test for Helicobacter pylori

We also perform endoscopic procedures for critically ill patients in Operation Theatre (OT), Intensive Care Unit (ICU) and High Dependency Unit (HDU). We also provide paediatric endoscopy services and a dedicated "Women Only" service.

We conduct 4-6 clinics daily by different faculty members along with Sr. Registrars and Medical Officers. In fact, our clinic is one of the busiest in our hospital, where we cater to patients with a wide range of simple and complex gastroenterological and hepatobiliary diseases.

We admit patients through the emergency department and clinics to the wards, HDU, and ICUs. We have 25 dedicated beds for stable patients. Due to our hospital's open-bed policy, we admit our patients to other wards and private rooms as well. We manage critically ill patients in ICUs and HDUs with the help of our experienced intensivists and staff.

NEW APPOINTMENTS

Following people have recently joined LNH&MC.



Dr. Izza Hussain
Assistant Professor, Haematology



Dr. Aiza Suhail Khan
Consultant, Dental & Maxillofacial Surgery



Dr. Arsala Rahman
Consultant Anaesthesiology



Ms. Laila Aziz Rahimi
Chief Nursing Officer



Mr. Muhammad Ahsan Moghal
Financial Controller



Ms. Rabia Javed
Manager, Internal Audit



Liaquat National Hospital & Medical College

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