



HITC

INSTITUTE OF MEDICAL SCIENCES

2024

RESEARCH YEARBOOK



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CHIEF EDITORS

Dr. Amna Riaz Dr. Maleeha Zafar



Editorial Board

With great pride and a sense of accomplishment, the editorial board, presents third edition of yearbook, a testament to our unwavering commitment to fostering and celebrating academic and research excellence within our institution.

Over the years, the *research yearbook* has evolved into an inspiring chronicle of the remarkable work undertaken by our faculty and students. It captures the spirit of inquiry, innovation, and dedication that defines our academic community. This year's edition is no exception. Within these pages, you will find a diverse array of research projects, publications, and initiatives that not only reflect the depth of expertise within our institution but also highlight our collective contributions to advancing knowledge and solving real-world challenges.

As we look ahead, let us carry forward this momentum, striving for greater heights in research and collaboration. The *research yearbook* is not just a record of our past achievements; it is a beacon guiding us towards a future of even greater accomplishments. Let it remind us of the transformative power of education and research, and our shared responsibility to contribute meaningfully to the world.

We invite you to explore the *research yearbook 2024* and celebrate the incredible work showcased within.

Chief Editor
Research Yearbook 2024



Associate Editors

Dr. Sana Umer
Dr. Zuleikha Malik
Dr. Fatima Rizwan
Dr. Sidra Jabeen
Dr. Amna Khan
Dr. Rubace
Dr. Tehreem
Dr. Azka Haroon
Ms. Kainat Fatima
Mr Mohsin Ali
Mr Muzamal Jamil



Message From Principal

MEDICAL COLLEGE-HITE IMS

I am honored to acknowledge and commend the remarkable efforts that have brought the HITEC-Institute of Medical Sciences annual research book to fruition. This publication is a reflection of our academic community & dedication, intellectual rigor, and creativity, showcasing their passion for advancing medical and dental sciences. Research is more than an academic endeavor—it is the engine of innovation and a vital tool in addressing the complex challenges of modern healthcare. The diverse range of studies and collaborative efforts presented in this book exemplify our institute & steadfast commitment to fostering a culture of inquiry, critical thinking, and problem-solving.

I extend my sincere congratulations to all the contributors for their hard work and to the editorial team for their meticulous efforts in making this project a reality. This research book is not merely a record of our achievements; it also serves as an inspiration for future researchers and stands as a testament to our collective mission of pursuing excellence. Let us continue to strive for progress, guided by knowledge and a shared vision for a healthier and brighter future.



Message From Principal

DENTAL COLLEGE-HITEC IMS

Research is the collection, organization and analysis of evidence to improve the existing knowledge. Medical research is directly related to improve our knowledge of human health and wellbeing. This research year book collects and presents to its reader a summary of the research endeavors at Dental College and Medical College HITEC IMS. Our faculty, our student and especially our research cell are very active in basic, clinical and translational research, as is visible from this year book.

The editorial board of this year book deserves appreciation and commendation for successfully publishing this book for the third consecutive year.

Go Through the pages of this book and you will fully appreciate the research activities at HITEC-IMS as well as the hard work of the editorial board. Enjoy.



Research at HITEC IMS Medical and Dental College

Research at HITEC-IMS Medical and Dental College

At HITEC-IMS Medical and Dental College, research is more than just an academic endeavour; it is a driving force that shapes our institution's commitment to innovation and excellence. Our faculty consistently engages in diverse and impactful research projects, contributing to the advancement of medical and dental sciences. Their dedication to scholarly inquiry not only enhances their own expertise but also serves as an inspiration for our students, fostering a vibrant culture of learning and discovery.

This year's edition of the *Research Yearbook* holds a special significance as it highlights, for the first time, the research contributions of our students. Their inclusion underscores the growing emphasis on nurturing curiosity, critical thinking, and academic rigor among the next generation of healthcare professionals. These budding researchers, guided by their

mentors, have embarked on a journey of exploration that is both challenging and rewarding.

The Students' Research Society (SRS) has been instrumental in cultivating this culture of inquiry. Through their active involvement in collaborative research projects, the SRS has created opportunities for students to engage in meaningful and interdisciplinary studies. These initiatives not only strengthen their

academic foundation but also prepare them to address complex real-world problems with innovative solutions.

As we celebrate the achievements documented in this year's *Research Yearbook*, we also reaffirm our commitment to fostering an environment where research thrives. Together, faculty and students are shaping the future of healthcare by pushing the boundaries of knowledge and making significant contributions to science and society.





Message From Research Cell Incharge Medical College HITEC-IMS

HITEC

At HITEC-IMS, We take immense pride in fostering a culture of research and innovation among our students and faculty. This annual research book reflects our collective efforts and accomplishments in advancing medical knowledge and practice.

Promoting student research remains a cornerstone of our mission, as it nurtures critical thinking, scientific inquiry, and a deeper understanding of medical science. Alongside, our faculty continues to excel in producing high-quality research, setting exemplary standards for the academic community.



Together, as mentors and learners, we aim to contribute meaningfully to the scientific landscape, addressing contemporary challenges in healthcare and beyond. Let this book serve as a testament to our dedication and inspire us to achieve greater heights.

Prof. Dr. Wajiha Mah Jabeen

Incharge Research & Development unit, HITEC-IM

Institute of Medical Sciences Taxila



Message From Research Cell Incharge Dental College HITEC-IMS

HITEC

As the Head of the Research Cell at HITEC-IMS Dental College, I am proud to reflect on the remarkable growth and achievements in our research endeavors over the past year. Our faculty and students have been actively engaged in innovative research across a wide range of topics, from foundational studies to clinical applications, contributing meaningfully to the ever-evolving field of dentistry.

To support and cultivate this culture of inquiry, we have conducted a series of research workshops aimed at enhancing the skills and knowledge of both our faculty and students. In recognition of their efforts, we have introduced rewards for faculty members excelling in research and are providing grants to support student research projects. These initiatives have enabled our students to participate in various conferences, where they have showcased their work and won prestigious poster competitions, bringing honor to the institution.



All of these accomplishments have been made possible through the dedicated support of our Principal and administrative team, whose vision and commitment to research excellence have empowered us to push the boundaries of knowledge and innovation.

Together, we continue to elevate the research standards at HITEC-IMS Dental College, and I look forward to even greater achievements in the years to come.

Dr Maria Rabbani
Chair Research Cell



WORKSHOPS



January

February

March

April

May

June

CONFERENCES



JOURNAL CLUB MEETINGS





COMMUNITY RESEARCH PROJECT



July

August

September

October

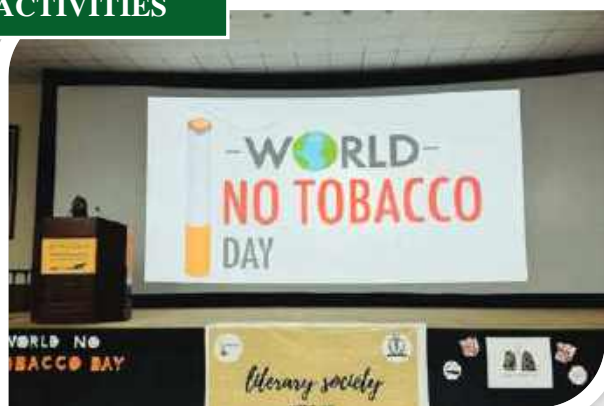
November

December

REWARDS

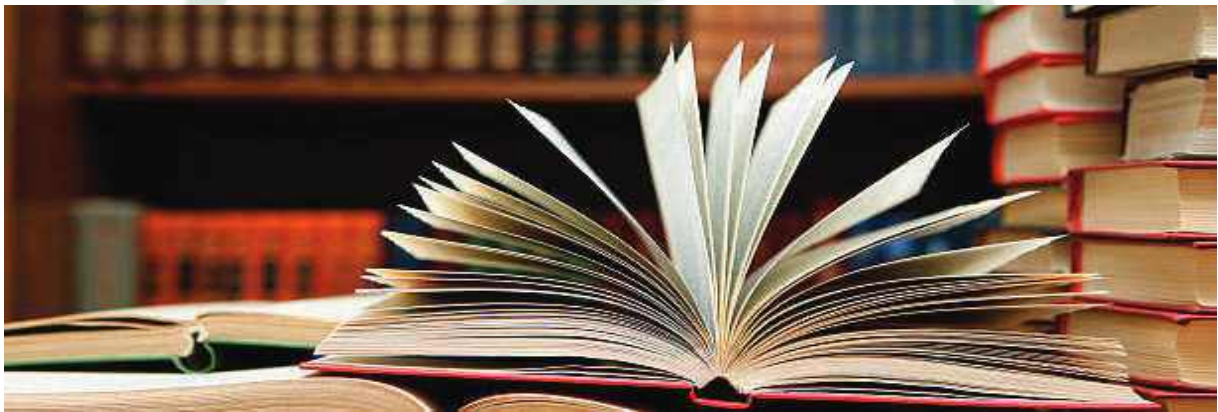


STUDENT ACTIVITIES





SECTION 1 RESEARCH PUBLICATIONS



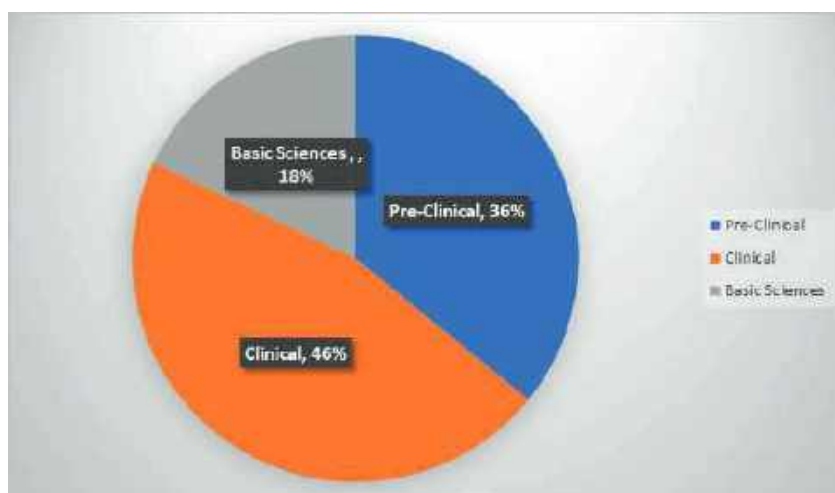
„Discovery consists of seeing what everybody has seen and thinking what nobody has thought.” – Albert Szent-Györgyi

Institute of Medical

Sciences Taxila



PUBLICATIONS AT MEDICAL COLLEGE HITEC-IMS



Department of Anatomy			
Name & Designation	Number of citations & h-index on google scholar (YEAR 2024)	Title of article	Journal & impact factor
Prof. Dr. Asma Hafeez	Citations :6 h-index:6	Academic Motivation Among First-Year Medical Students at HITEC IMS Following an Integrated Curriculum, A Prospective Study	Journal of Pakistan Society of Internal Medicine
Prof. Dr. Iram Tassaduq	Citations :4 h-index:2	Academic Motivation Among First-Year Medical Students at HITEC IMS Following an Integrated Curriculum, A Prospective Study	Journal of Pakistan Society of Internal Medicine



Dr. Iram Zakria	Citations :5 h-index:1	Academic Motivation Among First-Year Medical Students at HITEC IMS Following an Integrated Curriculum, A Prospective Study Curcumin's Neuroprotective Effects on the Neurons of the Rat Cerebrum's Motor Cortex against Tartrazine's Neurotoxic Effects	Journal of Pakistan Society of Internal Medicine
Dr. Maleeha Zafar	Citations :1 h-index:1	Academic Motivation Among First-Year Medical Students at HITEC IMS Following an Integrated Curriculum, A Prospective Study Curcumin's Neuroprotective Effects on the Neurons of the Rat Cerebrum's Motor Cortex against Tartrazine's Neurotoxic Effects	Journal of Pakistan Society of Internal Medicine
Dr. Saad Farukh		Breast cancer; clinical spectrum & genetic abnormalities in women of reproductive age: retrospective study	Journal of Aziz Fatima Medical & Dental College
Dr. Anum khalid Dr. Asma Naeem		Academic Motivation Among First-Year Medical Students at HITEC IMS Following an Integrated Curriculum, A Prospective Study	Journal of Pakistan Society of Internal Medicine
Dr. M. Hamza,		Academic Motivation Among First-Year Medical Students at HITEC IMS Following an Integrated Curriculum, A Prospective Study	Journal of Pakistan Society of Internal Medicine



Department of Physiology			
Prof Dr. Zubia Razzaq	Citations: 10 h- index: 5	Correlation of neutrophil to Lymphocyte ratio with high resolution CT in Covid-19 patients	Foundation University Medical Journal
Prof Dr. Aneeqa Shahid	Citations: 6 h- index: 1		
Department of Biochemistry			
Dr Raheela Yasmin	Citations: 4 h- index: 2	Tongue Lesions in Pakistani population, Subjective Awareness and Association with Blood Groups	Pakistan Armed Forces Medical Journal
		Efficient diagnosis of streptococcus pneumonia in cerebrospinal fluid through metagenomics: a breakthrough in culture-independent detection	Journal of Population Therapeutics & Clinical Pharmacology
Dr Sana Umar		Cytological and biochemical impact of arsenic exposure on the endocrine system and oestrous cycle of female rats	Pakistan Journal of Physiology
Department of Pharmacology and Therapeutics			
Dr. Prof Munir Ahmad Khan		Comparative Study Of Prophylactic Vs Conventional Phenylephrine Administration In Preventing Spinal Anesthesia-Induced Hypotension In Elective Caesarean Section Patients; a Quasi Experimental Trial	Journal of HBS
Dr. Urooj Zaidi		Comparative Study Of Prophylactic Vs Conventional Phenylephrine Administration In Preventing Spinal Anesthesia-Induced Hypotension In Elective Caesarean Section Patients; a Quasi Experimental Trial	Journal of HBS



Pharmacist Bushra Taskeen		Comparative Study Of Prophylactic Vs Conventional Phenylephrine Administration In Preventing Spinal Anesthesia-Induced Hypotension In Elective Caesarean Section Patients; a Quasi Experimental Trial	Journal of HBS
Department of Forensic medicine			
Col (R) Dr Asif Shahab		Road traffic accidents and their associated factors: a retrospective study at Heavy Industries Taxila Hospital, Taxila cantt	Foundation University Medical Journal
Dr Rubace Fatima Mirza		Road traffic accidents and their associated factors: a retrospective study at Heavy Industries Taxila Hospital, Taxila cantt	Foundation University Medical Journal
Department of Community Medicine			
Prof. Dr. Aashi Mughal	Citations:4 h- index :3	Exploring The Influence Of Vitamin D In The Management Of Acne Vulgaris: A Pilot Study.	Journal of Rawalpindi Medical College
		Thyroid Dysfunction Secondary to Endocrine Disruptive Chemicals – A Systematic Review	Pak Armed Forces Med Journal
		Prevalence Of Suboptimal Health Status Amongst General Population of Residential Area, Heavy Industries Taxila	Journal of Rawalpindi Medical College
		Barriers to healthy eating habits among health care providers of HITEC-IMS and HIT hospital Taxila.	Journal of Population Therapeutics and Clinical Pharmacology /1.8

Dr Anwar Bibi	Citations:4 h- index :4	Thyroid Dysfunction Secondary to Endocrine Disruptive Chemicals – A Systematic Review	Pak Armed Forces Med Journal
		Prevalence Of Suboptimal Health Status Amongst General Population of Residential Area. Heavy Industries Taxila	Journal of Rawalpindi Medical College
		Barriers to healthy eating habits among health care providers of hitec-ims and hit hospital taxila.	Journal of Population Therapeutics and Clinical Pharmacology/1.8
		Burnout and Its Association with Emotional Intelligence Among Medical Students at HITEC-IMS Taxila	Journal of Population Therapeutics and Clinical Pharmacology/1.8
Dr Sidra Farooq	Citations:2 h- index :1	Burnout and Its Association with Emotional Intelligence Among Medical Students at HITEC-IMS Taxila	Journal of Population Therapeutics and Clinical Pharmacology /1.8
		Exploring the synergistic antibacterial potential of grape seed and cranberry fruit extract combination against methicillin-resistant staphylococcus aureus	Journal of Population Therapeutics and Clinical Pharmacology /1.8
		Comparing the efficacy of Chlorhexidine mouthwash and natural honey in reducing plaque and improving gingival health. A randomized controlled trial.	Pakistan Journal Of. Health Sciences
		Public Health Surveillance of Paediatric Polio in Pakistan: A Cohort Study.	Cureus
Dr. Mohsin Raza		Barriers to healthy eating habits among health care providers of HITEC-IMS and HIT hospital Taxila	Journal of Population Therapeutics and Clinical Pharmacology /1.8
Dr Raima Siddiqui		Barriers to healthy eating habits among health care providers of HITEC-IMS and HIT hospital Taxila	Journal of Population Therapeutics and Clinical Pharmacology/1.8

Department of Pathology

Prof. Dr. Wajiha Mahjabeen	Citation:86 h-index:9	The NS-3 Mixture of δ -Tocotrienol, Vitamin D3 and Resveratrol Modulates Gene Expression of Several Novel MicroRNAs Identified by Transcriptomic Analyses in People with Type 2 Diabetes	Journal of Clinical Surgery and Research
		Level of Awareness of Risk Factors for Breast Cancer among Final-Year Medical Students. A Cross-Sectional Study.	Journal of HBS
		Use of Continuous Glucose Monitoring Sensors for Type 1 Diabetes Management and its Effect on Glycemic Control	Annals of PIMS.
Prof. Dr. Alia Zubair	Citations:4 h-index: 6	Use of Continuous Glucose Monitoring Sensors for Type 1 Diabetes Management and its Effect on Glycaemic Control	Annals of PIMS.
Dr. Shahida Mushtaq	Citations: 8 h-index: 3	Use of Continuous Glucose Monitoring Sensors for Type 1 Diabetes Management and its Effect on Glycaemic Control	Annals of PIMS.
Dr. Mehreen Mushtaq		The Frightening disease burden of blood culture proven XDR typhoidal isolates in paediatric population in federal territory; time to implement a holistic approach country wide	Infectious disease journal of Pakistan

Department of Medical Education			
Dr. Salma Ambreen Shahab		Academic Motivation Among First-Year Medical Students at HITEC-IMS following an Integrated Curriculum, A Prospective Study	Journal of Pakistan Society of Internal Medicine
		Curcumin's Neuroprotective Effects on the Neurons of the Rat Cerebrum's Motor Cortex against Tartrazine's Neurotoxic Effects	Journal of Pakistan Society of Internal Medicine
Department of Gynaecology			
Prof. Dr. Fahmida Shaeen		Pulmonary embolism in high-risk pregnancy: a case study	HITEC Medical and Dental Journal
Dr. Ayesha Akram	Citations:1 h-index:3	Comparison of the prevalence of self-medication in secondary and tertiary care hospitals of Pakistan and factors contributing towards this malpractice	Proceedings
Dr Mahwash Jamil,	Citations :181 h-index:4	Pulmonary embolism in high-risk pregnancy: a case study	HITEC Medical and Dental Journal
Dr Adeela Ameen	Citation:5 h-index:1	Advancements in Early Detection and Diagnosis of Endometrial Carcinoma: Promising Biomarkers and Imaging Techniques	Diagnosis/ W/5.13
Dr. Nida Khan		Advancements in Early Detection and Diagnosis of Endometrial Carcinoma: Promising Biomarkers and Imaging Techniques Pulmonary embolism in high-risk pregnancy: a case study	Diagnosis/ W/5.13



Dr Shaista Jabeen		Pulmonary embolism in high-risk pregnancy: a case study.	HITEC Medical and Dental Journal
Maj Sahar Farooq		Labetalol versus methyl dopa for treatment of pregnancy induced hypertension	Pakistan Armed Forces Medical Journal
		Assessment of uterine scar thickness by ultrasonography in women with previous caesarean scar	Journal of The Society of Obstetricians and Gynaecologists of Pakistan
Department of Paediatrics			
Brig® Nazir Ahmed Malik	Citations :1 h-index:3	Prevalence of Peripheral Neuropathy in Paediatric Patients with Type 1 Diabetes Mellitus	Medical Forum
		Hyperglycaemia as a prognostic factor for increased mortality in patients admitted in Paediatric ICU	The Professional Medical Journal,
		Frequency of major congenital malformations in neonates born in three tertiary care hospitals of Pakistan	The Professional Medical Journal,
		Comparison of oxygen saturation values between term and pre-term neonates	Professional Med J

Dr Somayya Siddiq	Citations :4 h-index:2	Frequency of major congenital malformations in neonates born in three tertiary care hospitals of Pakistan	The Professional Medical Journal,
		Frequency Of Left Ventricular Thrombi in Dilated Cardiomyopathy Patients Presenting in Tertiary Care Hospital of Punjab	Journal of Rawalpindi Medical College
		Prevalence of Peripheral Neuropathy in Pediatric Patients with Type 1 Diabetes Mellitus	Med. Forum,
		Hyperglycemia as a prognostic factor for increased mortality in patients admitted in Pediatric ICU	The Professional Medical Journal,
		Situs Inversus Totalis with Unilateral Undescended Testis: A Case Report	Journal of Postgraduate Medical Institute
		Comparison of oxygen saturation values between term and pre-term neonates	Professional Med J 2024
Dr Bushra Babar		Hyperglycemia as a prognostic factor for increased mortality in patients admitted in Pediatric ICU	The Professional Medical Journal,
		Comparison of oxygen saturation values between term and pre-term neonates	Professional Med J 2024
Dr. Sumaiyya Javed		Prevalence of Peripheral Neuropathy in Pediatric Patients with Type 1 Diabetes Mellitus	Med. Forum,
		Comparison of oxygen saturation values between term and pre-term neonates	Professional Med J



Department of Radiology			
Dr Rabia Waseem	Citations:3 h-index:3	Correlation of Neutrophil to Lymphocyte Ratio and Platelet to Lymphocyte Ratio with High Resolution Computed Tomography in Covid-19 patients: Correlation of NLR & PLR with HRCT in Covid-19 Patients.	Foundation University Medical Journal.
Department of Ophthalmology			
Prof. Dr. Shahzad Waseem Dr. Dilshad Alam Khan	Citations:3 h-index:1	Prevalence of astigmatism in myopic patients. A study done at HITEC IMS	Foundation University Medical Journal
Dr. Tehseen Faiz		Retinopathy And Their Mechanism	Journal Of Eye Diseases And Disorders / 0.566
Dr. M Sabbih ul Hassan		Low Dose Subcutaneous Adrenaline Pretreatment for Anti-snake Venom Adverse Reactions Prevention	Medical Forum Monthly
Department of Medicine			
Prof. Dr. Faiza Batool Prof.Dr. Kausar Malik	Citation: 11 h-index :2 Citation :11 h-index :2	Awareness About Diabetes and Its Complications Among Patients with Diabetes Mellitus	Journal of Rawalpindi medical college
		The Effect of Demographic Fastors and Comorbidities on Ejection Fraction Outcome in Acute Myocardial Infarction Patients	Journal of Rawalpindi medical college

RESEARCH FOR IMPACT



Journal: Diagnosis
Category : W

Advancements in Early Detection and Diagnosis of Endometrial Carcinoma: Promising Biomarkers and Imaging Techniques

Author: Dr Adeela Ameen (MBBS, FCPS), Dr Nida Khan (MBBS, FCPS)



Background

Endometrial carcinoma is a prevalent gynecological malignancy. This cancer can be asymptomatic in its early stages. While the incidence of this cancer has been on the rise, early detection remains challenging owing to lack of specific symptoms and reliable screening tools. As the result, numerous cases are identified at later stages, when the disease has already progressed, leading to poorer prognosis and more aggressive treatment approaches. This abstract explores recent advancements in the field of early detection and diagnosis of endometrial carcinoma, focusing on the emergence of promising biomarkers and innovative imaging techniques.

Impact of the study

The aim of our current review is to offer an overview of the latest developments in early detection and diagnosis of endometrial carcinoma, with a specific focus on promising biomarkers and cutting-edge imaging techniques. The ultimate goal is to enhance our understanding of this disease and improve patient prognosis through early intervention. The review highlights the emergence of promising biomarkers, such as microRNAs CA-125, HE4 (Human Epididymis Protein 4), p53 and MSI (Microsatellite Instability). Biomarkers are substances or molecular indicators that may be noticed in blood, urine, tissue, or other bodily fluids. These biomarkers can offer important data about occurrence and progression of the disease, helping healthcare professionals make accurate diagnoses and treatment decisions. After selecting potential biomarkers, validation studies are required to confirm their diagnostic utility. These studies involve the collection and analysis of patient samples to determine the biomarkers' accuracy in differentiating between endometrial carcinoma and benign conditions. Various analytical techniques such as PCR, immunohistochemistry, and next-generation sequencing, may be employed for validation. The use of advanced imaging techniques, like transvaginal ultrasound, magnetic resonance imaging (MRI), and positron emission tomography-computed tomography (PET-CT), can enhance precision of endometrial carcinoma diagnosis. This phase involves the evaluation of the effectiveness of these imaging methods in early detection and staging of the disease. Biomarkers and imaging techniques provide valuable tools for clinicians in identifying the disease at an earlier stage, leading to timely intervention and tailored treatment strategies. However, further research and clinical validation are needed to fully integrate these innovations into routine clinical practice.



Journal of Population Therapeutics and Clinical Pharmacology, 31(9), 2114-2120.
Impact factor 2022: 1.94, H-Index 48, x category

BARRIERS TO HEALTHY EATING HABITS AMONG HEALTH CARE PROVIDERS OF HITEC-IMS AND HIT HOSPITAL TAXILA



Dr Anwar Bibi, Associate Professor Community Medicine, HITEC-IMS Taxila

The demanding nature of the medical profession often leaves healthcare providers with limited time for self-care, including healthy eating, which is vital for maintaining physical and mental stamina, managing stress, and optimizing cognitive function. Healthcare providers are role models for their patients, and their health behaviors significantly influence public health outcomes. However, despite being well aware of the importance of healthy eating, many healthcare providers fail to adopt healthy eating habits due to workplace challenges. This study, conducted among healthcare providers at HITEC-IMS and HIT Hospital, aimed to assess their eating behaviors and identify barriers to healthy eating. The results revealed that only 25% of participants adhered to healthy eating practices. Key factors influencing eating behavior included food choices, family practices, the working environment, and peer influence. Interestingly, social media influence was not identified as a significant factor in shaping food choices. Major barriers identified were reliance on cafeteria or outside food, lack of healthy options, work stress, limited access to nutritious meals, and insufficient break times. Addressing these barriers is essential to fostering a culture of health within healthcare settings. Periodic evaluation of healthcare providers' eating behaviors, accompanied by constructive feedback, can motivate them to adopt healthier habits. Tailored interventions, such as improving access to nutritious food, promoting peer accountability, and organizing workplace health promotion events, can help overcome these challenges. Recognizing and rewarding healthcare providers who exemplify healthy behaviors can further inspire their peers to make positive changes. These steps not only enhance the well-being of healthcare providers but also improve the quality of care they deliver, as they can actively model and promote healthy behaviors to their patients. Encouraging self-assessment and lifestyle modifications among healthcare providers will pave the way for a healthier, more productive workforce and positively impact patient outcomes.

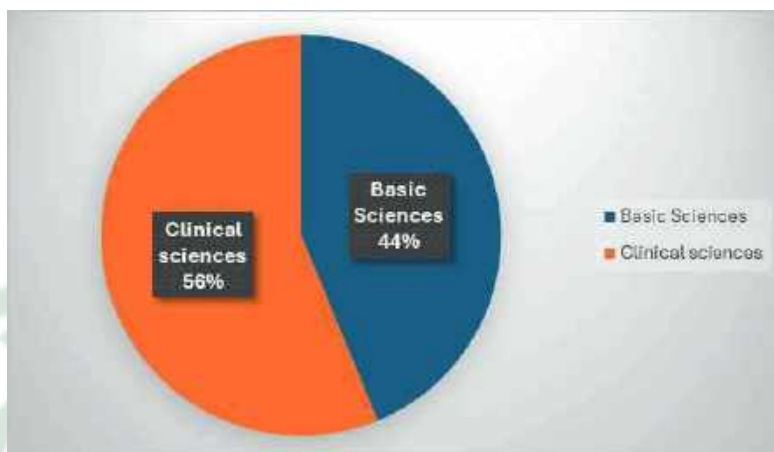


Journal of Population Therapeutics & Clinical Pharmacology Vol.31 No. 09 (2024): JPTCP (609-617)
Impact factor 2022:1.94, H-Index 48, x category

BURN OUT AND ITS ASSOCIATION WITH EMOTIONAL INTELLIGENCE AMONG MEDICAL STUDENTS AT HITEC-IMS TAXILA

Burnout is a psychological condition arising from prolonged stress, often seen in professions requiring constant interpersonal interaction, such as medical staff. Among medical students, burnout is highly prevalent. This leads to negative consequences such as medical errors, reduced professionalism, mental health issues, and impaired academic performance. Emotional intelligence (EI), the ability to understand and manage one's emotions, acts as a protective factor against burnout. EI enhances resilience, communication skills, empathy, and overall professional competence, making it vital for medical students. EI is a protective mechanism against the negative outcomes associated with burnout among medical students. This study, conducted at HITEC-IMS Taxila, explored the relationship between EI and burnout among medical students, using the Brief Emotional Intelligence Scale 10 and Copenhagen Burnout Inventory (CBI). The study highlighted the significance of emotional intelligence (EI) among medical students. Findings revealed that majority of students had good EI levels. Moderate to high burnout was prevalent, especially among females and pre-clinical year students. A significant negative correlation ($p < 0.001$) was found between EI and burnout. The study depicts that students with high EI are at low risk of burnout. These findings underscore the importance of incorporating EI training and mental health support into medical education to help mitigate burnout and improve the overall well-being of students. Enhancing awareness of emotional intelligence (EI) and integrating EI training into the curriculum are crucial steps in fostering emotional resilience among medical students. Regularly assessing students' mental health and establishing counseling services and peer support groups can provide timely support and address challenges effectively. Additionally, faculty and clinicians can serve as role models by demonstrating emotional intelligence and sharing effective coping strategies during clinical training. The role of better working environment and supporting culture can be studied to prevent burnout. Implementing these measures will help institutions better support the emotional well-being of medical students, reduce burnout, and build resilience in future healthcare professionals.

PUBLICATIONS AT DENTAL COLLEGE HITEC-IMS



Basic Sciences			
Department of Anatomy			
Name & Designation	Number of Citations & H-Index Year 2024	Title of Article	Journal & Impact Factor
Dr Ayesha Yasser	--	Ameliorative Effect of Vitamin D on Articular Cartilage Thickness in Arthritic Rat Model	Life & Science 2024 Vol. 5, No. 1
Dr Ayesha Yasser	--	Anti-Arthritic Effects of Moringa Oleifera and Vitamin D on Articular Cartilage; A Comparative Study	Ann Pak Inst Med Sci July-Sept 2024 Vol. 20 No. 3
Dr Ayesha Yasser	--	Comparison between flipped classroom and traditional classroom strategies in teaching Human Anatomy	Journal of Islamic international medical college March 2024, vol.19, No.1
Dr Ayesha Yasser	--	Curcumin's Neuroprotective Effects on the Neurons of the Rat Cerebrum's Motor Cortex against Tartrazine's Neurotoxic Effects	J Pak Soc Intern Med Vol. 05 Issue, 03 July - September 2024
Department of Biochemistry			
Dr Ambreen Gul Dr Rabbia Shabbir Dr Naila Zakria	--	Tongue lesions in Pakistani population, subjective awareness and association with blood groups	PAFMJ
Department of Oral Biology			
Dr Saman Malik	Citations: 15 H-index: 3	Assessing the Obstacles Encountered by Dental College Faculty in Punjab During Online Instructive Sessions	Found Univ J Dent
Dr Saman Malik	//	Prevalence of Oral Candidiasis in Patients with Diabetes Mellitus: A Cross-Sectional Study	African journal of Biological sciences
Dr Saman Malik	//	Prevalence of Oral Mucosal Variations in Healthy Elderly Individuals of Taxila City, Pakistan	Cureus
Dr Saman Malik	//	Local formula with mucoadhesive property: a randomized clinical trial of a	The journal of population therapeutics

Dr Saman Malik Dr Omair Khitab	//	Association of Clinical and Histological Features of Denture Stomatitis with Intraoral Colonization of Candida albicans, Salivary Flow, and Xerostomia	African journal of Biological sciences
Department of General Pathology			
Dr Sadia Israr	Citations: 13 H- index: -	Evaluation of Procalcitonin and Presepsin in prediction for early onset neonatal sepsis.	The Prpfessional
Dr Sadia Israr	//	Use of Continuous Glucose Monitoring Sensors for Type 1 Diabetes Management and its Effect on Glycemic Control.	Annals of <i>PIMS</i>
Dr Fareeha Aleem	//	Estimation of Salivary Candida Count Among Pregnant and Non-Pregnant Women	JIMC
Dr Fareeha Aleem	//	Evaluation of Periodontal Status and Serum C-Reactive Protein Levels in Adult Cigarette Smokers	Pakistan Journal of Public Health
Department of Dental Materials			
Dr. Zuleikha Malik	--	Book chapter “ Tensile strength of dental materials”	‘Handbook on evaluation of mechanical properties of dental materials’
Department of Community Dentistry			
Dr.Maria Rabbani	--	Prevalence of oral mucosal variations in healthy elderly individuals of Taxilla city	Cureus
Dr.Maria Rabbani	--	Estimated burden and distribution of orofacial pain among adults in Pakistan. A cross sectional study	Gomal journal of medical sciences
Dr.Maria Rabbani	--	Awareness of chest pain management among dental surgeons	Pakistan Journal of chest medicine
Dr. Naufal Nadeem	--	Tongue Lesions in Pakistani population, Subjective Awareness and Association with Blood Groups	Pakistan Armed Forces Medical Journal



Dr. Amna Faisal	--	PUBG Game Addiction, Social Connectedness and Aggression in Young Adults	Pakistan Journal of Humanities and Social Sciences
Clinical Sciences			
Department of Oral Pathology			
Dr. Azka Haroon	Citations: 4 H- index: 1	Local Formula With Mucoadhesive Property: A Randomized Clinical Trial Of A Therapeutic Agent For The Treatment Of Oral Aphthous Ulcers	Journal of Population Therapeutics and Clinical Pharmacology
Dr. Azka Haroon	//	Periodontal and Caries Status in Relation to Oral Health Knowledge, Attitudes, and Behavior of Medical and Dental Students in Taxila, Pakistan	Cureus
Dr. Azka Haroon	//	Prevalence of Oral Mucosal Variations in Healthy Elderly Individuals of Taxila City, Pakistan	Cureus
Dr. Azka Haroon	//	Association of Aphthous Ulceration with Psychological Stress During Exams Among Dental Students of HITEC-IMS	African Journal of Biological Sciences
Dr. Azka Haroon	//	Prevalence of Periodontal Diseases in Different Trimesters of Pregnancy Attending Ante-Natal Clinic	Medical Forum Monthly
Dr. Rida Batool	--	Temporomandibular disorders treatment, Symptoms	Journal of Clinical Case Reports, Medical Images and Health Sciences
Dr. Ayesha Jabeen	--	Association of Aphthous Ulceration with Psychological Stress During Exams Among Dental Students of HITEC-IMS	African Journal of Biological Sciences
Department of Periodontology			
Dr. Wajeelha	--	Prevalence of oral candidiasis in patients with diabetes mellitus; A cross sectional study	African journal of biological sciences

Department of Operative Dentistry			
Dr Beenish Qureshi	Citations: 112 H- index: 5	Evaluation of Centring Ability of three Nickel Titanium Rotary Files for Root Canal Preparation: An Invitro Cone Beam Computed Tomography Assessment.	JPTCP
Department of Peadiatric Dentistry			
Dr Amna Riaz	Citations: 97 H- index: 5	Evaluation of Centring Ability of three Nickel Titanium Rotary Files for Root Canal Preparation: An Invitro Cone Beam Computed Tomography Assessment.	JPTCP
Dr Amna Riaz	//	The Evaluation of Apical Debris Extrusion of Three Ni-Ti Rotary File Systems: An In Vitro Study.	African Journal of Biological Sciences
Dr Amna Riaz	//	Association of awake bruxism with tooth wear and Occupational stress among workers in heavy industries factory,Taxila, pakistan	Pakistan Journal of Medicine and Dentistry
Dr Haleema Shah		The Evaluation of Apical Debris Extrusion of Three Ni-Ti Rotary File Systems: An In Vitro Study.	African Journal of Biological Sciences
Dr Hufsa Siddique	--	Evaluation of Centring Ability of three Nickel Titanium Rotary Files for Root Canal Preparation: An Invitro Cone Beam Computed Tomography Assessment.	X category
Department of Oral & Maxillofacial Surgery			
Dr Maimoona Siddiq	--	Pattern of Temporomandibular Joint Disorders and Associated Intra-Oral Findings Among Patients Reporting To Oral and Maxillofacial Surgery OPD, with History of Psychiatric Illness in a Tertiary Care Hospital of Taxila Cantt	PAKISTAN JOURNAL OF HEALTH SCIENCES
Dr Sadia Moin	--	Pattern of Temporomandibular Joint Disorders and Associated Intra-Oral Findings Among Patients Reporting To Oral and Maxillofacial Surgery OPD, with History of Psychiatric Illness in a Tertiary Care Hospital of Taxila Cantt	PAKISTAN JOURNAL OF HEALTH SCIENCES
Dr Sadia Moin	--	EFFECTIVENESS OF MANUAL THERAPY, PHYSICAL THERAPY IN CONJUNCTION WITH PATIENT EDUCATION FOR TEMPOROMANDIBULAR	JOURNAL OF AYUB MEDICAL COLLEGE ABBOTTABA

Department of Orthodontics			
Dr. Muhammad Hasnain	--	Microlearning Environment of Orthodontic Postgraduate Training Programmes in Pakistan: A Multicentre Cross-Sectional Study	Journal of the College of Physicians and Surgeons Pakistan
Dr. Muhammad Hasnain	--	Correlation between lateral cephalometric and facial photographic measurements for orthodontic diagnosis in patients with mandibular deficiency	KHYBER MEDICAL UNIVERSITY JOURNAL
Dr. Shahzonia Tariq	--	Correlation between lateral cephalometric and facial photographic	Dr. Muhammad Hasnain
Department of Prosthodontics			
Dr. Syeda Sameen Zehra Dr. Abdul Muqeet Dr. Uzair Riaz Dr. Naveed	--	Evaluating The Correlation Between Prosthodontics Intervention And Chest Infections: A Comprehensive Research Analysis	Cureus
Department of Oral Medicine			
Dr Faiqa Hassan	Citations: 8 H- index: 1	Assessing the Obstacles Encountered by Dental College Faculty in Punjab During Online Instructive Sessions	Found Univ J Dent
Dr Faiqa Hassan	//	Prevalence of Oral Candidiasis in Patients with Diabetes Mellitus: A Cross-Sectional Study	African journal of Biological sciences
Dr Faiqa Hassan	//	Prevalence of Oral Mucosal Variations in Healthy Elderly Individuals of Taxila City, Pakistan	Cureus
Dr Faiqa Hassan	//	Local formula with mucoadhesive property: a randomized clinical trial of a therapeutic agent for the treatment of oral aphthous ulcers	The journal of population therapeutics and clinical pharmacology
Dr Faiqa Hassan	//	Tongue Lesions in Pakistani population, Subjective Awareness and Association with Blood Groups.	Pak Armed Forces Med J 2024; 74(4):1191
Department of Dental Education			
Dr. Fatima Rizwan	--	Assessing the Obstacles Encountered by Dental College Faculty in Punjab During Online Instructive Sessions	FUJD



Journal: Journal of the College of Physicians and Surgeons Pakistan

5 Year Impact Factor 2024: 0.9

Title: Microlearning Environment of Orthodontic Postgraduate Training Programmes in Pakistan: A Multicentre Cross-Sectional Study

Author: Dr. Muhammad Hasnain

(BDS, FCPS, CHPE)

Background

Dental teaching hospitals provide hands-on learning opportunities to postgraduate residents by offering a nurturing, realistic, and constructive learning environment. A microlearning environment is a smaller-scale entity that collectively makes up and influences the overall learning environment. These include, but are not limited to, the people, physical space, resources, opportunities as well as the emotional and social elements of the learning environment. Since residents are directly influenced by the context in which they learn, it is vital to evaluate the clinical learning environment through the lens of residents so that more favourable learning opportunities can be created for their personal and professional growth. This paper explores the perception of residents regarding the microlearning environment of orthodontic postgraduate training programmes across Pakistan. The two important micro-learning environments that are studied in this paper are the staff attitude and behaviour towards the residents and the quality of teaching and supervision that is provided to the residents during their clinical placements



Impact of the Study

Evaluating residents' perceptions is crucial to identify the reasons behind the gap between what residents should ideally be taught, what they are actually taught and what they ultimately learn. The lessons learnt from this multicentre study might help the programme developers, supervisors, and administrative bodies to reflect upon and improve the respective micro-learning environment offered to their residents. This study might provide an insight into the real-time experiences of the residents, creating opportunities for the educational improvement of postgraduate training programmes. Secondly, seeking feedback from the residents about their learning environment might serve as a source of encouragement for the residents by recognising that their opinions and inputs are valued. Moreover, participation in this research study might urge residents to play an active and constructive role in improving the quality of their learning environment.



HITEC

Journal: *African Journal of Biological Sciences*

Impact Factor: 1.08

Association of Aphthous Ulceration with Psychological Stress During Exams Among Dental Students of HITEC-IMS

Author: Asst.Prof. Dr. Azka Haroon (BDS, CHPE, MPHIL. Oral Pathology)

Background:

Recurrent aphthous stomatitis (RAS) is one of the most common mucosal disorders of the mouth. The exact etiology of aphthous ulceration is uncertain, but precipitated factors include stress, trauma, food sensitivity and/or hormonal imbalance. The aim of this study was to find prevalence of aphthous ulceration and its association with psychological stress during exams among dental students of HITEC-IMS, Taxila.



Impact of the Study:

This study is one of its kind showing significant association between psychological stress during exams, and the occurrence of recurrent aphthous stomatitis (RAS) among dental students. Final year students, who reported higher psychological stress levels, exhibited a greater prevalence of RAS, indicating the impact of academic pressures either in the form greater course content or the pressure of timely completion of overall clinical quotas. Addressing stress management in dental education could benefit students' overall health and reduce the incidence of RAS, promoting better well-being and academic performance among future dentists.

SECTION 2 WORKSHOP



SPSS Data Entry and Analysis – A Practical Approach for Beginners

A workshop on “SPSS Data Entry and Analysis: A Practical Approach for Beginners” was conducted to enhance statistical skills among faculty from Basic and clinical sciences, HITEC-IMS. Led by Dr. Wajiha Mah Jabeen, in charge Research cell, the session provided a hands-on introduction to SPSS, with practical exercises reinforcing learning.

Key Learning Objectives

Understand the SPSS interface.

Learn data entry, variable definition, and basic transformations.

Conduct descriptive statistics (e.g., means, medians, frequencies).

Apply basic inferential tests (e.g., normality, t-tests, chi-square).

Workshop Highlights

The workshop included four sessions, blending instruction and practice:

1. SPSS Interface and Data Entry: Introduction to variables followed by a data entry exercise.
2. Data Transformation: Practical demonstration and exercises on transforming data.
3. Advanced Techniques: Auto-recoding, new variable creation, and importing Excel data, with guided exercises.
4. Descriptive and Inferential Analysis: Participants learned and practiced statistical analysis using SPSS tools.

Conclusion

The workshop successfully achieved its objectives, providing participants with foundational skills in SPSS. The interactive sessions and practical exercises were well-received, enabling participants to apply statistical methods effectively in their research.

Dr. Wajiha Mah Jabeen’s expertise and the facilitation by the Department of Medical Education ensured a seamless and productive learning experience. This initiative marked a significant step towards fostering statistical competence among faculty members.





WORKSHOPS AT MEDICAL COLLEGE:

Name of Faculty & designation	Title of workshop	Date/Venue	Attended/Conducted/Facilitated
Prof Dr. Asma Hafeez	Structured VIVA, A Tool for Integrated Assessment Precision	25-4-2024 HITEC-IMS	Facilitated
	MCQ Construction	30-08-2024 HITEC-IMS	Facilitated
Prof Dr. Haroon Javaid	Mentoring workshop	1-02-2024/Hitec	Conducted
Prof Dr. Iram Tassaduq	Prescription Writing and P-Drug	30-01-2024 HITEC-IMS	Attended
	Mentoring	01-02-2024 HITEC-IMS	Attended
	Beyond the Silos; Building Holistic Physician through Integrated Learning	05-03-2024 NRFC	Attended
	Beyond the Silos; Building Holistic Physician through Integrated Assessment	16-04-2024 NRFC	Attended
	Structured VIVA	25-04-2024 HITEC-IMS	Attended
	MCQs Construction	30-08-2024 HITEC-IMS	Facilitated
Prof. Dr. Alia Zubair	Prescription Writing and P-Drug	30th Jan 2024 / HITEC-IMS	Attended
	Structured VIVA, A tool for Integrated Assessment Precision	25th April 2024/ HITEC-IMS	Attended
	MCQs construction	30 th August 2024/HITEC-IMS	Attended



Prof. Dr. Wajiha Mahjabeen	Prescription writing and P-Drug Structured VIVA, A tool for Integrated Assessment Precision	25th April 2024/ HITEC-IMS	Attended
Dr. Sabahat Rehman	Designing The Future; Innovative Approach to Medical Curriculum Mentoring	4th July 2024/ NUMS 1st Feb 2024/HITEC-IMS	Attended
Dr. Muhammad Hammad	Mentoring	1 February, 2024 at HITE-IMS	Attended
	Prescription Writing & P-Drug	30 January, 2024 at HITEC-IMS	Attended
	Structured VIVA , A Tool for Integrated Assessment Precision	25 April, 2024 at HITEC-IMS	Attended
Dr. Rabia Waseem	Prescription Writing and P-Drug	30-01-2024	Attended
Col (R) Dr. Mohammad Asif Shahab	Designing the future ; Innovative Approach to Medical Curriculum	4 th July, 2024 ZOOM Session	Attended
	Prescription Writing & P-Drug	30 January, 2024 at HITEC-IMS	Attended
	Structured VIVA , A Tool for Integrated Assessment Precision	25 April, 2024 at HITEC-IMS	Attended



Dr. Anum Khalid	Introduction to computer and internet	5-7 Sep-2024 CPSP Islamabad	Attended
	Primary surgical skills	23-25 Sep-2024 CPSP Islamabad	Attended
Dr. Farhan Ahmed	Designing The Future; Innovative Approach to Medical Curriculum	04 July, 2024 / HITEC-IMS	Attended
Dr Sana Umar	Prescription Writing and P-Drug	30-01-2024 HITEC IMS	Attended
	Mentoring	01-02-2024 HITEC IMS	Attended
	Assessment Innovation Blueprinting	20-09-2024 HITEC IMS	Attended
Dr Nimra Faiz	MCQ Construction	30-8-2024 HITEC IMS Taxila Cantt	Attended
Dr Syeda Aimen Hussain	ECG Workshop	21-10-2023 AFIC	Attended

RESEARCH WORKSHOPS AT DENTAL COLLEGE:

Two workshops were conducted to enhance research and academic skills. The **"Literature Search and Systematic Review"** workshop equipped participants with essential skills to conduct literature searches and systematic reviews.

Key topics included effective use of databases like PubMed and Scopus, setting inclusion and exclusion criteria, data synthesis, and critical appraisal. Interactive sessions with hands-on practice and group discussions received positive feedback, with a majority finding the content relevant to their professional needs.

The **"Mastering Academic Writing"** workshop focused on improving writing skills for publications and research proposals. It covered manuscript preparation, avoiding plagiarism, responding to peer reviews, and grant writing.

A special emphasis was placed on using reference management tools like Mendeley and Zotero to streamline citations. Participants engaged in writing exercises and peer-review sessions, which significantly boosted their confidence, as reflected in the feedback. Both workshops fostered collaborative learning and were praised for their practical relevance.



WORKSHOPS AT DENTAL COLLEGE:

Name of Faculty & designation	Title of workshop	Date/Venue	Attended/Conducted/Facilitated
Dr Ayesha Yasser Dr.Ayesha Zafar Dr.Maria Rabbani Dr. Wajeeha Dr Rabia Dr Naila Dr. Amna Riaz	Developing assessment blue print	15 May 2024	Attended
Dr Amna Yasin Dr Rabia Dr Naila	prescription writing and P-drugs	30 January 2024 HITEC-IMS	Attended
Dr Rabia	Designing the future ,Innovative approach to medical curriculum	30-05 2024/online	Dr.Ayesha Rauf NUMS
Dr. Omair Khitab	Workshop on MCQs	16 th may 2024 Dental college HITEC-IMS	Attended
Dr. Shahzana Dr. Aeman Dr. Warda	P-Drug & Prescription Writing	30-01- 2024/HITEC-IMS	Facilitated/ Attended
Dr. Aeman	Designing the future, innovative approach to medical curriculum	30-05- 2024/NUMS (online)	Attended
Dr. Aeman	Reimaging research through the power of AI	31-10-2024/ IIMC	Attended
Dr Nausheen Ashraf Dr. Zuleikha malik Dr Saira Bibi	Developing the assessment blueprint	15 th may 2024, Conference room	Attended
	How to write a Systematic review	24 th may 2024 Tutorial room basic sciences	Dr. shahreen Zahid
Dr. Zuleikha malik	‘Artificial intelligence to devise curriculum’. Zoom workshop	30 th may 2024	NUMS.
Dr Saira Bibi	MCQs buildup	16 th may 2024 Conference room	Dr Maimoona Dr Faizan

	Sharps managements and handling of waste	24 th may 2024 Lecture Hall :05	Dr Yumna Abrar
Dr. Amna Faisal, Dr. Naufal Nadeem Dr. Rida Batool	Developing the skills of High Quality MCQs Construction	16-04-2024 Conference room	Attended
Dr. Azka Haroon Dr. Ayesha Jabeen	Best Practice of MCQs Development	14.11.23/Dental College HITEC-IMS, Taxila	Attended
Dr. Azka Haroon Dr. Ayesha Jabeen Dr. Rida Batool	Why & How of Objectively Structured Clinical Examination	15.12.23/Dental College HITEC-IMS, Taxila	Attended
Dr. Azka Haroon	Effective Implementation of WPBA	31.01.24/Dental College HITEC-IMS, Taxila	Attended
Dr Wajeeha Dr Sohaib Dr Shahan Dr. Rida Dr. Izhar	Workshop on Fire extinguishers	11/10/24 Dental college Hitec IMS	Attended
Dr. Rida Dr Shahan Dr. Izhar	Cross Infection Control Day	13/09/24 Dental college Hitec IMS	Attended
Dr. Shahan	Young Doctors Leadership Summit	25/01/24 Dental college Hitec IMS	Attended
Dr. Shahan	ISO Certification Training	17/11/23 Dental college Hitec IMS	Attended & Facilitated
Dr. Amna Riaz	Young Doctors Leadership Summit	25/01/24 Dental college Hitec IMS	Guest Speaker
Dr. Beenish Qureshi Dr. Amna Riaz	Mastering Onlay hands-on workshop	6 th December 2023	Facilitated
Dr Beenish Qureshi Dr Amna Riaz	Application of CBCT	6 th May 24	Attended
Dr Beenish Qureshi Dr Amna Riaz	Developing the assessment blueprint	14 th May 2024	Attended

Dr Beenish Qureshi Dr Amna Riaz	Radiant smile” workshop on teeth whitening”	26 th July 24	Facilitated
Prof Dr Irfan Shah Dr Maimoona Siddiq Dr Fatima Khattak Dr Sadia Moin	Medical emergency workshop for dental surgery Assistants	28-3-2024	Facilitator
Prof Dr Irfan Shah Dr Maimoona Siddiq Dr Fatima Khattak Dr Sadia Moin	3D Diagnosis & Planning For Dental Implants	25-1-2024	Facilitator
Prof Dr Irfan Shah Dr Maimoona Siddiq Dr Fatima Khattak Dr Sadia Moin Dr. Amna Riaz Dr. Beenish Qureshi	1 st KCD international Dental conference - pre conference workshop Title: Application of Cbct in IMPLANTOLOGY and Endodontics	6-5-2024	Facilitator
Dr. Muhammad Hasnain Dr. Shahzonia Tariq	Digital surgical orthodontic planning & techniques	14 th May 2024/ School of dentistry, Islamabad	Attended
Dr. Muhammad Hasnain Dr. Shahzonia Tariq Dr. Syeda Sameen Zehra	Effective implementation of workplace-based assessments	31 st Jan 2024/ Dental College HITEC-IMS	Attended
Dr. Muhammad Hasnain	The why & how of OSCE	15 th Dec 2023/ Dental College HITEC-IMS	Attended
Dr. Shahzonia Tariq	Advanced techniques in CBCT & Intraoral scan analysis	12 th May 2024/ School of dentistry, Islamabad	Attended



HITEC

Dr. Aamir Rafiq	Effective implementation of workplace based assessment	31.01.2024/ conference room	DR. Faizan Munir Khan
	Assessment of competence	18 April 2024 /CPSP	Dr. Sadaf Mumtaz
	Educational planning and evaluation	04 April 2024/CPSP	Dr. Sadaf Mumtaz
	Supervisory skills	29 August 2024/CPSP	Dr. Sadaf Mumtaz
Dr. Abdul Muqet	Shades of Brightness	10 September 2024	Online

"Research is to see what everybody else has seen, and to think what nobody else has thought."
 – Albert Szent-Györgyi





SECTION 3

SEMINARS AND CONFERENCES

SEMINARS AND CONFERENCES



1st KCD CON 8th-9th MAY 2024

Dr. Waheedullah Khan, a distinguished orthodontist, presented the research article "Association of Craniofacial Morphology with Airway Dimension and Volume" at KCD Con, a renowned dentistry conference in Peshawar. The "Collaborative Patient Care" event was a platform for dental professionals to explore innovations in integrated healthcare.

The research analyzed upper and lower airway volumes in Class II Division 1 and Division 2 skeletal patterns using Cone Beam Computed Tomography (CBCT). The findings demonstrated that Division 2 profiles had significantly larger airway volumes, contributing valuable insights into the relationship between craniofacial morphology and airway health.

Dr. Waheed's presentation was well-received, highlighting his expertise in bridging clinical orthodontics with collaborative patient care. His contribution enriched the academic discourse and reinforced his reputation as a leader in advancing evidence-based approaches to improving airway function through interdisciplinary efforts.



15th Annual Conference of Pakistan Society of Chemical Pathologists

“Diagnostic Endocrinology: Recasting Clinical Care”

21-22 November, 2024 at Khyber Medical College, Peshawar

The 15th Annual Conference comprise of pathologists not only from across Pakistan but also three foreign dignitaries Dr Diane Webster from New Zealand, Dr Mirza Zadeh from the UK, and Dr Tze Ping Lo from Singapore who enlightened the audience about new advances in the field.

Our faculty member Asst.Prof.Dr.Azka Haroon from department of Oral Pathology, Dental College HITEC-IMS,Taxila played her role as a moderator; conducting various segments of the conference which included lecture sessions and poster competition. The rich participation from candidates and audience from across Pakistan made this conference a huge success with great memories.

2 nd Scientific Session (Metabolic Medicine, Lab Management & Techniques) (1100 – 1330) hrs.	
Chair: Prof. Asim Munir Co-Chair: Prof. Bing (Rita) Tariq Bin Sherif, Consultant Chemical Pathologist Moderator: Dr. Azka Venue: Pathology Dept. KMC, Peshawar	
1100-1115	Quality Control in Micro RNA Assays in Clinical Chemistry Prof. Bing (Rita) Tariq Bin Sherif, Director Academic, National University of Medical Sciences (NUMS), Rawalpindi
1115-1130	Latest chemical biomarkers for early diagnosis of Alzheimer disease Prof. Asma Shoukat, Department of Pathology, Quaid Azam Medical College, Bahawalpur
1130-1145	Clinical Considerations in Laboratory Medicine Prof. Muhammad Dilewar Khan, Cloughel Lab, Lahore
1145-1200	MicroRNA: A Novel Diagnostic Modality Prof. Bing (Rita) Tariq Bin Sherif, International Hospital, Islamabad
1200-1215	Latest Updates on Diagnosis of Cushing Syndrome Prof. Ahmed Rafiq, Khyber Medical College, Peshawar
1215-1230	Comparison of estimated protein secretion rate with protein excretion rate in relation to 24 hours urinary protein in healthy individuals Associate Prof. Munir Hussain, Khyber Medical College, Peshawar





MEDICAL COLLEGE HITEC-IMS

Name of Faculty & designation	Title of Seminar/ Conference	Date/Venue	Attended/Conducted/Facilitated
Prof Dr. Iram Tassaduq	Blood Donation	21-02-2024/HITEC-IMS	Facilitated
	No Tobacco Day	31-05-2024/HITEC-IMS	Facilitated
Prof Dr. Ashi Mughal	Annual Research Conference	25-10-2024, Fazaia Medical College	Attended
	World Health Day	29-04-2024, NSHS Islamabad	Attended
Prof.Dr. Wajiha Mah Jabeen	Breast Cancer Awareness	24-10-24, Aero Hospital	Attended
Dr. Anwar Bibi	World Health Day	29-04-2024, NSHS Islamabad	Attended
	Autism awareness seminar	Nust School of Health Sciences	Attended
Dr. Ayesha Akram	Webinar Newer concept on GSM (Genitourinary Syndrome of menopause)	29-06-2024, SAFOMS	Attended
	Awareness on PCOS	08-10-2024, PC hotel Rawalpindi	Attended
Dr. Salma Ambreen Shahab	Blood Donation	21-02-2024	Facilitated
	No Tobacco Day	31-05-2024	Attended
Dr. Farhan Ahmed	CHPE seminar	26-02-2024 to 01-03-2024	Attended
	NRE-II Exam 2024	20-07-2024 to 21-07-2024	Facilitated
Assistant Prof Dr. Sana Umar	Prescription writing & P-drug	30-01-2024, HITEC IMS	Attended
	Mentoring	01-02-2024, HITEC IMS	Attended
	Assessment Innovation Blueprinting	20-09-2024, HITEC IMS digital library	Attended
Dr Rubace Fatima Mirza	13th International Public Health Conference	12-12-2023 to 13-12-2023 Health Services Academy	Attended
	5th International Medical Research Conference	28-04-2024 Health Services Academy	Attended



Dr. M Sabbih ul Hassan	Management of Nausea & Vomiting	01-02-2024, Monal Downtown	Attended
	Management of Hypertension	19-02-2024, POF guest house Wah cantt	Attended
	Calpol learning kingdom	21-02-2024, Green Lagoon restaurant	Attended
	BPH & LUTs Management	27-02-2024, , POF guest house Wah cantt	Attended
	Gen M Learning Kingdom	05-03-2024, POF guest house Wah cantt	Attended
	Role of Melatonin in REM sleep	29-05-2024, , POF guest house Wah cantt	Attended
	Hypertension demands different solutions for different patients	17-10-2024, POF guest house Wah cantt	Attended
Dr. Mubashir Usman	Management of Asthma	14/9/2024 POF Guest House, Wah Cantt	Attended
Dr. M Sabbih ul Hassan Dr. Tehseen Faiz	Augmentin Junior Learning	30-07-2024, Green Lagoon restaurant	Attended
	The differential diagnosis & management of SSTIs	27-08-2024, Monal Downtown	Attended

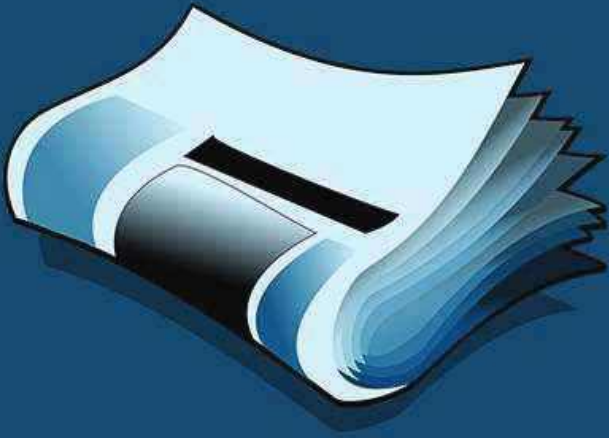


DENTAL COLLEGE HITEC-IMS

Name of Faculty & designation	Title of Seminar/ Conference	Date/Venue	Attended/Conducted/Facilitated
Principal Prof. Dr. Irfan Shah	Young Doctors Leadership Summit	25 Jan 2024	Key Note Speaker
	Collaborative Care in Dentistry	08-09 May 2024	Key Note Speaker
	4 th Islamabad Cadaveric Course	9-11 Oct 2024	Master Trainer
	Excellence in Pain Management	21 Nov 2024	Attended
Dr. Amna Riaz	Young Doctors Leadership Summit	25 Jan 2024	Speaker
Dr. Ambreen Gul Dr. Rabbia, Dr. Naila	Emotional Intelligence	25-1-2024	Attended
Dr. Ambreen Gul	International Conference on Integrative Life Sciences (ICiLS-24) (NUST)	(25-27 September, 2024)	Attended
Dr.Nausheen Ashraf Dr Zuleikha Malik Dr Saira Bibi Dr.Maria Rabbani	Young doctors leadership summit	25 th jan 2024	Alumni
Dr.Maria Rabbani	Role of accreditation in enhancing the quality of Medical Journals.	Sept 19,2024 Islamabad Medical and Dental College	Attended
Dr. Azka Haroon	23rd Shaukat Khanum Cancer Symposium/ Attended	October 25 - 27, 2024 - Pearl Continental Hotel, Lahore, Pakistan	Attended
	PAP 45TH INTERNATIONAL CONFERENCE OF PAKISTAN ASSOCIATION OF	5 th -6 th , October,2024- Serena Hotel, Faisalabad	Attended



SECTION 4 JOURNAL CLUB MEETING



*"The larger the island of knowledge,
the longer the shoreline of wonder."
– Ralph W. Sockman*





MEDICAL COLLEGE HITEC-IMS

Presenters	Title of the article
Anatomy	
Dr. Muhammed Hamza	Salivary Glands after Prolonged Aluminum Exposure: Proteomic Approach Underlying Biochemical and Morphological Impairments in Rats. Int. J. Mol. Sci. 2022, 23, 225
Dr. Maleeha Zafar	Teaching anatomy using an active and engaging learning strategy. Singh et al. BMC Medical Education (2019)
Dr. Iqra Murtaza	A Self Care Management Awareness study among diabetic patients.
Dr. Mubashir	Therapeutic effects of resveratrol and Omega-3 in mice atherosclerosis: focus on histopathological changes.
Dr. Anum Khalid	Flipped classroom—A student perspective of an innovative teaching method during the times of pandemic
Dr. Asma Naeem	Histopathological Changes in Liver and Heart Tissue Associated with Experimental Ultraviolet Radiation A and B Exposure on Wistar Albino Rats
Dr. M. Hamza	Comprehensive Study about Mobile Phone Radiation Effects on Body Weight and Body Composition.
Dr. Iqra Murtaza	Effect of an Energy Drink On Muscle and Liver Damage Enzymes, And Cardiovascular Indices in Soccer Players.
Dr. Iram Rahman	Examining the effects of student-centered flipped classroom in physiology education
Dr. Iram Zakria	Vitamin D2 protects acute and repeated noise stress induced behavioral, biochemical, and histopathological alterations: Possible antioxidant effect
Dr. Saad Farrukh	Anatomical features of plantar fasciitis in various age cohorts: Based on magnetic resonance imaging.
Physiology	
Dr. Sumera Mumtaz	Effects of Time-Restricted Eating on Weight loss and other Metabolic parameters in Women and Men with Overweight and Obesity: The Treat Randomized Control trial
Dr. Sidra Jabeen	Effectiveness of an Integrated Mobile Application for lifestyle modifications in Overweight Women with Polycystic Ovarian syndrome: A Randomized Control Trial
Dr. Saima Noureen	Exercise promotes the expression of brain derived neurotrophic factor (BDNF) through the action of the ketone body beta hydroxybutyrate
Dr. Ayesha Yasin	Ameliorative effect of zinc supplementation on cognitive function and hippocampal leptin signaling pathway in obese male and female rats
Biochemistry	
Prof.Dr Ambreen Javed	"Selenium and vitamin B ₂ cosupplementation alleviates high-fat-diet-induced nonalcoholic fatty liver disease in rats by regulating hepatic lipid metabolism"
Prof.Dr. Shahid Rauf	Integrated Medical Curriculum: Advantages and Disadvantages
Dr Sana Umar	Association of SNP(RS4880) in SOD-2 Gene with Diabetic Nephropathy
Dr Ummara	"LIVER ENZYMES AND BIOCHEMICAL FUNCTION TESTS IN T2DM: IMPACT OF DURATION, GLYCEMIC CONTROL AND SOME OTHER CO-VARIABLES IN PRESS"
Dr Arfa	Effects of fasting on the physiological and Psychological responses in Middle-Aged men



Dr Raheela Yasmin	"Coronavirus disease 19(covid-19) affects the occurrence of acute heart attacks: case report"
Dr Hamza Rasool	"Coronavirus disease 19(covid-19) affects the occurrence of acute heart attacks: case report"
Dr Eiman	"Acute cholecystitis in patients of Stroke"
Prof. Dr Ambreen Javed	Microplastics and phthalate esters release from teabags into tea drink: Occurrence, human exposure, and health risks
Prof. Dr. Shahid Rauf	Acute Superior Mesenteric Vein Thrombosis With Small Intestinal Ischemia "
Dr Bisma Rehman	"Prevalence of Vitamin D and Calcium Deficiency and Insufficiency in Women of Childbearing Age and Associated Risk Factors: A systematic Review and Meta-Analysis"
Pharmacology	
Dr. Habibah Ishaq	Apo lipoprotein (a) and cardiovascular disease in Type 2 (non-insulin-dependent) diabetic patients with and without diabetic nephropathy.
Dr. Habibah Ishaq	Comparative Analysis of Sitagliptan vs Empagliflozin as an add on Therapy to Metformin in Pakistani Type 2 Diabetic Patients.
Dr. Aliya Ali	Comparison of three different prophylactic treatments for postoperative nausea and vomiting after total joint arthroplasty under general anesthesia: a randomized clinical trial.
Pharmacist Bushra Taskeen	Prevalence and Factors Associated with Drug-Drug Interactions in Prescriptions Presented at Private Pharmacies in Mbarara City, South Uganda
Dr. Habibah Ishaq	Current knowledge, attitude, and patterns of oral contraceptives utilization among women in Jordan.
Dr. Iqra Jabeen	Awareness of the benefits of folic acid and prevalence of the use of folic acid supplements to prevent neural tube defects among Thai women.
Dr. Sabahat Saeed	Evaluation of Proton Pump Inhibitors Prescribing Among Hospitalized Patients: A Cross-Sectional Study
Pharmacist Bushra Taskeen	A Novel Clinical Pharmacy Management System in Improving the Rational Drug Use in Department of General Surgery
Dr. Ayla Babar	Oral vs. Intramuscular Ondansetron for reducing vomiting in children with Acute Gastroenteritis.
Forensic medicine	
Dr. Sohah Nasir	Drugs of abuse, Opiates, 30-01-2024
Dr. Sohah Nasir	A comprehensive review of wound ballistics: Mechanism, Effects and Advancements
Dr Sahar Hameed	Forensic dentistry as an analysis tool for sex estimation: a review of current techniques
Dr Nimra Faiz	Cerebrospinal fluid in forensic toxicology: current status and future perspectives
Dr Nimra Faiz	Application of post mortem biochemistry analysis in forensic medicine
Dr. Rubace Fatima Mirza	Artificial Intelligence in Forensic Medicine and Toxicology: The future of Forensic Medicine
Pathology	
Dr. Haim Sajid	Impacts of artificial light at night on sleep



Dr. Radia Amir	Pancytopenia due to Sheehan's Syndrome
Dr. Arsalan Fareed	Hypertension Prevalence, Awareness, Treatment and Control in Health Screening Camps of Rural Central Punjab, Pakistan
Prof. Dr. Alia Zubair	Comparison of the clinical effect of intermittently scanned and real-time continuous glucose monitoring in children and adolescent with type 1 diabetes
Prof. Dr. Wajiha Mahjabeen	Association of triglycerides glucose index and triglycerides HDL ratio with glucose levels, microvasculature and macrovascular complications in Diabetes Mellitus Type-2
Dr. Shahida Mushtaq	Serum Uric Acid to HDL Cholesterol Ratio is Associated with Diabetes Control in New Onset Type 2 Diabetic population
Dr. Mehreen Mushtaq	Comparison of Fine-Needle Aspiration Cytopathology with Histopathological Examination of Thyroid Gland in patients undergoing Elective Thyroid Surgery
Dr Maham Javaid	Correlation between screen time and autisticsymptoms in children
Dr Sara Ismail	Excessive smart phone use is associated with depression, anxiety, stress and sleep quality.
Dr Sabahat Rehman	Comparison of bacterial contamination in bristles of charcoal toothbrushes versus non charcoal toothbrushes
ENT	
Dr. Zainab Hajra	Management of risks to surgical patients
Dr. Farhan Ahmed / Dr Aslam	Adult learning theories: Implication of learning and teaching on medical education: AMEE guide No. 83
Dr. Farhan Ahmed	Validity: On the meaningful interpretation of assessment data
Dr. Farhan Ahmed	Calls for reform of medical education by the Carnegie foundation for the advancement of teaching: 1910 and 2010
Dr. Farhan Ahmed / Dr Aslam	Surgical management of CSOM in a tertiary medical center. Zahid Sohail et al..
Dr. Iqra / Dr Aslam	Management of invasive fungal sinusitis. Morteza Javaid et al..
Dr. Farhan Ahmed	Allergic fungal sinusitis a perplexity clinical entity. Iqbal Hussain et al
Dr. Farhan Ahmed	Short term complications of emergency and elec tive tracheotomy. A comparative study.
Dr. Farhan Ahmed	Correction of post traumatic saddle nose deformity : A case report Muhammad Nazir Khan et al.
EYE	
Dr. Shahzad Waseem	Combining Optical Coherence Tomography and Fundus Photography to Improve Glaucoma Screening
Dr. Shahzad Waseem	Performance of femtosecond laser-assisted cataract surgery in Chinese patients with cataract: A prospective, multicenter, registry study
Dr. Haroon Javaid	Progression Measurement Of Visual Field Loss in Medically Controlled Primary Open-Angle Glaucoma (POAG)
Dr. Haroon Javaid	Surgical Correction of Ectropion: Comparison Between Full Thickness Skin Grafts and Local Flaps
Dr. Dilshad Alam Khan	Recent Advances In Drug Delivery Systems For Glaucoma Treatment

Dr. Haroon Javaid	Tropicamide Versus Cyclopentolate for Cycloplegic Refraction in Pediatric Patients with Brown Irides: A Randomized Clinical Trial
Dr. Shahzad Waseem	How does hypertension affect your eyes?
Dr. Haroon Javaid	Progression measurement of visual field loss in medically controlled primary open-angle glaucoma (POAG)
Dr. Shahzad Waseem	Heritability and Genetic Factors of Astigmatism and Corneal curvature: a systemic Review and Meta-analysis
Dr. Haroon Javaid	Assessment Of Effects Of Pan-Retinal Photocoagulation On Retinal Nerve Fiber Layer By Optical Coherence Tomography
Medicine	
Dr Ali Haider	Empagliflozin in Patients with Chronic Kidney Disease
Dr Ali Haider	Use of GPT-4 to Diagnose Complex Clinical Cases
Dr Kashmala Tariq	A 70-Year-Old Woman with Cough and Shortness of Breath
Dr Kashmala Tariq	A 70-Year-Old Woman with Cough and Shortness of Breath Case records of the Massachusetts General hospital
Dr Ali Haider	Expert recommendations for the management of iron deficiency in patients with heart failure in Asia
Dr Ali Haider	Selective Agonists of Thyroid Hormone Receptor Beta for the Treatment of NASH
Dr Kashmala Tariq	Reducing Hospitalizations and Multidrug-Resistant Organisms via Regional Decolonization in Hospitals and Nursing Homes
Dr Sahar Hameed	Magnesium Disorders, Review Article
Dr Muhammad Ali	Nutrition in Medicine; Diets. Review Article
Dr Ali Haider	Antibody-Based Therapy for Transplantation-Eligible Patients with Multiple Myeloma
Gynecology and obstetrics	
Dr Nida Khan	Reducing the risk of venous thromboembolism during pregnancy and the puerperium, Green Top guideline No.37a
Dr Rukhsana Afzal	Obstetric and neonatal outcomes in mild idiopathic polyhydramnios
Dr Ayesha Akram	Efficacy of letrozole versus clomiphene citrate on ovulation induction in patients with polycystic ovarian syndrome
Dr Shaista Zainab	Nice guideline on cesarean section
Dr Adeela Amin	Green Top Guideline on management of ectopic pregnancy
Dr Tanzeela Aftab	Uterus-preserving surgical management of placenta accreta spectrum disorder: a large retrospective study
Dr Nida Khan	MBRRACE-UK mother and babies: Reducing risk through adults and confidential enquiries across the UK 2023
Major Sehar	Heavy menstrual bleeding in adolescence, TOG March 2024
Dr Mahwash Jamil	FIGO postnatal passport for high-risk pregnancy
Dr Ayesha Akram	Rates of subjective and objective cure, satisfaction and pain 10-20 years after tension-free vaginal tape (TVT) surgery: A retrospective cohort study
Dr Rukhsana Afzal	An overview of office hysteroscopy
Dr Tahira Jabeen	Unplanned cesarean delivery is associated with risk of postpartum depressive symptoms in the immediate postpartum period
Dr Adeela Amin	NICE Guideline on GDM
Pediatrics	

Dr. Sumaiya Javed	Association of iron deficiency anemia with breath holding spells
Dr. Sumaiya Javed	Perceived barriers for delay in age-appropriate vaccination among children attending a tertiary care hospital of Rawalpindi
Dr. Somayya Siddiq	Association of various factors with thrombocytopenia in neonates, secondary to maternal pregnancy-induced hypertension
Dr. Fazeela Shah	Thalidomide for patients with B-Thalassemia: A multicenter experience
Dr. Sumaiya Javed	Bubble nasal continuous positive airway pressure (BNCPAP): An effective low-cost intervention for resource-constrained settings.
Dr. Muzammil Ahamd	Menace of drug-resistant salmonella typhi in children
Dr. Ayesha Khan	Polio: Recognition of a reemerging infection
Dr. Muzammil Ahamd	Recurrent jaundice and hyperbilirubinemia in a 2-week-old infant
Dr. Sumaiya Javed	Comparison of the frequency of necrotizing enterocolitis in preterm infants with formula feed versus breast feed.
Dr. Fazeela Shah	Clinical features and echocardiographic findings in children with ebstein's anomaly: A descriptive case-series of 48 cases.
Radiology	
Dr Rabia Waseem	Imaging Review of the Temporal Bone: Part I. Anatomy and Inflammatory and Neoplastic Processes Amy F. Juliano , Daniel T. Ginat, Gul Moonis J
Dr Hamna	White matter disease with radiologic pathologic correlation
Dr Ahmed	Cystic lesions of the adrenal gland Sanket Solanki, Sonia Badwal, Samiran Nundy, and Naimish N
Dr Rabia Waseem	Intracranial cyst: an imagery diagnostic challenge Alexander et al. Scientific world journal 2013
Dr Ahmed	Imaging features of invasive and non invasive fungal sinusitis
Dr Rabia Waseem	Impact of white matter changes on clinical manifestations of Alzheimer's disease.
Dr Bilal	MR Imaging Differentiation of Soft-Tissue Hemangiomas from Malignant Soft-Tissue Masses Authors: Eu-Leong H. J. Teo, Peter J. Strouse, and Ramiro J. Hernandez
Dr Azwar	CT Evaluation of Squamous Cell Carcinoma of the Nasopharynx VP RAICA,1 AM BRATU,2 C ZAHARIA,2 and IA SÁLCIANU2
Dr Rabia Waseem	Cognitive impairment after traumatic brain injury: The role of MRI and possible pathological basis
Dr Azwar	Evaluating MRI for assessing neoadjuvant chemotherapy response in pregnant patients with cervical cancer: An evidence-based opinion
Dr Fatima	Learning to summarize radiology finding
Physiotherapy	
Dr. Maria	The Efficiency of Manual Therapy and Sacroiliac and Lumbar Exercises in Patients with Sacroiliac Joint Dysfunction Syndrome
Dr. Maria	Popular treatment modalities in the management of Sacroiliac joint dysfunction
Dr. Maria	Evaluation of the Effect of Kinesio-Taping Banding Therapy on Upper Extremity Function, Quality of Life, and Emotional Status in Patients with Chronic Rotator Cuff Syndrome In Addition to Conventional Physiotherapy Methods
Dr. Maria	Comparison of the mobilization and proprioceptive neuromuscular facilitation methods in the treatment of shoulder impingement syndrome
Dr. Maria	Efficacy of ultrasound versus short wave diathermy in the treatment of chronic low back pain in patients with lumbar disk herniation: a prospective randomized control trial
Dr. Maria	Effect of simultaneous short term neuromuscular electrical stimulation and static stretching on calf muscle.
Dr. Maria	Effect of tissue flossing technique on tennis players.



DENTAL COLLEGE HITEC-IMS

1.	Orthodontics	Surgery first in orthognathic surgery:A systematic review of the literature	4 th January 2024	Dr. Saira fatima
2.	Operative Dentistry	Evaluation of complete pulpotomy with Biodentine on mature permanent molars with signs and symptoms of symptomatic irreversible pulpitis:12 months follow up	1 st February 2024	Dr.Kinza Iftikhar
3.	Oral biology	Root canal morphology and bifurcating/merging sites of permanent mandibular incisors in 9-t0-12-year-old children: An in vivo 3D visualization analysis in China	7 th march 2024	Dr Khadija Tariq
4.	Prosthodontics	Clinical and radiographic evaluation of implant supported cantilever fixed partial dentures replacing maxillary anterior teeth: a randomized clinical trail	2 nd May 2024	Dr M.Abdul Muqeet
5.	OMFS	Effectiveness of different treatment for odontogenic Keratocyst: a network metaanalysis	6 th June 2024	Dr. Sadia Moin
6.	General Surgery	A retrospective study of parotid gland tumors at a single institution	8 th August 2024	Dr. Afshan Jamil
7.	General Medicine	Role of Helico Bector pylori infection and non-steroidal Anti-inflammatory Drug use in bleeding peptic ulcers	5 th September 2024	Dr. Rehman Arshad
8.	Oral pathology	Architectural dysplasia in surgical margins and the risk of local relapse in oral cancer	3 rd October 2024	Dr Ayesha Jabeen
9.	Pharmacology	Hyaluronic acid reduces inflammation and crevicular fluid IL-1B concentration in peri-implantitis: a randomized controlled clinical trial.	7 th November 2024	Dr Aymen Babar
10.	Community Dentistry	Self-Assembling Peptide and nano-silver fluoride in remineralizing early enamel carious lesions: randomized controlled trail	5 th December 2024	Dr Naufal Nadeem
11.				
12.				



OPERATIVE

Presented By	Article Name	Journal
Dr Fatima	Restorative dentistry clinical decision making for hypodontia	Dental Update
Dr.Farhana	Top tips for managing enamel infractions, cracks and fractures part2 management	British dental journal
Dr.Kinza	Regenerative Endodontics	Chp# 12 Pathways of pulp
Dr.Zahoor	Comparison of ibuprofen & dexamethasone on inferior alveolar nerve block	Journal of Endodontics
Dr Fatima	Case Assessment & treatment planning	Chp#05 Pathways of Pulp
Dr.Farhana	Resolution of Apical periodontitis-induced mental nerve paresthesia through non-surgical Endodontic retreatment: A case Report	Journal of Endodontics
Dr Kinza	Be active and smart in conservative dentistry and endodontics	National library of medicine
Dr.Farhana	Tooth wear in children its prevalence presentation and prevention	Dental update.
Dr.Fatima	Managing the Paediatric patient with amelogenesis imperfecta	British Dental Journal
Dr.Farhana	Preliminary consideration for operative Dentistry	Chp# 15 Art & Science
Dr.Kinza	Pulp regenerative cell therapy for mature molar	Dental Update
Dr.Zahoor	Crown Lengthening Technique & modification to treat excessive tooth wear	British Dental Journal
Dr Fatima	Management of burning mouth syndrome	British Dental Journal
Dr.Kinza	The Versatility Flowable composite	Dental Update
Dr.Zahoor	Resin bonded splint & bridges part1	British Dental Journal
Dr.Farhana	Restoration of discolored incisors with ceramic veneers: A workflow Case	Dental update.
Dr Fatima	Management of specific medical emergencies in dental practice.	Dental update.
Dr.Kinza	Resin bonded splint & bridges part2	British Dental Journal
Dr Zahoor	Technique tips	Dental Update



Dr.Kinza	Objective an guideline for traditional excess cavity preparation part 1	Dental Update
Dr.Fatima	Minimally invasive selected caries removal: A Clinical Guide	British Dental Journal
Dr.Farhana	A Novel pre-formed Distal Shoe eruption guidance appliance in chair side management of early loss of primary second molar: A case Report	Dental Update
Dr.Kinza	Colored & shade matching in operative Dentistry	Chp# 7 Art in Science
Dr.Farhana	Oral Ulceration (Part1)	British dental journal
Dr.Zahoor	Getting it right at every stage: Top tips for Traumatic dental injury review: part 1	British dental journal
Dr.Kinza	Interdisciplinary management of combined periodontal endodontic lesion with palatogingival groove of maxillary lateral incisor : A case report	British dental journal
Dr.Farhana	Oral Ulceration (Part2)	British dental journal
Dr.Fatima	Top tips for immediate tooth replacement	British dental journal
Dr.zahoor	Getting it right at every stage: Top tips for Traumatic dental injury review: part 2	British dental journal
Dr.Fatima	Anomalies of tooth formation & eruption	Chp#14 Welbury
Dr.Kinza	Adhesion to enamel & dentine	Chp#12 Summit
Dr.Zahoor	Management of mobile teeth	Dental Update
Dr.Farhana	Class v Restorations	Chapter 15 Summit
Dr.Fatima	Introduction of amelogenesis in perfecta	British dental journal
Dr.Zahoor	Obturation of clean & shape root canal system	Chp#9 Pathways of Pulp

Dr.Kinza	An Over view of resin infiltration technique	Dental Update
Dr.Zahoor	Light curing of Restorative material	Chp# 6 Art & Science
Dr.Farhana	Empyema of Odontogenic origin: A Case Report	Dental Update
Dr.Fatima	Comparison of efficacy and safety of pulp testing results using a new pulp testing device versus some commonly used methods: a crossover study	Journal of Endodontics
Dr.Farhana	Restoration of Endodontically Treated teeth	Chp# 21 Summit
Dr.Kinza	Minimum intervention oral care: Preventive management of high-risk patient using phased courses of treatment	British dental journal
Dr.Zahoor	Xero stomia part I etiology & oral manifestation	Journal of Endodontics
Dr.Farhana	How do teeth Erupt?	British dental journal
Dr.Fatima	Efficacy of different irrigation of needles & ultrasonic activation on calcium hydroxide removal: micro CT study using 3D printed endodontic model	Journal of Endodontics
Dr. Zahoor	An Updated medical history form for people living with diabetes mellitus	British dental journal
Dr.Farhana	Dens Invaginatus Type II in an Immature lateral incisor with apical periodontitis treated with Regenerative & strategic anti-microbial procedure: A Case Report	Journal of Endodontics
Dr.Farhana	Outcome of Non-surgical Root Canal Treatment of teeth with large apical periodontitis lesion: A retrospective study	Journal of Endodontics
Dr.Kinza	Effects of irrigation needles design on root canal disinfection & cleaning	Journal of Endodontics
Dr.Fatima	Mirogabalin as a therapeutic option for neuropathic pain emerging post endodontic treatment: A two case report	Journal of Endodontics
Dr.Farhana	Main Amelioration of gagging Indoctination By communication a magic technique	British dental journal



ORTHO

TOPIC FOR JCM PRESENTATION ORTHODONTICS DEPARTMENT FOR YEAR OF 2024	PRESENTER
Alterations in the surface roughness and porosity parameters of directly printed and Invisalign aligners after 1 week of intraoral usage: An in vivo prospective investigation	Dr. Saira
Analysis of mandibular asymmetry in adolescent and adult patients with unilateral posterior crossbite on cone-beam computed tomography	Dr. Sidq
Appropriate timing of treatment contributes to better root development of impacted anterior teeth in children	Dr. Saira
A review of oral pathology in orthodontics. Part 1: Soft-tissue pathology	Dr. Saira
Clinical evaluation of Artificial Intelligence Driven Remote Monitoring technology for assessment of patient oral hygiene during orthodontic treatment	Dr. Sidq
Comparative analysis of the biomechanical behavior of the maxillary central incisors restored with glass fiber post and cast metal post and core submitted to orthodontic forces: A study with finite elements	Dr.Sidq
Comparison between 2D cephalometric and 3D digital model superimpositions in patients with lateral incisor agenesis treated by canine substitution	Dr. Saira
Three-dimensional evaluation of dentopalatal changes after rapid maxillary expansion in growing children	Dr.Sidq
Using a structured light scanner to evaluate 3-dimensional soft-tissue changes after extracting 4 premolars in young adult female patients	DrSaira
Corrosion-induced changes in surface properties and roughness of orthodontic	Dr.Sidq
Surgical vs nonsurgical treatments in patients with anterior open-bite have similar effects in occlusal function: A 2-year follow-up study	Dr.Saira
A comparison of skeletal and dental changes in patients with a Class II relationship treated with clear aligner mandibular advancement and Herbst appliance followed by comprehensive orthodontic treatment	Dr. Sidq
A review of oral pathology in orthodontics. Part 2: Pathology of the jaw bones	Dr. Saira
Artificial neural networks and deep learning	Dr. Sidq
Discussion on the correction of a gummy smile in a second orthodontic treatment	Dr.Sidq
Effect of power arm length combined with additional anterior torque on the axial orientation of the maxillary incisors during en-masse retraction: A finite element analysis	Dr. Saira
Gender disparity of invited speakers at the American Association of Orthodontists Annual Session: A cross-sectional analysis 2015-2023	Dr.Sidq
Longitudinal changes of the natural craniofacial and dentoalveolar complex in the fourth decade of life	DrSaira
Metagenomic analysis of oral and intestinal microbiome of patients during the initial stage of orthodontic treatment	Dr.Sidq

The complex of tannic acid and cetylpyridinium chloride: An antibacterial and stain-removal cleaner for aligners	Dr.Saira
Three-dimensional microanalysis of tooth movement during the first 6 months of orthodontic double retention	Dr. Sidq
Unilateral injection of botulinum toxin type A into the masseter muscle induces mandibular asymmetry in adolescent rats by suppressing the angular process growth	Dr. Saira
Changes in behavioral and cognitive abilities after rapid maxillary expansion in children affected by persistent snoring after long-term adenotonsillectomy: A noncontrolled study	Dr. Sidq
Dentoperiodontal and skeletal changes induced by miniscrew-assisted rapid maxillary expansion (C-expander) treatment in adults: A retrospective clinical trial	Dr.Sidq
Dynamic biomechanical changes of clear aligners during extraction space closure: Finite element analysis	Dr. Saira
Enhancing skeletal stability and Class III correction through active orthodontist engagement in virtual surgical planning: A voxel-based 3-dimensional analysis	Dr.Sidq
Evaluation of the shear bond strength of various adhesives on the surface of enamel irradiated with various doses of radiotherapy	DrSaira
Lingual bracket transfer accuracy of double vacuum-formed indirect bonding tray using 3D-printed model: an in vivo study	Dr.Sidq
Long-term evaluation of soft-tissue changes after miniscrew-assisted and conventional rapid palatal expansion using voxel-based superimposition of cone-beam computed tomography scans	Dr.Saira
Three-dimensional finite element analysis of the uprighting movement of mandibular mesially inclined second molars	Dr. Sidq
Can an employer be sued for harm caused by his independent contractor?	Dr. Saira
Dehiscence and fenestration of skeletal Class III malocclusions with different vertical growth patterns in the anterior region: A cone-beam computed tomography study	Dr. Sidq
Influence of facial width on the perception of lip protrusion and its differences between profile and 3-dimensional video clip	Dr.Sidq
Influence of orthodontic bracket prescription on smile attractiveness in patients with different sagittal skeletal patterns: A 3-dimensional cross-sectional study	Dr. Saira
Piezo1 contributes to alveolar bone remodeling by activating b-catenin under compressive stress	Dr.Sidq
Examination of the reliability and readability of Chatbot Generative Pretrained Transformer's (ChatGPT) responses to questions about orthodontics and the evolution of these responses in an updated version	DrSaira
Bibliometric and visualized analysis of randomized controlled trials in orthodontics between 1991 and 2022	Dr.Sidq
Exploring long-term changes and influencing factors of the upper airway in patients with a skeletal Class II relationship after mandibular advancement with maxillary setback surgery: A comprehensive 2-year follow-up investigation	Dr.Saira

Factors affecting local alveolar bone thickness in unilateral maxillary canine–lateral incisor transposition	Dr. Sidq
Long-term profile attractiveness of patients with Class I and II malocclusion treated with and without extractions: A 35-year follow-up	Dr. Saira
Obstructive sleep apnea and early orthodontic intervention: How early is early?	Dr. Sidq
Sleepiness in children with severe malocclusion compared with in children with neutral occlusion	Dr.Sidq
Survival of retained permanent canines after autotransplantation: A retrospective cohort study	Dr. Saira
Changes in masseter muscle morphology after surgical-orthodontic treatment in patients with skeletal Class III malocclusion with mandibular asymmetry: The automatic masseter muscle segmentation model	Dr.Sidq
Does crown, root, and bone visualization in a clear aligner virtual setup impact treatment decisions?	DrSaira
Interproximal reduction in the refinement phase of Invisalign treatment: A quantitative analysis	Dr.Sidq
Occlusal contact changes in patients treated with clear aligners: A retrospective evaluation using digital dental models	Dr.Saira
Shear bond strength of orthodontic brackets bonded with primer-incorporated orthodontic adhesives and unpolymerized 3-dimensional printing materials on 3-dimensional-printed crowns	Dr. Sidq
Smile attractiveness in patients treated with or without 4 premolar extractions: A 36-year follow-up	Dr. Saira
T-loop position and anchorage control	Dr. Sidq
The change of state-trait anxiety among patients undergoing orthognathic surgery: A longitudinal study	Dr.Sidq
The effects of dietary loading on the transdifferentiation of condylar chondrocytes	Dr. Saira
The performance of artificial intelligence models in generating responses to general orthodontic questions: ChatGPT vs Google Bard	Dr.Sidq
Adult orthodontics, motivations for treatment, choice, and impact of appliances: A qualitative study	DrSaira
Comparing the accuracy of 3 different liquid crystal display printers for dental model printing	Dr.Sidq
Effect of varying auxiliaries on maxillary incisor torque control with clear aligners: A finite element analysis	Dr.Saira
Exploring publications in 3 major orthodontic journals: A comparative bibliometric analysis of two 10-year periods (2002-2011 and 2012-2021)	Dr. Sidq
Midpalatal miniscrew insertion: The accuracy of digital planning and surgical placement	Dr.Arooba
The uses of 3-dimensional printing technology in orthodontic offices in North America	Dr. Sidq
A novel pictorial smile chart: Reliability and validity	Dr.Saira
Assessment of artificial intelligence– based remote monitoring of clear aligner therapy: A prospective stud	Dr.Arooba



Biomechanical effects of clear aligners with different thicknesses and gingival margin morphology for appliance design optimization	Dr.Sidq
Cervical headgear therapy and sleep-related attributes	Dr.Saira
Clear aligner therapy in the mixed dentition: Indications and practitioner perspectives	Dr.Saira
Cone-beam computed tomography study of mandibular morphology and tooth compensation in asymmetrical patients	Dr. Sidq
Effect of oral exposure on chemical, physical, mechanical, and morphologic properties of clear orthodontic aligners	Dr.Arooba
Effects of vertical control on anatomic and aerodynamic characteristics of the oropharyngeal airway during premolar extraction treatment of Class II hyperdivergent nonsevere crowding malocclusion	Dr. Sidq
Evaluation of root position during orthodontic treatment via multiple intraoral scans with automated registration technology	Dr.Saira
Evaluation of stresses and displacement in the craniofacial region as a reaction to bone-anchored maxillary protraction in conjugation with posterior bite plane and rapid maxillary expansion in patients with Class III malocclusion: A finite element analysis study	Dr.Arooba
Maxillary cortical bone remodeling characteristics in extraction patients: A cone-beam computed tomography study	Dr.Sidq
Microbiological evaluation in invisible aligner chemical cleaning methods against Candida albicans and Streptococcus mutans	Dr.Saira
Short-term effects of mechanical loading on the transdifferentiation of condylar chondrocytes	Dr.Saira
The effects of aligner anchorage preparation on mandibular first molars during premolar-extraction space closure with clear aligners: A finite element study	Dr. Sidq
The mechanical effect of geometric design of attachments in invisible orthodontics	Dr.Arooba
Efficacy of clear aligners vs rapid palatal expanders on palatal volume and surface area in mixed dentition patients: A randomized controlled trial	Dr. Sidq
The treatment effects of maxillary asymmetric mechanics with the use of the mesial-distal slider: A retrospective study	Dr.Saira
Local factors relating to mandibular canine impaction: A retrospective study	Dr.Arooba
Biomechanical effect of dual-dimensional archwire on controlled movement of anterior teeth compared with rectangular archwire: A finite element study	Dr.Sidq
Association among craniofacial morphology, ethnicity, and risk of pediatric sleep-related breathing disorders: A multicenter study	Dr.Saira
Clinical efficacy of the Invisalign mandibular advancement appliance: A retrospective investigation	Dr.Saira
Treatment of Class II malocclusion with 2-maxillary premolar extractions: Monthly vs biweekly appointments, which is more efficient?	Dr. Sidq
The effect of surface roughening on the success of orthodontic mini-implants: A systematic review and meta-analysis	Dr.Arooba
Treatment change comparisons between skeletal Class I and II white adolescents with 3 different vertical divergencies—Part 2: Holdaway difference	Dr. Sidq
The orthodontic extraction of second premolars: The influence on airway volume	Dr.Saira
Three-dimensional assessment of virtual clear aligner attachment removal: A prospective clinical study	Dr.Arooba
Assessment of artificial intelligence–based remote monitoring of clear aligner therapy: A prospective study	Dr.Sidq

SECTION 5

HITEC

INTEREST GROUPS



SUBSECTIONS 5-A

FACULTY INTEREST GROUP MEDICAL COLLEGE RESEARCH PROJECT

List Of Research Article(Faculty) approved by IRB Team in the Year-2024

S.No.	Title	Department	Principal Researcher
1.	Association of Triglyceride Glucose index and Albuminuria in relation to blood pressure in patients with uncontrolled Type 2 diabetes mellitus	Pathology Department	Dr. Wajiha Mahjabeen
2.	CGM Awareness and Barriers in Technology Uptake among HCP in an intermediate Health Care System	Pathology Department	Dr. Aliya Zubair
3.	Learning Gross Anatomy by using a constructivist approach in undergraduate medical students	Anatomy Department	Dr. Maleeha
4.	Public Awareness of Forensic science in ISLAMABAD & Rawalpindi district: A cross sectional study	Forensic Medicine Department	Dr. Rubbace Fatima
5.	A randomized controlled trial comparing the effectiveness of a combination therapy of letrozole and clomiphene citrate versus letrozole alone for inducing ovulation in women diagnosed with clomiphene citrate resistant polycystic ovarian syndrome.	Gynaecology Department	Dr. Rukhsana
6.	Comparison of shoulder vs scapular mobilization effects in patients with Rotator Cuff Syndrome (a Randomized Clinical Trial)	Physiotherapy Department	Miss Maria Ejaz
7.	Perceptions and practices regarding breast feeding among postnatal women at Hit Hospital Taxila	Paediatrics Department	Dr. Summaiya Javed
8.	Role of communication skills and empathy workshop for doctors, resulting in better healthcare delivery from the patient's perspective	Psychiatry Department	Dr. Mehwish Sultan
9.	Faculty Job Satisfaction in a private medical college, Taxila, Pakistan: A cross sectional study	Department Of Medical Education	Dr. Salma Ambreen



SUBSECTIONS 5-A

FACULTY INTEREST GROUP DENTAL COLLEGE RESEARCH PROJECT

FACULTY INTEREST GROUP PROGRESS REPORT SUMMARY

S/N	Department	Title	Author's names
1.	Dental Materials	1) Hydrogel based periodontal membranes – systematic review 2) Incidence of denture hygiene practices and their effect on color stability in patients 3) Effect of refresher workshop on prescription writing skills of young dental practitioners.	Dr. Nausheen Ashraf Dr. Zuleikha Malik, Dr Nausheen Ashraf Dr. Saira Bibi
2.	Prosthodontics	1) Awareness attitude need and demand for missing teeth replacement among partially dentate patients. 2) Correlation between TMD oral parafunction and psychoemotional stresses based on RCP/TMD diagnosis. among dental students. 3) Comparisons of maxillary interior teeth mathematical proportions among different dental arch forms.	Dr Sameen, Dr Aamir, Dr Sameen, Dr Aamir, Dr Sameen, Dr Aamir, Dr Shahzonia .
3.	Pharmacology	1) Gingival recession post periodontal treatment in diabetic patient with or without topical antibiotics. 2) Comparing efficacy of topical antibiotics in diabetic periodontitis patient in relation to HBA1C, Randomize control trial .	Dr Shahzana Rana, Dr Aeman Choudhary Dr Shahzana Rana, Dr Aeman Choudhary
4.	Oral pathology	1) Early diagnosis of oral cancer- a narrative review 2) Association of aphthous ulceration with psychological stress during exam among dental students at Hitec-IMS	Dr Azka Haroon Dr Azka Haroon, Dr Ayesha Jabeen, Dr Aiza Haroon. Dr Saman Malik, Dr Faiqa Hassan, Dr Maria Rabbani

5.	Anatomy	<p>1) Anti-inflammatory effect of Moringa oleifera and vitamin D on articular cartilage degradation in arthritic rat model: A comparative study.</p> <p>2) Synergistic effects of Coenzyme Q10 and L-Carnitine on Oligodendrocyte necrosis, in a rat model of Multiple sclerosis.</p>	<p>Dr Ayesha Shahid, Dr Shabana Ali, Dr Tayyaba Hashmi, Dr Kaukab Anjum</p> <p>Dr Tayyaba Qureshi , Dr Shabana Ali , Dr Ayesha Shahid, Dr Huma Beenish, Dr Tooba Khursheed , Dr Tayyaba Fahad</p>
6.	General Pathology	<p>1) Estimation of salivary candida count among pregnant and non-pregnant women.</p> <p>2) Evaluation of periodontal status and serum C-reactive protein level in adult cigarette smokers.</p> <p>3) Evaluations of procalcitonin and presepsin in prediction for early onset neonatal sepsis.</p> <p>4) Use of continuous glucose monitoring sensors in type I diabetes management and its effects on glycemic control.</p> <p>5) Analyzing the pathology and immune response to new and re-emerging infectious agents.</p> <p>6) Histopathological approach to diagnosis and classifications of invasive fungal infection.</p> <p>7) Evaluation of the impact of digital pathology and AI on diagnostic accuracy and work flow efficacy and pathology laboratories.</p>	<p>Dr Fariha Aleem</p> <p>Dr Fariha Aleem</p> <p>Dr Sadia Israr</p> <p>Dr Sadia Israr</p> <p>Dr Sadia Israr</p> <p>Dr Sadia Israr</p> <p>Dr Sadia Israr</p>
7.	Oral Biology	<p>1)Hepatitis B vaccinations.</p> <p>2)Peer assisted hearing.</p> <p>3)Oral submucosal variations.</p> <p>4)Root variations that can complicate extraction.</p> <p>5) Cheiloscopy patterns as bio metric markers.</p> <p>6)Competitive role of cheiloscopy patterns and rugosa pattern in personal identification and gender discrimination.</p>	<p>Dr Saman. Dr Mamoonah</p> <p>Dr Saman</p> <p>Dr Saman ,Dr Faiqa, Dr Azka</p> <p>Dr Saman, Dr Faiqa, Dr Azka</p> <p>Dr Kiran</p> <p>Dr Kiran</p>

8.	Community and Preventive Dentistry	<p>1) Periodontal and carries status in relations to oral health knowledge attitude and behavior of medical and</p> <p>2) Dental students of taxilla Pakistan</p> <p>The impact of teacher role modelling on professionalism development in medical students' perceptions and teachers' responses</p> <p>3) Empathy scores and curriculum integrations at two different levels a cross sectional study in final year medical students</p> <p>4) Tongue lesions in Pakistani populations, subjective awareness and associations with blood group.</p>	<p>Dr Maria Rabbani</p> <p>Dr Amna Faisal</p> <p>Dr Amna Faisal</p> <p>Dr Naufal Nadeem</p>
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SUBSECTIONS 5-B

Achievements of the Student Research Society (SRS) Since Its Establi.

1. A research culture was successfully established among students through a door-to-door awareness campaign led by the pioneer SRS team, including the President and all secretaries of its various wings.
2. The research process was initiated from scratch, leading to the successful completion and approval of 13 synopses in the first Institutional Review Board (IRB) meeting for students.
3. In March 2022, the Vice-Chancellor of NUMS visited HITEC-IMS and inaugurated HIMS in HIT Hospital. During his tour of HITEC-IMS and the Research Cell, the Founder President of SRS presented his research project titled *“Honey Dressing: A Preventive Procedure for Post-Surgical Site Infection.”* Impressed by the initiative, the Vice-Chancellor awarded a grant of 200,000 rupees to SRS on 7th March 2022.
4. In February 2022, SRS successfully conducted a three-day international research training workshop titled *“Gateway to Research.”*
5. The **First Annual Poster Competition 2023** was organized by SRS, encouraging student participation and innovation in research presentation.
6. SRS organized a **One-Day Workshop on Research Methodology** conducted by Dr. Wajiha Mahjabeen.
7. On 29th August 2023, SRS members participated in the National Poster Competition organized by Shifa Tameer-e-Millat University, where *Marij Farruk* secured second position.
8. HITEC-IMS excelled in the Research-Based Poster Competition held at **Foundation University** with posters that were well-researched and highly informative.
9. On 5th September 2023, in the Research-Based Poster Competition held at **Khyber College of Dentistry**, *Huda Habib* secured third position.
10. Students from both BDS and MBBS actively participated in a workshop on *“Systematic and Literature Review”* conducted by Dr. Shehreen Zahid Khan on campus on 24th May 2024.
11. A two-day **Online Workshop on Synopsis Writing** was conducted by SRS on 25th and 28th May 2024. The sessions featured esteemed speakers including Dr. Wajiha, Dr. Shehreen Zahid Khan, and Ali Haider (Founder President).
12. Under the flag of SRS, students participated in the **Wah Symposium Poster Competition** on 8th June 2024, where *Waseem Akram* won second position.
13. SRS successfully organized the **First-Ever Research Synopsis Competition** at HITEC-IMS on 7th August 2024, promoting research excellence among students. *Muhammad Moeed Azwar Bhatti* secured first position, *Azka Khalid* secured second position, and *Narjis Zahra* secured third position.



Messages of the members of Student research society
Narjis Zahra, Final Year MBBS President

"As president of the Student Research Society, I've gained invaluable insights into leadership, teamwork, and the importance of fostering curiosity in research. Organizing events taught me how to manage time effectively and work collaboratively with diverse teams. I've also learned the significance of communication in engaging students and faculty, helping to build a stronger academic community."

Huda Habib Final Year BDS
Vice President

I wanted to express my heartfelt gratitude and appreciation for the invaluable experience and knowledge gained through my involvement with this society. This society has provided me with a platform to explore my research interests, develop my skills, and connect with like-minded individuals.

Muhammad Moeed Azwar Bhatti Final year MBBS
Vice President

As the Vice President of the Students Research Society at HITEC IMS, I have learned the value of teamwork, leadership, and the importance of fostering a collaborative environment for academic growth. This experience has enhanced my organizational skills and deepened my understanding of research and mentorship. It has been a rewarding journey of personal and professional development.

Bilal Arshad Final year MBBS
General Secretary

I am delighted to be General Secretary of the Student Research Society at HITEC-IMS, where innovative ideas and scholarly enthusiasm thrive. I discovered my passion for research and leadership through SRS and Organizing research events and projects honed my team work and problem-solving abilities. This experience has been instrumental in shaping my professional goals. Society helps us learn and grow through research.



My Journey Through HITEC-IMS: From a Novice to a Researcher

By: Dr. Syed Muhammad Ali Haider, Lecturer, DME, HITEC-IMS



I am Dr. Syed Muhammad Ali Haider, a proud graduate of the HITEC Institute of Medical Sciences (HITEC-IMS), affiliated with the National University of Medical Sciences. I belong to the 2nd pioneer batch of HITEC-IMS, and my journey is one of transformation, growth, and gratitude.

I began my medical education in 2017, after securing admission to HITEC-IMS following a successful stint in college on a full-bright scholarship. As a first-generation doctor in my family, I had no idea what lay ahead. Medical college felt like uncharted territory, filled with questions about the life I would lead, the career opportunities available, and the paths that would unfold after earning my MBBS degree.

You could say I was like a newborn, uncertain of the world and entirely dependent on those around me to guide me. In this analogy, HITEC-IMS became my nurturing parent, shaping me not only into a doctor but also into a better human being. The institute taught me more than medicine it taught me life. From selecting a career path to becoming a leader, managing stress, and navigating emergencies, HITEC-IMS played an integral role in my personal and professional development.

My research journey began in the fourth year of MBBS when Maj. Gen. Prof. Dr. Hamid Shafiq (HJM), the Principal of HITEC-IMS, introduced a vision for research and evidence-based medicine at the institute. At that time, I was passionate about research but had no experience. That changed when Prof. Dr. Shahzad Waseem, the former HOD of Ophthalmology, gave me my first opportunity. His trust in my potential marked the start of an incredible journey.

I owe a great deal to the faculty members who mentored me and nurtured my growth as a researcher. Dr. Bushra Anwar, Dr. Wajeha Mahjabeen, Dr. Nadia Nisar, and Dr. Ashi Ahmad played pivotal roles in teaching me the intricacies of research methodology. Under their guidance, I evolved from a novice into a capable researcher and leader.

One of my proudest accomplishments was founding and presiding over the Student Research Society, a milestone made possible under the umbrella of the research cell established by our principal. Together, we developed a model to foster a research culture at HITEC-IMS, which achieved remarkable success in just two months. This success propelled my research journey into an exhilarating roller coaster ride.

Today, as I stand with ten publications, one completed and registered clinical trial (NLM, USA), three poster presentations, seven citations, and an H-index of 2, I feel immense pride in what has been achieved in such a short span. I attribute these accomplishments to the unwavering support of my parents, my exceptional teachers, and the leadership at HITEC-IMS.

I am also a neurosurgery aspirant, and research remains my passion. Every achievement in my life thus far is a testament to the foundation laid by HITEC-IMS. This institution, with its visionary leadership, dedicated faculty, and nurturing environment, has made me who I am today.

HITEC-IMS is not just my alma mater; it is my launching pad, my guide, and my source of inspiration. I owe everything to this esteemed institution, which I will continue to Honor and cherish throughout my life.



SUBSECTIONS 5-C

STUDENT INTEREST GROUP MEDICAL COLLEGE RESEARCH PROJECT

List Of Research Article(Students) approved by IRB Team in the Year-2024

Title of Research Project	Researchers
Medical Students 'Attitude Towards Doctor-Patient Relationship at Hitec-IMS Taxila'	Bilal Arshad 4 th Year mbbs student Supervisor: Dr Kiran Iqbal Community Medicine Department
Antimicrobial Susceptibility Pattern of Bacterial Isolates in intensive care unit of Hit Hospital Taxila: A Retrospective Study	Bilal Arshad 4 th Year mbbs student Supervisor: Dr Kiran Iqbal Community Medicine Department
Awareness, Knowledge, Attitude and Skills of Telemedicine Among Health Care Professionals of Taxila and Wah Cantt	Students of batch A2 Supervisor: Dr Anwar bibi Community Medicine Department
Association of Diabetic Health Literacy with Glycemic Control in Type-2 Diabetic Patients visiting H.I.T Hospital Taxila	Students of batch B2 Supervisor: Dr Mohsin Community Medicine Department
Pattern of empathy and its association with clinical exposure among medical students of HITEC-IMS, Taxila	Batch C-2 Supervisor: Dr Sidra Farooq Community Medicine Department
Burn Out and Its Association with Emotional Intelligence Among Medical Students at Hitec-Ims Taxila	Students of batch A2 Supervisor: Dr Anwar bibi Community Medicine Department
Is Stress incontinence underreported in Pakistan and what are the causes	Moeed Azwar Bhatti 4 th Year Mbbs Student
Parental Awareness, Attitudes, and Perceived Challenges for Timely Infant Immunization at HIT and THQ Hospital Taxila	Students of batch A2 Supervisor: Dr Anwar bibi Community Medicine Department
Mental health and Mental Health Literacy among medical students of HITEC-IMS	Batch C-1 Supervisor: Dr Sidra Farooq Community Medicine Department



SUBSECTIONS 5-C

STUDENT INTEREST GROUP DENTAL COLLEGE

STUDENT RESEARCH INTEREST GROUP (SRIG)

Student Research Interest Group (SRIG) being chaired by Asst. Prof. Dr. Azka Haroon is a research-focused platform that is working with dental students of all four academic years, engaging them to produce analytical insights around education. SRIG also offers an all-in-one college and career preparedness platform.

To facilitate our students, we have a great team comprising dedicated teachers for each academic year playing an important role as research mentors as well as student representatives (two from each academic year) acting as a bridge between student body and faculty conveying messages, news and new opportunities regarding research.

Currently all four BDS academic years are actively participating in research related activities and they are scrupulously being supervised by our distinguished faculty. Around nineteen student research projects are in pipeline with a history of a few being published in renowned journals.

The aim of SRIG is to provide dental students a step wise guide to basis of research thus indulging them in lifelong learning and continuous professional development also keeping students up-to-date with latest research related activities and helping them prepare for representation of Dental College HITEC-IMS at national and international level.





STUDENT INTEREST GROUP DENTAL COLLEGE HITEC-IMS

Total number of Research projects = 19

Total number of Research projects approved = 07

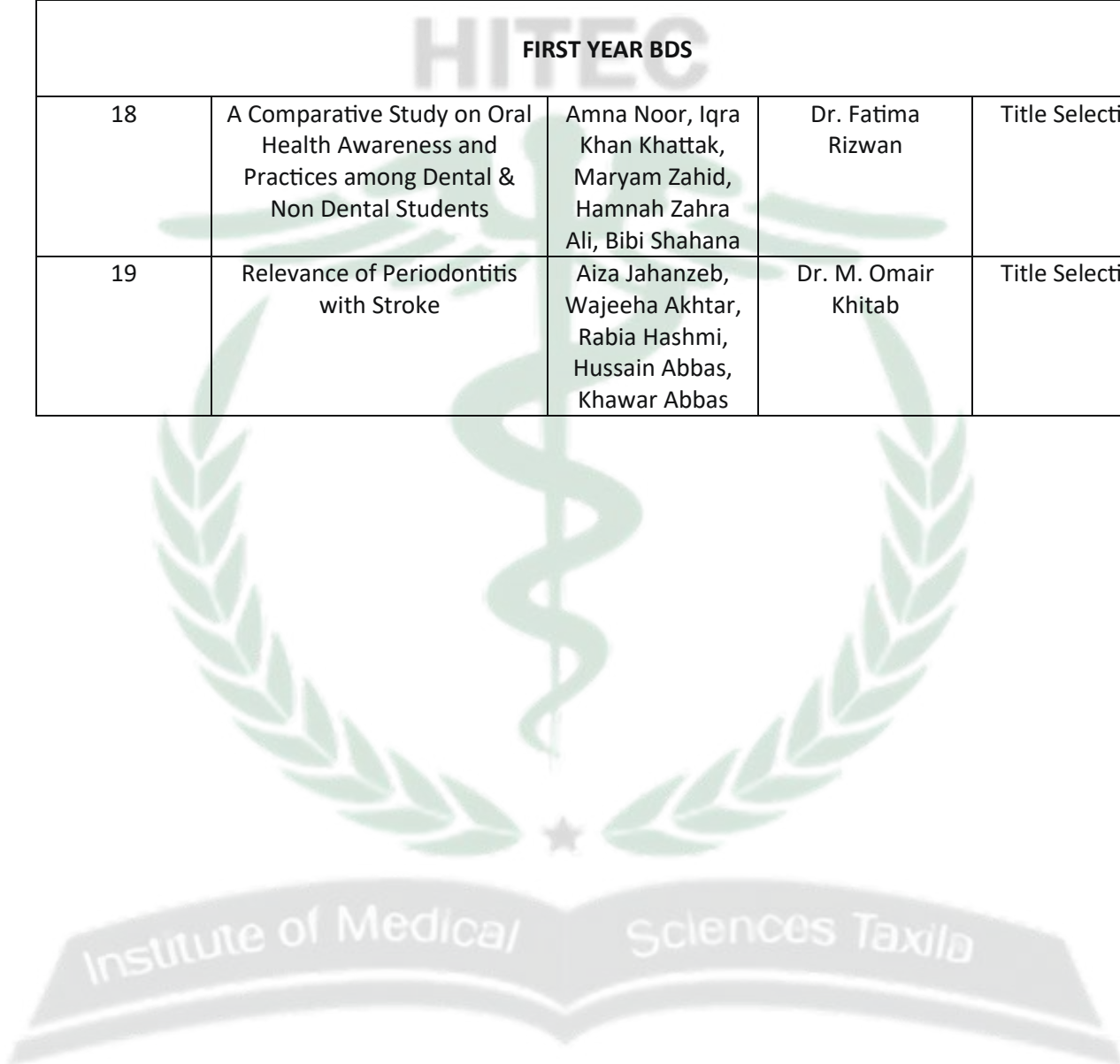
Total number of Research projects in pipeline = 12

S.No.	Title	Students	Supervisor	Status
FINAL YEAR BDS				
1.	Salmon calcitonin as a pharmacological anchorage	Huda Habib	Dr. Waheed ullah Dr Shazana Rana Dr. Shazonia Dr. Hasnain Dr. Sana Tariq(ortho)	Synopsis
2.	Attitude of dental and medical students towards Hep-B vaccination	Yusra rehman Dua abbas Huda habib Aqsa Nadeem Sana sabir	Dr. Maria Rabbani	Synopsis
3.	Effect of anti-hypertensive drugs on prevalence of burning mouth syndrome	Rabia Khalid	Dr. Shazana Rana Dr. Sana Tariq (ortho)	Synopsis
4.	Effect of levothyroxine on periodontium	Tayyaba Mahnoor	Dr. Shazana Rana Dr. Sana Tariq (ortho)	Synopsis
5.	Effect of zinc supplements on orthodontic tooth movement	Warda Nadeem	Dr. Shazana Rana Dr. Sana tariq	Synopsis
6.	Long term effects of methamphetamine use of on oral health among people of Pakistan	Bisal Tahir	Dr shazana Rana Dr. Sana (ortho)	Synopsis
7	Effect of isotretinoin on gingiva	Amna Laraib		Synopsis
8	Assessing the relationship between dental anxiety and oral health literacy among dental patients	Anas Nadir Adeena Ayesha Fatima Sughra Nimra mumtaz Taha Shafique Pakeeza Hassnain	Dr. Shahreen Zahid khan	Synopsis

9	Infective Endocarditis and Recent Dental Procedures: A Case-Control Study	Huda Habib Azka Khalid	Dr. Azka Haroon	Synopsis
10	Oral health knowledge, self-assessed oral health behavior & oral hygiene practice among the adult population	Huda Habib, Umer Farooq, Hamza, Sana, Areeba	Dr. Azka Haroon	Synopsis
11	Prevalence of caries in patient presenting to HIT	Shaza Omar Noor Riwa Cheema	Dr. Wajeeha	Data Collection Completed
12	Effectiveness of latest non-invasive treatment modalities in temporomandibular disorder-A systematic review	Huda Habib Umer farooq	Dr. Shahreen Zahid Khan	Final draft has been prepared for publication
13	Electromyography in dentistry	Rabia khalid	Dr. Shahreen Zahid Khan	Final draft has been prepared for publication
THIRD YEAR BDS				
14	Relationship of blood group with dental caries	Maryam zia Malaika Habib Umm-e-Hani Urwa Nasir Sara hassan	Dr. Ayesha Jabeen Dr. Amna Yasin	Data Collection
15	Efficacy of olive oil pulling compared to standard oral hygiene in gingivitis: A Randomized Control Trial	Noor-ul-Eman, Riwa Amjad, Noor, Maryam Zia	Dr. Shahaan Dr. Zuleikha	Title Selection
SECOND YEAR BDS				
16	Assessing the relationship between Oral Health Literacy and Dental Anxiety among Dental Patients- A Cross Sectional Study	Adeena Ayesha, Mian Muhammad Ans, Pakeeza Hassnain, Nimra Mumtaz, Fatima Sughra, Taha Shafique	Dr. Shahreen Zahid Khan	Synopsis
17	Prevalence of bruxism among university students across different professions: A Study on Stress & Anxiety correlation	Ayesha Hammad, Tayyab Nadeem, Fatima Hafeez, Tasmia Ghazanfar, Marriam Zafar	Dr. Zuleikha	Title Selection



HITEC FIRST YEAR BDS				
18	A Comparative Study on Oral Health Awareness and Practices among Dental & Non Dental Students	Amna Noor, Iqra Khan Khattak, Maryam Zahid, Hamnah Zahra Ali, Bibi Shahana	Dr. Fatima Rizwan	Title Selection
19	Relevance of Periodontitis with Stroke	Aiza Jahanzeb, Wajeeha Akhtar, Rabia Hashmi, Hussain Abbas, Khawar Abbas	Dr. M. Omair Khitab	Title Selection





SECTION 6

STAR RESEARCHER



*"Scientific research consists in seeing what everyone else has seen,
but thinking what no one else has thought."*

– Albert Szent-Györgyi



STAR RESEARCHER HITEC-IMS MEDICAL COLLEGE

Based on total number of citations in the Year 2024

Star Researcher	Citation/H-index
Prof.Dr Mahwash Jamil	Citations :181, h-index:4
Prof. Dr. Wajiha Mahjabeen	Citation:86, h-index:9
Prof. Dr. Faiza Batool	Citation: 11, h-index :2
Prof.Dr. Kausar Malik	Citation: 11, h-index :2
Prof Dr. Zubia Razzaq	Citations: 10, h- index: 5

EMINENT RESEARCHERS of HITEC-IMS MEDICAL COLLEGE

Based on total number of publications in the Year 2024

EMINENT RESEARCHERS	No. of Publications
Dr Somayya Siddiqa	06
Dr Sidra Farooq	05
Dr Ashi Mughal	04
Dr Anwar Bibi	04
Dr Wajeelha Mahjabeen	03

DISTINGUISHED DEPARTMENT in Research

Based on total number of publications in the Year 2024

Department	No. of Publications
Community Medicine	08
Paediatrics Medicine	06



STAR RESEARCHER HITEC-IMS DENTAL COLLEGE

Based on total number of citations in the Year 2024

Star Researcher	Citation/H-index
Prof. Dr. Beenish Qureshi	Citation:112, h-index:5
Dr Amna Riaz	Citations :96, h-index:5
Dr. Saman Malik	Citation: 15, h-index :3
Dr. Faiqa Hassan	Citation: 8, h-index :1

EMINENT RESEARCHERS of HITEC-IMS

Based on total number of publications in the Year 2024

EMINENT RESEARCHERS	No. of Publications
Dr. Azka Haroon	05
Dr. Saman Malik	05
Dr. Faiqa Hassan	05
Dr Ayesha Yasser	04
Dr Amna Riaz	03

DISTINGUISHED DEPARTMENT in Research

Based on total number of publications in the Year 2024

Department	No. of Publications
Oral Pathology	07
Oral Biology	06
Peadiatric Dentistry	05
Community Dentistry	05



SECTION 7

INTERVIEW WITH RESEARCH SCHOLAR



Prof Dr Farhat Abbas

HOD Pathology

Total Publication-38
Total Citations-915
h-Index - 14



1. Could you briefly introduce yourself and your research background?

I graduated from Army Medical College in 1983. Later I joined Pathology (Hematology & Blood Transfusion), and completed my FCPS in 1991. Later I had been posted to Armed Forces Institute of Transfusion Rawalpindi, Armed Forces Institute of Pathology Rawalpindi, CMH Lahore and PNS Shifa Hospital Karachi as Consultant Hematologist. During these 25 years, I had gained experience in Transfusion Medicine, and Diagnostic Hematology. The focus of my Research projects had been mainly various aspects of Transfusion Medicine. As the Specialty was evolving in Pakistan, there were several gaps in the knowledge based on which the final SOPs had to be formulated in Armed Forces. With my work, and contributions by my several other colleagues, we were able to set a direction for various Transfusion Medicine protocols, especially those which pertained to safety of blood transfusion. When I was posted in AFIP, I had the opportunity to complete several research projects related to Clinical Hematology.

2. What is the primary focus of your research?

The primary focus of my Research has been Blood Transfusion.

3. What challenges have you faced in conducting research, and what strategies have you used to overcome them?

I have faced several challenges during the completion of my projects. The most important was that if I was carrying a project, the ownership by other colleagues was minimal. Everyone assumed that I will complete the project, and the names of other authors would automatically be included in the publication. This added a lot of burden, and I had to spend extra hours in the afternoon and evening to collect samples and run myself in the laboratory. Second issue was funding. I was lucky to be posted in Institutes of excellence. As a result, the supply companies were willing to donate reference kits for running as a trial. The Institutes also helped to purchase kits and reagents which were not available otherwise.

4. What are your future research goals and aspirations? Are there any emerging trends or key areas of interest in your field?

My current interest is to do some work in Thrombophilia in young patients. This is because there is an epidemic of ischemic heart disease and cerebrovascular disease in young individuals. No significant research has been done in Pakistan to understand the causes of such rise in morbidity and mortality due to vascular disease in our set up. Secondly, I believe that our younger generation should be well conversant with applications of Artificial Intelligence in the field of Medicine. There is a need to do short courses amongst students and Faculty members, who should be able to use this rapidly emerging field, and integrate it with ongoing research in the country.

My advice would be that all young doctors should think of small research projects, and plan them considering the resources which are available with them. When they have the opportunity to work in centres of excellence, they should plan prospective interventional studies with potential to change current practices. The basic idea is to do research for the welfare of community / patients and not for the sake of increasing the count of papers to get promotions.



Dr Amna Riaz
FCPS Operative Dentistry
Head of Department Paediatric dentistry

Total Publications-10
Total Citations-98
h-Index - 05



1. Could you briefly introduce yourself and your research background?

"I am Dr Amna Riaz, a passionate researcher and practitioner in the field of restorative, endodontics and paediatric dentistry. My research journey spans multiple areas, reflecting my commitment to advancing evidence-based clinical practices and improving patient outcomes. While my focus has prominently included regenerative endodontics, I have also delved into rotary endodontics, where I explored advancements in instrumentation techniques to enhance treatment efficacy and efficiency.

Another area of interest is the utilization of CBCT (Cone Beam Computed Tomography) in endodontics. My work has focused on leveraging CBCT for accurate diagnosis, treatment planning, and outcome assessment, ensuring a more precise and patient-cantered approach.

I have also contributed to research on restorative materials, particularly evaluating their biocompatibility and durability, which are critical in ensuring the long-term success of endodontic treatments. Additionally, I have investigated strategies for post-endodontic pain management, aiming to improve patient comfort and satisfaction during the recovery process.

These diverse research experiences have shaped my holistic understanding of endodontics, driving my commitment to bridging the gap between innovation and clinical practice.

2. What is the primary focus of your research?

"My primary focus lies in exploring biologically driven approaches to regenerate the dental pulp-dentin complex. This involves studying stem cell behaviour, scaffold materials, and growth factors to optimize outcomes in endodontic regeneration. I am particularly interested in the translation of in vitro findings into clinical applications that improve patient care."



3. What challenges have you faced in conducting research, and what strategies have you used to overcome them?

Conducting research in any field comes with a range of challenges. One of the most common hurdles I've encountered is balancing the ambition of exploring new ideas with the practical limitations of resources, time, and funding. Collaborating with like-minded researchers has been invaluable in overcoming resource-related obstacles.

Another challenge is dealing with the inherent uncertainty of research—experiments don't always go as planned, and results may be inconclusive or unexpected. Rather than viewing these setbacks as failures, I've cultivated a mindset of curiosity and adaptability. Each setback is an opportunity to refine the methodology and deepen my understanding of the subject.

Staying updated with rapidly evolving literature and advancements in my field can also feel overwhelming.

Maintaining a work-life balance while managing research, teaching, and other responsibilities is an ongoing challenge but these experiences have taught me resilience, adaptability, and the importance of collaboration, which are crucial qualities for any researcher.

4. What are your future research goals and aspirations? Are there any emerging trends or key areas of interest in your field?

My long-term goal is to contribute to the development of standardized, reliable protocols for regenerative endodontic procedures that can be widely adopted in clinical practice. I am particularly interested in leveraging advances in biomimetic materials and 3D bioprinting for personalized treatment solutions. These innovations hold immense potential to transform how we approach pulp regeneration.



HITEC INSTITUTE OF MEDICAL SCIENCES




*View research as an
opportunity to explore and
discover new things.*

FAITH BLUM