

Monthly

UHS NEWS

UNIVERSITY OF HEALTH SCIENCES LAHORE



August 2025



International Conference at UHS

PA Speaker for making clinical pharmacy part of healthcare

MoU signed between UHS, King Saud University, Riyadh

Aug 11: Punjab's Acting Governor and Speaker of the Provincial Assembly Malik Muhammad Ahmad Khan has stressed the need for legislation to integrate clinical pharmacy into the healthcare system to ensure safe, effective, and affordable treatment.

Addressing the inaugural session of the first International Clinical Pharmacy Conference at the University of Health Sciences (UHS), he said pharmacists should participate in patient care to help prevent misuse of medicines. He described Pakistan's 250 million population as both a challenge and an opportunity, urging that conference recommendations be included in

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Top News

Breastfeeding reduces child mortality rate, say experts

UHS sets up faculty councils to strengthen teaching, research

'PERLs Star' program introduced to honour outstanding MBBS students





UHS, UNICEF join hands for nutrition-specific curricular reforms

August 1: The University of Health Sciences (UHS), UNICEF Pakistan, and the Government of Punjab have launched a two-and-a-half-year project on nutrition-specific curricular reforms and capacity building for healthcare professionals. A formal agreement will soon be signed between UNICEF and the Punjab government.

The project, titled "Nutrition-Specific Curricular Reforms and Capacity Development for Healthcare Professionals of Punjab," will revise and harmonize undergraduate and postgraduate nutrition curricula in UHS-affiliated institutions.

At a core committee meeting chaired by UHS Vice Chancellor Prof Ahsan Waheed Rathore, participants included UNICEF Nutrition Specialist Ms Najma Ayub, Pro-Vice Chancellor Prof Nadia Naseem, Prof Sumaira Ehsan, Dr. Midhat Salman, and senior faculty.

Prof Rathore called the initiative a milestone against malnutrition, stressing updated training for healthcare professionals. Nutrition will become mandatory in medicine, dentistry, nursing, and allied health sciences, with Early Childhood Development included. The project will train 150 master trainers through workshops in six major cities.

Workshops and seminars will cover breastfeeding, complementary feeding, emergency response, and community malnutrition management. UNICEF's Najma Ayub highlighted its multi-sectoral approach.

UHS conducts training on online examination portals

August 3: The University of Health Sciences (UHS) Lahore organized a training session to introduce its new online examination portals. Chaired by Controller of Examinations Dr. Muhammad Abbas, the session drew over 300 participants from affiliated colleges across Punjab.

The training covered three platforms: the Faculty Regulation Portal for managing faculty data in paper setting, assessment, and practical exams; the Paper Review and



Recounting Portal for a transparent, paperless process in post-result reviews; and the Portal for Conduct of Examinations to streamline scheduling and enable real-time reporting across institutions.

Participants welcomed the initiative, calling the training effective and timely. Their feedback reflected growing readiness to adopt digital tools in examination management. Dr. Abbas reaffirmed the Vice Chancellor's commitment to technology-driven reforms, aimed at ensuring fairness, accuracy, and efficiency in the assessment system.



UHS celebrates Independence Day

Aug 14: The University of Health Sciences (UHS) Lahore marked Pakistan's Independence Day with a solemn and spirited ceremony attended by a large number of students, faculty members, and staff. Students of the university's constituent colleges also took part in the celebrations. The event was presided over by Vice Chancellor Prof Dr Ahsan Waheed Rathore. Principal, Gujranwala Medical College, Professor Iqbal Dogar was also present. The proceedings began with the national flag hoisting. UHS security personnel presented a guard of honour to the flag. At exactly 9:00am, Prof Rathore hoisted the national flag, followed by the singing of the national anthem. The venue resonated with chants of Pakistan Zindabad. In the segment of national songs, Uzair Imtiaz, Irtiza, Abdul Rehman, Hassan Riaz, Syeda Asma Bokhari, and Hamna Naeem stirred patriotic passion with their spirited performances. In the speech competition, Arfa Jilani (de'Montmorency College of Dentistry Lahore), Tayyaba Nazir (Gujranwala Medical College), and Mujtaba Fawad Rehan (UHS DPT) delivered passionate speeches on the themes of patriotism and sacrifice, earning loud applause from the audience. A short video documentary titled Marka-e-Haq, highlighting the struggle and sacrifices of

the Pakistan Army, was also screened. The vice chancellor later distributed certificates among the speech competition participants. Addressing the gathering, Prof Rathore said Independence Day is a golden chapter in Pakistan's history that taught lessons of sacrifice, unity, and devotion. "This day reminds us that we must channel all our abilities towards the country's prosperity and public service," he said. To mark the occasion, a tree was planted on the university premises as a symbol of growth and hope. The ceremony concluded with the cutting of a cake marking the country's birthday and a special prayer for the progress and prosperity of Pakistan. The proceedings were conducted by Tanzila Riaz, Aqsa Arshad, Rida Zahra, and Hafsa Imran.





Experts urge greater awareness on breastfeeding

Aug 20: Health experts have called for stronger awareness on breastfeeding, noting that the rate in Pakistan remains only 48 per cent despite its proven health benefits. They were speaking at a seminar on breastfeeding organized by the University of Health Sciences (UHS) in collaboration with UNICEF, attended by faculty, students, and health professionals.

Chief guest Prof Sajid Maqbool said mothers and children should be treated as a unit since their health is interlinked. He stressed that breast milk has no substitute, should start within the first hour of birth, be exclusive for six months, and continue with complementary food for two years.

UNICEF Nutrition Specialist Najma Ayub termed breastfeeding the right of every child, warning that Punjab's rates are declining. She urged stronger legislation and workplace support for nursing mothers, calling formula milk a marketing ploy.

Prof Khawaja Ahmad Irfan Waheed said breastfeeding prevents 800,000 child deaths annually and could cut under-five mortality by 13pc. It raises IQ, protects mothers from cancers, and could save \$302 billion globally. He cited cultural resistance, especially from grandmothers, as a barrier.

“Weakness comes from within the household. The blame cannot be put solely on formula milk,” Prof. Khawaja remarked. He added that formula feeding places an additional 15 to 30 per cent burden on the household budget.

Prof Rubina Sohail, gynaecologist, noted that infections remain the leading cause of infant mortality in Pakistan, where neonatal deaths stand at 39 per 1,000 live births and have not declined over the past two decades. She described the first breast milk as the “golden drop” and nature’s first vaccine, but regretted that medical and nursing students in Pakistan receive inadequate training on breastfeeding during their studies. Other participants included Prof Sidrah Saleem, Prof Asif Naveed, Dr Midhat Salman and Dr Uzma Jabeen.





GMC students visit UHS, meet VC over breakfast

Aug 20: A delegation of students from Gujranwala Medical College visited the University of Health Sciences (UHS) Lahore and met Vice Chancellor Prof Dr Ahsan Waheed Rathore over breakfast. The delegation, comprising more than 50 MBBS and BS Nursing students, was accompanied by the Principal of Gujranwala Medical College, Prof Dr Iqbal Dogar.

During the interaction, the Vice Chancellor listened to the students' concerns and assured them of prompt resolution. He noted that Gujranwala Medical College was the first constituent college of UHS, adding that despite having 45 affiliated medical colleges, the institution remained the university's "most cherished."

Prof Rathore said the university had launched the PERLs Star programme to acknowledge student talent by awarding distinctions and creating opportunities for advancement. He added that UHS was also working to provide its students with international exchange programmes, enabling them to learn and excel at leading institutions around the world.



Nursing students visit UHS

August 01: A delegation of BSc Nursing students from the College of Nursing, Allama Iqbal Medical College (AIMC), visited the University of Health Sciences (UHS) and met Vice Chancellor Prof Dr Ahsan Waheed Rathore over breakfast. Pro-Vice Chancellor Prof Nadia Naseem, Principal Ms Farzana Iqbal, Registrar Ms Kiran Fatima, and Controller Dr Muhammad Abbas were also present.



The VC said AIMC's Nursing College had been declared a constituent college of UHS and announced the inclusion of English and Arabic language courses in the BSc programme to boost global opportunities. He highlighted that the new curriculum focuses on over 200 clinical and professional skills, while semester rules, GPA requirements, and passing criteria have been aligned with HEC guidelines.

Gallery

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Campus





UHS introduces 'PERLs Star' to honour outstanding MBBS students

Aug 18: The University of Health Sciences (UHS) on Monday launched a new initiative, "PERLs Star," aimed at identifying and recognising MBBS students from its 45 affiliated medical colleges who stand out in professionalism, ethics, research, community service, and leadership.

The programme was inaugurated by UHS Vice Chancellor Prof Ahsan Waheed Rathore at a ceremony attended by principals and senior faculty from affiliated institutions, who welcomed the move.

Explaining the initiative, Prof Rathore said that every year three to four students from each college will either apply themselves or be nominated by their institutions. Nearly 200 applications are expected annually, which will be reviewed by a special committee. From these, 10 to 15 outstanding students will be chosen as "PERLs Stars." Their names will be formally announced by the university in July, following the nomination process in May. Those selected will receive certificates and awards, in addition to a year-long mentorship and training programme. They will also get opportunities to represent UHS at national and international forums, with the possibility of qualifying for international student exchange programmes.

Prof Rathore added that the PERLs concept is

already part of the MBBS 2K23 curriculum. "This programme extends it beyond classrooms, recognising those who embody these values," he said.

Pharmacy Conference... Continued from Page 01

policy and curricula.

The event, organised by UHS College of Pharmacy, drew over 400 participants from Pakistan and abroad. On the occasion, UHS and King Saud University, Riyadh, signed an MoU for collaboration in pharmacy education and research.

UHS Vice Chancellor Prof Ahsan Waheed Rathore said clinical pharmacy was vital for patient safety, adding that UHS had launched an undergraduate programme and would soon introduce courses up to PhD level. Prof Dr Haji Muhammad Shoaib Khan termed the conference a milestone for advancing competence, innovation, and ethics in pharmacy. Pro VC Prof Nadia Naseem, DRAP CEO Dr Obaidullah Malik, and Pharmacy Council Vice President Sardar Shabbir Ahmad also spoke.

Keynotes came from Prof Zaheer-Ud-Din Babar (Qatar University), Prof Mohsin Kazi (King Saud University), and Dr Tauseef Nauman (Otto-von-Guericke University, Germany).

Other speakers included Prof Muhammad Atif, Prof Ejaz Ullah Cheema, Dr Muhammad Sohail Khan, Prof Furqan Hashmi, Prof Fawad Rasool, Prof Azhar Hussain, Dr Omar Akhlaq Bhutta, and Dr Rana Imran Khan.



Faculty councils set up to strengthen teaching, research

Aug 19: The University of Health Sciences (UHS) has established Discipline-Specific Faculty Councils (DSFCs) to provide a structured forum for teachers from its on-campus, constituent, and affiliated institutions. The initiative aims to improve teaching quality, research output, and assessment practices. As part of these councils, continued professional development (CPD) activities will be organised in each discipline. The first seminar, titled "Updates in Physiology Research," was held by the UHS Physiology Department and attended by around 50 faculty members from affiliated medical colleges. UHS Vice Chancellor Prof Ahsan Waheed Rathore inaugurated the event along with Pro-Vice Chancellor Prof Nadia Naseem and Head of Physiology Prof Uzma Zargham. Speakers included Dr Sundus Tariq from the International School of Medicine, Istanbul, and Prof Mohsin Ali Cheema, Vice Principal of Narowal Medical College. According to UHS, more than 5,000 faculty members from over 100 medical, dental, nursing, and allied health institutions will be part of DSFCs.

Each council will be chaired by the senior-most professor and will meet at least once a month. Their agenda will cover case discussions, ethics reviews, journal clubs, curriculum evaluation, assessment feedback, and policy updates. Prof Rathore said the councils would bridge communication gaps, support faculty growth, and ensure students received more relevant curricula and fairer examinations.



UHS treasurer appointed

Aug 4: The Governor of Punjab, in his capacity as Chancellor of the University of Health Sciences (UHS), has appointed Mr Mujahid Iqbal as Treasurer (BS-20) of the university for three years under Section 18(1) read with Section 9(7) of the UHS Ordinance, 2002. Mr Iqbal, a seasoned finance professional, has been with the UHS Finance Department since 2004.



UHS holds speech contest marking Independence Day, 'Marka-e-Haq'

Aug 12: The University of Health Sciences (UHS) Lahore organised a speech competition among students of its on-campus departments and constituent colleges in connection with the 78th Independence Day and 'Marka-e-Haq' celebrations.

The event featured speeches in both English and Urdu on topics including "The True Meaning of Independence Day", "Do Medical Professionals Hold a Greater Responsibility in Nation Building Post-Independence?" and "Marka-e-Haq – Pakistan's Struggle for Truth and Identity".

The panel of judges comprised Prof Allah Rakha, Prof Sidrah Saleem, Dr Shah Jahan and Dr Farah Rehman.

Eesha Shahbaz of de'Montmorency College of Dentistry, Lahore, clinched the first position, followed by Hassan-e-Muhammad of Gujranwala Medical College in second place and Arfa Jilani of de'Montmorency College in third. Other top positions went to Tayyaba Nazir (Gujranwala Medical College), Aiza Waqas Buttar (de'Montmorency College) and Mujtaba Fawad Rehan (UHS, Doctor of Physical Therapy).



Consortium... Continued from Page 12

Veteran journalist Mr Shaukat Ali Jawaid, Chief Editor, Pakistan Journal of Medical Sciences and advisor to UHS's journalism programme, presented an overview of the state of medical publishing in the country. He called for institutional investment and sustained training to uplift editorial standards.

The session also included insights from Prof Akhtar Shireen and Prof Jamshed Akhtar, both members of the Journal Committee of the Pakistan Medical and Dental Council (PMDC), who discussed key challenges and solutions in the domain of scientific publishing.

The event also featured the formal launch of the UHS Intercollegiate Journalism Consortium (IJC), which will serve as a network for editors of affiliated institutions. The consortium will promote policy alignment, journal indexation, peer learning, and collaborative research publishing.



UHS holds seminar on diagnostic expertise in histopathology

Aug 20: The University of Health Sciences (UHS), Lahore, hosted a seminar titled SLIDE (Seminar on Learning, Insights & Diagnostic Expertise) under the banner of its Discipline Specific Faculty Council (DSFC) in Histopathology.

The event, held at the UHS City Campus, brought together more than 40 pathologists from various medical colleges across Punjab. The sessions covered a wide range of topics, including renal dysplasia, gastrointestinal lymphoma, myxofibrosarcoma, and the advantages and limitations of fine-needle aspiration cytology (FNAC).

Vice Chancellor Prof Ahsan Waheed Rathore, who was patron of the seminar, said the initiative reflected UHS's commitment to strengthening

medical education through faculty development and collaborative learning.

"Our goal is to create a forum where pathologists can exchange diagnostic expertise, share complex cases, and enhance their interpretative skills," he remarked while addressing the participants.

"By fostering such academic dialogue, we are ultimately improving patient care standards in the country", he opined.

UHS Pro Vice Chancellor, Prof Nadia Naseem, underlined that UHS would continue to support the professional growth of pathology faculty through curriculum alignment and collaborative research. "We are working to align our curricula with the real challenges being faced by teachers in the field," she said.

She added that UHS would also pool its advanced diagnostic and research laboratory facilities with the affiliated colleges so that faculty and students can jointly undertake meaningful collaborative research projects.



Speakers included Prof Dr Naila Atif (Rashid Latif Medical College, Lahore), Prof Dr Rajia Liaqat (Al-Aleem Medical College, Gulab Devi Teaching Hospital, Lahore), Prof Dr Tariq Mahmood Tahir (Niazi Medical & Dental College, Sargodha), and Prof Dr Abdul Wadood Khalid (Akhtar Saeed Medical & Dental College, Lahore).



UHS launches consortium to boost editorial collaboration

Department of Medical Journalism inaugurated; Health Minister urges transparency in scientific publishing

Aug 6: The University of Health Sciences (UHS) inaugurated its Department of Medical Journalism and launched an Intercollegiate Journalism Consortium (IJC) to standardise editorial practices and strengthen collaboration among journals of affiliated colleges. Punjab Health Minister Khawaja Salman Rafique, speaking as chief guest, stressed the importance of transparent and ethical publishing for better healthcare outcomes. He praised the UHS model for setting new benchmarks in

research integrity and said reforms under CM Maryam Nawaz Sharif, including new hospitals, reflect a people-friendly vision. Held at UHS City Campus, the event brought together editors, faculty, and academic leaders. Pro-Vice Chancellor Prof Nadia Naseem, Editor-in-Chief of BioMedica, said 225 editors had already been trained and that 30 medical colleges publish journals. The new Journal Office will offer hands-on editorial training. "The consortium will be a platform for research, publication, and editor development," she added.

Vice Chancellor Prof Ahsan Waheed Rathore formally launched the Department of Medical Journalism, tracing UHS's journey from certificate courses in 2019 to a WHO-EMAME accredited postgraduate diploma in 2024. He said the department reflected UHS's commitment to global standards in scientific publishing.

Other speakers included Prof Khalid Masood Gondal, VC Fatima Jinnah Medical University, who stressed uncompromising research quality; and Prof Javed Akram, President PSIM, who urged stronger international visibility and the inclusion of research writing in undergraduate curricula.

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