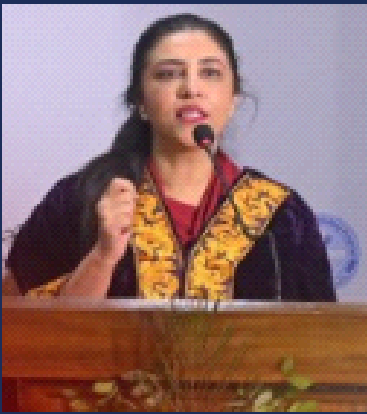


NEWSLETTER

FEBRUARY 2026



RASHID LATIF
KHAN UNIVERSITY



RASHID LATIF
MEDICAL COLLEGE



RLKU
MEDICAL & DENTAL COLLEGE



HAMEED LATIF
TEACHING HOSPITAL



ARIF MEMORIAL TEACHING HOSPITAL



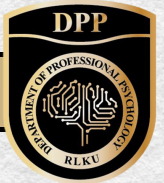
RASHID LATIF KHAN UNIVERSITY (RLKU)

PROF. DR. MUHAMMAD QASIM SAEED: SHAPER OF DENTISTRY'S FUTURE

At a recent Talking Books session, Prof. Dr. Muhammad Qasim Saeed, Principal of Rashid Latif Dental College, shared his inspiring journey from being a student once uninterested in studies to becoming a committed professional in dentistry. He highlighted how his study visit to Turkey broadened his outlook and strengthened his dedication to learning and professional growth. The session was jointly organized by the Department of English and the Library & Information Resource Centre (LIRC), reflecting the Forum's commitment to nurturing thoughtful and socially responsible individuals.



DEPARTMENT OF PROFESSIONAL PSYCHOLOGY (DPP)



INTERNATIONAL DAY FOR THE PREVENTION OF VIOLENT EXTREMISM

The Department of Professional Psychology at RLKU organized a seminar in observance of the International Day for the Prevention of Violent Extremism. The session aimed to explore the underlying causes contributing to the rise of extremism and to discuss practical strategies for its prevention. Mr. Shabbir Sadiq from the Department of Media Studies presented an insightful analysis of the role of media in shaping public opinion, highlighting how certain forms of media representation can promote extremist narratives and influence societal attitudes.

Prof. Dr. Tahir Mustafa from the Department of Islamic Studies addressed the religious dimension of the issue, emphasizing that Islam strongly condemns all forms of extremism and violence, advocating instead for peace, tolerance, and social harmony. The seminar concluded with an engaging question-and-answer session, during which participants actively interacted with the speakers. The event proved to be highly informative and thought-provoking, fostering critical reflection and reinforcing the importance of collaborative efforts in preventing violent extremism within society.





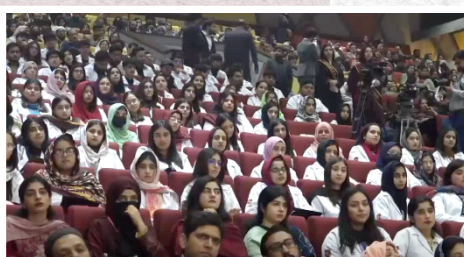
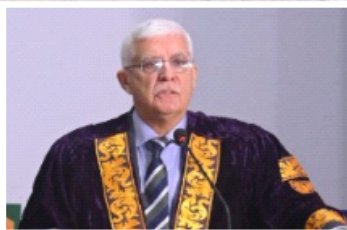
RASHID LATIF MEDICAL COLLEGE (RLMC)

DEPARTMENT OF MEDICAL EDUCATION

FOUNDATION DAY CEREMONY – MBBS CLASS OF 2030

A proud and memorable occasion marked the Foundation Day Ceremony of our MBBS Class of 2030; the beginning of an inspiring journey into the world of medicine.

We were honored by the presence of Prof. Tayyaba Wasim, Principal of Allama Iqbal Medical College & Jinnah Hospital Lahore, who shared invaluable insights with the newly inducted students. Our Chief Guest, Prof. Javed Raza Gardezi, inspired the future generation of doctors with his words of experience, dedication, and professional excellence. The ceremony was further elevated as Prof. Muddassar Ali, Vice Principal, administered the oath to the Class of 2030 a solemn pledge marking the beginning of their medical journey grounded in responsibility, ethics, and compassion. Esteemed Principal Prof. Tahir Masood warmly welcomed the 16th Batch of MBBS, sharing words of wisdom, guidance, and encouragement that set the tone for a transformative path in the noble field of medicine. RLMC's CEO, Ms. Sabahat Khan, also extended a gracious welcome to the incoming class. A special highlight of the ceremony was the recognition of exceptional academic excellence: a brilliant student securing 90% marks was awarded a 35% scholarship, reflecting both the student's dedication and RLMC's commitment to supporting talent. This day symbolizes pride, purpose, and new beginnings the first step toward a future devoted to healing and serving humanity.





RASHID LATIF MEDICAL COLLEGE (RLMC)

DEPARTMENT OF MEDICAL EDUCATION

ORIENTATION- FINAL YEAR MBBS

The journey toward becoming a doctor reaches its most defining chapter as our 5th Year MBBS students step into their final and most transformative academic year. This orientation session emphasized clinical excellence, ethical responsibility, patient-centered care, and preparation for professional practice the pillars that shape competent and compassionate physicians. Our respected faculty inspired students to lead with knowledge, confidence, and empathy as they transition into advanced clinical roles. With refined skills, deeper clinical insight, and a strengthened sense of duty, they move closer to their ultimate purpose serving humanity with dedication and integrity. The future doctors of tomorrow are now stepping forward as responsible healthcare leaders of the near future.



RESEARCH CELL

FACULTY DEVELOPMENT PROGRAM: RESEARCH METHODOLOGY ESSENTIALS WORKSHOP

The Department of Medical Education organized a workshop under Faculty Development Program titled Research Methodology Essentials Workshop, which was conducted by the Research Cell. The session was facilitated by Prof. Tazeem Shahbaz, Head of Department, Community Medicine & Research Cell.

The workshop provided faculty members with essential insights into research design, methodology, and effective academic practices, reinforcing the institution's commitment to academic excellence and research advancement.

The session was highly interactive and contributed significantly to strengthening research capacity among participants.





RASHID LATIF MEDICAL COLLEGE (RLMC)

DEPARTMENT OF MEDICAL EDUCATION

ORIENTATION- 1ST YEAR MBBS

The 1st Year MBBS Orientation marked the beginning of a transformative journey at Rashid Latif Medical College where future doctors take their first step into a path defined by knowledge, compassion, discipline, and lifelong service. The hall was filled with bright minds, focused expressions, and dreams ready to evolve into purpose. This was more than a formal introduction; it was the start of a profound commitment to heal with empathy, to learn with dedication, and to lead with humanity.

Day 2 of the orientation continued with inspiring guidance and valuable academic insights. Students engaged with esteemed faculty, explored the expectations of medical professionalism, and gained a deeper understanding of the responsibilities that come with wearing the white coat. Each session brought them closer to their calling to serve with integrity, practice with competence, and uphold the highest standards of care.

We proudly welcome the doctors of tomorrow. The future of healthcare stands here full of passion, promise, and purpose.





RASHID LATIF MEDICAL COLLEGE (RLMC)

DEPARTMENT OF MEDICAL EDUCATION

CELEBRATING EXCELLENCE – 4TH YEAR MBBS RESULTS

We are overjoyed to announce the remarkable results of our 4th Year MBBS students. A total of 34 distinctions were secured: 26 in Pathology and 8 in ENT, reflecting academic excellence and unwavering dedication.

Position Holders:

1st Position: Mishaal Noor

2nd Position: Bushra Shaukat

3rd Position: Hassan Saeed

Distinction Holders:

Mishaal Noor, Hassan Saeed, Bushra Shaukat, Eesha Shahid Bano, Fatima Wajahat, Nabihah Tahir, Saeed Sheikh, Minahil Fatima, Taimoor Abdullah, Belal Tayyab, Yahya Azhar, Humza Akbar, Alizah Amir, Simahir Tariq, Farzeen Saleem, Ayesha Khan, Urva Zahoor, Nehel Salimi, Jannat Yasin, Mahnoor, Khadija, Darakhshan, Fatima Tuz Zahra, Javairia Qazi, Hussain Saeed, Muhammad Saeed, and Ali Jaffar.

Your hard work, perseverance, and commitment to excellence have made the institution immensely proud. May this achievement be a stepping stone toward even greater success in your medical journey.



DEPARTMENT OF PHYSIOLOGY

JOURNAL CLUB

The Physiology Department recently held an engaging Journal Club session where Dr. Maryam Raza presented her discussion on "Manool Restores Glucose Homeostasis by Regulating JAK-STAT, mTOR, and Antioxidant Signaling in a Type II Diabetes Rat Model." The session highlighted the molecular mechanisms through which manool may help manage type II diabetes, fostering insightful discussion among faculty and students.



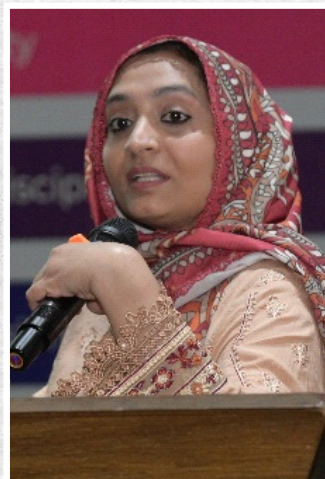
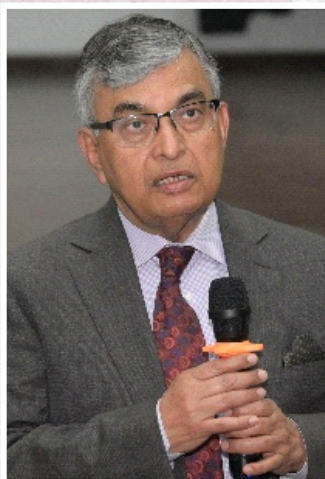


RASHID LATIF MEDICAL COLLEGE (RLMC)

DEPARTMENT OF MEDICINE I

CLINICO-PATHOLOGICAL CONFERENCE

The Department of Medicine I conducted an engaging Clinico-Pathological Conference on the topic "An Unusual Case of Obstructive Jaundice." The session was presented by Dr. Maryam and Dr. Fiza, who comprehensively discussed the clinical presentation, diagnostic challenges, and pathological correlations of this rare case. The interactive Q&A session was skillfully led by Prof. Anjum Rashid, fostering insightful academic discussion among faculty and participants. Adding further depth to the session, Dr. Tahir Masood, Head of Pediatrics, shared valuable insights on annular pancreas as a congenital condition, while Dr. Aqil from the Department of Surgery elaborated on its surgical perspectives and management considerations. The conference provided an enriching interdisciplinary learning experience, strengthening clinico-pathological integration and collaborative understanding across departments.





RASHID LATIF MEDICAL COLLEGE (RLMC)

DEPARTMENT OF PATHOLOGY

FACULTY DEVELOPMENT PROGRAM- WORKSHOP ON "INTRODUCTION TO QUALITY ASSURANCE / PROGRAM EVALUATION"

The Department of Medical Education, Rashid Latif Medical College, successfully conducted a Faculty Development Program workshop on "Introduction to Quality Assurance / Program Evaluation". The session was facilitated by Prof. Sofia Khan and Prof. Sahar Mudassar from Department of Pathology, who provided valuable insights into quality assurance principles and effective program evaluation in medical education. The workshop aimed to strengthen faculty understanding of quality standards and promote continuous improvement in academic programs. The session was highly informative and well-received by MBBS faculty, reinforcing RLMC's commitment to excellence in medical education and professional development.



DEPARTMENT OF SURGERY I & EYE UNIT-II

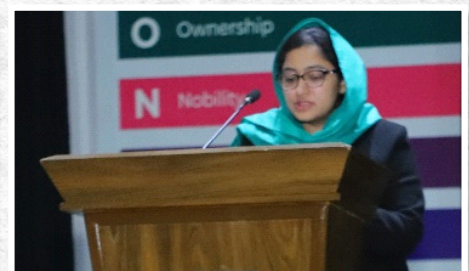
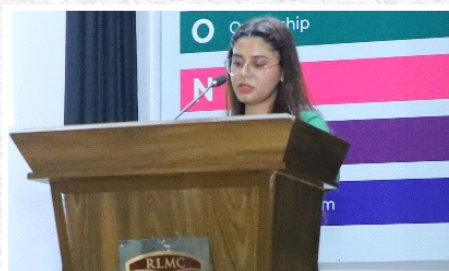
CLINICO-PATHOLOGICAL CONFERENCE

An intellectually enriching Clinical Pathological Session was conducted at RLMC, featuring two compelling and clinically significant presentations.

Eye Unit II Topic: A young male with progressive drooping of the upper eyelids since childhood was presented by Dr. Usman and Dr. Saad. The case prompted thoughtful discussion on differential diagnosis, evaluation, and evidence-based management strategies, enhancing participants' clinical insight.

Surgery Unit I Topic: Complications of Morbid Obesity was presented by Prof. Aaqil and Dr. Mashhood, shedding light on the multifaceted systemic effects and surgical challenges associated with obesity, along with practical approaches to management.

The session concluded with an engaging interactive discussion, reinforcing critical thinking and strengthening clinical understanding among attendees.





DEPARTMENT OF PSYCHIATRY

SESSION: TRANSFERENCE, COUNTER-TRANSFERENCE AND RESISTANCE: THE ESSENTIAL PILLARS OF PSYCHODYNAMIC PSYCHOTHERAPY

The department of psychiatry hosted an insightful academic session on "Transference, Counter-Transference, and Resistance: The Essential Pillars of Psychodynamic Psychotherapy." The session was delivered by a guest speaker Dr. Aisha Abbasi, MD (Psychiatry) and Psychoanalyst, who eloquently explored the dynamic interpersonal processes that shape the therapeutic relationship. She highlighted how understanding transference, managing counter-transference, and addressing resistance are fundamental to effective psychodynamic practice. The session was thoughtfully moderated by Prof. Usman Hotiana, whose reflections enriched the discussion and facilitated meaningful engagement with participants. The interactive exchange of ideas provided a deeper understanding of core psychodynamic concepts, strengthening clinical insight and therapeutic competence among attendees.





UNIVERSITY OF SARGODHA DELEGATION VISITS RASHID LATIF COLLEGE OF PHARMACY

Rashid Latif College of Pharmacy (RLCP) had the honor of welcoming a delegation from the **University of Sargodha** for an academic visit aimed at reviewing institutional standards, facilities, and compliance with university regulations.

During the visit, the delegation conducted a comprehensive tour of the campus facilities, including the **Pharmaceutics, Pharmacology, Microbiology, Anatomy, and Physiology laboratories**, along with the **computer lab, central library, auditorium, and lecture halls**. The team appreciated the well-equipped laboratories and the academic environment that supports modern pharmacy education at RLCP.

The delegation also visited an **ongoing first-semester Pharm-D class**, where they interacted with students and conducted a brief **question-and-answer session** to assess their academic engagement and understanding of the course material. Students actively participated in the discussion and confidently responded to the queries posed by the visiting team.

Following the class visit, a **meeting with the faculty members and the Principal, Humayun Riaz**, was held to discuss academic progress, curriculum implementation, teaching methodologies, and strategies to enhance the quality of pharmaceutical education further. Speaking on the occasion, **Prof. Dr. Humayun Riaz** expressed his appreciation for the visit and emphasized RLCP's commitment to maintaining high academic standards and providing a dynamic learning environment for future pharmacists.

The visit concluded on a positive and encouraging note, reaffirming the continued collaboration between **RLCP** and the **University of Sargodha** in promoting excellence in pharmacy education.





12TH ANNIVERSARY CELEBRATION OF RASHID LATIF COLLEGE OF PHARMACY

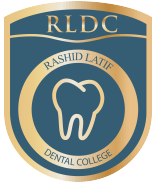
Rashid Latif College of Pharmacy (RLCP) proudly celebrated its 12th Anniversary on 13 February 2026 with great enthusiasm and participation from faculty members, administration, and students. The event was organized under the supervision of **Principal RLCP / Dean RLKU, Humayun Riaz**, who highlighted the college's journey of academic excellence and its commitment to producing competent pharmacy professionals.

The celebration was honored by the presence of distinguished guests, including **Director Marketing Ms. Zulekha Khan**, **Principal of Rashid Latif Medical College, Tahir Masood Ahmad**, **CFO Mr. Mansoor Ahmad**, and **Registrar RLKU, Muhammad Khalid Khan**, along with faculty members and administrative staff who joined the occasion to commemorate the institution's progress and achievements.

A **cake-cutting ceremony** marked the highlight of the celebration, symbolizing twelve successful years of dedication to pharmacy education. Adding creativity to the event, students showcased their talents by presenting **innovative cake models themed around Pharmacy and RLCP**, reflecting scientific concepts and the identity of the college in a unique and artistic way.

The event concluded with appreciation for the efforts of students and faculty, reinforcing RLCP's vision of fostering academic growth, creativity, and professional excellence within the academic community.





RASHID LATIF DENTAL COLLEGE (RLDC)

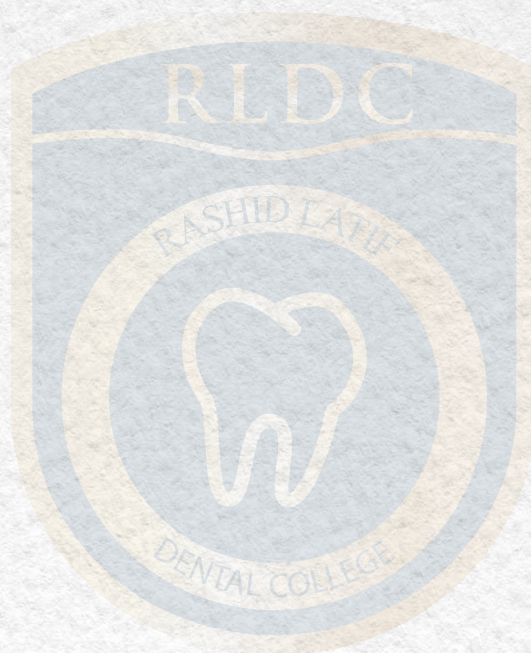
INTRODUCTION TO RESEARCH METHODOLOGY

An insightful workshop on "Introduction to Research Methodology" was organized by the Dental and Medical Education Department.

The session was facilitated by Dr. Rabbiya Sarwar (Assistant Professor, Community Medicine Department) who explained the fundamentals of research methodology and research designs in a very clear and engaging manner.

The workshop proved to be highly informative and helpful, as by the end of the session the basic concepts of research were well understood by the participants.

The event was attended by faculty members including HODs, Assistant Professors, Demonstrators, and House Officers, making it a valuable learning experience for everyone.





RLKU MEDICAL COLLEGE (RLKUMC)

4TH WHITE COAT CEREMONY

RLKU Medical College proudly organized its 4th White Coat Ceremony and Orientation Program for the incoming Batch 2026–2030, marking a significant milestone in the journey of future medical professionals.

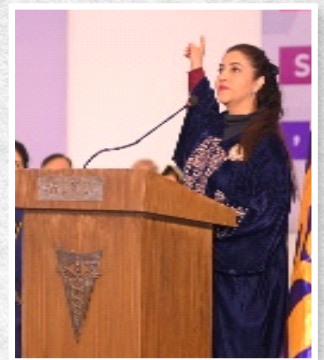
The prestigious ceremony was graced by Chief Guest Professor Dr. Shahryar A. Sheikh, whose presence and insightful address inspired students to uphold the highest standards of medical ethics, professionalism, and compassion.

The event was further honored by the presence of Founding Principal and Guest of Honour Professor Dr. Farukh Zaman, who emphasized the institution's vision and commitment to excellence in medical education.

Principal Professor Dr. Arif Mahmood Siddiqui welcomed the new batch and highlighted the responsibilities that come with wearing the white coat, symbolizing trust, service, and dedication to humanity.

The solemn oath-taking ceremony was administered by Vice Principal Professor Dr. Faheem Mahmood, reaffirming the students' pledge to ethical medical practice and lifelong learning.

The ceremony concluded with a vote of thanks by CEO RLK Group, Ms. Sabahat Khan, who congratulated the students and acknowledged the efforts of faculty members, parents, and organizers in making the event a success. The White Coat Ceremony stands as a proud tradition at RLKU Medical College, symbolizing the beginning of a noble profession and the institution's continued commitment to shaping competent, compassionate, and ethical healthcare professionals.





DEPARTMENT OF MEDICAL EDUCATION

BLUE PRINT TO BETTER MCQS: ENHANCING VALIDITY AND RELIABILITY IN ASSESSMENTS

A faculty development workshop titled "Blueprint to Better MCQs: Enhancing Validity and Reliability in Assessments" was conducted, facilitated by Prof. Naureen Omar. The session focused on strengthening assessment practices through effective blueprinting and structured MCQ development. Participants were introduced to the principles of one-best-answer MCQs, key components of high-quality items, and common pitfalls that reduce validity and reliability. Emphasis was placed on aligning assessment with learning objectives, Bloom's taxonomy, and curriculum weightage to ensure comprehensive content coverage. The workshop highlighted the importance of blueprinting in improving content validity and minimizing over- or under-representation of topics.

Faculty engaged in hands-on activities, including developing MCQs and designing assessment blueprints based on curricular frameworks. Advanced techniques and practical strategies were discussed to enhance question quality and cognitive level. Interactive group tasks encouraged collaboration and peer learning among participants. The session concluded with key takeaways and actionable steps for implementing improved assessment practices in both formative and summative evaluations. The workshop aimed to empower educators with practical tools to create fair, reliable, and outcome-based assessments in medical education.

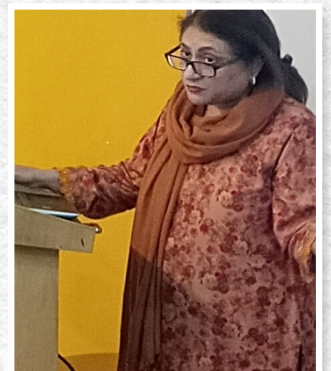
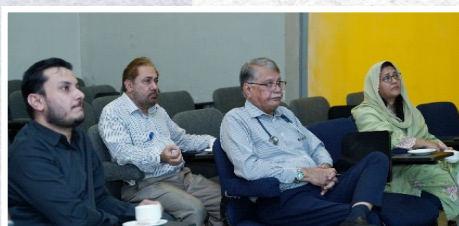


11TH JOURNAL CLUB

The 11th Journal Club meeting was successfully conducted at RLKU Medical College on Wednesday, 11 February 2026. It was attended by faculty members from Medical and Allied Departments.

Prof. Sumira Bukhari presented a paper on "the lived experience of persons who attempt suicide: a bottom-up review co-designed, co-produced and co-written by experts by experience and academics".

The presentation highlighted key research. Faculty members actively engaged in discussion, reflecting the institution's commitment to academic excellence and continuous professional development. The session served as a valuable platform for enhancing research culture and evidence-based learning within the college.





DEPARTMENT OF MEDICAL EDUCATION

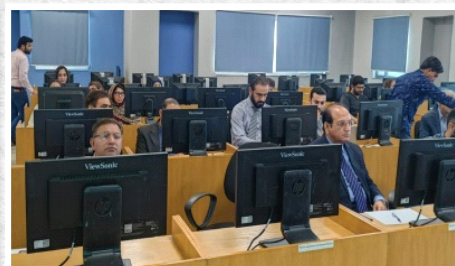
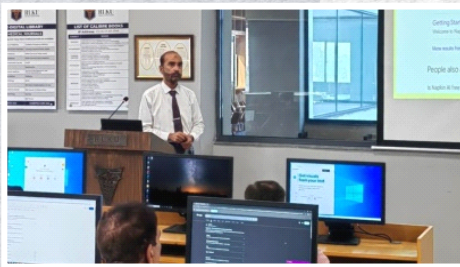
GENERATE VISUALS, IMAGES AND STUNNING VIDEOS FROM TEXT: NEED OF THE HOUR FOR MEDICAL FACULTY

A workshop on "Generate Visuals, Images and Stunning Videos from Text: Need of the Hour for Medical Faculty" was conducted on 25th February 2026 and facilitated by Dr. Umar Saeed Ansari. The session focused on the growing importance of AI-powered tools in modern medical education.

Dr. Umar demonstrated how text prompts can be transformed into high-quality visuals, medical illustrations, and educational videos. He emphasized how these tools can simplify complex concepts, enhance student engagement, and improve teaching effectiveness.

Participants explored practical platforms and witnessed live demonstrations of content creation for lectures and case discussions. The interactive session encouraged faculty members to adopt innovative digital strategies in their teaching practices.

The workshop concluded with an engaging discussion and Q&A session, marking a significant step toward integrating AI-driven solutions into medical education.





THE IMPORTANCE OF ROZA AND IBADAT

The Human Resource Department, RLKU Medical College, successfully organized a spiritual and enlightening session titled "The Importance of Roza and Ibadat" as part of its Ramadan activities. The session was held on 20 February 2026 and was attended by faculty members, staff and employees with keen interest and devotion.

Qari Touqeer Ahmad delivered an insightful and thought-provoking address highlighting the spiritual significance of the Holy month of Ramadan. He elaborated on the importance of Roza (fasting), the purpose of Ibadat (worship), and the immense spiritual rewards associated with sincere devotion. The session emphasized self-discipline, patience, and strengthening one's connection with Allah, encouraging participants to reflect these values in both personal and professional life. The audience found the session highly beneficial and spiritually uplifting. The program concluded with a collective prayer, seeking Allah's acceptance of our fasting and worship and guidance to carry the spirit of Ramadan throughout the year.





HAMEED LATIF
TEACHING HOSPITAL

HAMEED LATIF TEACHING HOSPITAL (HLTH)

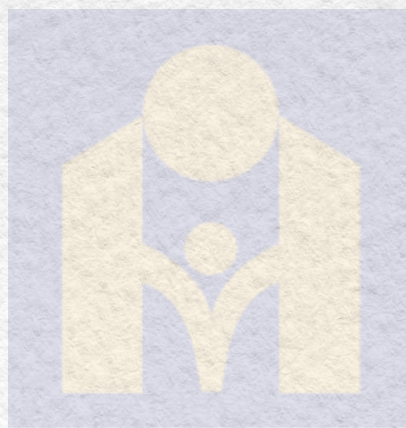
DEPARTMENT OF OBSTETRICS & GYNAECOLOGY

INSIGHTFUL LECTURE ON THE INTEGRATED MODULAR CURRICULUM (IMC)

The Department of Obstetrics & Gynaecology RLKU Medical College / Hameed Latif Teaching Hospital conducted an insightful lecture on the Integrated Modular Curriculum (IMC) at the University of Health Sciences, Lahore. The session was attended by faculty members from different medical colleges from all over Punjab both physically as well as zoom session.

The lecture highlighted the principles and structure of the Integrated Modular Curriculum, emphasizing horizontal and vertical integration, student-centered learning, and alignment with clinical competencies. Special focus was placed on the integration of basic sciences with clinical practice in Obstetrics and Gynaecology to enhance conceptual understanding and improve patient care outcomes.

The presentation was very well appreciated by the participants as well as the faculty of University of Health Sciences.



HAMEED LATIF
TEACHING HOSPITAL