



HITEC-IMS

NEWSLETTER



UPCOMING EVENTS

- Dentistry Conference & Workshop
- Orientation Day
- Motivational Talk
- Excursion Trips
- White Coat Ceremony
- Sports Week

CONTENTS

- MESSAGES
- 2nd CONVOCATION
- WORKSHOP ON PLASTER TECHNIQUES
- AWARENESS SESSION ON DIABETES
- POSTER COMPETITION
- TRAINING SESSIONS
- ORAL HEALTH AWARENESS WEEK

Committee Members:

Patron

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

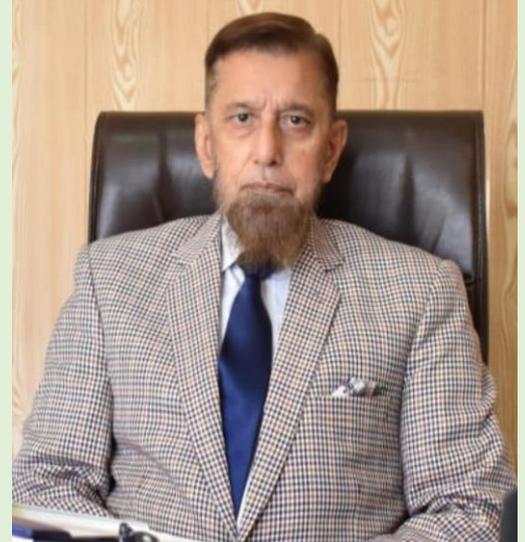
Committee

Asst. Prof. Dr Sadia Israr (Incharge)
Prof. Dr Iram Tassaduq
Mr Muhammad Mohsin Ali

MESSAGES

Prof Dr Hamid Shafique, Principal HITEC-IMS

Esteemed Faculty members, administrative Staff, and my dear students. It is a moment of proud privilege for me to pen down few sentences for our community at HIT - IMS. We have stepped into 2024, with a wonderful record of collective achievements. There has been unwavering commitment displayed by each and every member of this great institution. Starting from relentless pursuit of excellence in education to higher levels of research activities to remarkable achieves in extracurricular activities speaks volumes of it. Nurturing the talents of budding doctors has been commendable. Despite different challenges, success so far has been because of exceptional dedication by everyone of you. Recently concluded our 2nd convocation ceremony was a great success.



This year our target is to get our institute recognised for 150 MBBS students in each class and to start the Nursing school. I am very hopeful that with this combination and contribution of all the team members we will InshahAllah achieve our goals easily. I extend my heartfelt gratitude to each one of you for your support.

Prof Dr Irfan Shah, Principal Dental College, HITEC-IMS

It is my pleasure to write this message for the upcoming issue of HITEC-IMS Newsletter. Again, it is my pleasure to share with readers that our second batch of BDS students have graduated and are about to start their house job.

We are on our path to ISO certification. Our Alumni is already an actively functioning body arranging both academic as well as healthy recreational activities. We have had several guest speakers and carrier counselling sessions over the past three months.

Above all we celebrated an entire health awareness week. A well-attended awareness walk, schools and university talks, free dental checkups and banners and posters were the main highlights of the week. And then we invited school children, faculty, and principals of all the major schools located in and around Taxila and Wah to educate them about the significance of oral health.

I am sure you will enjoy reading the details of all these activities. And off course I wish you all a very happy, healthy, and prosperous 2024.



2nd CONVOCATION OF MEDICAL COLLEGE HITEC-IMS

The second convocation of medical college of HITEC-IMS was held on 22nd Dec 2023. A total number of 101 graduates were awarded MBBS degrees on this occasion.

The convocation was graced by Surgeon General of Pakistan Lt Gen Mohsin Muhammad Qureshi/DGMS (IS) HI (M) as chief guest of the occasion. This auspicious event was also attended by Lt. Gen Wasim Alamgir (R) HI (M) Vice Chancellor National University of Medical Sciences and Chairman of Heavy Industries Taxila Maj. Gen Shakir Ullah Khattak. Distinguished guests, all faculty members, students and their parents were also present on the occasion.

The chief guest congratulated graduates and parents on this marvellous achievement. He advised the graduates to deal every patient with compassion and empathy. He also urged the new graduates to continuously expand their knowledge and skills, and to stay abreast of the latest research.

The principal of medical college also addressed the audience highlighting the noteworthy accomplishments of the institute including A+ grade for undergraduate program and recognition of Medicine, Surgery, Paediatrics, Anatomy and physiology departments for post graduate training by College of Physicians and Surgeons Pakistan. He appreciated the efforts of faculty in providing quality education to the graduates. The event concluded with a scrumptious lunch for graduates, parents and faculty. The parents and graduates appreciated the event.



PRINCIPAL DENTAL COLLEGE HITEC-IMS MASTER TRAINER AT PIMS WORKSHOP

For the second consecutive time, Principal Dental College was invited as Master Trainer for the orthognathic Surgery Handson Course with human anatomic specimens. The course was organized by the Department of Oral and Maxillofacial Surgery, Pakistan Institute of Medical Sciences (PIMS) Islamabad on 30th October 2023.

Prof. Dr. Ifan Shah delivered an interactive lecture, demonstrated orthognathic surgical procedures, and then trained the participants by supervising their hands on activities. The hands-on activities were performed on imported human anatomic specimens and included performing le-Fort I osteotomy, Bilateral Sagittal Split Osteotomy and genioplasty.

Other faculty / master trainers were Prof. Dr. Nazir Khan, Prof. Dr. Israr Khattak, Prof. Dr. Khalid Mehmood Siddique, Prof. Dr. Umar Marwat and Prof. Dr. Omar Arshad. At the completion of the course, Prof. Dr. Tanwir Khaliq awarded shield of appreciation to the master trainers.

The poster features a blue header with five institutional logos. The main title is "ORAL & MAXILLOFACIAL SURGERY" in black, followed by "ORTHOGNATHIC SURGERY" in large red letters and "THE PRACTICAL TIPS" in smaller black text. Below this, it says "2nd ISLAMABAD HANDS ON CADAVER COURSE 30-10-2023 (MONDAY)". A list of topics includes "Lefort I Osteotomy", "BSSO", and "Genioplasty". A photograph of a large, ornate hall is shown. The bottom section lists roles and names: Patron in Chief (Prof. Nazir Ahmad Warraich), Chairman (Prof. Dr. Umar Farooq Marwat), Master Trainers (Prof. Dr. Nazir Ahmad Warraich, Prof. Dr. Umar Farooq Marwat, Prof. Dr. Nazir Ahmad Warraich, Prof. Dr. Umar Farooq Marwat, Prof. Dr. Nazir Ahmad Warraich, Prof. Dr. Umar Farooq Marwat), Guest of Honour (Prof. Zahoor Ahmed Rana), and a registration section with fee (RS: 50000) and contact (DR. TANVEER AHMED, 0333 5296934). There are also portraits of Prof. Omar Arshad and Prof. Khalid Mehmood Siddiq.

AWARENESS SESSION BY POPULATION WELFARE DEPARTMENT

A lecture on premarital counselling was arranged on 15th November by a team of population welfare department. The audience was addressed by Dr Wajeeha Rahat in charge of Family Health Clinic POF hospital Wah Cantt. She talked about its different types and its benefits. She also stressed on the importance of awareness of marital responsibilities before entering this relationship. The talk ended with the question answer session.



ISO-CERTIFICATION TRAINING

A training session was organized by the Dental College HITEC-IMS in collaboration with ISO-Certification consultant team on 17th November, 2023 at the Dental College. The session was chaired by the Principal, Dental College, HITEC-IMS. Focal persons from all the clinical and basic sciences departments attended this session. Dr. Haseeb Ullah Awan a quality manager consultant from Khyber Teaching Hospital, Peshawar gave a detailed briefing on the understanding and internal auditing of ISO 9001:2015 standard. The session turned out to be very informative and interactive and was appreciated by the principal and all the participants.



WORKSHOP ON PLASTER TECHNIQUES

A team from Orthopaedics Department comprising of Prof. Kashif Khurshid Qureshi and Dr Faizan Rauf conducted a workshop on "Plaster Techniques" on 27th September for the students of final year MBBS. The activity was arranged in Skill Lab. After an initial introduction, participants were trained on back slab application techniques for upper and lower limbs. Participants appreciated this activity and suggested to increase the number of such activities to augment their knowledge.



VISIT BY DR MAQBOOL ARSHAD

Dr Maqbool Arshad Chair, section of pulmonary medicine Wisconsin and having a fellowship in sleep medicine graced the institute with his presence. During his visit he talked to the faculty about the types of sleep disorders and their prevalence in Pakistan. He also encouraged the faculty to contribute towards the general wellbeing of the society through social work. The talk was followed by the question answer session. The principal in his concluding remarks thanked Dr Maqbool Arshad for his visit to the institute.



SPEAKER AT 2ND BMEDCON -23, PESHAWAR

The second Basic Medical Sciences Conference 2023 (2nd BMedCon-23) was organized by Khyber Medical University Peshawar on 22nd – 23rd November 2023. Principal Dental College, Prof. Dr. Irfan Shah was invited as Guest Speaker on the occasion. The topic of his presentation was 'Basic Medical Research vs Clinical Realities. Through his interactive lecture, Dr. Irfan Shah emphasized the need for translating research into clinical advantage in the form of improved survival, reduced morbidity, and mortality. He also stressed upon creating public and professional awareness regarding oral cancer and the need for early diagnosis and timely management of this deadly disease.



Other speakers included Prof. Dr. Muslim Khan from Khyber College of Dentistry (Peshawar), Prof. Dr. Nabeela Riaz from Mayo Hospital (Lahore), Prof. Nauman Rauf Khan (Lahore), Dr. Asif Ali and Dr. Waleed Mustafa from Gulf Medical University (UAE), and Dr. Akif Ullah Khan and Dr. Zainab Jan from IRNUM (Peshawar).

At the completion of the session the speakers were awarded shields and certificates.

PHYSIOLOGY POSTER COMPETITION

Department of Physiology organized a Poster competition for the 2nd Year MBBS students on 18th August 2023 in Lecture Hall 1. Principal HITEC-IMS Major General Hamid Shafiq was invited as the Chief Guest. Students of 2nd year MBBS presented complex physiological concepts ranging from "Role of dopamine in basal ganglia circuitry" to "Pathophysiology of Grave's disease" through visually appealing 2D & 3D posters which clearly depicted their understanding of physiological and pathophysiological processes. Principal HITEC-IMS Major General Hamid Shafiq, Prof Nassar Rasheed Dar (Vice Principal), Prof Wasim Akhter (Medicine), & Prof Zubia Razzaq judged the student's presentations. The event was attended by basic and clinical sciences faculty who commended student's performance immensely. The poster made by Group 6 on "Role of Long term Potentiation in memory" was nominated the "Best Poster". The event concluded with distribution of certificates to the winning team.



HITEC-IMS 1ST UNDER GRADUATE ANNUAL RESEARCH POSTER COMPETITION 2023

Medical research is crucial for the advancement of healthcare. It plays a vital role in improving patient care and advancing knowledge. , 1st undergraduate research poster competition was held on 31st August 2023 at Science Lab HITEC School & College Taxila. The main objective of this competition was to promote the culture of research among undergraduate students of HITEC-IMS. It was organized by collaboration of Community Medicine Department, research cell and Student research society. Community Medicine Department provided the support for mentoring the students, poster templates and poster guidelines, judgement criteria and reviewed the posters for correction Principal HITEC-IMS and HITEC Dental College were Chief Guests of the event. Participants got chance to interact with faculty members fostering collaborations and discussions on Community health issues. The certificates of appreciation were distributed among participants which will serve as a reminder of the importance of research in the medical and dental fields.



TRAINING SESSION ON COLLEGE MANAGEMENT SYSTEM

A training session on the application of college management system for the faculty was arranged by the IT department. Mr. Wajid Anwar gave a detailed presentation on the working of this system. He informed that this system will be used for sharing of time tables and marking the attendance of students. The presentation was followed by a question answer session. His efforts were appreciated by the worthy Principal.



VISIT TO REHABILITATION CENTER TAXILA

Community-based learning is an intentional pedagogical strategy to integrate student learning in academic courses with community engagement. As a requirement of community-based learning, a visit to rehabilitation center (Special Education Center) Taxila for the 4th year MBBS students was organized by Community Medicine Department on 24th & 25th August. The aim of the visit was to provide students With Practical Exposure of different types of rehabilitation. Students visited classes of hearing impaired, visually impaired and mentally challenged students. At last students distributed food items among children as a gesture of happiness. This visit was a significant step in preparing medical students for their future roles as healthcare providers.



ACADEMIC COUNCIL MEETING

A meeting of academic council was convened on 27th September in the conference room of HITEC-IMS. It was attended by all departmental heads, associate deans and vice principal. the meeting was chaired by Principal HITEC-IMS. The meeting started with update on the implementation of decisions taken in previous meeting of academic council. The principal appreciated the efforts of faculty in smooth running of academic affairs.



AWARENESS SESSION ON DIABETES MELLITUS

According to the International Diabetes Federation, in 2022, 26.7% of adults in Pakistan were affected by diabetes. Considering the importance of this disease and its effect on its socioeconomic status of a family of the patient, an awareness session was arranged for the general public on 13th December 2023. The session was facilitated by Dr Hassan Burair and it was addressed by the principal of HITEC- IMS Maj. Gen Hamid Shafiq(R) HI(M). The speaker highlighted the preventive aspect of the disease emphasizing on the lifestyle and dietary modifications. The students and faculty from the schools, colleges and HITEC university attended the session. The talk was followed by a question answer session. The efforts of the institute was appreciated by the audience.



MASTERING ONLAY WORKSHOP

On 6th December 2023, the Department of Operative Dentistry and Endodontics at Dental College HITEC-IMS hosted the Mastering Onlay Workshop. Organized by Prof. Dr. Beenish, Dr. Sharaz Ahmed, Dr. Amna Riaz, Dr Usman and Dr. Afshan, Dr Haleema and facilitated by Dr. Usman Anwer, Associate Professor at Islamic International Dental College, the workshop aimed to enhance participants' skills in dental onlay preparation.

The primary objectives of the workshop were to provide a comprehensive understanding of dental onlay preparation and to facilitate hands-on learning and practice in the skills lab. Active participation was observed from dental students and professionals, including attendees from Dental College HITEC-IMS and other institutions.



MARVELLOUS ACHIEVEMENT

Mohammad Bin Saqib Malik secured first position in NUMS affiliated institutes by securing distinctions in all three subjects of 2nd professional examination. It was a moment of pride not only for him and his parents but also for whole of the institute. He was able to achieve this due to sheer hard work, dedication and commitment to his goal. The principal HITEC-IMS congratulated him personally and advised him to work with same zeal and determination in future.



HIGHLIGHTS OF THE ORAL HEALTH AWARENESS WEEK:

Awareness Walk:

On 11th December the week started with an awareness walk in which the Director HITEWT, Director Academics, Principal of Dental College HITEC-IMS, faculty members from Clinical and basic sciences, and house officers participated. The walk started from the college's main entrance to the HITEWT monument and was joined by students from Margalla School. Dr. Rida delivered an awareness talk at the end of the walk, aiming to foster oral health awareness among school and college students. The main aim of walk was actively engaging the community, enhancing public visibility, promoting student participation, and delivering key oral health messages



Interschool Video Competition:

On 12th December a video competition themed "Bright Smiles, Healthy Styles" took place, involving students from 11 different schools. The competition aimed to encourage participants to creatively explore and communicate the importance of maintaining good oral hygiene practices for overall health and well-being. Judges Dr. Waheed, Dr. Shahzana, and Dr. Ambreen evaluated the videos, and cash prizes were given to top three positions and certificates were awarded to all participants. The Principal of Dental College HITEC-IMS delivered closing remarks.



Visit of Principals of Different Schools to Dental College:

On 14th December principals from eight different schools, along with faculty members, were invited to visit Dental College HITEC-IMS. The guests were briefed about the various activities and initiatives undertaken by Dental College HITEC-IMS to promote oral health awareness which includes details about educational programs, community outreach research endeavours, and many innovative practices followed by a tour of various clinical departments to show the state-of-the-art facilities available at the dental college. The briefing provided an opportunity for the Principals to engage in discussions with faculty members and key personnel from the dental college. At the end the shields were presented to the guests.



Awareness Session:

On 15th December lectures were conducted at HITEC University by Prof. Dr. Irfan Shah on Oral Cancers and maxillofacial pathologies, focusing on their causes, symptoms, and early diagnosis. Dr. Shahreen presented on the importance of general dentistry, oral health, disease prevention, and early treatment.



The campaign concluded with dental screening by house officers and the community dentistry department at the Educators School, Taxilla on 15th December. Over 250 students were examined and an awareness lecture was delivered by Dr.Arooba, Dr. Hamna and Dr.Alishba to the students.



DENTAL CAMP

An oral health awareness and screening camp organised by Dental College HITEC-IMS as part of its community service initiative at Nova City School in Wah Cantt on 7th November 2023 and Government Associate College for Women, Taxila, on 13th November 2023 conducted by the college's community dentistry department.

Dr Maria Rabbani delivered a presentation on oral health, followed by free dental examinations for 500 students. Detailed reports on their oral health conditions were provided, and those in need of treatment were referred to HITEC Dental Hospital for treatment, ensuring access to necessary care.



FUSION FEST

Medical studies are tough and time-consuming. Students Literary Society arranged a recreational event under the title of "Fusion Fest", supervised by Prof Zubia Razzaq. It included multiple activities arranged by various student societies. Research Society, Arts Society and Event and Dramatics Society participated in this event. Food stalls were also arranged. The highlight of the event was "Qawali night" that was thoroughly enjoyed by all.



EXCURSION TRIP

An excursion trip was arranged by the dental college HITEC IMS on 7th Oct. Students from 1st and 2nd yr BDS enjoyed hiking with friends and faculty. As the weather was pleasant and slightly chilly, students enjoyed a lot. Snacks were provided by the administration and students feasted themselves at a local restaurant. They came back home safely with beautiful memories.

