



# 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

SEP - DEC, 2025

VOL. 01, ISSUE - III



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**SEP - DEC 2025**  
**VOL. 01, ISSUE - 3**

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## 15 YEARS OF EXCELLENCE

Rashid Latif Medical College proudly commemorates 15 years of excellence, dedication & service in the field of medical education. Over the past decade & a half, the institution has remained committed to nurturing competent healthcare professionals, upholding the values of compassion & integrity, & contributing to the betterment of society. This milestone is not only a celebration of our journey thus far but also a reaffirmation of our vision for continued growth, innovation & service in the years ahead.



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RASHID LATIF  
MEDICAL COLLEGE

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## 61ST ACADEMIC COUNCIL MEETING

The 61st Academic Council of Rashid Latif Medical College met to review reflections & feedback from 2025 and to finalize the academic, co-curricular, extra-curricular & holiday calendars for the upcoming year. The council approved key updates to committees, societies & major institutional events including StuCon, MUN, Sports Fest, the Intercollegiate Quiz & Convocation. Block in-charges, assessment in-charges, the Student Empowerment Program (Inspire & MedExcel), both national & international elective programs were also reviewed & finalized, along with strengthened mentoring & research-mentoring frameworks to better guide student growth. The PGR induction policy was further refined to support structured and effective postgraduate training. The meeting concluded warmly as Prof. Farrukh Zaman (Ex-Principal & Dean, RLMC) presented souvenirs to council members in appreciation of their continued dedication.



## 60TH ACADEMIC COUNCIL MEETING

The 60th Meeting of the RLMC Academic Council was held on 1st September 2025, where key academic matters were discussed including the debriefing of StuCon, Automatic HR Software, PMDC inspection criteria, compulsory workshops for final year MBBS students, and feedback on Blocks I, IV, and VII from year and block in-charges.





## RLMC PROUD MOMENT (FACULTY DEVELOPMENT)

### NEWLY PROMOTED PROFESSORS!

**Congratulations to Our Newly Promoted Professors!**  
Rashid Latif Medical College proudly celebrates the promotion of 13 esteemed faculty members to the rank of Professor in 2025.

They were warmly welcomed to their first Academic Council meeting by:

- Mrs. Zuleikha Khan (Director RLK Group)
- Prof. Dr. Tahir Masood (Principal /Chairperson)
- Prof. Dr. Mudassar Ali (Vice Principal/Co-Chairperson)
- Prof. Sadia Qureshi (Secretary, Academic Council)

Wishing them continued success & impactful contributions to RLMC.



**Congratulations Prof. Nosheen Khurram!**

Rashid Latif Medical College proudly congratulates Prof. Nosheen Khurram on the successful completion of her Master's in Medical Education.

Your dedication to continuous learning & professional excellence is truly inspiring for both faculty & students alike.



**Congratulations, Dr. Rabia Ikram!**

Rashid Latif Medical College proudly celebrates Dr. Rabia Ikram, Assistant Professor of Surgery, on achieving the prestigious Fellowship of the European Board of Surgery (FEBS) in Breast Surgery.

Your remarkable accomplishment reflects dedication, perseverance & excellence in surgical education & practice – an inspiration for all at RLMC.

## RLMC & RLDC SHINE GLOBALLY

### DEPARTMENT OF MEDICAL EDUCATION

Our Student Empowerment Program, International STUCON, and Medical & Dental community outreach initiatives—along with many other impactful activities conducted over the previous years—have collectively contributed to creating a tangible and meaningful difference in academic development, professional growth, and community well-being. These sustained efforts reflect our commitment to excellence, innovation, and social responsibility.

Heartfelt congratulations to the entire team on this well-deserved recognition. Your dedication, teamwork, and vision continue to inspire and set a benchmark for success.



# PROUD MOMENT FOR RASHID LATIF MEDICAL COLLEGE

## ACCREDITATION OF OUR ANAESTHESIOLOGY & ORTHOPAEDICS FOR MCPS & FCPS

Excited to share an update regarding the accreditation of our Anaesthesiology & Orthopaedics discipline of Rashid Latif Medical College & Arif Memorial Teaching Hospital for MCPS and FCPS training. This is a significant step forward in our commitment to providing top-tier medical education & training. RLMC & AMTH are proud to contribute to the development of skilled professionals in this critical field.



The accreditation of our Anaesthesiology & Orthopedic discipline of RLMC & AMTH for MCPS and FCPS training.

*We are Champions*



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## 1ST INTERNATIONAL CHILD PSYCON 2025

Rashid Latif Medical College proudly hosts an insightful session of the 1st International Child Psycon 2025 titled:

**“Unlocking Potential: Autism Assessment & ADHD/Adolescent Depression”** – an interactive workshop focusing on understanding and supporting young minds.

**Speaker:**

**Dr. Kiran Khalid** (Virginia Tech Carilion School of Medicine, USA).

**Moderator:**

**Dr. Sara Ashfaq** (Shaukat Khanum Hospital / Queen Medical College)

**Panel of Experts:**

**Dr. Ammara Butt** (Punjab Institute of Mental Health)

**Dr. Usman Amin Hotiana** (Rashid Latif Medical College)

**1ST INTERNATIONAL CHILD PSYCON 2025**  
**HEALTHY MINDS, BRIGHT FUTURE**  
 King Edward Medical University, Lahore, Pakistan  
 Pakistan Psychiatric Research Center  
 28-29 NOVEMBER LAHORE, PAKISTAN

**Workshop**  
**Unlocking Potential: Autism Assessment & ADHD/Adolescent Depression**  
**Interactive Session**

**Speaker**  
**Dr. Kiran Khalid**  
 Associate Professor of Psychiatry & Behavioral Medicine  
 Virginia Tech Carilion School of Medicine  
 Medical Student Clerkship Director

**Moderator**  
**Dr. Sara Ashfaq**  
 Fellowship Endocrinology (Shaukat Khanum Hospital)  
 Queen Medical College

**Panel of Experts**  
**Dr. Ammara Butt**  
 Professor of Psychiatry  
 Punjab Institute of Mental Health

**Dr. Usman Amin Hotiana**  
 Professor of Psychiatry  
 Rashid Latif Medical College

All registered participants will receive certificates

**Registrations:**  
 Registration Mobile/WhatsApp: 0333-44052260  
 For Mandatory Registration: <https://tinyurl.com/Childpsycon>

## RLMC PROUD MOMENT

### QUAD FIT GYM

Rashid Latif Medical College proudly inaugurated the Quad Fit Gym: a state-of-the-art fitness facility for both male and female students, promoting physical wellness, focus, and holistic development, because a healthy body nurtures a healthy mind. The gym was inaugurated by Mrs. Zulekha Khan, Prof. Dr. Muddassar Ali (Vice Principal, RLMC), and Dr. Babar Wattoo (Medical Director, AMTH), marking a major step towards a balanced and student-centered campus environment. Get ready to lift, sweat, and grow the Quad Fit era begins at RLMC.



## 24TH ANNUAL SHAUKAT KHANUM CANCER SYMPOSIUM

### Rashid Latif Medical College at the 24th Annual Shaukat Khanum Cancer Symposium

Rashid Latif Medical College takes pride in being represented at the 24th Annual Shaukat Khanum Cancer Symposium – a prestigious global event uniting healthcare professionals, researchers, and students from around the world, both in-person and online.

Dr. Muhammad Khalil Ur Rahman, Assistant Professor of Surgery at RLMC, along with our 4th and Final Year MBBS students, represented the institution with excellence and enthusiasm at this impactful scientific forum dedicated to advancing cancer research and clinical care.



## ATTENDING MBBS & BDS - BOS & ACADEMIC COUNCIL MEETING AT UHS

LAHORE, Sept 18: The University of Health Sciences (UHS) Boards of Studies in Medicine and Dentistry, in a joint meeting chaired by Vice Chancellor Prof Dr. Ahsan Waheed Rathore on Thursday, approved the MBBS and BDS examination calendars for 2025. Prof. Mudassar Ali Vice Principal represents Rashid Latif Medical College.





## FAREWELL CEREMONY

### BATCH OF 2019-2024

Rashid Latif Medical College bid a heartfelt farewell to the Batch of 2019-2024, celebrating their remarkable journey from students to future healers. The event was filled with joy, nostalgia, and gratitude, as students and faculty shared memorable moments, heartfelt speeches, and warm wishes for the graduating class. With pride and affection, RLMC sends off its graduates to embark on their professional paths ready to serve with compassion, integrity, and excellence. Here's to new beginnings and bright futures ahead!



### WELCOME'28

Batch '27 proudly hosted a spectacular party for Batch '28, filled with fun, laughter, and unforgettable memories. Celebrating togetherness and the spirit of camaraderie!



## ANATOMY DEPARTMENT

### JOURNAL CLUB

Journal Club by the Anatomy Department (on 19th September 2025) featured an interesting study presented by Dr. Afifa Waseem on the effects of flax seed oil against changes induced by caffeinated energy drinks.

The topic was highly appreciated and sparked meaningful discussion, highlighting the spirit of research and academic growth at RLMC.



## PHYSIOLOGY DEPARTMENT

### JOURNAL CLUB

The Department of Physiology at Rashid Latif Medical College organized an insightful Journal Club session, bringing together students and faculty to discuss recent research, analyze scientific literature, and enhance critical thinking skills.

Such interactive academic forums strengthen learning and foster a culture of evidence-based medicine among our future doctors.





## PHYSIOLOGY DEPARTMENT

### PHYSCON—RLMCXFMH

Rashid Latif Medical College proudly collaborated with FMH Medical & Dental College for the Physcon International Physiology Conference 2025, celebrating research and innovation in medical sciences.

Prof. Mudassar Ali served as judge, while Prof. Saman Saeed delivered a keynote on “The Co-Intelligence Era.” Dr. M. Talha Hassan won Best Oral Presenter (PKR 50,000), and Dr. Hafsa with Ms. Shehla Javaid secured the Runner-up Award. RLMC faculty also conducted a pre-conference workshop on AI in Teaching & Learning, reflecting the institution’s unwavering commitment to academic excellence and innovation.





## PHYSIOLOGY DEPARTMENT

### SEMINAR ON BRIDGING BASIC & CLINICAL SCIENCES THROUGH PHYSIOLOGY

Rashid Latif Medical College representation at a seminar hosted by University of Health Sciences on “Bridging Basic & Clinical Sciences through Physiology” under the phase II of Discipline-Specific Faculty Council on Monday.

The session brought together senior physiologists who shared insights on implementing the modular integrated curriculum & enhancing linkages between basic & clinical sciences through research & innovative teaching strategies. Prof. Dr. Ahsan Waheed Rathore, Vice Chancellor, University of Health Sciences appreciated the faculty’s commitment to academic excellence & stressed the need for collaborative efforts in curriculum management & Assessment.



### CELEBRATION OF PHYSIOLOGY DAY 2025

The Departments of Physiology at Rashid Latif Medical College & RLKU Medical College jointly organized the Physiology Day celebrations. The program featured a cake-cutting ceremony & an intercollegiate quiz competition, with active student participation under the supervision of Prof. Mudassar Ali, Head of Physiology, RLMC & Prof. Faheem Mahmood, Head of Physiology, RLKU Medical College.





## PHYSIOLOGY DEPARTMENT

### RLMC PHYSIOLOGY FACULTY SHINES AT UNIVERSITY OF HEALTH SCIENCES

The 3rd meeting of the Discipline Specific Faculty Council of Physiology was held on Thursday at the Prof. Tania Shakoori Conference Room, University of Health Sciences (UHS), where faculty members spent the day discussing how assessment should evolve in undergraduate medical education.

The session was organized by the Department of Physiology of UHS & drew participation from teachers representing various medical colleges.

Prof. Mudassar Ali (Vice Principal & HOD) & Prof. Saman Saeed from Rashid Latif Medical College opened the discussion with a talk on implementing Curriculum 2023 & helping faculty prepare for modular-level assessments. They shared experiences from their institution & encouraged wider collaboration for capacity building.

The meeting wrapped up with an open discussion chaired by UHS Vice Chancellor Prof. Dr. Ahsan Waheed Rathore.



The 3rd meeting of the Discipline Specific Faculty Council of Physiology at UHS



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The 3rd meeting of the Discipline Specific Faculty Council of Physiology at UHS

## BIOCHEMISTRY DEPARTMENT

**RLMC FACULTY SHINES AT UHS CONFERENCE**

The Department of Biochemistry conducted an engaging and interactive , designed to enhance students' understanding of clinical applications of biochemical concepts. In this session, students were presented with a variety of clinical case scenarios that encouraged critical thinking and problem-solving.

Under faculty supervision, students discussed and analyzed each case, identifying relevant biochemical parameters and guiding the appropriate laboratory techniques required for diagnosis and interpretation. The activity successfully integrated theoretical knowledge with practical application, helping students to strengthen their clinical reasoning skills.

The session was highly interactive, with active participation from students throughout. They expressed great enthusiasm and appreciation for this hands-on learning approach, noting that it provided valuable insights into the clinical relevance of biochemistry. Many students also recommended conducting similar sessions regularly to further enhance their practical and diagnostic understanding.

Overall, the activity was a great success and contributed significantly to the students' academic and professional development.



Prof. Sadia Qureshi from RLMC was a guest speaker at a UHS conference, where she delivered a keynote on neurodegenerative biomarkers.

Event: *We are Champions*



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## BIOCHEMISTRY DEPARTMENT

### INTERACTIVE CLINICAL CASE SESSION ELEVATES BIOCHEMISTRY LEARNING

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## PATHOLOGY DEPARTMENT

The 1st FCPS-II Hematology Mock Examination was successfully conducted at Rashid Latif Medical College, bringing together dedication, discipline & a shared commitment to high-quality postgraduate training.

We were honoured to present shields to our distinguished examiners from King Edward University, Sheikh Zayed Medical College, UHS & UOL in recognition of their valuable time, guidance & support. Their presence added immense strength to the academic spirit of the day.

Events like this remind us that when institutions work together, our trainees stand to benefit the most.





## PATHOLOGY DEPARTMENT

### SUPER GAMIFYING PATHOLOGY HUNT

The Department of Pathology at Rashid Latif Medical College took learning to the next level with the Super Gamifying Pathology Hunt an exciting blend of fun, creativity, and education organized under the Integrated Modular Curriculum for 3rd Year MBBS students. The event featured 15 interactive stations, each packed with engaging games and activities designed to make pathology come alive beyond the classroom. Students collaborated in teams, using critical thinking, problem-solving, and conceptual understanding to tackle challenges at every station. This unique initiative not only made learning enjoyable and memorable but also reinforced key concepts through active participation and teamwork truly a step forward in innovative medical education at RLMC!



The Department of Pathology organized an engaging and educational Pathology Hunt, promoting teamwork, clinical reasoning, and fun-based learning among students.

Winners and runners-up were honored for their outstanding participation and performance. Prizes and certificates were distributed by the Vice Principal and Head of the Pathology Department, appreciating the enthusiasm and effort of all teams. Heartfelt congratulations to all participants for their remarkable spirit of learning through games — truly reflecting the joy of knowledge in action!





## MEDICAL EDUCATION DEPARTMENT

### STUDENT EMPOWERMENT PROGRAM

#### 1ST YEAR MBBS CERTIFICATE DISTRIBUTION CEREMONY

The Student Empowerment Program Certificate Distribution Ceremony recognized 1st Year MBBS students for successfully completing their clinical hours and community work, reflecting RLMC's strong commitment to professional growth, community engagement, and experiential learning.



#### 3RD YEAR MBBS CERTIFICATE DISTRIBUTION CEREMONY

Rashid Latif Medical College proudly celebrated its MBBS students for their outstanding achievements in both the Student Empowerment Program and the National & International Electives Program marking key milestones in their medical journey.

3rd Year MBBS students were awarded certificates for completing their National and International Electives, acknowledging their dedication, global exposure, and pursuit of excellence.

Certificates were presented by Prof. Tahir Masood, Principal, RLMC and Prof. Mudassar Ali, Vice Principal, RLMC, who commended students for their hard work, professionalism, and enthusiasm for continuous learning. These ceremonies truly embodied RLMC's mission to empower future physicians with knowledge, compassion, and a global vision.



## MEDICAL EDUCATION DEPARTMENT

### PROBLEM BASED LEARNING SESSION- 1<sup>ST</sup> YEAR MBBS

Rashid Latif Medical College conducted an engaging Problem-Based Learning (PBL) session for 1st Year MBBS students, promoting critical thinking, teamwork, and clinical reasoning from the very beginning of their medical journey. Students actively discussed real-life scenarios, applied theoretical knowledge, and collaborated to find solutions reflecting RLMC's commitment to student-centered, inquiry-driven learning that builds the foundation for future clinical excellence.



### PROBLEM BASED LEARNING SESSION- 1<sup>ST</sup> YEAR MBBS

Students explored a case of Chest Pain, integrating basic sciences with clinical reasoning. It was a step towards critical thinking and collaborative learning, laying the foundation for future doctors.





## MEDICAL EDUCATION DEPARTMENT

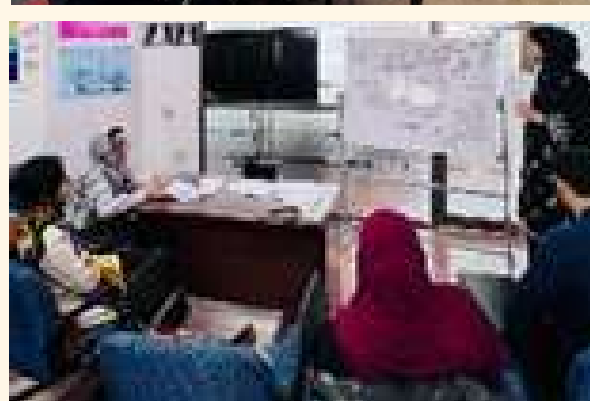
**PROBLEM BASED LEARNING FIRST SESSION- 2<sup>ND</sup> YEAR MBBS**

Rashid Latif Medical College conducted an insightful Problem-Based Learning (PBL) session for 2nd Year MBBS students, fostering analytical thinking, collaboration, and clinical application of knowledge. Through interactive case discussions and teamwork, students explored real-world medical problems, strengthened their conceptual understanding, and enhanced problem-solving skills reflecting RLMC's vision of innovative, student-centered medical education.

**PROBLEM BASED LEARNING SECOND SESSION- 2<sup>ND</sup> YEAR MBBS**

Second-year MBBS students explored Parkinson's Disease through engaging discussions, teamwork, and clinical reasoning effectively bridging theory with real-life medical understanding.

Learning went beyond textbooks as we shaped future clinicians!



## MEDICAL EDUCATION DEPARTMENT

**BLOCK 9 OSCE, OSPE & OSCE- 3<sup>RD</sup> YEAR MBBS**

Rashid Latif Medical College successfully conducted OSCE, OSPE, and OSVE for Block 9 of 3rd-year MBBS across all three venues.

Heartfelt appreciation to the assessment team Prof. Sahar, Prof. Nosheen, Dr. Maria, and Dr. Almas whose hard work and coordination with the DME made this achievement possible.





## MEDICAL EDUCATION DEPARTMENT

### BLOCK 5 OSCE, OSPE & OSCE- 2<sup>ND</sup> YEAR MBBS

Rashid Latif Medical College successfully conducted OSCE, OSPE, and OSCE for Block 5 of 2<sup>nd</sup> year MBBS across all three venues.

Heartfelt appreciation to the assessment team whose hard work and coordination with the DME made this achievement possible.



### INSPIRING ACADEMIC SESSION

Mentor of mentors, Prof. Dr. Rashid Latif Khan, delivered an inspiring academic session organized by the DME- RLMC.

Faculty from RLMC, RLKU, RLKUMC, and RLDS actively participated in this enriching event. Prof. Rashid Latif shared his wisdom, vision, and timeless lessons, leaving the audience motivated and enlightened. His guidance continues to shape the future of medical education and healthcare, making this session a memorable academic experience for all.





## RESEARCH CELL RLMC

### INSTITUTIONAL REVIEW BOARD MEETING

On 3<sup>rd</sup> September, the Institutional Review Board (IRB) at Rashid Latif Medical College reviewed DPT Student research proposals under UHS guidelines.

Honored to have Prof. Dr. Rehana Niazi, Principal RLCPT, and our esteemed faculty on board. Their insights ensured a strong and ethical review process.

Proud to see our research cell fostering a culture of integrity, innovation, and academic excellence—shaping future healthcare leaders.



### INSTITUTIONAL REVIEW BOARD MEETING

On 9<sup>th</sup> September, the Research Cell of RLMC, held its 10<sup>th</sup> IRB Meeting of 2<sup>nd</sup> meeting for DPT students was successfully conducted by Research Cell, at Rashid Latif Medical College in under supervision of Professor Dr. Tazeem Shahbaz, Director Research Cell, line with UHS criteria and ethical standards.

Such initiatives reflect our continued commitment to nurturing a strong research culture in RLMC and among DPT students, empowering them to become evidence-based practitioners and future leaders in healthcare.







## RESEARCH CELL RLMC

### INSTITUTIONAL REVIEW BOARD MEETING

On 16<sup>th</sup> September, the Research Cell of RLMC, held its 11<sup>th</sup> IRB Meeting and its 3<sup>rd</sup> session in a month for Doctor of Physiotherapy (DPT) students.

Guided by the Director Research Cell, Prof. Dr. Tazeem Shahbaz the session emphasized ethical standards, integrity, and the role of research in shaping tomorrow's healthcare leaders.

Each meeting is a step forward in building a strong, evidence-driven research culture at RLMC.



### INSTITUTIONAL REVIEW BOARD MEETING

On 23<sup>rd</sup> September, the Research Cell at Rashid Latif Medical College (RLMC) successfully conducted its 12<sup>th</sup> Institutional Review Board (IRB) and the 4<sup>th</sup> session of the month for Doctor of Physiotherapy (DPT) students.

Under the guidance of Prof. Dr. Tazeem Shahbaz, Director Research Cell, the session focused on strengthening research integrity, ethical standards, and academic excellence. Our physiotherapy students demonstrated remarkable passion and growing expertise in research, reflecting their commitment to advancing evidence-based practice in their field.

Each session is a step toward nurturing a vibrant research culture at RLMC, equipping our students with the skills and mindset to become the next generation of healthcare leaders.





## RESEARCH CELL RLMC

### INSTITUTIONAL REVIEW BOARD MEETING

13th Institutional Review Board (IRB) meeting was successfully conducted 29th October 2025 at Rashid Latif Medical College under supervision of Prof. Dr. Tazeem Shahbaz, Director Research Cell, Convener IRB.

The meeting brought together faculty members and researchers to review and discuss upcoming research proposals, ensuring that each study upholds the highest standards of ethical conduct, scientific validity, and academic integrity.

Such regular IRB sessions reinforce our institution's ongoing commitment to promoting a strong research culture and encouraging innovation grounded in responsibility and ethics.



### INSTITUTIONAL REVIEW BOARD MEETING

14<sup>th</sup> Institutional Review Board (IRB) meeting was successfully conducted November 19, 2025 at Rashid Latif Medical College under supervision of Prof. Dr. Tazeem Shahbaz, Director Research Cell, Convener IRB.

Esteemed members including Prof. Dr. Mudassar Ali (Vice Principal), Prof. Dr. Sadia Qureshi, Prof. Dr. Nasira Inayat, along with other IRB council members, reviewed new research submissions with a focus on ethical responsibility and scientific merit.

Such collaborative deliberations continue to strengthen the research ecosystem at RLMC.





## RESEARCH CELL RLMC

### INSTITUTIONAL REVIEW BOARD MEETING

The 15th Institutional Review Board (IRB) meeting was successfully held on December 17, 2025, at Rashid Latif Medical College (RLMC). Under the leadership of Prof. Dr. Tazeem Shahbaz, Director Research Cell and Convener of the IRB, the esteemed members—including Prof. Dr. Mudassir Ali (Vice Principal)—convened to review new research submissions. The review process was rigorously focused on upholding ethical responsibility and ensuring scientific merit.

This successful collaborative session further strengthens the research ecosystem at RLMC.



### WORKSHOP ON “INTRODUCTION TO QUALITATIVE RESEARCH”

Department of Community Medicine & Public Health and Department of Biochemistry in collaboration with Research Cell successfully organized an enlightening Workshop on “Introduction to Qualitative Research”.

The session was conducted by Dr. Tazeem Shahbaz (HOD, Community Medicine & Dean, Public Health) and Dr. Sadia Qureshi (HOD, Biochemistry), who shared their expertise on qualitative research methodologies, data collection techniques, and the role of qualitative inquiry in advancing medical education and public health.

Heartfelt thanks to our esteemed facilitators, faculty members, and participants for making this session a meaningful learning experience.





## RESEARCH CELL

### WORKSHOP ON ESSENTIAL OF CLINICAL AUDIT

Under the Faculty Development Program, Prof. Dr. Tazeem Shahbaz, Director of the Research Cell and Head of the Community Medicine & Public Health Department, conducted the “Essentials of Clinical Audit: A Practical Workshop for Postgraduate Trainees.”

She commended the trainees for their enthusiastic participation and dedication to strengthening audit competencies to enhance healthcare quality and patient outcomes. Prof. Dr. Tazeem further emphasized the importance of fostering a culture of continuous quality improvement, highlighting the workshop as a meaningful step toward safer, more efficient, and patient-centered care.



## GYNAE & OBS DEPARTMENT

### EMONC WORKSHOP

Rashid Latif Medical College organized a comprehensive Emergency Obstetric and Newborn Care (EMONC) workshop for Final Year MBBS students, conducted by the Department of Obstetrics & Gynaecology under the supervision of Dr. Sammer and Dr. Ayesha.

The workshop offered hands-on training in managing maternal and neonatal emergencies, enhancing students' clinical preparedness, decision-making, and life-saving skills a vital step toward professional excellence in medical practice.





## PATHOLOGY, RADIOLOGY, SURGERY AND OBS. & GYNÆ DEPARTMENTS

### **BREAST CANCER AWARENESS SEMINAR 2025 AT RASHID LATIF MEDICAL COLLEGE**

The Pathology Department of Rashid Latif Medical College, in collaboration with Radiology, Surgery & Gynae Departments, hosted a powerful seminar on early detection and prevention of breast cancer. Esteemed internal and external panelists shared valuable insights on knowledge, awareness, and hope, followed by an awareness walk promoting unity in the fight against breast cancer.



## MEDICINE & CARDIOLOGY DEPARTMENT

### BASIC LIFE SUPPORT (BLS) & CARDIAC FIRST RESPONSE (CFR) WORKSHOP

BLS / CFR Workshop Successfully Conducted at RLMC  
Rashid Latif Medical College proudly conducted a Basic Life Support (BLS) & Cardiac first Response (CFR) workshop for Final Year MBBS students, organized by the Departments of Cardiology & Medicine.

Under the expert supervision of Dr. Abubakar (Cardiology) & Dr. Irfan (Medicine), students received hands-on training in essential life-saving skills – equipping future doctors to respond confidently in emergency situations.



## SURGERY DEPARTMENT

### IMMEDIATE CARE TRAUMA (ICT) WORKSHOP

ICT Workshop Successfully Conducted at RLMC  
Rashid Latif Medical College conducted an Immediate Care Trauma (ICT) workshop for Final Year MBBS students, organized by the Department of Surgery under the supervision of Dr. Khalil ur Rehman & Dr. Rana Shoaib. The interactive, hands-on session focused on initial assessment, stabilization, & management of trauma patients, equipping future doctors with essential life-saving skills.





## SURGERY & ORTHOPAEDICS DEPARTMENT

### EMERGENCY TRIAGE ASSESSMENT AND TREATMENT WORKSHOP

**ETAT Workshop Successfully Conducted at RLMC**

Rashid Latif Medical College proudly organized an Emergency Triage Assessment and Treatment (ETAT) workshop for Final Year MBBS students. The interactive session, led by Prof. Akil and Dr. Jamal, provided valuable hands-on training in life-saving emergency skills.



## ORTHOPAEDICS & MEDICINE - I DEPARTMENT

### CLINICOPATHOLOGICAL CONFERENCE (CPC)

Rashid Latif Medical College- CPC on 10th October 2025, featuring thought-provoking case discussions from the Departments of Orthopedics & Medicine Unit-I.

**Orthopedics : Neck of Femur Fracture in an Osteoporotic Patient**

**Medicine Unit-I : A 45-year-old Male Presented with Jaundice & Altered Sensorium.**



## ORTHOPAEDICS DEPARTMENT

### WORLD OSTEOPOROSIS DAY

The Department of Orthopedics, Rashid Latif Medical College, proudly observed World Osteoporosis Day 2025 to promote awareness about bone health and the prevention of osteoporosis. Prof. Khalid Hussain emphasized the significance of early screening, balanced nutrition, regular physical activity, and healthy lifestyle choices in maintaining strong bones and preventing future complications. Let us pledge to prioritize bone health, because our bones support us for life!



## OPHTHALMOLOGY DEPARTMENT

### 43<sup>RD</sup> NATIONAL OPHTHALMOLOGY CONFERENCE

A big win for our PGRs of ophthalmology department Unit 2 of Rashid Latif Medical College & Arif Memorial Teaching Hospital at the annual 43rd National Ophthalmology Conference held at P.C Hotel, Lahore!

Picture & Video Competition champions – guided & supervised by Dr. Syed Abdullah Mazhar (Head of Eye Unit 2). Congratulations to the whole team, RLMC & AMTH.







## CLINICOPATHOLOGICAL CONFERENCE (CPC)

Rashid Latif Medical College, Lahore, held its CPC session on 26th September 2025.

Featured Cases were A case of subacute intestinal obstruction – Department of Surgery I and Barter Syndrome – Department of Paediatrics  
At RLMC, we continue to strengthen clinical reasoning and multidisciplinary collaboration, nurturing tomorrow's healthcare leaders.



## PEDIATRICS DEPARTMENT

### EMERGENCY NEONATAL RESUSCITATION WORKSHOP

Rashid Latif Medical College organized an Emergency Neonatal Resuscitation Workshop focused on improving participants' practical skills and knowledge in the immediate management of neonatal emergencies through hands-on, evidence-based training.



### NEONATAL VENTILATION WORKSHOP

A successful Neonatal Ventilation Workshop at Rashid Latif Medical College, focusing on hands-on training in invasive & non-invasive ventilation. Grateful to our esteemed speakers & faculty for sharing their expertise & strengthening neonatal care skills.

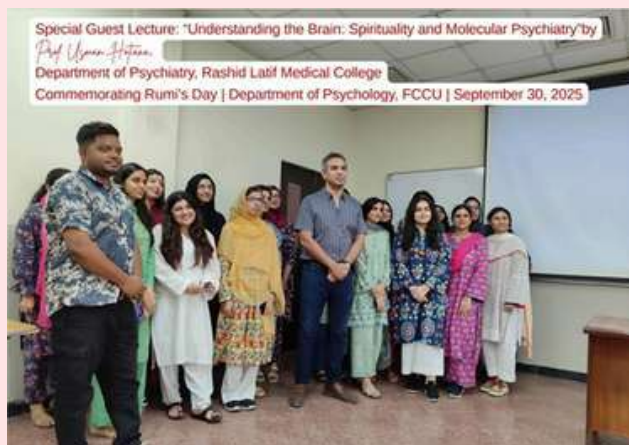
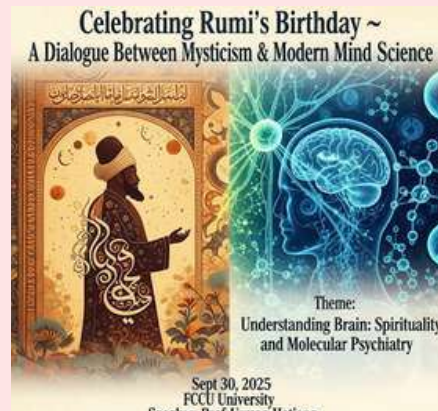




## PSYCHIATRY DEPARTMENT

### UNDERSTANDING BRAIN: SPIRITUALITY AND MOLECULAR PSYCHIATRY AT FCCU

Understanding Brain: Spirituality and Molecular Psychiatry at FCCU on Sept 30, 2025'



### TED TALK AT INTERNATIONAL SCHOOL OF LAHORE

Prof Usman Hotiana gave a TED TALK on Sept 12, 2025 at International School of Lahore ISL Campus Lahore.





## PSYCHIATRY DEPARTMENT

### DISCIPLINARY SPECIALTY FACULTY COUNCIL MEETING

Disciplinary Specialty Faculty Council Meetings Sept 10 at UHS. Prof Usman Hotiana was appointed as the External Reviewer for BS & Psychiatry Curriculum in the Modular System.

UHS First Discipline Specific  
Faculty Council (DSFC) Meeting  
Behavioral Sciences & Psychiatry

10-9-25



### FLOOD RELIEF MEDICAL CAMP

Dr Ayma Pervaiz, RLMC Graduate and MO at Psych. Dept. attended a Flood Relief Medical Camp at Okara on Sept 29, 2025.





## PSYCHIATRY DEPARTMENT

### EXTERNAL EXAMINER AT AGHA KHAN UNIVERSITY

Prof. Usman Hotiana, HOD Psychiatry Department of RLMC served as External Examiner for Honours Selection for 4th Year Students in Psychiatry at Aga Khan University on Nov 5, 2025



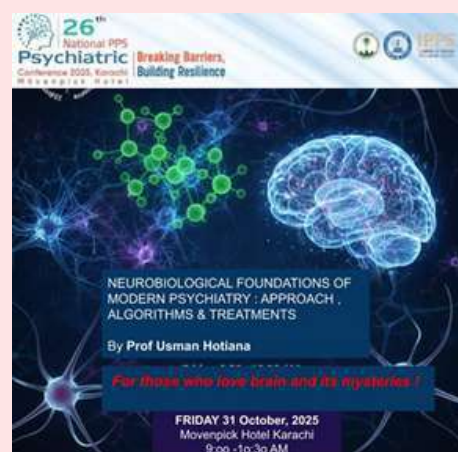
### SYMPOSIUM ON GENERATION Z

A Session on Generation Z was carried by Prof Usman Hotiana, Dr. Shahab and Prof Mowadat Hussain Rana at National Psychiatric Conference, Karachi Oct 31st 2025



### WORKSHOP ON 'NEUROBIOLOGICAL FOUNDATIONS OF MODERN PSYCHIATRY

Workshop on 'Neurobiological foundations of Modern Psychiatry : Approach , Algorithms and Treatments by Prof Usman Hotiana on Oct 31st , 2025, Karachi.



## PSYCHIATRY DEPARTMENT

### AN MENTAL HEALTH AWARENESS CYCLE RIDE

Oct 30th, 2025 . An Mental Health awareness Cycle ride was planned before the National Psychiatric Conference, Karachi



### 1ST INTERNATIONAL CHILD PSYCHON

Panelist at 1st International Child Psychon at Mayo / King Edward Medical University, Lahore on Nov 29th, 2025.

The conference was a landmark international event aimed at advancing clinical and academic collaboration in the field of child and adolescent mental health. Its focus was on addressing pressing challenges, innovative practices, and emerging trends in the care of children and adolescents with psychiatric needs.



### 1ST INTERNATIONAL CHILD PSYCHON WORKSHOP AT RLMC

A wonderful gathering of minds & mentors at the International Child PsyCon 2025 workshop today at Rashid Latif Medical College. The session on Autism Assessment, ADHD & Adolescent Depression brought valuable insights & meaningful discussion. Grateful to all speakers & participants for making it such a purposeful & enriching experience.





## CHAMPIONS OF RLMC

A proud moment capturing the high achievers of Block 7, 8 & 9 of 3rd Year MBBS with Director, Mrs. Zuleikha Khan, the Principal & Vice Principal recognizing their hard work, dedication & academic excellence..



Moments from an inspiring & interactive session where the Principal & Vice Principal of Rashid Latif Medical College met with the high achievers of 1st, 2nd & 3rd year (Modular Integrated System), appreciating their dedication & academic excellence during their block exams in the college & motivating them to remain focused & confident as they prepare for the upcoming UHS professional examinations. During the session, it was also announced that students securing positions in the UHS Professional Examination will be awarded scholarships: 100% tuition fee waiver for the student securing 1st position, 75% for 2nd position & 50% for 3rd position.



## RLMC PARTICIPATION AT 24TH SHAUKAT KHANUM CANCER SYMPOSIUM

We're honored to share that Rashid Latif Medical College (RLMC) proudly participated in the 24th Shaukat Khanum Cancer Symposium!

Dr. Muhammad Khalil Ur Rahman (AP Surgery), along with 4th and Final year students, represented our institution with dedication and professionalism. A special shoutout to our college ambassador, Mr. Farhan Akhtar (Final year), who brought pride to RLMC by winning the Runner-Up Shield for Best Ambassador - a testament to his outstanding efforts!



## CHAMPIONS OF RLMC

### RLMC SHINES AT INTERCOLLEGIATE COMPETITION

Rashid Latif Medical College (RLMC) proudly secured Second Position in Urdu Declamation, achieved by M. Sanaullah Hashmi, and Third Position in English Debate, won by Hiba Khurram, at the intercollegiate competition hosted by Central Park Medical College. Competing against several reputable institutions, our students demonstrated exceptional confidence, eloquence, and intellectual depth, truly outclassing other participating colleges.

This remarkable achievement reflects RLMC's strong emphasis on holistic student development, effective communication skills, and academic excellence. Heartiest congratulations to the talented students and the faculty mentors whose guidance and support made this success possible.



### INAGURATION OF RAVISH CLINIC

Ravish camp was organized by students of RLMC as a part of their social work and student empowerment program. Students from all years participated.





## DEBATING SOCIETY RLMC

MUN - 3.0

The grand journey of Rashid Latif Medical College Model United Nations 3.0 began on 26th September, with an inspiring Opening Ceremony, where 217 delegates from 25+ institutes gathered to celebrate diplomacy, dialogue, and youth leadership.

We were honored by the presence of distinguished Chief Guests — Finance Minister Punjab Mian Mujtaba, Shuja-ur-Rehman, Barrister Mian Ali Ashfaq, and WHO Representative Dr. Mehroz Saleem whose motivating words added immense value and reflected RLMC's vision of empowering students as future leaders.

Over the course of several days, the sessions were filled with dynamic debates, diplomacy in action, and powerful youth voices rising with confidence.

The event concluded with a memorable Closing Ceremony, marking not just the end of discussions but the beginning of friendships, leadership, and a shared vision for a better tomorrow.





## RLMC YOUTH CLUB

### 2ND ANNUAL SEERAH CONFERENCE

Rashid Latif Medical College was honored to host the 2nd Annual Seerah Conference, a prestigious academic and scholarly event dedicated to exploring the life, teachings, and timeless guidance of the Holy Prophet Muhammad ﷺ. The conference brought together esteemed scholars, faculty members, students, and invited guests, fostering meaningful discourse on the relevance of Seerah in contemporary personal, social, and professional life. Through insightful lectures and discussions, the event aimed to promote ethical values, moral leadership, and a deeper understanding of Islamic principles, reflecting the institution's commitment to holistic education and character building.



### CHANGE YOURSELF, CHANGE THE WORLD!

Rashid Latif Medical College was honored to host an inspiring and thought-provoking session by Raja Zia ul Haq, organized by the RLMC Youth Club. The event encouraged students to look inward to reflect on their values, reform their habits, and rise with renewed purpose. Raja Zia ul Haq's engaging talk shed light on how personal transformation serves as the foundation for meaningful change in society. The session left a lasting impact on the audience, sparking self-awareness, motivation, and a drive to make a positive difference in their communities. It was truly a day that touched hearts, stirred minds, and inspired action!





## ALUMNI CELL RLMC

### ALUMNI REUNION - UK CHAPTER

A memorable evening for the RLMC Alumni Union – UK Chapter, graced by Mrs. Sabahat Khan. The event reflected the strong ties and shared spirit of the RLMC family across borders.

Mrs. Sabahat Khan presented a token of appreciation from Rashid Latif Medical College, extending heartfelt greetings and pride from the alma mater to its distinguished alumni abroad.



### 24TH ANNUAL SHAUKAT KHANUM CANCER SYMPOSIUM

Rashid Latif Medical College was proud to be represented at the 24th Annual Shaukat Khanum Cancer Symposium, a premier health event that brought together participants from around the world, both online and in-person. Dr. Muhammad Khalil Ur Rahman, Assistant Professor of Surgery at RLMC, along with 4th and final-year students, represented our institution at this significant gathering.



## ALUMNI CELL RLMC

Congratulations to Dr. Muhammad Ali on clearing PLab 2. Wishing you continued success and a bright journey ahead. ⭐.



Congratulations to Dr. Arooj Sajjad on clearing PLab 1. Wishing you continued success and a bright journey ahead. ⭐.



Congratulations to Dr. Mahnoor Ghafoor on clearing PLab 2. Wishing you continued success and a bright journey ahead. ⭐.



Heartiest congratulations to our alumnus Waleed Younus on successfully clearing USMLE Step 1. Your hard work and dedication truly inspire — wishing you continued success on your journey ahead!



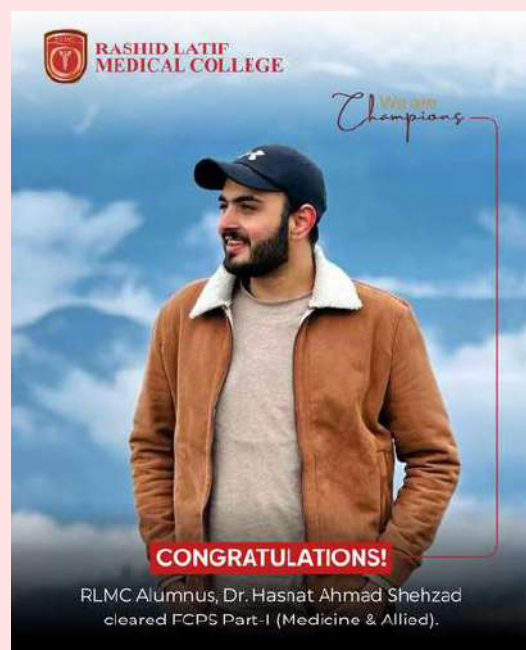
## ALUMNI CELL RLMC

Congratulations to Dr. Irtifa Irshad on clearing JCAT Anesthesia. Wishing you continued success and a bright journey ahead. ★



Congratulations to Dr. Laraib Fatima on clearing FCPS (Anesthesia). Wishing you continued success and a bright journey ahead. ★

Congratulations to Dr. Hasnat Ahmad Shehzad on clearing FCPS Part-I (Medicine & Allied). Wishing you continued success and a bright journey ahead. ★



Congratulations to Dr. Junaid Jameel on clearing FCPS Part-I (Medicine & Allied). Wishing you continued success and a bright journey ahead. ★

## ALUMNI CELL RLMC

Congratulations to Dr. Huzaifa Ahmad on clearing PLab 2.  
Wishing you continued success and a bright journey ahead.



RLMC extends heartfelt congratulations to Dr. Hammas Danish Khan, our distinguished alumnus, on successfully completing a 21-km Marathon as a triathlete. His remarkable dedication, discipline, and perseverance serve as an inspiration to the entire RLMC community.

## STUDENT EMPOWERMENT PROGRAM RLMC

### اِزَان - EMPOWERING WOMEN, STRENGTHENING COMMUNITIES

Through awareness talks, breast self-examination training, interactive activities, and open dialogue, the session honored and uplifted the voices of women who form the backbone of our institution.





## QUIZ SOCIETY RLMC

### RLMC SHINES AT INTERCOLLEGIATE QIRAT COMPETITION

We proudly celebrate Hafiz Hassan for his outstanding performance and for securing a position at the Intercollegiate Qirat Competition held at Sheikh Khalifah bin Zayed Medical College. His soulful recitation, mastery of tajweed, and heartfelt delivery captivated both the audience and judges – bringing honor and recognition to Rashid Latif Medical College on a highly competitive stage.



### INTERCOLLEGIATE INTEGRATED MIND MERGE QUIZ 2025

Ansari, proudly hosted the Integrated Mind Merge Quiz 2025. Supervised by Dr. Shama Akram (Co-Chairperson) and Prof. Sofia Khan, along with a dedicated student team, the event brought together participants from across Lahore's leading medical colleges, including RLKUMC, FJMU, UCMD, Azra Naheed, CPMC & FMH.

We were honored by the presence of our Chief Guest, CEO Mrs. Sabahat Khan, and esteemed judges Dr. Ambreen Anjum (Al Aleem Medical College) and Prof. Sadia Chaudhry (LMDC).

The quiz featured dynamic segments that celebrated knowledge, teamwork, and academic excellence – thoroughly enjoyed by students and faculty alike.

Winners:

- 1st – Rashid Latif Medical College
- 2nd – Central Park Medical College
- 3rd – Fatima Jinnah Medical University



## RLMC DRAMATICS SOCIETY

**RANG-E-BISMIL 6.0**

An enchanting evening of spiritual harmony and soulful qawali, graced by the captivating performance of Shahzad Santoo. The event resonated with devotion, rhythm, and the essence of Rang-e-Bismil, creating an atmosphere of peace and connection. Beautifully organized by Rashid Latif Medical College where art meets spirituality.





## PATIENT WELFARE CLUB RLMC

### RLMC X PWC CONCERT

The Patient Welfare Club of Rashid Latif Medical College successfully organized a concert as part of its ongoing relief campaign, blending entertainment with a noble cause. This initiative not only brought joy and togetherness but also reflected the club's unwavering dedication to patient welfare and community well-being.

The evening featured captivating performances by renowned artists Hassan Raheem, HAVI, and Fabiha Hashmi, creating an atmosphere of celebration while supporting a meaningful mission. This memorable event stood as a testament to the power of music, unity, and compassion in driving positive change.



## PATIENT WELFARE CLUB RLMC

### FUNFAIR

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## PATIENT WELFARE CLUB RLMC

### ANNUAL DINNER

After organizing a successful concert and enjoying a carefree day at the funfair, PWC hosted the dinner for their peers, marking the perfect full-circle moment. These shared experiences, both big and small, made the society feel less like a team and more like a family. We were grateful for this tradition, for this team, and for everything we created together.



## CHRISTMAS CELEBRATION AT RLMC

At RLMC, we believe our strength lies in our vibrant community. We were delighted to host a special Christmas celebration today for our colleagues who are observing the festival. It was a wonderful opportunity to come together, share the holiday spirit, and recognize the hard work of our dedicated team.





## RLMC SPORTS SOCIETY

### RLMC SPORTS GALA 2025

The Rashid Latif Medical Complex Sports Gala 2025 kicked off on 16th September with a vibrant Opening Ceremony, celebrating energy, unity, and the true spirit of sportsmanship. Organized by the Rashid Latif Sports Society, the event brought together students, faculty, and staff in a spirited display of talent and camaraderie.

After an exciting week filled with passion, perseverance, and thrilling competitions, the Closing Ceremony marked the grand finale of Sports Fest 2025. Champions were honored, and the values of teamwork, discipline, and dedication that shone through every match were celebrated.

Congratulations to all the winners and participants- you truly are the pride of RLMC!





## RLMC SPORTS SOCIETY

### OFFICIAL BASKETBALL TEAM

RLMC proudly celebrates its Official Basketball Team for securing the Gold Medal at CPL-8, hosted by Central Park Medical College. With an outstanding 47–26 victory in the finals, the team demonstrated exceptional teamwork, skill, and sportsmanship. A special commendation goes to Captain Ibraheem Javed, the top scorer with 27 points, for his remarkable leadership and performance. History made once again. RLMC stands tall!



### DJ NIGHT

DJ Night at Rashid Latif Medical College (RLMC) was a much-needed break and an absolutely phenomenal time. The energy was electric from the moment the music started—with dazzling lights, and heavy bass. It was truly a wonderful and unforgettable evening! A massive shout-out to the organizers and the DJ for bringing the perfect set list and giving students a chance to make some incredible memories together.





## CLOSING CEREMONY OF FEST 2025

Closing ceremony of sports fest 2025. All of the presence of our esteemed faculty members made it much more meaningful and enjoyable.





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