

UMDC | THE UNIVERSITY OF  
FAISALABAD

**University Medical & Dental College**

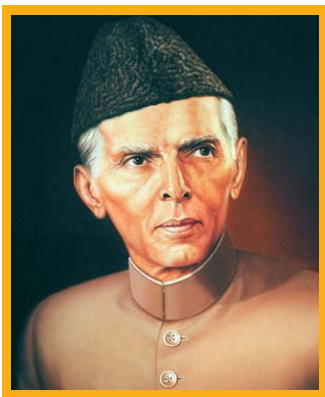
A Constituent College of The University of Faisalabad

# UMDC NEWS

2020







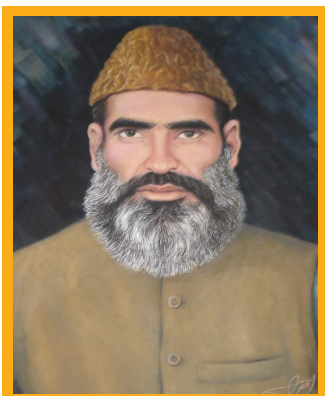
## Quaid-e-Azam Muhammad Ali Jinnah (RA)

"Pakistan is proud of her youth, particularly the students, who are nation builders of tomorrow. They must fully equip themselves by discipline, education and training for the arduous task lying ahead of them."



## Allama Muhammad Iqbal (RA)

"Be aware of your own worth, use all of your power to achieve it. Create an ocean from a dewdrop. Do not beg for light from the moon, obtain it from the spark within you."



## Haji Muhammad Saleem (Late)

Founder Chairman of Madinah Foundation

### **Vision**

- Industry
- Service
- Education

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# Message



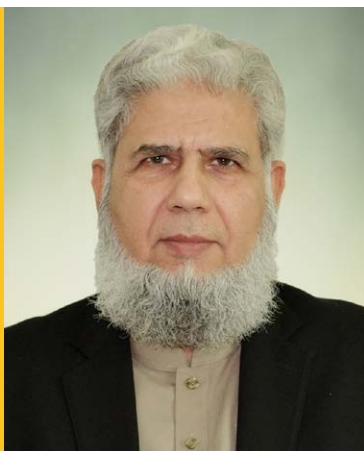
"UMDC News 2020 is actually a partial presentation of self analysis and self auditing process which governs all institutions under the umbrella of The University of Faisalabad. University Medical & Dental College being its constituent college along with Madinah Teaching Hospital is upholding the best possible standards of medical teaching, training and patient care under all circumstances and the work done in year 2020 being an excellent example of its performance  
I wish and pray a bright and successful future for UMDC in the days to come. "

**Mian Muhammad Hanif (SI)**  
**Patron-in-Chief, UMDC**



" This gives me immense pleasure to write for UMDC News 2020. We have gone through an exceptional experience of Covid pandemic during this year but simultaneously we have learnt also to respond such type of global challenges. Alhamd o Lillah, we struggled to overcome all the problems faced during this pandemic. Our IT Department has undergone a transition towards excellence. The speed and efficacy of adopting the new circumstances has been extraordinary and exemplary. I congratulate the whole faculty at basic as well as clinical side, to transform quickly and efficiently according to the requirements of COVID-19 SOPs."

**Muhammad Haider Amin**  
**Chairman, Board of Governors, UMDC**



" Most part of year 2020 has been full of fear, uncertainty & horror due to COVID-19 pandemic. Ultimately, the element of hope has prevailed at the end, due to development of vaccines in USA, UK, China, Russia and other countries of the world. Fortunately, University Medical & Dental College has maintained its vitality throughout this crisis year due to vigilant patronization by our Patron in Chief, organized teaching & clinical work by faculties and a sincere support by Registrar office & IT department of The University of Faisalabad. This News Report reflects all these efforts to keep life at UMDC at a normal pace and the readers will judge it by having a look at these activities. "

**Prof Dr Muhammad Saeed**  
**Dean, Faculty of Medicine & Allied Health Sciences, TUF**

# Message



"It was a very normal life at the beginning of the year, everything like teaching, research & co curricular activities were moving normally. Then, in the middle of March 2020, the waves of horror in the form of COVID-19 Pandemic started reaching our motherland and shook everything including educational process throughout the country. Fortunately, it took us very little to restore our campus life by complete transformation into online mode. Our clinical training and patient care were also maintained by strict observance of the required professional & administrative protocols.

The News Report will give you glimpses of, what we did for maintaining the normal tempo of our teaching, research, co-curricular life at college & clinical services at Madinah Teaching Hospital in spite of so many ups & downs."

**Prof Dr Aamir Ali Choudhry**  
Principal, UMDC



"To perform well under any circumstances, coordinated team work is a key feature of any accomplishment. Our basic sciences departments and clinical faculty equally participated in making year 2020 a memorable year in the history of University Medical & Dental College.

The work presented in UMDC News 2020, reflects the outcome of a team's coordinated response to a challenge."

**Prof Dr Muhammad Akram Malik**  
Vice Principal, UMDC



"The year 2020 was challenging, as the whole world faced COVID - 19. When all the walks of life were affected due to this pandemic, educational institutions faced the same fate.

Despite a phase of fear and lock down, our Dental college courageously performed its duties to the full capacity, following all the SOPs's, both in patient care and online academic activities."

**Prof Dr Mian Farrukh Imran**  
Principal, Dental College (UMDC)

# University Medical & Dental College - Brief Introduction

Medical education in Pakistan, since independence, has been the domain of public sector. Changing trends in medical education around the world and immense pressure of quality treatment has paved way for private sector to play its part in the field. Despite being the industrial capital of the country, Faisalabad had only one Medical College and only two major hospitals to cater to the health and educational needs of over 6 million people.

Madinah Foundation, following the vision of its founder Chairman Mian Muhammad Saleem (Late) 'Industry, Service & Education', established Medical College in 2003 to fill this vacuum in the medical education in Faisalabad. Since beginning, the College has strived hard and under the able, dynamic leadership and guidance of its present Chairman BoG Muhammad Haider Amin has achieved unique honors and distinction. Another distinct feature of the College is that it is a Medical & Dental College for girls only. The College has hired the services of eminent medical professionals from around the country.

## Vision

To be a leading educational institution characterized by

- An intellectual environment conducive for innovative teaching and learning
- A culture of original research to address the future challenges
- High quality professional education meeting the local and global requirements
- Emphasis on Islamic ethical values for inculcating the qualities of love, patriotism and service to humanity

## Mission

"To foster an environment promoting patient care, professionalism, ethics and lifelong learning by providing state of the art innovative teaching, training and research opportunities for medical and dental professionals who would contribute towards an effective national & global healthcare system.





## Sixth Convocation of UMDC



Sixth Convocation of University Medical & Dental College was held on December 14, 2020.

Mr Muhammad Basharat Raja, Provincial Minister of Punjab for Law & Parliamentary Affairs was the chief guest. Prof Dr Javed Akram, Vice Chancellor, University of Health Sciences, Mian Muhammad Hanif (SI), Patron in Chief, TUF, Mr Haider Amin, Chairman Board of Governors, Mian Muhammad Rasheed, Trustee Madinah Foundation, Prof Dr Shoukat Parvez, Rector, Prof Dr Muhammad Saeed, Pro Rector, TUF (Health Sciences), Prof Dr Aamir Ali Choudhry, Principal University Medical & Dental College, Prof Dr Farrukh Imran, Principal UMDC (Dental College), faculty members, graduates and their parents graced the occasion. The graduates also took the first step towards their practical life by taking oath.

In his address Mr Muhammad Basharat Raja congratulated the graduates and expressed that private sector is playing a vital role in promoting quality professional education in the country and The University of Faisalabad is an excellent example of it. Prof Dr Javed Akram, Vice Chancellor, UHS said that excellent results of UMDC students in Medical Professional examinations under UHS, prove that UMDC is one of the top colleges of the country.

More than 380 graduates from UMDC were awarded degrees, while 23 promising graduates were awarded gold medals, 21 silver and 18 bronze medals. Following all SOPs of COVID-19, large number of graduates, their parents, faculty members and other distinguished guests were present in the convocation.



Mr Muhammad Basharat Raja, Provincial Minister of Punjab for Law & Parliamentary Affairs, Prof Dr Javed Akram, VC, UHS, Mian Muhammad Hanif (SI), Patron in Chief, TUF, Mr Haider Amin, Chairman BoG, Mian Muhammad Rasheed, Trustee Madinah Foundation and senior management of TUF and UMDC with medal winners





Mr Muhammad Basharat Raja, Provincial Minister of Punjab for Law & Parliamentary Affairs, Prof Dr Javed Akram, VC, UHS, Mian Muhammad Hanif (SI), Patron in Chief, TUF, Mr Haider Amin, Chairman BOG, Mian Muhammad Rasheed, Trustee Madinah Foundation and senior management of TUF and UMDC with graduates





Mian Muhammad Hanif (SI), Patron in Chief, TUF presenting memento to Mr Muhammad Basharat Raja, Provincial Minister of Punjab

Mr Muhammad Basharat Raja, Provincial Minister of Punjab for Law & Parliamentary Affairs, presenting memento to Prof Dr Javed Akram, VC, UHS

# *Congratulations*



## Our Pride - Our Gold Medalists



Tehreem Rashid  
MBS-FA14-3709



Ghazal Mehtab  
MBS-FA14-3709



Noor Fatima  
MBS-FA14-3841



Warda Akram  
MBS-FA13-3377



Moizza Khalid  
MBS-FA13-3481



Sidra Aslam  
MBS-FA13-3555



Simra Ajmal  
BDS-FA15-2473



Maheen Choudhry  
BDS-FA15-2437



Mahnoor Iqbal  
MBS-FA14-3602



Kiran Tariq  
MBS-FA13-3430



Wania Shahid  
BDS-FA15-2480



Saman Azhar  
BDS-FA14-2384



Rida Amjad  
BDS-FA14-2322

## Mr Sebastian Kuntze, from Victoria University, Melbourne visits

Mr Sebastian Kuntze, from Victoria University, Melbourne, Australia visited The University of Faisalabad on January 20, 2020. During the meeting with Prof Dr Shoukat Parvez, Rector and other senior faculty members of TUF, Mr Sebastian Kuntze showed keen interest to strengthen educational linkages between TUF and Victoria University. The University of Faisalabad and Victoria University have already signed an MoU for Professional Development, Curriculum and Teaching Cooperation and Joint Research Projects.

Speaking on the occasion, Prof Dr Shoukat Parvez said that such linkages and collaborations would help to promote

research and development culture in the University, and soon TUF would be the internationally reputed educational institute. We shall strengthen our collaboration with Victoria University in difference disinclines, Prof Dr Shoukat Parvez added. Prof Dr Muhammad Seed, Pro Rector and Prof Dr Najeeb Haider, Director ORIC in their presentation briefed the guest about academic performance of the University and research projects in process under ORIC. Mr Sebastian Kuntze visited different departments of the University and affiliated Madinah Teaching Hospital. Later, he also addressed faculty members and students during the seminar held in Engineering wing of TUF.



Prof Dr Shoukat Parvez presenting University memento to Mr Sebastian Kuntze



Mr Sebastian Kuntze visiting dental clinics at MTH



Mr Sebastian Kuntze in meeting with Mr Muhammad Haider Amin, Chairman BoG

## Workshop “Microwave Ablation of Uterine Fibroids and Breast Lesions”

Uterine fibroids are the most common benign pelvic tumor of the female genital tract and tend to increase with age; they cause menorrhagia, dysmenorrhea, pelvic pressure symptoms, back pain, and subfertility. Department of Radiology, UMDC organized a workshop on “Microwave Ablation of Uterine Fibroids and Breast Lesions” on January 13, 2020.

Dr Su Honghui, Interventional Radiologist and Director of

Affiliated Hospital from Shantou University, China was the guest speaker. He talked about contrast induced techniques to study fibroids, leiomyomas and other lesions.

Prof Dr Muhammad Fiaz, Head of Radiology Department, Superior University, Al Nafees Medical College and Surgimed Hospital was also the resource person. He delivered comprehensive talk on new plasma techniques using different



modalities of Radiology alongwith the management. Speaking on the occasion, Prof Dr Nayab Alia , Head Department of Radiology, Madinah Teaching Hospital expressed her gratitude

to the guest speakers. Overall, the session was very informative for students as well as faculty members.



Guest Speakers with participants of workshop

## Seminar "Breast Cancer Awareness"

October is celebrated worldwide as breast cancer awareness month. Department of Community Medicine, UMDC, Department of Medical Imaging Sciences, TUF and Community Services Society jointly organized awareness seminar at The University of Faisalabad on October 14, 2020. Pro Rector, Health Sciences wing, TUF Prof Dr Muhammad Saeed in his address encouraged the university students to enthusiastically participate in this noble cause of spreading awareness in the community and play their role in decreasing the misery of the community. In her keynote address, Associate Prof Dr Saira Saleem, Oncoplastic Breast Surgeon from Madinah Teaching

Hospital highlighted that Pakistan has the highest incidence of breast cancer in Asia and most of the cases are presented in the very late stage of the disease. She emphasized on early detection through screening.

Dr Sumera Riaz motivated the students for Self Breast Examination & adopting a healthy lifestyle. She informed the audience that self-breast examination has a pivotal role in the early detection of breast cancer. The community services society of TUF collected donations for "PINK RIBBON" organization to support breast cancer patients.



Faculty member and students in awareness walk on "Breast cancer"



## World Osteoporosis Day

Head Department of Orthopedic, Madinah Teaching Hospital and Rehabilitation Society, TUF jointly organized awareness seminar to mark "World Osteoporosis Day" in Health Sciences wing on October 20, 2020. Guest Speaker, Prof Dr Kaleem Shoukat, Head Department of Orthopedic, MTH in his address to the students gave awareness about osteoporosis. Members

of Rehabilitation Society performed skit about importance of women health. Other creative activities and competitions were also conducted to mark the day and winners were awarded with prizes. Members of Rehabilitation Society also presented face masks to patients and staff in MTH. Later, Prof Dr Kaleem Shoukat led an awareness walk on Osteoporosis.



Prof Dr Kaleem Shoukat with other faculty members and students in awareness walk on "World Osteoporosis day"

## World Leprosy Day marked in UMDC

The University of Faisalabad has been observing The World Leprosy day since last 10 years. In order to "Overturn the Stigma of Leprosy", the Society for Skin Care observed a Scientific Seminar on January 29, 2020. Renowned German Physician Dr Chris Schmotzer was the Chief Guest in the ceremony. As part of an evangelical sisterhood from Germany, she has been working to cure patients of infectious diseases, particularly leprosy and tuberculosis (TB), in Pakistan. Her services have whittled the number of leprosy in Pakistan. Along with Prof Dr Tanzeela Khalid, Head Department of Dermatology, MTH, Prof Dr Saif ud Din, Head Department of Anatomy UMDC, Prof Dr Katrina Hurbik, Head School of English, TUF, Associate Professor Forensic Medicine Dr Shirza Nadeem and many esteemed personalities also participated. Dr Chris provided the scientific knowledge and the current status of leprosy in Pakistan.

The student centered activities included 3D model presentations, poster making and documentary competition. They were appreciated by awarding prizes and certificates. Afterwards, Dr Chris conducted a workshop in Madinah

Teaching Hospital to train the doctors about diagnosis and examination of leprosy.

Students and faculty members from TUF and UMDC attended the informative session.



Prof Dr Muhammad Saeed presenting memento to Dr Chris Schmotzer



Dr Chris Schmotzer and Prof Dr Tanzeela Khalid with faculty members and students to mark World Leprosy day



## First year Students of UMDC get a warm Welcome with White Coat Ceremony

First Year Students of MBBS and BDS get a warm welcome with White Coat ceremony at UMDC. It was a much-awaited moment and special occasion for the fresh entrants as their seniors and professors were there to welcome them into the College premises. After donning their new white coats, presented by the second year students, they recited the Oath pledging allegiance to the medical profession, their companions, seniors and their duty towards their patients.

During orientation and welcome program held in Saleem Auditorium, Mr Muhammad Haider Amin, Chairman BoG, in his address told that The University of Faisalabad was the vision of his Grand Father, that was Industry, Service, Education. He assured the fresh entrants that our highly qualified faculty with state of the art infrastructure is doing their best to make their education adequate to modern healthcare achievements and give them the opportunity to become highly qualified and

successful professionals.

Prof Dr Shoukat Parvez, Rector, in his address welcomed new students in UMDC. He said that we are proud of our highly qualified and experienced faculty and staff. At UMDC, we inculcate research culture among our students. 'As the Rector I am committed to lead this institution to improve the healthcare through excellence in medical education, research activities and patients care in the region' he added.

Speaking to the fresh entrants, Prof Dr Muhammad Saeed, Pro Rector emphasized the importance of the medical profession and made them understand their responsibilities.

Ms Zahida Maqbool, Additional Registrar, briefed the students about TUF, UMDC, MTH and other welfare projects running under the auspices of Madinah Foundation. Prof Dr Aamir Ali Choudhry, Principal UMDC welcomed the first year students and called upon them to render hard work for building a bright



First year students being welcomed with white coat ceremony

future. In his presentation, he briefed about the UMDC and affiliated Madinah Teaching Hospital. He said that the college accounted for its state of the art infrastructure and experienced faculty. He urged the new comers to take full advantage of these opportunities for becoming successful medical professionals and serve the society. Prof Dr Mian Farrukh Imran, Principal Dental College, UMDC also addressed the fresh entrants.

Dr Shirza Nadeem Coordinator UMDC and Ms Safina MBBS final year student also shared their views. On the occasion, few Alumni of UMDC serving in leading hospitals of USA, UK, Australia and other countries also shared their views by video messages to encourage the new comers.





Mr Muhammad Haider Amin, Prof Dr Shoukat Parvez, Prof Dr Muhammad Saeed, Ms Zahida Maqbool, Prof Dr Aamir Ali Choudhry and Prof Dr Mian Farrukh Imran addressing the fresh entrants

## Annual Poster Exhibition: Students' effort to raise health awareness

Department of Community Medicine, UMDC organized annual poster exhibition on 12<sup>th</sup> March. The competition aimed at encouraging students to understand and raise awareness on health issues in context of current scenario. Students of 4<sup>th</sup> year MBBS prepared eye catching posters regarding diseases of public health importance like Corona Virus infection, Tuberculosis Hepatitis Rabies, Global Warming, Malnutrition

Maternal and Child health and Polio.

Prof Dr Muhammad Saeed, Pro Rector Health Sciences wing and Prof Dr Zahid Masood, Head of Department evaluated the students' posters and appreciated their efforts to raise much needed public awareness on different diseases. Three winners were awarded prizes while appreciation certificates for all participants.



Prof Dr Muhammad Saeed and Prof Dr Zahid Masood awarding prizes after evaluating students' works

## Orientation workshops for 1st year MBBS students

Entry into a professional college is an important transition for any MBBS student. First year students of 17<sup>th</sup> batch of MBBS were warmly welcomed on January 8<sup>th</sup>, 2020. A white coat ceremony with oath taking was organized to motivate them. This was followed by a three day orientation program to help them adjust in the new environment. The following sessions on learning skills were organized by DME in addition to other sessions

- What it means to be a doctor by Prof Dr Tanzeela Khalid
- Problem solving strategies by Zainub Asif
- Time management by Dr Shirza Nadeem
- Self-directed learning by Prof Dr Tanzeela Khalid





## Workshop on “Planning & Designing Quantitative Research”

Department of Medical Education, UMDC organized a workshop on “Planning and Designing Quantitative Research” on January 25, 2020.

Prof Dr Fatima Mukhtar, PhD Public Health, working as Professor of Community Medicine at Lahore Medical & Dental College was the facilitator. In her lecture Dr Fatima provided a comprehensive understanding of the nature and relevance

of quantitative research methodology in health and social sciences. Speaking to the participants, Prof Dr Tanzeela Khalid, Director Medical Education UMDC, encouraged the scholars to come out with standard work by adopting quantitative research methods. The session was attended by faculty members of University Medical & Dental College as well as The University of Faisalabad.



Participants of workshop with facilitator, Pro Rector and Additional Registrar

## Seminar on “Career Counseling” for MBBS & BDS students by DME

Department of Medical Education (DME), University Medical & Dental College in collaboration with Kaplan Medical University, USA and AMO Opportunities, USA arranged a Career Counseling seminar for MBBS & BDS students and graduates on January 15, 2020. Mr Muhammad Ali, Business Development Manager, Emerging Visions was there to conduct online live sessions from USA with Kaplan and AMO representatives.

There were two live sessions followed by a question answer session with students. All sessions received good response from students. Ms Maham Asmat and Ms Safeena Ishfaq

from final year MBBS moderated the workshop. Speaking on the occasion, Prof Dr Tanzeela Khalid, Director, DME said that such workshops would provide our students professional development opportunities and guide them how to prepare for a successful career. She said that teachers transformed lives and they should therefore broaden their horizon of knowledge and updates students about various profession oriented subjects.

Prof Dr Akram Malik, Vice Principal, UMDC commended the efforts of Director, DME for conducting this session for students.



Prof Dr Tanzeela Khalid and Mr Muhammad Ali sharing their views with students and faculty members



## International Webinar on "Medical Research"

The University of Faisalabad has always recognized research as a key factor in the development of country. An international webinar on medical research was specially organized by The University of Faisalabad, in collaboration with The University of Health Sciences, Lahore on August 22, 2020. This webinar was intended to bring together researchers and practitioners, from the academy and from the clinical side. Mr Muhammad Haider Amin, Chairman Board of Governors, The University of Faisalabad, welcomed all the national and international speakers.

The chief guest of the Medical Research Webinar, Professor Dr Fazal Ahmad Khalid, Chairman Punjab Higher Education Commission formally opened the proceedings of the first scientific session. Pro Rector TUF, Prof Dr Muhammad Saeed gave his opening remarks about Medical Research Webinar. He explained that this webinar is a platform to share and discuss ways to improve accessibility to knowledge and promote interdisciplinary collaborations.

Prof Dr Khalid Saeed Khan, Professor and Distinguished Investigator in the Department of Preventive Medicine and Public Health Faculty of Medicine, University of Granada, Spain gave his presentation on "Getting Research Published" in

which he effectively discussed various components of article writing followed by a brief question and answer session. Prof Dr Javed Akram, Vice Chancellor University of Health Sciences, Lahore, and President: Pakistan Society of Internal Medicine, enlightened the role of the University of Health Sciences in promoting research culture in the country.

Prof Dr Khalid Masood Gondal, Vice Chancellor, King Edward Medical University Lahore, presented his talk on "Monitoring of training and research in competency-based medical education". Prof Dr Muhammad Umar, Vice Chancellor of Rawalpindi Medical University and Allied hospitals gave a presentation on "What do a physician require to convert his routine patient information into research data". Prof Dr Hina Ayesha Pro Vice Chancellor Faisalabad Medical University, explained the role of Islam in research and innovation. Prof Dr Khaleeq-ur-Rehman, former vice-chancellor, GC University, Lahore, shared his views on "Why Pakistani universities are lagging behind in the development of research culture?" Dr Shahid Rasool, Professor of Gastroenterology presented on "Medical Research at Madina teaching hospital of The University of Faisalabad".

The session concluded with vote of thanks by Rector, The University of Faisalabad, Dr Shoukat Parvez.



**THE UNIVERSITY OF  
FAISALABAD**

The University of Faisalabad in collaboration with  
University of Health Sciences, Lahore  
invites you to join Live



INTERNATIONAL WEBINAR

# MEDICAL RESEARCH

**AUGUST 22, 2020**  
Time: 11:45 am - 02:00 pm

**FREE REGISTRATION**  
Medium: Microsoft Teams

Chief Guest	Chairman
	
<b>PROF DR FAZAL AHMAD KHALID (S.I)</b> Chairman Punjab Higher Education Commission	<b>MR MUHAMMAD HAIDER AMIN</b> Chairman Board of Governors, The University of Faisalabad

**International Speaker**

						
<b>PROF DR KHALID SAEED KHAN</b> Former Editor of BJOG, EBM&J and BMC Med Educ, Spain	<b>PROF DR JAVED AKRAM</b> Vice Chancellor University of Health Sciences, Lahore	<b>PROF DR KHALID MASOOD GONDAL (T.I)</b> Vice Chancellor King Edward Medical University, Lahore	<b>PROF DR ZAFAR ALI CHOUDHRY</b> Vice Chancellor Faisalabad Medical University, Faisalabad	<b>PROF DR MUHAMMAD UMAR (S.I)</b> Vice Chancellor Rawalpindi Medical University, Rawalpindi	<b>PROF DR KHALEEQ-UR-RAHMAN</b> Former Vice Chancellor GC University, Lahore	<b>PROF DR SHAHID RASOOL</b> HOD, Gastroenterology Madina Teaching Hospital, Faisalabad

**National Speakers**

								
<b>PROF DR SHOUKAT PARVEZ</b> Rector, The University of Faisalabad	<b>PROF DR MUHAMMAD SAEED</b> Pro Rector, The University of Faisalabad	<b>PROF DR JAVED AKRAM</b> Vice Chancellor, The University of Health Sciences, Lahore	<b>PROF DR KHALID MASOOD GONDAL</b> Vice Chancellor, King Edward Medical University, Lahore	<b>DR SABA TARIQ</b> HOD, Pharmacology & Therapeutics, University Medical & Dental College	<b>DR USMA AHMED</b> HOD, Nutrition & Dietetics, The University of Faisalabad	<b>DR SUNDUS TARIQ</b> Associate Professor Physiology, University Medical & Dental College	<b>MS NOZWA GAMMAR</b> Coordinator Faculty and Students, Department of Nutrition & Dietetics, TUF	<b>MS ANUM NAZIR</b> Coordinator Online Registration, Department of Nutrition & Dietetics, TUF

**Team of Organizers**

								
<b>PROF DR SHOUKAT PARVEZ</b> Rector, The University of Faisalabad	<b>PROF DR MUHAMMAD SAEED</b> Pro Rector, The University of Faisalabad	<b>PROF DR JAVED AKRAM</b> Vice Chancellor, The University of Health Sciences, Lahore	<b>PROF DR KHALID MASOOD GONDAL</b> Vice Chancellor, King Edward Medical University, Lahore	<b>DR SABA TARIQ</b> HOD, Pharmacology & Therapeutics, University Medical & Dental College	<b>DR USMA AHMED</b> HOD, Nutrition & Dietetics, The University of Faisalabad	<b>DR SUNDUS TARIQ</b> Associate Professor Physiology, University Medical & Dental College	<b>MS NOZWA GAMMAR</b> Coordinator Faculty and Students, Department of Nutrition & Dietetics, TUF	<b>MS ANUM NAZIR</b> Coordinator Online Registration, Department of Nutrition & Dietetics, TUF







# International Webinar 'Getting Research Published'

An international webinar on 'Getting Research Published' was organized by the Department of Medical Education, UMDC on 26th September 2020.

Our distinguished guest speaker Prof Khalid Saeed Khan from Granada, Spain, is an eminent scholar, a researcher & editor of various international journals. He gave a very comprehensive presentation on the process of moving from an idea to the

published manuscript by focusing on different sections of the article like title, keywords, abstract, introduction, discussion & conclusions.

Besides Pakistan participants of the webinar were also from UK, Saudi Arabia, Egypt, Malaysia, Bangladesh, & India.

In the end, e-certificates worth 2 CME hours were sent to the participants.



**Department of Medical Education**

**FREE INTERNATIONAL WEBINAR**  
**GETTING RESEARCH PUBLISHED**  
Saturday, September 26, 2020  
12 pm to 2 pm PST / 7 pm to 9 pm GMT

Course Director:  
**Prof Khalid Saeed Khan**  
Professor of Preventive Medicine & Public Health  
University of Granada, Spain  
Distinguished Investigator  
Spanish Ministry of Education  
Former Editor of BJOG,  
EMB-BMJ & BMC Med EDUC



**Who can attend?**

- Clinical Consultant
- Clinical Trainee
- Non-Clinical Medical Researcher
- Health-Related Masters
- PhD Students
- Member of Pharmaceuticals
- Health Service Manager or Director

**Aim**  
To familiarize participants with the principles of reporting of meta-analysis. Randomized trials & observational studies for successful publication of research articles

**4 sessions:**

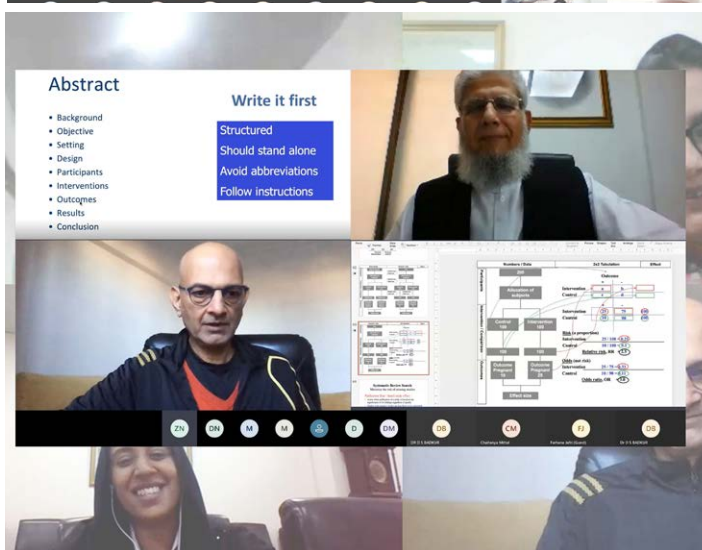
- Writing titles, Abstracts & introduction.
- Constructing authoritative tables & figures
- Drafting a winning discussion and conclusion
- Responding convincingly to peer-review

**Objective:**

- Develop an approach directed towards use of reporting guidelines for preparing manuscripts of research articles for submission of journal.
- Learn about critical appraisal of the evidence collected in systematic reviews (meta-analysis) & primary research concerning effects & associations
- Understand the editorial assessment & peer - review process

Register at: [forms.gle/Z6Wr8dWS55ynzHuA8](https://forms.gle/Z6Wr8dWS55ynzHuA8)

**CME 02 Credits**



Prof Khalid Saeed Khan, Prof Dr Muhammad Saeed and other participants of webinar

## International Webinar on “World Sight Day 2020”

An International Webinar on the occasion of “World Sight Day” was organized by Department of Ophthalmology, UMDC on October 8, 2020. The webinar was attended by an international audience from world over and various Ophthalmology and optometry departments in Pakistan.



The guest speakers were Prof Dr Asad Aslam Khan (SI) , CEO Mayo Hospital, Prof Dr Eric Papas, UNSW Sydney, Australia , Dr James Wolfsohn Pro Vice Chancellor Aston University, UK and Dr Monica Jong from University of Canberra, Australia. Department of Optometry, TUF also conducted the first ever 3MT competition of postgraduate students at a national level. A national photography and TikTok competition on the theme “Hope in Sight” were also conducted.



## Congratulations

### Our Pride - Our Alumnae

It is a moment of great pride for UMDC that its alumnae Dr Saba Tariq and Dr Sundus Tariq has completed their PhD studies in their respective fields after a successful thesis defense held at University of Health Sciences, Lahore. A huge



Dr Saba Tariq  
Associate Professor and  
Head Department of  
Pharmacology & Therapeutics  
Associate Editor JUMDC  
Assistant Director Medical  
Education  
Research Associate ORIC

congratulations to both of them for this great achievement. UMDC family is extremely proud of our young doctorates who have accomplished this task with their hard work and wish them best of luck for their future endeavors.



Dr Sundus Tariq  
Associate Professor Physiology  
Head Postgraduate Lab  
Associate Editor JUMDC  
Assistant Director Medical  
Education  
Research Associate ORIC



## International Webinar “Changing attitude towards Clinical Research”

An International Webinar “Changing attitude towards clinical research” was organized by the Department of Medical

International Webinar  
**“Changing Attitude Towards Clinical Research”**  
 Saturday, 24th October 2020 | Time: 12 noon to 2 pm PST/ 7am to 9 am GMT



**Guest Speaker:**  
**Prof Khalid Saeed Khan**  
 Professor of Preventive Medicine & Public Health  
 University of Granada, Spain  
 Distinguished Investigator  
 Spanish Ministry of Education  
 Former Editor of BJOG, EMB-BMJ  
 & BMC Med EDUC

**Learning Outcome:**  
 To motivate participants in initiating quality clinical research with meaningful impact by utilising the existing resources

CME/CPD Hours provided by UHS  
 University of Health Sciences Lahore Pakistan (UHS) is an accredited  
 CME/CPD provider of Pakistan Medical & Dental Council (PM&DC)

Register for free at: <https://forms.gle/cYbMphbxvaG8iWPt8>  
 Meeting will be held on Microsoft teams, meeting link will be sent through email prior to the webinar

Education, UMDC on 24th October 2020.

The speaker was Prof. Khalid Saeed Khan, Professor and Distinguished Investigator in the Department of Preventive Medicine and Public Health Faculty of Medicine, University of Granada, Spain.

The objective of the webinar was to motivate participants in initiating quality clinical research with meaningful impact by utilising the existing resources. The webinar was highly interactive and Prof Khalid elaborately responded to participant's queries. Besides Pakistan participants of the webinar were also from UK, Saudi Arabia, Egypt, Malaysia, Bangladesh, & India. Participants received e certificates with 2 CME hours at the end.



## Basics of Teaching & Learning (BTL) - Dec 2020 – Jan 2021

Basics of teaching and learning, a two weeks introductory course for newly inducted teachers is also a tradition of Department of Medical Education, University Medical & Dental College since 2012. This year it has been planned as a series of workshops for new as well as interested senior faculty members as a refresher course.

The following workshops have been organized:

1. Reflective practice by Prof Dr Tanzeela Khalid
2. Planning an effective teaching session by Dr Sundus Tariq
3. Effective Powerpoint presentation by Dr Saba Tariq
4. Facilitating small group discussion by Prof Dr Tanzeela Khalid
5. Constructive feedback by Prof Dr Shirza Nadeem
6. Online teaching & assessment by Dr Sundus Tariq
7. MCQ development Prof Dr Tanzeela Khalid
8. Presentation skills by DME team



Prof Dr Tanzeela Khalid and Prof Dr Shirza Nadeem addressing the participants of workshop

## Certificate in Teaching & Learning (CTL) August 2020-Jan 2021

Certificate in teaching & learning (CTL) has become a tradition of UMDC since 2012. Conducted once a year, this blended, faculty development, certificate course has been attended by majority of UMDC faculty including department chairs. Faculty members teaching in allied health and nursing programs offered by TUF have also been regular participants.

The 5th batch of CTL was initially announced in March 2020, again as a blended course but due to COVID 19 pandemic was converted into an online course. The result was participation of faculty members from Kingdom of Saudi Arabia to Mirpur Khas, Sindh.

First contact session of CTL 2020 was conducted online using microsoft teams from 10th to 13th of August. The theme of these sessions was "Planning an effective teaching session". Participants enjoyed learning in interactive discussions and

task based hands on activities, as reflected by their feedback. With unconditional administrative support, the hard work of teams in DME and IT department led to an effective learning experience.

The second contact session was conducted online from 16-17th & 23rd to 24th Oct. The theme of the session was "Conducting an effective teaching session". Dedicated sessions on Team based learning and online teaching were conducted. Participants were provided feedback on their presentation skills.

Third contact session was conducted online from 17th - 21st December, 2020 with the theme of "Assessment and evaluation of a teaching session". A heartening feedback received from participants about facilitators and the course in general is our driving force for the next batch.



## Basics of Teaching & Learning (BTL) for Nursing Faculty

Nursing & Allied health professionals are considered the back bone of any healthcare system. Their professional development is crucial for safe and effective patient care. DME realizes it's responsibility towards this important segment of our team. Faculty members of nursing & Allied health programs are regular participants of our faculty development workshops and courses.

In Feb 2020, a dedicated two weeks course was conducted only for newly inducted nursing faculty. A series of workshops on adult learning principles, constructive feedback, presentation skills and other relevant areas were conducted.





## Research Center on COVID-19 “PROTECT” inaugurated at MTH

Madinah Teaching Hospital affiliated to The University of Faisalabad is now the part of Pakistan's largest research project on COVID-19 “Pakistan Randomized and Observational Trial to Evaluate Coronavirus Treatment (PROTECT)”. Prof Dr Javed Akram, Vice Chancellor University of Health Sciences Lahore inaugurated the research center on June 19, 2020.

Addressing in the inaugural ceremony held in The University of Faisalabad Prof Dr Javed Akram said as health professionals and scientists across the globe are busy in conducting research on COVID-19, establishment of a quality research center in Madinah Teaching Hospital is a healthy sign.

He said that contribution of The University of Faisalabad, University Medical & Dental College and its affiliated Madinah Teaching Hospital in improving education and health sectors in the country is highly appreciable.

Prof Javed appreciated the role of doctors and health workers in war against COVID-19 in the country. He encouraged the health professionals to work with dedication for the cause of humanity. In his special message to all the persons who recovered from COVID-19, he requested to donate their plasma

to save the lives of suffering community. He also donned white coats to Prof Dr Muhammad Saeed, Prof Dr Bashir Ahmad and their team as a token to become the part of their research project.

Mr Muhammad Haider Amin, Chairman BoG in his address lauded the efforts of University of Health Sciences under the supervision of Prof Javed Akram to combat COVID-19.

Prof Dr Shoukat Parvez, Rector TUF emphasized on conducting research projects under private public partnership to eradicate such pandemics.

Prof Dr Muhammad Saeed, Pro Rector (Health Sciences wing) assured Prof Javed that the team of health professionals at MTH was fully committed to work with UHS to cope with the challenge of COVID-19. Earlier Prof Dr Bashir Ahmad, Medical Superintendent, Madinah Teaching Hospital briefed that 150 beds had been allocated for COVID-19 patients. Patients are being treated by a Team of Doctors and health professionals at MTH. Prof Dr Aamir Ali Choudhry, Principal UMDC and Prof Dr Muhammad Akram Malik, Vice Principal UMDC with others heads were also present on the occasion.



Prof Dr Javed Akram, Vice Chancellor, UHS inaugurating research center PROTECT



Prof Dr Javed Akram, Vice Chancellor, UHS and Mr Muhammad Haider Amin, Chairman BoG with PROTECT team

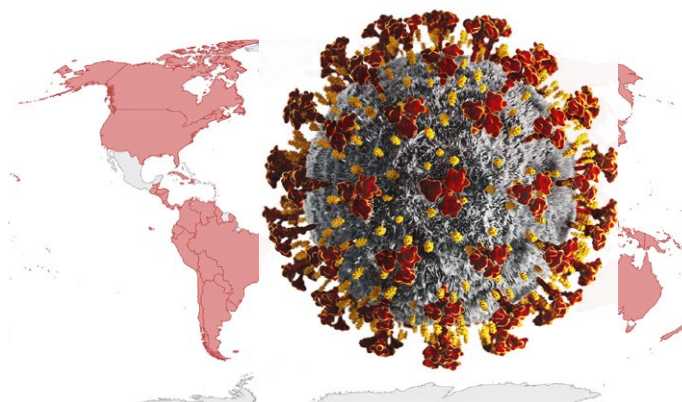




Prof Dr Javed Akram, Vice Chancellor, UHS and Mr Muhammad Haider Amin, Chairman BoG with senior management of TUF, UMDC and MTH

## Awareness seminars on “COVID-19”

Department of Community Medicine, The University of Faisalabad conducted seminars to raise awareness on “Novel Coronavirus (nCoV)” on January 28 and on February 15, 2020. Prof Dr Zahid Masood, Head Department of Community Medicine and Dr Sumera Shahzad addressed the students and faculty members. Addressing to the audience, Prof Dr Zahid told that novel coronavirus (COVID-19), which is a respiratory virus, is causing worldwide panic. Coronaviruses are a large family of viruses causing illnesses from common cold to more severe diseases such as Respiratory Syndrome and Severe Acute Respiratory Syndrome. Coronaviruses cause upper respiratory infections like runny nose, coughing, sore throat, and may be accompanied by fever sometimes. Most people can confuse its symptoms with that of regular cold or flu virus. Dr Sumera in her lecture told about the measures to reduce the risk of virus infection; We should clean our hands with water and



soap properly, when coughing and sneezing cover nose and mouth with tissue or flexed elbow, avoid close contact with any one with cold or flu like symptoms. Always eat thoroughly cook meat and eggs and avoid unprotected contact with wild or farm animals. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death, Dr Sumera added.



Prof Dr Zahid Masood, Dr Sumera Shahzad and others speaking on awareness and protection against Covid-19 pandemic

## COVID-19 and UMDC, Impact on teaching and learning process



Dr Sundus Tariq  
Associate Professor Physiology  
Head Postgraduate Lab  
Associate Editor JUMDC

Life was running smoothly with little vicissitudes, until the world encountered COVID-19 pandemic. This unexpected pandemic not only interrupted the routine life of individuals but also drastically altered the education system worldwide, affecting more than 1.6 billion learners in nearly 190 countries. Who have imagined that every day, we would be welcomed by the university with a sprinkle of water? Masks, hand sanitizers and gloves replacing lipsticks and foundations in our bags, books replaced by gadgets. Changing instructions for students from "do come to the college", to "do not come to the college" and "do not use mobile phones" to switching them to screens for most part of the day.

This radical change was inevitable and only solution was to cope with it timely and that is what University Medical and Dental College, constituent college of The University of Faisalabad has achieved by stimulating innovation and mindfulness among faculty, students and administration. The first case of coronavirus in Pakistan was reported from Karachi in the end of February 2020 and lockdown was imposed on 24 March

2020 with the closure of all educational institutes in Punjab. In this short span, the university management and faculty was preparing to meet the demands of future educational needs. Efforts were made to reinforce COVID-19 SOPs. COVID-19 disinfectant tunnels and hand sanitizers were installed on all entry and exit points. Social distancing and use of facemasks were ensured. Flexes were displayed at multiple places to ensure compliance.

Faculty was brought on a single platform to make this transition smooth. Their enthusiasm was overwhelming and the desire to participate was outstanding despite the age bracket. Infact, the senior faculty members volunteered to initiate all the new activities, which they would have never attempted otherwise. The initial transition phase was most challenging as the faculty and especially students were not sure how to carry things forward. To carry on the educational cycle, the faculty members generated google classrooms and started online teaching. Within two weeks' time all the classes were shifted to official accounts to keep official record of all the activities. It was not possible for all the students to join the online classes regularly due to socioeconomic factors, older technology, unreliable internet, small children and multiple family members at home and insecure living conditions, that were hindering their learning. To sort out all the issues, small groups were created and assigned to particular facilitators whose responsibility were to chalk down possible challenges beforehand and come forward with their solutions, to facilitate student learning in a better way.

It was also ensured that lectures and other activities were recorded and provided to students on multiple platforms like whats app, you tube etc. other than the official classrooms so that they can have access to the learning material all the time. Small groups lead by student representatives and supervised by a faculty member were also created on whats app to deal with day-to-day issues of the students. Infact the staff was available 24/7 to deal with students in this time of crises. In addition,



Students during the online assessment process



student grievance information technology (IT) cell and student grievance human resource (HR) cell were also created and links were generated on which students can contact the particular cells to get their issues resolved.

The peers as well as faculty motivated students time to time and motivational sessions other than course were also carried out to prevent depression and anxiety among students.

All the lectures, tutorials, alternative to practical's, small group discussions and assessments were carried according to the scheduled timetables. Assessments were challenging and during the assessment process, the focus was kept on learning. Assessments were designed by balancing structure with flexibility, using alternative methods and tools by which students and faculty were well conversant, and carried in environment in which academic integrity was not compromised with clear instructions and quality feedback followed by proper evaluation of the whole assessment process. On-campus and online workshops, webinars, seminars and training sessions were arranged for faculty and students as we believe in sharing the experiences and getting benefit from other experiences to improve the learning process.

In addition to all the efforts that every one put in, a dire need of universities' own strong learning management system was

felt, that should include options to build various assessment methods for students, spontaneous scoring, item analysis, individual timer, randomization and e-proctoring tools. In addition, it can be customized according to needs of individual departments.

Though it was a challenging time for all of us and we tried to deal with it in the best possible way, using all the available resources, but the fact is online learning process can never replace face-to-face live learning experiences. Artificial intelligence can never replace human intelligence as is mentioned in Holy Quran, We created humans 'ahsanetaqvim' (Quran; 95:4). It is stated in Surah Banilsra'il thus: "We have honoured the children of Adam, provided them with transport on land and sea, given them for sustenance things good and pure, and made them superior to a great number of Our creations." (Quran; 17: 70)

These unexpected challenges in lifeshould be taken positively as these moments bring out a fighting spirit, motivation and a revived appreciation for all the blessings we have in life. It also reminds us that anything used in a positive way can be of great benefit for humanity as a distractor like android phone has become a powerful tool for learning. Cherish your blessings before they are taken away and always be thankful for whatever you have.



Workshops organized for faculty development



Dr Sadaf Zia and Dr Sundus Tariq receiving award of excellence for best online teaching department



Students during the on-campus assessment process during COVID-19 pandemic

## COVID-19 Vigilance Committee of UMDC

A Vigilance Committee of UMDC was constituted to take care of health care issues of students of The University of Faisalabad and University medical & Dental College with reference to COVID-19 pandemic after reopening of the TUF and UMDC.

Following were the members of committee:

1. Prof Dr Akmal Shairf  
Head Department of Medicine
2. Prof Dr Aisha Sajid  
Head Department of Paediatric
3. Prof Dr Shirza Nadeem  
Head Department of Forensic Medicine
4. Assoc Prof Dr Nailah Riaz  
Head Department of English Language & Literature
5. Asst Prof Dr Sana Shehzad  
Coordinator, Department of Pharmacy
6. Ms Munazza Anwar  
Coordination Officer

Following measures are being by the vigilance committee:

- Students help desk was established where any student from TUF or UMDC can seek medical guidance anytime under supervision of HoD Medical unit.
- Students can contact the focal person directly or through members of vigilance committee anytime to seek guidance during evening or night.
- Isolation and treatment facilities are available for the students in MTH round the clock.
- The Medical consultant take decision regarding medical treatment of the student, isolation at home/MTH or lab investigations of the students.
- If any student advised isolation and bed rest, she must inform the concerned HODs through proper medical leave.
- Members of the vigilance committee regularly visit the TUF and UMDC hostels and students are counseled regarding safety measures and healthcare.



Help Desk for Students at MTH



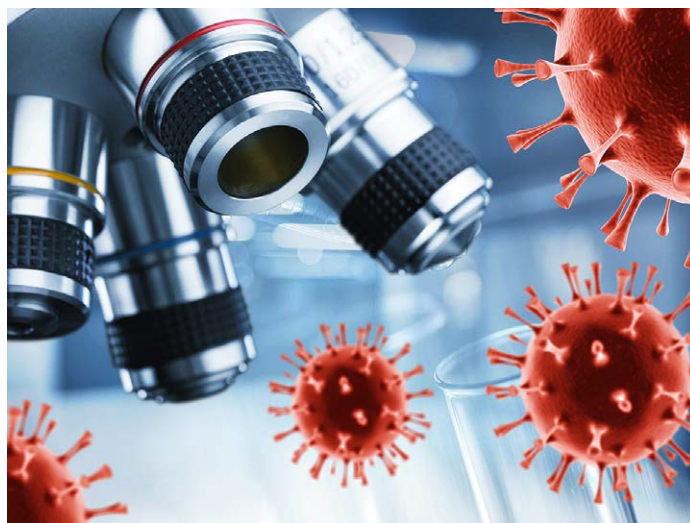
Members of Vigilance Committee

## Research on COVID-19

The University of Faisalabad is keeping its tradition of carrying outstanding research.

Its faculty members ( Dr Saba Tariq, Associate Professor Pharmacology and Therapeutics, Dr Sundus Tariq, Associate Professor Physiology and Prof Dr Muhammad Saeed , Dean Faculty of Medicine and Allied Health Sciences ) has published a very important research article related to pandemic of COVID-19, in an international, peer reviewed, impact factor journal Disaster Medicine and Public Health preparedness, which is an official publication of American Medical Association and one of the leading journal emphasizing public health preparedness and disaster response in emergency situations. Recently, Dr Saba and Dr Sundus have also completed their PhD degrees.

Following Research Papers were published on COVID-19 by the faculty members of UMDC.





Serial	Author	Title	Journal
1	Saba Tariq, Sundus Tariq, Muhammad Saeed	Knowledge, awareness and practices regarding novel coronavirus among a sample of Pakistani population, a cross-sectional study	Disaster Medicine and Public Health Preparedness. 2020 Jan 1:1-20.
2	Saba Tariq, Sundus Tariq, Muhammad Saeed	Adequacy of preventive measures, awareness, and attitude regarding the COVID-19 pandemic among university pharmacy students.	Pharmacy Education (2020) 20(2) 1 - 7
3	Saba Tariq, Sundus Tariq	COVID-19 Knowledge, Attitude, and Practices between Pakistani Medical and Non-medical Students.	Health Education 2020
4	Saba Tariq, Sundus Tariq	Gender-wise comparison of Knowledge, Attitudes and Practices of COVID-19 Pandemic among public, a cross-sectional survey.	Asian women 2020.

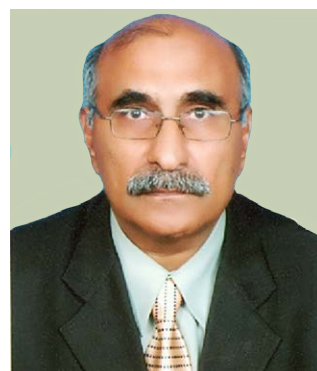
## Response of MTH to COVID-19



Prof Dr Mirza Akmal Sharif  
HoD Medicine, MTH, UMDC



Dr Dimple Mustafa  
Additional MS, MTH



Dr Rana Bashir Ahmad  
MS, MTH

Madinah Teaching Hospital (MTH) is the 600 bed tertiary care teaching hospital of University Medical and Dental College, a constituent college of The University of Faisalabad.

Medicine Department of MTH consists of Two Medical Units and five subspecialties i.e., Gastroenterology, Nephrology, Dermatology, Rheumatology and Cardiology.

COVID-19 Pandemic caused by severe Acute Respiratory Syndrome 2 (SARS-VOC-2) started from Wuhan china in December 2019. WHO declared it a Public Health Emergency of International concern.

However, this novel disease required novel strategies to counter the deadly killer. This drastic change occurred at every level starting from infrastructure to the availability of novel therapeutic agents. As the patients of COVID-19 increased in number, worthy Patron-in-chief, Mian Muhammad Hanif decided to establish a dedicated COVID-19 Isolation ward, HDU and ICU. By the grace of Almighty Allah (S.W.T), MTH came up to the bench mark in a shortest possible time and provided state of the art health care facilities to all at its door step.

Madinah Teaching Hospital was transformed into COVID-19 patients care hospital. This was achieved by multiple measures. These included:

### Filter Clinic

Filter clinic was attended by a trained PGR/MO from medical ward under supervision of Medical Consultant to identify the suspected COVID-19 patients from Non-COVID illness. The other checkpoint was the general patient (GP) clinic, headed by a Senior Medical Officer, trained for the pandemic, to segregate Non-COVID patients from asymptomatic contacts of a COVID-19 patients and those having non-specific features of COVID-19.



Walk-through gate at hospital entry



Thermal screening at the Hospital Entry gate



### High Dependency Unit (HDU)

A separate 7 bedded dedicated HDU was designated for COVID patients. Shifting or admission in HDU was done after consultation with consultant on round. HDU was staffed with a separate senior trained staff to provide quality care to all the patients round the clock.

### Intensive care unit (ICU)

Well-equipped medical ICU of MTH was dedicated as COVID-19 ICU. It had 6 beds, with fully functional mechanical ventilators, central oxygen supply, CPAP machines, cardiac monitors,

infusion pumps, Portable Haemodialysis, Gastroscopy, Bronchoscopy, X-ray and Ultrasonography facilities dedicated for severe COVID-19 patients in need of ventilatory support.

- Trained doctors, nurses and paramedical staff were deputed in isolation bay, HDU, ICU round the clock.

- Consultants performed rounds and decided about the management of these patients.

COVID-19 Unit was headed by Prof Dr Mirza Akmal Sharif ( HOD Medicine ), Dr Ahmad Farooq Incharge ICU, Dr Khalid Pervez (Assoc Prof), Dr Salman Azhar (Assit Prof), Dr Amna Azher (Sr) and Dr Mahpara Munir (Sr) participated actively in patient care.



## COVID-19 Unit Bed

ICU	6
HDU	7
Isolation Rooms	10
Ward	112
Total Beds	135

## Laboratory Facilities

Laboratory services were upgraded to meet the needs of

COVID-19 patients.

Lab sampling was done by the trained laboratory technicians, in PPE and in bed to minimize the ambulation of COVID patients.

## Radiology:

Imaging services were available after 14:00 hrs to minimize the contact with Non COVID patients. Same day reports of HRCT chest were generated to hasten the treatment decisions. All the radiology personnel followed SOPs for COVID-19. Non-COVID patients were dealt with the imaging services in morning hours. Timings for COVID and non-COVID patients were different and complete disinfection was done in between the scanning.



## Hospital staff

1. Hospital staff was advised to wear scrub suits in Hospital.
2. Training of hospital staff including doctors, nurses, paramedics, lab technicians, janitorial staff was being done time to time by the in-house faculty as well as guest speakers from Punjab CEAG.
3. Use of disposable gloves and change each time after use.
4. Use of mask was mandatory in Hospital.
5. Sanitizer was freely supplied and every Hospital employee carried it in his/her pocket.
6. All the OPD's were shifted to spacious area taking care of social distancing.
7. Hospital staff attending OPD's used full PPE while conducting OPD.
8. All the students were sent home and online teaching was started.
9. All the hostels were vacated.
10. Paramedic staff was increased in COVID Unit.
11. New Medical officers were inducted for COVID Unit.

## Collaboration

- Punjab Health Authorities
- WHO
- UHS

## Telephone Helpline

A working hospital number 041-8869861-62 was allocated for Telemedicine. All the queries of general public regarding

the disease, its treatment options and facilities at MTH were addressed.

## Participation in Research

UHS started on COVID-19 patients to compare the different treatment Protocols and find the most appropriate one in our local circumstances. Department of Medicine actively participated in this trial and regularly uploaded the data of COVID-19 patients.

The results of this data were analyzed after three months and presented by UHS.

## Dashboard

With collaboration of Punjab Health Authorities Dashboard was developed.

Data of each COVID-19 patient with its status was uploaded in the Dashboard.

a. Total COVID Suspected Patients: 173

b. PCR Positive Patients: 55

## Free Treatment to Deserving Patients

All the deserving patients were treated free of cost. They were provided diagnostic and medicine facilities.

MTH has always been at the forefront to help the humanity during the outbreak of any disease. During COVID-19 MTH mobilized all its resources and manpower to help the victims of COVID-19.



## Sayings of Hazrat Ali Karim-Allah-Wajhahu

- The intrinsic value of knowledge is that you act upon it.
- Wisdom is the goal of the believer, so acquire wisdom even from hypocrites.
- A believer does not enter into a matter in ignorance and never departs from the truth impotent.
- Treat the members of your family with love and respect because they act as wings with which you fly.
- There is no greater wealth than wisdom, no greater poverty than ignorance; no greater heritage than culture and no greater support than consultation.
- Submission to Allah's Will is the best companion; wisdom is the noblest heritage; theoretical and practical knowledge are the best signs of distinction; deep thinking will present the clearest picture of every problem.



## An overview of patients' service at TMH from January to December 2020

Patient Services	Total Patients
OPD	226006
Admission	13342
Operation	7625
Lab Test	239250
Dialysis	14153
Radiology (X-Raya, Ultrasound, Doppler USG, CT Scan, MRI, Fluoroscopy, Mammography, OPG)	28,220
Gastroenterology (ERCP&Other Procedure)	1,285

## MTH launches free Telemedicine Service

In response to the growing need for remote healthcare during the COVID-19 pandemic and to ensure community health and facilitate people, Madinah Teaching Hospital has launched a free online telemedicine service to offer medical advice to patients. Team of senior doctors from various specialties is giving free professional advice to patients through phone calls as it is recommended for people to stay at their homes and practice social distancing during the current lockdown situation. Every day, large number of people are getting benefit from this free facility.

صحت بذریعہ ٹیلی میڈیسن

جدید سہولتوں سے آراستہ مدینہ ہسپتال نے مریضوں کی رہنمائی کے لیے ”صحت بذریعہ ٹیلی میڈیسن“ کی سہولت کا آغاز کر دیا ہے۔

مدینہ ہسپتال میں موجود مختلف شعبوں کے ماہر ڈاکٹرز کی ٹیم آپ کو فون کے ذریعہ مفت طبی مشورے دے گی۔

اس سہولت سے فائدہ حاصل کرنے کے لیے آپ صبح 8 تا دوپہر 2 بجے روزانہ ہسپتال کے موبائل فون نمبر 0330 8075924 پر رابطہ کر سکتے ہیں۔







**TuF** | THE UNIVERSITY OF  
FAISALABAD

REDUCE YOUR RISK OF  
COVID-19  
 INFECTION



**WASH HANDS**

Wash your hands with soap or use a hand sanitizer

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**COVER A COUGH OR SNEEZE**

Cover your cough or sneeze with your sleeves or tissue paper. Dispose the tissue paper and wash hands afterwards

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**SOCIAL DISTANCING**

Keep a distance of around 2 meters away from others in public

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**STAY AT HOME**

Always stay home unless you have an important reason to leave the house

# COVID-19 From Emergence to Vaccine Development



Assoc Prof Dr Sumera Shahzad  
(Head Department of Community Medicine)

As we live in an interconnected globalized world, people and the diseases they carry can be easily transmitted to any place in a matter of hours. Covid-19 pandemic emerged as global public health crisis. It is one of the greatest challenges we have faced since World War II. Along with this global health crisis

we also witnessed the fastest development of vaccine in the history of mankind; now considered as greatest achievement of science. A brief timeline summary, from Covid-19 emergence to development of vaccine, has been narrated below.

December 2019, public health officials from China informed the World Health Organization (WHO) that an unknown, new virus was causing pneumonia-like illness in the city of Wuhan. Since the start of the century, two other coronaviruses have jumped to humans, causing the Severe Acute Respiratory (SARS) outbreak in 2002 in China and the Middle East Respiratory Syndrome (MERS) outbreak in 2012 in Saudi Arabia. Scientists thought this “new Coronavirus” first became capable of jumping to humans at the beginning of December 2019. It originally seemed like the virus first infected people at a seafood market in Wuhan and spread from there.

1st January 2020, World Health Organization (WHO) had set up Incident Management Support Team (IMST), putting organization on front footing to deal with this outbreak. On the same date, China closed its Huanan Sea Food Wholesale Market (that was identified as suspected centre of the outbreak). By



Huanan seafood market in Wuhan before closure



Huanan seafood market in Wuhan after closure

5th January 2020, World Health Organization (WHO) published its first Disease Outbreak News on the new virus, which was flagship technical publication to the scientific, public health community as well as global media. On 12th January 2020, China publicly shared Genetic Sequence of Novel Coronavirus (2019-nCoV). 13th January 2020, Thailand officials confirmed a case of Novel Coronavirus (someone who had travelled to Wuhan), which was first recorded official case outside China. Within a week there was another confirmed case in Thailand, as well as one case in Japan and one in the Republic of Korea. China took aggressive action, shutting down transportation in its cities and suspending public gatherings. Between 22nd and 29th January 2020, the disease continued to spread throughout Asia – new cases emerged in Singapore, Hong Kong, Sri Lanka, Cambodia, Nepal and Malaysia. On 22nd Outside of East Asia, new cases emerged in France, Germany, the UAE and Canada. On 22nd January North Korea closed its borders to all foreign tourists. 30th January 2020, World Health Organization (WHO)

Situation Report confirmed 7818 Total cases worldwide. Majority of these cases were in China and 82 cases were reported in 18 countries outside China. Officials isolated sick people and aggressively tracked their contacts, and had a dedicated network of hospitals to test for the virus. On 31st January 2020, First case appeared in Italy, United Kingdom (UK) & Russia. Mongolia and Singapore closed its borders with China. On 7th February 2020, Li Wenliang, one of the eight whistleblower doctors in Wuhan, died from the coronavirus. On February 11th 2020, The World Health Organization (WHO) named the illness caused by the corona virus as COVID-19 — “co” and “vi” for corona virus, “d” for disease, and “19” for the year when the disease emerged. 19th February 2020, Iran confirmed its two cases and death of these two cases later that day. By 21st February 2020, Italy reported its first death & closed its public spaces in ten Italian towns after confirming sixteen cases in Northern Italy in one day.





Deserted streets in China amid Coronavirus

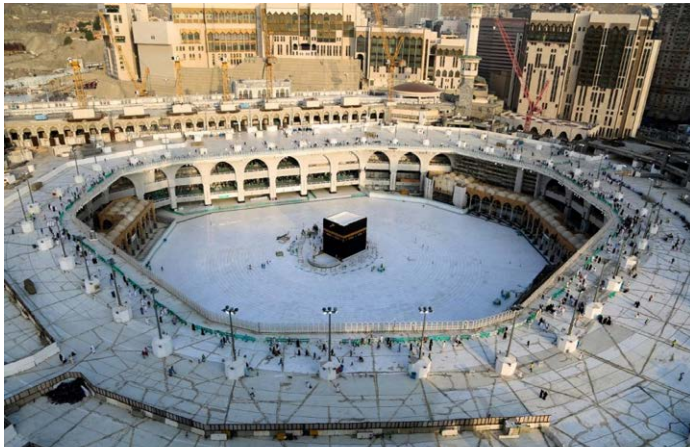


Empty Streets in China

Iran's deputy health minister, Iraj Harirchi, tested positive for the coronavirus. Harirchi was leading the task force to limit the virus's expansion and had appeared in many public speaking through February 24th 2020. On February 26th 2020, Pakistan confirmed its first 2 cases, both returned from Iran. February 27th 2020, Saudi Arabia suspended pilgrimage entry visas over corona virus fears.

In the last week of the February 2020, Middle East and Europe were gripped by Covid-19. Iraq bans public gatherings and bars travelers from nine countries, including Bahrain and Kuwait. On 11th March 2020, WHO declared Covid 19 a Pandemic and

China reported no new Covid- 19 cases for its Third Consecutive Day. Italy became the country with the highest death-toll. By March 13th 2020, Pakistan declared its first Lockdown with suspension of all academic, social, political activities nationwide and World Health Organization (WHO) declared Europe a new epicenter of the outbreak. On the same date, Canadian Prime Minister, Justin Trudeau and his wife Sophie Torude were tested positive & self-isolated themselves. On 14th March 2020, Pakistan Day Parade scheduled to be held on 23 March, was cancelled. On 27th March 2020, United Kindom Prime Minister Boris Jhonson was tested positive and went into self isolation.



Tawaf of Kaaba was abandoned for few days due to COVID-19 pandemic



In the last week of March 2020 (from 22nd to 29th March), worldwide lockdowns were observed, countries sealed their borders for entry of any foreign nationals, all inbound and outbound international flights were cancelled/banned. Nearly one third of the world's population was living Covid-19 related restrictions.

From 30th March till 4th April 2020, Italy announced extension in its lockdown until April 13. Wimbledon Tennis Tournament canceled for the first time since World War II. Saudi Arabia imposed 24-hour curfew on Mecca and Medina, the two holiest cities. Global coronavirus cases passed the one million mark; deaths exceeded 50,000. United States confirmed 32,000 new cases in one day, setting a new record. Without scientific evidence, President Trump endorsed malaria drug, hydroxychloroquine, as an effective Covid-19 treatment.

Till 12th APRIL 2020, Former Libya Prime Minister Mahmoud Jibril died from coronavirus. The Open Golf Championship was cancelled for the first time since World War II. United States death toll passed 10,000. China reported no new Covid 19 deaths for the first time since January. U.K. Prime Minister Boris Johnson moved to intensive care unit. World Covid- 19 deaths surpassed 100,000. Spain saw flattening of the curve. The United States surpassed Italy for having the most confirmed Covid-19 deaths in the world.

From 13th April to 20th April 2020, Hydroxychloroquine was deemed ineffective as a treatment against the Covid -19. New York City's Covid-19 death toll passes 10,000-- a figure larger than any European country. Austria reopened thousands of small shops, becoming one of the first European countries to





A convoy of Italian Army trucks arrived from Bergamo carrying bodies of coronavirus victims to the cemetery of Ferrara, Italy, where they were cremated, Saturday, March 21, 2020

loosen lockdown measures in response to the coronavirus. Germany announced plans to reopen their economy by April 20th 2020. It also announces plans to resume in-person schooling on May 3rd 2020. Israel's coronavirus rate of recovery began to outpace its death rate & they eased up on lockdown restrictions, including allowing the opening up of small stores, resuming small group prayer, and introducing fines for not wearing a mask in public. Iran also began to reopen its economy. From 21st April to 28th April 2020, Indonesia announced its ban on domestic air and sea travel until early June 2020. This coincided with the Holy month of Ramadan. The Federal Drug Administration (FDA) warned against the use of Hydroxychloroquine, an anti-malarial drug exhibited

by President Donald J. Trump as Covid -19 treatment. Pakistan extended its lockdown until May 9th 2020. The World Health Organization reported about lack of evidence about development of immunity after recovery from Covid 19. Italy and Spain disclosed their plans to ease up on lockdown restrictions beginning on May 4th 2020.

From 29th April to 6th May 2020, Moscow announced that 2% of its population tested positive for the coronavirus. Thailand reported downward trend of transmission with only one new Covid-19 case and no new deaths. Number of cases globally surpasses 3.5 million.

On May 11th 2020, Hydroxychloroquine was proved ineffective as a treatment against COVID-19. May 19th 2020, China



Mr Boris Johnson, Prime Minister of UK, Canadian Prime Minister, Justin Trudeau and his wife Sophie Trudeau were also infected with Corona



Jacinda Ardern, Prime Minister of New Zealand declared her country as free of Corona Virus

reported 6 new coronavirus cases, including one in Wuhan.

27th May 2020, France canceled its Hydroxychloroquine approval as a potential treatment for the virus. On 28th May 2020, WHO Director announced COVID-19 pandemic is responsible for 159,000 excess deaths in 24 European countries since early March 2020.

From May 30th to 6th June 2020, Countries began to reopen; Spain Extends Its State of Emergency; The Philippines eased its lockdown measures. Italy reopened its borders to tourists. France reopened its beaches, cultural, and sporting centers. Spain extended state of emergency until June 21st 2020. Jordan reopened mosques for service.

8th June 2020, New Zealand lifted all lockdown restrictions & declared its country virus-free. India also lifted lockdown

restrictions on same day, despite the fear of surge. Tanzanian President Magufuli declared Tanzania free of coronavirus.

Till 14th June 2020, South Africa saw rapid increase in coronavirus numbers, recording over 50,000 confirmed cases in two weeks. Same trend was also observed in United States with sharp rise in confirmed cases across 19 states, however, 24 states trend downward and 7 remain the same. On 11th June 2020, Biotech Company Moderna announced to begin its final stage of trial for coronavirus vaccine in July on 30,000 participants. India became the fourth worst-hit nation.

On 15th June 2020, The Imperial College of London began a coronavirus vaccine trial. France lifted travel restrictions for European Union and Schengen citizens. Restrictions stayed in place for Spain and the United Kingdom. On 21st June 2020,



Spain lifted state of emergency, allowing tourists from most E.U. countries and on 22nd June 2020, South Korea reported second wave of coronavirus infections. On the same date, President Trump issued restrictions on immigration to the United States, suspending most H1-B, H2-B, and H-4 visas. On 23rd June 2020, Saudi Arabia restricted Hajj pilgrims. On same date, the first COVID-19 vaccine trial in South Africa began. This was the first vaccine trial on the continent.

From 1st to 8th July 2020, Melbourne, Australia imposed hard "lockdown" with restrictions on 12 suburbs as cases surged.

From 9th to 16th July 2020, WHO cautioned the world about the further assessment of airborne transmission of the coronavirus. The Korea Centers for Disease Control and Prevention found out that one in three South Korean coronavirus patients showed improvements while on Remdesivir. 14th July 2020, Moderna, the first potential coronavirus vaccine tested in humans, showed a positive immune response. Australia,



Deserted streets and markets due to COVID-19 pandemic

From 3rd to 10th September 2020, Russia resumed flights to the UAE, Egypt, and Maldives. Thailand reported its first COVID-19 case after 100 days. New Zealand reported its first COVID-19 death in three months. Russia's COVID-19 vaccine generated a "strong immune response". Oxford-AstraZeneca suspended its COVID-19 vaccine trials after one volunteer fell ill.

2nd October 2020, U.S. President, Donald J. Trump, and First Lady, Melania Trump, tested positive for COVID-19. From 12th to 19th October 2020, Iran reported 272 COVID-19-related deaths, its highest death toll since the pandemic took effect. France reported a record 52,010 daily new COVID-19 cases. Italy imposed its harshest lockdown restrictions since March. On October 29th 2020, The World Health Organization (WHO) announced that Europe is again the 'epicenter' of the pandemic. November 9th 2020, Brazil suspended vaccine trials for SinoVac after a participant died from suspected suicide unrelated to the vaccine. Pfizer and BioNTech announced interim results show

Hong Kong, and India again closed amid increased cases. July 25th 2020, North Korea reported its first case of COVID-19 & implemented lockdown in Kaesong (city near its border with South Korea) over a suspected COVID-19 case. July 27th 2020, Phase III clinical trials for COVID-19 vaccine, developed by Moderna, began in the United States.

On 1st August 2020, Mexico's COVID-19 death toll became the third-highest in the world. On 11th August 2020, Russia became the first country to approve a COVID-19 vaccine, called 'Sputnik V' & started its production by 15th August 2020. On 23rd August, FDA issued an emergency authorization for convalescent plasma treatment against COVID-19. By August 31st 2020, India became the country with the third-highest number of COVID-19 cases behind the United States and Brazil. By September 2nd 2020, COVID-19 cases in Europe went back to March levels.

their vaccine candidate is more than 90 percent effective in preventing COVID-19 in participants without prior evidence of infection. Russian Direct Investment Fund announced on 11th November 2020, interim results show their vaccine candidate, Sputnik V, is 92 percent effective at preventing COVID-19. From 12th to 18th November, Pfizer-BioNTech announced 94 Percent Vaccine Efficacy & Moderna also announced 94 Percent Vaccine Efficacy. France became first European country to reach 2 Million Cases. On 2nd December 2020, The United Kingdom granted the world's first emergency use authorization to the Pfizer-BioNTech vaccine candidate. On December 8th 2020, United Kingdom identified a new variant of SARS-CoV-2 that appeared more transmissible. On the same date, United Kingdom began its nationwide coronavirus immunization campaign. Margrate Keenan, 91 years old grandmother, became the first person in the world to receive the Pfizer vaccine. She was given 2nd dose of vaccine after 3 weeks.



Margrate Keenan the first person in the world receiving the Pfizer vaccine

## Research Work Published during 2020

University Medical & Dental College has engaged itself in research along with regular teaching. National Conferences, workshops, National and Inter National Seminars for academic, intellectual growth and character building of the students are being organized on regular basis. Following are the publications during the year 2020:

Serial	Author	Title	Journal
1	Ifrah Yaqoob, Muhammad Saeed, Aysha Azhar	MMP-2 Levels Evaluation And Their Relationship With Breast Cancer Progression	Professional Med J, 2020;27(2):1-4.
2	Naheeda Perveen, Umair Arif	A Discrete Time Markov Chain Model using Maximum likelihood for the Assessment of Inflation Rate in Pakistan.	Global Scientific Journals, 8 (1), 1755- 1763.
3	Saba Tariq, Sundus Tariq	Perceived stress, severity and sources of stress among female medical students in a private medical college in Pakistan	Journal of the Pakistan Medical Association, 70(1) 2020, 162-167.
4	Sadia Falak, Lubna Aftab, Muhammad Saeed	Prevalence of Vitamin-D deficiency is related to severity of liver damage in Hepatitis-C patients	Pak J Med Sci. 2020;36(3):445-45. IF=0.834
5	Sadaf Saeed	Relationship Between Age Of Menarche And Premenstrual Syndrome	Indo Am. J. P. Sci, 2020: 07(02), 38-41.
6	Maryam Sadfdar, Nazia Sarfraz, Iqra Ishaq, Madiha Sabir, Shamim Mahmood, Anum Bashir	Effectiveness of cervical mobilization and stretching exercise without upper thoracic mobilization on non-specific neck pain	Rawal Medical Journal
7	Saba Tariq & Sundus Tariq	Venetoxax in the Treatment of Chronic Lymphocytic Leukemia Evidence. Expectations and Future Prospects	Cureus
8	Muhammad Mudassar, Farhan Abbas Baloch, Sadia Hameed Saima Zubair Shahzad Khalid Sohail, Muhammad Kamran	Use of IMMUNOHISTOCHEMISTRY IN THE DIFFERENTIAL DIAGNOSIS OF SMALL ROUND BLUE CELL TUMORS	Professional Med J 2020;27 (8):1728-1736
9	Shazia Aslam, Sadia Hameed, Arif Hussain, Muhammad Mudassar, Haseeb Ahmed Khan	Histopathologic Spectrum of Gallbladder in Cholecystectomy Specimens	APMC Volume 14, No 1
10	Sundus Tariq, Saba Tariq, Saba Khaliq & Khalid Parvez Lone	Serum resistin levels as predictor of low bone mineral density in postmenopausal women	Health Care for Women International
11	Saba Tariq, Sundas Tariq, Shaista Hussain, Mukhtiar Baig	Association of serum osteoprotegerin with severity of chronic liver disease in female patients,. A potential biomarker	Pak J med Sci September – October 2020 Vol 36 No 6
12	Saba Tariq, Sundus Tariq, R Rehman	Relationship of BMI with Junk Food, sleep pattern, exam performance and awareness about its ill health effects in healthy teenagers	J Pak Med Assoc. 2020. <a href="https://doi.org/10.47391/JPMA.507">https://doi.org/10.47391/JPMA.507</a> . (IF = 0.573)
13	Saba Tariq, Sundus Tariq, Komal Atta, Rehman R, Amjad Z	Emotional Intelligence, A predictor of undergraduate student's academic achievement in altered living conditions	J Pak Med Assoc. 2020. <a href="https://doi.org/10.47391/JPMA.429">https://doi.org/10.47391/JPMA.429</a> . (IF = 0.573)
14	Saba Tariq, Sundus Tariq	Association of serum chemerin with calcium, alkaline phosphatase and bone mineral density in postmenopausal females.	Pak J Med Sci. 2021;37(2):doi: <a href="https://doi.org/10.12669/pjms.37.2.3907">https://doi.org/10.12669/pjms.37.2.3907</a>
15	Sundus Tariq, Saba Tariq	Association between Vitamin D and Resistin in postmenopausal females with altered bone health.	Frontiers in Endocrinology. 2020;11:1043. (IF = 3.630)



16	Huma Mahmood, Ikram Ullah Khan, Muhammad Rizwan ullah Khan, Sajid Asghar, Haroon Khalid, Muhammad Irfan, Fauzia Inam	In vitro and in vivo evaluation of Gellan gum hydrogel films: Assessing the Co-impact of therapeutic oils and ofloxacin on wound healing.	International Journal of Biological Macromolecules. (Impact factor: 5.162)
17	Saira Saleem, Farhan Javed, Irshad Ahmad.	Management of large size and multiple benign breast Lesions using oncoplastic surgical skills	Malaysian Journal of Medical Research
18	Farhan Javed, Saira Saleem, Ayesha Rehman, Nazim Hayat, Zakariya Rashid, Tanvir Ahmad, Irshad Ahmad	Early versus delayed appendectomy for uncomplicated acute appendicitis.	The Professional Medical Journal
19	Saira Saleem, Farhan Javed, Ayesha Rehman, Nazim Hayat, Nadia Bano, Irshad Ahmad, Tanvir Ahmad	Oncological and cosmetic outcome of Oncoplastic breast surgery.	The Professional Medical Journal
20	Nadeem S, Naheed K, Ijaz R, Ambreen S, Aslam M.	Small Arms, Major Transgressions: Exploring Homicidal Deaths by Firearms in City of Faisalabad, Pakistan	The Professional Medical Journal
21	Sadaf Saeed, Muhammad Saeed, Aysha Azhar, Adnan Saeed	Role of 17 Beta Estradiol in Etiology of Premenstrual Syndrome in Medical Students	Journal: Annals of Punjab Medical College APMC Vol.14, No.2 April - June 2020
22	Shahid Rasool, Salman Azhar, Talha Munir, Mian Sajjad Ahmad, Muhammad Saeed Akhtar, Rizwan Abbas, Muhammad Ahsan	Lactulose versus lactitol in acute hepatic encephalopathy (he).	The Professional Medical Journal
23	Ahmad Nawaz Babar, Shahid Rasool, Salman Azhar, Javeria Komal, Sofia Hanif	The bacterial spectrum of spontaneous bacterial peritonitis in patients with cirrhosis of liver.	The Professional Medical Journal
24	Salman Azhar, Muhammad Wasif Baig, Shahid Rasool, Rizwan Rasool Khan, Talha Munir, Umber Fatima, Muhammad Ahsan	Multidrug-resistant urinary tract isolates of escherichia coli: frequency and patient demographics in a tertiary care hospital.	The Professional Medical Journal
25	Shahid Rasool, Ahmad Nawaz Babar, Nayab Alia, Umair Shafqat, Ayman Rehman	Radiological Spectrum of Hepatocellular Carcinoma in Pakistan: Are we diagnosing too late	International Journal of Medical Science and Innovative Research (IJMSIR)
26	Fatima Iqbal	Effect of Photopic and Mesopic Light Conditions on Stereo-acuity & Pupil diameter in Myopes, Hyperopes and Emmetropes	Ophthalmology update Jan-March 2020 Vol 18, no.1
27	Fatima Iqbal	Estimation of Lens Thickness (LT) in Pre Presbyopia Using Coherence Inter-ferometry Based IOL Master 700 (A Comparison with Presbyopia)	Ophthalmology update Jan-March 2020. Vol 18, no.1
28	Fatima Iqbal	Relationship of posture, working distance and luminance with myopia among male population of religious rural schools of Pakistan	International journal of advances in ophthalmology and visual system Vol 10 issue 5-2020
29	Fatima Iqbal	Prevalence of Refractive Errors In School Going Children In District Faisalabad, Pakistan	International journal of advances in ophthalmology and visual system Vol 10-issue 1 2020
30	Fatima Iqbal	A Novel Method of Quantifying the Choriocapillaris in Normal and Post-inflammatory Eyes	Ocular immunology and inflammation Jan 2020

31	Fatima Iqbal	Managing Optometry Through SARS-CoV-2 and Beyond	Luxottica Institute of learning 2020 issue
32	Fatima Iqbal	Association of serum estrogen and dry eye	E-abstract presented at American academy of optometry Oct 2020
33	Fatima Iqbal	Impact of Daily Living Activities on Blink Rate and Blink Patterns	E-Cornicon open access Vol 11 issue 11-2020
34	Fatima Iqbal, Komal Atta Amir Ali chaudhary, Zahid sidqie	Association of Melatonin and Dopamine among myopes and Non-myopes	Abstract book of JPMA,vol 70,no. 3,2020
35	Komal atta, Rida anwar, Ammara, Memona ashique	Effect of sleep duration on difference types of myopia	Abstract book of JPMA,vol 70,no. 3,2020
36	Faculty of Optometry Komal Atta, Fatima Iqbal, Ayesha kiran, Shakila Abbas, Nimra Gull	Proceedings of myopia 2020 published in JPMA	Abstract book of JPMA,vol 70,no. 3,March-April 2020
37	Ammara Affi	Relationship between post op central corneal thickness and steroid induce ocular hypertension following myopic photorefractive keratectomy	Medcrave vol 10, issue 6,2020
38	Jawed, Shireen, Komal Atta, Sadaf Zia, and Benash Altaf.	"Relationship of surfactant protein-D with random blood glucose and extra pulmonary infections in type-2 diabetes mellitus."	Journal of the Pakistan Medical Association (2020). Impact factor 0.573
39	Komal Atta, Raza Ahmad, Ayesha Nawaz, Iqra Ishtiaq, and Muhammad Farooq."	"FREQUENCY OF OBESE PEOPLE AT HIGH RISK FOR DEVELOPING OBSTRUCTIVE SLEEP APNEA; A CROSS-SECTIONAL SURVEY."	Journal of University Medical & Dental College 11, no. 3 (2020): 39-4
40	Komal Atta	" the empire strikes back : exploring faculty development through the eyes of the students, administration and faculty	Abstract published in ICHPE 2020 abstract book. ICHPE 2020
41	Komal Atta	Stayin Alive : Exploring enablers of curriculum viability	Abstract published in ICHPE 2020 abstract book . ICHPE 2020
42	Komal Atta	Hogwarts School of empathy and wizardry	Abstract published in AMEE 2020 Abstract book
43	Komal Atta	Come to the dark side, make your own OSPEs	Health Professionals Education Journal , December 2020
44	Komal Atta	12 tips for student engagement in synchronous settings	Submitted to medical teacher ( impact factor 2.7)
45	Komal Atta	To tweet or not to tweet, Grammable MedEd LinkedIn with Facebook: exploring the role of social media in Professional Identity Formation of Doctors	International webinar presented with Association of Medical Education, published on website of ASME (www.asme.org)
46	Saira Saleem, Farhan Javed, Irshad Ahmad.	Management of large size and multiple benign breast Lesions using oncoplastic surgical skills	Malaysian Journal of Medical Research
47	Farhan Javed, Saira Saleem, Ayesha Rehman, Nazim Hayat, Zakariya Rashid, Tanvir Ahmad, Irshad Ahmad	Early versus delayed appendectomy for uncomplicated acute appendicitis.	The Professional Medical Journal
48	Saira Saleem, Farhan Javed, Ayesha Rehman, Nazim Hayat, Nadia Bano, Irshad Ahmad, Tanvir Ahmad	Oncological and cosmetic outcome of Oncoplastic breast surgery.	The Professional Medical Journal
49	Dr Shirza Nadeem, Dr Rabia Ijaz, Prof Muhammad Aslam	Small arms, Major Transgressions: Exploring homicidal deaths by firearms in city of Faisalabad, Pakistan	The Professional Medical Journal



# SOCIAL, RE-CREATIVE AND CO-CURRICULAR ACTIVITIES AT UMDC

UMDC lays emphasis on developing and grooming personalities of its students. A number of lectures, seminars, workshops, symposia, debates, declamation contests, awareness walks, literary programs, poster competitions, photography and quiz competitions are held regularly by subject societies.





# Sports

Sports activities are carried out on national and regional levels under the guidance of the Directorate of Sports. Accordingly, facilities for basketball, football, hockey, cricket, table tennis and badminton are available.

## Students' Societies

In order to promote the students' involvement in activities being held in UMDC and to provide them the platform to demonstrate their talent, following societies are run by the students:

- Religious Society
- Literary Society
- Cultural Society
- Community Services Society
- Dramatic Society
- Musical Society
- Art Society
- Publication Society
- Sports Society
- Blood Donors Society
- Photography Society
- Character Building Society
- Rehabilitation Society
- Hepatitis Awareness Society

Faculty members supervise these societies and provide guidance to facilitate implementation of decisions that require interaction with the university administration. Students are encouraged to interact with faculty pertaining to academic affairs and co-curricular activities.









### **MBBS and BDS Programs:**

- Approved by Ministry of Health, Government of Pakistan
- Accredited and approved by Pakistan Medical Commission
- Accredited and approved by University of Health Sciences Lahore


### **UMDC is:**

- Listed in Avicenna Directory of World Health Organization (WHO)
- Listed in International Medical Education Directory (IMED), USA
- Listed in National Resident Matching Program (NRMP), USA
- Registered with Foundation for Advancement of International Medical Education & Research (FAIMER), USA


### **ISO 9001-2015 Certified Madinah Teaching Hospital (MTH) is:**


- Affiliated 600-bedded tertiary care charitable Hospital
- Approved as Teaching Hospital for MBBS and BDS Programs by PMC and UHS
- Approved as Teaching Hospital for Post Graduate Training for FCPS
- Located at walking distance of UMDC, within the same boundary wall
- Registered with Punjab Health Care Commission (PHC)
- Awarded 'Corporate Social Responsibility Award 2015 , 2017 and 2019'
- Registered with Punjab Human Organ Transplant Authority (PHOTA) for corneal transplant

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