



UHS students lead the fight:

Breast cancer awareness finale marks a month of youth-led action

Oct 31: The University of Health Sciences (UHS) Lahore held the Grand Finale and Prize Distribution Ceremony of its Breast Cancer Awareness Campaign: Student Competitions 2025, marking the conclusion of a month-long drive under the Higher Education Commission's Pink Ribbon Youth Awareness Program. Held at the UHS City Campus, the event aimed to promote breast cancer awareness among youth and highlight the role of medical students in community health education. UHS had instructed its affiliated and constituent medical and nursing colleges to organize activities in six categories—poster making, art and photography, video reels, quiz, and Urdu and English declamation. About 250 entries from across Punjab were received for the final round.

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42,048 secure ≥ 50% marks**

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Plantation drive at Jinnah Campus

Oct 9: UHS in collaboration with Lions International District 305-NI, launched a plantation drive at its Jinnah Campus, KSK. The event was presided over by UHS Registrar, Kiran Fatima. She highlighted the importance of tree plantation in combating climate change and creating a healthier environment for future generations. Dr Nisar Ch, District Governor Lions Club 305-NI (2025-26), and Zafar Mehmood Ch, FVDG Lions Club 305-NI (2025-26), attended the event as guests of honour. Ms Shahnaz Rauf, owner of the Chaoon Foundation, was also present. Her organisation donated 1,500 fruit plants for the campaign.



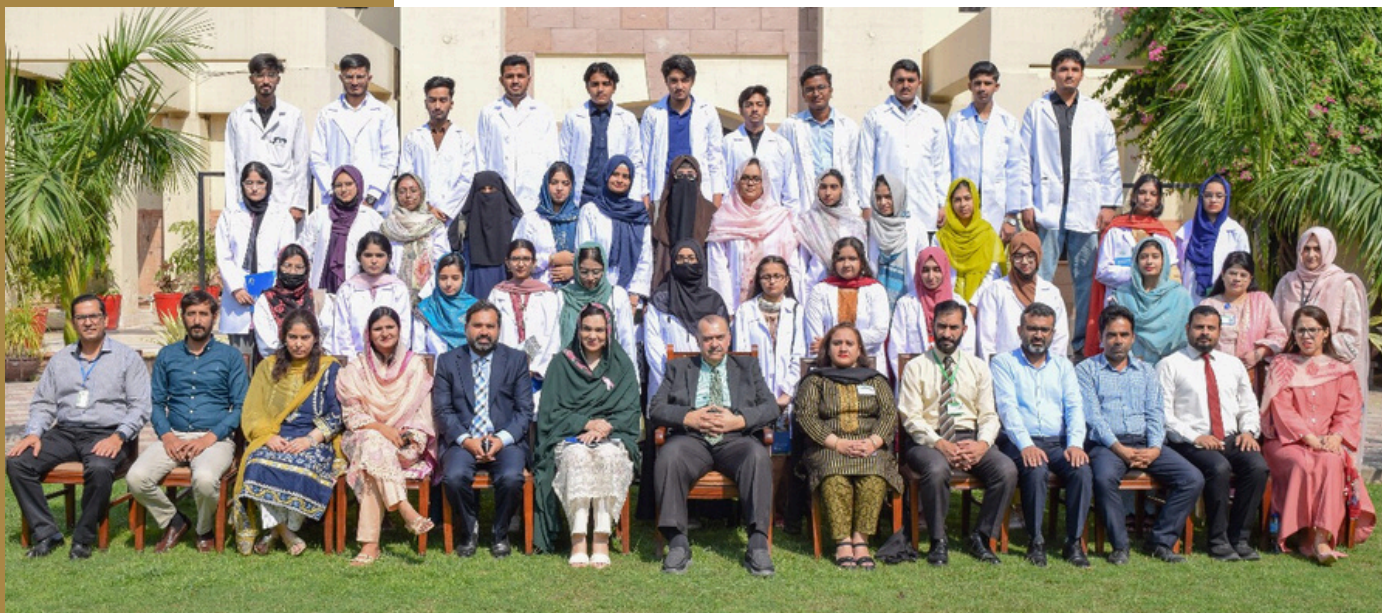
“Bridging Basic and Clinical Sciences through Physiology”

Oct 6: UHS Department of Physiology held a seminar titled “Bridging Basic and Clinical Sciences through Physiology” under Phase II of the Discipline-Specific Faculty Council. The session gathered senior physiologists to discuss integration of basic and clinical sciences through research and innovative teaching.

Organized by Prof. Uzma Zargham, with Dr. Huma Saeed Khan as Focal Person, the seminar highlighted strategies for curriculum improvement. Prof. Qamar Mehboob from Aziz Fatima Medical College



emphasized modern teaching methods like PBL, CBL, and CPC, linking physiology to clinical practice. Prof. Maria Gill from Multan Medical College showed how MBBS Curriculum 2K23 bridges physiology with clinical concepts, while Dr. Ayesha Babar from Akhtar Saeed Medical College spoke on UHS’s vision of integrated learning. Speakers also demonstrated online assessment tools. UHS Vice Chancellor Prof. Ahsan Waheed Rathore appreciated faculty efforts and urged collaboration in curriculum development and exam management.



White Coat Ceremony for new undergraduate students

October 16: The University of Health Sciences (UHS) Lahore held a White Coat Ceremony to welcome newly admitted undergraduate students of the Fall 2025 semester. The event, attended by students and their parents, marked the start of their journey in health sciences.

Vice Chancellor Prof. Ahsan Waheed Rathore was the chief guest, and Pro Vice Chancellor Prof. Nadia Naseem administered the professional oath. The new batch includes students from Pharmacy, Physical Therapy, Nutrition, Medical Laboratory Sciences, and Human Genetics.

Prof. Rathore congratulated the students and called education a shared responsibility among learners, parents, and teachers. He expressed concern over the commercialization of professional education and the rise of substandard institutions. He said UHS degrees enjoy international recognition, with 80 percent of its faculty holding PhDs and programs aligned with global standards.

The ceremony was also attended by senior university officers and faculty members.

Grant received for upgradation of Day Care Centre

Oct16: UHS received the first cheque of over Rs. 1.6 million from the Women Development Department (WDD), Punjab, for upgrading its Day Care Centre under the Chief Minister's women-friendly workplace initiative.



Hafiz Muhammad Usman, Assistant Director (Ops), WDD, handed over the cheque to Registrar Ms. Kiran Fatima. The grant, part of a total Rs. 2.26 million allocation, will be used to equip the centre with modern facilities for children of female staff. Prof. Sidrah Saleem, Mr. Ali Fayyaz Malik, and Ms. Fatima Hamid appreciated the WDD's support and cooperation.



“PREVENT: Protect Resources & Enhance Vigilance to Eradicate Nosocomial Threats.”

Oct 20: The Department of Microbiology held a faculty meeting under its Discipline-Specific Faculty Council (DSFC) on the theme “PREVENT: Protect Resources & Enhance Vigilance to Eradicate Nosocomial Threats.”

Over 40 faculty members and PhD scholars from UHS and affiliated institutions attended. Prof. Saima Inam discussed infection control in cancer patients, while Dr. Maryam Danish spoke on the role of microbiologists in hospital surveillance.

Vice Chancellor Prof. Ahsan Waheed Rathore appreciated participants' input and urged ideas for strengthening infection control in curricula. The session ended with Pro VC Prof. Nadia Naseem presenting souvenir shields.

World Anatomy Day marked with seminar on global approaches to anatomical sciences

Oct 15: UHS celebrated World Anatomy Day 2025 with a seminar titled “Bridge – Bringing Regional Insights to Deepen Global Education.” Organized by the Department of Anatomy under Prof. Dr. Uruj Zehra, the event was part of the DSFC initiative and gathered anatomy educators from various institutions to share experiences and ideas.

Vice Chancellor Prof. Dr. Ahsan Waheed Rathore, in his address, emphasized the importance of global collaboration in medical sciences. He said anatomy education must evolve with time by incorporating technology, modern pedagogy, and cultural understanding. “World Anatomy Day reminds us that anatomy is a universal science, but its teaching reflects our unique educational and cultural contexts,” he remarked.



Guest speaker Prof. Dr. Saeed Shafi from Akhtar Saeed Medical College shared his global teaching experiences, emphasizing adaptation to local realities. Prof. Dr. Mamoona



Nasim from Central Park Medical College urged a shift from memorization to understanding and greater use of technology. The seminar concluded with discussions on innovative teaching methods and a cake-cutting ceremony marking World Anatomy Day 2025.



International workshops to strengthen global expertise in skin and soft tissue disease diagnosis

Oct 10: The University of Health Sciences (UHS) Lahore, in collaboration with the Pakistan Association of Pathologists (PAP), organized two pre-conference international workshops under the 46th International Conference of PAP, bringing together local and foreign experts to enhance diagnostic skills and global collaboration in pathology.

The first workshop, titled "Dermatopathology: Strengthening Global Partnerships in the Field of Pathology," focused on the diagnosis of skin and soft tissue diseases. UHS Vice Chancellor Prof. Ahsan Waheed Rathore, while addressing the opening session, said pathology today connects clinical medicine with molecular science to enable targeted therapies and personalized care. He emphasized UHS's efforts in building global linkages for academic excellence.

Prof. Steven D. Billings from the Cleveland Clinic Lerner College of Medicine, USA, led the dermatopathology and soft tissue tumor sessions, discussing real-world cases through live microscopy and interactive demonstrations. He called dermatopathology "a field that blends art

and science" and praised UHS and PAP for promoting international cooperation.

Prof. John I. Anetor from Nigeria and other international delegates highlighted the importance of cross-border collaboration in diagnostic education. During the second workshop, "Soft Tissue and Vascular Tumors: Diagnostic Challenges and Practical Solutions," experts agreed to initiate live digital pathology sessions for continued international training.

Organized by Prof. Nadia Naseem, Pro Vice Chancellor and Head of Histopathology, the workshops provided hands-on learning to over 50 participants, marking an important step toward global partnership in pathology education and research.



06/12/2023

Prevention 2023







UHS to introduces MCQs-only format in nursing professional exams

October 22: The University of Health Sciences (UHS) plans to shift all undergraduate and Post-RN nursing examinations to an evidence-based format consisting entirely of multiple-choice questions (MCQs) in line with international standards. UHS Vice Chancellor Prof. Dr. Ahsan Waheed Rathore announced this at a seminar on "Nurse Advocacy in Policy and Systemic Change," organized by the Department of Nursing. He said the decision would be finalized after consulting stakeholders. The event brought together nursing leaders from UHS-affiliated colleges and emphasized nurses' growing role as policy influencers and healthcare leaders. Certificates and shields were distributed among participants.

Türkiye Republic Day celebrated



Oct 29: The University of Health Sciences (UHS) celebrated Türkiye Republic Day at its College of Pharmacy with cultural performances and reflections on Pak-Türkiye friendship. The event began with Quran recitation, Naat, and national anthems of both countries. Students screened a short film on historic and modern ties between Pakistan and Türkiye, followed by songs and declamations. Dr. Shah Jahan highlighted shared values beyond diplomacy, while Prof. Shoaib Khan praised Turkish academia and urged collaboration. The hall, adorned with both flags, radiated warmth and unity.

SAC reviews MS Anaesthesia research projects

Oct 9: A meeting of the Specialty Advisory Committee in Anaesthesia was held to review the research projects and synopses of MS Anaesthesia candidates from various postgraduate medical institutes affiliated with UHS.



The meeting was chaired by Prof Rana Altaf Ahmad, former Vice Chancellor of Nishtar Medical University, Multan. Committee members from across Punjab joined the proceedings as subject experts.

A total of six research projects and synopses were reviewed during the meeting, and detailed recommendations were made for each case. The meeting was coordinated by Dr Usman from UHS Department of Postgraduate Studies (DPS).



UHS seminar on gene editing and aging

October 28: The University of Health Sciences (UHS) held a seminar titled “Telomere Biology and Gene Editing in Aging and Hypertension: From Bench to Bedside” under the Discipline Specific Faculty Council (DSFC-II). Organized by the Department of Biochemistry, the session was chaired by Vice Chancellor Prof Dr. Ahsan Waheed Rathore, with Pro Vice Chancellor Prof Dr. Nadia Naseem in attendance.

Both appreciated the department for choosing a forward-looking theme linking basic science with clinical relevance and stressed the need for innovation in research and assessment, along with developing a validated question bank.

Experts discussed how telomeres—protective DNA ends—shorten with age, contributing to cellular aging and diseases like hypertension. They also highlighted the potential of CRISPR-based gene editing to repair defective genes and slow cellular aging.

Key speakers included Prof Dr. Anila Jaleel, Prof Dr. Hasan Raza, Prof Dr. Farah Deeba, and Dr. Imran Bajwa. Dr. Saima Suleman and Dr. Aisha Tahir were focal persons, while Dr. Mansoor Ghani and Dr. Ayesha Tariq organized the event.

Breast Cancer Awareness..... **Continued from Page 01**

The day featured student competitions in the morning and a prize ceremony in the afternoon, attended by faculty and students in large numbers.

The trophy for the Best Awareness Campaign was awarded to students of Watim Medical and Dental College, Rawat, for their innovative efforts.

UHS Vice Chancellor Prof. Ahsan Waheed Rathore, the chief guest, said early detection and awareness were key to saving lives. He praised the students’ creativity, adding that such initiatives help them connect medicine with social responsibility.

Pro Vice Chancellor Prof. Nadia Naseem said the campaign had united students from across Punjab, emphasizing the need for continued awareness throughout the year. She shared that Pakistan has one of the highest breast cancer rates in Asia, with one in nine women at risk, and noted that cases among men are also increasing.

Guest of Honour Ms. Fariha Faisal, a breast cancer survivor, shared her inspiring story, urging students to speak openly about women’s health. Prof. Sumera Ehsan called the campaign a step toward building empathy and public health awareness. Dr. Lamia Yousaf stressed the importance of regular self-examination.

Winners in various categories included Aniqat Tayyaba (Poster Competition, College of Nursing, SIMS/Services Hospital, Lahore), Iqra Shahzadi (Art & Photography, College of Nursing, Khawaja Muhammad Safdar Medical College, Sialkot), Sunaiza Kanwal (Video Reel Making, College of Nursing, Dera Ghazi Khan), Areej (English Declamation, Sahiwal Medical College, Sahiwal), Ammara Zahoor (Urdu Declamation, Watim Medical and Dental College, Rawat), and Khadija Nazar (Quiz Competition, College of Nursing, DHQ Jhang).



8th meeting of Specialty Advisory Committee in Ophthalmology

Oct 15: The University of Health Sciences (UHS) held the 8th meeting of its Specialty Advisory Committee in Ophthalmology. The session was chaired by Prof. Soufia Farrukh, Principal, Quaid-e-Azam Medical College, Bahawalpur.

The committee, which includes senior ophthalmologists from across Punjab along with a PhD research expert and a biostatistician, met to review the research projects and synopses of MS Ophthalmology candidates from various affiliated postgraduate medical institutes. A total of seven research proposals were examined during the meeting. The committee discussed each in detail and made recommendations to help improve the quality and relevance of the research being conducted in the field of ophthalmology.

Workshop at UHS guides nursing students on evidence-based research

Oct 13: The University of Health Sciences (UHS) held a one-day workshop on "Selecting Evidence-Based Research Topic in Nursing" to help postgraduate nursing students identify and develop research questions relevant to clinical practice.

Organized by the UHS Research and Development Center at Prof. Tania Shakoori Hall, the session was attended by Vice Chancellor Prof. Ahsan Waheed Rathore and Pro Vice Chancellor Prof. Nadia Naseem.

Prof. Rathore said nursing research should focus on real community needs and announced plans



to introduce mandatory research workshops during the first six months of the MSN program. He urged students to choose patient-centered topics and emphasized the nurse's key role in ensuring safe and compassionate care.

Participants were trained to identify literature gaps, formulate problem statements, and refine topics



using databases. Facilitators included Prof. Ayesha Humayun, Prof. Sidrah Saleem, Prof. Samina Kousar, Prof. Urj Zehra, and Ms. Rehana Ilahi. The event drew a large number of students and faculty members.



UHS extends faculty councils to clinical disciplines

Oct 1: The University of Health Sciences (UHS) launched Discipline-Specific Faculty Councils (DSFCs) for clinical subjects, extending an initiative that was successfully piloted earlier in the basic sciences.

The inaugural session was held here at UHS City Campus under the chairmanship of Vice Chancellor Prof Ahsan Waheed Rathore. Senior clinicians representing 27 specialties, including medicine, surgery, pediatrics, obstetrics and gynecology, cardiology, anesthesiology, radiology, neurology, psychiatry, urology, and dentistry, attended the meeting.

Prof Rathore said the councils would provide structured platforms for curriculum review, research collaboration, and faculty development across UHS and its affiliated institutions. "The growing complexity of modern healthcare demands such dedicated forums. These councils will not only ensure systematic curriculum updates but also foster research, innovation in teaching, and fairness in assessment," he said.

A DSFC Cell will be set up under the Directorate of Postgraduate Studies to coordinate activities, maintain records, and oversee quality assurance. Faculty participation will be linked with CME credit hours and recognized in annual appraisals and promotion dossiers.

Prof Zulqernain Baloch of Kunming University of

Science and Technology, China, who attended the session, said he was in Lahore to help strengthen research collaboration between UHS and Chinese universities. "There is tremendous scope for joint projects in medical sciences, and we are keen to build long-term partnerships in research, publications, and faculty exchange," he said. UHS VC also announced that an e-log system would be introduced from next month to regularly



the performance of postgraduate trainees. The participants including Prof. Mahmood Shaukat, Prof. Muhammad Moin, Prof. Waheed ul Hameed, Prof. Alia Bashir, Prof. Tayyiba Wasim, Prof. Fauzia Sajjad and others appreciated the step, calling it a timely reform in medical education. They observed that the councils would not only unify academic efforts across institutions but also create a stronger culture of collaboration, research, and professional development.



47,721 take MDCAT in Punjab; 42,048 secure $\geq$ 50% marks

October 30: The University of Health Sciences (UHS) Lahore on Thursday announced the results of the Medical and Dental Colleges Admission Test (MDCAT) 2025, held across Punjab on October 26.

According to a UHS spokesperson, a total of 47,721 candidates appeared in the test, which carried 180 marks. Out of them, 42,048 secured more than 50 percent marks, while 39,648 obtained above 55 percent, meeting the qualifying criterion for admission to the MBBS program. As per the result data, 817 candidates scored between 170 and 180 marks, 5,955 between 160 and 169, and 6,993 between 150 and 159. The complete result is available on the UHS website (www.uhs.edu.pk).

Earlier, the MDCAT 2025 was conducted by UHS in a secure and well-coordinated manner at 27 centres in 12 cities across Punjab. The test attracted 50,461 registered candidates, including 36,702 females and 13,759 males. In Lahore alone, 11,906 candidates appeared at six centres, while large numbers also took the test in Rawalpindi, Multan, Faisalabad, and other major cities.

The test began at 10:00 am and concluded at 1:00 pm. Strict security measures were enforced, with sealed question papers delivered under police supervision and identity verification at entry points. UHS Vice Chancellor Prof. Ahsan Waheed Rathore personally inspected the centres and expressed satisfaction over the arrangements. He said that no leniency was shown toward latecomers or candidates with doubtful identities, emphasizing UHS's commitment to transparency, discipline, and merit-based admissions. Federal Secretary of the Ministry of National Health Services, Hamed Yaqoob Sheikh, visited examination centre in Lahore and expressed satisfaction over the arrangements. Punjab's Minister for Specialized Healthcare and Medical Education Khawaja Salman Rafique also appreciated UHS for conducting the exam smoothly and transparently.

