



# AHS-NEWSLETTER

Volume 1

*First Edition*

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NEWS!

## Rashid Latif Institute of Allied Health Sciences Organized 2<sup>nd</sup> Students National Conference

(In collaboration with Rashid Latif College of Pharmacy and Rashid Latif College of Physical Therapy)

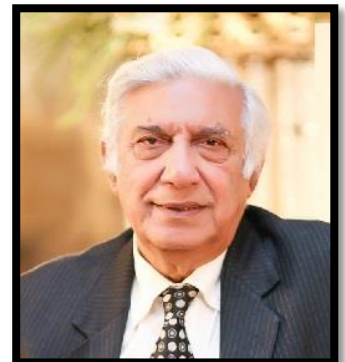
(On 18<sup>th</sup> October 2017 at Rashid Latif Medial Complex)

*Theme: "Allied Health Sciences and Pharmacy: An Integral Part of the Healthcare System"*

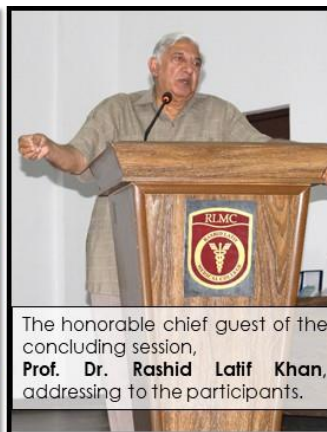
"I am delighted to see how the students have been able to successfully orchestrate this event. We hope that our students are able to make this institution proud in the future as well."

Prof. Dr. Rashid Latif Khan

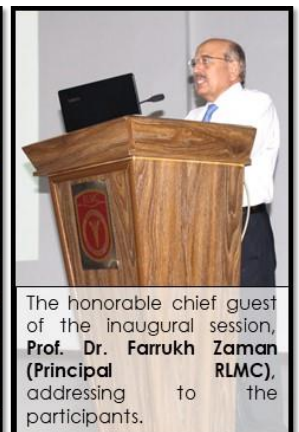
The honorable Chief Guest of the concluding session  
(Founder of Rashid Latif Medical College)



Students and professionals from various institutions (Rashid Latif Medical College, Rawalpindi Medical College, King Edward Medical University, Riphah International University, University of Lahore and many more) listening to the Founder and Principal of Rashid Latif Medical College .



The honorable chief guest of the concluding session,  
**Prof. Dr. Rashid Latif Khan**, addressing to the participants.



The honorable chief guest of the inaugural session,  
**Prof. Dr. Farrukh Zaman** (Principal RLMC), addressing to the participants.



The esteemed conference chairperson **Mrs. Sabahat Khan** (CEO RLMC), valued **co-chairpersons**, faculty members and participants standing for National Anthem.

The conference included competitions for the best oral, poster, chart and model presentations. Several students and professionals who were eager to showcase their skills, participated in these events. **Sameen Atiq**, a representative of King Edward Medical University, secured 1<sup>st</sup> position in the poster presentation competition. **Ayesha Bakhtawar** from 2<sup>nd</sup> Year Optometry (RLIAHS) secured 1<sup>st</sup> position in the model presentations. Her 3-Dimensional model of the eye made her achieve widespread praise and recognition for her work. **Shafiqa Ishaq** of 3<sup>rd</sup> Year DPT (RLCPT) was successful in winning 1<sup>st</sup> position in the chart presentations. The judges of these events included honorable chief guest (Prof. Farrukh Zaman), conference chairperson (Mrs. Sabahat Khan) and valued co-chairperson (Prof. Dr. Rizwana Muzaffar).



**Goal** of the conference was to encourage students and professionals to identify their roles and responsibilities in the healthcare system.

Students and professionals from various institutions, including **Rawalpindi Medical College, King Edward Medical University, Riphah International University, University of Lahore and many more**, participated in the conference.

The conference received great reviews from the attendees who said that they learnt a lot of important information through this platform.

Library week was held on 9<sup>th</sup> Feb 2018 as an annual event at Rashid Latif Institute of AHS in which students showed their talents in distinct ways like, Poetry, Essay writing, Articles writing, Story writing competition, Models, Film reviews, sketching and quiz competition.

**Article writing:**

Ms. Noreen Akhtar (1<sup>st</sup> year S.L.P)

**Novel and story writing competitions:**

Mr. M. Jaffar Raza (3<sup>rd</sup> year M.L.T)

Mr. Danish (3<sup>rd</sup> year Optometry)

**Quiz competition:**

Mr. Saad shafiq (2<sup>nd</sup> year M.I.T)

Mr. M Farhan (2<sup>nd</sup> year M.L.T)

**LIBRARY WEEK**

An opportunity of self-creativity!



**ANNUAL DEBATE  
COMPETITION**

This annual event was held on 12<sup>th</sup> Feb 2018 at Rashid Latif Institute of Allied Health Sciences. This event provide a platform where students express their views on different topics. Involvement in a debate enables one know how to co-ordinate his/her ideas in a well thought out way.

Students learn the act of self-confidence and express themselves freely through debates. **Mr. Muhammad Jaffar Raza** (3<sup>rd</sup> year M.L.T) and **Ms. Shabana Kousar** (3<sup>rd</sup> year M.L.T) from RLIAHS participated in this event.

**MUSICAL  
EVENT**

It is hard to exaggerate the effect music can have on the human brain. This gave an opportunity of self-confidence to the students. Rashid Latif Institute of Allied Health Sciences held the annual musical event on 13<sup>th</sup> Feb 2018. In this enthusiastic event students from different departments disclose their talent. **Mr. Muhammad Farhan** (2<sup>nd</sup> year M.L.T) and **Ms. Sana Khalid** (1<sup>st</sup> year Optometry) from RLIAHS took a part in this event.

**VISIT BY OUR FUTURE  
PROFESSIONALS!**

Students of 9<sup>th</sup> and 10<sup>th</sup> grade along with their teachers from Sanjan Nagar Public School visited Rashid Latif Institute of Allied Health Sciences. Students were apprised about different Allied Health Professions by the Faculty members of the institute.



**PRINCIPAL RLIAHS** giving a brief overview of the institute and its attached hospitals.

## RASHID LATIF MEDICAL COMPLEX

### ANNUAL SPORTS DAY

"Sports play a vital role in our life as it keeps us healthy, wealthy and active. Games and sports are important for success in every walk of life."

To celebrate the "Spirit of team work", the much awaited Annual Sports Day of Rashid Latif Institute of Allied Health Sciences was held on 15th of February 2018 at Rashid Latif Medical College (35km – Ferozpur road, Lahore).

The Day was commemorated by the blessings of Almighty Allah through the Holy Quran reading, followed by National Anthem. The students of Rashid Latif Institute of AHS mesmerized the spectators by their speeches and thrilling presentation of welcome songs and medley.

The Athletic events featured at the sports day included 100 meter race , 200 meter race , 400 meter race , Relay race , 3 legged race , Lemmon and spoon race , Sack race , Long jump , High jump , Ball through , Arm wrestling and Tug-of-war. Events like this gave an opportunity to the students to showcase their strength, Agility, Unity, Understanding, Will power and team work for various forms of sporting activities.

***Great champions have enormous sense of pride.***

The best boy and the best girl in sports award was presented to **Mr. Yasir Anwar** from 2nd year MLT and **Miss Moha Akram Khan** from 4th year Nutrition Allied Health Sciences.



SPORTS IS THE **GREATEST** PHYSICAL POETRY!



**3<sup>RD</sup> YEAR STUDENTS OF DEPARTMENT OF NUTRITIONAL SCIENCES COMPLETED THEIR SURVEY PROJECTS!**

3<sup>rd</sup> year students of Department of Nutritional Sciences (session 2014 – 2018) conducted various surveys at different hospitals and schools to evaluate the current nutritional status and to find out the root cause of various medical issues. Furthermore, they also guided them how to cope these problems with proper nutritional support.

Adolescence is a period characterized by important changes in cognitive, behavioural, social, and emotional functioning attributable to biological development (i.e., puberty) and to new roles and demands in the familial and social milieu (e.g., decreased parental involvement, increased academic requirements).

Iron deficiency is reported to be the most prevalent nutritional problem in the world today with an estimated 2.5–5 billion people so afflicted. According to the previous researches iron deficiency anemia is increasing day by day due to multiple factors.



**Govt. Girls high school, Rao khan wala, Kasur**

**Moha Akram Khan** conducted a survey on **“Frequency of Malnutrition among School Going Adolescent Girls Age 11 to 14”** at Govt. Girls High School Rao Khan wala, District Kasur.

**Maryam Khan** conducted survey on the **“Prevalence of Iron Deficiency Anemia among Adult Girls”** at Govt. Girls High School Rao Khan wala, District Kasur.



**Govt. Girls high school, Rao khan wala, Kasur**

**Saba Rasheed** conducted a survey on **“Eating Habits Among Adults”** at Rashid Latif Medical College, Lahore.

**Nadia Nisar** conducted a survey on **“Childhood Obesity”** at Govt. Girls and Boys High School, Lahore.

Nutrition has a prime role as it is not only affecting the health of the mother but also the future generation. Healthy beginning of a child mainly depends on the maternal diet. The nutrition status of a woman is not only vital to her own health but also to her child as well.

**Shaguffa Qadeer** conducted a survey on **“Prevalence of Iron Deficiency Anemia In Pregnant Women”** at Services Hospital Lahore.

**Saman Ishtiaq** conducted a survey on **“Prevalence of Gestational Diabetes”** at Arif Memorial Teaching Hospital.

Cerebral Palsy is a group of permanent disorders of movement and posture, causing activity limitation that is attributed to non-progressive disturbances that occurred in the developing fetal or infant brain. Malnutrition is a frequent complication in children with cerebral palsy, impacting on overall health and quality of life.



**Zaitoon Naz** conducted survey on **“Prevalence of Malnutrition among children with Cerebral Palsy aged 4 to 19 years”** at Pakistan Society for the Rehabilitation of The Disabled (PSRD) and Children's Hospital, Lahore.

**Pakistan Society for the Rehabilitation of the Disabled (PSRD), Lahore**

**Strawberry Cucumber Juice**  
to Help Improve Mood & Reduce Inflammation

- One large cucumber, peeled and cut into chunks.
- Six fresh strawberries, hulled
- Process cucumber and strawberries in blender and ¼ cup chill water.
- Fill 2 glasses with ice, if desired and pour the juice.

**BOOST UP  
YOUR SUMMER!**

Serving size	~10 fluid oz.
Total Calories	69 kcal
Fats	0g
Fiber	1g
CHO	15g
Proteins	1g
Vitamin A	8450 IU (169% DV)
Vitamin C	56mg (93% DV)

**Cooking Competition:**  
Showcase your culinary expertise and win a prize!

**UPCOMING EVENTS!**

**Free Pre-diabetic Screening Camp**

Article:

## “Taming the Tech-Monster”

### The Damaging Impact of Screens on Language Development

By Noor-e-Fatima Moazzam (SLP 1<sup>st</sup> Year)

It is the year 2018. We are roughly eighteen years (and counting) into the Digital Age and 40 years have passed since the first computer was made. 90 percent

linguistic exposure given to the child through child-adult interaction (Tomasello, 2003). Theories such as this one are backed by cognitive science and psychology, hence, proving that language development is



**Communication – the human connection - is the key to personal and career success.**

Paul J. Meyer



of households have a minimum of three or more electronic devices. According to BBC, the average toddler spends around 6 or more hours a day glued to a screen. Children have stopped playing with open ended (cause and effect) toys. Back and forth conversations with parents and siblings have become restricted. Conventional pastimes like, story time and outdoor play have been conveniently replaced by video games, social networking applications and so-called interactive gaming websites. Pretend play and peer interaction have also reduced drastically. Activities enhancing fine/gross motor skills and visual processing are practically non-existent. All of the mentioned activities play an important role in the development of speech, language, social and cognitive skills. Language acquisition depends heavily on the environment given to a child, specifically the

reinforced (if not the sole factor) by humans through a rich physical and social environment.

A study presented at the 2017 Pediatric Academic Societies Meeting, carried out in Toronto ( between 2011 and 2015) found that 894 children, between the ages 6 months to 2 years found a link between the excessive use of screens and expressive language delay. Each extra half hour spent using handheld technologies increased the risk of speech delay by 49%. Research found that children who are less than a year old that watched two hours of TV a day are six times more likely to have language delays.

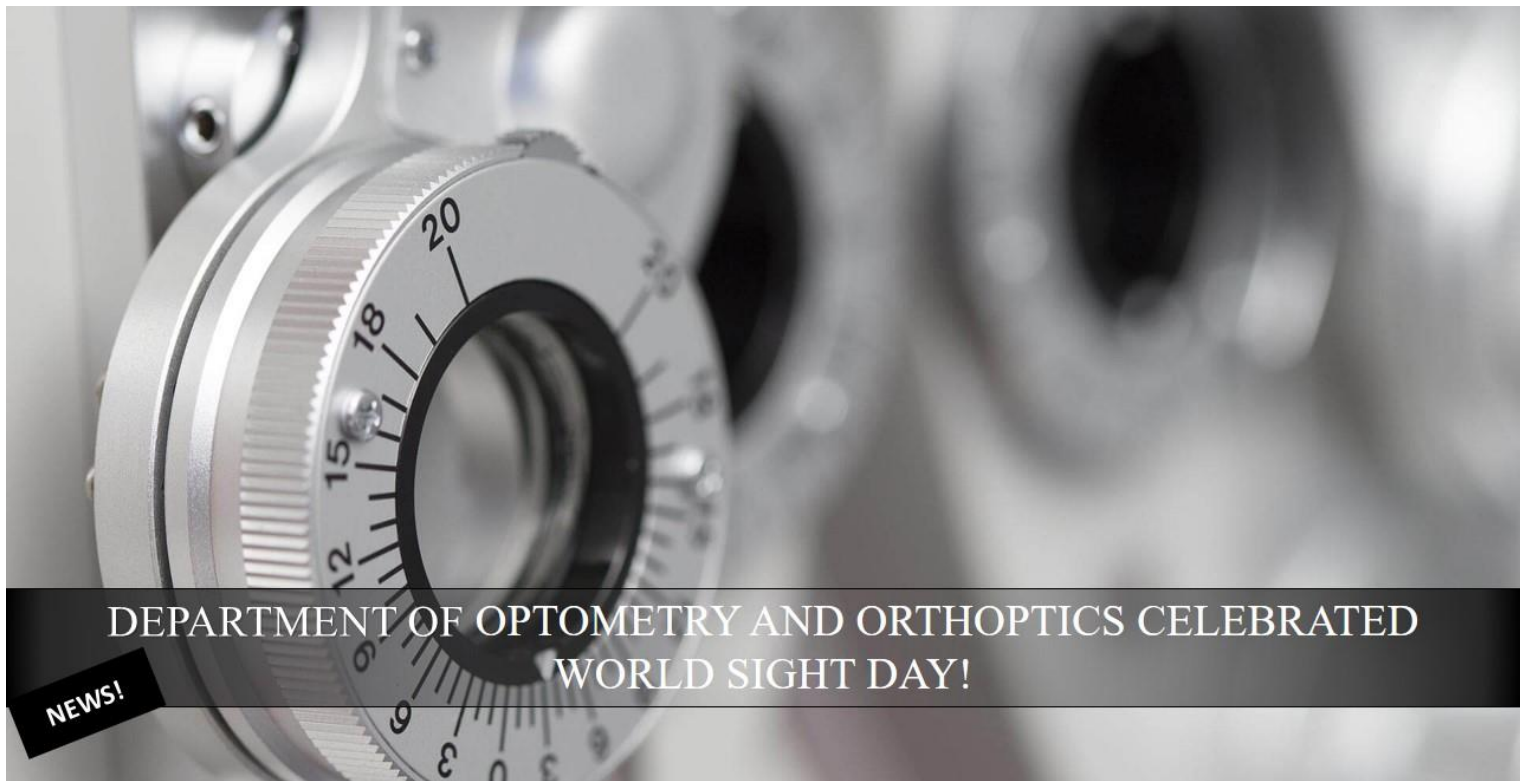
Remember, every minute a child spends in front of a screen is one less minute they could have spent socializing and learning with you.



**Upcoming Event!**

**SCHOOL CAMPS**

For better speech and hearing by  
SLP department



## DEPARTMENT OF OPTOMETRY AND ORTHOPTICS CELEBRATED WORLD SIGHT DAY!

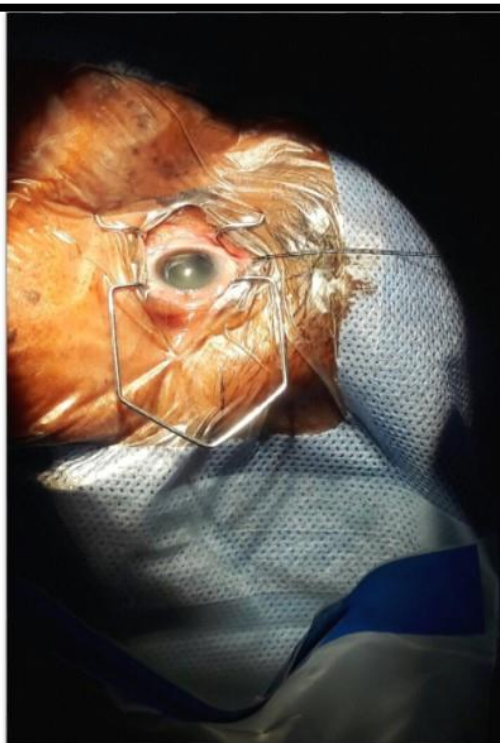
NEWS!

World Sight Day is observed annually on second Thursday of October all around the world. It is celebrated to raise attention to blindness, vision impairment, and its causes.

On 12<sup>th</sup> of October 2017, it was celebrated at Rashid Latif Medical College. The Ophthalmology, Optometry & Orthoptics department of RLMC contribute their part by arranging a 1 week free eye camp at Arif

Memorial Hospital from 9<sup>th</sup> to 13<sup>th</sup> October, 2017. In this camp whole department performed free eye surgeries and examination with completely free medication and lab tests. Not a single penny was charged from the patients. Three hundred and forty patients (340) were examined during this camp. It included 145 patients of Refractive error, 66 conjunctivitis, 60 Cataract, 16 blepharitis, 7 Pterygium, 10 Posterior capsular thickening, 3 Squint, 3 Trauma, 1 Squamous cell carcinoma of

conjunctiva, 2 Uveitis, 1 Ptosis, 2 Chalazion, 1 sub conjunctival hemorrhage, 2 Nasolacrimal Duct obstruction, 2 Age related macular degeneration, 5 Corneal degeneration, 6 Diabetic retinopathy, 1 Tractional Retinal detachment, 3 Congenital nystagmus, 1 Lacrimal fistula, 1 traumatic optic atrophy, 1 Xerophthalmic dry eye, 1 Absolute Glaucoma. Twenty six patients underwent free different eye surgeries and 8 patients had YAG laser-capsulotomy.



Celebrating World Sight Day



Students of Optometry and Orthoptics department of RLIAHS participated as observers in Workshop on pediatric ophthalmology which was conducted in Shalimar C hall On 8<sup>th</sup> December, 2017 at Pearl continental hotel Lahore. The session was chaired by Dr. Seema Qayyum (Head of Ophthalmology department, Children's Hospital & Institute of Child Health) & co-chaired by Dr. Mian Muhammad Shafique (Ghurki trust Hospital). In this workshop participants had given a live demonstration on the examination of a child by different experts from the different region of Pakistan. Dr. Seema Qayyum, Dr. Sabrina Sharif, Dr. Zahid Dogar and Dr. Asma from Children's Hospital & Institute of Child Health, Dr. Soorath Noorani from Al-Shifa Trust eye Hospital and Dr. Shabana Chaudhry and Dr. Ali Ayaz Sadiq from Mayo hospital participated in this workshop as a trainer.. Seven different tables were arranged with these trainers with two different subjects per table. Participants observed and performed on subjects that how to perform ophthalmic examination in children.



Workshop on  
Research  
methodology



Student  
Council  
Elections



Elections for  
student committees

## UPCOMING EVENTS (AHS)!

Diabetic  
Retinopathy camp

by Dept. of Optometry and Orthoptics

Screening  
examinations of  
Refractive errors in  
school going  
children

Summer placements  
of students of all  
department