



LIAQUAT NATIONAL HOSPITAL

NEWSLINE

LNH TOWARDS BETTER HEALTH CARE



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PROVIDING EFFECTIVE FEEDBACK TO STUDENT LEARNERS IN CLINICAL SETTINGS

A Faculty Development session titled “Providing Effective Feedback to Student Learners in Clinical Settings” was held on Friday, 12th Dec 2025, at the Convention Center Auditorium. The session was attended by faculty members, residents, and trainees.

The guest speaker, Dr. Khalil Shibli (MBBS–Dow, FRCA–UK, MHPE–Maastricht), is a Senior Consultant in Anaesthesia at Khoo Teck Puat Hospital, Singapore. A seasoned clinician and passionate medical educator, Dr. Shibli has extensive experience in anaesthesia, pain management, simulation-based learning, and residency training, having served in leading institutions across Singapore, Qatar, and Pakistan. His global exposure provided valuable insights into integrating clinical excellence with educational innovation.

During the session, Dr. Shibli emphasized that feedback is a powerful cornerstone of medical education, essential for learner development, confidence-building, and the refinement of clinical skills. He discussed key feedback theories, effective feedback models, and practical techniques for delivering constructive feedback in busy clinical environments. The importance of fostering a supportive learning culture through timely, structured feedback was strongly highlighted.

Dr. Shaheena Akbani, Director AA & RT, LNMC, during her vote of thanks, expressed sincere gratitude to Dr. Shibli for an insightful session *(continue on page 2)*



Highlights of the session

STUDENT RESEARCH SYMPOSIUM (SRS-2025)

The Research Society of Liaquat National Hospital and Medical College (LNH&MC) successfully hosted its flagship academic event, SRS 2025, under the theme "NEXTGEN RESEARCH: EMPOWERING TOMORROW'S MEDICAL RESEARCHERS," bringing together undergraduate medical and allied health

sciences students on a single platform to showcase research, exchange ideas, and develop a culture of inquiry and innovation. The event received an overwhelming response, with abstract submissions from across Pakistan, Bangladesh, and Nepal. Students from more than 20 medical *(continue on page 2)*



Highlights of SRS 2025

PROVIDING EFFECTIVE FEEDBACK TO STUDENT LEARNERS IN CLINICAL SETTINGS

and thanked the faculty for their active participation and engagement.

In his closing remarks, Prof. Salman Faridi, Medical Director of LNH&MC, underscored the significance of effective feedback in enhancing teaching quality and improving learning outcomes in clinical education. He appreciated the value of such faculty development sessions and requested Dr. Shibli to conduct workshops in the future.

STUDENT RESEARCH SYMPOSIUM (SRS-2025)



Highlights of SRS 2025

colleges in Sindh presented their work through oral and poster presentations, reflecting the growing enthusiasm for research among medical students.

The event commenced in a packed auditorium with recitation of the Holy Quran and welcome remarks by Prof. Dr. Saima Athar, Chairperson of the Research Society, who acknowledged the consistent encouragement and guidance received from Medical Director Prof. Dr. Salman Faridi, Principal Prof Karimullah Makki, and Director Academics and Research Dr Shaheena Akbani and faculty members. She also acknowledged the organizing team's dedication and emphasized the Society's mission to empower students through structured research mentorship and innovation-driven learning.

The academic program began with a State-of-the-Art lecture, "From Passion to Publication: The Roadmap of a Student Researcher," delivered by Dr. Atif Ali Hashmi, who highlighted evidence-based practice, ethical research conduct, and perseverance.

A key highlight was the panel discussion, moderated by Rukhsar Mehdi (Final Year MBBS). The panel featured Dr. Saima Zainab, Dr. Ghulam Murtaza, and Dr. Atif Ali Hashmi, who shared insights on interdisciplinary collaboration, overcoming research barriers, and translating student research into meaningful impact. An interactive Q&A session allowed students to engage with the panelists.

SRS 2025 adopted a unique aviation- *(continue on page 3)*

EDITOR'S NOTE

Dear Readers,

Welcome to the final issue of Newsline for year 2025. This edition highlights the vibrant clinical and academic activities at Liaquat National Hospital.

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

We are proud to showcase the collaborative efforts of various departments and the milestones that mark the beginning of another promising year. I extend my gratitude to all contributors for their support in bringing this issue together.

We hope this edition informs, inspires, and reaffirms our shared mission in advancing healthcare and education.



Ishrat Saleem

Dr. Ishrat Saleem
Chief Editor



Group photo

themed concept that symbolizes the student research journey as a "flight beyond boundaries." Participants received themed research passports and boarding passes, encouraging engagement across sessions. The creative design featuring check-in counters, LED terminals, cabin crew volunteers, flight engineers, and a lucky draw, transformed the symposium into a vibrant celebration of teamwork and student-centered planning. Following a tea break, participants explored

breakout sessions, including the Research Forum for oral presentations, the Poster Pavilion with interactive e-posters evaluated by expert judges, and the Alumni Connect Lounge, where alum researchers Dr. Javeria Mansoor, Dr. Muhammad Farrukh, Dr. Ikhlas Ahmed, and Dr. Misha provided mentorship and career guidance.

The symposium concluded with encouraging remarks from Dr. Shaheena Akbani and Prof. Dr. Karimullah Makki, both of whom praised the quality of the research and the efforts of the organizing team. The Awards and Closing Ceremony honored outstanding presenters and recognized Mr. Jatin Motwani as "Emerging Researcher of the Year 2025". SRS 2025 received exceptionally positive feedback from participants and faculty alike and was widely regarded as one of the most impactful academic events.

WHAT'S NEW

VIRTUAL LEARNING LAB: REVOLUTIONIZING MEDICAL LEARNING AT LNMC

Liaquat National Medical College has taken a pioneering step toward modernizing medical education with the inauguration of its Virtual Learning Lab, a state-of-the-art facility designed to bring the most advanced, real-human-based 3D anatomy and medical education system to its students and faculty.

This Digital table features digitized human cadavers, superior medical learning tools, and immersive 3D anatomy experiences, revolutionizing the way anatomy and medical sciences are taught and learned. By incorporating the Virtual learning lab, Liaquat National

Medical College continues its tradition of academic excellence and innovation, enhancing learning outcomes and reaffirming its leadership in technologically advanced medical education. This digital table offers ultra-high-definition, life-size visualizations of human anatomy, physiology, pathology, radiology, and much more, allowing students to explore detailed anatomical structures.

The Virtual learning lab was inaugurated on 23rd Sept, 2025 by Prof. Dr. Salman Faridi, Medical Director, Liaquat National Hospital and Medical College. Prof. Karimullah Makki, Principal

accompanied by Prof. Zia ul Islam, Head of the Department of Anatomy of LNMC, extended an invitation to all faculty members from the Medical College and Allied Health Sciences.

The ceremony was well attended by Heads of Departments and senior and junior faculty members from various disciplines. Speaking on the occasion, Prof. Dr. Salman Faridi emphasized that in this era of rapidly advancing technology, Liaquat National Hospital and Medical College continually strives to keep teaching and learning aligned with international standards. He encouraged faculty members to make *(continue on page 4)*



Highlights of the Virtual Learning Lab.

the most effective and meaningful use of this innovative tool for both teaching and learning, noting that it also has tremendous potential as a diagnostic and integrative

platform, bridging the basic and clinical sciences.

The ceremony concluded with a vote of thanks by Prof. Karimullah

Makki, acknowledging the collaborative efforts of all departments in bringing this transformative educational facility to life.

MUSCULOSKELETAL TUMOR SERVICES AT LNH

LNH is pleased to announce the initiation of dedicated Musculoskeletal Tumor Services under the leadership of Dr. Khalil Farooque Khatri, Assistant Professor, Orthopedic Surgery, and Musculoskeletal Tumor Surgeon. This new service marks an important milestone in expanding specialized orthopedic oncology care at LNH.

The Musculoskeletal Tumor Services will focus on comprehensive evaluation and management of benign and malignant bone and soft-tissue tumors, including limb-sparing surgeries, biopsies, tumor resections, and coordinated multidisciplinary care. With expertise in modern surgical techniques and evidence-based treatment protocols, the service

aims to provide accurate diagnosis, timely intervention, and improved functional outcomes for patients.

Dr. Khatri's appointment strengthens LNH's commitment to delivering advanced, patient-centered care and addressing complex orthopedic conditions with precision and compassion. The launch of this service will significantly enhance access to specialized musculoskeletal tumor care for patients within the region and beyond.



PUBLIC AWARENESS PROGRAM

CARDIOVASCULAR DISEASE AND ITS PREVENTION THROUGH A HEALTHY LIFESTYLE



The Preventive Cardiology Awareness Session Conducted at Karachi Shipyard

Two awareness sessions were carried out on 27/08/2025 and 12/10/2025 by the Department of Cardiology, Liaquat National Hospital and Medical College at Karachi Shipyard and K-Electric Elander Complex, respectively, to create awareness amongst the working people regarding the risk of



The Preventive Cardiology Awareness Session Conducted at K-Electric

cardiovascular disease and the role of control of risk factors and a healthy lifestyle in preventing heart diseases.

WORLD DIABETES DAY



World Diabetes Day

World Diabetes Day is observed globally on 14th November each year to raise awareness about diabetes mellitus, its prevention, early diagnosis, and effective management. With the rising

prevalence of diabetes worldwide, this day serves as an essential reminder of the need for education and early intervention.

In recognition of this global initiative, Liaquat National Hospital

celebrated World Diabetes Day through a well-organized educational event aimed at empowering patients and promoting community awareness. The hospital arranged a free medical camp for patients, offering basic health assessments and diabetes related counselling.

The event featured an educational session led by the Endocrine department's consultants. Dr. Ali Asghar, Consultant *(continue on page 5)*

Endocrinologist, addressed common myths and facts about diabetes, clarifying misconceptions often heard among patients. Dr. Owais Rashid, Consultant endocrinologist, discussed comprehensive management of diabetes.

An interactive question-and-answer session was also held, during which patients were encouraged to raise their concerns. The session was attended by our consultants and a dietitian, who collectively addressed patient queries about diet. Liaquat

National Hospital professionally managed the event, showcasing their excellence in healthcare and community engagement through a well-structured, welcoming program.

WORLD FOOD DAY AWARENESS SESSION: FAST FOOD & ITS IMPACT ON HEALTH



Greetings to DA

The Nutrition & Food Services Department organized a World Food Day awareness session titled “Fast Food & Its Impact on Health” on 23rd Oct 2025 at Lecture Hall – A. The session aimed to highlight the growing health concerns associated with fast food consumption and promote healthier dietary practices across age groups.



Group of presenters



Audience

The program began with a welcome note by Mr. Syed Bashir Ali Shah, Head of Nutrition and Food Services Department (NFSD), who emphasized the importance of World Food Day. Ms. Syeda Baneen, Senior Dietitian, delivered an informative session on Fast Food and Public Health: A Global Perspective, discussing global consumption trends and long-term health effects. Further guidance on healthy lunch boxes and eating habits for pre-school children (2–5 years) was shared by Ms. Mahrukh Raza, Dietitian, while Ms. Sidra Salam, Assistant Dietitian, addressed the nutritional needs of school-going children (6–14 years).

Clinical perspectives were provided by Dr. Abeer Sarfaraz, Consultant Cardiology, who discussed the cardiovascular risks of fast food; Dr. Naila Asif, Consultant Nephrology, who highlighted renal complications associated with excessive salt and soda intake; and Dr. Sajjad Jameel, Consultant Gastroenterology, who explained the impact on gut health—closing remarks by the Brig. Dr. Syed Naseem Ahmad, Director of Administration, followed the session and reinforced awareness about highlighted healthier food choices.

BREAST CANCER AWARENESS SESSIONS

AT LIAQUAT NATIONAL SCHOOL OF DIAGNOSTIC LAB SCIENCES

Members of the Student Council, Liaquat National School of Diagnostic Lab Sciences, BS MT CLS program, Umaima Maryam, Zurwah Hadia, Nida

Yaqoob, Maryam Sohail, Qurat ul Ain, and Munazzah Jalil, organised a Breast Cancer Awareness session for the Students of Liaquat National *(continue on page 6)*



Group photo of awareness session

School of Diagnostic Lab Sciences on 29th Oct, Wednesday, 2025. The presenters informed the participants about breast cancer awareness, prevalence, screening, diagnostic assessment, and modules, and prospects for screening and cure. Ms. Husna Saeed, Academic Coordinator, LNSDLS, and

Mr. Danish, Admin Assistant, facilitated the occasion, supported by Mr. Qaiser Amin, Admin Officer. Principal Prof. Dr. Junaid Mahmood Alam delivered a lecture on tumor markers of breast cancer and appreciated the students' efforts.

AT CORPORATE SECTOR



Group photo of participants

As part of its Pink Ribbon campaign, Liaquat National Hospital conducted a series of Breast Cancer Awareness (BCA) across the corporate sector, including STC (Atlas Group), Gerry's International, UBL Insurance Office, Emirates Airline, K Electric head office, State Bank of Pakistan, DP WORLD, PNSC,

Shirazi Trading company (Atlas group), Younus Textile, Shirazi Trading company (Atlas group) and Atlas Asset Management. The experts led these sessions: Prof. Dr. Rufina Soomro and Dr. Rabia Niaz from the Department of Breast Surgery; and Dr. Hira Afridi and Dr. Aiman Majid from the Department of Oncology, who addressed the health challenges faced by working women. The experts emphasized that "Early Detection Saves Lives," providing attendees with a comprehensive overview of how Breast Self-

Examination (BSE) and regular clinical screenings can help them stay protected.

Additionally, they shared clinical insights into risk factors, lifestyle modifications, and the latest advancements in oncology and breast surgery. Followed by an interactive Q&A segment where employees could discuss their concerns directly with the consultants. Such initiatives empower women to prioritize their health amidst their busy careers and to share this knowledge with their loved ones.

AT INSTITUTES



Group photo of participants

To educate young audiences about breast cancer, Liaquat National Hospital launched an extensive awareness drive across major educational institutions in October 2025. The visits included Highbrow College, Jinnah University for Women, Cedar College, and Nixor College. The sessions featured a distinguished team of specialists, including Prof. Dr. Naila Zahid, Dr. Hira Khan Afridi, and Dr. Aiman Majid from the Department of

Oncology, Dr. Sadaf Nasir from the Department of Radiology and Imaging Services, and Dr. Rabia Niaz from the Department of Breast Surgery. By approaching the learners, the multidisciplinary team's doctors explained the role of imaging in early detection and advanced patient care.

These sessions were designed to educate the youth on the importance of family history and early screening. More than an ordinary session, the series of awareness sessions encouraged students to become health ambassadors within their own families.

More than an ordinary session, the series of awareness sessions encouraged students to stay informed and to spread awareness within their circles. It also created a platform for open dialogue, ensuring that the next generation is well-informed and vigilant about their long-term health.

SESSION AND PANEL DISCUSSION AT IoBM

On 29th Oct, 2025, Liaquat National team participated in the Breast Cancer Awareness Session and Panel Discussion held at the Institute of Business Management (IoBM) during Pinktober. The event served the purpose by educating students and

faculty about the importance of early detection by self-screening practices, accurate diagnosis, and timely treatment of breast cancer, bringing medical expertise directly into an academic setting.

Featuring Dr. Humaira Erum *(continue on page 7)*

(Consultant Histopathology) and Dr. Hira Khan Afridi (Consultant, Oncology), the panel shared valuable insights about the rising incidence of breast cancer in Pakistan. Speakers addressed common misconceptions surrounding breast cancer. Participants were educated on the role of diagnostic testing, particularly histopathology and cytology, in

confirming breast cancer. The panel discussion also underlines how delayed diagnosis often leads to advanced disease stages, making treatment more complex.

In the end, candidates asked questions, creating an open dialogue around a topic that is often stigmatized.

ORAL HYGIENE AWARENESS SESSION AT BEACONHOUSE SCHOOL SYSTEM



On Sept 6th, 2025, Beaconhouse School System, Karachi campus, hosted an impactful oral hygiene awareness session organized by the Liaquat National Hospital. It was a highly insightful session

where Dr. Aisha Majid, Dr. Noman, and Dr. Sana from the Department of Dental and Maxillofacial Surgery highlighted the importance of encouraging healthy dental habits in students of primary grades, ensuring they have a healthy life ahead.

The program was designed to promote preventive care, demonstrate proper brushing techniques, and discuss the

impact of diet on dental health. By engaging students in interactive communication, the team emphasized that oral health maintenance is a vital component of overall physical well-being.

Overall, the session reflected LNH's commitment to developing a healthy generation through community outreach and early education.

AWARENESS SESSION ON MEN'S HEALTH AWARENESS AT LOGICIEL COMPANY AND NBP



The Logiciel company hosted a men's health awareness session in observance of 'Movember' during the month of November. A multidisciplinary team from Liaquat National Hospital, comprising Dr. Iqtidar Taufiq, Assistant Professor, and Mr. Ahmer Zuberi, a Clinical Psychologist, and Dr. Waqas Ahmed, Assistant Professor, Urology, addressed critical men's health issues that are often overlooked.

The experts discussed the importance of early detection of mental health concerns. They also encouraged participants to speak up about their feelings and fears with professionals, despite the

stigma attached, and to learn about the advanced treatment options at LNH that can help them.

Furthermore, the program also shed light on the risk-free treatment of prostate-related issues through Rezum therapy at LNH. This proactive initiative empowered employees to prioritize their health and seek timely medical consultations.

The session encouraged an open dialogue about physical and psychological health, breaking stigmas and providing actionable advice on maintaining a balanced life. Such sessions are aimed at fulfilling LNH's dedication to bringing expert medical knowledge directly to the workplace.

The National Bank of Pakistan also hosted sessions on men's health and prostate cancer awareness in September and December.

AWARENESS SESSION ON CAREER PATHWAY IN SPEECH AND LANGUAGE PATHOLOGY AT BAHRIA COLLEGE - KARSAZ

On Dec 2nd, 2025, Bahria College, Karachi, hosted Liaquat National Hospital's team for an insightful session on Career Pathways in Speech and Language Pathology. The team, comprised of Ms. Nida, Ms. Nishat, and Ms. Samreen from the departments of Physiotherapy,

Speech Therapy, and Occupational Therapy, highlighted the growing scope of these rehabilitative sciences by providing students with a clear roadmap of eligibility criteria and the range of clinical opportunities available in these fields.

The career counselling session at Bahria College – Karsaz also highlighted the practical impact of Speech and Language Pathology services on patients' lives. In the end, the speakers guided students to consider diverse healthcare careers *(continue on page 8)*

beyond traditional medicine. The interactive session allowed

students to explore their interests in allied health sciences through

the lens of LNH's expert practitioners.

OCCUPATIONAL ERGONOMICS AND POSTURE AWARENESS SESSION

Recognizing the rise of musculoskeletal issues in the digital era! Liaquat National Hospital conducted an "Occupational Ergonomics and Posture Awareness" session at Folio3 on Dec 22nd, 2025. The rehabilitative specialists, Ms. Nida, Ms. Nishat, and Ms. Samreen, provided practical demonstrations on correct sitting postures and workstation setups. By addressing the root causes of workplace strain through proper ergonomics, the session guided employees in using essential techniques to maintain an appropriate posture and prevent chronic pain and fatigue.

They focused on the importance of maintaining proper posture to prevent chronic pain and fatigue. The session turned out to be highly interactive, allowing participants to join it both online and onsite. This initiative reflects LNH's commitment to preventive healthcare in the corporate sector.

PHYSIOTHERAPY AWARENESS SESSION AT CITY SCHOOL



In an effort to promote health awareness at the school level, the Liaquat National Department of Physiotherapy organized a Healthcare Awareness Session at City School. By teaching students about the importance of physical health, proper posture, and an

active lifestyle, the experts emphasised that daily habits impact overall well-being.

A team of dedicated physiotherapists - Ms. Nida Rizvi, Ms. Tabish Rasool, Mr. Amjad Hussain, Ms. Laiba Khan, Ms. Areej, Ms. Farwa, Ms. Soudha Sohail, Ms. Manal Syed, and Mr. Nasar Ullah - conducted the session. Using interactive communication and practical examples, the speakers explained how physiotherapy helps prevent injuries, improve mobility, and maintain physical fitness from an early age.



The session encouraged students to be mindful of their posture during study, screen use, and physical activities. It also created awareness about seeking timely professional guidance when dealing with physical discomfort or strain.

PROSTATE CANCER AWARENESS SESSIONS IN THE CORPORATE SECTOR

Several Prostate Cancer Awareness Sessions were organised at workplaces across the city by Liaquat National Hospital to educate employees about the critical health issue. The visits to the corporate sector included K-Electric, Elander Road Office; NBP, FTC Building, Region South; Younus Textile; United Bank Limited; and the Logiciel company.

Our consultants, Dr. Aziz Abdullah, Dr. Syed Farhan Ahmed, and Waqas Ahmed from the Urology

department, conducted sessions at different organizations. The combined efforts aimed at spreading essential knowledge on the importance of early detection, risk factors, symptoms, and the need for timely medical consultation. Additionally, the prostate cancer awareness initiative encouraged attendees to consult experts for timely diagnosis and treatment, fostering informed decision-making and proactive health management.

AWARENESS SESSION ON DENGUE FEVER AT K-ELECTRIC

On Nov 21st, 2025, K-Electric hosted Liaquat National Hospital for an awareness session on Dengue Fever to educate employees about the disease

and its potential health risks. Dr. Hira Saleem, Consultant in Infectious Diseases, highlighted the common symptoms of dengue fever, including high-grade fever,

severe body aches, headache, and fatigue, and emphasised the importance of early recognition and timely medical attention.

She focused on (continue on page 9)

preventive measures, stressing the role of environmental control in reducing mosquito breeding. Participants were advised on practical steps, as prevention remains the most effective

approach to controlling the spread of dengue.

In addition, the discussion covered the management of dengue fever, including hydration, symptom

monitoring, and the importance of avoiding self-medication. Employees were encouraged to seek prompt medical care if symptoms persist or worsen.

AWARENESS SESSION ON PREVENTIVE CARDIOLOGY AT K ELECTRIC HEAD OFFICE

On Oct 10th, 2025, the K-Electric head office hosted an informative awareness session on preventing heart disease and managing emergency cardiac situations. The event featured an engaging presentation by Dr. Abeer Sarfaraz, Consultant Cardiologist at Liaquat National Hospital. She provided valuable insights into common risk factors for cardiac issues, including a sedentary lifestyle, poor dietary habits, and stress. Furthermore, she emphasized the importance of regular checkups for the early detection of heart-related diseases.

Following this, the session moved beyond theory when the presentation shifted to practical, effective management strategies. This informative session marked a significant milestone in ensuring employee health and safety, particularly in emergencies.

Through the interactive segment, employees got their specific concerns addressed directly by an expert, empowering them with essential knowledge to improve their quality of life. It was a proactive step towards creating a more health-conscious workplace environment.

DIABETES AWARENESS SESSION AT UBL

On Nov 11th, 2025, Dr. Ali Asghar, Consultant, Diabetes & Endocrinology at Liaquat National Hospital, visited United Bank Limited for a Diabetes Awareness Session. He cleared up some misconceptions about the disease by highlighting that it is a manageable condition when detected early and treated with lifestyle modifications and medical care. Additionally, he

highlighted early warning signs and explained how routine screening plays a vital role in preventing delayed diagnosis.

The discussion also covered the long-term health risks associated with poorly controlled diabetes, including heart disease, kidney failure, and nerve-related complications. Dr. Asghar stressed that informed decision-making and adherence to treatment are

essential in minimizing these risks. Employees were provided with practical guidance on maintaining healthy eating habits, incorporating physical activity into daily routines, and managing stress, as they are key factors in controlling blood sugar levels. The importance of regular follow-ups and medication compliance was also taken into consideration.

COURSES/WORKSHOPS/SEMINARS

REIMAGINING GERIATRICS- THE NEW ERA OF HOME-BASED GERIATRIC CARE (A SEMINAR ORGANIZED BY THE DEPARTMENT OF FAMILY MEDICINE)



Dr. Marium Ahmed, Mr. Hasan Abbas, Ms. Ambreen Khuwaja and Ms Muneeba Sheikh –as expert panelist

The Department of Family Medicine organized a workshop titled "Reimagining Geriatrics: The New Era of Home-Based Primary Care" on 1st Oct 2025, in commemoration of World Senior Citizens' Day 2025

The program showcased strong multidisciplinary collaboration, with active participation from Liaquat National Medical College faculty and students,



A house-full auditorium reflecting enthusiastic participation at the geriatric seminar

Liaquat National School of Physiotherapy, and College of Nursing, along with our Senior Citizens and their Family Members, reflecting a holistic approach to geriatric care. The day featured impactful expert talks, a thought- (continue on page 10)

provoking panel discussion, and a powerful theatre performance by our students that brought real-life stories of older adults to the stage.

Moving reflections from medical students and caregivers highlighted the challenges, resilience, and essential support systems involved in elderly care. Together, participants explored innovative

approaches to shaping the future of geriatric care — emphasizing compassion, accessibility, and care centered in the home.

The seminar focused on evolving geriatric care models, emphasizing aging in place, community-based support, and multidisciplinary collaboration for comprehensive elderly care.



Theatre performance by Students on Home Based Geriatric Care

CATH CONFERENCE

The Cardiology Department at Liaquat National Hospital, under the auspices of the Pakistan Society of Interventional Cardiology (PSIC), successfully hosted its Cath Conference on 29th Nov, 2025, in Lecture Hall 'A', Convention Center. The session began with Tilawat-e-Quran recited by Dr. Noman Ahmed, followed by welcome and opening remarks by Dr. Hafeez Ahmed, HOD, Cardiology, setting the stage for a highly informative and engaging session.

The conference featured five comprehensive case presentations delivered by distinguished cardiologists from leading institutions: Dr. Mishal (Dow University Hospital), Dr. Reshadat (OMI Hospital), Dr. Khadija (SICVD), Dr. Shweta (NICVD), and Dr. Abdul Basit (LNH). Each presentation highlighted challenging interventional cardiology

cases, diagnostic strategies, and innovative management approaches, encouraging interactive discussions and knowledge exchange among participants.

The event concluded with closing remarks and a vote of thanks by Dr. Kaleem Shaikh, Residency Program Director, Cardiology, who acknowledged the contributions of the speakers, participants, and organizers. The conference provided an excellent platform for professional learning, collaborative discussion, and the advancement of clinical skills in interventional cardiology. Such initiatives reflect the department's commitment to academic excellence, continuous education, and best practices in patient care in cardiology.



Highlightes of Cath Conference

HIGHLIGHTS OF 1ST INFECTION PREVENTION & CONTROL (IPC) COURSE



Participants attending the course

Liaquat National Hospital proudly announces the successful launch

of its first Infection Prevention and Control Certificate (IPCC) Course, a three-month professional development program affiliated with the Medical Microbiology and Infectious Diseases Society of Pakistan (MMIDSP). The course received overwhelming interest, with 53 motivated healthcare



Group photo of Participants at the Course professionals enrolling, reflecting the hospital's strong commitment to patient safety and infection

prevention. Prof. Sana Anwar, Chairperson of ICC, designed the course and led the program. The comprehensive curriculum covered microorganisms and diseases (bacterial, viral, and fungal infections, antimicrobial resistance, and hand hygiene), epidemiology and surveillance (healthcare-associated infections, outbreak investigation, and PPE training), decontamination procedures (Spaulding classification, cleaning, disinfection, sterilization, and environmental decontamination), and the built environment (ward

and ICU design, isolation facilities, ventilation, and hospital water systems). Delivered by renowned national and international senior subject experts and facilitators, the program combined interactive lectures, practical case discussions, hands-on training, and structured assessments, culminating in a discussion-based post-evaluation test. Participants highly appreciated the course for its clarity, clinical relevance, and immediate applicability, reporting improved confidence and competence in infection control prac-

tices. The MMIDSP affiliation provided participants with significant academic credibility and national recognition, while the initiative itself strengthened a culture of infection prevention and quality care at Liaquat National Hospital. The Infection Control team plans to continue offering the program, further reinforcing the hospital's leadership in healthcare excellence and its dedication to protecting both patients and healthcare workers through rigorous infection control standards.

3RD ANNUAL CONFERENCE ECHO PAKISTAN 2025: PRE-CONFERENCE WORKSHOP ON UNVEILING THE HEART VALVES - FROM STENOSIS TO REGURGITATION

A preconference 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, at Convention Centre Hall 'A' on 13th Dec 2025. Among the panelists were Dr. Sohail Abrar, Medical Director at THI; Dr. Parveen Akhtar, Associate Professor of Cardiology at NICVD; Dr. Hafeez Ahmed, HOD Cardiology at LNH; and

Dr. Fateh Ali Tipoo Sultan, Professor of Cardiology at 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 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.

SIMULATION-BASED WORKSHOP ON VIDEO-LARYNGOSCOPY

A simulation-based workshop on video-laryngoscopy was conducted in the Medical Intensive Care Unit (MICU) of the Department of Medicine to improve airway management practices in line with international recommendations. The workshop included a multidisciplinary group of participants, comprising medical residents, nursing staff, and respiratory therapists. Structured teaching on the indications, principles, and technique of video-laryngoscopy was followed by supervised hands-on practice using airway manikins, allowing participants to gain practical experience in a safe learning environment. The session was conducted and facilitated by Dr. Shamim Kausar as part of a quality-improvement initiative to strengthen airway management skills and promote standardized, evidence-based care in the critical care setting.



Highlights of the workshop

DHPE CELEBRATES ACADEMIC GROWTH: CHPE 08 CERTIFICATE DISTRIBUTION CEREMONY

The Department of Health Professions Education organized a certificate distribution ceremony on 20-12-2025 upon the successful completion of the Certificate in Health Professions Education (CHPE) Batch 08, to celebrate the dedication, growth, and

academic achievements of its participants. The event marked a significant milestone for faculty members and healthcare professionals who completed this comprehensive faculty development program.

(continue on page 12)

Prof. Dr. Salman Faridi, Medical Director of Liaquat National Hospital & Medical College, and Prof. Dr. Karimullah Makki, Principal LNH&MC, were invited as the chief guests to grace the occasion and acknowledge the academic achievements of the participants.

Certificates were formally awarded to all participants who completed the program requirements. The moment symbolized not only program completion but also a commitment to continuous professional development and educational excellence. The successful completion of CHPE 08 reaffirms the



Group photo of 8th CHPE certificate distribution ceremony

institution's dedication to advancing health professions education and nurturing future academic leaders.

DHPE FACULTY CONDUCTED PRE-CONFERENCE WORKSHOP AT THE 9TH INTERNATIONAL CONFERENCE OF HEALTH PROFESSIONS EDUCATION, UNIVERSITY OF LAHORE



Dr. Yusra Nasir, Assistant Professor, Department of Health Professions Education (DHPE), facilitated the online pre-conference workshop titled "Innovating MedEd: The AI Storyteller's Kit" in collaboration with Mr. Ahsan Naseer, as part of the 9th International Conference of Health Professions Education 2025.

The session brought together a diverse group of faculty participants from institutions across Pakistan, including Riphah International University, Shalamar Institute of Health Sciences, University College of Medicine & Dentistry, The University of Lahore, Liaquat National Hospital, Shifa International Hospitals Limited, Bahria University Islam-



abad, ABWA Medical College Faisalabad, and Sir Syed College of Medical Sciences, Karachi.

Through an interactive and step-by-step demonstration, participants explored practical ways to integrate artificial intelligence into storytelling for teaching and learning in medical education. The session was highly engaging, and the enthusiastic participation and overwhelmingly positive feedback from both attendees and organizers made the



Group photo pre-conference workshop

experience truly rewarding.

In addition, an on-site pre-conference workshop at University College of Medicine & Dentistry titled "Prompting Techniques for Academic Researchers" was conducted, where faculty members were guided through practical prompting frameworks, with hands-on activities designed to enhance research productivity. Participants explored how effective prompting can support various stages of academic research, from idea generation to the refinement of scholarly work.

It was encouraging to witness enthusiastic participation, meaningful discussions, and active engagement throughout the session.

DHPE WORKSHOP ON AUTOMATED QUESTION BANK DEVELOPMENT

The Department of Health Professions Education (DHPE) successfully organized a faculty development workshop titled "Departmental Automated Q-Bank Development: A Step-by-Step Guide for

Faculty" on Nov 12th, 2025—the seminar aimed to strengthen structured development of departmental question banks for both formative and summative assessments.

(continue on page 13)

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

DEPARTMENT OF HEALTH PROFESSIONS EDUCATION

Departmental Automated Q-Bank Development: A Step by Step Guide for Faculty

WORKSHOP OBJECTIVES
 By the end of this workshop, participants will be able to:

1. Explain the purpose and benefits of developing departmental question bank for formative and summative assessments
2. Develop Departmental question bank using Microsoft Excel and word for storage, retrieval and analysis.

TARGET AUDIENCES

- HODs Basic and Clinical Sciences
- Senior Registrars
- Program Directors (UGME, PGME)

FACILITATOR

Prof. Sheeraz Ur Rehman
 Professor
 Department General Surgery

DATE, TIME & VENUE

Date: Wednesday, 12th Nov, 2025
 Time: 09:00 AM - 11:30 AM
 Venue: Hall 'D' Conventon Centre

REQUIREMENTS

- Laptop
- MS Office (Installed)
- Soft copy of MBQs (10-15 questions)

Information and Registration Process:
 Registration starts on 23rd September 2025.
 Registration deadline is Saturday 8th November 2025.
 Contact: Ms. Noor Fatima, 0332-4031222, noor.f@lnh.edu.pk

For Registration Scan the given QR Code



The session was led by Dr. Sheeraz Ur Rehman, Professor of the Department of General Surgery, who shared his expertise in assessment design and educational planning through interactive discussions and guided demonstrations. The workshop was attended by Heads of Departments from Basic and Clinical Sciences, along with Senior



Group photo of the workshop

Registrars. Designed as a hands-on, practical learning experience, the workshop focused on enhancing participants' understanding of the purpose, structure, and benefits of developing a standardized departmental question bank. Emphasis was placed on ensuring assessment quality, reliability, and alignment with learning outcomes across undergraduate and postgraduate programs. Participants were also introduced to practical strategies for using Microsoft Excel and Word to store, retrieve, and analyze data efficiently. The workshop strengthened assessment literacy and promoted evidence-based educational practices within the institution.

Registrars.

Designed as a hands-on, practical learning experience, the workshop focused on enhancing participants' understanding of the purpose, structure,

INDUCTION OF NEW MEMBERS INTO THE I-LEAD PROGRAM

LIAQUAT NATIONAL HOSPITAL AND MEDICAL COLLEGE
 Institute for Post Graduate Medical Studies and Health Sciences

DEPARTMENT OF HEALTH PROFESSIONS EDUCATION

Educational Training Session for Team I-LEAD

Join us for an inspiring 3-day workshop to enhance teaching and student engagement. These sessions will focus on key principles of teaching and learning covering the following topics:

- Principles of Adult Learning
- Interactive Teaching Strategies
- Team Based Learning (TBL)

DATE, TIME & VENUE

- Date: 23rd, 24th & 26th Sept 2025
- Time: 01:00 PM - 02:00 PM
- Venue: Hall 'D' Conventon Centre

Attendance is **compulsory** for all I-LEAD members (past and new).

For further information, Contact:

Dr. Syed Asad Slotain
 Course lead
 asad.slotain@lnh.edu.pk
 93328232775



Under the supervision of Prof. Sobia Ali, Head of the Department of Health Professions Education and team lead for I-lead, successfully inducted I-LEAD new team members from year four and year five MBBS for the year 2025-2026. The team was finalized into after a structured interview process. Following induction, a comprehensive educational training session for Team I-LEAD has been organized and facilitated by the Department of Health Professions Education. The three-day training program, held on 23rd, 24th, and 26th Sept 2025, highlighted the importance of effective teaching and learning practices, including large-group and small-group teaching and interactive strategies. The sessions encouraged active engagement, peer learning, and critical reflection, fostering a supportive and intellectually stimulating learning environment.



RESEARCH PROJECT PRESENTATION – FINAL YEAR, BS-MEDICAL TECHNOLOGY-CLINICAL LABORATORY SCIENCES – LNSDLS 12TH NOV 2025

The final exam and presentation of Research projects for the BS MT CLS degree program were held on 12th Nov 2025 at Liaquat National School of Diagnostic Laboratory Sciences (LNSDLS). Students conduct short-term research projects in their final year under the guidance of Laboratory faculty and supervi-

sors, and then present their findings in an open forum. The examination was conducted by Prof. Dr. Junaid Mahmood Alam, Professor of Chemical Pathology; Dr. Sobia Rafique, head, Molecular Pathology; Dr. Zulfiqar Naqvi, Associate Professor, Molecular Pathology; Dr. Naila Raza, head of Hematology; Dr. Humaira Ali,

Assistant Professor, Chemical Pathology; and Mr. Amjad Baig, Manager-Blood Bank. Supervisors from departments also participated in the proceedings. Ms. Husna Saeed, Coordinator-LNSDLS, assisted with the proceedings. Principal Prof. Junaid M. Alam thanked the examiners and wished the students the best.

DHPE CONDUCTS WORKSHOP ON ACADEMIC WRITING USING AI TOOLS

Department of Health Professions Education (DHPE) conducted its monthly workshop on "Academic Writing with AI Tools." The session brought together a diverse cohort of participants, including faculty members and students from medicine, dentistry, pharmacy, nursing, and physiotherapy.

Participants represented multiple institutions, including Dow University of Health Sciences (DUHS), Jinnah University for Women, Jinnah Postgraduate Medical Centre, and internal faculty from Liaquat National Medical College.

The workshop emphasized practical application, providing participants with hands-on experience in using AI tools to support various stages of academic writing. The interactive format was well received, and participants expressed enthusiasm about



Group photo of the workshop

learning new tools to enhance efficiency, clarity, and confidence in scholarly writing.

The session reinforced DHPE's ongoing commitment to faculty development, innovation in medical education, and capacity-building across the health professions.

DHPE FACULTY FACILITATED PRE-SYMPOSIUM WORKSHOP FOR JSMU ANNUAL EDUCATION AND RESEARCH SYMPOSIUM 2025

Jinnah Sindh Medical University (JSMU) organized another pre-symposium workshop as part of the JSMU Annual Education and Research Symposium 2025, titled "AI-Powered Teaching: From Planning to Engagement," which was facilitated by Dr. Yusra Nasir, Health Professions Educationist at Liaquat National Hospital, with expertise in the integration of AI into medical education. The session showcased practical, AI-driven tools for lesson planning, classroom engagement, assessment, and interactive teaching.



Highlights of the workshop

Participants actively engaged in hands-on activities throughout the workshop, making the learning experience highly interactive and application-oriented. The workshop was well-received and highlighted JSMU's continued commitment to advancing innovation in medical education through the responsible and effective use of emerging technologies.

FACULTY DEVELOPMENT INITIATIVE BY THE DEPARTMENT OF HEALTH PROFESSIONS EDUCATION

The Department of Health Professions Education (DHPE) recently organized two faculty development workshops titled "Designing High-Quality MCQs and Technology-Assisted Case Development for Effective Case-Based Learning (CBLs)".

The workshop brought together a diverse cohort of Assistant Professors, Lecturers, and Demonstrators nominated from both basic and clinical sciences. The workshop focused on enhancing faculty skills in both high-quality Multiple-Choice (continue on page 15)



Highlights of the workshops

Question (MCQ) construction and in technology-assisted Case-Based Learning (CBL) cases. Participants engaged in exercises on blueprinting, aligning MCQs with learning outcomes, and addressing various cognitive levels based on Bloom's taxonomy. The workshop also introduced strategies for developing meaningful CBL cases for both basic and clinical sciences. Attention was given to aligning learning objectives with case triggers,

guiding questions, and expected outcomes, while utilizing digital tools to streamline case creation and enhance learner engagement.

Throughout the workshop, collaborative exercises, reflective discussions, and peer review sessions played a central role. Faculty members exchanged ideas, shared experiences, and critically evaluated each other's work, creating an enriching environment for professional growth.

FACULTY DEVELOPMENT WORKSHOP ON AI TOOLS FOR QUANTITATIVE DATA ANALYSIS

The Department of Health Professions Education (DHPE) organized a faculty development workshop titled "Data Analysis Using AI Tools." The workshop was facilitated by Dr. Yusra Nasir, Assistant Professor, DHPE, and co-facilitated by Mr. Ahsan Naseer.

The session offered hands-on learning opportunities, allowing participants to work with sample datasets and explore practical applications of AI tools in data analysis. The interactive format was highly appreciated, and participants' feedback reflected strong engagement and satisfaction with the learning experience.

The workshop was well-received and reinforced the growing interest in leveraging AI to enhance research and academic productivity. Sincere appreciation is extended to Prof. Sobia Ali, Head of the Department of Health Professions Education, for her continued support, guidance, and leadership in promoting innovative educational initiatives.



Highlights of the session

SESSION ON INDEPENDENT QUALITY CONTROL (IQC)

A Continuing Medical Education (CME) session on Independent Quality Control (IQC) was organized on 17th Dec 2025 at the Molecular Pathology Conference Room. Ms. Hira Rehman, Business Development Executive at Randox Laboratories Limited, UK, conducted the session. It was attended by Charge Technologists, Supervisors, and In-charges from all sections of the Pathology Department, reflecting strong multidisciplinary participation.

The session focused on the concept and importance of independent quality control in laboratory practice. The growing



Highlights of the session

global adoption of third-party quality control materials was discussed, emphasizing their role as a core component of modern daily quality control programs.

Key advantages of highly consolidated control materials were highlighted, including optimized storage, reduced preparation time, improved workflow efficiency, and overall cost savings. Their extended shelf life ensures continuity of supply, minimizes

waste, and enhances cost-effectiveness. Using a single control across multiple platforms further reduces operational workload.

The independence of third-party controls from analytical systems allows them to closely mimic patient samples and provide an unbiased assessment of analytical performance, strengthening laboratory quality assurance and patient safety.

DRIVING EXCELLENCE IN EMERGENCY AND TRAUMA CARE MANAGEMENT



Highlights of the course



A & E course

The Department of Nursing Services, in collaboration with the Accident & Emergency Department, successfully conducted a two-day professional development course titled "Driving Excellence in Emergency and Trauma Care Management" on 3rd and 4th Dec 2025.

Successful Completion of Accident & Emergency Course:



Certificate distribution

Facilitated by: Brig. Dr. Anwer Ali Khan (Controller Nursing Admin)

Course led by the following;

- Dr. Shaesta Tabassum (Assistant Professor – A & E)
- Ms. Monia Zeeshan (Section Head Clinical Nursing)
- Ms. Zohra Javed (Section Head, Education Nursing)
- Mr. Muhammad Sadiq (Section Head, Administration Nursing)
- Ms. Sobia Noreen (Unit Head Clinical Nursing)

The course "Driving Excellence in Emergency and Trauma Care Management" was designed to strengthen the knowledge, skills, and competencies of nurses and emergency care providers working in high-acuity, fast-paced clinical environments. Emergency and trauma services are fundamental components of any healthcare system and require rapid response, sound clinical judgment, effective teamwork, and seamless coordination to achieve optimal patient outcomes.



Group photo of participants

With rising patient volumes and increasing complexity of trauma cases, the importance of standardized, evidence-based practices and strong clinical leadership has become paramount.

The program focused on enhancing clinical competencies, decision-making abilities, and leadership skills essential for managing emergency and trauma situations. Through structured learning sessions and interactive discussions, participants gained updated knowledge, practical insights, and increased confidence to respond effectively to life-threatening conditions while ensuring patient-centred, timely, and safe care.

The successful completion of this two-day course highlights the institution's strong commitment to continuous professional development, capacity building, and excellence in emergency and trauma care, ultimately contributing to improved patient safety and quality healthcare outcomes.



Driving Excellence in Emergency & Trauma Care

Organized by | Department of Nursing Services and Department of Accident & Emergency

Date: 03rd & 4th December, 2025

9:00 am - 3:00 pm | Venue: Lecture Hall "A", Convention Center

What you'll learn:

- Triage & Primary/Secondary Survey
- Management of Life-Threatening Condition
- Safe Patient Transfer & Documentation
- Drug Calculations, Infection Control,
- Overview of Basic Life Support

Hands-On Skills:

- Log Roll, Helmet Removal, Cervical Collar Application,
- Basic Airway, Splinting and Tourniquet Application, wound dressing,
- Cardiopulmonary Resuscitation

Eligibility:

Staff Nurses / All Healthcare Professionals

Duration: 02 Days

Fee: 2,000 PKR (discount available for LNH staff & students)

Certification: of Completion will be given to participants

Contact: 021-3441-3286 / 3212 or 0310-2408500
 Email: farhan.ullah@lnh.edu.pk , rubecca@lnh.edu.pk
 Google link: <http://forms.gle/QQJgpbqz9CXp1d9>



Flyer Driving Excellence

PRE-CONFERENCE WORKSHOPS AT THE DEPARTMENT OF MOLECULAR PATHOLOGY, LIAQUAT NATIONAL HOSPITAL

The Pakistan Association of Pathologists (PAP) organized the 46th International Conference and the 11th joint conference of the Societies of Pathology from October 10-12, 2025, in Lahore. Dr. Syed Zulfiqar Ali Naqvi, Associate Professor, Molecular Pathology at LNH, was selected as a member of the scientific committee of the Association of Molecular Pathologists of Pakistan (AMPP) and coordinator of the Pre-conference Workshops organizing committee for AMPP.

Under the leadership of Dr. Sobia Rafiq, the Department of Molecular Pathology took the opportunity to organize a one-day PAP-2025 Pre-conference workshop at the Department of Molecular Pathology, Liaquat National Hospital, on Oct 07th, 2025. The title of our workshop was "Genomic DNA Isolation and Mutation Detection using HRM Technology".

Liaquat National Hospital was the only institute in Karachi where the Pre-conference Workshop of PAP-

2025 was held. The participants took a keen interest in the workshop. Prof. Saeed Khan, President of AMPP and Head of Molecular Pathology at DUHS, and the chief guest, recognized the initiative of LNH for organizing the workshop and for being an institute moving forward in the fields of academics, diagnostics, and research. Furthermore, this event provided an opportunity for the Molecular Pathologists in our region to meet and share their knowledge.



Highlights of the workshop

CME ON "MOLECULAR PATHOLOGY OF AUTOIMMUNE DISEASES"

The Department of Molecular Pathology, in collaboration with the Department of Rheumatology, organized a CME on "Molecular Pathology of Autoimmune Diseases" on Dec 10th, 2025, at the Department of Molecular Pathology.

This CME was a basic immunology refresher for participants, covering the fundamentals of autoimmunity, mechanisms of autoimmune diseases, and the role of the laboratory in detecting autoimmune diseases. From speakers, Dr. Syed Zulfiqar Ali Naqvi, Associate Professor, Department of Molecular Pathology, presented on 'Introduction

to Autoimmunity', Dr. Syeda Rida e Zehra, Consultant– Rheumatologist, presented on 'HLA Signatures in Rheumatology'. At the same time, Dr. Sobia Rafiq, HOD of the Department of Molecular Pathology, discussed 'Molecular Pathology of Autoimmune Diseases: Recent Discoveries and Future Directions'.

The CME was very well received, and the participants requested that more CMEs be organized to enhance their understanding in the field of Molecular Pathology.



Highlights of CME

CPR SESSION FOR THE LNCON NON-NURSING FACULTY AND ADMINISTRATIVE STAFF

A Cardiopulmonary Resuscitation (CPR) session was arranged for the Non-Nursing Faculty, Administrative Staff, Office Attendants, Cleaners, and Guards of Liaquat National College of Nursing (LNCON) on 31st Oct 2025. The session was led by Mr. Rahul Kumar, Instructor – RSDC, and Ms. Warisha Rashid, Instructor I –

(continue on page 18)

RSDC. It was a very insightful and helpful session. After a brief lecture, the RSDC team demonstrated CPR. Later, all members who attended the session practiced performing CPR under the supervision of the RSDC team.



Highlights of the session

B.S. NURSING (GENERIC) 4TH YEAR 8TH SEMESTER NURSING SEMINARS 2025



Students presenting at the Nursing Seminars



Controller – Nursing Administration and Principal – College of Nursing presenting shield to Ms. Shaheen Zahir Ali, Vice Principal – College of Nursing

The BS Nursing (Generic) 4th Year 8th Semester students successfully organized Nursing Seminars from 15th to 17th Dec 2025 under the guidance of Ms. Shaheen Shamaila - Lecturer II, Ms. Shaheen Zahir Ali - Vice Principal,

and Ms. Saba Saeed Sheikh - Lecturer I.

The selected topics reflected contemporary nursing concerns and included Resilience in Nursing Leadership, Mental Health First Aid in Nursing, Strategies for Reducing Medical Errors in Hospital Settings, Patient as Partner: Co-Designing Care Plans with Patients and Families, Future of Telehealth in Nursing, and Global Health Nursing with a Focus on Sustainable Development Goals.

The event was honoured by distinguished guests and evaluators, including Ms. Schellin Oliver, Coordinator - BSN & B.Sc. Post RN Program at Karachi College of Nursing, Ms. Zohra Javed, Section Head – Nursing Education Services, Ms. Laila Rahimi, Section Head – Administration, Ms. Monia Zeeshan, Section Head – Clinical Nursing, Ms. Rabia Danish



Students with Section Heads and Faculty

– Senior Lecturer I, and Dr. Afifa Tabassum, Assistant Professor – Health Professions. Brig also attended the seminars. Dr. Anwer Ali Khan, Controller – Nursing Administration, Mrs. Judith Zaidi, Principal – LNCON, and Ms. Shaheen Zahir Ali, along with LNCON faculty members and students.

The presentations were well-researched, confidently delivered by students, and enriched with role plays and informational videos. Brig. Dr. Anwer Ali Khan commended the students' efforts and acknowledged the faculty's guidance. Certificates, shields, and bouquets were presented to guests and faculty as tokens of appreciation. Students were given certificates of commendation.

WORKSHOP FOR LNSDLS ON IPSG, MSDS, SAFETY ESSENTIAL AND SPILL KIT MANAGEMENT

Liaquat National School of Diagnostic Lab Sciences hosted a workshop on International Patient Safety Goals (IPSG), Material Safety Data Sheet (MSDS), Safety Essential and

(continue on page 19)



Spill Kit Management on 24th Sept 2025, in collaboration with department of Quality assurance-LNH. BS Medical Technology Clinical Laboratory Sciences program students were provided first-hand knowledge, information regarding aforementioned comp-

onents which are part of Quality management system of our institute. Trainers Ms. Tooba, Senior Quality Officer and Mr. Ahad, Quality Officer from our QA department held interactive sessions attended by all four years batches. Workshop was moderated by Ms. Husna, Academic coordinator, facilitated by Mr. Qaiser, Mr. Baber, administrative officers and Mr. Danish, administrative assistant. Ms. Qurat ul Ain Tausif, Manager



Group photo of participants

QA department, highlighted the importance of such continual training for young technologists while Prof Dr Junaid Alam, thanked Trainers, facilitators and QA dept for their cooperation and support.

LIAQUAT NATIONAL MEDICAL COLLEGE (LNMC)

WRITE IT RIGHT: CASE REPORTS & CRITIQUE LTES

Liaquat National Hospital and Medical College
WRITE IT RIGHT
 CASE REPORTS & CRITIQUE LTES

One day alumni led workshop guiding medical students in writing Case Reports and Letters to the Editor

Who Can Apply?

- Clinical year medical students with basic research knowledge.
- 3rd Year - Final Year
- LNMC MBBS Students Only

KEY HIGHLIGHTS:

- How to write impactful case reports
- Understanding and crafting critique letters to the editors
- Practical insights & real examples
- Interactive learning session
- E-certificates for all participants

EVENT DETAILS
Venue & Time:
 Lecture Hall D Convention Center, LNH
 2nd August 2025 (9:00 AM-1:30 PM)

HOW TO APPLY?

LIMITED SLOTS AVAILABLE!!
 Scan the QR code for registration - No Fee required!
 (Open for a limited time only)

LNMC Research Society | Research Society for Medical Undergraduates

It Right: Case Reports & Critique LTES". Designed for undergraduate students, the event aimed to provide a gateway into academic writing through Case Reports and Letters to the Editor (LTEs)—two beginner-friendly formats that pave the way to early publication.

The workshop commenced with a soulful recitation of the Holy Quran by Mustafa Nasir, Secretary of the Research Society 2025, followed by a warm welcome speech from Rukhsar Mehdi, Co-Chairperson of the Research Society 2025. Prof. Dr. Saima Athar, the society's chairperson,

then set the tone for the day with an insightful opening note.

Alum facilitators from the Batch of 2025 led impactful sessions:

- Dr. Sameer Abdul Rauf on informative LTEs.
- Dr. Syed Khizar Ali on critiquing LTEs.
- Dr. Rubayyi Ahmed on writing Case Reports.

The program blended interactive lectures with hands-on group practice, allowing students to apply concepts directly under the alums's guidance. Later, a short refreshment break evolved into a vibrant

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The Research Society 2025 at Liaquat National Medical College (LNMC) organized a one-day alumni-led workshop titled "Write



Highlights of the workshop

networking session, where students and alums connected in an informal, relaxed setting.

In her address, Dr. Shaheena Akbani, Director of Student Affairs, shared words of motivation and encouragement, inspiring students to pursue research with

confidence. Prof. Dr. Karimullah Makki, Principal of LNMC, presented awards of appreciation to the facilitators. The workshop concluded with a heartfelt vote of thanks by Khadija Alam, Secretary of the Research Society 2025, followed by an engaging feed-

back activity.

This initiative highlighted the society's commitment to cultivating a sustainable research culture and empowering students with practical academic writing skills.

RESEARCH SPRINT 2025 - ONE OF A KIND INITIATIVE BY LNMC RESEARCH SOCIETY 2025

RESEARCH SPRINT
From Idea to Synopsis

Fast Track your Research Journey with hands on structured mentorship!

Event Details:
(For Selected Participants only)

In-Person Sessions:
Venue: Lecture Hall A
Date: 13th May 2025
Time: 2:00-4:00 PM

Online Sessions:
Format: Weekly live lessons & mentorship
Platform: [Google Meets]
Duration: 4 weeks

Key Highlights:

- Turn your idea into a complete research synopsis
- Student led interactive workshops
- Win-win-lose-learn format
- Peer and senior faculty mentorship

Facilitators:

- Hafsah Iqbal
- Insa Binte Anwar
- Mukam Karim
- Madhu Prakash
- Azeeda Khan
- Mustafa Hussain
- Safa Farhan
- Iqra Farhan
- Reymon Ali

Limited slots available only for LNMC students!
(Registration forms will open for a short time)

LNMC Research Society | Research Society For Medical Graduates



Highlights of Research Sprint 2025

Every medical student eventually realizes that medical school is about much more than academics and grades. Witnessing peers actively participating in research projects often sparks the urge to enter the world of research. Unfortunately, many students miss opportunities simply because they are unaware of where to begin. To bridge this gap and ensure no student is left behind, the Research Society for Medical Undergraduates at LNMC organized Research Sprint 2025, a month-long initiative held from mid-May to mid-June 2025.

The Sprint began with an on-site orientation on May 13th in Lecture Hall A, where the event was formally opened by the recitation of the Holy Quran by Secretary Mustafa Chawla, followed by his

opening remarks. Principal Prof. Dr. Kareemullah Makki graced the occasion with words of encouragement, and Chairperson Dr. Saima Athar outlined the program's framework. The session also featured an insightful talk on "Unlocking AI in Medical Writing" by Co-chair Rukhsar Mehdi, setting the tone for a month of learning. Participants, carefully selected from hundreds of applicants, represented students from 1st to final year and were divided into 10 teams, each guided by a student facilitator from senior batches with proven research expertise.

The subsequent eight online sessions trained participants to develop research questions, design methodologies, and write synopses under the supervision of dedicated faculty supervisors. By June 15th, all teams had successfully submitted their research synopses to the Research Committee, with the majority already receiving IRB approval. This initiative marks a significant step in developing a research-oriented culture at LNMC. To recognize the efforts of the faculty supervisors and student facilitators, they were presented with shields of appreciation.

SENIOR CITIZENS PRIMARY CARE UNIT (SCPCU)

SENIOR CITIZENS DAY CELEBRATION – OCT 1ST, 2025

Senior Citizens Day was joyfully celebrated on Oct 1st, 2025, at the Senior Citizens Daycare Center with

great enthusiasm, warmth, and active participation from all members. The day was

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Active minds, joyful moments



Games designed for smiles and strength

thoughtfully planned to honor senior citizens while promoting their physical well-being, mental alertness, and social bonding.

To make the occasion engaging and meaningful, an indoor gaming competition was organized primarily for the members such as memory-based activities, simple puzzles, hand-eye coordination games, light physical movement games, and group-based challenges. All the games were carefully designed for each age group, keeping comfort, safety, and enjoyment in mind encouraging active participation, teamwork, and healthy competition among the members. The activities

aimed to enhance memory, improve cognitive skills, and strengthen physical coordination, ensuring both fun and health benefits.

The cheerful atmosphere, laughter, and excitement throughout the day reflected the event's success.

All members participated with great enthusiasm and displayed remarkable energy and positivity. The activities not only kept them physically active but also stimulated their minds and boosted their confidence. The sense of togetherness and camaraderie made the celebration even more special.

Overall, the Senior Citizens Day celebration was a memorable and heartwarming event. It successfully highlighted the importance of active aging, mental well-being, and social engagement. The day concluded on a happy note, leaving all members with cherished memories and a sense of joy and fulfillment.



Fun, games, and happy hearts

BREAST CANCER AWARENESS SESSION – OCT 22ND, 2025



Awareness today for a healthier tomorrow



Learning, sharing, and empowering together

A Breast Cancer Awareness Session was held on Oct 22nd, 2025, at the Senior Citizens Primary Care Unit to educate members about breast cancer awareness and well-being. Dr. Quratulain, Breast Surgeon, moderated the session, and Ms. Museera Ashfaq, Health and Fitness Specialist, and Ms. Iram Hassan, Clinical Psychologist, presented the topic from medical, physical, and psychological perspectives.

Dr. Quratulain emphasized early detection, symptoms, and the importance of regular screenings. Ms. Museera Ashfaq highlighted the role of fitness, lifestyle, and gentle exercises in prevention and recovery, while Ms. Iram Hassan addressed emotional well-being, stress management, and psychological support.



An interactive session full of knowledge and care

The session was highly interactive, with audience participation through questions and discussions. The members thoroughly enjoyed the session, showed keen interest, and found the information informative and reassuring. Overall, the session successfully promoted awareness, confidence, and a holistic approach to health among senior citizens.

BIRTHDAY CELEBRATION OF MR. SUALEH – NOV 25TH, 2025

The 89th birthday of our senior-most and most respected member, Mr. Sualeh, was joyfully celebrated on Nov 25th, 2025, at

the senior citizens daycare center in a cheerful and heartwarming atmosphere. The celebration was made even more special by the

presence of all members, along with Mr. Sualeh's family, who joined us to share this memorable occasion.

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Celebrating 89 years of wisdom and grace

The celebration began with the symbolic cutting of the cake. The venue was filled with smiles, laughter, and warmth as members interacted, shared memories, and clicked many photographs to capture the joyful moments.

As Mr. Sualeh has a deep love for



Moments of joy, laughter, and togetherness

poetry(shairi), he was requested to recite some verses. This led to an excellent, engaging shair-o-shairi session, with Mr. Sualeh and other members enthusiastically participating. The poetic exchange created a lively and enjoyable environment, leaving everyone thoroughly entertained.



Cake, smiles, and heartfelt moments

Overall, the celebration was filled with happiness, togetherness, and respect for our senior member. Everyone enjoyed the event immensely, making Mr. Sualeh's 89th birthday a truly memorable and cherished occasion for all.

ANNUAL FIELD TRIP TO DANZOO PARK, BAHRIA TOWN KARACHI – DEC 6TH, 2025



Exploring, laughing, and making memories



Happy faces on a happy journey



Enjoying nature and togetherness

The annual field trip for all members was organized on Dec 6th, 2025, with this year's

destination being Danzoo Park, Bahria Town Karachi. The trip was eagerly awaited, and all members were filled with excitement and enthusiasm from the very beginning.

The journey itself was lively and enjoyable, as members made the most of the travel time by singing songs, sharing laughter, and munching on snacks. The cheerful atmosphere set a positive tone for the day ahead.

Upon reaching Danzoo Park, the members were delighted by the beautiful ambience and well-maintained surroundings. Everyone was pleased to see that the animals were clean, well cared for, and safely housed, which enhanced the overall experience. The serene environment and close interaction with nature made the visit refreshing and memorable.

After exploring the park, the group stopped for lunch, where



A refreshing trip to remember



A day filled with happiness and bonding

everyone relaxed, shared conversations, and enjoyed the meal together. The trip concluded with a happy return journey, filled with smiles and fond memories.

Overall, the annual field trip was a wonderful and refreshing experience. All members thoroughly enjoyed the outing and returned home happily, cherishing a day full of fun, bonding, and enjoyment.

EVENTS

FROM CASE TO CANVAS: THE NATIONAL FORENSIC POSTER COMPETITION



The National Forensic theme-based Poster Competition, held on 19th Sept 2025 at Liaquat National Hospital, showcased a dynamic fusion of scientific creativity and institutional collaboration in Pakistan's Forensic Medicine landscape. The event commenced with Quranic recitation and a welcome address by Dr. Sadia Abdul Qayyum, who was later honored for her pivotal role in student engagement, and was spearheaded by Prof. Dr. Mukkaram Ali. The competition aimed to foster academic engagement, interdisciplinary collaboration, and innovation through themed poster presentations. With



over 500 submissions representing all provinces of Pakistan, the event marked a historic milestone in national academic participation. The 3rd Year MBBS class of Liaquat National Medical College led the charge with enthusiasm, supported by junior faculty from Basic and Allied Health Sciences. Distinguished dignitaries, including Prof. Dr. Salman Faridi, Prof. Dr. Karimullah Makki, and Dr. Shaheena Akbani, graced the occasion. Karachi institutions such as Zia Uddin University, KMDC, Al-Tibri Medical College, United Medical & Dental College, and Liaquat National School of Physiotherapy received appreciation awards for excellence in design, research, and interdisciplinary integration. National honors were bestowed upon institutions like SMBBMU Larkana, ISRA University Hyderabad, Akhter Saeed Medical College Lahore, Peoples University Nawabshah, and Wateem Medical & Dental College Rawalpindi, with the latter receiving the prestigious Late Prof. Farhat Hussain Mirza Excellence Award. The exhibition was inaugurated by Prof. Dr. Salman Faridi, symbolizing the vibrant future of forensic innovation in Pakistan.

The exhibition was inaugurated by Prof. Dr. Salman Faridi, symbolizing the vibrant future of forensic innovation in Pakistan.

EDUCATION EXPO AT COMMECS COLLEGE

On Nov 20th, 2025, the team from the Liaquat National Hospital made a prominent appearance at the Education Expo held at Commeccs College.

Our marketing representatives showcased the diverse degree options in medical and allied health sciences offered by all the academic institutions of LNH. They include Liaquat National Medical College, School of Physiotherapy, College of Nursing, College of Speech Therapy (LNCST), School of Medical Technology, and School of Diagnostic Lab Sciences.

The attendees interacted, asked questions, and explored various career paths, including Elective and Observership opportunities within the hospital.

This participation served as a bridge between academia and the healthcare industry, guiding the aspiring students toward specialized medical and allied health professions.

The event successfully highlighted the hospital's role as a leading medical education institution. Participation in the exhibition was meant to highlight undergraduate medical and allied health education.



WORLD PHARMACIST DAY

Liaquat National Hospital's Pharmacy Department proudly hosted the World Pharmacist Day celebration on Oct 11th, 2025, bringing together distinguished pharmacists from various institutions to mark this momentous occasion. The program opened with a warm and motivating welcome address by Mr. Haris Aziz Siddiqui, Manager-II of Pharmacy Services.

The esteemed panel featured prominent professionals, including Mr. Jibrin Bin Yousuf, Head of Pharmacy at NICVD; Prof. Dr. Raheela Ikram from Hamdard University; Ms. Umaimah Muzammil, Deputy Director at AL-Khidmat Hospital; Mr. Yasir Hashmi, CEO of Dawa Health; Ms.

Qurat-ul-Ain Tauseef, Manager of Quality Assurance at LNH; and Mr. Arshad Malik, Manager-II of Purchase at LNH. Each panelist shared valuable insights from their professional journeys, reflecting on key milestones and experiences that shaped their careers in pharmacy.

Discussions covered a wide range of critical topics relevant to the evolving pharmacy profession, including the expanding roles of Hospital and Clinical Pharmacy, challenges faced in Community Pharmacy practice, and the growing importance of research in modern healthcare. The panel emphasized the significant contribution of strong research initiatives to professional

development and to the overall impact of pharmacists.

An engaging interactive session followed, with active audience participation that encouraged meaningful dialogue and knowledge exchange. The event concluded with closing remarks by Medical Director Prof. Dr. Salman Faridi, who commended the vital role of pharmacists in hospital settings and appreciated the Pharmacy Department's efforts in organizing a purposeful and impactful program.



Highlights of world pharmacist day

AGING GRACEFULLY –THE ART OF 5 M IN GERIATRIC CARE



Participants exploring perspectives on ageing through art.

The Department of Family Medicine organized a Geriatric Artwork Competition for healthcare professionals to promote awareness, empathy, and creative expression related to 5 Ms (Mind, Mobility, Medications, Multicomplexity, and Matters Most) in geriatric care. The event provided a platform for participants to showcase their artistic talents while reflecting on the physical, emotional, and social aspects of ageing. The competition encouraged holistic thinking and highlighted the importance of compassionate, patient-centered care for older people. Enthusiastic participation and creative presentations made the event engaging and

meaningful.

A panel of judges evaluated the entries and selected the best three posters. Certificates and shields were awarded to the winners in recognition of their creativity and efforts.



Showcase of Art-Work

CHILDREN'S DAY CELEBRATION ACROSS LNH



As every year, on November 20th, Liaquat National Hospital celebrated World Children's Day on its premises. Our team visited various areas of the hospital,

including inpatient paediatric wards, waiting areas, day-care units, rehabilitation units, and corridors where attendants' children were present.

From distributing goodie bags to entertaining the kids through engaging activities, we ensured that the little ones felt truly special on their day!

With laughter, excitement, and a surprised, fun visit, this celebration



was a small yet meaningful effort to remind our young patients that we care for them beyond treatment.

7TH LNH TAPE BALL CRICKET TOURNAMENT

The management of LNH is highly committed to promoting sports activities both within and outside its premises to emphasize the importance of physical and mental well-being for its employees and the public at large.

Under the patronage of Prof. Dr. Salman Faridi, Medical Director of LNH, the 7th LNH Tape Ball Cricket Tournament was successfully organized by a dedicated Sports Committee comprising the following key members:

1. Syed Hassan Abbas Rizvi, Chairperson, Sports Committee
2. Dr. Muhammad Haroon Memon, Chief Organizer

The tournament commenced on 23rd Sept, 2025 and concluded on 13th November 2025 at the LNH Sports Ground. The event received an overwhelmingly positive response from LNH staff. A total of 32 departmental teams participated, and the matches were conducted on a knockout basis.

The following teams qualified for the semi-finals.

SUPER FOUR MATCHES

Team		Team
SHERDIL LNSOPIAN	VS	HOUSEKEEPING EAGLE STAR
QA SNIPER	VS	NURSING STARS

The following teams qualified for the Finals.

FINAL MATCH

Team		Team
QA SNIPER	VS	NURSING STARS

The final match was held on 13th Nov 2025 between QA Snipers and Nursing Stars, with Nursing Stars emerging as champions. The match was graced by Prof. Dr. Salman Faridi, Medical Director of LNH, who



attended as the Chief Guest and witnessed the proceedings.

Additionally, Mr. Faisal Iqbal (Former Test Cricketer) and Mr. Sameer (Former Hockey Player) graced the event as Guests of Honor.

At the closing ceremony, the Honorable Medical Director, Prof. Dr. Salman Faridi, distributed the Winner and Runner-up trophies, along with medals, among the participating teams. Mr. Hasnain Sayam Khan from Nursing Stars was declared the Man of the Final Match.

Award Ceremony

The following awards were given for best performance in the 7th LNH Tape Ball Cricket Tournament 2025.

Best Performance of the Cricket Tournament 2025		
S. #	Name	Award
1	Player of the Tournament	Mr. Hasnain Sayam Khan from Nursing Star (275 Runs 4 Wickets)
2	Best Batsman	Mr. Hasnain Sayam Khan (Nursing Star) (275 Runs)
3	Best Bowler	Mr. M. Muzammil (QA Sniper) (11 Wickets)

The employees/students of LNH actively participated in the tournament.

LNH 4TH WOMEN'S THROW BALL TOURNAMENT 2025



Prof. Dr. Salman Faridi presenting the trophy to the captain of the runners up team



Team Blue Warriors with Controller – Nursing Administration, Principal – LNCON, and Vice Principal - LNCON



The 4th Women's Throw Ball Tournament 2025 was held in October 2025. Team Blue Warriors represented the College of Nursing under the guidance of Ms. Shaneela Murad, the Focal Person from the College of Nursing. Team Blue Warriors comprised of students from the BS Nursing (Generic) Year 1 – 3 and the Diploma in Community Midwifery program.

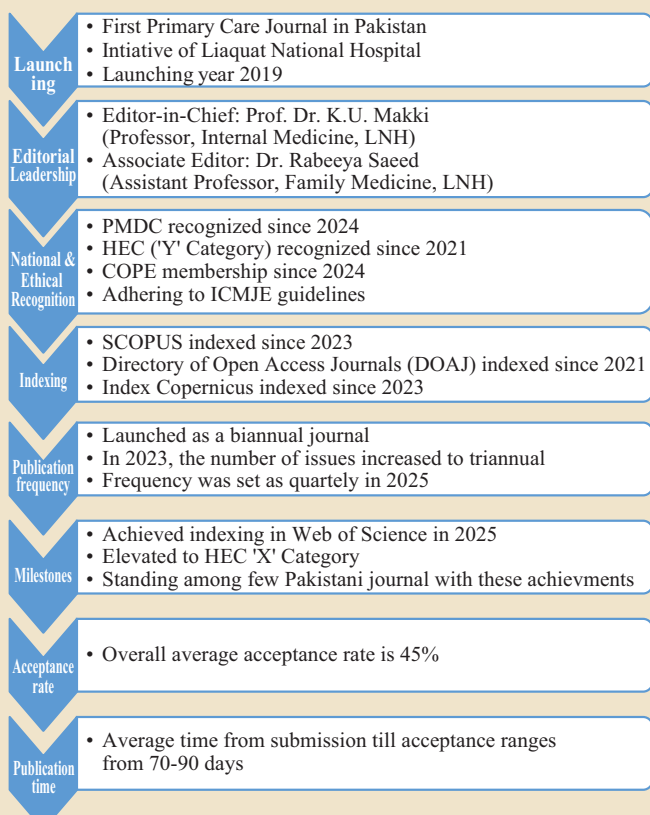
On 30th Oct 2025, the two semifinal matches and the final

match of the tournament were played. Team Blue Warriors and Team Rehab Raiders reached the final after thrilling semifinal matches. The final game proved to be another exciting match. Team Blue Warriors was cheered on by the Nursing students and the LNCON faculty. Brig. Dr. Anwer Ali Khan, Controller – Nursing Administration, Mrs. Judith Zaidi, Principal – College of Nursing, and Ms. Shaheen

Zahir Ali, Vice Principal – College of Nursing, were also in attendance. Brig. Dr. Anwer Ali Khan motivated the students with his inspirational words. Team Blue Warriors played well and put up a fight, but Team Rehab Raiders proved too strong and won the match to be crowned champions. Prof. Dr. Salman Faridi, Medical Director – LNH, distributed medals to the winners and runners-up and handed over their trophies amidst much applause and cheers.

ACHIEVEMENTS

CELEBRATING EXCELLENCE: ANOTHER MILESTONE ACCOMPLISHED BY LNJPCC



Since its launch, the Liaquat National Journal of Primary Care (LNJPCC) has steadily advanced toward academic excellence, achieving key milestones at the national and international levels. Through strong editorial leadership and adherence to global publishing standards, the journal has enhanced its visibility, credibility, and impact within the primary care research community.



This achievement would not have been possible without the visionary leadership and continued support of Prof. Dr. Salman Faridi, Medical Director, Liaquat National Hospital, whose commitment to promoting academic excellence and strengthening medical research has played a pivotal role in elevating the institution's scholarly presence nationally and internationally.

The highlights are outlined in the schematic below regarding LNJPCC's journey and landmark achievements.

DR. SHABBIR AHMED MALLICK APPOINTED AS MRCPCH CLINICAL EXAMINER BY RCPCH(UK)

We are pleased to share that Dr. Shabbir Ahmed Mallick, Consultant Paediatrician, Neonatologist & Metabolic Disorders at LNH, has been appointed as a Clinical Examiner for the Membership of the Royal College of Paediatrics and Child Health (MRCPCH) examinations by the Royal College of Paediatrics and Child Health (RCPCH), UK.

Dr. Mallick has been serving in this prestigious role for the last two & half years, contributing significantly to the assessment of postgraduate paediatric trainees. He has participated in multiple clinical examinations conducted, ensuring the highest standards of evaluation and professionalism in paediatric training.

This accomplishment not only highlights Dr. Mallick's



individual expertise and commitment to medical education but also brings pride and recognition to our institution.

We congratulate Dr. Shabbir Ahmed Mallick on this esteemed role and wish him continued success in advancing paediatric education and excellence.

DR. TAHIRA PERVEEN ELECTED AS PRESIDENT, PSR

Dr. Tahira Perveen, Head of the Department of Rheumatology, has been elected as President of the Pakistan Society for Rheumatology (PSR). She was widely appreciated for her outstanding contributions, leadership, and commitment to advancing rheumatology in Pakistan. The department extends its warm congratulations and wishes her great success in this prestigious role.



PRESTIGIOUS SECOND FELLOWSHIP BY THE RCPCH FOR 2025, LONDON, UK

The Royal College of Paediatrics and Child Health (RCPCH) has conferred its prestigious Second Fellowship upon Dr. Shabbir Ahmed Mallick, Consultant Paediatrician, Neonatologist & Metabolic Disorders at LNH, in recognition of his extraordinary and exemplary contributions to paediatric education, training, and academic leadership. This honour marks a significant milestone in Dr. Mallick's distinguished career. It places him among the select group of international paediatricians acknowledged for shaping the future of child health through educational excellence.

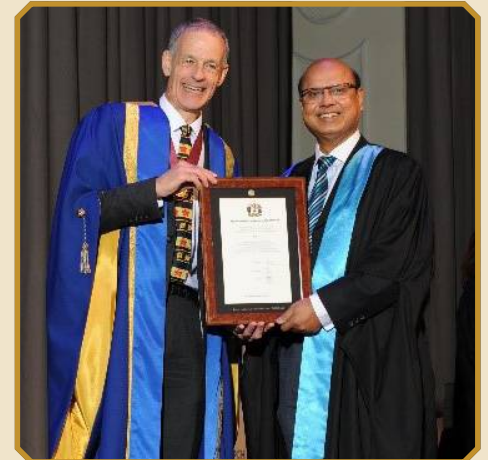
Widely respected for his commitment to advancing paediatric clinical training, Dr. Mallick has played a transformative role in developing innovative teaching frameworks, strengthening acad-

emic standards, and mentoring generations of young clinicians. His dedication to enhancing structured training programmes and his leadership in curriculum development have earned him high praise both locally and internationally.

In announcing this Fellowship, the RCPCH highlighted Dr. Mallick's "exceptional dedication to elevating the quality of paediatric training and unwavering service to academic development," noting that his work has significantly contributed to improved outcomes for trainees and, ultimately, better care for children and families.

Colleagues describe Dr. Mallick as a visionary educator whose passion for paediatrics is matched only by his commitment to

nurturing the next generation of



Dr. Shabbir Ahmed Mallick receiving second fellowship of RCPCH

healthcare professionals. His leadership has been instrumental in modernising paediatric teaching methodologies and strengthening collaborative academic partnerships across institutions.

Accepting the honour, Dr. Mallick expressed gratitude to his mentors ,

(continue on page 28)

colleagues, and students, emphasizing that the Fellowship “reflects a shared commitment to excellence in child health and medical education.”

He reaffirmed his dedication to

continued service in paediatric training and to supporting aspiring clinicians in their academic journeys.

The 2025 Fellowship by the RCPCH further solidifies Dr.

Shabbir Ahmed Mallick’s legacy as a leader in paediatric education and a champion of academic innovation. His contributions continue to inspire and shape the future of paediatric medicine globally.

ACADEMIC ACTIVITIES

THIRD PRIZE AWARD

Ms. Nazneen Perveen, Senior Medical Technologist at the Molecular Pathology Laboratory, presented a scientific poster at the 46th International Conference of the Pakistan Association of Pathologists (PAP) and the 11th Joint Conference of Pathology Societies, held from Oct 10 – 12th, 2025, at the Pearl Continental Hotel, Lahore. Her poster presentation on "Cytogenetic Abnormalities associated with Reproductive Failure in Pakistani Population: Experience of a Tertiary Care Hospital" won Third Prize, reflecting her academic excellence and the Department of Molecular Pathology's contribution to the field.



DEPARTMENT OF HISTOPATHOLOGY: ACADEMIC HIGHLIGHTS



The Department of Histopathology has been actively involved in promoting academic growth and continuous medical education through high-quality scientific programs. During the year, the department successfully organized two webinars, conducted in September and December, both of which received an excellent response from national and international participants.

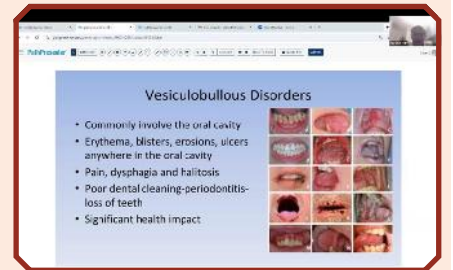
The first webinar, held in September, featured Dr. Anil Parwani, a world-renowned Uropathologist, pioneer of digital pathology, and Chief of pathology services at The Ohio State University, USA, as the guest speaker. The topic, “Challenging & Interesting Cases in Uropathology,” provided valuable insights into complex diagnostic scenarios. Dr. Parwani personally visited our hospital and conducted an engaging hybrid session, allowing both in-person and online participation. The interactive discussions and case-based approach made the session highly

informative and enriching for attendees.

The second webinar was organized on December, with Dr. Rajendra Singh, a globally acclaimed

Dermatopathologist and pioneer of digital pathology, as the guest speaker. He is the director of dermatopathology at Summit Health, New Jersey. He delivered an enlightening lecture on “An Approach to Vesiculobullous Diseases.” The hour-long session was attended by participants from England, India, Bangladesh, Malaysia, and other countries, followed by a lively question-and-answer segment. The discussion simplified a complex topic, making it insightful, enjoyable, and clinically relevant.

These academic initiatives reflect the department’s commitment to excellence and global collaboration in histopathology education.



CONGRATULATIONS TO DR. SYEDA RIDA-E-ZEHRA

We are pleased to share that Dr. Syeda Rida E Zehra, Consultant Rheumatologist, successfully cleared her FCPS Rheumatology Examination on 22nd Nov, 2025.

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



ORAL PRESENTATION AT JSMU ANNUAL EDUCATION & RESEARCH SYMPOSIUM



Dr. Nimra Akhtar at Jinnah Sindh Medical University (JSMU)

Dr. Nimra Akhtar, Assistant Professor at Liaquat National Medical College / Liaquat National Hospital (LNH), presented an oral research paper

at the Jinnah Sindh Medical University (JSMU) Annual Education and Research Symposium held on 18th Dec, 2025. The presentation, titled “AI Literacy among Medical Students across Academic years”.

The study revealed variations in AI literacy across academic years, with senior students demonstrating relatively greater exposure; however, overall structured knowledge of AI concepts remained limited. The findings highlighted the growing importance of artificial intelligence

3 rd Session: Oral Research Presentations Competition 11:50 – 1:00 P/A	
Moderator: Prof. Shiraz Shaikh (Professor of Public Health, AIPI)	Session Chairs: Prof. Hamza Siddique (Vice Principal (PS) Prof. Mahmood Hussain (Professor and Head of Technologies Department, SICHS) Dr. Uzoa Lal (Senior Lecturer, Professor of Health Endocrinology, JSMU/GPMC)
Presenter: Dr. Nimra Akhtar LNMC	Title: AI Literacy among Medical Students: A Comparative Study across Academic Years

in medical education and future clinical practice, while emphasizing the need to formally integrate AI literacy and digital health competencies into undergraduate medical curricula. The presentation was well received, reflecting LNH’s commitment to research excellence and innovation in medical education.

DR. HINA YOUSUF AS “GUEST SPEAKER”

Dr. Hina Yousuf, the Head of the Department of Pediatric Surgery at Liaquat National Hospital, recently had the honor of serving as a guest speaker at the Teaching Orientation Clinical

Session (TOCS) at the National Institute of Child Health (NICH) on January 9, 2026. The session focused on pediatric hydronephrosis, exploring its clinical evaluation, management strat-

egies, and surgical perspectives grounded in evidence-based practices. The lecture was warmly received by the audience and contributed to the sharing of knowledge in pediatric urology.



Highlights of the orientation session

PROF. DR. SOBIA ALI DELIVERED A GUEST LECTURE ON QUALITATIVE DATA ANALYSIS AT LUMHS, JAMSHORO

Prof. Dr. Sobia Ali, Head of the Department of Health Professions Education (DHPE), Liaquat National Hospital (LNH) delivered an insightful guest lecture for the Master of Health Professions Education (MHPE) program at Liaquat University of Medical & Health Sciences (LUMS), Jamshoro on “Qualitative Data Analysis: Ensuring Rigor” a critical component of qualitative research in health professions education.

Prof. Dr. Sobia Ali highlighted key strategies, including triangulation, reflexivity, audit trails, and member checking, to enhance the quality and reliability of qualitative studies. Real-world examples and practical insights enriched the session, enabling participants to bridge theory with application in their academic and research work.

The guest lecture was well-



Group photo of participants

received and appreciated by the MHPE faculty and participants, who acknowledged the academic depth and clarity brought by Prof. Dr. Sobia Ali. Her (continue on page 30)

contribution reinforced inter-institutional academic collaboration and strengthened the culture of scholarly exchange between LNH and LUMHS Jamshoro.

DR. TAHIRA PERVEEN INVITED AS A SPEAKER AT PSR



Dr. Tahira Perveen was invited to serve as a distinguished speaker to deliver a talk titled "Juvenile Lupus: Transition Care, Classification Criteria & Pediatric Updates" at the Pakistan Society for Rheumatology (PSR) Annual Conference 2025, held from Oct 16th to 19th, 2025, at the Pearl Continental Hotel, Lahore, Pakistan.

DR. TAHIRA PERVEEN INVITED AS A GUEST OF HONOR

The department is pleased to share that Dr. Tahira Perveen was invited as Guest of Honor at a symposium held at Indus Hospital, in collaboration with the Pakistan Islamic Medical Association (PIMA), on "Rheumatoid Arthritis: 360° Diagnosis, Imaging, and Management" on Nov 13th, 2025.

WELCOMING CHPE 9TH BATCH

The Department of Health Professions Education is thrilled to announce the commencement of the 9th batch of the Certificate in Health Professions Education (CHPE) at Liaquat National Hospital. The first session for this cohort will commence on January 19, 2026, marking the start of their six-month journey. DHPE wishes all participants a productive and enriching experience ahead.

RHEUMATOLOGY PARTICIPATION AT CME OF MOLECULAR PATHOLOGY

Dr. Syeda Rida E Z ehra – Consultant Rheumatologist gave a talk on "HLA Signatures in Rheumatology" at the CME on Autoimmune Diseases arranged by the Department of Molecular Pathology on Wednesday, 10th Dec, 2025 at LNH. The program also featured presentations by Dr. Syed Zulfiqar Ali Naqvi on an introduction to autoimmunity and by Dr. Sobia Rafiq on recent advances and future directions in the molecular pathology of autoimmune diseases, followed by a panel discussion and an interactive Q&A session.

ANOTHER SUCCESSFUL YEAR OF THE STUDENTS' JOURNAL CLUB



Highlights of the Students' Journal Club

Liaquat National Medical College (LNMC) continues its commitment to nurturing a culture of research, inquiry, and evidence-based learning among its students, i.e., Students' Journal Club, organized by the LNMC Research Society, and this year marked another successful completion of the activity, with students from 2nd to Final Year MBBS actively participating. A total of 229 students presented (continue on page 31)

clinically relevant and intellectually stimulating research articles, including meta-analyses, cohort studies, randomized controlled trials, and analytical observational studies, and received their Certificates of Participation.

The sessions are led by Dr. Saima Athar, Professor of Anatomy and Chairperson of the Research Society, and facilitated by

dedicated Journal Club year coordinators. Each session is moderated by students and judged by faculty members. The students receive certificates of appreciation for presentation, best question, and best reply. At the end of each academic year, every batch is recognized with a Best Presenting Group Certificate, celebrating teamwork and

scholarly excellence. The Students' Journal Club continues to provide an enriching platform where future clinicians learn to appraise the literature critically, develop scientific curiosity, and apply research principles in clinical decision-making. This reflects LNMC's ongoing dedication to academic excellence and innovation.

LIAQUAT NATIONAL HOSPITAL'S MEDICAL JOURNALS

IT Department has been a key partner of the Publication Department since the publication of its first Journal in 2019. IT's software application team has successfully developed and implemented a comprehensive Journal Management System (JMS) with global accessibility. Four Journals are managed by JMS, namely Liaquat National Journal of Primary Care, Liaquat National Journal of Cancer Care, Journal of Liaquat National Hospital, and the National Radiology Journal of Pakistan. The platform efficiently facilitates all key features of journal management, from user regist-

ration and manuscript submission to processing, peer review, revisions, approvals, and online publication on the LNH Journal website. JMS also has a sophisticated workflow system that covers all necessary stages.

In Addition, to expand the reach of publications and research on international medical platforms such as PubMed, a dedicated XML automation solution was successfully designed and implemented by the IT team. This system generates fully structured, PubMed-compliant XML files for all hospital-published articles,



ensuring adherence to the strict formatting, tagging, and submission requirements set by the National Library of Medicine (NLM). By automating the XML creation process, the hospital has significantly reduced manual effort, minimized submission errors, and strengthened its presence in global medical research platforms.

RESEARCH AND SKILLS DEVELOPMENT CENTRE (RSDC)

CLINICAL MANDATORY SKILLS TRAINING PROGRAM FOR LNH DOCTORS



Highlights of the sessions

From September to November 2025, a series of structured clinical training programs was successfully conducted to enhance medical professionals' core emergency and diagnostic competencies. During this period, 80 RMO's from different specializations were trained in Advanced Airway Management, & 93 RMOs completed the Basics of ECG Interpretation course. These initiatives reflect a continued commitment to strengthening clinical skills, improving patient safety, and promoting high standards of medical care through targeted professional development.

PREPARING JAFFAR PUBLIC SCHOOL FOR EMERGENCY RESPONSE SKILLS



Highlights of the sessions

A series of (08) sessions was conducted between August and October 2025, with the students of Jaffer Public School. 22 participants were trained in dealing with domestic emergencies, including management of

Bleeding, Wounds, fractures, Burns, Heatstroke, Drowning, fits, Fainting, management of a person with no breathing, and transportation. At the end of the session, participants were divided into groups to perform a group activity

simulating a disastrous situation: one group became victims, and the other responded as a team of professionals. Participants learned each skill in a healthy environment.

ENHANCING SKILLS FOR OPD STAFF IN VITAL SIGNS

During the September to December tenure, a total of 13 sessions were conducted, aiming to train 103 OPD Staff in advanced vital signs assessment. The training aims to strengthen individual staff members' clinical practices by updating them on current guidelines and improving their skills in using related equipment, including blood pressure apparatus, oxygen saturation (SpO₂) monitoring, and the assessment of pulse, respiratory rate, and temperature.



EMPOWERING LNMIC IN MODULAR SKILLS



The Research and Skills Development Center conducted a series of training sessions from September to December 2025 for the students of the all-year MBBS program at LNMIC. These sessions were designed to enhance clinical competencies in line with current guidelines, covering essential skills such as Insulin Injection Technique, Nasogastric Intubation, Prost ate Examination,

Intra-articular Injection, Per Vaginal Examination, Precordial Examination, Auscultation of Normal and Abnormal Heart Sounds, and Hands-Only CPR. Throughout this period, 800 students received training to

improve their clinical practice effectiveness.

Additionally, in collaboration with the General Surgery department and under the supervision of Dr. Rufina Soomro, final-year MBBS students participated in a Trauma and Emergency Management (TEAM) workshop. The objective of this workshop was to equip students with the skills to perform effectively in emergencies and to manage patients more efficiently.

AWARD OF ACHIEVEMENT ON WORLD MENTAL HEALTH AWARENESS DAY

RSDC won first prize in the World Mental Health awareness reel competition, hosted by the Department of Mental Health at Liaquat National Hospital, for "The Debate that Matters, Mind, Body, & Disease". The event features a creative reel competition to raise awareness of the strong link between physical and mental health.

COLLABORATIVE INTER-DEPARTMENTAL HANDS-ON WORKSHOPS

This interdepartmental training program brings together pediatric surgery, general surgery, and emergency medicine to create a shared, simulation-based learning journey that feels both practical and inspiring. General surgery residents focus on building confidence with camera navigation, hand-eye coordination, and the essential steps of basic

laparoscopic operations. At the same time, postgraduates dive deeper into advanced procedures, suturing, and problem-solving exercises. ER trained their RMOs for IMM on trauma skills, airway compromise, and cardiac arrest—helping them sharpen rapid decision making and teamwork under pressure.

HANDS-ON SKILLS FOR STUDENTS OF LIAQUAT NATIONAL SCHOOL OF MEDICAL TECHNOLOGY (LNSMT)

The Research and Skills Development Centre conducted an intensive series of 32 training sessions for students of LNSMT's 6th and 8th semesters from September to December 2025. Designed to enhance practical

proficiency in line with current guidelines, the program equipped 147 participants with essential clinical and professional skills. The curriculum covered key areas, including Basics of Airway Management, Auscultation of

Heart and Lung Sounds, ECG Fundamentals, Injection Techniques, Figure-of-Eight Bandage application, ABG Sampling, Scrubbing-Gowning-Gloving Technique, and Soft Skills development.

STRENGTHENING FUTURE NURSES ON CLINICAL SKILLS FOR LIAQUAT NATIONAL COLLEGE OF NURSING (LNCON)

The Research and Skills Development Centre conducted a focused training program for 1st- and 2nd-year BSN Generic students at LNCON from September to December 2025. Designed to advance clinical competencies in accordance with updated guidelines, the sessions provided 208 students with essential life-saving and diagnostic skills. The curriculum specifically targeted Hands-Only CPR and the fundamentals of ECG, including lead placement and basic interpretation. Through 12 structured sessions, the program successfully enhanced the practical readiness of the participating nursing student.



Highlights of the sessions

AMERICAN HEART ASSOCIATION ACCREDITED COURSES FAMILY AND FRIENDS CPR AT BAHRIA UNIVERSITY, KARACHI

The Research and Skills Development Centre has conducted sessions for Bahria University. Students of BS Psychology. Sessions were conducted in Sept & Oct 2025. A total of (02) Sessions were planned to

enhance skills and address learning objectives related to the new guidelines. Skills include Family and Friends CPR. A total of 45 students have been trained.

CELEBRATION OF HANDS-ONLY CPR MONTH 2025



Highlights of the activity

AHA celebrates World CPR Month every year in October. Recently, RSD conducted its community-based Cardiopulmonary Resuscitation (CPR) Awareness activity for 2025, based on the updated AHA CPR Hands-Only guidelines. Non-healthcare staff from LNH different departments, including HR, Quality (continue on page 34)

Assurance, Marketing, CPFU, Social Welfare, Finance, Security, Housekeeping, OPD Staff, Pharmacy, Administration, Baby Day Care, LNMC management & staff, Inventory, LNH Girls Hostel, IT, ERCP, Transport, BME, MD Office, Purchase, Statistics, Internship Committee & Publication. Moreover, 300+



students and the management of Khatoon-e-Pakistan Colleges were also trained. Overall, 942 participants attended more than 33 sessions in October 2025.



CPR session held in different departments

ENHANCING CLINICAL SKILLS ON BASIC LIFE SUPPORT FOR HEALTHCARE PROFESSIONALS



Highlights of the course

December 2025. A total of 26 BLS Courses were performed, with 107 in-house doctors participating, and 178 Participants received certification.

HeartCode® BLS Online is designed for healthcare professionals who need Basic Life Support training for their clinical duties. RSDC is proud of its team of AHA Instructors for conducting HeartCode® BLS Online course for In-House & Outsider participants from September to

ADVANCING CARDIAC EMERGENCY CARE THROUGH CONTINUOUS ACLS TRAININGS



Highlights of the courses

Over three months, successfully conducted (06) Advanced Cardiovascular Life Support (ACLS) training courses, providing structured, evidence-based instruction and hands-on simulation, resulting in the certification of 32 healthcare professionals and strengthening their competence in managing cardiac emergencies.

EMPOWERING NEWBORN HEALTHCARE PROFESSIONALS THROUGH THE NEONATAL RESUSCITATION PROGRAM



Research & Skills Development Centre is the first formalized & Pioneer AAP-AHA Accredited Neonatal Resuscitation Program Centre in Paki-



stan. (02) Sessions were conducted for LNH Obs. Gynae Nursing staff in November 2025 by the first-ever NRP Instructor & Mentor in Pakistan, Dr. Syeda Nazish Azim. A total of 07 nurses were certified in the Course. To date, a total of 44 participants have been certified as NRP Providers across Pakistan.

NEW APPOINTMENTS

Following people have recently joined LNH&MC.



Dr. Pardeep Kumar
Consultant (Part-Time),
Family Medicine



Dr. Syeda Rida e Zehra
Consultant Rheumatology



Dr. Abdul Rafay Qazi
Consultant (Part-Time) in
Orthopaedic Surgery



Dr. Kiran
Consultant (Part-Time),
Gastroenterology



Dr. Qurat ul Ain Ali
Consultant (Part-Time),
Breast Surgery



Dr. Madiha Haroon
Consultant (Part-Time),
General Surgery



Mr. Asad Mujtaba Taj
Head of Marketing



Mr. Irshad Ahmed Ansari
Manager, Laboratory



Liaquat National Hospital & Medical College

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