



RASHID LATIF MEDICAL COLLEGE



CATALYST OF RLMC

THE AIM OF THIS NEWSLETTER IS TO INFORM, ENGAGE AND UPDATE ITS AUDIENCE ON RELEVANT NEWS, INSIGHTS AND DEVELOPMENTS

JAN - APRIL, 2025

VOL. 01, ISSUE - I



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RLMC CONVOCATION'25

Rashid Latif Medical College celebrated its 6th Convocation on February 25, 2025, honoring the achievements of MBBS Batch 9 (2018–2023) and BDS Batch 2 (2019–2023). The prestigious event was graced by the honorable Chief Guest, Dr. Amjad Saqib, Founder and Executive Director of Akhuwat Foundation, whose inspiring presence added to the significance of the occasion. The institution extends special gratitude to Prof. Dr. Tahir Masood and Prof. Mudassar Ali for their tireless efforts and invaluable contributions in making the convocation a remarkable success.



REVAMPING OF RESEARCH CELL

Rashid Latif Medical College (RLMC) held the revamping ceremony of its Research Cell on April 16, 2025, marking a major step in strengthening the institution's research and innovation culture. The event was honored by the presence of Chief Guest Prof. Rashid Latif Khan, Chairman of RLMC, whose inspiring leadership continues to shape academic excellence, and Madam Zulaikha Khan, Director Marketing, RLKU.



The ceremony witnessed enthusiastic participation from Prof. Mudassar Ali, Vice Principal of RLMC, members of the Institutional Review Board (IRB), the Students Research Society, and esteemed faculty. In his keynote address, Prof. Rashid Latif Khan highlighted the essential role of research in advancing healthcare and urged the academic community to pursue innovation, collaboration, and evidence-based medical practices. A key feature of the event was the launch of the 'Rashid Latif Khan Research Awards', designed to recognize exceptional research contributions from students and faculty.



This initiative reinforces RLMC's dedication to fostering academic inquiry, promoting scientific advancement, and building a vibrant, research-driven educational environment.



PAMI LIFETIME ACHIEVEMENT AWARD 2025



The Healthcare Excellence Awards 2025 were proudly organized by the Pakistan Association of Private Medical and Dental Institutions (PAMI) at Superior University, celebrating the true superheroes of the healthcare sector—individuals who have devoted their lives to serving humanity. One such iconic figure, Professor Dr. Rashid Latif Khan, was honoured with the prestigious Lifetime Achievement Award for his unparalleled contributions to the fields of obstetrics and gynaecology.

A true trailblazer, his legacy began with the landmark achievement of delivering Pakistan's first IVF baby in 1989—a monumental moment in the nation's medical history. His exceptional services were further recognized with the Sitara-e-Imtiaz in 1992.

PAMI is immensely proud to bestow the Lifetime Achievement Award 2025 on Dr. Rashid Latif Khan, a name that continues to inspire and shape the future of medical science. This enduring legacy is wholeheartedly embraced and celebrated by the entire healthcare sector.

- Superior University
- University of Lahore
- Rashid Latif Medical Complex
- Liaquat College of Medicine & Dentistry
- Watim Medical & Dental College
- HBS Medical and Dental College
- Gandhara University
- Abbottabad International Medical & Dental College.
- Women Medical & Dental College
- Islamabad Medical & Dental College





RLMC- FOUNDATION DAY

On 4th March 2025, we welcomed the Class of 2029 to the beginning of their medical journey a proud moment as they donned their white coats and stepped into a future shaped by dedication, compassion, and lifelong learning.



FIRST YEAR MBBS ORIENTATION-2025

Following the White Coat Ceremony, a comprehensive 3-day Orientation Program was held from 5th to 7th March 2025, guiding the Class of 2029 through departmental introductions, core values, mentoring, research, student societies, and more—setting the stage for an enriching medical journey ahead.



3RD YEAR MBBS ORIENTATION-2025

Rashid Latif Medical College marked an important milestone as the 3rd Year MBBS Orientation was held on 18th March 2025. The day featured curriculum briefings, departmental introductions, a meaningful clinical oath-taking ceremony, and insightful sessions on research, mentorship, and career guidance preparing students for their clinical years ahead.



4TH YEAR MBBS ORIENTATION-2025

On 10th February, 2025, A structured and insightful orientation session for the 4th Year MBBS students introduced them to the academic roadmap, departmental roles, electives, and clinical expectations. Held with valuable contributions from senior faculty, the event set the tone for a focused and professionally enriching clinical year ahead.



MEDICAL EDUCATION DEPARTMENT

MEMORANDUM OF UNDERSTANDING

RASHID LATIF MEDICAL COLLEGE SIGNED MOU WITH CHUGTAI LABS FOR ELECTIVES PROGRAM

On January 6, 2025, Rashid Latif Medical College proudly signed a Memorandum of Understanding (MOU) with Chughtai Labs to establish an innovative Electives Program for its students. This collaboration marks a significant milestone in the college's ongoing efforts to enhance practical exposure and academic opportunities for future medical professionals.



MOU SIGNING BETWEEN RLK GROUP AND CHAUDHRY MUHAMMAD AKRAM TEACHING & RESEARCH HOSPITAL

On February 12, 2025, a significant Memorandum of Understanding (MoU) was signed between RLK Group and Chaudhry Muhammad Akram Teaching & Research Hospital, further strengthening the collaboration between the two prestigious institutions. This partnership aims to enhance medical education, research, and clinical training for students and professionals.



MOU SIGNING BETWEEN RASHID LATIF MEDICAL COLLEGE AND AZIZ JEHAN BEGUM TRUST FOR THE BLIND (AJBTB)

RLK Group is proud to announce the signing of a Memorandum of Understanding (MoU) with Aziz Jehan Begum Trust for the Blind (AJBTB). This partnership will enable our students to visit the trust as part of their curriculum, fostering empathy, understanding, and social responsibility.

The MoU was formalized in a meeting attended by esteemed representatives from AJBTB. We extend our gratitude to Prof. Dr. Mudassir Ali, Dr. Babar Wattoo, and Dr. Kainat Javed for hosting this significant meeting.

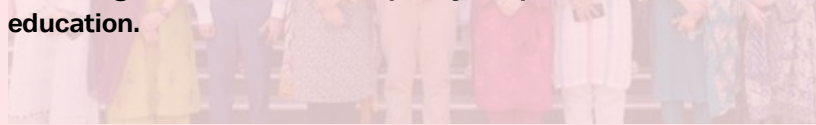




FACULTY DEVELOPMENT PROGRAMME

WORKSHOP ON INTRODUCTION TO QUALITY ASSURANCE & PROGRAM EVALUATION

The Department of Medical Education at Rashid Latif Medical College organized a workshop titled "Introduction to Quality Assurance & Program Evaluation" on April 22, 2025. The session was facilitated by Prof. Dr. Sofia Khan and Prof. Dr. Sahar Mudassar. The workshop aimed to equip faculty with essential knowledge and skills for quality improvement in medical education.



WORKSHOP ON EFFECTIVE TOOLS OF ORGANIZATIONAL DEVELOPMENT, TEAMWORK & CONFLICT RESOLUTION

The Department of Medical Education at Rashid Latif Medical College successfully conducted a workshop titled "Effective Tools of Organizational Development, Teamwork and Conflict Resolution" on April 29, 2025. The workshop was facilitated by Prof. Usman Hotiana and Prof. Sadia Qureshi. It was aimed at enhancing collaborative skills among faculty and trainees through practical strategies for team building and conflict management.



PHYSIOLOGY DEPARTMENT

The collaboration between Rashid Latif Medical College with University of Lahore & Pakistan Physiological Society at SAAP IX International conference highlighted academic unity. Prof. Mudassar Ali (HOD Physiology & Vice Principal RLHC) Co-Chaired a scientific session on Cardio-respiratory & Renal Physiology. Dr. Maham from the physiology department of RLHC also presented a poster titled "Sleep Quality in relation to perceived stress & physical activity in students of Private Medical Colleges in Pakistan."



BIOCHEMISTRY DEPARTMENT

PARTICIPATION AT NATIONAL CONFERENCE

Prof. Sadia Qureshi, Head of Biochemistry Department, chaired a Scientific Session of Biochemistry on Thursday, 24th April, 2025 (1:00 pm - 3:00 pm) at 9th International Conference of Shalamar Medical & Dental College, Lahore.



PARTICIPATION AT INTERNATIONAL CONFERENCE

Prof. Sadia Qureshi, Head of the Department of Biochemistry at Rashid Latif Medical College (RLMC), represented the institution as an oral presenter at an esteemed international conference hosted by Qatar University from April 17 to April 19, 2025.

Her participation as an oral presenter not only highlighted her individual academic excellence but also marked a significant recognition of RLMC on the international academic stage., strengthening collaborative ties and enhancing the visibility of RLMC in global research communities.



CLINICOPATHOLOGICAL CONFERENCE (CPC)

The Departments of Medicine - II and Ophthalmology conducted an engaging and well-organized Clinicopathological Conference (CPC) on 11th April 2025.

The Department of Ophthalmology presented a rare and intriguing case of "Idiopathic Orbital Inflammatory Disease", highlighting the diagnostic challenges and management strategies associated with this uncommon condition. Meanwhile, Medicine Unit II showcased a compelling case of Superior Mesenteric Artery Syndrome, emphasizing the importance of clinical suspicion and multidisciplinary approach in diagnosing rare gastrointestinal disorders.

Both presentations were highly insightful and demonstrated a strong integration of clinical reasoning and evidence-based management. The audience remained thoroughly engaged throughout as Prof. Abul Fazal, Prof. Faheem, Dr. Riaz Ansari and Dr. Abdullah Mazhar catered the Q n A session, and the discussion that followed reflected a deep interest in the complexity and learning value of the cases presented.



COMMUNITY MEDICINE & PUBLIC HEALTH DEPARTMENT

WORLD HEALTH DAY 2025 CELEBRATION

Department of Community Medicine & Public Health of Rashid Latif Medical College celebrated World Health Day with enthusiasm & purpose. The event highlighted the importance of global health awareness & the role of medical professionals in shaping a healthier future. Students & Faculty joined hands in activities promoting wellness, prevention & education.



FIELD VISITS

The 4th Year MBBS students of Rashid Latif Medical College visited the Vaccination Centre at Arif Memorial Teaching Hospital as part of their Community Medicine field activities.



An insightful and interactive field visit to SOS Village, Lahore, was conducted for the 4th Year MBBS students of Rashid Latif Medical College as part of their Community Medicine curriculum. The visit aimed to help students understand the functioning of child welfare organizations and the role of community-based care in promoting child health and development.



RESEARCH MEETING





OBS. & GYNAECOLOGY AND PSYCHIATRY DEPARTMENT

WORKSHOP ON "PREGNANCY & PSYCHOTROPICS"

An insightful talk on 'Pregnancy and Psychotropics' with renowned Psychiatrist Prof. Nasar Sayeed Khan and team, organised by respected Prof. Asma Yasin, Head of Department Obs. & Gynaecology, Held on 26th February, 2025 in collaboration with the psychiatric department.



TRAINING SESSION ON PRACTICE FOR SCRUBBING, GOWNING AND GLOVING

Hands on practice for scrubbing, gowning and gloving under worthy Prof. Asma Yasin, HOD Gynaecology and Obstetrics at Arif Memorial Teaching Hospital to control and reduce surgical site infection.



TEDxRLKU25 IGNITING A CHAIN REACTION OF IDEAS

On April 24th, 2025, Rashid Latif Khan University proudly hosted TEDxRLKU25 under the powerful theme Chain Reaction. Thought leaders, changemakers, and storytellers including Mohsin Nawaz, Dr. Muazzan Nasir, Sahar Saeed, and many more took the stage to spark inspiration and share transformative ideas. It featured compelling talks by Massart Misbah, Ayub Ghauri, Dr. Khalid Jamil, Javeria Khan, Umair Jaliawala, Faheem Azam, and Anum Uzair, leaving audiences energized and empowered.



CAREER COUNSELLING

NAVIGATION GLOBAL MEDICAL LICENSING EXAMS (USMLE, PLAB, AMC & FCPS)

On 14th April 2025, the Department of Medical Education, in collaboration with MSAP-RLMC LC and the RLMC Media Cell, hosted an engaging seminar focused on international career pathways for aspiring doctors. Distinguished alumni—Dr. Khalil Ur Rehman, Dr. Ahsan Nadeem, Dr. Umair Khalid, and Dr. Tehreem Mukhtar—graciously shared their experiences and insights on exams and training routes such as USMLE, PLAB, MRCP, AMC, FCPS, and MD/MS. The session proved to be both enlightening and motivational, opening up global perspectives and helping students envision their future in international medical practice.



ALUMNI CELL

We are incredibly proud to announce that four of our esteemed alumni have successfully matched into residency programs at prestigious hospitals across the United States!

- Join us in celebrating their remarkable achievement:
- Dr. Kanza Ahmad – Pediatrics, Texas Tech University El Paso, TX
- Dr. Zaryab Bin Riaz – University of Creighton, Phoenix, AZ
- Dr. Umar Iqbal Javaid Choudhary – St. Elizabeth's

Medical Center (GSMC), Boston, MA

Dr. Ahsan Nadeem – University of Pittsburgh Medical Center (UPMC) Mercy, Pittsburgh, PA

Your dedication and perseverance have led to this incredible milestone, and we couldn't be prouder! Wishing you all continued success in your medical careers.



CHAMPIONS OF PLAB-1 EXAMINATION.

Alhamdulillah, RLMC is proud to announce their 12 champions who have cracked their PLAB-1 Examination.



MEDICAL EDUCATION DEPARTMENT

MAKING THE BEST OUT OF YOUR STAY IN MEDICAL SCHOOL: A GUIDE TO THRIVING ACADEMICALLY, PROFESSIONALLY AND PERSONALLY

On 10th February, 2025, A structured and insightful orientation session for the 4th Year MBBS students introduced them to the academic roadmap, departmental roles, electives, and clinical expectations. Held with valuable contributions from senior faculty, the event set the tone for a focused and professionally enriching clinical year ahead.



NEWLANDS SCHOOL ALWARQA

Prof. Mudassar Ali (Vice Principal RLMC) along with Mr. Asim Saleem (Director Administration) & Mr. Ahsan (Admission Head) visited Newlands School Al-Warqa & His Highnesses Shaikh Rashid Al-Makhtoum Pakistani School in Dubai & participated in GETEX in Dubai connecting with aspiring students & showcasing our diverse academic programs on a global platform.



RESEARCH CELL

INSTITUTIONAL REVIEW BOARD

Institutional Review Board (IRB) Meeting Summary – January 17, 2025
The Institutional Review Board (IRB) of RLMC convened By Prof. Dr. Tazeem Shahbaz, Director Research Cell, on January 17, 2025, to review submitted research proposals. The meeting focused on ensuring ethical compliance, scientific validity, and adherence to institutional and regulatory guidelines. After thorough discussion and evaluation, the board approved the research proposals with minor revisions. Investigators were advised to incorporate the suggested modifications before commencing their studies. The meeting concluded with a reaffirmation of the IRB's commitment to upholding research integrity and ethical standards.

The second Institutional Review Board (IRB) meeting of 2025 was held on February 18th in the conference room of RLMC, Chaired by Director Research Cell, Prof. Dr. Tazeem Shahbaz. A total of five research proposals were received, four were discussed, and one could not be reviewed due to the researcher's absence. Four research synopses were presented and approved after an in-depth discussion, with valuable insights and feedback from IRB members. The members provided expert opinions on research methodology and ethical considerations, ensuring a thorough review process. Professor Dr. Mudassar, Vice Principal of RLMC, also graced the meeting with his presence, adding to the depth of discussion and review.

The 3rd Institutional Review Board (IRB) meeting of 2025 was held on March 19th in the conference room of RLMC, Chaired by Director Research Cell, Professor Dr. Tazeem Shahbaz. A total of six research proposals were received and presented using multimedia tools. The presentations facilitated an in-depth and constructive discussion on both the technical and ethical aspects of each synopsis.

Prof. Dr. Mudassar Ali, Vice Principal of RLMC, also graced the meeting with his presence, adding to the depth of discussion and review.

The meeting underscored the IRB's commitment to maintaining high ethical standards and promoting quality research within the institution.

The 4th meeting of the Institutional Review Board (IRB) was successfully held on Tuesday, April 22, 2025, at 10:00 a.m. in the Computer Lab. of RLMC. The meeting was chaired by Prof. Dr. Tazeem Shahbaz, Director, Research Cell.

In preparation, all researchers submitted hard copies of their proposals a week in advance. A total of eight proposals were received, of which seven were reviewed. One proposal could not be discussed due to the researcher's absence.

The meeting was further honored by the presence of Prof. Dr. Mudassar Ali, Vice Principal & Co-chairperson IRB, RLMC, whose valuable input enhanced the depth and quality of the discussions.



WORKSHOPS / SYMPOSIUMS

WORKSHOP ON "THE ART OF SYNOPSIS WRITING"

Conducted a Training workshop on "The ART of Synopsis Writing" was held on January 21, 2025. Prof. Dr. Tazeem Shahbaz, Director Research Cell was Facilitator and Dr. Asma Kanwal co-facilitator.

The workshop successfully met its objectives, with participants appreciating its interactive and informative nature.

Faculty members, from Basics and Clinical Sciences, including Professors, Associate Professors, Assistant Professors, Registrars, Demonstrators and Postgraduate students, along with the Vice Principal, actively participated.

Prof. Dr. Mudassar Ali, Vice Principal was acknowledged for their support.



WORKSHOP ON "MASTERING THE BASICS OF CLINICAL TRIALS"

A workshop titled "Mastering the Basics of Clinical Trials" was held on February 20, 2025. Prof. Dr. Tazeem Shahbaz, Director Research Cell. It aimed to enhance participants' understanding of clinical trial methodologies, ethical considerations, and regulatory requirements. A total of 36 faculty members, including Professors, Associate Professors, Assistant Professors, Registrars, Demonstrators and Postgraduate students, along with the Vice Principal, actively participated.



The workshop successfully met its objectives, with participants appreciating its interactive and informative nature. Prof. Dr. Mudassar Ali, Vice Principal was acknowledged for their support in fostering clinical research excellence at Rashid Latif Medical College.

SYMPOSIUM ON DIABETES MELLITUS

RLMC successfully hosted a Diabetes Symposium in collaboration with the Pakistan Society of Internal Medicine (PSIM) and Medurstand (اپنی بیماری کو سمجھئے), the event focused on "Managing Diabetes Effectively and Conveniently with Triple Combo Therapy."

We were honored to host esteemed speakers:

- Prof. Aziz Ur Rehman
- Prof. Anjum Rashid Butt
- Prof. Arif Mahmood Siddique
- Prof. Tahir Masood Ahmad

Their insights were invaluable in spreading awareness about diabetes management.





STUDENTS RESEARCH SOCIETY

SURE' CON25 SHALAMAR MEDICAL AND DENTAL COLLEGE

RLMC Students proudly participated in SURE'Con 25 at Shalamar Medical and Dental College Lahore. They had an inspiring experience filled with innovative ideas and networking opportunities with medical minds from across the country.



CMH TRIFECTA MUN

RLMC Takes Over CMH Trifecta MUN

Against the backdrop of 750+ delegates from 30+ universities, Team RLMC made waves at CMH Trifecta's Model UN - not just participating, but owning the stage with intellect, charisma, and a whole lot of diplomatic flair. +

Under guidance of Daim Javed and Yahya Azhar, every delegate stepped up, spoke out, and showed the world how it's done



CMH TRIFECTA MUN

UET Lahore Model United Nations Conference With 300+ Delegates from across Pakistan.



UOL MUN 2025

Daim Javed and Yahya Azhar and Fahad Ashraf Baig - Winners UOL MUN February 2025.

University of Lahore Model United Nations Conference and Olimpiyad with Cash prize of 50,000 Rupees.



FORMUN 2025

Representing RLMC with Excellence: Daim Javed and Fahad Ashraf Baig — Winners at FORMUN (January 2025)

We are proud to recognize Daim Javed and Fahad Ashraf Baig for their outstanding performance at FORMUN (Forman Model United Nations) held in January 2025.



STUDENT'S RESEARCH ACTIVITIES

Engaging session with 3rd year MBBS students, briefing them on the fundamentals of research and guiding them on how to initiate their own projects.



A meeting was held regarding the 4th Year MBBS research work. Faculty members from all the departments of the college and affiliated teaching hospital participated as supervisors, aiming to provide structured guidance and academic support to undergraduate students throughout their research journey.



Had a meaningful discussion with final year MBBS students. Assigned three research projects and was glad to see their interest and enthusiasm. Looking forward to their progress and contributions.



SABAB SOCIETY

A strategic meeting was held with the SRS team at RLMC, along with Saba's Society, to plan upcoming research activities. Key decisions included setting research priorities, timelines, and roles, with an emphasis on ethical compliance and community engagement. The meeting set a clear direction for collaborative research efforts in the weeks ahead.



**Sabab Society - Al-Khidmat Medical Health Camp
(April 2025)**

1000 patients treated and free medication provided in free Medical camp conducted by Sabab society RLMC in collaboration with Al Khidmat.



DISTINCTIONS IN UHS EXAMINATION 2025

Congratulations to our talented students! We are proud to announce that students of Rashid Latif Medical College have achieved outstanding success and got Distinctions!

1ST YEAR MBBS

Rashid Medical College is proud to announce their Distinction holders of First-Year MBBS!
Congratulations to these exceptional students for their hard work & dedication!



3RD YEAR MBBS

We are thrilled to share the outstanding academic achievements of our students at Rashid Latif Medical College!

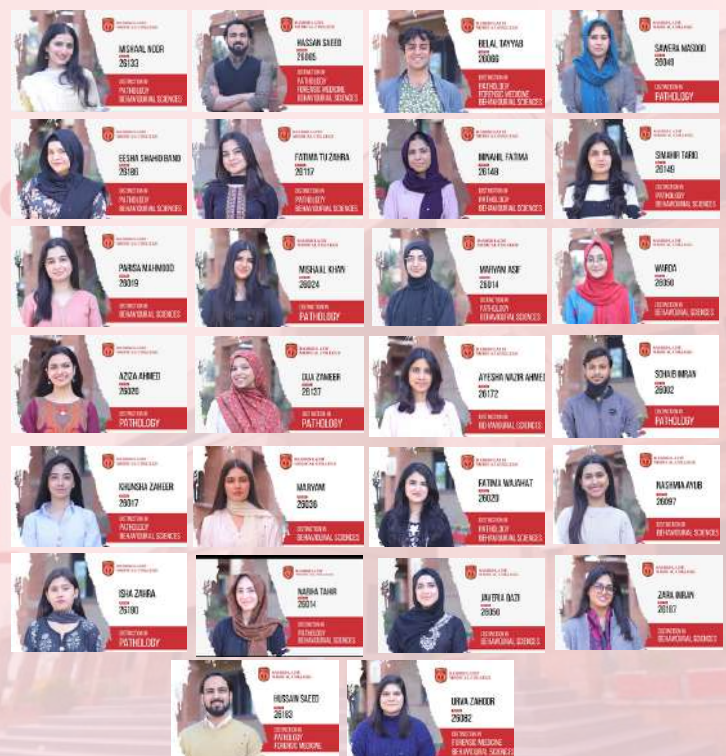
With great pride, we announce that our dedicated and hardworking students have excelled in the 3rd Professional Annual Examination conducted by the University of Health Sciences (UHS) – securing top positions and multiple distinctions across various subjects.

This remarkable success is a testament to the relentless efforts of our students, the unwavering support of their families, and the tireless dedication of our esteemed faculty members who continue to uphold the highest standards of medical education.

We extend our heartfelt congratulations to all the achievers – you have made us proud and set a shining example for your peers. May this be the first of many milestones in your journey toward becoming compassionate, skilled, and visionary healthcare professionals.

Well done, future doctors! Keep aiming higher!

– Rashid Latif Medical College



DISTINCTIONS IN UHS EXAMINATION 2025

Congratulations to our talented students! We are proud to announce that students of Rashid Latif Medical College have achieved outstanding success and got Distinctions!

4TH YEAR MBBS

Congratulations to Our 4th-Year MBBS Students! 🎓

★ We are proud to celebrate the stellar performance of our 4th-year MBBS students in the recent professional examinations. Their dedication, hard work, and academic excellence have brought remarkable results to Rashid Latif Medical College (RLMC).

★ Overall RLMC Result: 96.89%

Our students have outperformed across all subjects, with exceptional distinction rates:

- Pathology: 99.2%
- Ophthalmology: 99.2%
- Otorhinolaryngology (ENT): 100%
- Community Medicine: 97%

★ A special congratulations to the distinction holders whose achievements highlight the high standards of education and mentorship at RLMC. We applaud all students, faculty, and staff who contributed to this success.

Together, we continue to set the bar higher. Well done, future doctors! ★



1st Position



Hamain Ijaz

Distinction in
Special Pathology
Community Medicine

2nd Position



Anabia Basharat

Distinction in
Special Pathology

3rd Position



Noor Naeem

Distinction in
Special Pathology
Otorhinolaryngology



Momina Shaheryar

Distinction in
Ophthalmology



Fajar Nadeem Dogar

Distinction in
Special Pathology

Well done, future doctors! Keep aiming higher! — Rashid Latif Medical College

RLMC SPORTS SOCIETY

Embracing the spirit of unity and festivity! ✨ The Sports Society of Rashid Latif Medical College proudly presents Ramzan Sports Fest 2025—a celebration of togetherness, joy & the essence of the holy month. Join us for an unforgettable experience filled with sports & community bonding!

RLMC Sports Society successfully organized an exciting Formula Karting event, bringing speed and spirit together on the track! 🏁

Students from various years participated with great enthusiasm and competitive energy. ✨

Ahsan Amir from Final Year MBBS emerged as the winner 🏆, showcasing both skill and determination on the race track. 🏁❤️



DEBATING SOCIETY (PARTICIPATION AT NATIONAL TV)



We are proud to share that SanaUllah Hashmi, an outstanding 4th-year MBBS student at Rashid Latif Medical College, achieved First Position in a national-level quiz competition aired on PTV – a remarkable accomplishment that brings great pride to our institution!"



PATIENT'S WELFARE CLUB (RAMAZAN DRIVE)

Alhamdulillah RLMC PWC 25 collected the highest donation for Ramadan drive this year & distributed 100 ration bags & arranged Iftar for needy. Thank you all for donating for noble cause. Transparency in ration drives ensures that contributions are distributed fairly & reach those in genuine need.



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