



# AHS-NEWSLETTER

Volume 2

ISSUE 1

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3RD STUDENT'S NATIONAL CONFERENCE



JANET SHANEM  
(SLP FINAL PROF.)

## THEME

*“Bringing  
innovation &  
excellence  
in patient care”*

**Aim** of the conference was to encourage students to actively involve themselves in research in the pursuit of their profession, thus explore and develop varied educational programs creating a healthy impact on our health care system.

Students from different universities across Punjab presented their research papers. Institutes that participated in this conference were **King Edward Medical University, The Children Hospital and Institute of Child Health, Lahore, University of Veterinary and Animal Sciences, University of Sargodha, University of Lahore, NUR International University, University of South Asia, Riphah International University and Shalamar Medical College.**

Chief Guest of the conference was **Mrs. Sabahat Khan.**



**MRS. SABAHA KHAN**  
(CHIEF GUEST OF THE CONFERENCE,  
ADDRESSING THE AUDIENCE )

There were two Technical Sessions. First session was chaired by **Prof. Dr. Qurrat-ul-Ain** (Head, Department of Anatomy, RLMC along with Co-chairperson **Dr. Sadia Islam** (Assistant Prof. Department of Physiology, RLMC. Chairperson of the second session was **Dr. Muhammad**

**Sanaullah** (Director, Institute of Nutrition and Food Sciences, UVAS) and Co-chairperson was **Prof. Dr. Humayun Riaz** (Professor, Rashid Latif College of Pharmacy).







**MEDICAL DIRECTOR AMTH RECEIVING SOUVENIR FROM PRINCIPAL RLMC, PROF. DR. TAHIR MASOOD AS JUDGE OF THE POSTER COMPETITION.**



**DR. MUHAMMAD SANAULLAH (UVAS) RECEIVING SOUVENIR FROM PRINCIPAL RLMC, PROF. DR. TAHIR MASOOD AS CHAIRPERSON OF THE SESSION.**





Along with Oral Presentations, Model and Poster Competition was also held. Competition was judged by Dr. A. J. A. Samdhani (Medical Director, AMTH), Dr. Faheem (Assistant Professor, Department of Physiology, RLMC), Prof. Dr. Maaz Ahmad (Department of Community Medicine, RLMC) and Prof. Dr. Syed Atif Raza (Rashid Latif College of Pharmacy).



# *Farewell*

The event took place at the Maisonette Hotel and Resort. The ambiance and the environment of the venue were perfect for the occasion. The juniors had prepared various activities to make the day worthwhile for their seniors. The activities included a comic skit, presenting the seniors with titles which suited the most to their personalities, making the seniors comment about the amazing four year journey at Rashid Latif Medical Complex followed by an emotional speech on behalf of the juniors bidding farewell to the seniors. The event became even more unforgettable due to the presence of our Honorable Principal and our esteemed teachers, who enjoyed the night alongside the students. The event was then followed by a gala dinner on the rooftop of the Maisonette Hotels and Resort. The gourmet food and the spectacular rooftop view marked the end of this great event. An event that will be etched in everyone's memories forever.

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2014-2018







# 28<sup>th</sup>

## INTERNATIONAL CONFERENCE *of* OTOLARYNGOLOGY

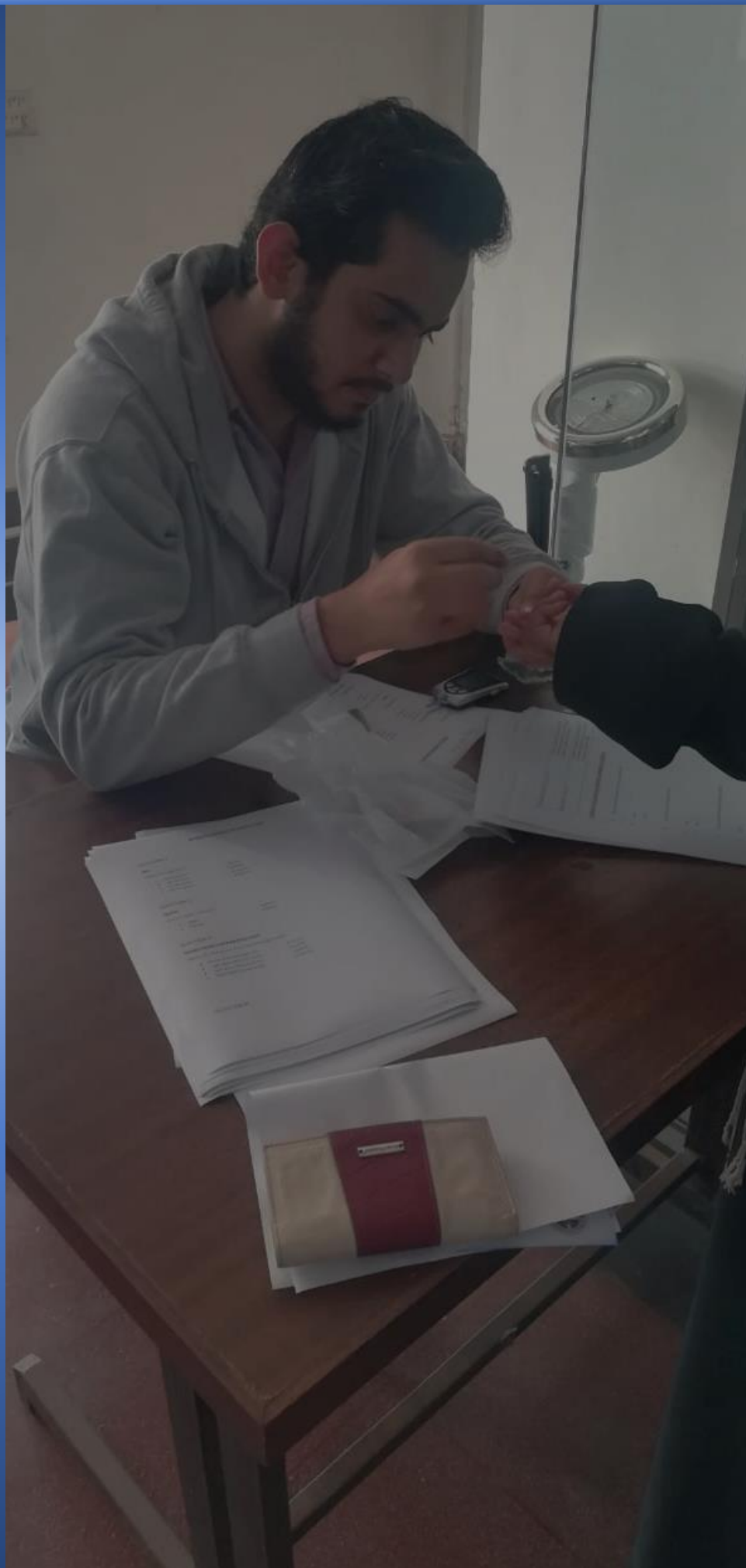


Faculty and students of Department of Speech Language Pathology participated in 28th International conference of Otolaryngology held in Lahore.

International and National elites of the field presented their works and conducted workshops on Speech and Language Rehabilitation of Hearing Impaired children.



# PRE-DIABETES SCREENING CAMP



The global risk of diabetes has risen to unprecedented values with nearly 1.8 million deaths occurring from diabetes, in 2016. To counter this prevalent problem and to check the risk rate of people who are diabetic or prone to diabetes (pre-diabetic) the Department of Nutritional Sciences of Rashid Latif Institute of Allied Health Sciences arranged a camp.

Aim of this camp was to diagnose and treat cases that showed tendency to develop this disease. This camp was just the beginning in a long campaign to make people realize the risk factors of disease and the role a balanced diet plays in maintaining health and preventing these conditions.



# 1<sup>st</sup> NATIONAL LABORATORY MEDICINE

## *SYMPOSIUM*

Department of Medical Laboratory Technology of Rashid Latif Institute of Allied Health Sciences organized 1st National Laboratory Medicine Symposium on 18th December 2019. Nations leading professionals in the domain delivered lectures, providing latest insight in areas of the Quality Assurance and Quality Control in pathology settings. Participants from major universities and far ends of the Pakistan attended this event. We are thankful to all the participants for their extended appreciation and making this a success story.











**Shabana Kausar, student of MLT 3rd year of Institute of Allied Health Sciences, got 2nd Position** in 8th Annual Intra College Trilingual Declamation Competition of

Rashid Latif Medical Complex. Students from different departments such as MBBS, DPT, Allied Health Sciences & Pharmacy participated in this competition. The debaters' spoke tenaciously in this thrilling competition. It turned out a huge success.





A young boy with dark hair, wearing a dark blue school jacket over a red and white checkered shirt and a blue striped tie, is sitting at a wooden desk. He is resting his chin on his right hand and looking towards the camera. In the background, there is a computer monitor on the desk and a woman in a white lab coat standing next to him. The scene appears to be a school setting.

# SCHOOL SCREENING CAMPS

Rashid Latif Institute of Allied Health Sciences has successfully arranged "Screening Camps" in schools as part of "Community Outreach Program". Screenings were specially designed to discover problems related to Eye, Speech, Language, Hearing and Nutritional health of students to allow for the earliest possible intervention before the problem compounds into something more complicated and difficult to remediate. In first phase, ten schools were scheduled.







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## ORIENTATION DAY

Rashid Latif Institute of Allied Health Sciences welcome new Batch with an "Orientation Day" at college campus. The ceremony was attended by newcomers, their parents, faculty members and heads of the institution. Principal, Prof. Dr. Rizwana Muzaffar welcomed students and gave a brief overview of the institution and courses. New students were quite enthusiastic. Oath taking ceremony brought up the new passion among the students. The ceremony ended with a group photo of whole new batch and with new aims and goals and hopes.

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# WHY YOU MUST HAVE DATES IN RAMADAN

## Prophet Muhammad ﷺ



recommended us to break the fast with fresh or dry dates. Today it is proven that Dates are rich in fiber, potassium, vitamin B6 and other nutrients. When we study the nutritional facts and the health benefits of this amazing fruit from the date palm, we will realize that it is indeed a must have fruit after fasting for hours in Ramadan as well as in other months. It is also recommended in a hadith to eat dates on daily basis at morning.

### 6 REASONS TO EAT DATES AFTER FASTING:

1. Dates are easy to digest so they don't exhaust your stomach after fasting.
2. Breaking the fast with dates can quickly bring down the great hunger and we will not rush into excessive food right after breaking the fast, which can cause digestion disorders.
3. Taking dates prepare our stomach to receive the food after being inactive throughout the day by activating the release of digestive secretions and juices.
4. Dates are very rich with 'natural' sugary energy which is a best nutrient for the brain cells and nerves.
5. Dates protects us from having constipation as a result of change in the eating times or low fiber intakes during fasting days.
6. The alkaline salts in dates can adjust the acidity of blood resulting from excessive intake of meat and carbohydrates which can cause a lot of hereditary diseases such as diabetes, gout, renal stones, gall bladder inflammations, high blood pressure and hemorrhoids.

STRENGTHEN  
BONES &  
PREVENT  
ABDOMINAL  
CANCER

BOOST  
IMMUNE  
SYSTEM  
FUNCTION

BOOST  
NERVOUS  
SYSTEM  
HEALTH

IMPROVES  
HEART  
HEALTH

IMPROVES  
BOWEL  
MOVEMENTS  
& HELPS IN  
WEIGHT  
MANAGEMENT

Nutrients	Vitamins	Minerals
Dietary Fiber 32%	B6 8%	Potassium 19%
Carbohydrate 25%	Niacin 6%	Manganese 13%
Calories 14%	Pantothenic acid 6%	Magnesium 11 %
Protein 5%	Folate 5%	Copper 10%



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6th Annual National Medical Conference of RLMC

Study tours

Student elections 2019

Summer placements

Workshop on Contact Lens and low vision



RASHID LATIF INSTITUTE OF ALLIED HEALTH SCIENCES  
35 KM FEROPUR ROAD, LAHORE