



HITEC-IMS NEWSLETTER



UPCOMING EVENTS

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- MOTIVATIONAL TALK
- WHITE COAT CEREMONY
- SPORTS WEEK

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Committee Members:

Patron

Maj Gen.(R) Hamid Shafiq
Dr Irfan Shah

Committee

Asst. Prof. Dr Sadia Israr (Incharge)
Prof. Dr Irum Tasadduq
Prof. Dr Ayesha Haque
Dr Kiran Rasheed
Mr Zohaib Alam

Dr Hamid Shafique, Principal HITEC-IMS

Welcome to HIT-IMS once again.

For the last six months everybody has been putting an extra effort for the inspection of NUMS, PMDC and CPSP of our institute.

I am extremely grateful to the faculty and administration for extending a helping hand in all the endeavours of medical college.

By the grace of Almighty Allah our annual examinations are almost completing on the new system of NOMES. Along with the army medical college we are the pioneers in initiating this mode of examination.

Lots of new equipment has been added in various departments like ENT (Microdebrider & functional endoscopic sinus surgery camera), cardiology (butterfly probe). Library has been well equipped with new computers, latest editions of numerous books and renovation of faculty room.

Basic sciences labs have been upgraded for training of FCPS students. Uplift of hospital is in progress. First batch six months house job has successfully been completed.

Yearly research book is under publication and each department is contributing compulsorily towards research articles on yearly basis. Quality assurance cell has been strengthened by new staff. Our institute graduates have been allowed to appear in UK or USA based exams. In a short span of time standard of our institute has become comparable to any other NUMS affiliated medical college. May Allah SWT help us in producing true medical graduates who would devote their lives for the service of ailing humanity.



Dr Irfan Shah, Principal Dental College, HITEC-IMS

It is with great pleasure that I write for the second issue of HITEC-IMS Newsletter. The Newsletter team did a great job with the first issue, and I am very confident that the good work will continue in the future as well. Dental College is making steady progress – Masha Allah. Our first batch of BDS students are about to graduate, our second batch of postgraduate residents have just started their specialist training journey and we are establishing linkages with more and more colleges in different cities of Pakistan. We are constantly working hard to train and develop our faculty and staff and our first Research Yearbook is about to be published. This second issue of HITEC – IMS Newsletter will update its readers about all these academic, extracurricular and research activities taking place in our Medical College and Dental College during the past three months. Enjoy reading this fresh issue and we look forward to your feedback to improve our next issues



Talk On Awareness About The Needs Of Special Persons



Prof Dr Hamid Shafique, Principal HITEC-IMS gave a talk to raise awareness about the needs of special persons of the society. The event was arranged at Pearl Continental Rawalpindi, to commemorate International Day of Persons with disabilities. This is a United Nations observance that takes place on December 3rd every year. The day is meant to promote the rights and well-being of persons with disabilities in all corners of the globe, and to increase awareness of the issues that affect them.

Keynote lecture on Ethical imperatives in Clinical Research



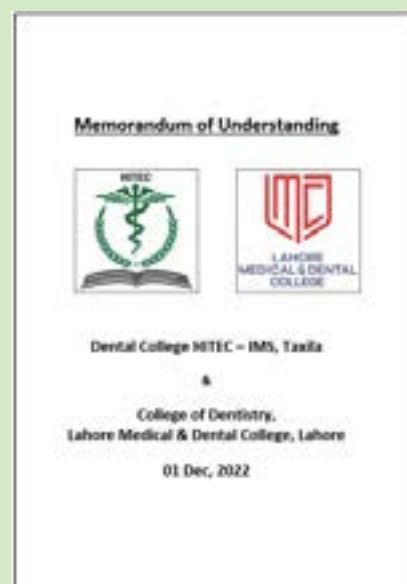
Prof. Dr Irfan Shah, Principal Dental College, HITEC-IMS delivered a keynote lecture in the inaugural session of the 3rd Young Scientist Research Conference, organized by Foundation University, Islamabad. The topic was “Ethical imperatives in Clinical Research”. He highlighted the importance of understanding current best practices and being certified in Good Clinical Practices (GCP) to avoid ethical violations in clinical research. He also mentioned the significant

principles outlined in the Nuremberg Code. Belmont report, and Declaration of Helsinki. The session was led by the Vice Chancellor of the National University of Medical Sciences, Lieutenant General Wasim Alamgir. The event was attended by notable speakers from the surrounding area, faculty, and students from FUI, and participants from other medical and dental colleges in Pakistan, as well as international attendees who joined via Teams. At the end of the session, shields were presented to the keynote speakers.



DENTAL COLLEGE HITEC-IMS, MEMORENDUM OF UNDERSTANDING WITH LAHORE MEDICAL AND DENTAL COLLEGE

The Dental College at HITEC-IMS Taxila and College of Dentistry at Lahore Medical and Dental College have signed a Memorandum of Understanding (MOU) to facilitate collaboration and cooperation in academic, clinical, and research endeavors. Principal of Dental College at HITEC, Professor Dr. Irfan Shah, met with Professor Dr. Aqib Sohail at the Lahore Medical and Dental College on December 1st 2022, to finalize the MOU. The agreement will benefit both colleges in terms of curriculum development, the exchange of expert faculty members as guest speakers, clinical rotations for postgraduate trainees, opportunities for undergraduate students to participate in electives at both the institutions, and joint research projects.



DENTAL COLLEGE HITEC-IMS, MEMORENDUM OF UNDERSTANDING WITH REHMAN COLLEGE OF DENTISTRY, PESHAWAR

The Dental College at HITEC-IMS is working to establish partnerships with other institutions to provide opportunities for students and faculty to participate in electives, research, and joint seminars. In November 2022, Rehman College of Dentistry approached Dental College HITEC-IMS to discuss the possibility of signing a Memorandum of Understanding (MOU). Associate Professor Dr. Naseer from the Rehman College visited the Dental College HITEC-IMS to hold discussions on areas of common interest, including facilitating students to participate in electives during vacations, designing a research curriculum, holding joint seminars, and facilitating the exchange of faculty members for exams and clinical rotations. It was agreed that a formal MOU would be signed in January 2023. The draft MOU has been shared with both the Institutions.



HANDS-ON WORKSHOP CONDUCTED BY ORTHODONTICS DEPARTMENT, DENTAL COLLEGE



Dental College HITEC-IMS conducted a workshop on "Cleft Babies: from Birth to Lip Repair." This was a preconference workshop for the 13th International PCOMS conference and was designed to help young consultants and postgraduate residents learn how to provide critical care to underprivileged cleft patients and develop a team approach to addressing their needs. The workshop was led by faculty members from the Dental College HITEC-IMS (Professor Dr. Irfan Shah, Professor Dr. Waheed Ullah Khan, and Dr. Sana) and featured guest speakers (Professor Dr. Rozina, Professor Brigadier (R) Dr. Ehtisham, Brigadier Nazir Khan, and Professor Brigadier (R) Gulzar Bukhari). It was attended by 33 participants from all over Pakistan.

The workshop consisted of two parts: an academic session with lectures covering all aspects of the initial management of cleft babies, followed by case discussions, and a hands-on practice component. The orthodontics activity involved face taping and the fabrication and activation of a nasoalveolar molding plate. The surgical hands-on session included marking incisions on clinical photographs, designing flaps, and performing cleft repair on special silicone models.

HANDS-ON WORKSHOP BY RESEARCH CELL, HITEC-IMS

The Research Cell at HITEC-IMS organized a hands-on workshop on "Research Topic Selection and Gap Analysis" on September 30 2022. The workshop was led by Professor Dr. Wajiha Mahjabeen and focused on selecting a feasible, precise, and relevant research topic. The process of topic selection and gap analysis was thoroughly explained to the attendees, who were faculty members from various departments. The attendees expressed the desire for the Research Cell to hold more workshops in the future.



CONFERENCES

The faculty of the Physiology Department at HITEC-IMS attended an online conference on "Digitalizing Physiology Teaching and Learning" organized by Al-Nafees Medical College. Prof. Major General Muhammad Aslam and Prof. Salma Kundi were among the speakers.

Professor Dr. Aashi Ahmed, Head of the Community Medicine Department, attended 12th Annual Public Health Conference, held at the Health Services Academy in Islamabad on November 1st and 2nd. The theme of the conference was "SRHR in the Context of Sustainable Development Goals (SDGs) and Universal Health Coverage (UHC)," and it focused on strengthening partnerships and collaboration among researchers, policy makers, and practitioners in the areas of SRHR. And the 3rd International Lifestyle Medicine Conference, held by Riphah International University in Islamabad from October 26th to 28th. The theme of the conference was "Lifestyle Medicine: The Science of Preventing, Arresting, and Reversing Disease."



FIRST YEAR MBBS STUDENTS PREPARED AND PRESENTED MODELS FOR ANATOMY

Learning and consolidating difficult concepts in anatomy can be challenging for students, but active participation can help effectively address this issue. To capitalize on this idea, Dr. Anam Khalid assigned various topics to a batch of first year MBBS students at HITEC-IMS. The students prepared models from indigenous and inexpensive resources through a hands-on experience, and then presented the assigned topics and their clinical application using those models, role plays, and PowerPoint presentations in an interactive session attended by the Principal of HITEC-IMS and the faculty. The Principal engaged with the students through challenging questions and thoroughly appreciated their depth of knowledge, preparedness, and drive to learn, particularly in relation to clinical knowledge. He appreciated Dr. Anam Khalid for her use of innovative teaching methodologies to enhance learning of the students, and acknowledged the Head of the Department, Professor Asma Hafeez, for providing a conducive learning environment for both teachers and students.



FIRST YEAR BDS STUDENTS USED GAME BASED LEARNING (GAMIFICATION) FOR ANATOMY

Students learned about brain lesions through a game (Heads-up) based on Kolb's cycle of experiential learning. This enhanced their critical thinking and internally motivated them as they peer learned through a fun game.



FIRST YEAR BDS STUDENTS USED NOVEL STRATEGIES TO IMPROVE LEARNING OF ORAL BIOLOGY

To enhance the understanding of oral biology among first year BDS students, the faculty at HITEC-IMS implemented novel and active learning techniques, including integrated OSPES and case-based learning strategies. These activities aimed to improve cognitive and metacognitive learning skills through tutorial sessions and small group discussions using questions and prompts. The faculty also ensured effective student participation by developing their skills in presenting charts and models. These efforts were aimed at meeting the high teaching standards of HITEC-IMS by promoting thorough and in-depth knowledge exchange, encouraging effective communication skills, and fostering the application of concepts in dentistry.



MULTI-FORMAT EXAM SYSTEM (NOMES) USED TO CONDUCT MCQ BASED EXAMS



Both the medical and dental colleges affiliated with the National University of Medical Sciences (NUMS) have been among the first to use NUMS' online Multi-Format Exam System (NOMES) for administering multiple-choice questions (MCQs) to students. This format has been well-received by the faculty because it allows them to incorporate various assessment modalities.

AWARENESS SEMINAR FOR OBESITY

According to recent data, approximately 800 million people worldwide are obese, and in 2016, around 2 billion adults were reported to be overweight, with over 650 million being obese. Obesity is a growing public health concern. To raise awareness about the causes and prevention of obesity, the Community Medicine department at HITEC-IMS held an Obesity Awareness Seminar on September 23rd. Students from the 4th year MBBS program set up food stalls featuring healthy food options, and the event included a fun activity where the body mass index (BMI) of faculty, staff, and students was calculated. In addition, the event raised funds for flood relief through the proceeds from the food stalls. The Principal of HITEC-IMS, Major General (Retired) Hamid Shafique, attended the event and praised the joint effort of the faculty and students.



AWARENESS CAMPAIGN FOR BREAST CANCER



The World Health Organization (WHO) has designated October as Breast Cancer Awareness Month, and the theme for 2022 was "Together We Rise." This awareness campaign was conducted to help the community take the earliest steps in preventing the disease.

As part of this campaign, session to raise awareness was conducted on

October 26th, at HITEC University by the faculty of the Department of Community Medicine, HITEC-IMS. During the session, Dr. Roma Salman emphasized the importance of breast self-examination and mammograms in early detection and prevention of breast cancer, and how these measures can improve the prognosis of the disease. The steps of breast self-examination were clearly demonstrated to educate the audience. The session concluded with an interactive question and answer.

FIRE DRILL AT DENTAL COLLEGE, HITEC-IMS

Fire drill was conducted on December 2nd by Fire Brigade Department for the faculty and staff of Dental College. This was to accustom them to the process of extinguishing fire safely and recognize the steps that they need to follow in case of an emergency. All participants keenly observed the safety procedures.



MBBS STUDENTS PARTICIPATED IN A POSTER COMPETITION AT SHIFA

Fourth year MBBS students participated in Annual Scholars Day at Shifa College of Medicine on September 26.



FIRST YEAR BDS STUDENTS' EXCURSION TRIP

A one day excursion trip to Murree- Patriata was organized by the Extracurricular activities committee for 1st Year BDS Students on October 13th. Students enjoyed the ride and the pleasant weather of Murree. They also enjoyed chair-lift in Patriata. College faculty has joined the students and enjoyed their company and the beautiful scenery of Murree.



RESIGNATION
Faculty/Staff
(Oct 2022 – Dec 2022)

Sr.	Names	Designation	Department	Resigning date
1.	Dr Sadaf Mumtaz	Dean/ HOD	Physiology	01 Dec 2022
2.	Dr Ayesha Haque	Professor	Anatomy	01 Dec 2022
3.	Dr. Zuhair Medi	Demonstrator	OMFS	01 Oct 2022
4.	Dr. Sadia Moin	Demonstrator	OMFS	01 Nov 2022
5.	Ikram Ullah	DSA	OMFS	01 Dec 2022
6.	Malik Naveed Ahmed	DSA	Operative	01 Dec 2022
7.	Mr Imran Khan	Technician	Radiology	01 Dec 2022

NEW JOINING
Faculty/Staff
(Oct 2022 – Dec 2022)

Sr.	Names	Designation	Department	Joining date
1.	Dr Muhammad Abdul Muqeet	Senior Registrar	Prosthodontics	24 Oct 2022
2.	Sunila Javed	Comp Operator	Reception	03 Oct 2022
3.	Zubair Mehmood	DSA	Periodontology	03 Oct 2022
4.	Samii Ullah	DSA	Orthodontics	03 Oct 2022
5.	Malik Naveed Ahmed	DSA	Operative	03 Oct 2022
6.	Muhammad Usama	DSA	Oral Medicine	03 Oct 2022
7.	Umar Hafeez	DSA	X-Ray	03 Oct 2022
8.	Sawera Ishaq	DSA	OMFS	03 Oct 2022
9.	Areeba Bibi	Aya	Girls Hostel	06 Dec 2022