

NEWSLETTER

JANUARY 2026



RASHID LATIF
KHAN UNIVERSITY



RASHID LATIF
MEDICAL COLLEGE



RLMK
MEDICAL & DENTAL COLLEGE



HAMEED LATIF
TEACHING HOSPITAL



ARIF MEMORIAL
TEACHING HOSPITAL



RASHID LATIF KHAN UNIVERSITY (RLKU)

JA PAKSITAN

Pakistan's First Company of the Year Competition, organized by JA Pakistan in association with JA Asia Pacific and JA Worldwide, was held on 17th January 2026 at Rashid Latif Khan University. The day began with student teams arriving early to set up their company booths, where they showcased their products and services. Judges visited each stall, engaging with students, asking insightful questions, and evaluating them on innovation, business concept, presentation, and stall design.

Following the booth evaluations, the event continued in the auditorium with formal proceedings, where the students delivered presentations they had been developing and refining over several months, clearly articulating their business ideas, value propositions, and growth potential.

Followed by inspiring speeches by distinguished board members, senior leadership from JA Pakistan and JA Asia Pacific, and the Chief Guest. The speakers highlighted the importance of entrepreneurship, experiential learning, and youth empowerment, commending students for their dedication and creativity.

The competition concluded with the announcement of multiple awards, including Best Stall, Most Innovative Company, and overall placement awards, recognizing outstanding student performance. The event successfully celebrated months of student effort and reinforced the value of practical, real-world learning through the JA Company Program.





RASHID LATIF KHAN UNIVERSITY (RLKU)

MOU WAS SIGNED BETWEEN RLKU AND NGS GROUP

An MOU was signed between RLKU and NGS Group to provide NGS students with enhanced academic opportunities and access to advanced learning resources. This partnership aims to support students in excelling academically and professionally by leveraging the expertise and facilities of both institutes.

Prof. Dr. Rukhsana Kausar, Pro Vice Chancellor, Mr. Syed M. Ahsan Ali, Head of Admissions, Mr. Arsalan Khalid, Head of Marketing, Mr. Faisal Mansoor, Manager Marketing and Ms. Safia Amir, Assistant Manager Admissions represented Rashid Latif Khan University.

Representing NGS group were Mr. Behram Shah CEO NGS group, Dr. Kamran Jahangir, GM Business Development.

This collaboration marks a shared commitment to students' development, equipping them with the tools, resources and guidance needed for a successful future.



RLKU AND LCCI JOIN HANDS THROUGH TALKING BOOKS FORUM

Under the auspices of the *Talking Books Forum*, Rashid Latif Khan University signed an MoU with the Lahore Chamber of Commerce & Industries on Monday, January 26, 2026, marking a significant step toward strengthening academia–industry collaboration. *Talking Books Forum*, a flagship initiative of both the **Department of English** and the **Library & Information Sciences Department**, continues to serve as a dynamic platform for dialogue, knowledge exchange, and intellectual growth. Through such strategic partnerships, the Forum plays a pivotal role in promoting interdisciplinary engagement and real-world learning opportunities. This MoU is expected to open new avenues for collaboration, research, and professional development for the university community.



Under the auspices of 'Talking Books' Forum an MoU was signed between
Rashid Latif Khan University and Lahore Chamber of Commerce & Industries
(on Monday, January 26, 2026.)





RASHID LATIF KHAN UNIVERSITY (RLKU)

PROF. DR. TAHIR MASOOD: SAVIOR OF THE GENERATIONS

Focusing on the theme "**Savior of the Generations**", the session featuring **Prof. Dr. Tahir Masood**, Principal RLMC, offered a sincere reflection on his life journey, including the challenges and triumphs he experienced along the way. As the Talking Book, he encouraged volunteers to see resilience, perseverance, and dedication as key to personal and professional growth. The session was the joint efforts of the **Department of English** and the **Library & Information Resource Centre (LIRC)**, highlighting the Forum's mission to inspire thoughtful, determined, and socially responsible learners.



PROF. DR. MUDASSAR ALI: STORY OF A GENIUS

Highlighting the theme "**Story of a Genius**", the session with **Prof. Dr. Mudassar Ali**, Vice Principal RLMC, explored his journey of innovation, learning, and personal growth. He reflected on the obstacles and turning points that shaped his path, offering participants a glimpse into the mindset and determination required to achieve excellence. As the Talking Book, he encouraged learners to approach challenges as opportunities for growth and to cultivate a spirit of inquiry and creativity. The event was organized by the **Department of English** in collaboration with the **Library & Information Resource Centre (LIRC)**, underlining the Forum's vision of inspiring reflective, ambitious, and forward-thinking students.



PROF. DR. AYAZ ALI KHAN: A LIVING DENTAL INSTITUTION

Exploring the theme "**A Living Dental Institution**", **Prof. Dr. Ayaz Ali Khan**, Dean of the Institute of Advanced Dental Science & Research, offered a vivid account of his journey, sharing both the obstacles he faced and the milestones that defined his path. He reflected on how perseverance, creativity, and strategic vision have shaped not only his career but also the growth of the institution he leads. The session, brought together by the **Department of English** and the **Library & Information Resource Centre (LIRC)**, inspired students to embrace challenges as stepping stones and to pursue excellence with confidence and purpose.





DEPARTMENT OF FOOD AND NUTRITIONAL SCIENCES

Rashid Latif Khan University at the Regional Progress Review Meeting (PRM) for Punjab DAIs

Rashid Latif Khan University proudly participated in the **Regional Progress Review Meeting (PRM) for Punjab DAIs (Batch – II)**, held from **January 19–21, 2026** at the **University of Lahore**, jointly organized by **HEC Pakistan** and **UOL**.

The session focused on **PSG-2023 (RIPE, PREE, REQAB)**, the new **IQA Framework**, and strategies to strengthen the institutional quality culture. A dedicated interactive session for Deans and IQC Members was also conducted, emphasizing **HEC's expectations from academic leadership** for the effective implementation of **PSG-2023** standards.

From RLKU, the following distinguished representatives attended the meeting:

- **Prof. Dr. Humayun Riaz**, Principal & Dean, Faculty of Pharmacy
- **Prof. Dr. Muhammad Imran Hussain**, Acting Director QEC / HOD Food and Nutritional Sciences
- **Mr. Zeeshan Maqsood**, Department of Business and Management Sciences

Their participation reflects RLKU's ongoing **commitment to continuous quality enhancement** and alignment with **HEC standards**.



DEPARTMENT OF FOOD AND NUTRITIONAL SCIENCES

UVAS Practical Lab Visits

An educational academic visit to the University of Veterinary and Animal Sciences (UVAS), City Campus Lahore, was successfully organized for the students of Rashid Latif Khan University on Thursday, 29 January 2026, under the visionary leadership of Ms. Sabahat Khan, CEO, RLKU.

During the visit, students were briefed by Vice-Chancellor Meritorious Prof. Dr. Muhammad Younus (DLA.I, T.I) on UVAS's academic and research activities, training programs, and national and international collaborations. A documentary presentation provided a comprehensive overview of the university's initiatives.

The students also visited various UVAS laboratories, where they observed advanced laboratory facilities and ongoing research work. This exposure enhanced their understanding of practical applications, research methodologies, and laboratory-based learning.

Special thanks are extended to:

- Prof. Dr. Rukhsana Kausar (Ph.D), Pro-Vice Chancellor, RLKU, for her continued academic support.
- Dr. Muhammad Khalid Khan, Registrar, RLKU, for administrative facilitation.
- Prof. Dr. Attia Ur Rehman, Dean Faculty of Allied Health Sciences, for his encouragement and support.
- Prof. Dr. Muhammad Imran Hassan, Head, Department of Food and Nutritional Sciences, for his guidance and leadership.

The visit was conducted under the supervision of the faculty members, Ms. Farheen Zulfiqar Ms. Janita Sajjad & Ms. Asma Akmal of Rashid Latif Khan University and proved to be a highly valuable and enriching learning experience for the students.





DEPARTMENT OF FOOD AND NUTRITIONAL SCIENCES

Workshop – Enteral & Parenteral Nutrition

The Department of Food & Nutritional Sciences, Rashid Latif Khan University, Lahore, successfully conducted a workshop on "Enteral Nutrition Support: From Basics to Practice to Clinical Practice" on 27 January 2026.

The session, led by Ms. Hajra Saleem (Consultant Dietitian, Evercare Hospital Lahore), provided valuable clinical insights into enteral nutrition, tube feeding methods, complications, and practical patient care.

This workshop was organized by under the supervision of the faculty members of Rashid Latif Khan University and proved to be a highly valuable and learning experience for the students.

An enriching learning experience for future nutrition professionals!



RAAHEKARAM

Community Service Activity

In collaboration with IbneAkram Welfare Foundation, student volunteers from the Frame and Form, Soul, and Shine societies actively participated in the annual flagship event Raahekaram, engaging in a series of community service initiatives. The activity included visits to Afiat Old Age Home and Nasheman Disability Center, where students distributed fruits, conducted interactive games, and spent meaningful time fostering companionship, inclusion, and emotional support among residents. The visits concluded with a shared meal, promoting social bonding across generations and abilities.





RASHID LATIF MEDICAL COLLEGE (RLMC)

Celebrating Excellence- High Achievers of 1st Year & 2nd Year MBBS

Department of Medical Education

It was a moment of pride and celebration as the high achievers of Block 1, 2, and 3 of 1st Year MBBS and Block 4, 5, and 6 of 2nd Year MBBS were formally recognized for their outstanding academic performance. The ceremony honored students whose consistent dedication, discipline, and commitment to excellence set them apart as role models among their peers.

The achievers were honored in the esteemed presence of Director Mrs. Zuleikha Khan, along with the Principal and Vice Principal, whose encouragement and leadership continue to inspire a culture of academic excellence and integrity. Their presence underscored the institution's commitment to nurturing talent and recognizing merit at every stage of the academic journey.

This recognition not only celebrated academic success but also reinforced the values of perseverance, hard work, and lifelong learning. The event served as a powerful motivation for all students to strive for excellence and to pursue their goals with passion and determination.



24th Shaukat Khanum Cancer Symposium

Department of Surgery

We are honored to share that Rashid Latif Medical College proudly participated in the 24th Shaukat Khanum Cancer Symposium. Dr. Muhammad Khalil Ur Rahman (AP Surgery), along with 4th and Final Year students, represented the institution with dedication and professionalism. Special appreciation goes to our college ambassador, Mr. Farhan Akhtar (Final Year), who brought pride to RLMC by winning the Runner-Up Shield for Best Ambassador, reflecting his outstanding efforts and commitment.





JOURNAL CLUB

Department of Anatomy

Our Anatomy Journal Club fostered meaningful discussion, critical thinking, and deeper insight into anatomical concepts through shared learning and evidence-based review.

The session encouraged active participation, thoughtful questioning, and integration of basic science knowledge with current research.

The featured presentation, "Comparison of Glycemic Control by Aloe Vera and Metformin in STZ-Induced Diabetic Male Albino Rats," was delivered by Dr. Zubda Akhtar. The study provided valuable insights into experimental models of diabetes and explored the comparative efficacy of a conventional antidiabetic drug (Metformin) and a herbal alternative (Aloe Vera) in glycemic control. The presentation highlighted the anatomical and physiological implications of diabetes, the rationale for using STZ-induced models, and the potential role of plant-based therapies in metabolic regulation. The discussion that followed was highly interactive, with participants critically appraising the methodology, results, and clinical relevance of the findings. Faculty and students engaged in evidence-based dialogue, reflecting on translational aspects of the research and its implications for future studies.

Overall, the session reinforced the importance of journal clubs in fostering a culture of inquiry, research literacy, and collaborative learning within the department.



FACULTY DEVELOPMENT PROGRAM: WORKSHOP ON PLANNING & FACILITATING INTEGRATED CURRICULUM DELIVERY

Department of Medical Education

Faculty development workshop on "Planning and Facilitating Integrated Curriculum Delivery" conducted at Rashid Latif Medical College by medical education department. Faculty members of 4th & Final Year MBBS actively participated, focusing on implementation of the UHS Integrated MBBS Curriculum (2K23).





RASHID LATIF MEDICAL COLLEGE (RLMC)

WORKSHOP- THE AI ENHANCED EDUCATOR: A PRACTICAL APPROACH TO LESSON PLANNING AND DELIVERY

Department of Pathology

RLMC recently conducted a hands-on workshop at CPSP IMECON 2026, titled *"The AI-Enhanced Educator: A Practical Approach to Lesson Planning and Delivery."* The session focused on using artificial intelligence to make medical teaching more effective and learner-centered.

Participants explored how AI can:

- Simplify complex medical concepts
- Design interactive, student-centered lessons
- Generate MCQs, case scenarios, and visual learning aids
- Save valuable teaching time while improving learning outcomes



AI is not here to replace medical educators—it is here to empower them. When used thoughtfully, it strengthens lesson planning, supports clinical reasoning, and promotes deeper student engagement.

The workshop was facilitated by **Prof. Sofia Khan, Prof. Nosheen Khurram, and Dr. Usman Ahmad (LGH)** and was attended by faculty members of RLMC. **Principal Prof. Tahir Masood** and **Vice Principal Prof. Mudassar Ali** thanked the participants and appreciated the efforts of the facilitators.

The future of medical education is smart, adaptive, and human-centered.



PSIM- 7TH INTERNATIONAL CONFERENCE: WORKSHOP 'INTERPRETATION OF ABGS'

Department of Medicine

We are pleased to share the successful conduct of the Pre-Conference Satellite Workshop of the 7th Annual International Conference of the Pakistan Society of Internal Medicine, focused on the Interpretation of Arterial Blood Gases (ABGs), held at Rashid Latif Medical College, Lahore.

The session was made impactful and insightful through the valued contributions of Prof. Dr. Asma Kazi, HoD Medicine Unit-II, Rashid Latif Medical College, and Prof. Dr. Aziz Ur Rehman, whose expertise greatly enriched the academic experience. The workshop witnessed enthusiastic participation from faculty and trainees of Rashid Latif Medical College and Central Park Medical College, fostering meaningful learning and inter-institutional academic collaboration.





PROMPT ENGINEERING TRAINING WORKSHOP

A highly informative and *need-of-the-hour* training session on **Prompt Engineering** was successfully held at **Rashid Latif Khan University**.

Faculty members from **Rashid Latif College of Pharmacy (RLCP)** actively participated in the workshop along with the **Principal, Rashid Latif College of Pharmacy, Prof. Dr. Humayun Riaz**.

The session was expertly delivered by **Dr. Hammad Yousaf, Associate Professor, RLKU**, who provided valuable insights into how **AI and prompt engineering can be effectively integrated into healthcare—especially in the field of Pharmacy**. It was a truly **knowledgeable and ractical session**, highlighting how artificial intelligence can enhance teaching, research, and professional practice in healthcare.

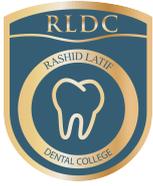


FACULTY EDUCATION SESSION

The **Department of Pharmacology, Rashid Latif College of Pharmacy (RLCP)** successfully organized a **faculty education session** on **“How to Interpret ECG”** for all faculty members.

The session was led by **Dr. Ahsan**, who conducted **multiple interactive sessions** and provided valuable insights into the fundamentals and clinical interpretation of **Electrocardiograms (ECG)**. His clear explanations and practical approach made a complex topic easy to understand and highly relevant for teaching and clinical correlation. This initiative reflects RLCP's continued commitment to **faculty development**, interdisciplinary learning, and strengthening clinical understanding in pharmaceutical education.





ORAL & MAXILLOFACIAL SURGERY

At our Dental College, the Oral & Maxillofacial Surgery Department leads in advanced trauma management.

We skillfully treat mandibular fractures using MMF with IMF, ensuring stable and precise outcomes.

Students gain supervised, hands-on experience with IMF screws and arch bar techniques.

This high-quality clinical exposure builds strong surgical skills and confidence in our future dentists.



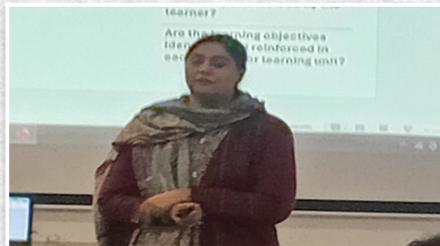


LEARNING OBJECTIVES IN MEDICAL TEACHING AND ASSESSMENT :IMPORTANCE AND PRACTICE

Department of Medical Education

A faculty development workshop titled "**Learning Objectives in Medical Teaching and Assessment: Importance and Practice**" was conducted on **26 January 2026**, facilitated by **Prof. Sadaf Sajid**. The session focused on the central role of well-defined learning objectives in effective medical teaching, curriculum planning, and assessment. Participants were oriented to the distinction between course goals and learning objectives, emphasizing learner-centered and measurable outcomes. Detailed discussion was held on the **domains of learning—cognitive, psychomotor, and affective**, with practical examples relevant to undergraduate and postgraduate medical education. Bloom's taxonomy and Dave's taxonomy were explained to guide appropriate selection of action verbs and levels of learning.

The workshop highlighted the **SMART characteristics** of good learning objectives and introduced the **ABCD model** (Audience, Behavior, Condition, Degree) for objective writing. Strong emphasis was placed on alignment between learning objectives, teaching–learning activities, and assessment methods. Interactive discussion enabled participants to translate theory into practice by drafting and reviewing sample learning objectives. The workshop was concluded by the Principal with closing remarks and appreciation for the facilitator and participants. Overall, the workshop enhanced participants' understanding of designing effective, assessable, and outcome-oriented learning objectives in medical education.





GUIDING BEYOND THE CLASSROOM: MENTORING MBBS STUDENT

Department of Medical Education

A faculty development workshop titled **"Guiding Beyond the Classroom: Mentoring MBBS Students"** was conducted by **Prof. Hifza Noor** on **28 January 2026** for mentors. The session focused on the concept and importance of structured mentoring in undergraduate medical education. Prof. Hifza explained the role of a mentor as an experienced faculty member who supports students' academic, professional, personal, and career development over time. Key areas discussed included the purpose of mentoring, qualities of an effective mentor, and ethical, skill-based, and lifelong learning aspects.

The presentation highlighted the **job description of mentors and mentoring year in-charges**, emphasizing accountability and feedback mechanisms. Multiple **interactive activities** were conducted, including scenario-based mentoring, goal and vision statement development for diverse student profiles, and discussion of career-oriented world events. Boundary setting in mentoring relationships was also addressed to prevent burnout and ensure professionalism. A reflective activity titled **"The Silent Mentor"** emphasized active listening and non-directive mentoring skills. Overall, the session was interactive, practical, and well-received, enhancing faculty understanding of effective mentoring practices in medical education.





WORKSHOP "ORIENTATION 2K23 1ST AND 2ND YEAR MBBS"

Department of Medical Education

A workshop titled "*Orientation 2K23 for 1st and 2nd Year MBBS*" was conducted on Friday, 16th January 2026.

The session was facilitated by **Prof. Naureen Omar**.

The workshop was attended by faculty members involved in teaching 1st and 2nd year MBBS students. The primary objective of the workshop was to provide orientation and foster discussion on the curriculum of 1st and 2nd year MBBS.

Prof. Naureen Omar highlighted the structure, learning outcomes, and key components of the curriculum.

Emphasis was placed on alignment of teaching strategies with curriculum objectives.

Interactive discussions allowed faculty members to share experiences and raise academic concerns.

The session encouraged standardization and effective implementation of the curriculum.

Participants appreciated the clarity and practical guidance provided during the workshop.

The workshop concluded with a collective commitment to enhance the quality of undergraduate medical education.





WORKSHOP "ORIENTATION 2K23 3rd AND 4th YEAR MBBS"

Department of Medical Education

A workshop titled "*Orientation 2K23 for 3rd and 4th Year MBBS*" was conducted on Wednesday, 14th January 2026. The session was facilitated by **Prof. Naureen Omar**.

The workshop was attended by faculty members involved in teaching 3rd and 4th year MBBS students. The primary objective of the workshop was to provide orientation and foster discussion on the curriculum of 3rd and 4th year MBBS. Prof. Naureen Omar highlighted the structure, learning outcomes, and key components of the curriculum. Emphasis was placed on alignment of teaching strategies with curriculum objectives.

Interactive discussions allowed faculty members to share experiences and raise academic concerns.

The session encouraged standardization and effective implementation of the curriculum.

Participants appreciated the clarity and practical guidance provided during the workshop.

The workshop concluded with a collective commitment to enhance the quality of undergraduate medical education.





"ORIENTATION 2K23 COMMUNITY MEDICINE, RESEARCH, FAMILY HEALTH

Department of Medical Education

A workshop titled "**Orientation 2k23: Community Medicine, Research, and Family Health**" was successfully conducted on **23rd January 2026**. The session was facilitated by **Prof. Naureen Omar** and attended by faculty members of Community Medicine and Research Advisory. The workshop focused on a comprehensive discussion of the undergraduate curriculum for Community Medicine, Research, and Family Health. Key areas included alignment of learning objectives, sequencing of content, and integration across disciplines.

Emphasis was placed on effective planning and implementation strategies to ensure smooth curriculum delivery especially the Community Visits, Family Health Rotations. Faculty members actively participated in discussions related to teaching approaches and coordination among departments. Research strategies were discussed for all years. The session provided clarity on curricular expectations and responsibilities at different levels. Overall, the workshop served as a valuable platform for academic orientation and collaborative planning, contributing to the strengthening of undergraduate medical education.



"ORIENTATION AND CAPACITY BUILDING- CLINICAL CULTURE"

Department of Medical Education

A workshop titled "**Orientation and Capacity Building – Clinical Culture**" was conducted on **20th January 2026** for medical faculty, in accordance with UHS Curriculum 2K23 (Version 3.0). The session was facilitated by Prof. Naureen Omar and focused on UHS guidelines for strengthening and standardizing the clinical culture of MBBS teaching. The workshop emphasized the need for explicit clinical policies and documentation to create a conducive learning environment for students. Key areas discussed included the development of vision and mission statements, core values, and standard operating procedures (SOPs) for common clinical procedures, triage, and emergency scenarios.

Guidance was provided on aligning clinical skills teaching across 1st to 4th year MBBS, including laboratory skills, community visits, and end-of-rotation (EOR) assessments. Special emphasis was placed on developing a Competency Acquisition Map to ensure progressive skill development throughout clinical training. Overall, the workshop reinforced UHS expectations and the faculty's role in cultivating a professional, ethical, and supportive clinical learning culture.





10TH JOURNAL CLUB

RLKU Medical College Lahore successfully organized its 10th Journal Club Meeting on Wednesday, 14th January 2026.

The academic session was conducted with the objective of strengthening research understanding and promoting evidence-based medical practice among faculty members and postgraduate trainees.

The session was presented by Dr. Zubair Ashraf, Department of Cardiology, who delivered an insightful presentation on the topic "How to Read a Research Article."

Dr. Zubair Ashraf comprehensively explained the fundamental components of a research article, including study design, methodology, data interpretation, results analysis, and critical appraisal techniques. The presentation emphasized developing analytical skills necessary for evaluating scientific literature effectively and applying research findings in clinical practice.

Faculty members from basic and clinical sciences actively participated in the discussion, contributing valuable questions and reflections that enhanced the academic value of the session. The interactive environment encouraged critical thinking and reinforced the importance of continuous research-oriented learning.

The 10th Journal Club Meeting concluded successfully, reaffirming RLKU Medical College's commitment to fostering a strong research culture and advancing academic excellence among its faculty and trainees.





HAMEED LATIF
TEACHING HOSPITAL

HAMEED LATIF TEACHING HOSPITAL (HLTH)

TRAINING SESSION FOR THE MANAGEMENT

TRAINING SESSION FOR THE MANAGEMENT OF TB PATIENTS BY GREEN STAR: On 27th January 2026, Hameed Latif Teaching Hospital organized a training session on the management of TB patients in collaboration with Green Star. The session was attended by nominated doctors, nurses and paramedical staff. At the conclusion of the training session, certificates were distributed to all participants.

