

NEWSLETTER

AUGUST 2025



RASHID LATIF
KHAN UNIVERSITY



RASHID LATIF
MEDICAL COLLEGE



RLKU
MEDICAL & DENTAL COLLEGE



HAMEED LATIF
TEACHING HOSPITAL



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TEACHING HOSPITAL



RASHID LATIF KHAN UNIVERSITY (RLKU)

RLKU AT SEE PAKISTAN 2025!

We are proud to announce that Rashid Latif Khan University actively participated in the SEE Pakistan Expo 2025 – Pakistan's largest celebration of innovation, entrepreneurship, and creative ideas.

This incredible platform brought together visionaries, changemakers, and future leaders to exchange ideas, showcase talent, and inspire the next generation. RLKU was honoured to be part of this journey towards a brighter, bolder Pakistan.





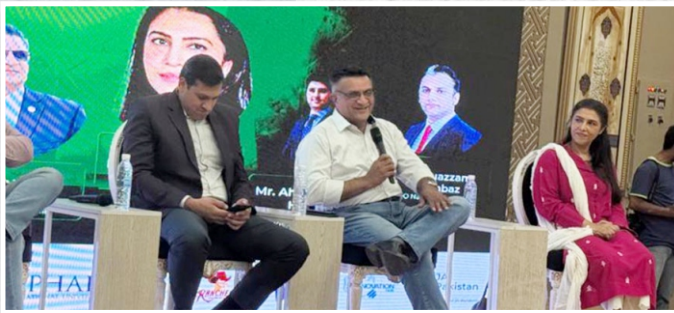
RASHID LATIF KHAN UNIVERSITY (RLKU)

RLKU AT SEE PAKISTAN 2025!

Thought Leadership in Action! We are proud to share that Madam Sabahat Khan, CEO of Rashid Latif Khan University (RLKU), participated as a distinguished panelist in the session titled "Scaling Beyond Borders: Going Global from Pakistan", hosted by the University of Lahore as part of the prestigious SEE Pakistan 2025 Expo. During the insightful discussion, Madam Sabahat Khan shared her visionary perspectives on:

- ♦ Internationalizing higher education in Pakistan.
- ♦ Empowering youth through global exposure.
- ♦ Building institutional resilience for the future.

Her presence on the panel reflects RLKU's unwavering commitment to academic innovation, leadership, and global engagement. We thank the University of Lahore and SEE Pakistan for creating a platform where educational leaders can collaborate, inspire, and shape the future of Pakistan's higher education landscape. Stay tuned for more updates from RLKU's participation in SEE Pakistan 2025, including our University Pavilion and student-led entrepreneurial showcases!





RASHID LATIF KHAN UNIVERSITY (RLKU)

PROF. DR. RUKHSANA KAUSAR PRO VICE CHANCELLOR RLKU ATTENDS VICE CHANCELLOR'S CONFERENCE 2025, ORGANIZED BY HIGHER EDUCATION COMMISSION AT ISLAMABAD

The Higher Education Commission (HEC) of Pakistan convened a two-day Vice Chancellors' conference bringing together heads of universities and senior academic leaders from across the country to address the **critical challenges and opportunities in the higher education sector**. The sessions, spread over two days focused on **policy alignment, academic reforms, employability, research excellence, digital transformation, and governance models** to strengthen Pakistan's higher education system.

Representing Rashid Latif Khan University (RLKU), Emeritus Prof. Dr. Rukhsana Kausar, Pro Vice Chancellor, participated as an active voice as a panelist in a discussion on Themes "**Employability of graduates and brain Drain and Harassment issues in the HEIs**". She emphasized the **urgent need for higher education institutions to address the twin challenges of graduate employability, and brain drain**, aligning with the national vision of **developing globally competitive yet locally committed graduates**. She also highlighted RLKU's efforts in **implementing skill-oriented education and fostering an environment that promotes innovation, research, and community engagement**. She also emphasized the need of addressing issue of **harassment in HEIs**, through provision of enabling environment on campus, taking immediate measures to deal with harassment cases and to maintain strict confidentiality of such cases. Moreover, she highlighted the need for training of personnel involved in Anti-harassment committees to conduct proceedings in transparent and professional manner. Her participation in this high-level forum reflects **RLKU's proactive engagement in national-level policy dialogues** and underscores Prof. Dr. Kausar's commitment to **shaping strategic reforms that can enhance the quality, accessibility, and impact of higher education in Pakistan**.





RASHID LATIF KHAN UNIVERSITY (RLKU)

PVC RLKU ATTENDS LAHORE VICE CHANCELLORS' MONTHLY MEETUP AT NATIONAL INCUBATION CENTRE LAHORE

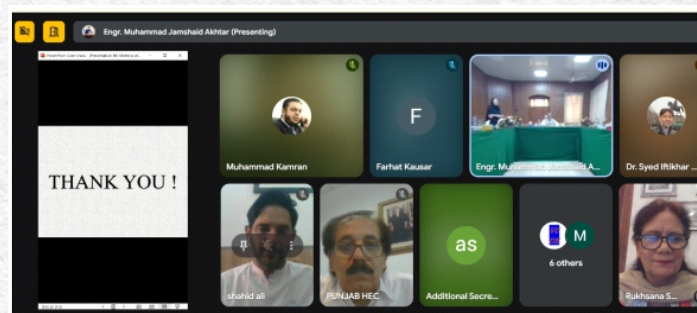
The Pro Vice Chancellor, Emeritus Prof. Dr. Rukhsana Kausar, participated in the prestigious Vice Chancellors' monthly meetup held at the National Incubation Centre, Lahore. The event brought together esteemed vice chancellors and senior academic leaders from various institutions in Lahore. Matters pertaining to accreditation councils and regulatory bodies, student clubs & societies and academic collaborations were discussed. A presentation was given on proposed "Lahore Universities' league" to hold Joint students' extracurricular activities to facilitate students' interaction and to provide them a unique opportunity to channelize and utilize their potential at a broader platform. Successful startups were showcased and universities were urged to collaborate with NIC for provision of coaching on startups to its students.

During the session, Prof. Dr. Rukhsana Kausar actively participated in conversations surrounding entrepreneurship, institutional resilience and academic collaboration. The meetup also emphasized the significance of cross-institutional initiatives and building bridges between traditional disciplines and technological advancements.



EMERITUS PROF. DR. RUKHSANA KAUSAR ATTENDED 10TH MEETING OF THE SYNDICATE

University of Rasul, Mandi Bahauddin as its regular member, held on 19th August 2025. During the meeting she actively participated in discussion and decisions taken on agenda items.





RASHID LATIF KHAN UNIVERSITY (RLKU)

EMERITUS PROF. DR. RUKHSANA KAUSAR

Conducted a workshop on "Conceptualizing an effective Research Proposal" under the Faculty Development Program organized by LGU on 26th August, 2026. Faculty members greatly benefited from her expertise and practical guidance. The event was graced with the presence of Vice Chancellor LGU, Majore General Muhammad Khalil Dar (Retd) and Dean of Social Sciences.



ATTENDED VC'S CONFERENCE ORGANIZED BY PUNJAB HIGHER EDUCATION COMMISSION IN COLLABORATION WITH BARGAD ON 29TH AUGUST FOR VICE CHANCELLORS OF PUBLIC AND PRIVATE UNIVERSITIES IN PUNJAB

The main focus of the sessions are,

Academic Excellence, Quality Assurance, Research, Financial Sustain ability & Good Governance

Key Focus Areas:

The discussions revolved around five strategic pillars shaping the future of higher education in Pakistan:

Teaching Excellence, Research and Innovation.

Quality Enhancement and Institutional Excellence.

Governance, Financial Sustain ability, and Digital Transformation.

Civic Engagement, Societal Impact, and Extension.

Leadership and Academic Human Capital Development.





RASHID LATIF KHAN UNIVERSITY (RLKU)

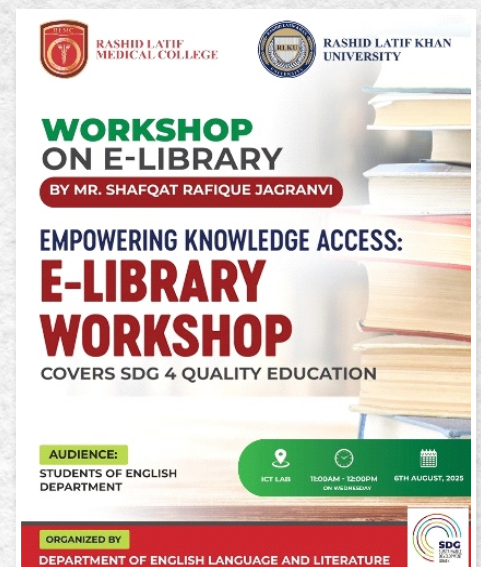
STUCON WORKSHOP ON 'PERSONALITY DEVELOPMENT & INTERPERSONAL SKILLS'

A StuCon pre-conference workshop (PCW) on 'Personality Development & Interpersonal Skills' was organized by Department of English on Wednesday, 20th August 2025 for the students of RLKU and RLMC in the supervision of Prof. Dr. Mubashar Nadeem. The purpose was to equip participants with essential personality development skills, enhance their confidence, communication, and leadership abilities for socio-professional life. They are encouraged to know their potential (strength and weakness) through activities, breaking the conventional style of workshops.



EMPOWERING KNOWLEDGE ACCESS: E-LIBRARY WORKSHOP

To inculcate research skills and hands on knowledge of digital literacy by getting the access and to know the path leading to RLKU Digital Library, the Department of English took initiative by organizing E-Library workshop led by Mr. Shafqat Rafique Jagranvi, chief librarian. The workshop highlighted the importance of e-library in contemporary academic and professional research. Modern tools for accessing, navigating, and utilizing digital library resources effectively are also introduced.

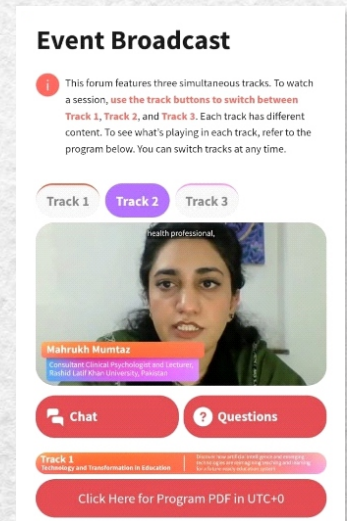




ETHICAL AND RESPONSIBLE INTEGRATION OF EDUCATIONAL TECHNOLOGY IN STUDENT MENTAL HEALTH SUPPORT SYSTEMS

Ms. Mahrukh Mumtaz, Incharge, Department of Professional Psychology, RLKU, participated in the EdHeroes Global Forum 2025, a global platform dedicated to innovation, ethics, and inclusion in education. She had the honor of presenting on the topic, "Ethical and Responsible Integration of Educational Technology in Student Mental Health Support Systems."

The presentation emphasized the growing importance of balancing digital advancement with psychological well-being, data ethics, and equitable access in educational settings. Ms. Mahrukh Mumtaz proudly represented the Department of Professional Psychology, RLKU, and advocated for student well-being at a global level, contributing meaningfully to the dialogue on ethical innovation in education.



TIME MANAGEMENT & POSITIVITY SKILLS FOR OVERWHELMED MINDS

The session was organized by FuturePaths, a platform that offers courses and sessions focused on digital skills, leadership, and mental health well-being. Ms. Aqsa Bukhari, Lecturer, Department of Professional Psychology, RLKU, served as the speaker for this online session.

The session was designed to address the growing stress and mental fatigue experienced by students and professionals alike. Ms. Bukhari provided practical strategies to improve time management and foster a more positive mindset, especially during periods of overwhelm and academic pressure. The session was well-received and offered valuable insights to help participants lead more organized, positive, and mentally healthy lives.



WORKSHOP FOR SUMMER PROGRAM - MIND IN MOTION

RLKU organized a series of workshops for prospective students. The workshop "Mind in Motion" was conducted by Ms. Wajiha Abrar and Mr. Sohail from the Department of Professional Psychology. The workshop provided an insightful introduction to the fundamentals of psychology, offering participants valuable information into the field and its practical relevance. The session was highly interactive and captured the interest of audience who significantly benefitted from the knowledge. This initiative played a vital role in enhancing awareness and inspiring students to explore psychology as a discipline.



SEMINAR - YOUTH DAY AND INDEPENDENCE DAY

The student societies at RLKU, including SOUL, SHINE, Rang Nagar, and Pen and Voice, collaboratively organized a seminar in celebration of Youth Day and Independence Day. The program featured a variety of sessions such as student speeches, documentaries, and patriotic songs, all of which were thoughtfully prepared and presented by the members of these societies. Their wholehearted participation and dedication played a central role in making the event a resounding success. The seminar fostered a spirit of unity, patriotism, and youth empowerment among students.



PRECONFERENCE WORKSHOP – STUCON

MIND MASTERY FOR FUTURE LEADERS: BUILDING RESILIENCE, EMOTIONAL STRENGTH AND PEAK BRAIN PERFORMANCE

The Department of Professional Psychology at RLKU conducted a pre-conference workshop at the 2nd International StuCon, held at RLMC. The workshop was led by Ms. Mahrukh Mumtaz, Ms. Aqsa Bukhari and Ms. Tania Asghar, and it focused on gaining essential skills for personal and professional growth.

The workshop offered practical strategies to boost mental strength and cognitive performance, helping participants build self-awareness, regulate emotions, and apply resilience in real-life challenges. The insights gained will support their growth in both academic and professional domains while enhancing overall well-being.



PRECONFERENCE WORKSHOP

FORGIVENESS EDUCATION AND THERAPY

The Department of Professional Psychology at RLKU hosted another preconference workshop for the students and faculty during the 2nd International StuCon. The workshop led by Prof. Dr. Iffat Batool, focused on the impactful topic of Forgiveness Education and Therapy.

This session provided the students with valuable insights and practical approaches to this crucial area of mental health. Dr. Batool's expertise offered a deeper understanding of therapeutic strategies and their applications, which will be instrumental in the students' professional growth.





PRE-CONFERENCE WORKSHOP

ANTIMICROBIAL RESISTANCE CHALLENGES IN CLINICAL MICROBIOLOGY

The Department of Medical Laboratory Technology successfully hosted a Pre-Conference Workshop on "Antimicrobial Resistance Challenges in Clinical Microbiology" on 12th August 2025. The interactive session, expertly led by Dr. Faqeeha Javeed, provided participants with in-depth insights into the pressing issue of antimicrobial resistance, highlighting its clinical implications, diagnostic challenges, and strategies for effective management. This workshop served as a valuable platform for knowledge exchange and professional development, equipping attendees with the latest perspectives in clinical microbiology.



PRE-CONFERENCE WORKSHOP

SELF-SUPERVISED AND SEMI-SUPERVISED LEARNING IN MEDICAL IMAGING TECHNOLOGY

The Pre-Conference Workshop on Self-Supervised and Semi-Supervised Learning in Medical Imaging Technology was successfully organized on August 18, 2025 at the Department of Medical Imaging Technology. The session, facilitated by Dr. Athar Shams Rana and co-facilitated by Miss Ammara Jabeen, was attended by 120+ students and provided participants with valuable insights into how AI-driven machine learning techniques can enhance diagnostic accuracy and efficiency, even with limited labeled data.





PRE-CONFERENCE WORKSHOP

SCOPE OF OPTOMETRY EDUCATION IN PAKISTAN

A successful workshop on Scope of Optometry Education in Pakistan was held at Department of Optometry on 18th August. The session highlighted the vital role of optometrists in advancing eye care, explored future career opportunities, and inspired students to contribute towards strengthening Pakistan's healthcare system. Discussions also focused on the academic and clinical training opportunities available, the role of research in advancing the profession, and the need for policy support to strengthen optometry education. The workshop brought together students, faculty, and healthcare professionals, fostering awareness about career prospects and the contribution of optometrists in enhancing Pakistan's healthcare system.



PRE-CONFERENCE WORKSHOP

INFECTION CONTROL PROTOCOLS

Department of Operation Theater Technology successfully conducted pre conference workshop on Infection control protocols: Management of Biohazardous spills and prevention of Needle stick injuries. Ms. Memoona Kalsoom (Surgical Technologist from Services Hospital, Lahore) joined us as facilitator and shared her valuable thoughts and experiences regarding infection control practices and prevention of needle stick injury practically by demonstrating the correct method for recapping the syringes and how to discard sharps. It was a very informative session for students. Department is committed to conduct such events in future too.



PRE-CONFERENCE WORKSHOP

BRIDGING THE GAP: EVIDENCE AND PRACTICE IN APHASIA CARE

The Department of Speech and Language Pathology organized a one day Pre Conference Workshop in the 2nd International StuCON, on "Bridging the Gap: Evidence and Practice in Aphasia Care". This workshop was aimed at enhancing the clinical knowledge and practical skills of undergraduate students. The session was conducted by Mr. Muhammad Ahmad, who is a Board certified Aphasia Therapist, currently working as Assistant Professor at University of Lahore. He provided comprehensive insights into assessment techniques, evidence based therapy strategies, and case-based discussions. Students appreciated the opportunity to connect theoretical knowledge with clinical practice and shared that the workshop enhanced their confidence in managing real-life cases. The department is committed to conduct such training sessions, aimed at equipping students with the knowledge and skills required to face professional challenges in the field of speech and language pathology.





RASHID LATIF COLLEGE OF PHARMACY



INDEPENDENCE DAY CELEBRATION

Rashid Latif College of Pharmacy proudly celebrated Pakistan's Independence Day with great enthusiasm and patriotism. The event was graced by Pro Vice Chancellor RLKU and Director of Marketing, Ms. Zulekha Khan, whose presence added to the spirit of the celebration. A special cake-cutting ceremony marked the occasion, symbolizing unity and national pride. Our students beautifully showcased their love for Pakistan by dressing in green and white, reflecting the vibrant colors of our beloved flag. Together, we honored the sacrifices of our forefathers and renewed our commitment to work for a brighter, stronger Pakistan.



SEMINAR

UNIVERSITY OF RASHID LATIF KHAN (RLKU) PROUDLY HOSTED THE 2ND INTERNATIONAL STUCON CONFERENCE – 2025!

Under this banner, Rashid Latif College of Pharmacy (RLCP) organized a highly engaging seminar on "AI & Machine Learning in Drug Design: From Concept to Cure", led by Dr. Hammad Saleem, Assistant Professor at UVAS. The session was not only informative but also interactive. Students showed great enthusiasm and actively participated, gaining practical insights into the future of drug discovery. A big step towards preparing our students for the digital revolution in healthcare and pharmaceutical science.





RASHID LATIF COLLEGE OF PHARMACY



SEMINAR

Rashid Latif College of Pharmacy (RLCP) organized an insightful seminar on **"Innovative Techniques and Research Trends in Animal Handling"** on 20th August 2025.

The session was led by Dr. Alamgeer, Associate Professor of Pharmacology at University College of Pharmacy, Punjab University.

Students gained valuable knowledge on the **latest research trends** and learned the importance of **safe and ethical handling of research animals**. The interactive session provided both scientific insight and practical awareness, preparing our students for responsible research practices.

A big thank you to Dr. Alamgeer for sharing his expertise



SEMINAR

"Transform Your Research from Trial & Error to Strategic Design" - an enlightening seminar held at RLCP by Dr. Nida Zubair from UVAS.

Dr. Nida shared valuable insights on shifting research approaches towards strategic and structured design. She also provided hands-on practice, keeping participants fully engaged with her expertise and practical demonstrations

A truly impactful session that empowered students to rethink their research journey and embrace smarter methodologies!





THE PRE-CONFERENCE WORKSHOP ON APPLIED PHARMACEUTICS

Practical Skills Enhancement was successfully organized on August 20, 2025, at the Department of Pharmaceutical Sciences, RLKU. The session, led by Dr. Muhammad Jehangir, focused on Atomic Absorption Spectrometry and provided undergraduate students with valuable insights into advanced analytical techniques and their applications in pharmaceutical research and practice. We extend our sincere gratitude to our respected Dean, Prof. Humayun Riaz, for his unwavering support and encouragement in fostering academic excellence and research-driven learning.





2ND INTERNATIONAL STUCON PRE CONFERENCE WORKSHOPS (RASHID LATIF COLLEGE OF PHYSICAL THERAPY)

Rashid Latif college of physical therapy successfully conducted three preconference Stucconworkshops as part of its participation in the 2nd International STUCON.

1st pre-conference workshop: titled "From Hands-On to High-Tech: AI Transforming Musculoskeletal Rehab" on 18th August 2025, The workshop was facilitated by **Dr. Aleena Waheed**, a proud alumna of RLCPT. Dr. Aleena Waheed earned her **Doctor of Physical Therapy (DPT)** from Rashid Latif College of Physical Therapy, and is currently pursuing her **PhD in Rehabilitation Sciences**. She now serves as an **Assistant Professor at RLCPT**, and her academic and professional journey continues to be a source of pride for the entire RLCPT community.

Supporting the workshop were the esteemed co-facilitators:

- **Dr. Ifra Zulqarnain**, Senior Lecturer, RLCPT
- **Dr. Hafiza Nida Rasheed**, Senior Lecturer, RLCPT
- **Dr. Maria Siddique**, Lecturer, RLCPT



2nd pre-conference workshop: titled "Fascial Distortion Model in Myofascial Pelvic Pain: Manual Therapy in Women's Health" on 20th August 2025. The workshop was expertly facilitated by **Prof. Dr. Rehana Niazi**, Dean/Principal of RLCPT. She holds an **MS in Orthopedic Manual Therapy**, an **MPT in Rehabilitation and Pain Management**, an **M.Phil**, and is currently pursuing her **Ph.D**. A distinguished **clinician, educator, and researcher**, Prof. Dr. Rehana Niazi brings extensive expertise in **orthopedic manual therapy, pain management, and women's health** to her teaching and clinical practice.

She was supported by a team of esteemed co-facilitators:

- **Dr. Nazeer Ahmad** – Associate Professor, RLCPT
- **Dr. M. Abbas Jamil** – Assistant Professor, RLCPT
- **Dr. Aleena Waheed** – Assistant Professor, RLCPT



2ND INTERNATIONAL STUCON PRE CONFERENCE WORKSHOPS (RASHID LATIF COLLEGE OF PHYSICAL THERAPY)

3rd pre-conference workshop: titled "How to Publish an Article in an Impact Factor Journal", on **August 21, 2025**. The workshop was **expertly facilitated by Dr. Tahir Mahmood**, Assistant Professor at RLCPT. Dr. Tahir Mahmood holds a Master's degree in Physical Therapy (Musculoskeletal) and is currently pursuing his Ph.D. Dr. Tahir Mahmood shared his comprehensive knowledge of the publishing process, offering participants valuable insights into **Journal Selection & Submission Strategy, Manuscript Structuring & Scientific Writing, Navigating Peer Review & Ethical Standards, Achieving High-Impact Metrics**. His academic achievements and research experience make him a leading mentor in the field of scholarly publishing.

The workshop was further strengthened by the support of a team of esteemed co-facilitators:

- **Dr. M. Abbas Jamil** – Assistant Professor, RLCPT
- **Dr. M. Hammad Latif** – Assistant Professor, RLCPT
- **Dr. Ifra Zulqarnain Awan** – Senior Lecturer, RLCPT



Scientific Session (2nd International Stucon)(rashid Latif College Of Physical Therapy:

Rashid Latif College of Physical Therapy (RLCPT) successfully organized a prestigious **Scientific Session** on 2nd international STUCON held on **August 22, 2025**, bringing together leading experts, academicians, and students to promote academic growth and professional collaboration in the field of physical therapy and allied health sciences.

The event was honored by the presence of **Prof. Dr. Sajid Mahmood, President of the Allied Health Professional Council**, as the **Chief Guest**. In his inspiring address, Dr. Sajid highlighted the importance of continuous professional development, interdisciplinary learning, and the role of scientific research in elevating allied health education in Pakistan.

The session was **chaired by Prof. Dr. Rehana Niazi Dean/Principal RLCPT**, a respected name in physical therapy education and a pioneer in women's health rehabilitation. The **co-chairpersons** were **Dr. Arif Ali Rana**, Principal of Central Park College of Allied Health Sciences, and **Dr. Khawaja Khurshid**, Head of the Radiology Department, whose presence added significant academic value and cross-disciplinary insight to the proceedings.





RASHID LATIF MEDICAL COLLEGE (RLMC)

2ND INTERNATIONAL STUCON 2025 – 22ND AUGUST

STUDENT EMPOWERMENT PROGRAM (FIRST YEAR MBBS)

The 2nd International StuCon 2025 was successfully organized under the Patron-in-Chief Prof. Rashid Latif Khan, a visionary leader whose guidance has always inspired academic excellence. The conference was further supported by Patrons Mrs. Sabahat Khan and Prof. Tahir Masood, with the collective leadership of Chief Organizers Prof. Mudassar Ali, Prof. Sadia Qureshi, Prof. Tazeem Shahbaz, and Dr. Kainat Javed. This year's theme, **"Shaping the Future: Disruptive Strategies for Sustainable Solutions,"** set the stage for an engaging and forward-looking dialogue on innovation in healthcare and beyond.

major highlight was the hosting of 61 Pre-Conference Workshops and two dedicated pre-conference seminars. The first seminar addressed Gender-Based Violence, with Prof. Khalid Masud Gondal as the Chief Guest, shedding light on one of the most pressing social issues of our time. The second seminar focused on Career Counselling, with Mr. Noor ul Amin Watto, Chairperson Standing Committee on Higher Education, as the Chief Guest. His participation added significant value by providing students with perspectives on career pathways, policy, and higher education opportunities in Pakistan.



The Opening Ceremony was graced by Prof. Mahmood Ayyaz as Chief Guest, whose words of encouragement inspired participants and set a positive tone for the conference.

He also congratulated the students, faculty, and organizers for achieving this milestone, emphasizing that such a platform was a proud accomplishment not only for the students but also for the entire RLK Group.





RASHID LATIF MEDICAL COLLEGE (RLMC)

2ND INTERNATIONAL STUCON 2025 – 22ND AUGUST

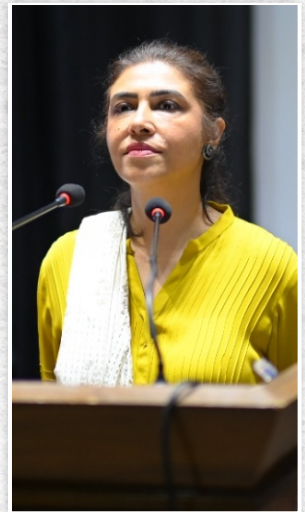
The event embodied true interprofessional collaboration, with participation from faculties of Medicine, Dentistry, Nursing, Allied Health Sciences, Physiotherapy, Biotechnology, Business Administration, and Law, creating a rich, integrated platform for learning.



Prof. Rashid Latif Khan, Patron-in-Chief, lauded the initiative as a milestone in student-led academic culture. He expressed that it was always his vision to see students step forward, take ownership of scholarly platforms, and lead academic conversations. He emphasized that giving students such responsibility not only builds confidence but also nurtures future leaders who can drive innovation in healthcare and education.



Mrs. Sabahat Khan, Patron, extended her warm congratulations to the students for their dedication, creativity, and hard work in making StuCon a success. She noted that the success of this interprofessional conference was a reflection of the students' collaborative spirit and determination. She reminded the participants that this achievement truly belonged to them, as it was their passion, effort, and teamwork that had brought the vision to reality.



The hybrid mode allowed for both oral and poster presentations, giving students and young researchers a valuable opportunity to showcase their work. The sessions were interactive, reflective, and thought-provoking, offering participants a truly enriching academic experience.





RASHID LATIF MEDICAL COLLEGE (RLMC)

2ND INTERNATIONAL STUCON 2025 – 22ND AUGUST

Adding a vibrant dimension, the conference also featured a Social Evening and Gala Dinner, where delegates enjoyed networking, performances, and meaningful interactions in a relaxed environment. This created opportunities for collaboration beyond the academic sphere, strengthening professional and personal ties among participants.



The 2nd International StuCon once again reaffirmed its standing as Pakistan's first student-led interprofessional conference, highlighting the importance of collaboration, innovation, and shared learning across disciplines.





RASHID LATIF MEDICAL COLLEGE (RLMC)

DEPARTMENT OF MEDICAL EDUCATION

Stucon Pre-conference Workshop "Leadership Begins With You: A Student's Guide To Influence & Impact,"

At the 2nd International StuCon pre-conference workshop, we were privileged to host a truly inspiring session with Prof. Dr. Saima Rafique. The topic, "LEADERSHIP BEGINS WITH YOU: A STUDENT'S GUIDE TO INFLUENCE & IMPACT," resonated deeply with every medical student and professional in attendance.

Dr. Saima provided invaluable insights, highlighting that leadership isn't just about a title—it's about the ability to influence positive change, no matter your position. The session explored how to cultivate personal leadership skills, from effective communication and mentorship to driving meaningful impact within the medical community and beyond. It was a powerful reminder that the journey to becoming a leader starts with self-awareness and a commitment to growth. Thank you, Prof. Dr. Saima Rafique, for this empowering and essential discussion!



Panel Discussion on "Workplace Safety: Shaping a Supportive & Congenial Environment"

Rashid Latif Nursing College proudly hosted a Panel Discussion on "Workplace Safety: Shaping a Supportive & Congenial Environment" on 25th August 2025. Esteemed leaders from the healthcare sector joined as panelists to address this vital issue of our time, including Ms. Jacqueline Maria Das (Associate Professor, Nursing Department, University of Sharjah), Mr. Ali Khan (GM HR, HLTH), Madam Kalsoom Ramzan (Nursing Director, PKLI Hospital), Madam Farzana Iqbal (Principal, CON Allama Iqbal Medical College), Madam Rukhsana Kausar (Pro Vice Chancellor, RLKU), Dr. Kainat Javed (Director, Medical Education, RLMC), and Mr. Faisal Nadeem (Principal, Rashid Latif College of Nursing).

In particular, Dr. Kainat Javed emphasized the importance of teaching students their basic rights through accountability and adopting competency- and skill-based teaching approaches, highlighting how such practices can empower future healthcare professionals and foster safer, more respectful workplaces. The panel's collective insights shed light on strategies to build supportive environments where healthcare teams can thrive.





RASHID LATIF MEDICAL COLLEGE (RLMC)

DEPARTMENT OF MEDICAL EDUCATION

Workshop on E-Portfolios for the faculty of Services Institute of Medical Sciences (SIMS).

Dr. Kainat Javed, Director of Medical Education at Rashid Latif Medical College, conducted an interactive workshop on E-Portfolios for the faculty of Services Institute of Medical Sciences (SIMS). The session was organized by Prof. Khadija Asim Khan under the patronship of Prof. Zuhra Khanum, whose leadership and vision continue to inspire excellence in faculty development.

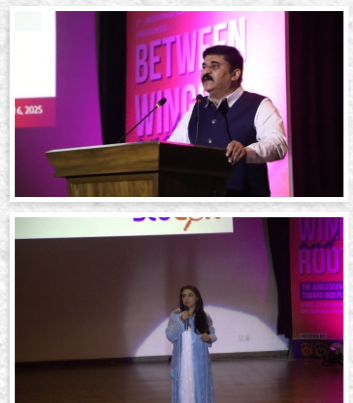
The workshop emphasized the role of e-portfolios in documenting student progress, encouraging reflective practice, and supporting competency-based education. Faculty members actively engaged in discussions, gaining hands-on insights into effective implementation.

This collaborative effort was highly appreciated, reflecting the shared commitment of both institutions to advancing medical education through innovation and capacity building.



Pre-conference seminar on gender-based violence -2nd International Stucon

RLMC was honored to host a pre-conference seminar on gender-based violence at the 2nd International STUCON. We were privileged to welcome a diverse panel of speakers, from government officials to social workers, who shared their invaluable insights on this critical issue and the importance of women's empowerment and the stoppage of gender-based violence.





RASHID LATIF MEDICAL COLLEGE (RLMC)

RLMC- FIRST ALUMNI DINNER

RLMC organized its First-Ever Alumni Reunion Dinner, bringing back the first 10 batches of alumni to campus. The evening was a huge success, with so many of you joining to reconnect, share memories, and celebrate your journey at Rashid Latif Medical College.

We're grateful for the incredible turnout and are excited to announce that a special space is being dedicated in the RLMC Library exclusively for our alumni a place you can always use for study and research.

Thank you to everyone who made this historic evening so memorable. We look forward to seeing you all again very soon!





RASHID LATIF MEDICAL COLLEGE (RLMC)

Department of Medical Education

Pre-Conference Workshop at the 2nd International StuCon. The session, "From Idea to Impact: Writing Research Proposals with AI Tools,"

Dr. Kainat Javed lead a Pre-Conference Workshop at the 2nd International StuCon. The session, "From Idea to Impact: Writing Research Proposals with AI Tools," provided invaluable insights for medical students and medical professionals.

Dr. Kainat's expertise in leveraging AI for research will undoubtedly empower the next generation of medical innovators. We extend our sincere gratitude for an inspiring and highly informative workshop!



Pre-Conference Seminar on Career Counselling RLMC Second International StuCon-2025

Rashid Latif Medical College successfully concluded the Second Pre-Conference Seminar of the International StuCon, honored by the presence of Mr. Noor-ul-Amin Wattoo (Chairperson of the Standing Committee on Higher Education, Punjab), who shared invaluable insights on higher education. The session also featured our distinguished graduates and successful students, whose experiences in medical career counseling served as an inspiration and guiding light for current students.



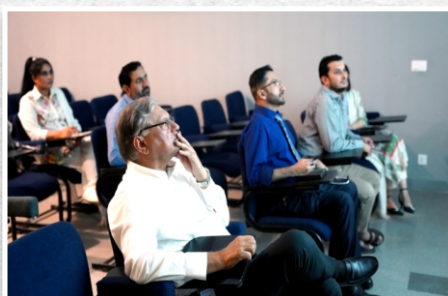


RLKU MEDICAL COLLEGE (RLKUMC)

JOURNAL CLUB MEETING

The 5th Journal Club meeting of Rashid Latif Khan University Medical College was successfully held on Wednesday, 6th August 2025 at 12:00 PM in D1 Lecture Hall. The session was chaired by Prof. Arif Mahmood Siddiqui, Principal RLKU Medical College. Dr. Farzana Faiz delivered an engaging and insightful presentation on a selected paper in the field of Dermatology, highlighting recent advancements and clinical relevance.

The event was attended by faculty members from all Medical & Allied Departments, creating a vibrant academic environment. The interactive Q&A session allowed participants to exchange ideas and clarify concepts, enriching professional discussion. At the conclusion of the event, Prof. Arif Mahmood Siddiqui appreciated the efforts of Dr. Farzana Faiz for her valuable contribution and reaffirmed the importance of such academic gatherings in enhancing professional knowledge. The Principal encouraged continued active participation in future journal clubs, aiming to foster research culture and evidence-based medical practice.



CELEBRATING ART & CULTURE

RLKUMC successfully hosted its flagship event, "Celebrating Art & Culture," on 13th August 2025 with remarkable enthusiasm and participation from students, faculty, and staff. The program served as a vibrant display of Pakistan's rich cultural heritage, where students adorned traditional attire and embraced the theme "Dress Your Culture, Become Your Character." The event featured captivating folk dances, soulful musical performances, artistic exhibitions, and an array of cultural food stalls that highlighted the diversity and flavors of our traditions.

Prof. Arif Mahmood Siddiqui (Principal, RLKUMC) and Prof. Faheem Mahmood (Vice Principal, RLKUMC) graced the occasion and participated along with faculty members, further enhancing the spirit of unity and celebration. This event not only provided entertainment but also underscored the importance of preserving cultural identity, while reflecting RLKUMC's continued commitment to promoting creativity, inclusivity, and national pride.





RLKU MEDICAL COLLEGE (RLKUMC)

ANATOMY PRE CONFERENCE WORKSHOP HEPATIC HIGHWAY: FROM GROSS ANATOMY TO CLINICAL RELEVANCE

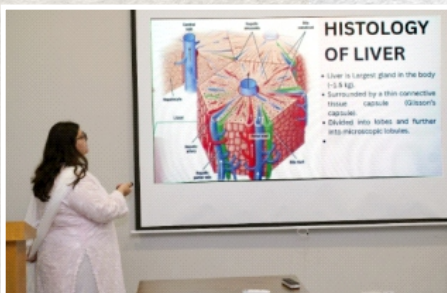
The Anatomy Department at Rashid Latif Khan University Medical College (RLKUMC) conducted a pre-conference workshop of STUCON 2025 titled "Hepatic Highway: From Gross Anatomy to Clinical Relevance" on Thursday, 21st August 2025, at D6.

The workshop was facilitated by Mahnoor, Kashmala Jan, and Isbah Ahmad, second-year MBBS students, and was formally opened with the recitation of the Holy Quran by Abdul Aziz (2nd-year MBBS student).

The workshop was structured around three major hepatic diseases—Fatty Liver, Hepatitis, and Cirrhosis—demonstrating the gross anatomical changes in integration with biochemical alterations, and underlying pathophysiology.

Prof. Shakeela Nazir, Head of the Anatomy Department, highlighted the significance of pre-conference workshops, noting that such sessions bridge the gap between basic sciences and clinical practice, enhance student engagement, and build confidence in academic presentations. She further encouraged all students to actively participate in future academic activities and conference presentations.

The workshop proved to be an enriching experience, motivating students to engage in scholarly discussions and strengthening the culture of collaborative and integrative learning at RLKUMC.



FETAL GROWTH RESTRICTION, ANTENATAL AND PERI NATAL ASPECTS

The Department of Obstetrics and Gynaecology RLKU Medical College/ Hameed Latif Teaching Hospital organized an informative lecture on "Fetal Growth Restriction, antenatal and peri natal aspects" under the guidance of Prof. Shaila Anwar, followed by a question and answer session to clarify all the misunderstanding regarding the topic. The aim of the session was to enhance better understanding and refresh knowledge of our participants according to the latest guidelines. The session was attended by doctors from gynaecology, pediatric and surgery department, nursing staff and paramedical staff.





DIABETES AND WEIGHT MANAGEMENT FROM THE EYE OF A BIOCHEMIST

Head of Department Biochemistry Prof. Dr. Iram Fayyaz and Assistant Professor Dr. Iram Arshad, along with student facilitators from 1st Year MBBS Esha Jamal and Zainab Qasim, facilitated an interactive preconference workshop titled "Diabetes and Weight Management from the Eye of a Biochemist" in the 2nd International Stucon – Students' Research Conference. The event was well attended not only by students of our institution but also by participants from Central Park Medical College, fostering a spirit of academic collaboration. The workshop provided valuable insights into the introduction, risk factors, and management of diabetes, complemented by engaging hands-on activities. Students practiced calculating BMI and waist circumference, as well as conducting the American Diabetes Association (ADA) risk assessment, highlighting the importance of early identification of individuals at risk. In a second activity, participants gained practical experience in measuring random blood glucose levels, linking theoretical knowledge with clinical application. The highly interactive sessions were both educational and enjoyable, leaving students with a deeper understanding of diabetes and its biochemical basis.





RLKU MEDICAL COLLEGE (RLKUMC)

INDEPENDENCE DAY

On the auspicious occasion of Pakistan's 78th Independence Day, a special celebration was held by the Obstetrics and Gynaecology department of Hameed Latif Teaching Hospital under the guidance of Prof Shaila Anwar with a focus on environmental sustainability. To commemorate the day, a tree plantation drive was organized. The program was commenced by national anthem and a flag hoisting ceremony followed by tree plantation. The event was graced by the presence of the dean, Prof. Farukh Zaman. The chief facilitator of the ceremony was Mr Jahangir head of Horticulture RLKUMC. The event left a positive impact and reinforced the vision of a greener, healthier Pakistan.



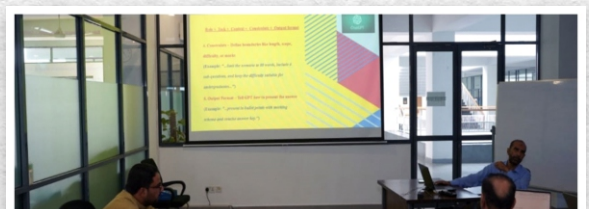
DEPARTMENT OF MEDICAL EDUCATION

Media Report on "Integrate AI in Medical Research and Teaching"

Introduction:

The Department of Medical Education organized a faculty development workshop titled "Integrate AI in Medical Research and Teaching" on 20th August 2025 facilitated by Dr. Umer Saeed Director, examination.

Dr, Umer Saeed introduced participants to AI-powered tools, particularly Gamma AI, for creating engaging presentations, documents, and handouts, along with strategies for mastering effective GPT prompts to generate high-quality academic content such as quizzes, MCQs, and SEQs. Through interactive exercises and hands-on demonstrations, the workshop highlighted best practices in AI prompting, common pitfalls to avoid, and innovative approaches to enhance teaching and assessment. The event was well-received and equipped faculty and medical educators with practical skills to integrate AI into their professional practice, fostering creativity, efficiency, and innovation in medical education.





RLKU MEDICAL COLLEGE (RLKUMC)

MEDIA REPORT

Healing Hands and Moral Hearts: Medical Ethics

The Department of Medical Education at Rashid Latif Khan University Medical College (RLKUMC) conducted a pre-conference workshop of STUCON 2025 titled "Healing Hands and Moral Hearts: Medical Ethics" at the DME Conference Hall on 8 August 2025.

The Workshop was facilitated by Manha Shakeel and Javeria Rehman, first-year MBBS students. The workshop explored the four core principles of medical ethics—autonomy, beneficence, non-maleficence, and justice—through case discussions, activities, and quizzes on real-life ethical dilemmas such as informed consent, truth-telling in terminal illness, euthanasia, and fair allocation of medical resources.

At the closing ceremony, Prof. Dr. Naureen Omar, Director of Medical Education and Prof. Dr. Faheem Mehmood, Vice Principal awarded Certificates of Appreciation to the facilitators, acknowledging their commendable efforts in delivering an engaging and thought-provoking session.



MEDIA REPORT

Ignite the Intellect – Systems of Reasoning and Thinking

Lahore, 12 August 2025 – Rashid Latif Khan University Medical College (RLKUMC) successfully hosted a pre-conference workshop for STUCON 2025 titled "Ignite the Intellect – Systems of Reasoning and Thinking" in the Conference Room. The workshop was conducted by Department of Medical Education and was facilitated by Prof. Dr. Saima Chaudhry, Founding Director of the Centre for Health Professionals and Lifelong Learning, University of Lahore.

The interactive session focused on developing critical thinking, logical reasoning, and creative problem-solving skills among participants. Prof. Dr. Saima Chaudhry discussed deductive and inductive reasoning, convergent and divergent thinking, and the importance of evaluating evidence, arguments, and source credibility.

At the closing ceremony, the Principal, Vice Principal, and Director of Medical Education presented a shield and certificate of appreciation to Prof. Dr. Saima Chaudhry in recognition of her valuable contribution.

The workshop was well-received, with participants praising its engaging content and relevance to academic, clinical, and research excellence.





RLKU MEDICAL COLLEGE (RLKUMC)

MEDIA REPORT

Surviving Through Medical College: Mastering Stress and Building Resilience

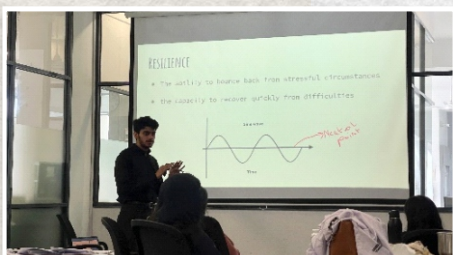
The Department of Medical Education (DME) conducted an interactive workshop titled "Surviving Through Medical College: Mastering Stress and Building Resilience" at the DME Conference Hall. The workshop, held by Department of Medical Education, was facilitated by Muhammad Subhan (3rd year MBBS) and Ahmad Miraan (1st year MBBS).

The event aimed to equip medical students with practical tools to manage stress effectively and strengthen their resilience against academic and personal pressures. Through engaging discussions, hands-on activities, and reflective exercises, participants explored the causes of stress, its impact on performance, and strategies for cultivating emotional well-being.

Highlighting the importance of resilience, the facilitators demonstrated how adaptability, optimism, and strong relationships can serve as protective factors against burnout. Students were encouraged to implement daily resilience practices, including self-reflection, self-expression, and meaningful connections with peers and mentors.

Prof. Dr. Naureen Omar commended the facilitators for their efforts and presented them with Certificates of Appreciation. She emphasized the department's commitment to fostering the holistic development of medical students through such capacity-building initiatives.

The workshop received positive feedback from participants, who appreciated the opportunity to engage in open discussions about mental well-being in the demanding environment of medical education.



DEPARTMENT OF MEDICAL EDUCATION

Workshop on "Basic toolkit for Research"

The Department of Medical Education organized a faculty development workshop titled "Basic toolkit for Research" on 4th August 2025. The workshop was facilitated by Prof. Naureen Omar, Director, Medical Education. The workshop was organized to strengthen research skills among faculty. The session covered research types, topic selection using the FINER technique, literature search strategies, and synopsis writing. Faculty members participated in discussion, including formulating research questions and hypotheses. Emphasis was placed on ethical research practices and ICJME guidelines. The workshop was well-received for its practical relevance and interactive format.

Pre- and post-workshop feedbacks were collected via Google Forms.





RLKU MEDICAL COLLEGE (RLKUMC)

MEDIA REPORT

Study Smart: Unlock the Power of Effective Practice

The Department of Medical Education at Rashid Latif Khan University Medical College (RLKUMC) conducted a pre-conference workshop of STUCON 2025 titled "Study Smart: Unlock the Power of Effective Practice" at the DME Conference Hall on 12th August 2025.

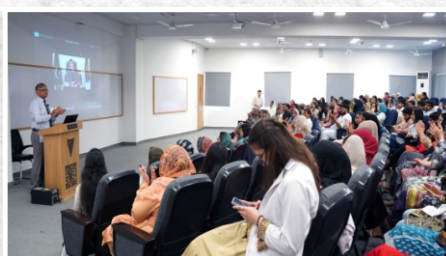
The Workshop was facilitated by Amsal Ashraf and Javeria kamil khan, first-year MBBS students. The Workshop emphasized shifting from traditional, passive study methods like re-reading and cramming to active, evidence-based techniques such as active recall, spaced repetition, the Feynman Technique, practice testing, mind mapping, blurting, and interleaving. Participants explored how these strategies improve focus, long-term memory, and problem-solving skills, supported by insights into the brain's myelination process. The workshop aimed to help students study more efficiently, reduce stress, and achieve deeper learning for both exams and lifelong knowledge retention.



WORLD HEPATITIS DAY

Study Smart: Unlock the Power of Effective Practice

RLKU Medical College successfully organized an awareness program on **World Hepatitis Day** on **7th August 2025** with the theme "We're Not Waiting – Know Hepatitis, Act Now". Held from 11:00 am to 12:30 pm, the event featured distinguished guest speakers **Dr. Ammara Naveed**, Consultant Hepatologist at PKLI, and **Prof. Arif Mahmood Siddiqui**, Principal of RLKU Medical College, who also actively participated in the proceedings. Both speakers delivered insightful sessions focusing on the importance of early detection, prevention, and treatment of hepatitis. The program was attended by the entire faculty of Basic and Clinical Sciences, along with all MBBS students, reflecting the institution's strong commitment to promoting health awareness. Following her lecture, Dr. Ammara Naveed engaged in an interactive question-and-answer session, addressing important queries from the audience. At the conclusion of her speech, she was presented with a shield of appreciation in recognition of her valuable contribution. The event concluded with a unified pledge from participants to continue efforts





RLKU MEDICAL COLLEGE (RLKUMC)

DEPARTMENT OF DERMATOLOGY

Pre-conference Workshop: Aesthetic Dermatology Essentials

The Department of Dermatology at Rashid Latif Khan University Medical College (RLKUMC), in collaboration with Hameed Latif Teaching Hospital, organized a pre-conference workshop titled "Aesthetic Dermatology Essentials: Skin Science & Device Basics" on 18th August 2025.

The session was facilitated by Dr. Farzana Faiz (MBBS, FCPS Dermatology | Head of Department, Dermatology, RLKUMC), with the support of co-facilitators Zahra Noor and Umme Hafsa (1st year medical students). The workshop introduced participants to the fundamentals of skin typing through the Fitzpatrick scale, practical insights into HydraFacial and Diode Laser Hair Removal technologies, and essential pre- and post-procedure safety measures.

Interactive discussions, case-based learning, and a Q&A session ensured that attendees gained both clinical understanding and hands-on exposure. The workshop, attended by medical students, interns, and residents, concluded with the distribution of participation certificates.

This initiative reflects RLKUMC's commitment to equipping young medical professionals with emerging skills in dermatology and aesthetics, bridging theoretical knowledge with practical application.





ARIF MEMORIAL TEACHING HOSPITAL (AMTH)

1000 DAYS OF NAVIGATING LIFE

A very informative and interactive session by Prof. Dr. Asma Yasin (HOD Gynaecology and Obstetrics) Arif Memorial Teaching Hospital on *1000 days of Navigating Life* including gynaecologists from Kasur and consultants belonging to various other specialties. The session was attended by members of Pakistan Medical Council, Kasur.



PRESENTATION

Presentation conducted under prestige supervision of Prof Dr Asma Yasin HOD Gynaecology and Obstetrics regarding Pelvic inflammatory disease, a very common Gynaecological problem faced by many patients, it's symptoms and management along with prevention was discussed with residents.



PRESENTATION

An inspirational Gynaecological Endoscopy Workshop was chaired by Prof. Yousaf Latif. This hands on workshop had great influence on attendees as Endoscopes are serving as intellectual guides in this era of advancement.

Subfertility is a loss. On 20th August, 2025 Prof. Haroon Latif promoted and escorted positive mindset which has influenced audience for over all well-being of successful IVF rates. Workshop on IVF was done in collaboration with LIFE centre, Hamid Latif Hospital.

To save life one should know how to deal with Obstetric Emergencies. On 21st August, 2025 hands-on workshop on Obstetric Emergencies was governed under leadership of Prof. Asma Yasin.

Two research papers conducted in Obstetrics & Gynecology department at AMTH

- Effectiveness of Intrauterine Balloon Tamponade in the Control of Postpartum Hemorrhage due to Uterine Atony.
- Mode of Delivery in Pregnant females with Fibroid uterus Presenting in Spontaneous Labour.

Oral presentations were delivered by final year students Khadija and Momina respectively, and achieved 1st and 2nd positions in 2nd International Stucon.

