



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

MAY - AUG, 2025

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MAY - AUG 2025
VOL. 01, ISSUE - 2

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COMPOSER

MR. MUHAMMAD NADEEM

59TH ACADEMIC COUNCIL MEETING

The 59th meeting of the academic council was successfully held on June 4th, 2025, at RLMC- fostering academic excellence, strategic planning, and collaborative growth for the institution's continued advancement.



MOU BETWEEN FMH COLLEGE AND RASHID LATIF MEDICAL COLLEGE

We are delighted to announce the signing of a Memorandum of Understanding (MOU) between FMH College of Medicine & Dentistry and Rashid Latif Medical College in connection with the upcoming conference.

Prof. Mudassar Ali (Vice Principal & Head of Physiology, RLMC) proudly represented Rashid Latif Medical College, while Prof. Tayyab Abbas (Principal, FMH) & Prof. Saba Khalid (Head of Physiology, FMH) represented FMH at this milestone event.

This partnership marks the beginning of a new chapter in fostering academic excellence & advancing collaborative research for a brighter future.



Memorandum of Understanding (MOU) between FMH College of Medicine & Dentistry and Rashid Latif Medical College in connection with the upcoming conference



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We are
Champions



PROUD MOMENT FOR RASHID LATIF MEDICAL COLLEGE



ELECTED AS MEMBER BOARD OF GOVERNOR AT FPAP

RAHNUMA

FAMILY PLANNING ASSOCIATION OF PAKISTAN
A Member Association of the International Planned Parenthood Federation

We are delighted to congratulate Prof. Tazeem Shahbaz on being elected as a Member of the Board of Governance at Rahnuma - Family Planning Association of Pakistan (FPAP), Punjab region. This distinguished selection recognizes her remarkable contributions to academia, public health, and research, and marks a moment of pride for Rashid Latif Medical College, reflecting our growing influence in shaping health and social development across Pakistan. We wish Prof. Shahbaz continued success in this vital leadership role.

RLMC empowers students through cutting-edge research, hands-on training, and innovation, shaping the next generation of healthcare leaders.

Bringing FPAP's community impact and RLMC's academic excellence together will open new doors for better healthcare and stronger futures.



WORKSHOP ON E-PORTFOLIOS FOR THE FACULTY OF SERVICES INSTITUTE OF MEDICAL SCIENCES (SIMS).

Dr. Kainat Javed, Director of Medical Education at Rashid Latif Medical College, conducted an interactive workshop on E-Portfolios for the faculty of Services Institute of Medical Sciences (SIMS). The session was organized by Prof. Khadija Asim Khan under the patronship of Prof. Zuhra Khanum, whose leadership and vision continue to inspire excellence in faculty development.

The workshop emphasized the role of e-portfolios in documenting student progress, encouraging reflective practice, and supporting competency-based education. Faculty members actively engaged in discussions, gaining hands-on insights into effective implementation.

This collaborative effort was highly appreciated, reflecting the shared commitment of both institutions to advancing medical education through innovation and capacity building.





2ND INTERNATIONAL STUCON 2025 – 22ND AUGUST

OPENING CEREMONY

The 2nd International StuCon 2025 was successfully organized under the Patron-in-Chief Prof. Rashid Latif Khan, a visionary leader whose guidance has always inspired academic excellence. The conference was further supported by Patrons Mrs. Sabahat Khan and Prof. Tahir Masood, with the collective leadership of Chief Organizers Prof. Mudassar Ali, Prof. Sadia Qureshi, Prof. Tazeem Shahbaz, and Dr. Kainat Javed.

This year's theme, "Shaping the Future: Disruptive Strategies for Sustainable Solutions," set the stage for an engaging and forward-looking dialogue on innovation in healthcare and beyond.

The Opening Ceremony was graced by Prof. Mahmood Ayyaz, Vice Chancellor, Kind Edward Medical University as Chief Guest, whose words of encouragement inspired participants and set a positive tone for the conference.





2ND INTERNATIONAL STUCON2025 – 22ND AUGUST

OPENING CEREMONY

He also congratulated the students, faculty, and organizers for achieving this milestone, emphasizing that such a platform was a proud accomplishment not only for the students but also for the entire RLK Group. The event embodied true interprofessional collaboration, with participation from faculties of Medicine, Dentistry, Nursing, Allied Health Sciences, Physiotherapy, Biotechnology, Business Administration, and Law, creating a rich, integrated platform for learning.



Prof. Rashid Latif Khan, Patron-in-Chief, lauded the initiative as a milestone in student-led academic culture. He expressed that it was always his vision to see students step forward, take ownership of scholarly platforms, and lead academic conversations. He emphasized that giving students such responsibility not only builds confidence but also nurtures future leaders who can drive innovation in healthcare and education.



Mrs. Sabahat Khan, Patron, extended her warm congratulations to the students for their dedication, creativity, and hard work in making StuCon a success. She noted that the success of this interprofessional conference was a reflection of the students' collaborative spirit and determination. She reminded the participants that this achievement truly belonged to them, as it was their passion, effort, and teamwork that had brought the vision to reality.



2ND INTERNATIONAL STUCON2025 – 22ND AUGUST

SCIENTIFIC SESSIONS

The hybrid mode allowed for both oral and poster presentations, giving students and young researchers a valuable opportunity to showcase their work. The sessions were interactive, reflective, and thought-provoking, offering participants a truly enriching academic experience.





2ND INTERNATIONAL STUCON2025 – 22ND AUGUST

VISIT TO VICE CHANCELLOR OF UNIVERSITY OF HEALTH SCIENCES

Honored Moment ✨

Proud to share that our dedicated students had the privilege of formally inviting the esteemed Vice Chancellor of UHS to serve as Patron-in-Chief for our upcoming seminar on Gender-Based Violence – پیاری بیٹھی – a cause that strongly resonates with the VC's visionary leadership and commitment to societal well-being.

This impactful seminar is scheduled for August, as a pre-conference event to the 2nd International STUCON hosted by Rashid Latif Medical College (RLMC).

As Mentor and Director of the Research Cell, I am incredibly proud to see our students stepping forward with such passion and ownership, using academic platforms to advocate for meaningful change.



VISIT TO VICE CHANCELLOR OF MINISTER FOR HEALTH & POPULATION, PUNJAB

Honored Moment

SRS-RLMC Meets Minister Khawaja Imran Nazeer | Advancing GBV & Adolescent Health Initiatives

Under the mentorship of Prof. Dr. Tazeem Shahbaz (Director, Research Cell RLMC), members of the Student Research Society (SRS-RLMC) met with Honorable Mr. Khawaja Imran Nazeer, Minister for Health and Population, Punjab.

The students formally invited the Minister as Chief Guest for the Seminar on Gender-Based Violence (GBV), to be held on August 18, 2025, as part of the “پیاری بیٹھی” initiative supported by UHS.

The Minister accepted the invitation and committed to attending with his full team to explore collaborations on key projects, including:

- SafeKasur: GBV Reporting & Support Ecosystem
- Adolescent Safe Circles & Digital Access Tools
- Inclusion of boys, trans youth & underserved communities

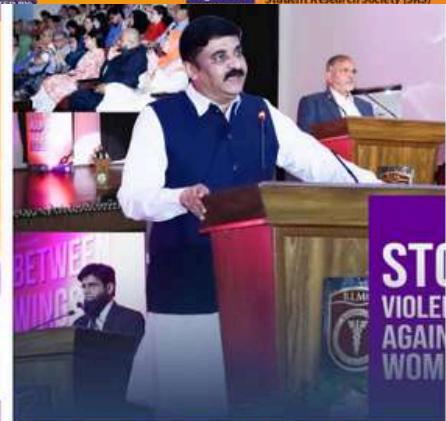
This meeting reflects RLMC's commitment to student-led research, policy engagement, and community impact through evidence-based public health solutions.



PRE-CONFERENCE WORKSHOPS & SEMINARS

SEMINAR ON GENDER-BASED VIOLENCE (پیاری بیٹی)

The first seminar of 2nd International Stucon 2025 addressed Gender-Based Violence, with Prof. Khalid Masud Gondal as the Chief Guest, shedding light on one of the most pressing social issues of our time. The second seminar focused on Career Counselling, with Mr. Noor ul Amin Watto, Chairperson Standing Committee on Higher Education, as the Chief Guest. His participation added significant value by providing students with perspectives on career pathways, policy, and higher education opportunities in Pakistan.



PRE-CONFERENCE SEMINARS

SEMINAR ON CAREER COUNCING

On 21st August 2025, Rashid Latif Medical College successfully concluded the Second Pre-Conference Seminar on Career counseling of the International StuCon, honored by the presence of Mr. Noor-ul-Amin Wattoo (Chairperson of the Standing Committee on Higher Education, Punjab), who shared invaluable insights on higher education. The session also featured our distinguished graduates and successful students, whose experiences in medical career counseling served as an inspiration and guiding light for current students.



PRE-CONFERENCE WORKSHOPS

A major highlight of the 2nd International STUCON 2025 was the successful hosting of an impressive series of 61 Pre-Conference Workshops, organized under the banner of the RLK Group of Institutions.

These workshops covered a wide range of disciplines, reflecting the multidisciplinary nature of STUCON and the Group's commitment to academic excellence, professional development, and innovation. Every specialty actively contributed by conducting specialized workshops, offering participants a unique opportunity to gain hands-on experience, enhance their skills, and engage with experts.

Workshops were conducted across all institutions of the RLK Group, including:

- Rashid Latif Medical College (RLMC)
- Rashid Latif Dental College (RLDC)
- Rashid Latif Khan University Medicine (RLKUMC)
- Rashid Latif College of Physical Therapy (RLCPT)
- Rashid Latif College of Pharmacy (RLCP)
- Rashid Latif Nursing College (RLNC)
- Rashid Latif Khan University (RLKU)
- Faculty of Allied Health Sciences
- Faculty of Business and Management Sciences
- English Department

These pre-conference sessions not only prepared participants for the academic discussions of the main conference but also provided valuable interdisciplinary exposure, bridging the gap between theory and practice.

The overwhelming participation and positive feedback from attendees highlighted the success of this initiative, making the pre-conference workshops one of the most impactful features of STUCON 2025.





2ND INTERNATIONAL STUCON2025 – 22ND AUGUST

CLOSING CEREMONY

The Closing Ceremony of the 2nd International STUCON 2025 was held at Rashid Latif Medical College on August 22, 2025. The event marked the successful culmination of a two-day conference that brought together students, researchers, and professionals from diverse medical and allied health disciplines.

The 2nd International StuCon once again reaffirmed its standing as Pakistan's first student-led inter-professional conference, highlighting the importance of collaboration, innovation, and shared learning across disciplines.

Distinguished guests, faculty members, and participants attended the ceremony. Awards and certificates were presented to the best oral and poster presenters, acknowledging their research contributions. The organizing committee was also appreciated for their dedicated efforts in making the conference a success.

The ceremony concluded with a vote of thanks, followed by group photographs and Dinner.





2ND INTERNATIONAL STUCON2025 – 22ND AUGUST

STUCON SOCIAL & GALA DINNER

Adding a vibrant dimension, the conference also featured a Social Evening and Gala Dinner, where delegates enjoyed networking, performances, and meaningful interactions in a relaxed environment. This created opportunities for collaboration beyond the academic sphere, strengthening professional and personal ties among participants.





ALUMNI REUNION DINNER

RLMC organized its First-Ever Alumni Reunion Dinner, bringing back the first 10 batches of alumni to campus. The evening was a huge success, with so many of you joining to reconnect, share memories, and celebrate your journey at Rashid Latif Medical College.

We're grateful for the incredible turnout and are excited to announce that a special space is being dedicated in the RLMC Library exclusively for our alumni a place you can always use for study and research.

Thank you to everyone who made this historic evening so memorable. We look forward to seeing you all again very soon!





PHARMACOLOGY DEPARTMENT

JOURNAL CLUB

Journal Club Highlight- held on 27th June 2025, an insightful session on “Antihyperuricemic Evaluation of Swertia Chirayita” was presented by Dr. Navida and Dr. Hassan from the department of Pharmacology.

The discussion highlighted the therapeutic potential of traditional herb in managing hyperuricemia, encouraging evidence-based dialogue around the herbal alternatives in pharmacology.



COMMUNITY MEDICINE & PUBLIC HEALTH DEPARTMENT

JOURNAL CLUB

On 30th May, 2025 Journal Club session featured an insightful presentation on “Impact of a Community-Based Salt Substitution Program on Blood Pressure Reduction”, based on a study published by the European Society of Cardiology.

The discussion highlighted the burden of hypertension, especially in low- and middle-income countries, and explored a low-cost, scalable solution using salt substitutes to improve community health outcomes.

Kudos to the presenter for delivering a well-researched and impactful session!



PATHOLOGY & PHYSIOLOGY DEPARTMENT

WORLD THALASSEMIA DAY

Rashid Latif Medical College Observes World Thalassemia Day 2025 with Compassion and Commitment

In a heartfelt initiative to raise awareness and extend support to individuals battling thalassemia, Rashid Latif Medical College (RLMC) commemorated world Thalassemia Day 2025 with a meaningful event jointly organized by the Departments of Physiology, Pathology, and the Patient Welfare Club, in collaboration with the Sundus Foundation.

The event opened with a powerful and informative video presentation made by 3rd and 4th year medical students, highlighting the causes, clinical manifestations, and long-term complications of thalassemia. This was followed by an insightful educational session featuring esteemed panelists: Dr. Touqeer Ahmed (Bone Marrow Transplant, Children's Hospital), Prof. Sophia Khan (Department of Pathology), and Prof. Saman Saeed (Department of Physiology). They shared their valuable expertise on the pathophysiology, diagnosis and management of thalassemia as well as the importance of multidisciplinary care.

The event was graced by Dr. Saira Moeen, representative of Children's Sundas Foundation Pakistan, as the chief guest, whose presence further highlighted the collaborative efforts between medical institutions and NGOs in addressing this public health concern.

The session also included an interactive Q&A segment, where students actively engaged with the panel, discussing both the clinical and societal challenges faced by thalassemia patients. A vote of thanks was given by the worthy Principal RLMC, Prof. Dr. Tahir Masood.

The highlight of the day was the Blood Donation Drive, where a large number of students came forward to donate blood for thalassemia patients. Their enthusiastic participation reflected a deep sense of compassion, civic responsibility, and a genuine commitment to community service.

This impactful event not only enhanced awareness of a critical hereditary blood disorder but also instilled a strong sense of empathy and social responsibility among future healthcare professionals. It stood as a testament to RLMC's enduring dedication to medical education and humanitarian service.





BIOCHEMISTRY DEPARTMENT

BIOCHEMISTRY DAY 2025

The Department of Biochemistry at Rashid Latif Medical College celebrated Biochemistry Day with great enthusiasm on 24th June 2025.

The highlight of the event was a thought-provoking panel discussion on "AI in Life Sciences: Revolution or Risk?" exploring the impact of artificial intelligence on research, diagnostics, and ethics in the biomedical world.

An exciting Rapid Fire Session, Poster & Model Presentations, and a Prize Distribution Ceremony followed, honoring the winners and runners-up.

The event concluded on a high note with interactive fun games, adding a touch of joy and team spirit!

We were honored to host esteemed panelists:

- Dr. Tahir Aziz, COO, Shaukat Khanum Memorial Hospital.
- Dr. Syed Imran Shah, Director of Basic Sciences and Research, Superior University.
- Dr. Zubair, from Forman Christian College University.
- Dr. Samiah Shahid, from IMBB, The University of Lahore.

A huge thanks to our guests, participants, and organizing team for making the day a memorable success!





BIOCHEMISTRY DEPARTMENT

JOURNAL CLUB

As part of the regular Journal Club of RLMC, Dr. Mahwish from Biochemistry Department, presented on the topic: "Biochemical Evaluation of Pro-inflammatory Marker Upregulation and its Role in the Pathogenesis and as a Diagnostic Biomarker of Rheumatoid Arthritis." The presentation provided valuable insights into the role of inflammatory mediators in disease progression and their emerging potential as diagnostic tools. The session encouraged active discussion on the biochemical underpinnings of autoimmune conditions.



QUIZ COMPETITION

The Biochemistry Department hosted an engaging quiz competition on 30th May for first-year MBBS students. Featuring stimulating questions and a competitive format, the event proved highly effective. An atmosphere rich in learning and lively engagement filled the venue. The quiz successfully reinforced core concepts through this healthy academic exercise.





PATHOLOGY & PHARMACOLOGY DEPARTMENT

TEAM-BASED LEARNING (TBL) SESSION

The Pathology and Pharmacology department recently conducted an integrated Team-Based Learning (TBL) session with 3 year MBBS students, and it turned out to be a great experience!

The activity got everyone actively involved and thinking together. Students enjoyed discussing, debating, and solving problems as a team.

It was amazing to see how much peer-to-peer learning took place.

The session boosted their confidence, teamwork, and communication skills.

They also felt more prepared to apply concepts in real-life situations. Overall, TBL made learning interactive, fun, and impactful!

Feedback from the students was also helpful to conduct more such activities in future.



PATHOLOGY DEPARTMENT

JOURNAL CLUB

The Department of Pathology of Rashid Latif Medical College successfully conducted a Journal Club meeting, providing a valuable platform for academic discussion, knowledge sharing & collaborative learning. We remain committed to fostering an environment of research, critical thinking & professional growth for our students and faculty.



Journal Club Session



Journal Club Session



We are
Champions



PATHOLOGY & COMMUNITY MEDICINE & PUBLIC HEALTH DEPARTMENT

WORLD IMMUNIZATION DAY

On 16th June 2025, the Department of Pathology & Lab Medicine, Department of Community Medicine & Public Health, under the leadership of the Principal Prof. Tahir Masood & Vice Principal Prof. Mudassar Ali, Rashid Latif Medical College, and the Dental Education Department, under the leadership of the Principal Prof. Muhammad Qasim Saeed, Rashid Latif Dental College, organized an awareness event on Immunization Day. The event aimed to educate students, faculty, and the community about the importance of immunization in preventing infectious diseases.

Key Highlights:

1. Role Play by Final year MBBS students on vaccine-preventable Polio cases in community and immunization benefits under the supervision of the Pathology Department, RLMC.
2. Research Study Presentation on immunization coverage in the local population of Mustafaabad by the faculty of the Community Medicine Department, RLMC.
3. Awareness documentary and poster presentations by 3rd Year & 4th Year MBBS students under the supervision of the Pathology Department, RLMC.
4. Role Play video on vaccine-preventable Hepatitis cases in health care workers and poster presentations by Final Year BDS students under the supervision of the Dental Education Department, RLDC.
5. Awareness walk at the end of the event with all departments and students.

The objective was to promote immunization awareness and encourage individuals to take proactive steps in protecting themselves and their communities from vaccine-preventable diseases.

The event successfully raised awareness about the significance of immunization, dispelling myths, and promoting a healthier community.





COMMUNITY MEDICINE & PUBLIC HEALTH DEPARTMENT

JOURNAL CLUB

Gearing Up for a Thought-Provoking Journal Club Session!

Today's rehearsal and insightful discussion with the Community Medicine team reflected our shared commitment to academic excellence and continuous learning. Grateful for the dedication and enthusiasm of our participants and faculty as we prepare for Friday's session. Looking forward to a productive and engaging discussion!



WORKSHOP ON THE ART OF SCIENTIFIC WRITING

It was a privilege to facilitate a workshop on The Art of Scientific Writing, organized by the University of Management and Technology (UMT) for pharmacy students.

The session was an enlightening experience, enriched by insightful discussions, thought-provoking questions, and the enthusiastic participation of students eager to enhance their scientific communication skills.

Her expertise and thoughtful contributions added immense value to the workshop, sparking deeper reflection and engagement among the attendees.

Equally rewarding was my meeting with the Dean and esteemed faculty members of the Department of Pharmacy. Our discussions were both meaningful and forward-looking, paving the way for potential academic collaborations and promising future research initiatives.

Overall, it was a truly fulfilling and inspiring day—one that reaffirmed the importance of nurturing research skills and fostering academic exchange within the scientific community.



COMMUNITY MEDICINE & PUBLIC HEALTH DEPARTMENT

VISIT OF RASHID LATIF MEDICAL COLLEGE DELEGATION TO IPH

The Institute of Public Health (IPH) had the privilege of hosting a distinguished delegation from Rashid Latif Medical College (RLMC), led by Prof. Dr. Tazeem Shahbaz, Dean and HOD Community Medicine. The delegation included senior faculty and members of the Student Research Society (SRS).

Warmly welcomed by Dean IPH, Prof. Dr. Saira Afzal, the visit featured insightful discussions on mutual academic and research interests, emergency response strategies, and future collaborative projects.

The delegation toured key departments including PEMS, AI Lab, MCH Center, Nutrition Lab, and more – exploring promising areas for joint research and innovation to serve the public health needs of Pakistan.





COMMUNITY MEDICINE & PUBLIC HEALTH DEPARTMENT

FIRE & SAFETY AWARENESS DRILL

Community Medicine and Public Health Department of Rashid Latif Medical College at Fire & Safety Awareness Drill at Institute of Public Health (IPH).

The Institute of Public Health (IPH) hosted a comprehensive Fire and Safety Drill conducted by Rescue 1122, aimed at strengthening emergency preparedness among faculty and students.

Participants, including the delegation from Rashid Latif Medical College (RLMC) Community Medicine and Public Health Department, led by Professor Dr. Tazeem Shahbaz, Dean Community Medicine and Public Health, received hands-on training on fire safety protocols and emergency response techniques. The session was practical, engaging, and highlighted the importance of a public health approach towards emergency situations.

We extend our heartfelt thanks to Prof. Dr. Saira Afzal, Dean IPH, for her warm invitation and gracious hospitality.

Special appreciation to the Rescue 1122 team for their expert demonstration and commitment to saving lives through awareness and education.



IPH NEWS UPDATES

Institute of Public Health, Lahore

Fire & Safety Drill – Rescue 1122















MEDICAL EDUCATION DEPARTMENT

MASTERING PROFESSIONALISM AND ETHICS

May 7, Prof. Dr. Rashid Latif Khan delivered an inspiring talk on Ethics and Professionalism as part of the Student Empowerment Program lecture series. Students were reminded of the importance of honesty, dedication, commitment, and striving for excellence with integrity throughout their professional journey.



WORKSHOP ON FROM CHALK TO CHATBOTS: AI IN TEACHING

An insightful and hands-on workshop facilitated by Dr. Kainat Javed, Director Medical Education, focused on understanding the role of AI, identifying key tools, and designing AI-enhanced lesson plans. The workshop was excellent, with active participation and enthusiasm from all attendees, making it a truly impactful learning experience.





MEDICAL EDUCATION DEPARTMENT

PANEL DISCUSSION ON “WORKPLACE SAFETY: SHAPING A SUPPORTIVE & CONGENIAL ENVIRONMENT”

Rashid Latif Nursing College proudly hosted a Panel Discussion on “Workplace Safety: Shaping a Supportive & Congenial Environment” on 25th August 2025. Esteemed leaders from the healthcare sector joined as panelists to address this vital issue of our time, including Ms. Jacqueline Maria Das (Associate Professor, Nursing Department, University of Sharjah), Mr. Ali Khan (GM HR, HLTH), Madam Kalsoom Ramzan (Nursing Director, PKLI Hospital), Madam Farzana Iqbal (Principal, CON Allama Iqbal Medical College), Madam Rukhsana Kausar (Pro Vice Chancellor, RLKU), Dr. Kainat Javed (Director, Medical Education, RLMC), and Mr. Faisal Nadeem (Principal, Rashid Latif College of Nursing).



In particular, Dr. Kainat Javed emphasized the importance of teaching students their basic rights through accountability and adopting competency- and skill-based teaching approaches, highlighting how such practices can empower future healthcare professionals and foster safer, more respectful workplaces. The panel's collective insights shed light on strategies to build supportive environments where healthcare teams can thrive.



WORKSHOP ON PROBLEM-BASED LEARNING

On 11th June Facilitator's refresher workshop on Problem-Based Learning was conducted by Prof. Saman Saeed and Prof. Nosheen. The session aimed to enhance facilitation skills, reinforce best practices, and ensure effective implementation of PBL for improved student learning.



MEDICAL EDUCATION DEPARTMENT

STRUCTURED INSPIRE PROGRAM

FIRST YEAR MBBS

The Department of Medical Education at Rashid Latif Medical College proudly launched a structured Electives Program for first year MBBS students, offering a unique early clinical exposure through hospital-based rotations.

During the electives, students were rotated across various departments in hospitals, gaining firsthand observation and experience under the guidance of senior clinicians and faculty. The initiative aimed to familiarize students with hospital settings, patient interactions, and multidisciplinary healthcare teams, fostering professional development and clinical orientation.

This program reflects the college's commitment to integrated, progressive medical education and its dedication to developing well-rounded future healthcare professionals.



MEDICAL EDUCATION DEPARTMENT

STRUCTURED ELECTIVES PROGRAM

The Department of Medical Education at Rashid Latif Medical College, organized a 4-week electives program for 3rd and 4th year MBBS students. This initiative aimed to broaden clinical exposure and enhance practical learning in real-world healthcare environments.

Students completed their electives in a variety of hospitals and healthcare institutions, both national and internationally, including:

- Chughtai Lab and Hospital, Lahore
- Indus Hospital, Lahore
- HOPE (Health Oriented Preventive Education), Lahore
- Arif Memorial Teaching Hospital, Lahore
- Pakistan kidney and liver Institute (PKLI), Lahore
- Pink ribbon Hospital, Lahore
- Shaukat Khanum Hospital, Lahore
- Saint Francis Hospital, Evanston Chicago Illinois
- Oklahoma Heart Hospital, Oklahoma

This rotation provided valuable opportunities for students to observe diverse medical practices, develop clinical skills, and gain insight into the different healthcare systems.

INTERNATIONAL ELECTIVE AT SAINT FRANCIS HOSPITAL, EVANSTON ILLINOIS-USA

At Saint Francis Hospital, under the supervision of Dr. Vishnu D. Gaiha, students participated in cardiology rotation. They learned the fundamentals of ECG interpretation, performed clinical history-taking, and engaged in supervised patient interactions. This hands-on experience enhanced their diagnostic thinking, clinical communication, and understanding of cardiovascular care in an outpatient setting.

Saint Francis Hospital is a 1,112-bed tertiary center, located in Tulsa, OK. Widely known for its outstanding medical care and sophisticated services, Saint Francis Hospital is Tulsa's premier hospital and is the anchor of Saint Francis Health System.

UCSF Health Saint Francis Hospital is an accredited, not-for-profit community hospital that has been providing exceptional health care in San Francisco for more than 100 years. As San Francisco's only downtown hospital, Saint Francis is uniquely situated to care for international and domestic visitors, as well as the residents that make up San Francisco's diverse population.

Located atop Nob Hill, Saint Francis is home to the Bothin Burn Center (the largest burn center in Northern California), the Saint Francis Orthopedic and Sports Medicine Institute, and the Center for Pain Management, among many other helpful services.

We are proud to be affiliated with UCSF Health and gratified to provide convenient, highly specialized care to our community.





MEDICAL EDUCATION DEPARTMENT

INTERNATIONAL ELECTIVE AT OKLAHOMA HEART HOSPITAL, OKLAHOMA USA

Students had the opportunity to complete a interventional cardiology rotation at Oklahoma Heart Hospital, where they were exposed to a specialized cardiovascular care environment. Under supervision, they observed clinical procedures, participated in history-taking, enhanced their understanding of cardiac diagnostics and patient management. The rotation offered valuable insight into the workflow of a high acuity cardiac facility and strengthened student's clinical and communication skills.



NATIONAL ELECTIVE AT CHUGHTAI LAB AND HOSPITAL, LAHORE

Students were placed at one of the region's prominent diagnostic centers, where they gained insight into the functioning of healthcare support services. The rotation allowed them to observe the integration of diagnostic processes within clinical workflows and the importance of accuracy and efficiency in patient care.

Heartfelt thanks to Chughtai Labs, especially Professor Suhail Akhtar Chughtai for his support, and to Prof. Abul Fazal, Professor Mudassar Ali, Dr. Kainat Javed and Dr. Ashir from the department of Medical Education for their coordination and dedication in making this possible.



CHUGHTAI ELECTIVES TEST

Rashid Latif Medical College 3rd and 4th year MBBS students participated in the test for electives at Chughtai Institute of Pathology held on 17th June- a Step towards securing valuable clinical experience at one of Pakistan's premier pathology institutes.

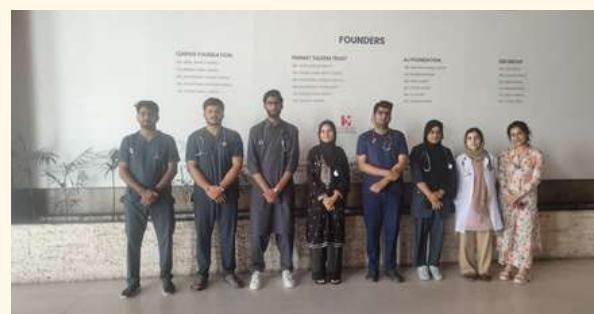




MEDICAL EDUCATION DEPARTMENT

NATIONAL ELECTIVE AT INDUS HOSPITAL, LAHORE

At this well-established healthcare facility, students experienced the working of a multidisciplinary hospital setup. They observed patient care across various departments and developed an understanding of hospital operations in a high volume medical environment.



NATIONAL ELECTIVE AT HOPE (HEALTH ORIENTED PREVENTIVE EDUCATION), LAHORE

Students were introduced to a healthcare facility focused on preventive and primary care. The rotation offered exposure to health education activities, and community based interventions, broadening their perspective on holistic healthcare.



NATIONAL ELECTIVE AT ARIF MEMORIAL TEACHING HOSPITAL, LAHORE

As the affiliated teaching hospital of Rashid Latif Medical College, this placement provided students with structured clinical exposure. They participated in ward observations, and departmental activities across major medical and surgical specialties, under faculty supervision.





MEDICAL EDUCATION DEPARTMENT

NATIONAL ELECTIVE AT PAKISTAN KIDNEY AND LIVER INSTITUTE, (PKLI) LAHORE

This rotation allowed students to observe hospital operations in a specialized care setting. They became familiar with patient pathways, multidisciplinary coordination, and the systems involved in managing complex medical cases within a modern tertiary care institute.



NATIONAL ELECTIVE AT PINK RIBBON HOSPITAL, LAHORE

At this dedicated healthcare facility, students observed the functioning of a specialized institution with a focus on women's health. The rotation highlighted the importance of awareness, early intervention, and focused clinical care within a supportive and patient-centered environment.



NATIONAL ELECTIVE AT ARIF MEMORIAL TEACHING HOSPITAL, LAHORE

As the affiliated teaching hospital of Rashid Latif Medical College, this placement provided students with structured clinical exposure. They participated in ward observations, and departmental activities across major medical and surgical specialties, under faculty supervision.





GYNAE & OBS AND EYE DEPARTMENT

CLINICO-PATHOLOGICAL CONFERENCE

Highlights from the CPC session at RLMC held on 13th June 2025, the session featured insightful case presentations on:

Acute Fatty Liver of Pregnancy by Dr. Sidra Sikander (Gynae/Obs)

An Early and Hidden Neurovascular Glaucoma by Prof. Nasira Inayat (ophthalmology).

Engaging discussions led by Prof. Asma Yasin, Prof. Madiha and Dr. Khalid enriched the learning experience for Fourth and Final-year Students.



SURGERY & MEDICAL EDUCATION DEPARTMENT

SURGICAL SKILLS BOOTCAMP

The Department of Medical Education, in collaboration with the MSAP RLMC Local Cabinet and the Department of Surgery, successfully organized a Surgical Skills Bootcamp. The program provided participants with invaluable hands-on training in essential surgical techniques, including suturing, IV cannulation, and IM/IV injections, fostering enhanced competence and clinical confidence.





RESEARCH CELL RLMC

INSTITUTIONAL REVIEW BOARD MEETING

5th meeting of Institutional Review Board was held on Wednesday 20-05-2025 at 10.00 a.m. in the Conference Room of RLMC.

The meeting was presided over by Prof. Dr. Tazeem Shahbaz, Director of the Research Cell. All researchers had submitted hard copies of their proposals to the Research Cell one week prior to the meeting. A total of eight research proposals were received and reviewed during the session. Each researcher presented their proposal using multimedia tools to facilitate discussion.

All board members actively participated in various segments of the discussion. unanimous decision regarding the approval of the synopses. Out of the eight, one synopsis was rejected.



INSTITUTIONAL REVIEW BOARD MEETING

6th meeting of Institutional Review Board was held on Wednesday 25-06-2025 at 10.00 a.m. in the Conference Room of RLMC.

The meeting was presided over by Prof. Dr. Tazeem Shahbaz, Director of the Research Cell.

Institutional Review Board (IRB) meeting convened to review research proposals and ensure adherence to ethical standards and regulatory guidelines. Upholding the integrity of research remains a top priority at RLMC.





RESEARCH CELL RLMC

WORKSHOP ON PLANNING & DESIGNING A SYSTEMATIC REVIEW

It was a pleasure to facilitate an insightful workshop organized by the Research Cell under the Faculty Development Program at RLMC. The session focused on understanding the purpose and importance of systematic reviews in research – a foundational step for evidence-based practice.

Grateful to our co-facilitator, Ms. Nida Asif, and the organizing team, for their support in making this event impactful for our faculty members.



INSTITUTIONAL REVIEW BOARD MEETING

7th meeting of Institutional Review Board was held on Tuesday 12-08-2025 at 10.00 a.m. in the Community Medicine Museum of RLMC.

The meeting was presided over by Prof. Dr. Tazeem Shahbaz, Director of the Research Cell.

Institutional Review Board (IRB) meeting convened to review research proposals and ensure adherence to ethical standards and regulatory guidelines. Upholding the integrity of research remains a top priority at RLMC.

All the members participated in different part of discussion. At the end of discussion, a unanimous decision was made by the board regarding approval of synopsis.



RESEARCH CELL RLMC

INSTITUTIONAL REVIEW BOARD MEETING

8th Institutional Review Board (IRB) meeting at Rashid Latif Medical College was successfully held on 27-08-2025 for the approval of 4th Year MBBS research topics under the PROJECT OF GENDER BASED VIOLENCE AND ADOLESCENT HEALTH, An initiative of the Research Cell, Rashid Latif Medical College, under the supervision of Prof. Dr. Tazeem Shahbaz, Director Research Cell, Dean, and Head of the Department of Community Medicine & Public Health."

This important step ensures that our students are equipped to conduct research with academic rigor, integrity, and ethical responsibility. Proud to see the next generation of medical professionals engaging in meaningful research that addresses real-world health challenges.



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.



STUDENTS RESEARCH SOCIETY RLMC

SABAB SOCIETY AND AL-KHIDMAT FOUNDATION-PLANTATION DRIVE

On 5th June 2025, in celebration of World Environment Day, Sabab Society, Rashid Latif Medical College, and the Al Khidmat Foundation joined forces for a meaningful plantation drive—an impactful initiative rooted in the shared vision of building a greener, healthier future.

This collaborative effort went beyond planting trees; it was a strong statement of commitment to sustainability, environmental consciousness, and community engagement. The event focused on enhancing local green cover, improving air quality, mitigating urban heat, and restoring ecological balance—contributions that are vital in the face of growing environmental challenges.



Volunteers from all three organizations, including students, faculty members, and community participants, came together with purpose and unity, transforming open spaces into promising green sanctuaries. Educational sessions and awareness campaigns accompanied the plantation, emphasizing the long-term benefits of afforestation and sustainable living.

This joint endeavor reflects a broader commitment to environmental stewardship and reinforces the belief that collective action, no matter how localized, can lead to profound positive change for the planet. By working hand in hand, Sabab Society, Rashid Latif Medical College, and Al Khidmat Foundation have taken a significant step towards fostering a culture of responsibility, resilience, and hope for future generations.





CHAMPIONS OF RLMC

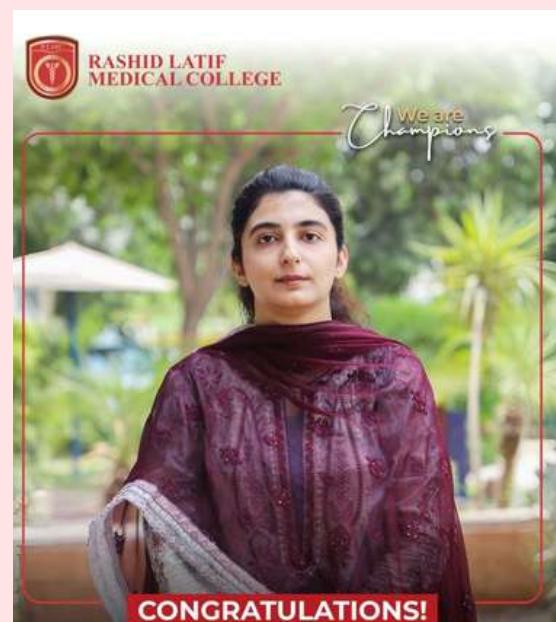
We are immensely proud to celebrate the outstanding achievement of Dr. Amna Noor, an exceptional alumna of Rashid Latif Medical College (RLMC). A graduate of the MBBS Class of 2021 and an MPhil graduate in 2023, Dr. Amna has now made history by becoming the youngest Assistant Professor in Basic Sciences at RLMC!

Her journey – from a dedicated student to a trailblazing academic – is a testament to her unwavering determination, academic brilliance, and passion for the medical sciences. Dr. Amna's accomplishment not only marks a personal milestone but also serves as a source of pride and inspiration for the entire RLMC community.

Congratulations, Dr. Amna Noor!

Your success is a shining reflection of RLMC's commitment to excellence in education, research, and leadership. You embody the strength and potential of our alumni network, and we look forward to witnessing your continued impact on future generations of medical professionals.

Here's to many more milestones and achievements – you've made us proud!



Heartiest congratulations to our Alumnus on becoming a hepatobiliary surgeon! This is the fruit of your hard work, dedication & abilities. May you continue to achieve new milestones of success & be a source of healing for patients.



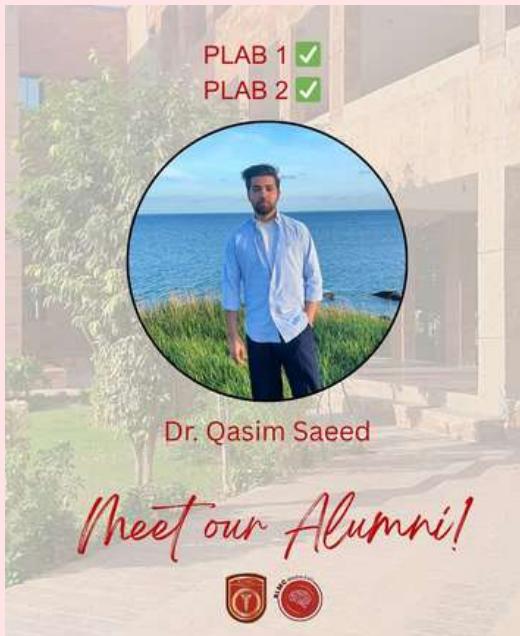
Heartiest congratulations to our Alumnus Dr. Burhan on becoming an Anesthetist! This is the fruit of your hard work, dedication & abilities. May you continue to achieve new milestones of success & be a source of healing for patients.





CHAMPIONS OF RLMC

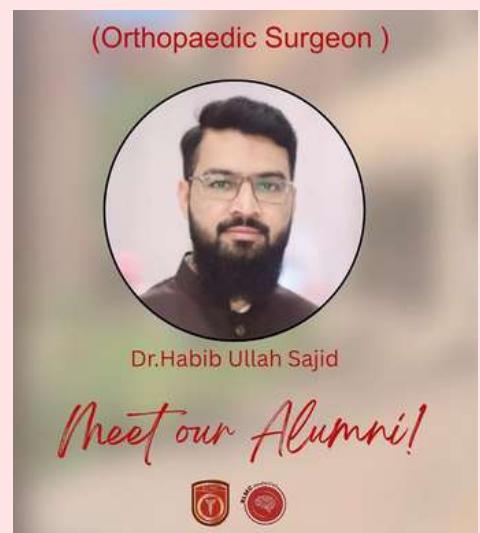
Heartiest congratulations to our Alumnus Dr.M.Fayyaz on becoming a Urologist! This is the fruit of your hard work, dedication & abilities. May you continue to achieve new milestones of success & be a source of healing for patients.



Meet our Alumini Dr. Habib Ullah Sajid, consultant orthopedic surgeon.



Heartiest congratulations to our Alumnus Dr. Qasim Saeed on passing PLAB exams and getting GMC certification. We wish you the best for your future endeavors.



RLMC STUDENTS AT ASCO CONFERENCE 2025

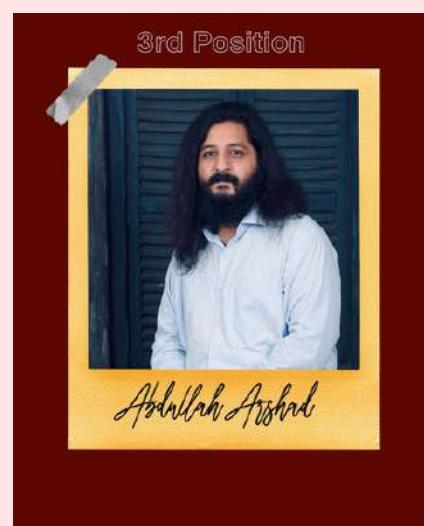
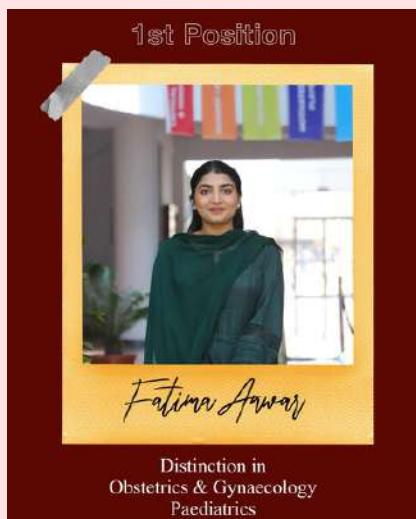
We are proud to announce that our Final Year MBBS students, Hoorish Khan and Imama Yaseen, have had their abstract accepted for presentation at the prestigious American Society of Clinical Oncology (ASCO) Conference 2025. This remarkable recognition stands as a testament to their dedication, hard work, and academic excellence. The abstract is now available for viewing on the official ASCO website.





DISTINCTIONS IN FINAL YEAR MBBS RLMC

Batch 2019–2024 has made us immensely proud with an outstanding overall result of 90.34%! With a remarkable 100% in Gynaecology, 98.5% in Paediatrics, 95.5% in Medicine, and 93% in Surgery, our students have truly set a high benchmark of excellence. Among the shining stars, Fatima Anwar secured top position with 1208/1500, earning distinctions in Gynaecology & Obstetrics and Paediatrics; followed by Fiza Abbas with 1196/1500 and a distinction in Paediatrics; and Abdullah Arshad with 1158/1500, securing the third spot. A big heartfelt congratulations to all our brilliant final-year students your hard work, perseverance, and dedication have truly paid off!





YOUTH CLUB RLMC

PRECIOUS DAYS OF DHUL-HAJJ

A Journey Through Sacrifice and Faith

RLMC Youth Club had the honor of hosting Arsalan Ahmed (Co-founder & CEO, Naseeha Institute) for a heart-touching session on "The Sacrifice of Prophet Ibrahim (AS) and the Ten Precious Days of Dhul-Hajj." Event was held on 04 June 2025.

A reminder of devotion, obedience, and the beauty of submission to Allah.

Swipe through the event highlights and relive the moments of inspiration and reflection.



ALUMNI CELL RLMC

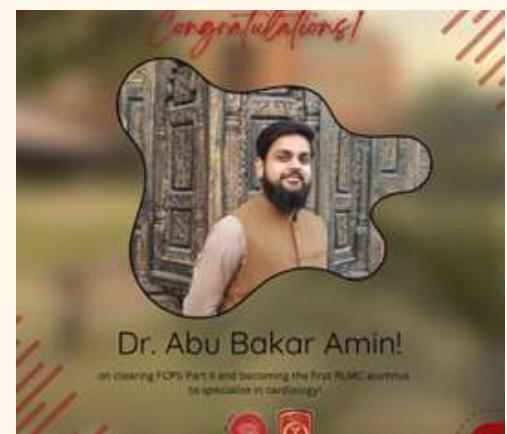
CELEBRATORY LUNCH WITH PROF. RASHID LATIF KHAN

On May 5th, RLMC alumni who excelled in USMLE, PLAB, and AMC and successfully matched into residency programs abroad were honored at a celebratory lunch with Prof. Rashid Latif Khan at Hameed Latif Hospital. The gathering highlighted the remarkable achievements of RLMC graduates and their growing impact on the global medical community.



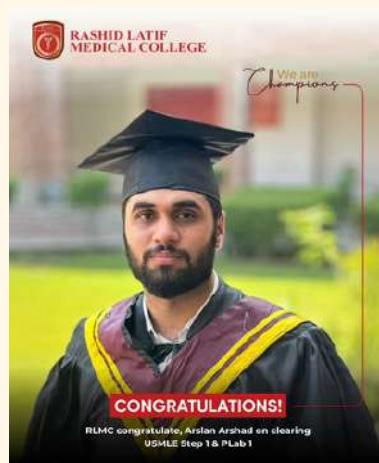
Congratulations on cracking FCPS Part II and becoming the first RLMC alumnus to specialize in cardiology!

Wishing you continued success ahead.



A proud moment for Rashid Latif Medical College! Our brilliant alumni have successfully cleared USMLE Steps.

Wishing them continued success in their medical journey!





MENTAL HEALTH SEMINAR

THE STUDENT EMPOWERMENT PROGRAM- MENTAL HEALTH SEMINAR

On June 27th, the Student Empowerment Program at RLMC hosted “CALM OVER CHAOS”, a mental health seminar for medical students. The session was led by Prof. Dr. Sadia Qureshi and Ms. Mahrukh Mumtaz from RLDPP, and highlighted that mental health is not a luxury but a necessity for those entrusted with caring for others. Through shared stories, expert insights, and open conversations, participants explored strategies to manage stress, build resilience, and embrace vulnerability in the demanding field of medicine.



QUIZ SOCIETY RLMC

CMH-LM QUIZ COMPETITION

On 11th June Team RLMC under the umbrella of RLMC Quiz society secured a spot in the finals at CMH-LM quiz.





DRAMATICS SOCIETY RLMC

UMT KHAAKA

Rashid Latif Dramatics Society has once again proven its brilliance this time at UMT Khaaka on May 25th, where our talented students clinched multiple awards across diverse categories. We take great pride in celebrating the exceptional skills and achievements of our team who brought home the honors.



PARTICIPATING IN 2ND INTERNATIONAL STUCON 2025

The Dramatic Society of Rashid Latif Medical College added a vibrant and creative dimension to the 2nd International STUCON 2025 through their active participation. With their thought-provoking performances, the society highlighted important social, cultural, and professional themes, engaging the audience beyond the boundaries of academics and research.

Their contribution not only provided a refreshing break from the scientific sessions but also emphasized the significance of art and expression in shaping well-rounded personalities. The performances were greatly appreciated by the audience, reflecting the students' talent, teamwork, and dedication.





DRAMATICS SOCIETY RLMC

CMH OLYMPIAD 2025

Proud winners of the CMH Olympiad 2025, Team RLMC showcased outstanding talent, teamwork, and determination bringing the trophy home in true champion spirit!



MUSIC SOCIETY-MUSIC FESTIVAL 2025

On June 19th, 2025, the Rashid Latif Music Society hosted its annual Music Festival, showcasing an incredible blend of energy, talent, and passion. Students delivered electrifying performances that captivated the audience, while faculty and staff joined in the celebrations, making it a truly memorable evening of music and togetherness.



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