

The
Prime Times



NEWSLETTER

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The Prime Foundation



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Behaviour Sciences Workshop Organized for Capacity Building of the Faculty Members

The Tarbia Department of the Prime Foundation organized a "Behavior Sciences Workshops" series for PMC, PDC, PTH and RNC Teaching Faculty from April 28th to May 27th, 2023, at



Peshawar Medical College. The different sessions of the workshop were conducted every Friday and Saturday. Prof. Dr. Najibul Haq, Prof. Dr. Hafeez ur Rahman, Prof. Dr. Muhammad Idrees, and Prof. Dr. Ayesha Abdullah were the resource persons for the workshop. The

workshop was scheduled to build the capacity of the teaching faculty to carry out their assigned tasks in a more professional and conducive learning atmosphere, aiming to produce professionally competent and morally strong medical experts to serve the ailing humanity in a satisfying ambiance. Efforts were made to enable the participants to cope with contemporary social, moral, and gender issues more technically and professionally with the utmost care and responsibility. The interactive nature of the workshop provided opportunities for the participants to share their knowledge and experiences to benefit from each other and chalk out guidelines to handle emerging ethical issues of the contemporary era in the best manner.

Prof. Dr. Najibul Haq delivered a lecture on "Allowed and Forbidden" in the workshop. While speaking on the topic, Dr. Najib maintained, "The Quran and Sunnah of the holy prophet clearly



demarcate allowed and forbidden things. He advised the participants to adhere strictly to the Islamic guidelines in their private and professional lives and be very careful about handling

doubtful things to comply with the Islamic spirit and gain the pleasure of Allah. They should handle their professional obligations in the light of Quranic wisdom, the Sunnah of the holy prophet, and the guidance of contemporary Islamic scholars".

Prof. Dr. Hafeez ur Rahman spoke on "Doctor/Pharma Relations" in the workshop. Dr. Hafeez explained "Research is needed in the health profession to develop, produce, and market drugs and products to treat various ailments. Unethical relations negatively impact knowledge, bring adverse changes in prescribing behavior, harm patient trust and decline compliance. He advised physicians to be aware of laws, ethical guidelines, and their institutional policies to maintain a balance and positive relations with pharmaceutical firms."



Prof. Dr. Muhammad Idrees gave an insightful presentation on "How to Correct Mistakes." The scholar pinpointed, "Rectification of mistakes is indispensable for the improvement of the individual and society as well. Adopt a methodology and technique for the removal of mistakes tailored to the needs of every single individual, tactfully. The carrot and stick policy should be applied while trying to rectify someone's mistakes; punishment should be used as a last-ditch effort in the process of rectification, while the focus must be given to justice and self-esteem of the individual and the removal of the causes of the mistake for improvement as well."



Prof. Dr. Ayesha Abdullah discussed "Gender Interaction." The scholar highlighted emerging moral and ethical issues for medical professionals in the professional domain in the current socio-cultural environment. The scholar maintained while discussing various misconceptions about male and female interaction in the professional field, "Men & women should play their roles as ordained by Allah and not lose sight of their primary role as they are custodians of the human fabric of society for the present and future and are guardians of the family. They should serve humanity as the one who created it wants us and seek His Pleasure, and not be egoistic or self-centered. Avoid temporary goals that do not befit our status as vicegerents of Allah."



"Tobacco Kill, Get Rid of it" Anti-Tobacco Seminar organized at PMC

An anti-tobacco seminar titled "Tobacco kill, get rid of it" was organized at PMC. Prof. Dr. Fazli Wahab delivered a though provoking lecture on tobacco hazards. Dean PMC, Dr. Hafeez ur Rahman also spoke on the topic. Students and faculty members attended the seminar.



Prof. Fazli Wahab, while highlighting tobacco hazards, prevention, and quitting strategies, maintained,"

Tobacco contains over 4,800 chemicals, with almost 69 of them known to be carcinogens. Secondhand smoke, which is the smoke exhaled by smokers or emitted from burning tobacco products, contains

over 7,000 chemicals, including 70 carcinogens. Nicotine, a psychoactive substance present in tobacco, is highly addictive and causes physical dependence. Tar, another component of tobacco smoke, forms a sticky coating on the airways and destroys cilia in the respiratory system. This substance is also used to pave roads. Tobacco use is a major cause of preventable deaths worldwide. It kills approximately one person every six seconds and accounts for one in 10 adult deaths. The annual death toll from tobacco-related causes is seven million and is projected to exceed eight million by 2030 without urgent action. Over 80% of these deaths occur in low and middle-income countries. In Pakistan, tobacco-related deaths are a significant public health concern, causing about 16% of all male deaths and 4.9% of female deaths. Smoking kills up to half of all lifetime users, and exposure to secondhand smoke leads to numerous health problems.

In Pakistan, 19.1% of adults (aged 15+) currently use tobacco in any form, with higher rates among men (31.8%) compared to women (5.8%). Among youth aged 13-15, 10.7% use tobacco products. Shockingly, nearly 40% of youth who have ever smoked tried their first cigarette before the age of 10.

Secondhand smoke exposure poses significant risks to health. In Pakistan, a large percentage of adults working indoors (72.5%) are exposed to tobacco smoke at their workplaces. Moreover, 86% of adults who visited restaurants and 76.2% who used public transport were exposed to secondhand smoke. Among youth aged 13-15, 37.8% are exposed to secondhand smoke in public places, while 21% experience exposure in their homes.

Tobacco consumption exerts a high economic cost on society. In Pakistan, the economic cost of smoking is estimated to be Rs 615.07 billion, equivalent to 1.6% of the country's revenue. However, the revenue generated from the tobacco industry covers only 20% of the total cost. Tobacco expenditure reduces household spending on essential needs such as food, health, education, housing, and household items. On average, tobacco-consuming households in Pakistan spend 2.7% of their monthly budget on tobacco, with poor households allocating even more (3.0%) than they spend on education (1.8%).



Pakistan ratified the WHO Framework Convention on Tobacco Control (FCTC) on November 3, 2004. The country has implemented several tobacco control policies, including smoke-free places, packaging and labeling regulations, and taxation and pricing measures. Smoking is prohibited in all places of public work or use, on public transport, and in outdoor waiting areas for buses and trains. The warning labels on tobacco packaging must cover 60% of the pack, displayed prominently in Urdu and English. However, tobacco excise taxes in Pakistan are still below the recommended levels.

International tobacco companies dominate the cigarette market in Pakistan. In 2017, British American Tobacco led with a 65.6% retail volume market share, followed by Philip Morris International with 30%. Approximately 52 billion cigarettes were sold in Pakistan in 2017, equivalent to 1.5 million cigarettes daily.

Healthcare professionals can employ brief strategies to assist individuals who are willing to quit tobacco use. The "Five As" approach includes the following steps:



ASK: Identify all tobacco users.

ADVISE: Strongly urge all tobacco users to quit.

ASSESS: Determine their willingness to make a quit attempt.

ASSIST: Help the patient with a quit plan.

ARRANGE: Schedule follow-up contact to monitor progress.

Nicotine Replacement Therapy (NRT) and Other Medications. Nicotine Replacement Therapy (NRT) is an effective tool to help individuals quit tobacco. NRT options include over-the-counter forms such as patches, gums, and lozenges, as well as prescription forms like inhalers and nasal sprays. Other medications like Varenicline, Bupropion, and Nortriptyline can also be used to aid smoking cessation. Combining medications can increase the chances of successfully quitting.

While electronic cigarettes (e-cigarettes) have the potential to benefit adult smokers as a substitute for regular cigarettes, they are not safe for youth, young adults, pregnant women, or individuals who do not currently use tobacco products”.

World Hypertension Day was observed at KTH

An awareness walk was arranged on May 17th, the eve of World Hypertension Day, at Kuwait Teaching Hospital, Peshawar. MS KTH, Dr. Abdul Aziz Zia, teaching staff, and health care



providers participated in the walk. A seminar was also organized on "Hypertension and its Management at KTH. Dr. Tahir Shah, Associate Professor, delivered a detailed presentation on the topic. The day was observed to create awareness about

preventing and managing Hypertension. A survey to check the blood pressure and record the BP history of Kuwait Hospital staff was also conducted.



Ethical Considerations in Biomedical Research



The fourth session on "Ethical Considerations in Biomedical Research" was organized by the Undergraduate Medical Research Department in collaboration with ORIC took place at PMC. Students and faculty members attended the session. This session focused on "Ethical Considerations in Biomedical Research." Prof. Dr. Muhammad Irfan, Director Research, PRIME discussed the importance of informed consent, confidentiality, falsification, fabrication, plagiarism, research integrity,

ethical approvals, and avoiding conflicts of interest. These ethical principles ensure that the rights of participants are protected and research is conducted responsibly.



Digital Transformation of PMC and PF Systems: A Potential Roadmap

Dr. Usman Raza (adjunct faculty of PIPH), a renowned health and informatics expert in the US, led a consultation with senior executives and managers of PF institutions to develop a potential roadmap for the digital transformation of PMC, PF organizational systems and support services.



Prof. Dr. Hafeez ur Rahman, Dean Health Sciences; Prof. Dr. Ayesha Abdullah, Vice Dean DHPE&R; Prof. Dr. Mohammad Aman Khan, Principal PMC; Prof. Dr. Shamim Akhtar, Principal PDC; and Prof. Dr. Saeed Anwar, Executive Director, along with other senior executives, attended the meeting.



World Hepatitis Day at Kuwait Teaching Hospital

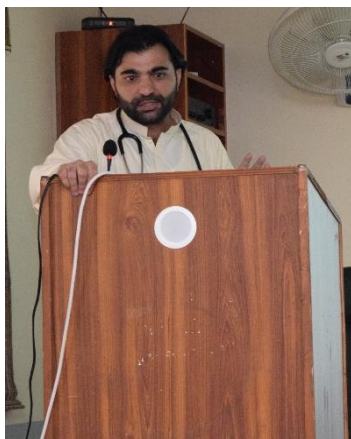
A seminar in connection with World Hepatitis Day was held at Kuwait Teaching Hospital (KTH). MS KTH, Dr. Abdul Aziz Zia, Faculty members and healthcare providers attended the seminar. Those who spoke on the occasion included Prof. Dr. Muhammad Subhan, Prof. Dr. Arif Raza Khan, Dr. Jahan Sardar, Dr. Abdur Rauf, Dr. Shahan and Dr. Bakhtawar. The speakers informed the audience: "that hepatitis is a viral infection that primarily targets the liver, causing inflammation and, in severe



cases, leading to liver failure and other life-threatening complications. There were different types of hepatitis viruses. Each type had its transmission routes and impacts, making a comprehensive prevention approach essential". The medical experts



explained: "Vaccination, safe Injection Practices, screened blood transfusions, awareness and education, hygiene and sanitation, and prevention for high-risk Groups can play a vital role in curbing the spread of this infectious disease".



KP Health Care Commission's (HCC) inspected Mercy Teaching Hospital

The Khyber Pakhtunkhwa Health Care Commission (HCC) inspected Mercy Teaching Hospital. The team conducted a detailed assessment of Mercy Teaching Hospital, Peshawar. The HCC team inspected different parts and services available at the hospital. The visit aimed to ensure high-quality healthcare services in the province. The HCC team was also briefed about steps to extend more standardized patient services. The assessment was conducted smoothly.



KP HCC awarded full license to Mercy Teaching Hospital for category 1 hospital status



No. HCC/HO/L&R/2099

Date: 18-08-2023

The Incharge
Mercy Teaching Hospital
Jehangirabad, University Road Peshawar, Peshawar

Subject: Assessment Report for Licensing

The Khyber Pakhtunkhwa Health Care Commission (KP HCC) is a regulatory body for the health sector, established by the provincial government through the Khyber Pakhtunkhwa Health Care Commission Act, 2015. The Act envisages regulation of both public and private health care establishments in the province to improve quality of health care. The Commission is legally mandated to provide protection to the people of the province in securing their right to quality health care through setting standards for all types of medical practice, including but not limited to allopathic and alternative medicines. KP HCC carries out this function through registration and licensing of the health care establishments under section 12 of the Act of 2015.

Under section 12(2) of the Act licensing of health care establishment is mandatory and no health care establishment shall provide health care services without being registered and licensed by the Health Care Commission.

The staff of Mercy Teaching Hospital, Peshawar was trained on Minimum Service Delivery Standards (MSDS) and assistance was provided in the implementation of the required quality standards. According to the licensing procedure, your hospital was re-inspected and assessed by expert assessors on the Minimum Delivery Standards for Category 1 Hospitals on 15-08-2023.

We are pleased to inform that Mercy Teaching Hospital met the required quality standards, is completely compliant with the Minimum Service Delivery Standards and qualified for **Full Licence** of the Khyber Pakhtunkhwa Health Care Commission.

We offer heartfelt **congratulations** on this success and provision of care to the people in compliance with the Minimum Standards.

In addition to compliance with the MSDS, the Health Care Commission has gradation system for hospitals. The hospitals are assessed and graded as one, two and three stars above the minimum standards. We would encourage you to prepare your hospital for gradation in the best interest of patient and staff.

Full Licence will be granted to your hospital soon.

One again, congratulations on getting Full Licence of Khyber Pakhtunkhwa Health Care Commission!


Dr. Shahmir Gul
Director, Licensing

Endst. Even date & No:

Copy to:

1. PS to CEO, Khyber Pakhtunkhwa Health Care Commission

The KP Health Care Commission (HCC) has awarded a full license to Mercy Teaching Hospital for its category 1 hospital status. The HCC team, after a thorough assessment of the hospital's facilities and healthcare services, has expressed satisfaction with the healthcare standards maintained at the hospital. The HCC assessment report for licensing states, 'Mercy Teaching



Hospital has met the required standards, is compliant with the Minimum Service Delivery Standard, and qualifies for a full KP Health Care Commission license.' The KP HCC Act of 2015 legally binds the HCC to regulate the healthcare sector, both public and

private health establishments, by establishing standards to ensure the province's residents have access to quality healthcare services. According to section 12(2) of the act, each healthcare establishment must be duly licensed by the HCC for the delivery of healthcare services.



Quality Improvement Committee (QIC) Team Inspected PMC Allied Hospitals

The PMC allied hospitals, including Kuwait Teaching Hospital (KTH), Mercy Teaching Hospital (MTH), Prime Hospital, and Peshawar Dental College (PDC), were visited by a team from the Central Quality Improvement Committee (QIC) of PMC Hospitals. This team was led by Dr. Maqsood Ali, Chairman of the Committee. Accompanying the team were Principal PDC, Prof. Dr. Shamim Akhtar; MS of KTH, Dr. Abdul Aziz Zia; MS of MTH, Dr. Muhammad Ghayas Rajab, MS PTH; committee members Dr. Junaid Ahmad, Mr. Junaid Ur Rehman (biomedical engineer), and Mr. Muhammad Luqman (pharmacist); as well as senior executives.

During the inspection, the team meticulously analyzed the facilities and medical services of the hospitals and institutions. Subsequently, the team issued various directives aimed at maintaining standardization in the allied institution hospitals. These directives are intended to further improve healthcare delivery by establishing uniform practices and protocols. The ultimate goal is to achieve better patient outcomes, increased efficiency, enhanced safety, and an overall improved quality of care.



Capacity Building Workshop for Pharmacy Staff

The Pharmacy & Therapeutic Committee of PMC Group of hospitals organized a one-day capacity-building workshop at Mercy Teaching Hospital. Pharmacy staff from all three allied hospitals participated in the workshop. Dr. Abdul Aziz Zia, Director of PMC Group of Hospitals, Dr. Qazi Zahid, MS Prime Teaching Hospital and Dr. Ghayas Rajab, MS Mercy Teaching Hospital, addressed the workshop. Dr. Abdul Aziz Zia distributed certificates among the participants of the workshop.



Our young researchers stand out

Promising students from PMC and PDC demonstrated remarkable performance by winning the top three positions in verbal and first position in poster competitions in a research conference conducted at Ayub Medical Abbottabad. At the conference, six teams of aspiring researchers from PMC and PDC competed in verbal and poster competitions.



Hassan Wahid, final year MBBS, supervisor; Ms. Mifrah Sethi, achieved the first prize, Abdal Ahmad, 3rd-year MBBS, supervisor; Dr. Abdul Latif clinched the second position while Aliya Saeed and Malaika, third-year BDS, supervisors; Dr. Zeeshan Danish and Dr. Munawwar Aziz won the 3rd position in the verbal competition, respectively.

Our Students shine

Muhammad Hassan Wahid, a final year MBBS student, secured the first position in the Verbal competition, while Abdal Ahmed, a third-year MBBS student, achieved the third position in the poster competition at the Research Conference held at Rehman Dental College, Peshawar from June 20 to 22, 2023. MS. Mifrah Sethi and Dr. Abdul Latif supervised the winning researchers. Additionally, a team comprising Peshawar



Medical and Dental College students grabbed the first position in the Research Quiz Competition. Numerous groups from PMC and PDC actively participated in the conference.

Mercy Educational Complex demonstrated outstanding performance in SSC Exam

Mercy Educational Complex, Nasirpur, Peshawar, has demonstrated outstanding performance in the SSC Examination 2023 by achieving 100% success. It's remarkable that out of the 26 students who appeared for the exam, 22 earned an A+, while 4 secured an A. Akram Khan got the top position in the school by securing 1036 marks, Muntazar Ahmed Shah grabbed the second position with 1018 marks, and Amanullah the third position with 1013 marks.



AKRAM KHAN

1st

1036/1100



MUNTAZIR AHMADSHAH

2nd

1018/1100



AMAN ULLAH

3rd

1013/1100

Mercy Education Complex provides free education and vocational training to around 500



orphans and disadvantaged youth. Along with supporting secondary education, the MEC offers deserving students free vocational training in four different trades, including air conditioning and refrigeration, automobile, electrical, tailoring, and mobile repair.

Seminar on Career Counselling for Dental Professionals

A seminar on "Career Counseling" was conducted for dental graduates by Peshawar Dental College. The seminar took place on August 10th, 2023. Dr. Mafazullah, a distinguished oral surgeon and implant specialist from Sydney, Australia, delivered an insightful presentation on career counseling to dental professionals.



The expert shared invaluable insights and guidance, empowering participants to discover esteemed opportunities within the field of dentistry. The guest speaker also provided guidance to the audience on various career pathways both abroad and in Pakistan. The faculty and students expressed their appreciation for Prof. Dr. Shamim Akhtar, Dr. Muhammad Yunus, and Dr. Hafsa Humayun for organizing this highly informative session.

The seminar was attended by Principal PDC, Prof. Dr. Shamim Akhtar, Prof. Dr. Amjad Shah, distinguished faculty members, House Officers and enthusiastic students.



Certificate award ceremony for 5th Certificate Course in CHPE held

The certificate award ceremony for the 5th Certificate Course in Health Professions Education (CHPE) took place at the auditorium of PMC. The course was organized by the Department of Health Professions Education & Research, PMC, in collaboration with Riphah Academy of Research & Education (RARE), Riphah International University. So far, 153 dental, medical, nursing, and allied healthcare professionals have completed this course as a core continuing professional development activity.

Prof. Dr. Hafeez ur Rahman, Dean of PMC, Dr. Aman Khan, Principal of PMC, Prof. Dr. Ayesha Abdullah, Vice-Dean, and Mr. Abdul Latif Khan Gandapur presented the certificates to the participants. Dr. Iftikhar Husain, CEO, and Dr. Saeed Anwar, Executive Director, were also present at the ceremony.





**Corporate
Social
Responsibility**

SWS Celebrated World Blood Donor Day at PMC

The Social Welfare Society of PMC (Peshawar Medical College) and PDC (Peshawar Dental College) organized a special ceremony at PMC to observe World Blood Donor Day. The event served as an opportunity to raise awareness about the importance of blood donation and to acknowledge and celebrate the efforts of those who have selflessly donated blood to save lives.



The slogan for the 2023 World Blood Donor Day campaign was “Give blood, give plasma, share life, share often.” It focused on patients requiring life-long transfusion support and underscored the role every single person can play by giving the valuable gift of blood or plasma.

The event was attended by Prof. Dr. Aman Khan, Principal of PMC; Prof. Shamim Akhtar, Principal of PDC; Dr. Mohsina Haq, Chairperson of SWS; faculty members; and volunteers of the society. Prof. Dr. Motahir Ali Shah delivered a lecture highlighting the numerous benefits of blood donation. Blood donors associated with SWS were honored with certificates as tokens of appreciation for their contributions towards helping ailing humanity through blood donation.



Talha Khan received a shield for being an active blood donor in the ceremony.

The ceremony held at PMC aimed to extend appreciation to individuals who selflessly donate blood and to inspire more people to join the noble cause. The speakers emphasized the significance of regular blood donations from healthy individuals, urging them to contribute as frequently as possible, ensuring a higher quality of life for patients dependent on transfusions.



Inaugural ceremony of Social Welfare Society (SWS), Peshawar Dental College



An inaugural ceremony for the Social Welfare Society (SWS), Peshawar Dental College, took place on the college premises. During the event, shields and certificates were distributed as a token of appreciation to the society's volunteers for their dedicated efforts for the well-being of needy humanity. Additionally, badges were awarded to the newly elected cabinet members for the session 2023-2024.

The accomplishments of the previous cabinet were also acknowledged during the ceremony. Prof. Dr. Shamim Akhtar, Principal of Peshawar Dental College, and Rimsha Khan, the acting President of SWS, PDC addressed the ceremony. The Social Welfare Society of Peshawar Dental College became an independent body in the year 2021. Since then, it has been working actively to provide relief to the needy individuals in our community.



Social Welfare Society, PMC's Efforts to Support vulnerable Segments of population

The Social Welfare Society of Peshawar Medical College, is dedicated to supporting the vulnerable segments of the population. The society carries out its welfare activities through various wings.

The Blood Donation Wing assists needy patients by collecting blood through blood camps in collaboration with well-known welfare organizations. This blood is primarily donated for emergency cases at Kuwait Teaching Hospital, Mercy Teaching Hospital, and Prime Teaching Hospital, as well as in tertiary care hospitals in Peshawar. The wing provided around 41 pints of blood for emergency cases at Kuwait Teaching Hospital, Mercy Teaching Hospital, Prime Teaching Hospital, and other hospitals in Peshawar. A blood donation camp was held in collaboration with Hamza Foundation, Peshawar, on March 2, 2023. A total of 115 pints of blood and Rs. 68,870 in donations collected in the camp. A handmade poster competition took place on World Blood Donor Day among PMC and PDC students. Cash prizes were awarded to the top 3 students for the best poster designs.




The Disaster Management Wing's main role is to assist communities affected by natural or man-made disasters. This year, due to the deteriorating economic conditions of the country, SWS reached out to the needy population through Ramazan Packages. The society extended assistance totaling Rs. 3,196,273 to 458 families in three different phases of the drive.

In collaboration with the Social Welfare Society of PDC, the SWS, PMC collected funds to provide gifts for orphan children at Mercy Educational Complex. Volunteers spent a day with the children, had an iftar dinner there and imparted them hand washing and proper teeth brushing techniques. The team also engaged the children in Naat recitation and outdoor games. A total of 75 gift packs worth Rs. 42,437 were distributed among the students.

The Health Education Wing of SWS focuses on observing important public health-related days of the year. This involves raising awareness among the masses and promoting student interest in health-related issues and community health. The society observed world days related to Hemophilia, Malaria, Thalassaemia, Hypertension, Anti-tobacco, Drug Abuse, and Hepatitis, arranging 207 awareness sessions for these occasions. The society also organized hepatitis B vaccination for 3rd and 4th-year MBBS and BDS students at PMC, offering a concessional rate of Rs. 800 for 3 doses. A total of 193 students received the first and second vaccine doses.

The Patient Welfare Wing of the Social Welfare Society helps needy patients in covering their diagnosis and treatment costs. The SWS provided Rs. 320,391 in assistance to needy patients until July of this year, using funds collected through donations, Zakat, and Sadaqat.



Art & Culture

Calligraphy and Painting Workshops Showcase Promising Talents

The Prime Society for Literature and Arts (PAL Women's Wing) recently hosted a captivating one-day calligraphy and painting workshop at Peshawar Medical College (PMC). The event brought together talented artists from PMC, Peshawar Dental College (PDC), and Rufaidah Nursing College (RNC). The workshop also featured an inspiring painting exhibition, providing a platform for emerging artists to showcase their skills and creativity.



The Painting and Calligraphy workshop was conducted by Final Year MBBS students, Ms. Amna Sardar and Ms. Amna Khan Khattak. The young artists were introduced to traditional art techniques, including various styles of calligraphy and painting, during the workshop. The objective of holding the workshop was to promote and celebrate the artistic endeavors of young talents. The workshop attracted artists from PMC, PDC, and RNC, who displayed their impressive calligraphy and painting talents.

A vibrant exhibition was arranged, featuring a diverse collection of artwork ranging from paintings and calligraphy to intricately handmade decorative items. The exhibition was inaugurated by Prof. Dr. Hafeez ur Rahman, Dean of PMC. The presence of distinguished guests, including Principal PMC, Prof. Dr. Aman Khan, Prof. Dr. Ayesha Abdullah, Chairperson PAL(W), Aminah Saqib, President PAL Women's Wing, and esteemed faculty members and students, added prestige to the event.



The workshop was arranged, featuring a diverse collection of artwork ranging from paintings and calligraphy to intricately handmade decorative items. The exhibition was inaugurated by Prof. Dr. Hafeez ur Rahman, Dean of PMC. The presence of distinguished guests, including Principal PMC, Prof. Dr. Aman Khan, Prof. Dr. Ayesha Abdullah, Chairperson PAL(W), Aminah Saqib, President PAL Women's Wing, and esteemed faculty members and students, added prestige to the event.



The event provided a valuable platform for young artists from PMC, PDC, and RNC to exhibit their talents and receive recognition for their creative endeavors. The workshop not only fostered artistic growth but also left a lasting impression on the attendees, who were captivated by the artists' exceptional skills and imaginative works.

The workshop showcased the remarkable creativity and artistic sensibilities of the young participants. Attendees were enthralled by the exceptional quality of the artwork and the diverse range of styles and techniques on display. The art lovers and enthusiasts in attendance greatly appreciated the skill and ingenuity demonstrated by the emerging artists.



The Men's Wing of Prime Society for Literature and Arts (PALM) organized a captivating Calligraphy and Painting workshop at Peshawar Medical College. The workshop brought together young artists providing them a platform to explore traditional art forms and promote artistic expression.

Dean PMC, Prof. Dr. Hafeez ur Rehman formally inaugurated the workshop. Principal PMC, Prof. Dr. Mohammad Aman Khan, Vice Dean, and Chairperson

of PAL, Prof. Dr. Ayesha Abdullah, President of PAL, Ahmad Hanan and faculty members graced the inauguration ceremony.

The workshop commenced with a comprehensive introduction to the rich history of calligraphy and its various styles. Participants gained valuable insights into various techniques of calligraphy and painting.



The Prime Society for Arts & Literature organized workshops on “How to Study the Quran”

The Prime Society for Literature and Arts Men's Wing hosted a workshop titled 'How and Why to Study the Qur'an' for male PMC, PDC, and RNC students. The workshop was conducted by Prof. Dr. Najib ul Haq, Advisor of the Prime Foundation, who highlighted various techniques for effectively learning the Quran.



Dr. Najib urged the participants to strive for an understanding of the Quran and to live a successful life according to the teachings of the holy book. He advised the students to adopt a collective strategy for comprehending the Quran in order to motivate each other."



The Prime Society for Literature and Arts Women's Wing organized a workshop on "How and Why to Study the Qur'an" for female PMC, PDC, and RNC students on May 29, 2023. The workshop was conducted by Prof. Dr. Najib ul Haq, Advisor to the Prime Foundation, on the topic "Why and How to Study the Qur'an."



Dr. Najib ul Haq began his lecture with the recitation of Suratul Fatihah, the opening chapter of the Qur'an, followed by presenting various analogies to help the students understand why studying the Qur'an is of the utmost importance for every person who believes in Allah. He discussed the practices of the Prophet ﷺ, the Sahabah (May Allah be pleased with them), and the Aslaf (May Allah have Mercy on them), explaining why they were so successful. He also discussed the reasons for the ongoing downfall of Muslims around the globe. He urged the participants to make firm intentions to change their condition by holding onto the Rope of Allah rather than adopting a defensive attitude and accepting this downfall as our fate. To assist the students, he provided a list of various traditional and contemporary commentaries (Tafseer) of the Qur'an by renowned and authentic scholars. Additionally, the students were



given booklets containing guidelines on how and why a Muslim should study the Qur'an.

Dr. Najib ul Haq concluded the session by advising the students to form study groups to study the Qur'an together and keep each other motivated. He also answered questions at the end of the session, addressing the queries of eager participants to study the Qur'an.



Independence Day celebrations held at Peshawar Medical College

The 5-day series of events organized under the theme of "Pehchan" to celebrate Independence Day by the Prime Society for Arts & Literature (PAL) concluded at Peshawar Medical College (PMC).



Professor Dr. Hafeez ur Rahman, Dean of PMC, was the chief guest at the prize distribution ceremony. Prof. Dr. Mohammad Aman Khan, Principal of PMC, faculty members, and students from PMC, PDC, and RNC participated in the ceremony. The chief guest awarded prizes to students who performed excellently in various competitions, including speeches, Milli Naghma, essay writing, poetry, quizzes, painting, and videography. The events started on August 17, 2023, and culminated on August 21, 2023.

These events were organized to celebrate the greatest gift of Allah in the form of our independence through various activities aimed at refreshing the true essence of the ideology of Pakistan in the youth, enabling them to embark on a journey of self-discovery. These events were organized to remind the youth of our homeland's significant and sensitive ideological and geographical position and instill in them patriotism, empowering them to courageously and determinedly safeguard our free homeland's ideological and geographical boundaries.



Prof. Dr. Najibul Haq delivered a presentation on Dr. Allama Iqbal's famous poems 'Shikwah' and 'Jawab-e-Shikwah' at the inaugural session. Dr. Najibul Haq cited the intellectual contribution of the great philosopher to the revival of Islam and the self-actualization of the Muslim ummah. "In 'Shikwah,' Iqbal laments the decline of Islam's past glory and outlines a vision for the revival and regeneration of the Muslim Ummah in 'Jawab-e-Shikwah'", he maintained.

In the speech competition Hamza Farooq, 3rd-year MBBS, secured first place .In the Urdu Essay Writing competition for male, Adeen Yousafzai took the first position, while in the female competition, Sarah Shoaib, 3rd-year MBBS, secured first position. In the English Essay Writing competition for



males, Fazlullah, 2nd Year MBBS, was declared the winner, while in the female English competition, Amina Saqib, 5th Year MBBS, won first place. In the Poetry Writing competition for male, M. Hassan Wahid, Final Year MBBS, grabbed the first prize and In the female competition, Zobia Ali, 3rd Year, secured first place. In the Painting Competition for female Karobi Farooq, First Year MBBS, was awarded the

first position. In the Milli Nagma competition, Hamza Farooq, 3rd Year MBBS, achieved first place while in the Videography Competition Ali Rahman, 4th Year BSN, stood first in the male competition and Muizza Batool, Final Year MBBS, was declared first in female competition.





Media Corner

Media Corner

Press clippings of news reports and byline reports on Blood Donors' Day, Independence Day celebrations, Quran workshops, calligraphy and painting workshops appeared in the national press.

www.dailycountrynews.com
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Editor in Chief: Sardar Hammed

Calligraphy and Painting Workshop Showcases Promising Talents at PMC

Staff Reporter

PESHAWAR: The Prime Society for Literature and Arts (PAL Women's Wing) recently hosted a captivating one-day calligraphy and painting workshop at Peshawar Medical College (PMC).

The event brought together talented artists from PMC Peshawar Dental College (PDC), and Ruffadah Nursing College (RNC). The workshop also featured an inspiring painting exhibition, providing a platform for emerging artists to showcase their skills and creativity.

The Painting and Calligraphy workshop was conducted by Final Year MBBS students, Ms. Anna Sardar and Ms. Amna Khan Khattak.

The young artists were introduced to traditional art techniques, including various styles of calligraphy and painting, during the workshop. The objective of holding the workshop was to promote and celebrate the artistic endeavors of young talents.

The workshop attracted artists from PMC, PDC, and RNC, who displayed their impressive calligraphy and painting talents. A vibrant exhibition was arranged, featuring a diverse collection of artwork ranging from paintings and calligraphy to intricately handmade decorative items.

The exhibition was inaugurated by Prof. Dr. Hafeezur Rahman, Dean of PMC.

The presence of distinguished guests, including Principal PMC, Prof. Dr. Aman Khan, Prof. Dr. Ayesha Abdullah, Chairperson PAL(W), Aminah Saqib, President PAL Women's Wing, and esteemed faculty members and students, added prestige to the event.

The workshop showcased the remarkable creativity and artistic sensibilities of the young participants. Attendees were enthralled by the exceptional quality of the artwork and the diverse range of styles and techniques on display.

The art lovers and enthusiasts in attendance greatly appreciated the skill and ingenuity demonstrated by the emerging artists.

The event provided a valuable platform for young artists from PMC, PDC, and RNC to exhibit their talents and receive recognition for their creative endeavors.

The workshop not only fostered artistic growth but also left a lasting impression on the attendees, who were captivated by the artists' exceptional skills and imaginative works.

Daily Times Peshawar, June 07, 2023

Calligraphy and painting workshop showcases promising talents at PMC

BY: ATAUL HAQ

PESHAWAR: The Prime Society for Literature and Arts (PAL Women's Wing) recently hosted a captivating one-day calligraphy and painting workshop at Peshawar Medical College (PMC). The event brought together talented artists from PMC Peshawar Dental College (PDC), and Ruffadah Nursing College (RNC). The workshop also featured an inspiring painting exhibition, providing a platform for emerging artists to showcase their skills and creativity. The objective of holding the workshop was to promote and celebrate the artistic endeavors of young talents. The workshop attracted artists from PMC, PDC, and RNC, who displayed their impressive calligraphy and painting talents. A vibrant exhibition was arranged, featuring a diverse collection of artwork ranging from paintings and calligraphy to intricately handmade decorative items. The exhibition was inaugurated by Prof. Dr. Hafeezur Rahman, Dean of PMC.

پشاور میڈیکل کالج میں خطاطی و مصوری ورکشاپ منعقد ہوئی

پشاور میڈیکل کالج میں خطاطی و مصوری ورکشاپ منعقد ہوئی۔ ورکشاپ میں شرکت کرنے والے طلبہ نے اپنے فن کا مظاہرہ کیا اور نئی نئی چیزیں سیکھیں۔ ورکشاپ کے سربراہ اور اہل کار نے ورکشاپ کے مقاصد کو پیش نظر رکھتے ہوئے ورکشاپ کو کامیاب بنانے میں اپنا حصہ ڈالا۔ ورکشاپ کے انعقاد میں نئی نئی چیزیں سیکھی گئیں اور طلبہ کی تخلیقی صلاحیتیں ابھریں۔ ورکشاپ کے انعقاد میں نئی نئی چیزیں سیکھی گئیں اور طلبہ کی تخلیقی صلاحیتیں ابھریں۔ ورکشاپ کے انعقاد میں نئی نئی چیزیں سیکھی گئیں اور طلبہ کی تخلیقی صلاحیتیں ابھریں۔

پشاور میڈیکل کالج میں خطاطی و مصوری ورکشاپ منعقد ہوئی۔ ورکشاپ میں شرکت کرنے والے طلبہ نے اپنے فن کا مظاہرہ کیا اور نئی نئی چیزیں سیکھیں۔ ورکشاپ کے سربراہ اور اہل کار نے ورکشاپ کے مقاصد کو پیش نظر رکھتے ہوئے ورکشاپ کو کامیاب بنانے میں اپنا حصہ ڈالا۔ ورکشاپ کے انعقاد میں نئی نئی چیزیں سیکھی گئیں اور طلبہ کی تخلیقی صلاحیتیں ابھریں۔ ورکشاپ کے انعقاد میں نئی نئی چیزیں سیکھی گئیں اور طلبہ کی تخلیقی صلاحیتیں ابھریں۔

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دیپوسٹ گیسٹ

روزنامہ

ایڈیٹر انچیف: الطاف احمد بٹ

جلد: 13 نمبر: 725/1444 ص 15 جون 2023ء 15 جولائی 2023ء قیمت 80 روپے نمبر: 169

پشاور اور خون عطیہ کرنے کے عالمی دن کے موقع پر خصوصی تقریب

پشاور اور خون عطیہ کرنے کے عالمی دن کے موقع پر خصوصی تقریب منعقد ہوئی۔ تقریب میں شہداء اور خواتین نے اپنے فن کا مظاہرہ کیا اور نئی نئی چیزیں سیکھیں۔ تقریب کے سربراہ اور اہل کار نے تقریب کے مقاصد کو پیش نظر رکھتے ہوئے تقریب کو کامیاب بنانے میں اپنا حصہ ڈالا۔ تقریب کے انعقاد میں نئی نئی چیزیں سیکھی گئیں اور خواتین کی تخلیقی صلاحیتیں ابھریں۔ تقریب کے انعقاد میں نئی نئی چیزیں سیکھی گئیں اور خواتین کی تخلیقی صلاحیتیں ابھریں۔

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5-day series of events organized by Prime Society for Literature & Arts

TIMES REPORT

PESHAWAR: The 5-day series of events organized under the theme of "Pehchan" to celebrate Independence Day by the Prime Society for Literature & Arts (PAL) concluded at Peshawar Medical College (PMC). Professor Dr. Hafeez ur Rahman, Dean of PMC, was the chief guest at the prize distribution ceremony. Prof. Dr. Mohammad Aman Khan, Principal of PMC, faculty members, and students from PMC, PDC, and RNC participated in the ceremony. The chief guest awarded prizes to students who performed excellently in various competitions, including speeches, Milli Naghma, essay writing, poetry, quizzes, painting, and videography.

Farooq, 3rd-year MBBS, secured first place. In the Urdu Essay Writing competition for male, AdeeB Yousafzai took the first position, while in the female competition, Sarah Shoaib, 3rd-year MBBS, secured first position. In the English Essay Writing competition for males, Fazlullah, 2nd Year MBBS, was declared the winner, while in the female English competition, Amina Saqib, 5th Year MBBS, won first place. In the Poetry Writing competition for male, M. Hassan Wahid, Final Year MBBS, grabbed

the first prize and In the female competition, Zobia Ali, 3rd Year, secured first place. In the Painting Competition for female Karobi Farooq, First Year MBBS, was awarded the first position. In the Milli Naghma competition, Hamza Farooq, 3rd Year MBBS, achieved first place while in the Videography Competition Ali Rahman, 4th Year BSN, stood first in the male competition and Muizza Batool, Final Year MBBS, was declared first in female competition.



In the speech competition Hamza

تفصیل سے روشنی ڈالی۔ "یہ نذر فضل اللہ کا نام ہی پایندہ۔ بہار ہو کہ خزاں لا الہ الا اللہ" کے عنوان سے منقذہ تقریری مقابلے میں ایم بی بی ایس فخرہ ایبڑ کے طالب علم حمزہ فاروق نے پہلی جگہ دوسرے سال کے سعد حسین قاضی نے دوسری پوزیشن حاصل کی۔ اردو مضمون نویسی کے مقابلے کا موضوع تھا "تو زمین کے لئے نہ آسمان کے لئے۔ جہاں ہے تیرے لئے تو ہمیں جہاں کے لئے"۔ مردوں کے مقابلے میں ادیب یوسرٹی نے پہلی پوزیشن جگہ جیتنے کے مقابلے میں ایم بی بی ایس فخرہ ایبڑ کی طالبہ سارہ شیب نے پہلی اور ایم بی بی ایس سال آخری طالبہ میزہ بتول نے دوسری پوزیشن حاصل کی۔ انگلش مضمون



پروفیسر: دہلالی

پشاور میڈیکل کالج پانچ روزہ تقریبات اختتام پذیر

پشاور میڈیکل کالج میں پرائم سوسائٹی فار آرٹس اینڈ لٹریچر کے زیر اہتمام "پہچان" کے عنوان سے ایم آر ڈی کی پانچ روزہ تقریبات اختتام پزیر ہو گئیں۔ پشاور میڈیکل کالج کے ڈین پروفیسر ڈاکٹر حفیظ الرحمن تقریب تسلیم انعامات کے مہمان خصوصی تھے۔ ان تقریبات اور مختلف سرگرمیوں کے ذریعے آزادی کی تحفل میں اللہ کے سب سے بڑے تحفے کی اہمیت کو اجاگر کیا گیا۔ ان سرگرمیوں کا مقصد نوجوانوں میں نظریہ پاکستان کے حقیقی روح کو تازہ کرنا اور انہیں آزادی کی حیثیت سے خود شاشی کا درس دینا تھا۔ یہ تقریبات پروفیسر کے مسلمانوں کی جانب سے حق خود ارادیت کے لیے دی گئی عظیم قربانیوں اور جدوجہد سے نئی نسل کو روشناس کرنے کے لئے منقذہ کی گئی تھیں۔ تقریبات کا انعقاد نوجوانوں کو وطن کی اہم اور حساس نظریاتی اور جغرافیائی حیثیت کی یاد



دلانے اور ان میں حب الوطنی کا جذبہ پیدا کرنے کے لئے کیا گیا تھا۔ تاکہ وہ بہت اور عزم کے ساتھ اپنے آزادی وطن کی نظریاتی اور جغرافیائی سرحدوں کی حفاظت کریں۔ "پہچان" کے عنوان کے تحت منقذہ تقریبات کا سلسلہ 17 اگست 2023 کو شروع ہوا اور 21 اگست 2023 کو اختتام پزیر ہوا۔ تقریب میں پشاور میڈیکل کالج کے پرنسپل پروفیسر ڈاکٹر محمد امان خان، فیکلٹی ممبران اور پشاور میڈیکل کالج، پشاور ڈیپارٹمنٹ کے افسرین اور دیگر سرگرمی کے طالباء و طالبات نے شرکت کی۔ مہمان خصوصی نے تقریریں پڑھیں مضمون نویسی، شاعری، کوئز، پینٹنگ اور ویڈیو گرافی سمیت مختلف مقابلوں میں بہترین کارکردگی کا مظاہرہ کرنے والے طلباء کو انعامات سے نوازا۔ معروف اسکالر پروفیسر ڈاکٹر نجیب الحق نے افتتاحی اجلاس سے خطاب کرتے ہوئے ڈاکٹر علامہ اقبال کی مشہور تقریر "مشرق و مغرب" پر اظہار خیال کیا۔ ڈاکٹر نجیب صاحب نے "مشرق و مغرب" پر اظہار خیال کیا۔ ڈاکٹر نجیب نے اس موقع پر اپنے اور امت مسلمہ کی بیداری کے لئے عظیم فلسفی کی فکر اور تعلیمات پر

THE DAILY JANG RAWALPINDI

روزنامہ جنگ راولپنڈی

بانی: میر غلیب الرحمن

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پی ایم سی میں جشن آزادی کی مناسبت سے پانچ روزہ تقریبات ختم

مختلف مقابلوں میں بہترین کارکردگی کا مظاہرہ کرنے والے طلباء کو انعامات سے نوازا گیا

پشاور (خصوصی نامہ نگار) پشاور میڈیکل کالج میں جشن آزادی کی مناسبت سے پانچ روزہ تقریبات ختم ہو گئیں جس کا اختتام کالج کی پرائم سوسائٹی فار لٹریچر اینڈ آرٹس نے "پہچان" کے نام سے کیا تھا۔ حمزہ فاروق، ادیب یوسرٹی، سارہ شیب، فضل اللہ، آمنہ ثاقب، ایم حسن واحد، زوبیہ علی، کردوبی فاروق، حمزہ فاروق، علی رحمان اور میزہ بتول نے مختلف مقابلوں میں اول پوزیشن حاصل کی۔ کالج کے ڈین پروفیسر ڈاکٹر حفیظ الرحمن تقریب تسلیم انعامات کے مہمان خصوصی تھے۔ تقریبات میں مختلف سرگرمیوں کے ذریعے آزادی کی اہمیت

5-day events, to celebrate Independence Day concluded at PMC

BY ATAUL HAQ

The 5-day series of events, organized under the theme of "Pehchan" (identity) to celebrate Independence Day by the Prime Society for Arts & Literature & (PAL), at Peshawar Medical College. Professor Dr. Hafeez ur Rahman, Dean of PMC, was the chief guest at the prize distribution ceremony. These events were scheduled to celebrate the greatest gift of Allah in the form of our independence through various activities aimed at refreshing the true essence of the ideology of Pakistan in the youth, enabling them to embark on a journey of self-discovery. The events were designed to revisit the heroic and great sacrifices made by the Muslims of the subcontinent for self-determina-

tion. These events were organized to remind the youth of our homeland's significant and sensitive ideological and geographical position and instill in them patriotism, empowering them to courageously and determinedly safeguard our free homeland's ideological and geographical boundaries. The series of events, organized under the "Pehchan" theme, started on August 17, 2023, and culminated on August 21, 2023. Prof. Dr. Mohammad Aman Khan, Principal of PMC, faculty members, and students from PMC, PDC, and RNC participated in the ceremony. The chief guest awarded prizes to students who performed excellently in various competitions, including speeches, Milli Naghma, essay writing, poetry, quizzes,

painting, and videography. Renowned scholar Prof. Dr. Najibul Haq spoke at the inaugural session, delivering a presentation on Dr. Allama Iqbal's famous poems "Shikwa and Jawab-e-Shikwa." Dr. Najib cited the intellectual contribution of the great philosopher to the revival of Islam and the self-actualization of the Muslim ummah. In the speech held under the title "Ye naghma Fasi-e-gul-o-lala ka na he pahand," while Farah Salim, a 3rd-year MBBS student, secured the first place, while Saad Hussain Qazi, a 2nd-year MBBS student, came in second. The Urdu Essay Writing competition theme was "Na to zameen ke liye he na asman ke liye." In the male competition, M. Hassan Wahid, a final Year MBBS student, grabbed the first prize, and Fazlullah, a 2nd-year MBBS student, achieved the second position. In the female competition, Zobia Ali, a 3rd-year student, secured first place, and Muizza Batool, a 5th-year student, won 2nd prize. The Painting Competition for female artists was held under the theme "My Pakistan." Karobi Farooq, a first-year MBBS student, was awarded the first position, while in the female competition, Sarah Shoab, a 3rd-year MBBS student, secured first place, and Muizza Batool, a 5th-year student, won 2nd prize. The English Essay Writing Competition for Males, Fazlullah, a 2nd-year MBBS student, was declared the winner, and M. Hassan Wahid, a 5th-year MBBS student, came in second. In the female English competition, Amina Saqib, a 3rd-year MBBS student, won first place, while Farah Salim, a 5th-year MBBS student, secured the second position. The theme of the Poetry Writing competition was "Pakistan: Past, Present, and the Future." In the male competition, M. Hassan Wahid, a final Year MBBS student, grabbed the first prize, and Fazlullah, a 2nd-year MBBS student, achieved the second position. In the female competition, Sarah Shoab, a 3rd-year student, secured first place, and Muizza Batool, a 5th-year student, won 2nd prize. The Urdu Essay Writing competition theme was "Na to zameen ke liye he na asman ke liye." In the male competition, Aadeeb Yousafzai took the first position, while in the female competition, Sarah Shoab, a 3rd-year MBBS student, secured first place, and Muizza Batool, a 5th-year student, won 2nd prize. In the Milli Naghma competition, Hamza Farooq, a 3rd-year MBBS student, achieved first place, and Malak Aman Khan, a 3rd-year MBBS student, secured the second position. The Urdu Essay Writing competition was declared the winner, and M. Hassan Wahid, a 5th-year MBBS student, came in second. In the female English competition, Sarah Shoab, a 3rd-year student, secured first place, and Muizza Batool, a 5th-year student, won 2nd prize. The Urdu Essay Writing competition theme was "Na to zameen ke liye he na asman ke liye." In the male competition, Aadeeb Yousafzai took the first position, while in the female competition, Sarah Shoab, a 3rd-year MBBS student, secured first place, and Muizza Batool, a 5th-year student, won 2nd prize. In the female English competition, Sarah Shoab, a 3rd-year student, secured first place, and Muizza Batool, a 5th-year student, won 2nd prize. The Urdu Essay Writing competition theme was "Na to zameen ke liye he na asman ke liye." In the male competition, Aadeeb Yousafzai took the first position, while in the female competition, Sarah Shoab, a 3rd-year MBBS student, secured first place, and Muizza Batool, a 5th-year student, won 2nd prize.

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Wednesday, August 23, 2023

Pakistan
OBSERVER

5-day Independence Day celebrations conclude

STAFF REPORTER

PESHAWAR

The 5-day series of events organized under the theme of "Pehchan" to celebrate Independence Day by the Prime Society for Literature & Arts (PAL) concluded on Tuesday at Peshawar Medical College (PMC). Professor Dr. Hafeez ur Rahman, Dean of PMC, was the chief guest at the prize distribution ceremony. Prof. Dr. Mohammad Aman Khan, Principal of PMC, faculty members, and students from PMC, PDC, and RNC participated in the ceremony.

The chief guest award-

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