



HITEC-IMS

NEWSLETTER



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Committee Members:

Patron

Maj Gen. (R) Hamid Shafique
Prof. Dr Irfan Shah

Committee

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

Dr Hamid Shafique, Principal HITEC-IMS

As 20th March is supposed to be the international day of happiness so I am going to talk about happiness today.

A transient state (not a trait) in which one feels satisfied, well or positive is happiness. It should be differentiated from joy, ecstasy, bliss, or other more intense feelings. Happiness is also different from pleasure which is more sensory-based feelings one gets from experiences like eating good food, getting a massage or receiving a compliment. Happiness, while not a



permanent state, is a more stable state than pleasure. Happiness generally sticks around for longer than a few moments at a time, whereas pleasure can come and go in seconds. Pleasure can contribute to happiness, and happiness can enhance or deepen feelings of pleasure, but the two can also be completely mutually exclusive. For example, you can feel a sense of happiness based on meaning and engagement that has nothing to do with pleasure, or you could feel pleasure but also struggle with guilt because of it, keeping you from feeling happy at the same time.

Humans may resemble many other creatures in their striving for happiness, but the quest for meaning in life is a key part of what makes us human, and uniquely so. Unlike happiness, meaning is not a fleeting state that drifts throughout the day; it's a more comprehensive sense of purpose and feeling of contributing to something greater than yourself. People with more meaningful lives agreed that "relationships are more important than achievements;" Happiness is not a vital factor in a good life, but essentially a bonus that some lucky individuals experience. "Self-happiness" refers to a sense of happiness or satisfaction with one's self. It is often associated with self-confidence, self-esteem, and other concepts that marry "the self" with feeling content and happy.

There are 3 types of happiness.

1. Regular experiences of pleasantness (the pleasant life)
2. Frequent engagement in satisfying activities (the engaged life)
3. Experience of a sense of connectedness to a greater whole (the meaningful life)

Happiest people balance and infuse their life with all 3; pleasure, engagement, and meaning. Factors that contribute to happiness are many but the vital ingredient is good relationship. Others are income, status, health, Family, moral values and experience of positive emotions. Genetic effect on happiness varies from 10% to 50%.

We don't need to have everything we want in order to be happy—true happiness can be obtained by finding joy in what we already have, however much or little that may seem

There are many benefits of happiness as one is more successful in marriage, friendship, income, work performance, and health. Happy people donate more to charity, are more helpful, have a positive influence on others and are less jealous.

The close tie between mental health and happiness is reason enough to make happiness an important priority for parents, educators, researchers, and medical professionals alike, along with the simple fact that we all like to feel happy!

Happy people smile more and smiling boosts happiness as happy hormones are released by smiling. According to Hadith smiling is a form of charity. So, let us pledge to keep on smiling in the blessed month of Ramadan setting in from tomorrow onwards. Have a happy life.
Thankyou

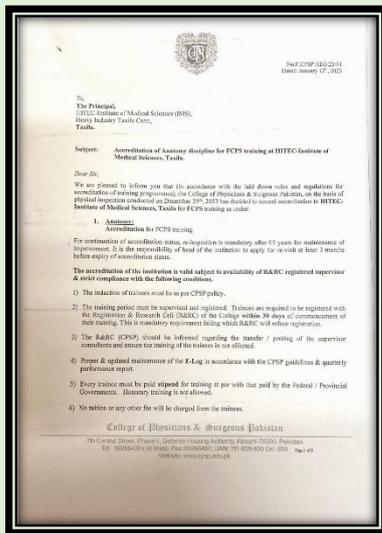
Dr Irfan Shah, Principal Dental College, HITEC-IMS

We have only published two issues so far and the Newsletter is already popular among our faculty, students, and staff. They have already started waiting for fresh issue of the Newsletter to see their own and their colleagues activities highlighted and documented in print form. Credit goes to hard work of the editorial committee for its timely publication and making it a pleasant read for all. We have inducted new first year students and our very first batch has already graduated and started their house job internship. Dental College has signed MOUs with Rehman College of Dentistry, Peshawar and PMO Hospital. This third issue will update you regarding these and all other activities taking place from January to March. Enjoy reading this issue and see the main highlights of HITEC IMS over the last three months.



ACCREDITATION OF DEPARTMENTS OF ANATOMY & PHYSIOLOGY FOR FCPS BY COLLEGE OF PHYSICIANS AND SURGEONS PAKISTAN

After strengthening its foothold in the undergraduate medical education, HITEC-IMS has embarked on the next phase of offering post-graduation in various specialties. In this context, College of Physicians and Surgeons Pakistan (CPSP) sent teams for physical inspection of Anatomy and Physiology departments in order to ascertain their suitability according to the standards laid down by CPSP. Both departments were accredited for FCPS training. HITEC-IMS owes this feat to incredible teamwork by its faculty and staff under the able guidance and leadership of its Principal Maj Gen (R) Hamid Shafiq.



GUEST SPEAKER

Principal HITEC-IMS was invited to Riphah University as a guest speaker to celebrate International Happiness Day. While addressing the audience he spoke about the contentment, self-acceptance and power of forgiveness as cardinal rules of a happy life. His talk was appreciated by all and he was presented a shield as a token of thanks and respect.

SIGNING OF MOU BETWEEN NIH & HITEC-IMS

A memorandum of understanding (MOU) was signed between National Institute of Health (NIH) and The Medical College of HITEC-IMS on 25th January 2023. This ceremony was performed on the visit of Maj Gen Professor Dr Aamer Ikram HI(M) Executive Director NIH to the institute. This MOU would form a basis of cooperative and collaborative working relationship. It would also create opportunities for faculty and students to perform quality research and reach the pinnacle of academic excellence.



DENTAL COLLEGE SIGNS MOUS WITH COLLEGES AND HOSPITALS

Pursuant to the visit of Dr. Naseer Ahmed from Rehman College of Dentistry (RCD), Peshawar (published in 2nd issue of this Newsletter), Principal Dental College HITEC – IMS, Prof. Dr Irfan Shah visited RCD and formally signed a Memorandum of Understanding to foster collaboration and co-operation on academic, clinical and research fronts. In a separate development, Dental College HITEC – IMS has signed an MOU with PMO Hospital, Taxila. Through this MOU, the Dental Clinics at PMO Hospital are now affiliated with Dental College for undergraduate and postgraduate teaching and training. Similarly, the specialist clinical and dental laboratory services of Dental College are available to PMO employees upon referrals. Both these MOUs are expected to reciprocally and mutually benefit the institutions by utilizing each other's facilities and expertise.



PRINCIPLES OF CLINICAL RESEARCH COURSE

The Principles of Clinical Research Course for Health Professionals was held on 26th January 2023 and 2nd February 2023, and accredited by NUMS. The course was facilitated by Brig. Dr. M. Nazir Khan, Brig. Dr. M Alamgir Khan, Dr. Irfan Shah, Dr. Mahmoud Badran, Dr. Ananhi Hurtado, and Dr. Shahreen Zahid Khan. The first day covered topics including evidence-based dentistry, identifying clinical research problems, study designs, medical ethics, ethics committees and informed consent, and a critical appraisal of academic research. The second day focused on statistics, hypothesis testing, sample size calculation, and reference management. The sessions were interactive and informative, and participants found the course engaging. Certificates were handed out to the participants after the course.



PRINCIPAL DENTAL COLLEGE HITEC-IMS MASTER TRAINER AT PIMS WORKSHOP

On 26th February 2023 the department of Oral and Maxillofacial Surgery at Pakistan Institute of Medical Sciences, Islamabad organized a Hands-on Cadaveric Course on Orthognathic Surgery. This was the first ever workshop in the history of Pakistan where Oral and Maxillofacial Surgeons were trained to perform orthognathic surgery on Human Anatomic Specimens. Principal Dental College HITEC – IMS was invited as faculty to work as master trainer and demonstrate different orthognathic surgical procedure to the participants. The other Faculty/Master trainers included Prof. Muhammad Nazir Khan from Armed Forces Institute of Dentistry, Rawalpindi, Prof. Muhmmad Israr from Shifa College of Dentistry Islamabad and Prof. Khalid Mahmood Siddiqui from Islamabad Medical and Dental College. Prof. Riaz Ahmed Warraich was the Patron-in-Chief and Prof. Zahoor Ahmed Rana was the Guest of Honor on the occasion. At the conclusion, Prof. Dr. Tanwir Khaliq, Vice Chancellor of Shaheed Zulfiqar Ali Bhutto Medical University congratulated Prof. Umar Farooq and his team on organizing the workshop, thanked, and awarded shields to the faculty.



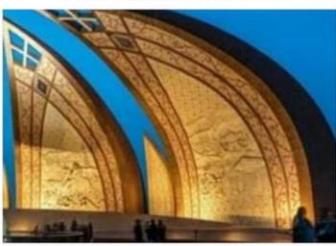
“ORAL & MAXILLOFACIAL SURGERY”

ORTHOGNATHIC SURGERY

THE PRACTICAL TIPS

**1st ISLAMABAD
HANDS ON
CADAVER COURSE**
26-02-2023

- Lefort I Osteotomy
- BSSO
- Genioplasty



Patron in Chief	Chairman	Master Trainers	
			
<small>Prof. Riaz Ahmed Warraich</small>	<small>Prof. M Umar Farooq Marwat</small>	<small>Prof. Brig Mohammad Nazeer Khan</small>	<small>Prof. Mohammad Israr</small>
Guest of Honour			
		<small>Prof. Irfan Shah</small>	<small>Prof. Khalid Mahmood Siddiqui</small>
<small>Prof. Zahoor Ahmad Rana</small>			
REGISTRATION		<small>Prof. Omar Arshad</small>	
<small>REGISTRATION FEE: RS: 50000</small>			
CONTACT			
<small>DR. TANVEER AHMED, 0333 5296934</small>			

Venue
MCH Auditorium, Surgical Skill Lab, MCH, Training Centre
Pakistan Institute of Medical Sciences, Islamabad



HOUSE OFFICERS WELCOME CEREMONY

In order to welcome and encourage the first graduating batch of BDS Hitec-IMS, a light refreshment was arranged on 15th February, 2023 in the lawn of the dental college. All faculty members, House officers and staff were invited to be a part of this event. Chairman HITEC Lt. Gen Syed Aamer Raza, HI(M) graced the occasion as the chief guest. He interacted with the faculty and the highly motivated fresh house officers and boosted their spirits.



WOMEN'S DAY

On the evening of 8th March, Dr. Shahreen Zahid Khan, a faculty member of the Dental College HITEC-IMS, was invited as the chief guest at the 17th Women's Day Wall/Rock Climbing Competition organized by The Adventure Club-Pakistan. The event took place at the Ibex Club in Islamabad. Such events can play a significant role in building confidence, physical strength, and mental resilience among women, leading to a healthier and more empowered community.



ACADEMIC ACTIVITY

On 7th March 2023, an academic activity was hosted by the Medical and Dental College Hitec-IMS. The event started with the name of Allah, followed by a welcome note by Dr. Shahreen Zahid Khan, faculty of the Dental College HITEC-IMS. The guest speaker for the event was Col. Retired Dr. Hameed Ullah Jan, who delivered a lecture on "promotion of orthodontics, saving tooth and restoring smile and confidence." After the lecture, the Principal of the Medical College HITEC-IMS delivered a speech and concluding remarks. The event was attended by the Vice Principal of the Dental College HITEC-IMS, as well as the Professor of Orthodontics, Dr. Waheed Ullah, from the Dental College.

WHITE COAT CEREMONY

As per traditions of the institute, white coat ceremony for the new batch of medical and dental college was held on 9th March 2023.

This auspicious occasion was graced by the Chairman HITEC Lt General Syed Aamir Raza as chief guest. He advised the students to not only focus on academics but also on their character building.

Hippocratic Oath was taken by the students signifying their entrance to the medical profession.



STUDENTS ANNUAL WEEK

Students' Annual week was celebrated with great zeal and fervor. This mega event was studded with the participation of not only students but also the faculty and support staff of the institute. The event commenced with the opening ceremony followed by tournaments, declamation contest, Qirat and naat competition, singing competition and concluded with the lunch. There was a feeling of joy and festivity among students during the whole week.





RESEARCH METHODOLOGIES

Department of medical education in collaboration with Research cell organized a workshop on Research Methodologies on 27th January 2023. It was conducted by Prof Wajeaha Mahjabeen. Participants were briefed about types of research along with various study designs followed by hands on activity.

ENDOTRACHEAL INTUBATION

Continuing with the practice of innovative teaching methodologies department of Anesthesia arranged a workshop on Endo Tracheal Intubation for house officers and students. It was conducted by Prof Amanat Khan and Dr Sonia Riaz in skill lab on 9th February 2023. After observing the procedure, the participants performed the task on mannikins. This activity was considered as an important tool to teach life-saving skills and was appreciated by everyone.



MENTORING

To enhance the effectiveness of mentors a workshop was conducted by Prof Shahid Rauf and Prof Haroon Javed on 16th February 2023. The session encompassed a presentation explaining rules of mentoring and qualities of a good mentor followed by hands on activity by the participants.



DENTAL COLLEGE HITEC-IMS WITH ASIA PACIFIC DENTAL STUDENTS ASSOCIATION (APDSA) POSTER COMPETITION

HITEC IMS Dental College conducted a poster competition in collaboration with APDSA Pakistan Division on 7th February 2023. Students from 2nd, 3rd and final year enthusiastically took part in the competition and created some extremely thoughtful posters. Respectable judges reviewed the posters before awarding the winners and participants with shields and certificates. The main aim of the competition was to promote healthy interaction among dental students and to foster the inventiveness. This also created oral health awareness. Like every year Dental College HITEC-IMS start the world oral health activities to spread the message around.



INSPECTION TEAM VISIT

A team of inspectors from National University of Medical Sciences (NUMS) visited medical college of HITEC-IMS on 1ST and 2nd March 2023. The members of inspection team were Brig Dilshad Ahmed Khan(R), Brig Abrar Zaidi(R), Brig Mohammad Farooq(R), Brig Akhtar Hussain Bangash(R), Dr Naushaba Sadiq and Lt Col Haider Abbas(R). After a detailed presentation by Brig Nassar Rashid Dar(R) about the institute's strengths and future plans the delegates visited all departments of both college and hospital. The team appreciated the facilities and requirements duly provided by the institute.



MOTIVATIONAL TALK

A motivational talk was arranged by the Research Cell for the faculty of HITEC-IMS. Principal HITEC-IMS emphasized on the importance of gratitude and forgiveness in leading a happy life.

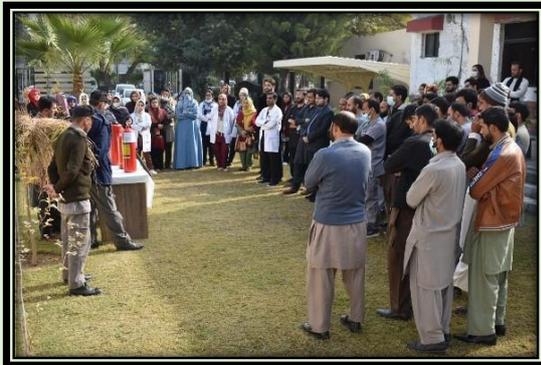
The talk was followed by a question answer session in which the queries of the participants were eloquently addressed.



WORKSHOP ON FIRE

EXTINGUISHERS AT DENTAL COLLEGE, HITEC-IMS

A workshop was arranged by Dental College HITEC, on the design and application of fire extinguishers. The workshop was held on 22nd February 2023 inside the Dental College HITEC premises. The workshop was attended by the faculty members, staff, assistants and students from the clinical and basic sciences. A certified fire extinguisher service engineer conducted the workshop and supervised the use of extinguishers by the faculty, staff, assistants and students for hands-on training.



VISIT AT FIRE RANGE

Students are taught about firearms and related injuries in forensic medicine. The event was hosted by DSF (defense services forces) and they were well prepared to receive the students. Students were briefed

about the G-3 and AK-47 and were shown the assembly of the weapons, their ranges and uses in various situations. They were also shown practice fires shot by the soldiers and were taken to the targets afterwards to see the accuracy of the shots. Students learnt more about ballistics and the weapons in this well conducted visit.



BASIC LIFE SUPPORT WORKSHOP FOR THE STUDENTS OF FINAL YEAR

DENTAL COLLEGE HITEC-IMS

On 22nd February 2023, a Basic Life Support (BLS) workshop was conducted by the faculty of the Armed Forces Institute of Cardiology (AFIC) for the final year Dental College Hitec-IMS students and their faculty, Dr Shahreen Zahid Khan and Dr Zulaikha Malik. The workshop was arranged by Dr Ambreen Gul.

The hands-on training session provided the participants with practical experience, allowing them to apply the principles they learned in a real-life scenario. Overall, the workshop was a great learning experience for the participants and their faculty.



DENTAL OUTREACH PROGRAM

The community dentistry department of HITEC-IMS Dental College designed a community outreach program in collaboration with Colgate on 24th February 2023, with the aim of providing dental care to underserved communities in the area and to offer our students an opportunity to engage in community outreach activities. The organizing committee comprised of faculty members from the dental college, house Officers and a team of student of 3rd year BDS. A total of 324 patients were examined, educated and treated



NUMS INSPECTION VISIT

On 6th March 2023 NUMS carried out inspection of Dental College HITEC-IMS. The Inspection team members included Brig Akhter Hussain Bangash, Lt Col Haider Abbas and support staff. The team was briefed by DD Adm & Ops about preparedness of the College. Perspective tour incharges from the College accompanied the team during the inspection. Report of inspection is awaited, however the inspection team appreciated the facilities being provided by the institute.



FREE DENTAL CAMP

As part of World Oral health Day Campaign free dental camp was organized by Dental College HITEC-IMS. The camp was run from 8th to 22nd March 2023. During this campaign, local communities in and around Taxila and Wah Cantt were targeted along with different schools and colleges in the vicinities. The organizing committee comprised of department of Community dentistry, faculty members from dental college, house officers along with 2nd year and 3rd year BDS students of HITEC Dental College. This dedicated team visited all those places and altogether more than 1500 people were examined.



VACCINATION HEP-B PROGRAM

The Dental College HITEC-IMS takes the distinction of making cross infection free environment in its clinical setting. Dr.Saman Malik HOD CSSD organized and supervised this vaccination camp. Under the direct supervision of Head of Department of General Medicine and Cross Infection Control Committee, data of Vaccinated and unvaccinated staff was collected, and dose of vaccine (AMVAX-B vaccine of AMSON) was administered to over 100 Dental health care providers of Dental College HITEC IMS on 19th and 20th January 2023. Dental College HITEC-IMS covered the expenses of vaccination of staff members/dental surgery assistants.

