

Monthly

UHS NEWS

UNIVERSITY OF HEALTH SCIENCES LAHORE



September 2025



UHS holds Intercollegiate Seerat-un-Nabi (PBUH) declamation and naat contest

Winners get cash prizes, certificates

Sept 5: The University of Health Sciences (UHS), hosted the final round of its four-day Intercollegiate Seerat-un-Nabi (PBUH) Declamation and Naat competitions, held in connection with Eid Milad-un-Nabi celebrations. Forty-one finalists from medical, dental, nursing, and allied health institutions competed after three days of qualifying rounds in which hundreds of students from various affiliated colleges colleges took part.

Vice Chancellor UHS Prof Ahsan Waheed Rathore was the chief guest, while the jury comprised Prof Dr Muhammad Shahbaz Manj, Chairman Department of Islamic Studies, University of Education Lahore; Prof Dr Baseera Ambreen, Director, Institute of Urdu Language and

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UHS advisory body recommends local production of biosimilars and vaccines

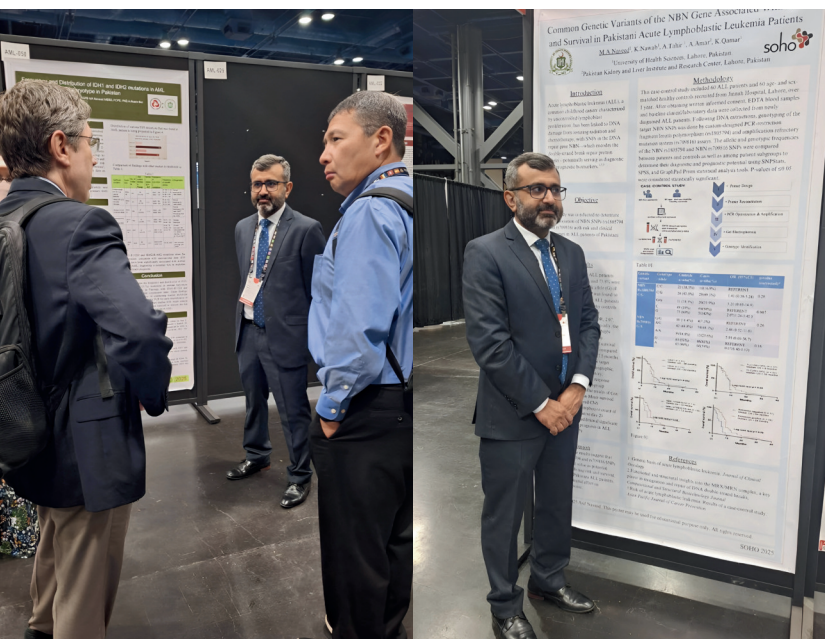
Seminar focuses on virtual learning applications for anatomy





UHS Haematology represents Pakistan at SOHO 2025 in Houston

Prof. Muhammad Asif Naveed, Head of Haematology, represented the University of Health Sciences (UHS) and Pakistan at the Society of Hematologic Oncology (SOHO) annual conference, held from September 3–6, 2025, at the GRB Convention Center, Houston, USA. He received a Certificate of Good Standing in recognition of his services and was reaffirmed as SOHO Ambassador for Pakistan. SOHO USA will collaborate with this region in joint seminars and symposia. The Haematology Department also presented two research studies at the meeting.



Seminar on challenges of public health and grant writing

Sept 1: The University of Health Sciences (UHS) organized a seminar on “Challenges of Public Health, Research Proposals and Crafting Compelling Grant Proposals” under its Discipline Specific Faculty Councils (DSFC) initiative. The seminar was designed to build the capacity of faculty and researchers in developing problem statements, designing proposals, identifying funding opportunities, preparing budgets, and making grant applications more competitive. Addressing the participants, UHS Vice Chancellor Prof Dr Ahsan Waheed



Rathore stressed that research should not remain confined to academic exercises but must translate into tangible outcomes that improve lives. He spoke about the varsity’s flagship initiative, the Pyari Beti Portal, which provides adolescent girls with support on reproductive health, nutrition, and menstrual health. “Through Pyari Beti, we hope to bridge gaps in awareness and shape a healthier, informed generation,” he said. The seminar was facilitated by Prof Dr Ayesha Humayun and Prof Dr Sumair Anwar, with organizational support from Prof Dr Sumera Ehsan and Dr Farah Rehman.



UHS reviews curricula of Level-IV MD, MS programmes

Sept 24: The University of Health Sciences (UHS) held a joint meeting of the Medical Specialty Advisory Committees for Level-IV MD and MS programmes under Vice Chancellor Prof Ahsan Waheed Rathore. Specialists from a wide range of disciplines, including endocrinology, gastroenterology, paediatric subspecialties, radiotherapy, ophthalmology, neonatology and neuro-spine surgery, attended.

Prof Rathore said UHS had launched discipline-specific faculty councils in basic sciences, and from October, similar councils would hold monthly seminars in clinical sciences. He added that 76 such councils were being established, comprising faculty from assistant professor to professor. These, he noted, would strengthen capacity building and benefit students.

The VC stressed that all programmes had been redesigned on an outcome-based model with research as a compulsory component. Over 2,000 research projects have been completed under MD and MS programmes in the past three years, while finalisation of curricula for Level-IV programmes is underway.

PGMI Dean meets UHS Vice Chancellor

Sept 19: Postgraduate Medical Institute (PGMI)/General Hospital Lahore Dean Prof Farooq Afzal, with senior faculty, met UHS Vice Chancellor Prof Ahsan Waheed Rathore. UHS Pro VC Prof Nadia Naseem and Director Postgraduate Studies Prof Asif Naveed also joined.



Discussions covered postgraduate education, diploma admissions after PGMI's Self-Assessment Report, and MPhil/PhD admissions under the semester system. Clearance of time-barred students, joint research, supervision, and teaching collaborations were considered. Both sides emphasized capacity building through workshops for supervisors.



Seminar on pedagogical approaches in teaching English

Sept 16: The University of Health Sciences (UHS) Lahore, through its Discipline Specific Faculty Council (DSFC) in English, organized a seminar on "Pedagogical Approaches in Teaching English: Methods, Challenges and Reflection on the English Proficiency Course (EPC)" at City Campus. Vice Chancellor Prof. Ahsan Waheed Rathore highlighted the importance of strengthening English skills for medical and health sciences students, adding that the EPC had enhanced learners' ability to access knowledge and communicate with confidence. The event was co-patronized by Pro Vice Chancellor Prof. Nadia Naseem, while Prof. Sarah Ghafoor, Director Special Initiatives, PSDC, played a key role in its organization.

Facilitators included Ms. Sadia Mushtaq (Shalamar Nursing College), Ms. Tayyaba Zahid (UHS), and Mr. Muhammad Irfan (SACON). Faculty and students discussed challenges and shared strategies in English language teaching.

Innovation in rehabilitation sciences highlighted

Sept 15: The University of Health Sciences (UHS) Lahore, through its Discipline Specific Faculty Council (DSFC) in Occupational Therapy and Speech & Language Pathology, held a one-day

seminar "INSPIRE: Strengthening Rehabilitation Sciences through Innovation, Collaboration and Research" at the City Campus. Vice Chancellor Prof. Dr. Ahsan Waheed Rathore outlined the objectives of the council, stressing collaboration, continuous skills development, and evidence-based practices to strengthen rehabilitation sciences. Pro Vice Chancellor Prof. Dr. Nadia Naseem and Dr. Saba Khaliq,



Director Institute of Allied Health Sciences, led the seminar with Ms. Shahzadi Arshad as focal person. Speakers included Dr. Atia ur Rehman (Rashid Latif Khan University), Ms.



Humaira Idrees (Children's Hospital, Lahore), and Ms. Ramma Inam (PSRD), who discussed curriculum innovation, emerging technologies, and evidence-based co-treatment models. Certificates were distributed among participants.



Seminar explores best practices in pharmacology paper assessment

Sept 8: The University of Health Sciences (UHS) held a seminar on “Paper Assessment, Paper Setting and Integrated Concerns in Pharmacology & Therapeutics” at its Jinnah Campus, Kala Shah Kaku, as part of the DSFC initiative. Organized by the Department of Pharmacology and Therapeutics, the session was conducted under the patronage of Vice Chancellor Prof Ahsan Waheed Rathore, with Prof Muhammad Shahzad leading and Dr Usman Aftab serving as focal person.

Addressing participants via video link, Prof Rathore underlined the importance of collaboration among faculty across institutions, saying such academic activities should be used for capacity building and bridging communication gaps. The seminar featured expert talks by Prof M. Ahmad Alamgir, Prof Tehseen Abaid, Prof Maryam Rashid, and Prof M. Imran Ashraf.

Key themes included constructing quality MCQs and SEQs, Bloom’s Taxonomy, blueprinting, development of marking keys and rubrics, and post-exam analysis. Faculty from affiliated institutions attended and received certificates along with PMDC-approved CME hours.

Advancing Competency in Medical Education

Sept 2: The University of Health Sciences (UHS) held a seminar on “Authentic Learning & Assessment: Advancing Competency in Medical Education” under its DSFC initiative. The event aimed to promote authentic learning strategies and train faculty in designing meaningful assessments.

UHS Vice Chancellor Prof Ahsan Waheed Rathore emphasized the need to move from rote memorization to competency-based approaches that test application of knowledge in real-life situations. Facilitators Prof Sumera Ehsan, Dr Farah Rehman, and Prof Hassan Shoaib discussed principles of authentic learning, modern assessment methods, and rubrics design. Participants agreed such initiatives enhance education quality and develop competent healthcare professionals.





"VITAL" (Virtual & Interactive Technology for Anatomy Learning)

Sept 3: The University of Health Sciences (UHS) hosted a seminar titled "VITAL (Virtual & Interactive Technology for Anatomy Learning)" under its Discipline Specific Faculty Council (DSFC) initiative. The event was organized by the Department of Anatomy at the university's Prof. Tania Shakoori Conference Hall and attended by faculty and students from UHS and affiliated colleges in hybrid mode.

The seminar focused on exploring virtual anatomy applications for enhanced teaching and learning experiences. Participants discussed the pedagogical advantages and limitations of digital tools and shared recommendations for integrating them into the undergraduate curriculum. UHS Vice Chancellor, Prof Ahsan Waheed Rathore, addressing the seminar, said such activities help bridge communication gaps between the university and its affiliated institutions. He

emphasized that the faculty of affiliated colleges was considered part of the university faculty and could also avail opportunities for national and international training programs, just like the university faculty.

The session was moderated by Prof. Dr. Uruj Zehra, Head of Anatomy at UHS. Invited speakers included Prof. Dr. Mahjabeen Munira from Allama Iqbal Medical College and Prof. Dr. Nazia Siddique from Al-Aleem Medical College, Lahore. A demonstration of a virtual dissection table was also given by Dr. Masooma Ahmad, Associate



Professor at UHS, along with Mr. Rehan from Medinostic Healthcare. Faculty from affiliated medical colleges, along with UHS MPhil and PhD students of anatomy, took part in interactive lectures, tool demonstrations, and peer learning activities designed to promote the use of technology in anatomy education.





Sept 2023

Campus





Seminar held on decoding immunity in Hepatitis B

Sept 11: The Department of Immunology, UHS, in collaboration with Al-Aleem Medical College and Sharif Medical and Dental College, organized a seminar on "Decoding Immunity in Hepatitis B" under the DSFC initiative.

Dr. Ghaniya Ali (Al-Aleem Medical College) discussed immunopathogenesis and lab diagnosis, while Dr. Attia Lateef (Sharif Medical and Dental College) highlighted chronicity, immune exhaustion, and co-morbidities. Dr. Romeeza Tahir (UHS) spoke on advancements in immunotherapy and vaccines.

Prof. Dr. Nadeem Afzal delivered a talk on "Future Research Avenues in HBV Immunology," stressing host-virus interactions, novel vaccines, and strategies aligned with WHO Mission 2030. The event concluded with an interactive research-focused session.

Symposium on Behavioural Sciences



Sept 10: UHS Department of Behavioral Sciences organized a symposium on the "Importance of Behavioral Sciences in Medical Education." Faculty from affiliated institutions reviewed curriculum, PM&DC-allotted hours, clinical integration, pedagogy, and assessment.

Keynote speakers included Prof. Dr. Sumira Qamar Bukhari (Services Institute of Medical Sciences), Dr. Faiza Ather (Ameer-ud-Din Medical College), and Dr. Saqib Rabbani (UHS), who also served as a principal organizer.

UHS Vice Chancellor Prof. Ahsan Waheed Rathore emphasized mandatory participation in DSFC events, calling them crucial for collaboration and competency-based education, while stressing the role of behavioral sciences in producing empathetic doctors.

"ALERT – Awareness and Learning on Emerging Resistance Trends"

Sep 04: The Department of Microbiology, University of Health Sciences (UHS), organized a seminar titled "ALERT – Awareness and Learning on Emerging



Resistance Trends". The session, chaired by VC Prof. Dr. Ahsan Waheed Rathore and Pro-VC Prof. Dr. Nadia Naseem, featured lectures by Prof. Dr. Farhan Rasheed (Ameer-ud-Din Medical College), Prof. Dr. Kokab Jabeen (Allama Iqbal Medical College), and Prof. Dr. Sidrah Saleem (UHS). Speakers addressed antimicrobial resistance, challenges in Colistin MIC determination, and Clostridium difficile infection. Prof. Rathore emphasized rational antibiotic use, hand hygiene, and bridging gaps between microbiologists and the medical community.



MBBS, BDS examination calendars for 2025 approved

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, approved the MBBS and BDS examination calendars for 2025.

As per the schedule, MBBS annual exams will start with the First Professional on February 23, 2026, followed by the Second Professional on January 26, the Third Professional on February 2, the Fourth Professional on December 15, 2025, and the Final Professional on February 9, 2026. For BDS, the First Professional will begin on February 24, 2026, the Second Professional on February 10, the Third Professional on March 2, and the Final Professional on March 30, 2026.

The meeting also approved a transition policy for students failing in First Year BDS and Third Year MBBS, and endorsed the establishment of discipline-specific faculty councils (DSFC) to enhance collaboration, research, and quality assurance.

The vice chancellor further announced an international standard simulation lab, to be completed by March 2026, for advanced training. Principals of medical and dental colleges attended.

Seerat-un-Nabi (PBUH)... Continued from Page 01

Literature, Oriental College, Punjab University; and Prof Dr Ahsan Bashir, Chairman Department of

English, University of Education.

Addressing the gathering, Prof Rathore said the Seerah of the Holy Prophet (PBUH) was not confined to rituals but offered complete guidance for all walks of life. He reminded health sciences students that their responsibility was greater as their knowledge was directly linked to saving lives. "The best of people are those who are most beneficial to others," he quoted, urging students to treat their profession as service and worship.

Prof Baseera Ambreen noted that the competition helped youth understand the Prophet's (PBUH) life in both intellectual and practical terms. She said medicine was not merely a profession but a form of devotion, stressing compassion in patient care. In the results announced, Kainat Zahra (College of Nursing DHQ, Hafizabad) won first place in the Naat category, followed by Andleeb Fatima (Shaikha Fatima Institute of Nursing, Lahore) and Rao Muhammad Ali (Allama Iqbal Medical College, Lahore). In English declamation, Arbaz Hassan (Sheikh Zayed Medical College, Rahim Yar Khan) came first, with Areeba Rizwan (UHS Lahore) second and Sabih Qaisar (Sheikh Zayed Medical College, Rahim Yar Khan) third. In Urdu declamation, Laiba Ashiq (Watim Medical College, Rawalpindi) secured first, Danish Hussain (Sheikh Zayed Medical College, Rahim Yar Khan) second, and Arooj Fatima (Al-Aleem Medical College, Lahore) third.

The winners received cash prizes while all finalists were awarded certificates by the Vice Chancellor. Shields and certificates were also presented to the judges and organisers.



Local production of biosimilars and vaccines recommended

Sept 17: The Research and Development (R&D) Advisory Committee of the University of Health Sciences (UHS), chaired by Prof Dr Kausar Abdullah Malik, has recommended that the university take a lead in promoting local production of biosimilars, bioequivalence drugs, and vaccines in collaboration with government bodies. Vice Chancellor Prof Ahsan Waheed Rathore, along with senior faculty, attended the meeting. Presenting a performance review, UHS Director of R&D Prof Sidrah Saleem said over 2,000 research projects had been completed in three years. Prof Rathore announced that UHS, with Iran's Islamic Science Citation Center, would soon launch training for medical editors.

Prof Malik stressed prioritizing quality over quantity in research, urging publications in high-impact journals and development of local vaccines. Prof Huma Arshad Cheema called for partnerships with China, while Dr Isaac John suggested a fund for supporting top-tier publications.

Biochemistry's role in tackling neurodegenerative diseases explored

Sept 12: The University of Health Sciences (UHS) Lahore organized a seminar on "Emerging

Biomarkers, Nutraceuticals and Diagnostics in Neurodegenerative Disorders" at its City Campus. The Department of Biochemistry hosted the event, attended by faculty, researchers, and students from 22 affiliated medical colleges.

Vice Chancellor Prof Ahsan Waheed Rathore stressed collaboration across institutions to tackle



complex health issues, highlighting biochemistry's role in linking basic sciences with clinical practice. Dr Saima Suleman, Incharge Biochemistry, and Dr Aisha Tahir, focal person, welcomed participants and underlined the need for joint academic activities.

Speakers included Prof Sadia Qureshi on



biomarkers, Prof Zameer Ahmad on nutritional interventions in Alzheimer's, and Prof Hasan Raza on AI-based diagnostics. The seminar ended with interactive sessions and certificate distribution.



UHS seminar highlights advances in laboratory diagnosis

Sept 17: The University of Health Sciences (UHS), through its Discipline Specific Faculty Council (DSFC) in Medical Laboratory Technology, organized a seminar on “Advances in Laboratory Diagnosis: From Bench to Bedside”. The Institute of Allied Health Sciences (IAHS), UHS, hosted the event, which was attended by about 50 faculty members and students.

Speakers included Dr Kaukab Jabeen of Allama Iqbal Medical College, who discussed diagnostic insights from bench to bedside; Dr Muhammad Zubair of PKLI, who spoke on microbial diagnostics and infectious diseases; and Dr Humera Javed of the Children’s Institute of Allied Health Sciences, who presented on point-of-care testing. UHS VC Prof Ahsan Waheed Rathore said accurate and timely diagnosis was the backbone of patient care and emphasized adapting new technologies to local needs.

The seminar was organized by IAHS faculty, and participants received certificates and CME credit hours.

Workshop for nursing educators held

Sept 9: The Institute of Nursing, University of Health Sciences (UHS), organized a hands-on workshop titled “Critical Airway Care: Mastering Life-Saving Skills for Nursing Educators” at the Professional

Skill Development Center, Jinnah Campus, Kala Shah Kaku.

About 90 nursing instructors from affiliated colleges attended in two batches, receiving training in airway management, BiPAP/CPAP, and suctioning practices. UHS Vice Chancellor Prof Ahsan Waheed Rathore, in his address, stressed the importance of equipping nursing educators with standardized life-saving skills. He announced



the launch of an evening MSN program for faculty, with top performers to secure a three-month foreign internship.

The workshop was facilitated by Mr Tanzeel-ur-Rehman, Mr Akash Samuel, Ms Samreen Manzoor, and Ms Sabiha Sultana. Prof Dr Samina Kausar introduced the initiative, while Abdul Wajid delivered closing remarks. Pro VC Prof Nadia Naseem also attended. Certificates and shields were distributed among participants by the VC.



UK expert highlights AI in healthcare at UHS lecture

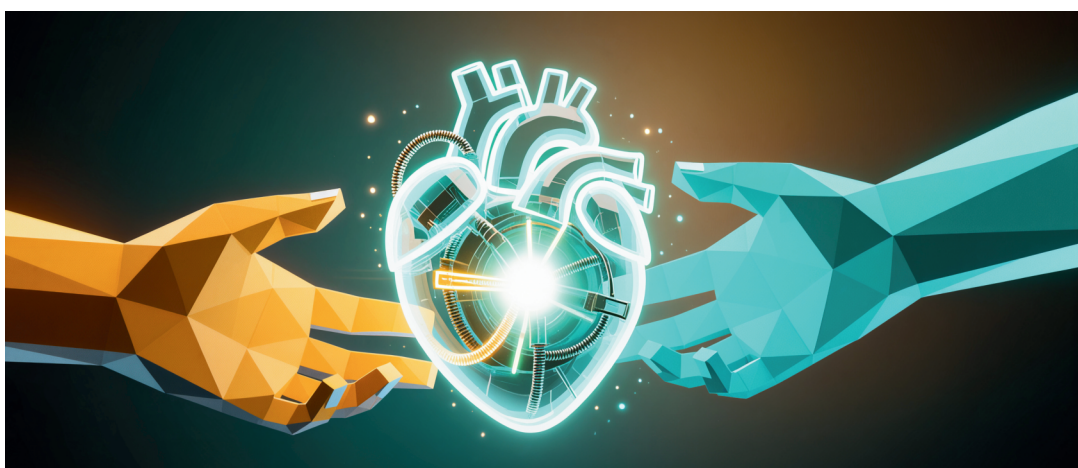
Prof. Isaac John explores how artificial intelligence could transform healthcare in Pakistan

Sept 18: Artificial Intelligence (AI) is no longer a futuristic concept but a tool rapidly transforming the way doctors diagnose, treat, and prevent disease. At the University of Health Sciences (UHS) on Thursday, Prof Dr Isaac John, Associate Director of Research & Development at Ashford and St Peter's Hospitals NHS Foundation Trust, UK, and Honorary Senior Lecturer at Royal Holloway University of London, delivered a lecture on AI's growing role in healthcare and medical education. Introducing the session, UHS Pro Vice Chancellor Prof Nadia Naseem highlighted the importance of digital innovation. The event was attended by principals, senior faculty, and students of public and private medical institutions.

Prof John said digitization was reshaping healthcare and emphasized the need for high-quality data to make AI systems reliable. He explained that AI could cut costs, support accurate diagnoses, and enable personalized treatment.

Applications already advancing include radiology, pathology, laboratory medicine, robotic interventions, AI-assisted surgeries, and genetic-based therapies. Virtual health assistants, he added, can monitor patients, remind them of medicines, and improve communication with providers.

He noted AI's potential to streamline hospital operations, from scheduling and record management to billing and predicting admissions. Electronic medical records (EMRs), disease registries, imaging data, and prescriptions, he said, are critical resources. Referring to Pakistan, he stressed the need to integrate systems such as PakEMR and NADRA through standardized coding.



Concluding the seminar, UHS Vice Chancellor Prof Ahsan Waheed Rathore cautioned that AI must be used responsibly. "AI interprets the data we provide. Accuracy, transparency, and clear policies for students are essential," he said. The lecture ended with an interactive discussion on opportunities and challenges in adopting AI for healthcare in Pakistan.



Mandatory life-saving skills:

UHS trains 200 faculty; workshops for medical students begin across Punjab

Sept 11: The University of Health Sciences (UHS) has completed training more than 200 faculty members from 44 public and private medical colleges in Punjab in emergency life-saving skills, marking a major step toward standardizing clinical education across the province. These trained instructors are now leading hands-on workshops for undergraduate students in cardiopulmonary resuscitation/basic life support, trauma management, and newborn care. The training modules, developed by UHS, carry accreditation from the National Ambulance Service College in Dublin, Ireland, ensuring

compliance with international best practices.

The initiative is being coordinated by the Professional Skill Development Centre (PSDC) of UHS, under the supervision of Prof Sarah Ghafoor, Director Special Initiatives, and Dr Lamia Yousaf, Director Medical Education. Earlier this year, UHS became the first university in Pakistan to embed six mandatory life-saving skills into the undergraduate curriculum of medicine, dentistry, nursing, and allied health sciences. These include cardiac first response, advanced cardiac life support, trauma care, emergency triage, neonatal resuscitation, and emergency obstetric and neonatal care.

Vice Chancellor Prof Ahsan Waheed Rathore said the program was reshaping medical education by equipping students to serve as both competent clinicians and first responders. "Every future health provider must know how to save a life before they enter the field," he emphasized.

A UHS spokesperson said final-year MBBS students will be examined in these skills during the 2025 professional exams. He added that future phases will cover advanced clinical training, extending the initiative to all affiliated institutions.

