



NEWSLETTER

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The Prime Times



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Empowering Minds

The three-week long Independence Day celebrations at Peshawar Medical College

September 18th, 2024 - A grand closing ceremony concluded at the auditorium of Peshawar Medical College (PMC). The event, themed "Palestine and the Unity of Thought," aimed to raise awareness about the Palestinian cause and the essence of freedom through the lens of their ongoing struggle.

Distinguished guests at the ceremony included Dr. Iftikhar Hussain, CEO of Prime Foundation, Prof. Dr. Hafeez Ur Rahman, Dean of PMC; Prof. Dr. Saeed Anwar, Executive Director of PMC, Prof. Dr. Mohammad Aman Khan, and Prof. Dr. Ayesha Abdullah, Chairperson of the Society for Art and Literature. Faculty members and students were also present.

The event honored the winners of various competitions held during the celebrations. Awards were presented to students who excelled in essay writing, poetry, milli songs, calligraphy, painting, and quiz competitions. These activities were designed to foster creativity and highlight the importance of unity, freedom, and cultural identity. Students from various academic institutions participated in the competitions.



Prof. Dr. Zahoor Swati, former Vice-Chancellor of Agriculture University, Peshawar, delivered the concluding remarks, emphasizing that despite Pakistan's challenges, it has continued to progress and prove itself as a viable state. He also pointed out that many of the nation's current issues stem from a lack of understanding and non-adherence to the teachings of the Quran and Sunnah.

Prof. Dr. Ayesha Abdullah, in her address, reiterated the significance of the Palestinian struggle, noting that without understanding their plight, the essence of freedom becomes difficult to grasp. She stressed that the eventsought to enlighten the youth about the ongoing issues in Palestine and encourage active participation in supporting their cause.

The ceremony was attended by faculty members, students, and other dignitaries, who showed their solidarity with the Palestinian people. The event

was a powerful reminder of the importance of unity and the role of the youth in shaping the future.

Prof. Dr. Mohammad Aman Khan, Prof. Dr. Shamsul Haq Haneef, and Dr. Bakht Biland presented awards to the distinction holders.



PMC Student Abdal Ahmad Secures 2nd Position at National Mental Health Research Conference

September 8, 2024 - Abdal Ahmad, a 4th-year MBBS student at Peshawar Medical College (PMC), made an impressive mark by securing 2nd position in the verbal competition at the National Students Mental Health Conference, held at Ayub Medical College, Abbottabad on September 8, 2024. The event gathered medical students from across the country to engage in discussions and presentations on key issues surrounding mental health. The Dean of Ayub Medical College, Prof. Dr. Saqib Malik, awarded him the prize.

Abdal Ahmad's presentation, titled "Unravelling the Interplay of Smartphone Addiction, Sleep Pattern, and Academic Performance (Mixed Method Study)", stood out for its depth and relevance to current mental health challenges. His research, conducted under the guidance of Dr. Mifrah Sethi, explored the increasing prevalence of smartphone addiction among students, its impact on sleep patterns, and the subsequent effects on academic performance. The study's mixed-method approach provided both quantitative data and qualitative insights through interviews, offering a comprehensive perspective on this pressing issue.

PMC continues to excel in national competitions, with students like Abdal Ahmad leading the way in addressing critical health concerns that affect young people today. His achievement is a testament to the college's holistic approach to education, encouraging students to engage in research, critical thinking, and public advocacy on important societal issues.



Peshawar Medical College Students Triumph at SIST 2024 at Shifa University

Islamabad, September 14, 2024 — The students of Peshawar Medical College (PMC) delivered an outstanding performance at the 12th edition of the Shifa Inter Scholastic Tournament (SIST) 2024, organized by Shifa Tameer-e-Millat University. Held at the university's Park Road Campus in Islamabad, the event drew vibrant participation from institutions across Pakistan, with PMC securing several top positions in key competitive categories.

Themed "Harmony in Faith: United We Heal," SIST 2024 provided a platform for students to showcase their creativity, explore their diverse talents, and reconnect with their cultural roots. It also promoted unity and collaboration among participants from various institutions. PMC students won the tournament and excelled in multiple competitions, demonstrating not only their academic excellence but also their prowess in co-curricular activities. Their success reflects PMC's commitment to holistic education, fostering both intellectual growth and creativity.

PMC's impressive participation in SIST 2024 aligns with the college's vision of producing well-rounded individuals who excel in their fields while maintaining a strong connection to cultural and ethical values.



Peshawar Medical College Students Excel at National Research Conference held at Bacha Khan Medical College

September 22, 2024 - Peshawar Medical College (PMC) students made their mark at the prestigious National Research Conference held at Bacha Khan Medical College, Mardan. Hamza Farooq, a 4th-year MBBS student and President of the Research Society at PMC, secured 1st position in the verbal presentation category. His research, co-investigated by fellow student Abdal Ahmad, was conducted under the supervision of Dr. Mifrah Rauf Sethi, reflecting the high standards of research and innovation upheld by PMC.

Another PMC team led by Muhammad Waleed Farooq, with team members Hamza Farooq and Syed Ibadullah Shah, excelled in the Quiz competition, clinching 1st place.

The awards were distributed by the distinguished Prof. Dr. Shahzad Ali Khan, Vice Chancellor of Health Services Academy, Islamabad, recognizing the achievements of these talented students.

These victories underscore the commitment of Peshawar Medical College to fostering a culture of research and academic excellence.



Peshawar Medical College Students Secure 1st Place in Verbal Research Competition at 1st Jinnah Research Conference

25th September 2024 - In a remarkable achievement, a team of 4th-year MBBS students from Peshawar Medical College secured 1st place in the verbal research competition at the 1st Jinnah Research Conference, held in Peshawar. The event, themed "AI Innovation and Impact," attracted participants from various medical institutions and showcased cutting-edge research and innovative ideas across different disciplines.

The winning team from Peshawar Medical College was led by Principal Investigator Malak Aman Khan, with Shayan Sharif serving as Co-Principal Investigator. The other team members, Afaq Khan Yousafzai and Hamza Fazal, also played crucial roles in the success of the project.

Their research presentation demonstrated not only academic excellence but also their ability to address complex medical challenges through innovative thinking. The conference provided an excellent platform for students to exhibit their research skills and gain national-level recognition.

This victory further solidifies Peshawar Medical College's reputation for nurturing talent and promoting research-driven education.



DAAD Honors Dr. Hala Rajab for Key Research in Cancer Metabolic Pathways

Dr. Hala Rajab, Assistant Professor of Molecular Biology and Director of Undergraduate Medical Research at Peshawar Medical & Dental College, has been awarded the prestigious 'Re-invitation Programme for DAAD Alumni' grant from the German Academic Exchange Service (DAAD)!

Dr. Rajab previously completed a short-term postdoctoral research fellowship at the renowned German Cancer Research Center (DKFZ) in Heidelberg, Germany, from July to September 2024. She worked under the mentorship of the distinguished Professor Dr. Christiane Opitz, Head of the Division of Metabolic Crosstalk in Cancer.

Her research focused on exploring the metabolic pathway that governs the production of Kynurenic acid from Kynurenine, a key regulator of Aryl hydrocarbon receptor (AHR) activation, and its implications for immunity and cancer progression. Using pharmacological inhibition and gene knockdown techniques, Dr. Hala targeted Kynurenine aminotransferases in human glioblastoma U-87 cell lines, investigating their effects on AHR signature expression.

This groundbreaking study paves the way for developing innovative strategies to inhibit key enzymes involved in AHR activity, potentially leading to novel therapeutic approaches to counteract cancer-related immunosuppression and tumor aggressiveness.



Ethical Decision-Making and Professional Integrity in Medicine: Workshop Held at Kuwait Teaching Hospital

September 19, 2024 - A workshop on "Ethical Decision-Making and Professional Integrity in Medicine" was held at Kuwait Teaching Hospital, Peshawar, facilitated by Prof. Dr. Saima Ali from the Paediatric Department of Peshawar Medical College. The event aimed to provide medical professionals with the ethical tools and communication strategies needed to navigate the complexities of clinical practice.



Dr. Saima Ali focused on key ethical principles essential for resolving complex clinical dilemmas, highlighting the importance of professional integrity in medical decision-making. She emphasized the critical role of effective communication in addressing the challenges encountered by healthcare providers during patient care.

The session underscored the need for healthcare professionals to balance clinical expertise with ethical considerations, ensuring that patient welfare remains at the forefront of decision-making.

Participants gained valuable insights into resolving ethical conflicts and enhancing their professional conduct in clinical settings.



Workshop on "PCOS Code: A Guide to Diagnosis and Treatment" Held at Mercy Teaching Hospital, Peshawar



September 21, 2024 – A comprehensive workshop titled "PCOS Code: A Guide to Diagnosis and Treatment" was successfully conducted at Mercy Teaching Hospital, Peshawar. Organized by the Pakistan Endocrine Society (PES) in collaboration with Mercy Teaching Hospital, the workshop served as an educational the diagnosis, presentation and treatment of Polycystic Ovary Syndrome (PCOS) across various age groups.

The workshop aimed to address multiple aspects of PCOS, including its link to metabolic syndrome and infertility. The facilitators offered expert guidance on effective diagnostic methods and a range of treatment options tailored to individual patient needs.

The event featured an esteemed panel of facilitators:

Prof. Dr. Sobia Sabir, Head of Department and Consultant Endocrinologist at Mercy Teaching Hospital, Peshawar, led sessions on the endocrinological aspects of PCOS and its comprehensive management.

Dr. Shehzadi Saima Hussain, Acting Chairperson and Associate Professor of Gynecology and Obstetrics at MTI Lady Reading Hospital, Peshawar, discussed the presentation of PCOS in



women of different age groups, as well as infertility treatment options.

Dr. Faheemullah, Assistant Professor and Consultant Endocrinologist at Mercy Teaching Hospital, explored the interplay between PCOS and metabolic syndrome.

Dr. Hajira Imtiaz, Consultant Dermatologist and Aesthetic Expert in Laser Treatments at Mercy Teaching Hospital, highlighted the dermatological manifestations of PCOS and their management through modern aesthetic techniques.



The workshop adopted a holistic approach to managing PCOS, underscoring the importance of interdisciplinary collaboration among endocrinology, gynecology, and dermatology. Attendees, including healthcare professionals, medical students, and specialists, gained valuable knowledge aimed at improving patient outcomes in PCOS diagnosis and treatment.



PMC Students Successfully Conclude Social Work Programme

September 27, 2024- The 2nd-year MBBS students of Peshawar Medical College gratefully received their certificates after successfully completing their social work placements. These experiences spanned across the sector clinics, hospitals, and specialized healthcare centers throughout KP.

The students expressed how valuable and inspiring the placements were in grooming them as future healthcare professionals. They emphasized that these opportunities deepened their understanding of the diverse challenges faced by patients, families, and communities, fostering a stronger sense of empathy and commitment to patient care and social service in a holistic way.



Certificate Distribution Ceremony for Social Work Placement Program 2024 at Peshawar Medical College

October 23, 2024 - Peshawar Medical College (PMC) held a certificate distribution ceremony on Wednesday to honor the students who participated in the Social Work Placement (SWP) Program for the year 2024.

Prof. Dr. Hafeez ur Rahman, Dean of PMC, praised the organizers for the program's excellent outcomes and encouraged the students to carry forward the lessons they learned. He emphasized that such experiences would earn them respect in life, urging them to remain committed to their professional and personal development.

Prof. Dr. Ayesha Abdullah, the Incharge of the SWP Program, highlighted the aims and objectives of the program. She explained that it went beyond clinical orientation, engaging students in professional communication with patients, healthcare providers and their families. This exposure helped students gain a deeper understanding of diseases and the socio-economic and psychological challenges faced by patients. She added that the program encouraged students to demonstrate teamwork, honesty, and social responsibility, nurturing them into respectable and patriotic citizens.

The event was attended by Executive Director Prof. Dr. Saeed Anwar, along with various faculty members. A total of 137 students were registered for the SWP program, comprising 83 girls and 54 boys. Of these, 55 girls and 51 boys actively participated during the summer vacation. The placements took place at 24 health facilities across the province and in Rawalpindi. The program was supported by 32 voluntary consultants who supervised the students throughout their placements.



Several students shared their experiences, describing the program as an excellent opportunity for both social and clinical exposure. They highlighted how it enhanced their communication skills, boosted their confidence, and allowed them to apply their learning in real-world settings.

Certificates were distributed by Prof. Dr. Mohammad Aman Khan, Principal of PMC, Prof. Dr. Shamim Akhtar, Principal of Peshawar Dental College (PDC) and Prof. Dr. Imran Qureshi, marking the successful completion of the SWP program.

The event was a testament to the commitment of PMC to blending clinical education with social responsibility, ensuring that future healthcare professionals are well-rounded and community-focused.



Mock Evacuation Drill and Fire Extinguishing Exercise at Peshawar Medical College

October 10, 2024 – A mock evacuation drill and fire extinguishing exercise was conducted at Peshawar Medical College on Thursday morning to ensure preparedness in handling emergency situations. The exercise commenced with the sounding of an emergency siren, prompting students, faculty and staff members to swiftly proceed to the designated assembly point on the college lawn. Dean, PMC ,Prof. Dr. Hafeez ur Rahman, Executive Director Prof. Dr. Saeed Anwar and Principal PMC Prof. Dr. Mohammad Aman Khan also participated in the activity.



Various fire extinguishing equipment was displayed, allowing participants to familiarize themselves with the tools and techniques necessary for effective fire management. Maj. (R) Hassan Afridi, Director of Security and Administration, briefed the audience on the importance of remaining calm, acting with discipline and prioritizing the safety of human life in emergency situations. He emphasized the use of emergency exits and the need to ensure one's own safety before attempting to save valuables. Students and staff members participated in practical demonstrations using fire extinguishers, gaining hands-on

experience in fire management. The drill was designed to enhance awareness, reinforce safety protocols and equip everyone with the skills needed to respond effectively in case of a real emergency.



World Heart Day Observed at Prime Teaching Hospital, Peshawar

October 10, 2024 - Prime Teaching Hospital, Peshawar, marked World Heart Day with a series of awareness activities aimed at promoting heart health. A key highlight of the event was a presentation by Prof. Dr. Saqib Qureshi, Head of the Cardiology Department. In his presentation, he discussed ischemic heart disease (IHD) as the leading cause of death globally, responsible for 111,400 deaths in 2021 alone and accounting for 8.4% of deaths in Pakistan. He emphasized the importance of adopting a healthy lifestyle, focusing on preventive measures such as regular exercise, a balanced diet, and avoiding smoking. The event concluded with a walk led by the Medical Superintendent of the hospital, Prof. Dr. Sardar Mohammad, to emphasize the importance of physical activity for a healthy heart. The walk was well-attended by healthcare providers and staff. Throughout the event, placards were displayed with messages on heart health and precautions to prevent heart-related diseases. The event provided valuable insights to healthcare providers and the community on maintaining a healthy heart and reducing the risk of cardiovascular diseases.



Peshawar Medical College Holds Walk to Condemn Genocide in Gaza

October 07, 2024 - Peshawar Medical College organized a special ceremony and walk to commemorate one year of the Palestinian freedom struggle and condemn the ongoing genocide of Palestinians by Israel in Gaza. The participants carried banners and placards, expressing solidarity with the Palestinian people and raising their voices in support of their cause.

Addressing the gathering, Prof. Dr. Shams ul Haq Haneef said, "The Palestinians have chosen a path of dignity and honor. They are fighting a battle for Islam, and their struggle has the potential to escalate into a global issue, reshaping the world map." He stressed that the resolution of the Palestinian conflict is impossible without making it a global priority.

Prof. Dr. Ayesha Abdullah urged the attendees to boycott Israeli and American products, strongly support the Palestinian cause and take practical steps toward the unity of the Muslim Ummah.

Waleed, a fourth-year student, shared alarming statistics, revealing that over 41,000 Palestinians have been martyred, 75% of whom are women and the elderly. Additionally, around 100,000 injured Palestinians in Gaza are still awaiting medical aid, and more than 10,000, half of them children, have been martyred under the rubble.



World Mental Health Day Seminar at Kuwait Teaching Hospital, Peshawar

On October 9, 2024, Kuwait Teaching Hospital, Peshawar, marked World Mental Health Day by organizing



a seminar on "Workplace Mental Health." The event aimed to raise awareness about mental health challenges in the workplace and promote strategies for fostering mental well-being among employees.

The keynote address was delivered by Prof. Dr. Muhammad Irfan, Head of the Psychiatry Department at Peshawar Medical College. He emphasized the importance of recognizing and addressing mental health issues in professional settings, outlining practical steps to create a supportive environment for employees dealing with stress, anxiety, or other mental health conditions.

Other notable speakers included Dr. Abdul Aziz Zia, Medical Superintendent of KTH, who highlighted the hospital's ongoing commitment to supporting both staff and patients through mental health initiatives. Prof. Dr. Arif Raza from the ENT Department also contributed valuable perspectives on the intersection of mental and physical health.

Faculty members and staff from various departments actively participated in the seminar. The seminar concluded with a pledge to continue efforts in improving workplace mental health across all departments of Kuwait Teaching Hospital, ensuring a holistic approach to healthcare.



PDC Hosts Faculty Workshop to Align with PMDC Standards and Foster Academic Excellence

Peshawar, October 7, 2024 – A comprehensive faculty workshop under the Pakistan Medical and Dental Council (PMDC) framework was held at Peshawar Dental College (PDC) in the Oral Biology department. The workshop aimed at addressing key areas related to the PMDC guidelines and ensuring the alignment of the college's standards with PMDC's updated requirements.

The session was facilitated by esteemed faculty members, including Prof. Dr. Javed Qazi, Dr. Mohammed Younas, and Dr. Zafar Ul Islam. The workshop commenced with Prof. Dr. Javed Qazi leading a detailed session on the vision and mission of the institution, focusing on how these guiding principles drive academic and professional excellence.



Following this, Dr. Mohammed Younas highlighted the recruitment criteria for faculty members. Dr. Zafar Ul Islam then covered topics related to health and research, elaborating on how these key areas contribute to the growth of the institution and the quality of education provided to dental students.

The workshop was attended by Prof. Dr. Shamim Akhtar, Principal of Peshawar Dental College, along with the Heads of Departments (HODs) from all departments and faculty members. A lively discussion ensued as various questions from the PMDC pro-forma were discussed in detail, allowing the attendees to gain a better understanding of how to effectively implement the requirements in their respective departments.

Dr. Shafaq Zafar Promoted to Professor of Pharmacology at Peshawar Medical College

September 12, 2024 – Peshawar Medical College (PMC) has announced the promotion of Associate Professor Dr. Shafaq Zafar to the esteemed position of Professor of Pharmacology. This significant achievement reflects her exceptional contributions to medical education and research, as well as her unwavering commitment to academic excellence over the years.

Prime Foundation Board of Governors Meeting Held

October 26, 2024 - The Prime Foundation recently held a Board of Governors meeting, bringing together key members to review ongoing projects, discuss strategic goals and enhance the organization's impact on healthcare and education in the region. Distinguished board members attended the session, sharing valuable insights and expertise.



During the meeting, the board assessed the progress of current initiatives and explored opportunities for future growth. The session reinforced the Prime Foundation's mission to advance healthcare and education by addressing regional challenges and developing sustainable solutions for community welfare.

The 40th and 41st sessions of the Prime Foundation's Institutional Review Board (IRB) convened

Dec. 19, 2024 - The 40th session of the Institutional Review Board (IRB) of the Prime Foundation was held on Thursday, October 24, 2024 while the 41st session took place on December 19, 2024. Both sessions were chaired by Prof. Dr. Muhammad Irfan, Director of Research. The board conducted thorough reviews and evaluations of all research submissions, ensuring a comprehensive analysis of each proposal.



Breaking the Silence on Menopause: PMC and SOGP Lead Multidisciplinary Symposium to Raise Awareness and Foster Change

Nov. 7, 2024-The Department of Obstetrics and Gynecology at Peshawar Medical College (PMC), in collaboration with the Society of Obstetricians and Gynecologists of Pakistan (SOGP), hosted an impactful one-day symposium titled “Menopause and Beyond: Perceptions, Attitudes, and Adaptations.” Esteemed experts, including obstetricians/gynecologists, psychiatrists, orthopedic surgeons and cardiologists, came together to present on various aspects of this often-neglected issue. The symposium aimed to raise public awareness and foster a multidisciplinary approach to addressing this significant concern.



Workshop on Non-Invasive Neonatal and Pediatric Ventilation Conducted at MTH

November 14, 2024- A specialized workshop on Non-Invasive Neonatal and Pediatric Ventilation was successfully conducted at Mercy Teaching Hospital, Peshawar. The event brought together Postgraduate trainees (PGs) and Consultant Pediatricians, aiming to enhance their understanding and practical skills in non-invasive ventilation techniques.

The course content included: Principles of Oxygen Therapy, Non-Invasive Mechanical Ventilation and



Hands-on sessions focusing on advanced equipment such as BiPAP, CPAP, and High-Flow Nasal Cannula (HFNC). The workshop was facilitated by experts in the field: Dr. Syed Jamal Shah, Assistant Prof/ in ICU, Hayatabad Medical Complex (HMC) and Dr. Salman Khan, Trainee Registrar, HMC.

The event was organized under the leadership of Dr. Shazia Aurangzeb, Head of the Pediatric Department, Mercy Teaching Hospital. The organizing team included Dr. Rabbia Shaheen, Dr. Abdul Hamid, and Dr. Fawad, whose efforts ensured the smooth execution of the workshop.



Participants actively engaged in the theoretical



and practical sessions, which aimed to equip them with the latest approaches to managing neonatal and pediatric respiratory care. This initiative reflects Mercy Teaching Hospital's commitment to continuous medical education and the enhancement of healthcare services in the region.



Workshop on Patient Safety for Final Year BDS Students

On 26th November 2024, a comprehensive hands-on workshop on Patient Safety was conducted for final-year BDS students at Peshawar Dental College. The workshop aimed to enhance their understanding and application of essential safety protocols in clinical practice.

The session provided a platform to emphasize the significance of patient-centered care, adherence to proper clinical procedures, infection control measures, and effective communication skills. These competencies are crucial for preventing adverse events in dental care.

Designed to be highly interactive, the workshop incorporated activities such as case studies, hands-on demonstrations, and group discussions. These engaging elements were tailored to offer practical insights and reinforce best practices for ensuring patient safety. Participants worked through scenarios that highlighted proactive measures for minimizing risks and maintaining high standards of care in their professional practice. The importance of clear communication with patients and team members to avoid misunderstandings and errors was also underscored.

The workshop highlighted the pivotal role dental professionals play in fostering a culture of safety within the healthcare sector. By instilling a deep understanding of these principles, the session aimed to prepare students to meet the challenges of clinical practice with competence and confidence.

This initiative reflects Peshawar Dental College's commitment to promoting excellence in dental education and ensuring the delivery of safe, high-quality care by its future graduates.



MTH Leads the Charge against Diabetes: Highlights from National Diabetes Awareness Month 2024

Dec. 30, 2024-The Department of Endocrinology & Diabetes at Mercy Teaching Hospital (MTH), Peshawar, observed National Diabetes Awareness Month 2024 with a series of impactful initiatives aimed at promoting awareness, education, and proactive diabetes management to address its rising prevalence in Pakistan.

Awareness Session at Lady Reading Hospital Nursing Institute

November 5, 2024-An engaging session at the Lady Reading Hospital Nursing Institute highlighted key aspects of diabetes care:



Dr. Faheemullah discussed the importance of early diagnosis and personalized care plans.

Dr. Umama provided practical guidance on daily diabetes management.

Nutritionist Misha Tahir emphasized balanced diets and portion control.

Dr. Sajjad Malik focused on diabetic foot care and preventive measures.

World Diabetes Day: Type 1 Diabetes Awareness Event

Date: November 14, 2024-Held at MTH, this event catered specifically to patients with Type 1 diabetes.

Dr. Faheemullah spoke on lifestyle adjustments for managing the condition.

Ms. Iqra offered insights into effective meal planning.

Dr. Saud Khalid shared strategies for hypoglycemia management.

Dr. Haris, a healthcare professional with Type 1 diabetes, inspired attendees with his personal journey.



Weekly Awareness Sessions

Throughout November, MTH organized weekly sessions addressing various aspects of diabetes management:

Type 2 Diabetes: Stressing lifestyle changes and medication adherence.



Gestational Diabetes: Highlighting early screening and lifestyle interventions.

Diabetic Foot Care: Focusing on prevention and early intervention.

Specialized Diabetes Management Sessions

Nov. 11, 2024: Dr. Sajjad Malik led a session on diabetic foot care, complemented by dietary advice from Nutritionist Iqra.

November 26, 2024: Dr. Humaima and Dr. Faheemullah conducted a session on gestational diabetes, supported by practical meal planning tips from Nutritionist Iqra.

Collaborative Events

November 22, 2024: A session at Rufaidah Nursing Institute emphasized the role of healthcare professionals in diabetes management.

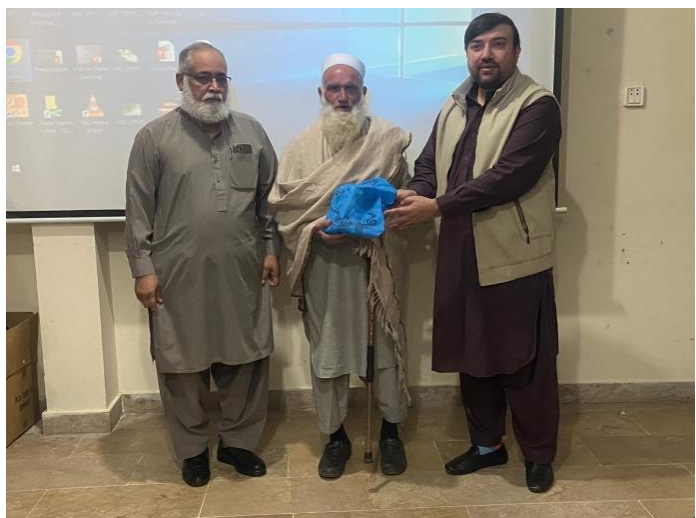
November 28, 2024: At Sarhad University, lectures on diabetes prevalence and dietary strategies were delivered by Dr. Zaheer (Dean, Sarhad University), Dr. Faheemullah, Dr. Sajjad Malik, and Nutritionist Misha Tahir.



Free Glucometer Distribution

Dec. 30, 2024-The campaign concluded with the distribution of glucometers to 50 Type 2 diabetes patients, reinforcing the importance of self-monitoring and proactive care.

Mercy Teaching Hospital's month-long initiatives underscored the significance of education, collaboration, and a multidisciplinary approach in combating diabetes. These efforts have fostered a more informed and empowered community, ready to take on the challenges of this growing health epidemic.



PMC Hosts 'Khatm-e -Quran' Ceremony

November 21, 2024 - On the serene evening of November 21st, the lawn of Peshawar Medical College shimmered with a celestial glow as it hosted the "Khatm-e- Dars-e-Quran" ceremony, marking the culmination of a seven-year journey of Quranic learning. The event celebrated the perseverance and spiritual devotion of the students and was attended by faculty, students, and distinguished guests such as Dr. Ayesha Abdullah (Vice Dean), Dr. Fouzia Rauf (Vice Principal), Dr. Mohsina Haq (Provost), and Dr. Hashmat Safi.

The ceremony began with a heartfelt recitation of the Holy Quran, filling the air with divine tranquility. Dr. Hashmat Safi's words of congratulations and inspiration set the tone for the evening. The highlight came with Dr. Aisha Ali, a resident gynecologist and Quran teacher, who recited Surah Al-Fil, captivating the audience with her resonant voice. As she continued with successive Surahs, offering translations and interpretations, she marked the end of this seven-year Quranic journey while igniting the beginning of a new one. The words "Bismillah" and "Alif Laam Meem" symbolized the continuity of this blessed tradition. The event reached its emotional peak with a powerful Dua by Dr. Aisha, who prayed for humanity, the Muslim Ummah, and all those in need. Her sincere voice brought tears to many eyes, as hearts united in supplication with a collective "Ameen." Dr. Aisha also praised the students for balancing their demanding medical studies with Quranic learning, some continuing their lessons online while working as house officers and doctors. Her own commitment, managing her duties as a gynecologist alongside teaching, inspired all present.

Gratitude was extended to Peshawar Medical College for fostering an environment where spiritual growth thrives alongside academic excellence. Special prayers were offered for the college's continued success. Dr. Naveed Bhatt praised the students' remarkable achievements and distributed special prizes to honor their efforts.

This Khatm-e-Quran ceremony, a cherished tradition since 2012, has grown from a small gathering to an event involving nearly 60 students, reflecting the college's commitment to integrating spiritual values with academics. In a world full of distractions, this tradition of Quranic education serves as a



beacon of hope, inspiring youth to seek purpose and guidance. The evening was a profound reminder of the beauty of faith, the resilience of the human spirit, and the infinite blessings of Allah Almighty.

Farewell Ceremony Honoring the Outgoing Principal of Peshawar Dental College

December 10, 2024 - Peshawar Dental College (PDC) bid an emotional farewell to its outgoing principal, Prof. Dr. Shamim Akhtar, during a ceremony held on Tuesday at the premises of the college. The event was attended by Prof. Dr. Hafeez Ur Rahman, Dean of Peshawar Medical College (PMC); Prof. Dr. Muhammad Aman Khan, Principal of PMC; Prof. Dr. Muhammad Raza, Principal of PDC; along with esteemed faculty members and administrative staff. The gathering celebrated Prof. Shamim's unwavering dedication and contributions to the growth and success of the institution.



The ceremony featured heartfelt tributes from notable members of the academic community. Prof. Dr. Hafeez Ur Rahman lauded Prof. Shamim's commitment and her instrumental role in establishing PDC as a center of academic excellence. He emphasized her visionary leadership, which has left a lasting legacy.

Prof. Dr. Ayesha Abdullah, Vice Dean of Peshawar Medical College, presented a shield and bouquet to Prof. Shamim Akhtar in recognition of her exceptional service.



In her farewell address, Prof. Shamim Akhtar expressed gratitude to the administration and faculty of Peshawar Medical College, commending their unwavering support and commitment. She urged the faculty members of PDC to continue working with the same zeal and passion to propel the institution toward even greater achievements.



Dr. Younus, in his tribute, described Prof. Shameem as a "guiding candle for students," highlighting her inspirational leadership and the profound impact she has had on the academic and personal development of countless students.



The ceremony concluded with warm wishes for Prof. Shamim Akhtar's future endeavors, marking the end of an era for Peshawar Dental College while reinforcing the institution's resolve to uphold its standards of excellence.



The Department of Ophthalmology at Prime Teaching Hospital (PMC): Shaping the Future of Eye Care

The Department of Ophthalmology at Peshawar Medical College (PMC) has established itself as a leader in innovative and compassionate eye care. Through its dedicated team, state-of-the-art facilities, and community-centered initiatives, the department continues to make a profound impact on the lives of countless individuals.

Recognition and Expertise

The department is home to a highly qualified team of specialists, boasting credentials such as MCPS, FCPS, and FCPS in Vitreo-Retina and Orbit & Oculoplastic Surgery. Additionally, the department has extended its academic influence internationally, successfully establishing Diploma in Ophthalmology (DO) and Master of Surgery (MS) in Ophthalmology programs in Somaliland, where 32 eye specialists have been trained.

Cataract Services

A commitment to addressing preventable blindness has led the department to perform numerous free cataract surgeries through various initiatives, including:

FIMA Save Vision Program

Sehat Card Scheme

Eye-Care Project in collaboration with Alkhidmat Foundation, resulting in 138 successful surgeries.

Vitreo-Retina Services

As the only private hospital in Khyber Pakhtunkhwa offering Sehat Card services for vitreo-retina procedures, the department provides these critical surgeries at highly subsidized rates for private patients, ensuring accessibility for all.



Cornea Services

The department is making remarkable strides in corneal health care:

Registered with MTRA-KPK for Corneal Transplantation. Conducted free Keratoplasties in collaboration with APPNA. 111 surgeries at PMC Allied Hospital. 12 surgeries at Kabul Camp. 28 surgeries at Gilgit-Skardu Camp. Provided corneas for 80 surgeries in Jalalabad. Actively pursuing the establishment of corneal eye banking services in Khyber Pakhtunkhwa.

Outreach Services

The department's commitment to extending eye care services globally is evident through pioneering efforts in:

Afghanistan (June 2022), Somaliland (August 2024), Somalia (December 2024)

State-of-the-Art Equipment

Equipped with cutting-edge technology, the department ensures precise and advanced treatment options. Key equipment includes:

•Visual field analyzer• YAG laser• OCT Angio• Alcon Constellation with endolaser •Video slitlamp• New argon (Pascal) laser.

A Brighter Future for Eye Care

The Department of Ophthalmology remains steadfast in its mission to advance the field of ophthalmology and provide exceptional care. With continued community support, the department is poised to bring hope and healing to even more lives, both locally and globally.



Dental Health Camps Organized by the Department of Community Dentistry

December 12, 2024 - The Department of Community Dentistry, Peshawar Dental College (PDC), conducted a dental check-up visit to Qurtuba School (Girls Branch), Phase 5, Hayatabad, on Thursday. This outreach program aimed to promote oral health awareness among school students and provide hands-on guidance for maintaining good dental hygiene.

The team, comprising 2nd-year BDS students, faculty from the Department of Community Dentistry, and

Dental Camps at FG Junior Public School No. 3, Peshawar

The Department of Community Dentistry at Peshawar Dental College also organized a dental check-up visit to FG Junior Public School No. 3, Peshawar Cantt, on Tuesday, December 17, 2024.

Students of 2nd-year BDS, accompanied by faculty members and house officers, conducted dental check-ups for the school students. The team provided demonstrations of proper tooth-brushing techniques, screened an educational video emphasizing the importance of dental hygiene, and distributed gift packs among the students.



During the visit, Dr. Muhammad Raza, Principal of Peshawar Dental College, emphasized the importance of instilling proper brushing habits in children under the age of seven to ensure caries-free teeth and lifelong dental health.



Both visits were successful endeavors in promoting oral health awareness and inspiring young minds to maintain good hygiene. These initiatives reflected Peshawar Dental College's commitment to community service and its role in shaping a healthier future for the younger generation.

These events were part of the college's broader initiative to engage in meaningful community service activities and raise awareness about preventive healthcare practices.



PMC Honors Top Achievers Promoted from MBBS 2nd to 3rd Year Examination 2024

December 18, 2024 - Peshawar Medical College celebrated the academic achievements of its students by announcing the position holders of the MBBS 2nd Year to 3rd Year examination for the year 2024.

Malik Hadi Ur Rahman secured the 1st position, followed by Rafi Ahmed Khan and Muhammad Umar Khan, respectively. Their hard work and dedication were recognized and lauded during a special event organized to honor their accomplishments.

Prof. Dr. Mohammad Aman Khan, Principal of Peshawar Medical College, congratulated the students on their outstanding performance and encouraged them to maintain their commitment to academic excellence. Prizes were distributed to the position holders by Prof. Dr. Mohsina Haq, Head of the Microbiology Department, who expressed pride in their achievements and motivated them to excel further in their medical careers.



The event concluded with an inspiring message for all students to aim high and uphold the values of professionalism and dedication throughout their journey in the field of medicine.

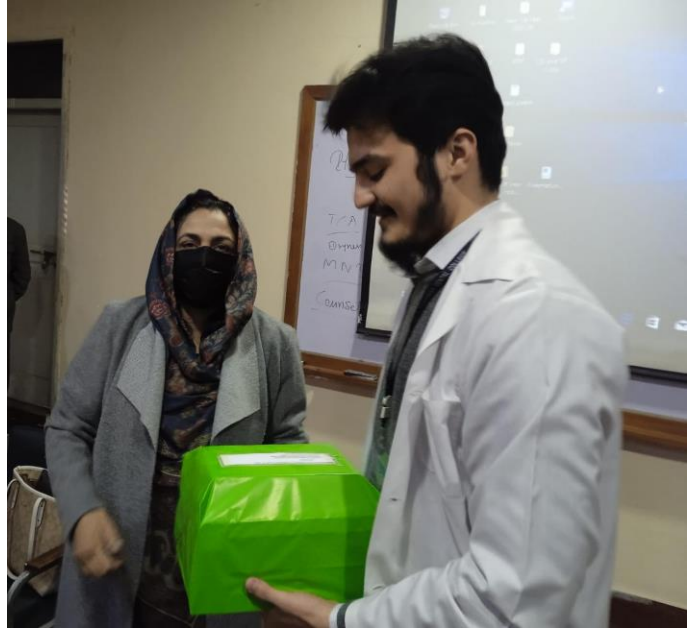


Peshawar Medical College Honors Academic Excellence of MBBS 4th Year Students

December 31, 2024 — Peshawar Medical College celebrated the academic achievements of its MBBS 4th-year students by announcing the position holders during a special ceremony. Muhammad Zain-ul-Abidin secured 1st position, followed by Haseeba Younas and Laiba Arshad in 2nd and 3rd positions, respectively.

The event highlighted the students' dedication and hard work, with Prof. Dr. Mohammad Aman Khan, Principal of Peshawar Medical College, extending his heartfelt congratulations. He encouraged the students to continue striving for academic excellence and set a benchmark for others.

Prizes were distributed to the position holders by Prof. Dr. Tehniyat Ishaq, who expressed pride in their achievements and inspired them to excel further in their medical careers.



Rufaidah Nursing College Hosts Student-Led Seminar Competition

December 17, 2024 – Rufaidah Nursing College (RNC) proudly celebrated academic excellence and innovation through its Student-Led Seminar Competition, organized by the Batch of 2021-2024. The event provided an engaging platform for nursing students to showcase their knowledge, critical thinking, and communication skills under the expert supervision of:

Madam Irum Afsar Ali, Principal, RNC, Madam Afshan Mazhar, Vice Principal, RNC



The event was graced by the presence of: Mr. Malik Taj, Director, RNC and Mr. Faisal Rahman, Farkhanda Institute. The seminar competition involved a rigorous selection process, culminating in a final round of exceptional presentations by the shortlisted participants. Students demonstrated their academic and professional expertise across a variety of thought-provoking topics. The top three positions were awarded to Mr. Tariq Khan (1st Place), Mr. Muhammad Ayaz (2nd Place) and Mr. Amjad Ali (3rd Place).

The Chief Guest, Mr. Malik Taj, commended the dedication and efforts of the participants, supervisors, and organizers. Outstanding performance awards were presented to acknowledge the contributions of students and faculty members. Mr. Rahat and Mr. Amjad Ali, BSN, 4th Year performed instrumental roles in organizing the event.

This remarkable initiative by Rufaidah Nursing College reflects its unwavering commitment to cultivating future healthcare professionals, fostering leadership, and promoting a culture of academic excellence.

Rescue 1122 Conducts Basic Life Support Workshop for PDC Students and Faculty

Dec 16, 2024-Peshawar Dental College (PDC) organized a comprehensive Basic Life Support (BLS) workshop in collaboration with Rescue 1122. The workshop was attended by students of 2nd and final years, as well as faculty members.

The training focused on equipping participants with essential skills for recognizing and responding to emergency situations, particularly heart attacks. The sessions covered critical aspects such as calling for help, performing cardiopulmonary resuscitation (CPR), using automated external defibrillators (AEDs), and providing basic airway management and breathing assistance.



The workshop provided hands-on training to ensure that participants could confidently respond to life-threatening emergencies in both professional and personal settings.

At the conclusion of the event, Prof. Dr. Muhammad Raza presented certificates to the dedicated staff of Rescue 1122, acknowledging their efforts in imparting vital lifesaving skills to students and faculty members.

The session was widely appreciated, as it enhanced the preparedness of healthcare students and faculty to respond effectively to emergencies, reflecting the commitment of PDC towards fostering professional competency and community service.



Redefining Gastrointestinal Care: Advanced Procedures at Prime Teaching Hospital

The Department of Gastroenterology at Prime Teaching Hospital is at the forefront of delivering advanced healthcare services, offering a wide array of state-of-the-art procedures designed to ensure precise diagnosis and effective treatment for a variety of gastrointestinal conditions.

With a team of highly skilled professionals utilizing cutting-edge technology, the department is committed to providing care that adheres to the highest standards of excellence.

The specialized procedures are available:

Percutaneous Endoscopic Gastrostomy Tube Placement, Diagnostic & Therapeutic ERCP, Diagnostic Upper GI Endoscopy, Diagnostic Colonoscopy, Variceal Band Ligation

Polypectomy, Metallic Stenting, Achalasia Pneumatic Dilatation, Achalasia Botox Injection, Stricture Dilatation, Ulcer Injection / Hemoclippping, Argon Plasma Coagulation (APC), Foreign Body Removal, Histoacryl Injection in Fundal Varices.

Commitment to Excellence

The Department of Gastroenterology remains dedicated to innovation and patient-centered care, continually setting new benchmarks in gastrointestinal healthcare. By integrating advanced technologies and specialized procedures, the department



ensures the best possible outcomes for patients.

This unwavering focus on quality and innovation positions the Department of Gastroenterology as a leader in gastrointestinal diagnosis and treatment.

**Community
Services**

Adapting Technology for Community Health

Sep 05, 2024 - Mr. Ismer Safi (a Harvard University graduate and the Country Representative of Hikma Health USA), visited the Public Health Interventions Unit of the Prime Foundation (PF) to explore the



potential customization of the Hikma Health EHR software. This partnership focuses on optimizing the software for more effective data and information management to support the delivery of key services provided by PF's primary care facility in the rural outskirts of Peshawar, Pakistan. These services encompass basic diagnostics, primary care, family health, pharmacy management, and early childhood development (ECD). During the visit, Mr. Safi

conducted a comprehensive review and applauded the PF team for their commitment to innovation and excellence in refining the software.



SWS Volunteers Spread Smiles and Joy, Inspiring Orphans at Mercy Education Complex

In a heartwarming gesture of compassion and care, a dedicated team of volunteers from the Social Welfare Society of Peshawar Medical College (PMC) and Peshawar Dental College (PDC), alongside faculty members, made their annual visit to the Mercy Education Complex in Nasirpur, Peshawar. The visit, filled with laughter, learning, and love, aimed to spread joy among the orphaned children.



The team spent the day engaging in various activities, including storytelling, Qirat, and play sessions that lit up the faces of the children. The volunteers and faculty members also distributed gifts, creating a festive atmosphere that brought smiles to the children's faces and hope to their eyes.

This meaningful visit underscored the message of compassion and care, as the volunteers shared a powerful sense of love and support with the children, making them feel valued and cherished. The Social Welfare Society's ongoing efforts reflect their commitment to fostering a brighter future for these courageous children, instilling a sense of hope and ambition in their hearts.

The day was not just about fun and games—it was about creating lasting memories and offering emotional warmth to children in need. Through such selfless acts, the volunteers helped inspire confidence and happiness, paving the way for a promising future for these young souls.

The visit left a profound impact, not just on the children, but also on the volunteers, who walked away with a sense of fulfillment, knowing that they had contributed to the well-being and joy of these deserving children.





The press clippings of news published regarding the activities of Prime Foundation have been featured prominently in both national press and digital platforms. These include leading publications such as Daily Aaj, Daily Mashriq, Daily Jang, The Pakistan Observer, Daily Times, The Province, Daily Paghmat, Nai Baat, Chitral Times, The Nation, APP, Urdu Point, and others.

http://www.dailymashriq.com.pk

اللہ ہی کیلئے ہیں شرق و مغرب القرآن

DAILY MASHRIQ PESHAWAR

پشاور

روزنامہ

سید تاج میر شاہ

مہدو کے بانی

مشرق

مسلسل اشاعت کے 57 سال

ABC CERTIFIED

پشاور اسلام آباد سبکدوش وقت شائع ہونے والا کثیر الاشاعت قومی اخبار

جلد 57

تیر 04 ربیع الاول 1446ھ 09 ستمبر 2024ء 26 مہادیں قیمت 30 روپے

شمارہ 238

پشاور میڈیکل کالج میں بین الاقوامی طبی کانفرنس کا انعقاد

پشاور (مشرق) پشاور میڈیکل کالج میں "بین الاقوامی طبی کانفرنس کا انعقاد کیا گیا۔" کانفرنس کے افتتاحی جلسے میں پشاور میڈیکل کالج کے سربراہان اور دیگر اہل علم و کمال نے شرکت کی۔ کانفرنس کے افتتاحی جلسے میں پشاور میڈیکل کالج کے سربراہان اور دیگر اہل علم و کمال نے شرکت کی۔ کانفرنس کے افتتاحی جلسے میں پشاور میڈیکل کالج کے سربراہان اور دیگر اہل علم و کمال نے شرکت کی۔



پروفیسر ڈاکٹر حفیظ الرحمن پشاور میڈیکل کالج میں منعقدہ سیمپوزیم کے شرکاء سے خطاب کر رہے ہیں

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پشاور ایبٹ آباد اور اسلام آباد سے ایک وقت شائع ہونے والا کثیر الاشاعت قومی روزنامہ

روزنامہ

پشاور

پاکستان

عبدالواحد یوسفی

جلد 35

تیر 03 ربیع الاول 1446ھ 08 ستمبر 2024ء 25 مہادیں قیمت 30 روپے

شمارہ 240

شوگر کے پھیلاؤ پر ماہرین طب کا اظہار تشویش

حکومت سے توجہ مرکوز کرنے اور سادہ طرز زندگی اختیار کرنے پر زور دیا گیا

پشاور (جونیئر ڈی رپورٹر) پشاور میڈیکل کالج میں منعقدہ کانفرنس سے ممتاز ماہرین صحت نے خطاب کرتے ہوئے شوگر کے پھیلاؤ کے بارے میں تشویش کا اظہار کیا۔ کانفرنس کے افتتاحی جلسے میں پشاور میڈیکل کالج کے سربراہان اور دیگر اہل علم و کمال نے شرکت کی۔ کانفرنس کے افتتاحی جلسے میں پشاور میڈیکل کالج کے سربراہان اور دیگر اہل علم و کمال نے شرکت کی۔

Pakistan
OBSERVER

Sunday, September 08, 2024

NATIONAL

Health experts warn of devastating impact of diabetes

STAFF REPORTER

PESHAWAR

Speakers at the PIMA (Pakistan Islamic Medical Association) Pre-Convention Symposium warned of the devastating impact of diabetes in the country and emphasized the importance of lifestyle and dietary changes, along with physical activity, in managing this lethal disease for a healthier life.

The symposium, titled "Multidisciplinary Approach to Managing Diabetes," took place at Peshawar Medical College. The event featured a distinguished panel of experts who discussed comprehensive strategies to address the rising prevalence of diabetes in Pakistan. Medical experts and students attended the symposium.

The panel included Prof. Dr. Hafeezur Rahman, Dean of PMG; Prof. Dr. Sobir Sabir Ali, who addressed conventional treatment; Prof. Dr. Suleman Elahi Akbar on prevention and screening; Prof. Dr. Tehnatshaq, discussing gestational diabetes; Prof. Dr. Saifullah on pediatric diabetes care; Prof. Dr. Muhammad Irfan covering psychosocial aspects; Prof. Dr. Mir Ali Shah on diabetic eye diseases; and Prof. Dr. Muhammad Zarin addressing surgical management.

اللہ ہی کیلئے ہیں مشرق و مغرب القرآن

DAILY MASHRIQ PESHAWAR

پشاور
عہدہ کے بانی
سید تاج میر شاہ

مشرق

روزنامہ

مسلسل اشاعت کے 57 سال

پشاور رسالہ آباد سیک وقت شائع ہونے والا کثیر الاشاعت قومی اخبار

ABC CERTIFIED

جلد 57 ہفتہ 16 ربیع الاول 1446ھ 21 ستمبر 2024ء 7 اسون قیمت 30 روپے شمارہ 249

پشاور میڈیکل کالج میں آزادی تقریبات اختتام پذیر

مضمون نویسی، شاعری، ملی نغمے، خطاطی، مصوری، کوئز و تقریری مقابلے شامل تھے

پشاور (مشرق نیوز) پشاور میڈیکل کالج میں تین ہفتوں پر محیط آزادی کی تقریبات اختتام پذیر ہو گئیں۔ تقریبات کا موضوع ”فلسطین اور فکری یکجہتی“ تھا، جس کا مقصد فلسطینیوں کی جدوجہد کے تناظر میں آزادی کی قدرو قیمت اور مسئلہ فلسطین کے بارے میں آگاہی پیدا کرنا تھا، سوسائٹی فار آرٹ اینڈ لٹرچر زیر اہتمام مقابلوں میں مضمون نویسی، شاعری، ملی نغمے، خطاطی، مصوری، کوئز اور تقریری مقابلے شامل تھے، مختلف طبی اداروں کے طلبہ نے مقابلوں میں حصہ لیا۔ سابق وی سی جامعہ زرعی پروفیسر ڈاکٹر ظہور سوانی نے خطاب میں کہا کہ پاکستان نے چیلنجز کے باوجود ترقی کی ہے، ملک کے موجودہ مسائل کی وجہ قرآن و سنت کی تعلیمات سے ناواقفیت اور ان سے روگردانی ہے۔ پروفیسر ڈاکٹر عائشہ عبداللہ نے کہا کہ تحریک آزادی فلسطین کو سمجھنے بغیر آزادی کی اصل روح کا ادراک ناممکن ہے۔ پروفیسر ڈاکٹر محمد امان خان، پروفیسر ڈاکٹر شمس الحق حنیف اور ڈاکٹر بخت بلند نے نمایاں کارکردگی دکھانے والے طلبہ میں انعامات تقسیم کئے، ڈاکٹر افتخار حسین، پروفیسر ڈاکٹر حفیظ الرحمن، پروفیسر ڈاکٹر سعید انور اور پرنسپل پروفیسر ڈاکٹر محمد امان خان نے بھی شرکت کی۔



پشاور میڈیکل کالج میں 3 ہفتوں پر محیط آزادی تقریبات کے سلسلے میں مقررہ شرکاء سے خطاب کر رہے ہیں

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Daily "Pakhtunkhwa News" Mardan

روزنامہ
پاکستان
پشاور

پختونخوا نیوز

پشاور میڈیکل کالج، 3 ہفتے پر محیط آزادی کی تقریبات ختم

مقتصد فلسطین کے جدوجہد کے تناظر میں آزادی کی قدرو قیمت بارے آگاہی پیدا کرنا تھا

پشاور صحابہ نیوز پشاور میڈیکل کالج میں تین ہفتے پر محیط آزادی کی تقریبات اختتام پذیر ہو گئیں۔ تقریبات کا موضوع ”فلسطین اور فکری یکجہتی“ تھا، جس کا مقصد فلسطینیوں کی جدوجہد کے تناظر میں آزادی کی قدرو قیمت اور مسئلہ فلسطین کے بارے میں آگاہی پیدا کرنا تھا، سوسائٹی فار آرٹ اینڈ لٹرچر زیر اہتمام مقابلوں میں مضمون نویسی، شاعری، ملی نغمے، خطاطی، مصوری، کوئز اور تقریری مقابلے شامل تھے، مختلف طبی اداروں کے طلبہ نے مقابلوں میں حصہ لیا۔ سابق وی سی جامعہ زرعی پروفیسر ڈاکٹر ظہور سوانی نے خطاب میں کہا کہ پاکستان نے چیلنجز کے باوجود ترقی کی ہے، ملک کے موجودہ مسائل کی وجہ قرآن و سنت کی تعلیمات سے ناواقفیت اور ان سے روگردانی ہے۔ پروفیسر ڈاکٹر عائشہ عبداللہ نے کہا کہ تحریک آزادی فلسطین کو سمجھنے بغیر آزادی کی اصل روح کا ادراک ناممکن ہے۔ پروفیسر ڈاکٹر محمد امان خان، پروفیسر ڈاکٹر شمس الحق حنیف اور ڈاکٹر بخت بلند نے نمایاں کارکردگی دکھانے والے طلبہ میں انعامات تقسیم کئے، ڈاکٹر افتخار حسین، پروفیسر ڈاکٹر حفیظ الرحمن، پروفیسر ڈاکٹر سعید انور اور پرنسپل پروفیسر ڈاکٹر محمد امان خان نے بھی شرکت کی۔

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پشاور

پیام خیر

پشاور

Website: dailypayamekhyber.com

جلد 14 ایحد الہد 2024ء 21 ستمبر 1445 ہجری 8 رجب 10 روپے شمارہ 181

پشاور میڈیکل کالج، 3 ہفتے پر محیط آزادی کی تقریبات ختم

مقتصد فلسطین کے جدوجہد کے تناظر میں آزادی کی قدرو قیمت بارے آگاہی پیدا کرنا تھا

پشاور (شہر پورٹ) پشاور میڈیکل کالج میں تین ہفتوں پر محیط آزادی کی تقریبات اختتام پذیر ہو گئیں۔ تقریبات کا موضوع ”فلسطین اور فکری یکجہتی“ تھا، جس کا مقصد فلسطینیوں کی جدوجہد کے تناظر میں آزادی کی قدرو قیمت اور مسئلہ فلسطین کے بارے میں آگاہی پیدا کرنا تھا، سوسائٹی فار آرٹ اینڈ لٹرچر زیر اہتمام مقابلوں میں مضمون نویسی، شاعری، ملی نغمے، خطاطی، مصوری، کوئز اور تقریری مقابلے شامل تھے، مختلف طبی اداروں کے طلبہ نے مقابلوں میں حصہ لیا۔ سابق وی سی جامعہ زرعی پروفیسر ڈاکٹر ظہور سوانی نے خطاب میں کہا کہ پاکستان نے چیلنجز کے باوجود ترقی کی ہے، ملک کے موجودہ مسائل کی وجہ قرآن و سنت کی تعلیمات سے ناواقفیت اور ان سے روگردانی ہے۔ پروفیسر ڈاکٹر عائشہ عبداللہ نے کہا کہ تحریک آزادی فلسطین کو سمجھنے بغیر آزادی کی اصل روح کا ادراک ناممکن ہے۔ پروفیسر ڈاکٹر محمد امان خان، پروفیسر ڈاکٹر شمس الحق حنیف اور ڈاکٹر بخت بلند نے نمایاں کارکردگی دکھانے والے طلبہ میں انعامات تقسیم کئے، ڈاکٹر افتخار حسین، پروفیسر ڈاکٹر حفیظ الرحمن، پروفیسر ڈاکٹر سعید انور اور پرنسپل پروفیسر ڈاکٹر محمد امان خان نے بھی شرکت کی۔

DAILY BAYAN PESHAWAR ABC Certified

پشاور روزنامہ

بیاک

جلد نمبر: 8 | جمعہ المبارک 20 ستمبر 2024 | مہینہ طائی 15 رجب الاول 1446 | 6 اسونج | شمارہ نمبر: 259

قیمت 10 روپے

چیف ایڈیٹر: طاہر شاہ شیرازی

صحافتی جدت اور تحقیق کا علمبردار

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پشاور نوائے پاکستان

چیف ایڈیٹر: طاہر شاہ شیرازی

مسلل اشاعت کے 25 سال

پشاور میڈیکل کالج میں آزادی کی تقریبات ختم

مقصود فلسطین کے جدوجہد کے تناظر میں آزادی کی قدرو قیمت بارے آگاہی پیدا کرنا تھا۔ پشاور (ٹی رپورٹر) پشاور میڈیکل کالج میں فلسطین کے بارے میں آگاہی پیدا کرنا تھا۔ تقریب پر محیط آزادی کی تقریبات اختتام پزیر ہوئیں۔ تقریبات کا موضوع فلسطین اور اسرائیل سے نوازا گیا۔ سوسائٹی فار آرٹس، فکری، اجتماعی، جس کا مقصد فلسطین کچھ وجہ کے تناظر میں آزادی کی قدرو قیمت اور مسئلہ فلسطین کے متعلق لکھی، شاعری، ملی (پجیر 40)

پشاور میڈیکل کالج 3 ہفتے پر محیط آزادی کی تقریبات ختم

مقصود فلسطین کے جدوجہد کے تناظر میں آزادی کی قدرو قیمت بارے آگاہی پیدا کرنا تھا۔ پشاور (ٹی رپورٹر) پشاور میڈیکل کالج میں تین ہفتے تھا، جس کا مقصد فلسطین کچھ وجہ کے تناظر میں پر محیط آزادی کی تقریبات اختتام پزیر ہو گئیں۔ تقریبات کا موضوع فلسطین اور فکری، اجتماعی، جس کا مقصد فلسطین کچھ وجہ کے تناظر میں آزادی کی قدرو قیمت اور مسئلہ فلسطین کے متعلق لکھی، شاعری، ملی (پجیر 40)

پشاور اسلام آباد

مشرق

سیرت النبی

پروفیسر ڈاکٹر شمس الحق پشاور میڈیکل کالج میں سیرت النبی کے حوالے سے پجیر دے رہے ہیں

اداروں پر سیرت رسول کا رنگ غالب ہونا چاہیے

آپ نے اخلاق حسنہ اور عمل کا عظیم نمونہ پیش کیا، پروفیسر ڈاکٹر شمس الحق

پشاور (مشرق نواز) معروف عالم دین پروفیسر ڈاکٹر شمس الحق نے کہا حضور اکرم کی سیرت کا سب سے بڑا کمال صاحب کردار ہونا تھا، آپ نے انفرادی بلکہ اجتماعی زندگی کا بھی نمونہ بنانے اور اداروں پر سیرت رسول کا رنگ غالب کرنے کی ضرورت ہے، وہ پشاور میڈیکل کالج میں سیرت النبی کے موضوع پر خصوصی پجیر دے رہے

حسرت

پشاور میڈیکل کالج میں سیرت النبی کے حوالے سے پجیر دے رہے ہیں

پشاور میڈیکل کالج میں سیرت النبی کے حوالے سے پجیر دے رہے ہیں

حسام الناس

پشاور میڈیکل کالج میں سیرت النبی کے حوالے سے پجیر دے رہے ہیں

پشاور میڈیکل کالج میں سیرت النبی کے حوالے سے پجیر دے رہے ہیں

حضور پاکؐ نے اخلاق حسنہ اور عمل کا عظیم نمونہ پیش کیا، معروف عالم دین کا پشاور میڈیکل کالج میں خطاب

کورس خاتون کی کمپنی اور لینگویج مسٹر بند کرنے کیخلاف سٹ

۱- آری

شیبات

ذیابیطس پر قابو پانے کیلئے طرز زندگی میں تبدیلی ناگزیر، ڈاکٹر فہیم

سیشن کا مقصد ذیابیطس کے مریضوں کی بروقت تشخیص کو اجاگر کرنا تھا

پشاور (جنرل ریمارک) ڈیپانٹس پر قابو پانے کے پاکستان میں ڈیپانٹس کی جو حق ہوئی شرح کا ذکر کرتے ہوئے معیار زرعی ہجرت ماننے کے لیے طرز زرعی میں تبدیلی کو ناگزیر قرار دیا۔ سابقہ ڈیپانٹس کے مریضوں کے لیے ایک آگاہی سیشن کا انعقاد کیا۔ سیشن کا مقصد ڈیپانٹس کے بارے میں آگاہی، مریضوں کی تربیت، بروقت تشخیص اور طرز زرعی میں تبدیلی کی اہمیت کو اجاگر کرنا تھا۔ ڈاکٹر فہیمہ اسٹنٹ پروفیسر اینڈ وکراٹولوجسٹ، نے

ہشدار (سلف) پر پورے سرچنگ ہسپتال، ہشدار
کے ہیڈ کوارٹر کو ملے بغیر ایجنڈا کو اختیار نہ دینا فریڈرک نے ڈیپٹی سٹیشن
کے مریضوں کے لیے ایک آگاہی پوسٹر کا انعقاد کیا۔
سٹیشن کا مستعد ڈیپٹی سٹیشن کے ہاسٹس میں آگاہی مریضوں
کی تربیت، بروقت تشخیص، اور طرز زندگی میں تبدیلی کی
تلاش کا اہم کارکن تھا۔ یہ تقریب ڈیپٹی سٹیشن کے آگاہی ماہ
سلطے میں منعقد کی گئی، ڈاکٹر کجریہ، اسسٹنٹ پروڈیوسر
ڈاکٹر انولجی، نے پاکستان میں ڈیپٹی سٹیشن کی جڑیں
ناشر کا ذکر کرتے ہوئے معارف زندگی بہتر بنانے

پشاور ایبٹ آباد اور اسلام آباد سے بیک وقت شائع ہونے والا کثیر الاشاعت قومی روزنامہ

روشن کل کی نمائندگی آج کا نصب العین

روزنامہ

پشاور

بانی

عبدالواحد یوسفی

جلد 35

شمارہ 269

24-2024

1446

8

2024

30

269

پشاور میڈیکل کالج میں اسرائیل کی خلاف واک کا انعقاد

فلسطینیوں نے عزت اور عروج کا راستہ اختیار کیا، جارحیت عالمی مقصد بن گئی ہے امت مسلمہ کو فلسطین کے ساتھ کھڑا ہونا ہوگا ڈاکٹر شمس الحق ودیگر کا خطاب

پشاور (پریس رپورٹ) پشاور میڈیکل کالج میں اس موقع پر پروفیسر ڈاکٹر شمس الحق حنیف نے فلسطین میں جاری تحریک آزادی اور اسرائیل کی جارحیت کے خلاف خطاب کیا۔ فلسطینیوں نے عزت اور عروج کا راستہ اختیار کیا ہے، وہ اسلام کی جنگ لڑ رہے ہیں اور ان کی جدوجہد ایک عالمی مسئلے میں تبدیل ہو کر دنیا کے نقشے کو بدلنے کی صلاحیت رکھتی ہے۔ پروفیسر عائشہ عبداللہ نے اپنے خطاب میں فلسطینیوں کی مکمل حمایت پر زور دیا۔



پشاور میڈیکل کالج کے اساتذہ اور طلباء غزوہ مارچ میں شریک ہیں

Daily AZADI Swat

سوات

روزنامہ

چنبہ ایڈیٹر

ممتاز احمد صادق

سوات اسلام آباد اور پشاور سے بیک وقت شائع ہونے والا واحد روزنامہ

جلد نمبر 30

شمارہ نمبر 271

24-2024

1446

8

2024

30

271

پشاور، فلسطینیوں سے اظہار یکجہتی کیلئے غزوہ مارچ

افغانستان اور ترکی اسرائیل کے خلاف جہاد میں حصہ لیں۔ مقررین

پشاور (نمائندہ آزادی) فلسطینیوں نے جہاد اور اپنے کارواں اٹھانے کے لیے جماعت اسلامی کے زیر اہتمام "جنتی غزوہ مارچ" کے سلسلے میں احتجاج کیا گیا۔ غزوہ مارچ میں جماعت اسلامی کے کارکنوں سمیت خواتین کی بڑی شرکت۔ مظاہرہ ہشتنگری سے اشراف روڈ تک متھہ ہوئی مظاہرین کا اسرائیل کے خلاف شدید نعرے بازی کی

اللہ ہی کیلئے ہیں مشرق و مغرب القرآن

DAILY MASHRIQ PESHAWAR

پشاور

عہدہ کے بانی

سید تاج میر شاہ

روزنامہ

مشرق

مسلحہ اشاعت کے 57 سال

ABC CERTIFIED

پشاور اور اسلام آباد سے بیک وقت شائع ہونے والا کثیر الاشاعت قومی اخبار

کپی ایم سی میں فلسطینیوں سے یکجہتی کیلئے تقریب اور واک

فلسطینیوں کی جدوجہد دنیا کے نقشے کو بدلنے کی صلاحیت رکھتی ہے، شمس الحق

پشاور (مشرق نیوز) پشاور میڈیکل کالج میں فلسطین میں جاری تحریک آزادی اور اسرائیل کی فلسطینیوں کی نسل کشی کے ایک سال مکمل ہونے پر ایک خصوصی تقریب اور واک کا انعقاد کیا گیا۔ واک کے شرکاء نے بینرز اور کتبے اٹھار کئے تھے۔ واک میں شریک افراد نے فلسطینی مسلمانوں کیساتھ یکجہتی کا اظہار کیا اور ان کی حمایت میں آواز بلند کی۔ پروفیسر ڈاکٹر شمس الحق حنیف نے اپنے خطاب میں کہا کہ فلسطینیوں نے عزت اور عروج دیا۔

DAILY TIMES

PMC organises walk to Mark One Year of Genocide in Gaza

TIMES REPORT

PESHAWAR: Peshawar Medical College organized a special ceremony

Palestinian people and raising their voices in support of their cause.

Addressing the gathering, Prof. Dr.

map." He stressed that the resolution of the Palestinian conflict is impossible without making it a global priority.

Prof. Dr. Ayesha Abdullah urged the attendees to boycott Israeli and American products, strongly support the Palestinian cause and take practical steps toward the unity of the Muslim Ummah.

Waleed, a fourth-year student, shared alarming statistics, revealing that over 41,000 Palestinians have been martyred, 75% of whom are women and the elderly.



and walk to commemorate one year of the Palestinian freedom struggle and the ongoing genocide of Palestinians by Israel in Gaza on Monday. The participants carried banners and placards, expressing solidarity with the

Shams ul Haq Haneef said, "The Palestinians have chosen a path of dignity and honor. They are fighting a battle for Islam, and their struggle has the potential to escalate into a global issue, reshaping the world

Peshawar medical college holds walk to mark one year of genocide in Gaza

Staff Reporter

PESHAWAR: Peshawar Medical College organized a special ceremony and walk to commemorate one year of the Palestinian freedom struggle and the ongoing genocide of Palestinians by Israel in Gaza on Monday.

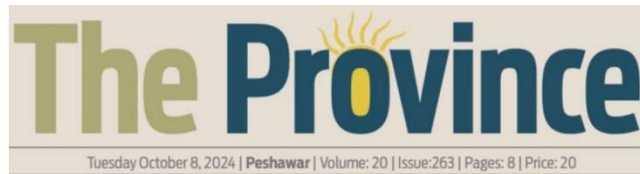
The participants carried banners and placards, expressing solidarity with the Palestinian people and raising their voices in support of their cause. Addressing the gathering, Prof. Dr. Shams ul Haq

Haneef said, "The Palestinians have chosen a path of dignity and honor. They are fighting a battle for Islam, and their struggle has the potential to escalate into a global issue, reshaping the world map."

He stressed that the resolution of the Palestinian conflict is impossible without making it a global priority. Prof. Dr. Ayesha Abdullah urged the attendees to boycott Israeli and American products, strongly support the Palestinian cause and take practical steps toward the unity of

the Muslim Ummah. Waleed, a fourth-year student, shared alarming statistics, revealing that over 41,000 Palestinians have been martyred, 75% of whom are women and the elderly. Additionally, around 100,000 injured Palestinians in Gaza are still awaiting medical aid, and more than 10,000, half of them children, have been martyred under the rubble.

Walk at Peshawar Medical College to Denounce One Year of Ongoing Genocide of Palestinians in Gaza by Israel.



Walk at PMC denounces one year of genocide in Gaza



STAFF REPORT

PESHAWAR: Peshawar Medical College organized a special ceremony and walk to commemorate one year of the Palestinian freedom struggle and the ongoing genocide of Palestinians by Israel in Gaza on Monday. The participants carried banners and placards, expressing solidarity with the Palestinian people and raising their voices in support of their cause.

Addressing the gathering, Prof. Dr. Shamsul Haq Haneef said, "The Palestinians have chosen a path of dignity and honor. They are fighting a battle for Islam, and their struggle has the potential to escalate into a global issue, reshaping the world map." He stressed that the resolution of the Palestinian

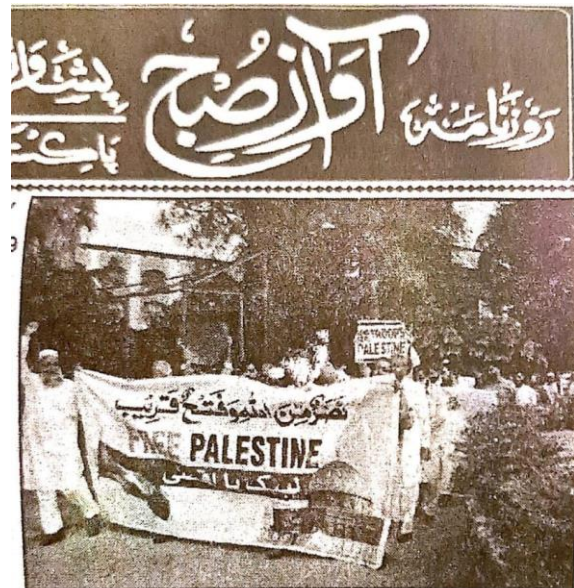
conflict is impossible without making it a global priority.

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Caption:

Walk at Peshawar Medical College to Denounce One Year of Ongoing Genocide of Palestinians in Gaza by Israel



پشاور میڈیکل کالج میں فلسطینیوں کی تحریک آزادی کے ایک سال مکمل ہونے پر واک کا منظر

پشاور میڈیکل کالج میں واک کا اہتمام

مسئلہ فلسطین کو ترجیح بنائے بغیر اس کا کوئی حل ممکن نہیں

پشاور (سٹاف رپورٹر) پشاور میڈیکل کالج میں جاری تحریک آزادی اور اسرائیل کی فلسطینیوں کی فلسطین کی تحریک آزادی کے ایک سال مکمل ہونے پر ایک خصوصی ہونے پر واک پشاور میڈیکل کالج میں فلسطینیوں میں تقریب اور واک کا انعقاد کیا (پیشہ 47)

مری ٹیچنگ ہسپتال میں فیائٹس کے مریضوں کیلئے آگاہی سیشن کا انعقاد
ذیابیطس پر قابو پانے کے لئے طرز زندگی میں تبدیلی ناگزیر ہے، ماہرین غذائی تدابیر پر بھی روشنی ڈالی گئی

پشاور (آج نیوز) مری ٹیچنگ ہسپتال پشاور کے اینڈوکرینولوجی اینڈ ڈائیابیطس ڈیپارٹمنٹ نے ذیابیطس کے مریضوں کیلئے آگاہی سیشن کا انعقاد کیا۔ سیشن کا مقصد ذیابیطس کے بارے میں آگاہی، مریضوں کی تربیت، بروقت تشخیص، اور طرز زندگی میں تبدیلی کی اہمیت کو اجاگر کرنا تھا۔ یہ تقریب ذیابیطس کے آگاہی ماہ کے سلسلے میں منعقد کی گئی۔ ڈاکٹر فہیم، اسٹنٹ بروفسر اینڈوکرینولوجی نے پاکستان میں ذیابیطس کی بڑھتی ہوئی شرح کا ذکر کرتے ہوئے معیار زندگی بہتر بنانے کیلئے طرز زندگی میں تبدیلی ناگزیر قرار دیا۔ ماہر (باقی صفحہ 6 بقیہ نمبر 42)

ڈاکٹر امیر اللہ خان
اسلامیہ کالج یونیورسٹی شعبہ
سیاسیات کے چیئر مین مقرر

پشاور (یونیورسٹی رپورٹر) ڈاکٹر

ذیابیطس سیشن

بقیہ نمبر 42

غذائیت اقراء نے ذیابیطس کے مریضوں کیلئے شوگر کو قابو میں رکھنے کیلئے غذائی تدابیر پر روشنی ڈالی۔ اسی طرح ڈاکٹر سیاد ملک، ذیابیطس فٹ کیئر کے ماہر، نے مریضوں کو روزانہ معائنہ، موزوں جوتوں کا استعمال، اور زخموں کے فوری علاج کے ذریعے پیروں کو محفوظ رکھنے کا مشورہ دیا۔ ذیابیطس کے آگاہی ماہ کے دوران نومبر کے ہر جمعرات کو مری ٹیچنگ ہسپتال کے سی پی سی ہال میں ذیابیطس سے متاثرہ مریضوں کیلئے نشست منعقد ہوگی۔ اس کے علاوہ، ہر منگل کو مختلف اداروں جن میں نرسنگ انسٹی ٹیوٹ لیڈی ریڈنگ ہسپتال، یونیورسٹی ماڈل اسکول، رفیقہ نرسنگ انسٹی ٹیوٹ، اور سرحد یونیورسٹی شامل ہیں میں آگاہی تقریبات منعقد کی جائیں گی۔

The Province

Saturday November 16, 2024 | Peshawar | Volume: 20 | Issue: 301 | Pages: 8 | Price: 20

MTH organizes awareness session for Type 1 Diabetes patients

STAFF REPORT

PESHAWAR: In observance of World Diabetes Day, Mercy Teaching Hospital (MTH) in Peshawar organized an impactful awareness session for patients living with Type 1 diabetes.

The event featured an educational session that highlighted the unique challenges of managing Type 1 diabetes. Endocrinology and diabetes care specialists provided valuable insights into effective disease management, the importance of regular monitoring, and lifestyle strategies aimed at improving the quality of life for patients.

Dr. Faheem Ullah, Assistant Professor at the Endocrinology and Diabetes Department of MTH, opened the session with an informative overview of Type 1 diabetes, focusing on its prevalence and the challenges it poses in Pakistan. He emphasized the critical role that lifestyle management plays in reducing complications, helping patients live healthier and longer lives despite their diagnosis.

Ms. Iqra, a nutritionist, discussed the



essential role of nutrition in blood sugar management, offering practical advice on meal planning and dietary adjustments to prevent complications and promote long-term health for those with Type 1 diabetes.

Dr. Saud Khalid delivered a presentation on hypoglycemia, a significant concern for individuals with Type 1 diabetes. The session concluded with an inspiring talk by Dr. Haris, a Type 1 diabetes patient and

healthcare professional, who shared his personal journey. His story highlighted the importance of resilience, self-discipline, and a strong healthcare support network in managing the condition.

Mercy Teaching Hospital reaffirmed its commitment to raising awareness about diabetes and improving community health, empowering patients with the knowledge to navigate their diabetes journey with confidence.

ABC Certified Daily Paighammat Peshawar Member of APNS CPNE

روزنامہ پیغامات

پشاور پاکستان

چیف ایڈیٹر: گل احمد مروت | ایڈیٹر: بدایت اللہ گل

جلد نمبر 16 | بکھ 13 جمادی الاول 1446 | 16 نومبر 2024ء | قیمت 20 روپے | شمار نمبر 154

مری ٹیچنگ ہسپتال میں فیائٹس کے مریضوں کیلئے آگاہی سیشن کا انعقاد

پشاور (آج نیوز) مری ٹیچنگ ہسپتال پشاور کے اینڈوکرینولوجی اینڈ ڈائیابیطس ڈیپارٹمنٹ نے ذیابیطس کے مریضوں کیلئے آگاہی سیشن کا انعقاد کیا۔ سیشن کا مقصد ذیابیطس کے بارے میں آگاہی، مریضوں کی تربیت، بروقت تشخیص، اور طرز زندگی میں تبدیلی کی اہمیت کو اجاگر کرنا تھا۔ یہ تقریب ذیابیطس کے آگاہی ماہ کے سلسلے میں منعقد کی گئی۔ ڈاکٹر فہیم، اسٹنٹ بروفسر اینڈوکرینولوجی نے پاکستان میں ذیابیطس کی بڑھتی ہوئی شرح کا ذکر کرتے ہوئے معیار زندگی بہتر بنانے کیلئے طرز زندگی میں تبدیلی ناگزیر قرار دیا۔ ماہر (باقی صفحہ 6 بقیہ نمبر 42)



مری ٹیچنگ ہسپتال پشاور میں ذیابیطس عالمی دن تقریب

مریض مسائل، مؤثر انتظام، عمرانی و طرز زندگی میں تبدیلی کی معلومات فراہم کی گئیں

پشاور (مشرق نیوز) ذیابیطس کے عالمی دن کے موقع پر پشاور میں واقع مری ٹیچنگ ہسپتال میں ٹائپ 1 ذیابیطس سے متاثرہ مریضوں کی آگہی کیلئے ایک نشست کا اہتمام کیا گیا جس میں ٹائپ 1 ذیابیطس سے متاثرہ مریضوں کے مسائل، بیماری کے مؤثر انتظام، عمرانی اور طرز زندگی کی تبدیلی کے بارے میں معلومات فراہم کی گئیں۔ ڈاکٹر فہیم اللہ نے پاکستان میں ٹائپ 1 ذیابیطس کی شرح، اثرات اور پیچیدگیوں پر روشنی ڈالی اور بہتر زندگی گزارنے کے طور طریقوں پر بحث کی۔ غذائی ماہر اقراء نے مریضوں میں پیچیدگیوں کو روکنے کے لیے غذائی منصوبہ بندی کے بارے میں عملی رہنمائی فراہم کی۔ ڈاکٹر سعید خالد نے ٹائپ 1 ذیابیطس کے مریضوں میں ہائپوگلیسیمیا کی پیچیدگیوں پر روشنی ڈالی، ڈاکٹر حارث جو خود ٹائپ 1 ذیابیطس کے مریض ہیں نے صحت کی دیکھ بھال کے سلسلے میں اپنے تجربات سے حاضرین کو آگاہی دی، آخر میں ٹائپ 1 ذیابیطس سے متاثرہ بچوں میں تحائف تقسیم کیے گئے۔



مری ٹیچنگ ہسپتال میں ذیابیطس عالمی دن تقریب میں ٹائپ 1 ذیابیطس سے متاثرہ بچوں کا گروپ فوٹو

DAILY TIMES

The Voice of the Time

Saturday

November 16, 2024
Jumada Al Awwal 12, 1446 A.H.
Page 20
Peshawar

Awareness session for type 1 diabetes patients organized on World Diabetes Day

TIMES REPORT

PESHAWAR: In observance of World Diabetes Day, Mercy Teaching Hospital (MTH) in Peshawar organized an impactful awareness session for patients living with Type 1 dia-

betes. The Department of MTH, opened the session with an informative overview of Type 1 diabetes, focusing on its prevalence and the challenges it poses in Pakistan. He emphasized the critical role that

delivered a presentation on hypoglycemia, a significant concern for individuals with Type 1 diabetes. The session concluded with an inspiring talk by Dr. Haris, a Type 1 diabetes patient and health-



betes. The event featured an educational session that highlighted the unique challenges of managing Type 1 diabetes. Endocrinology and diabetes care specialists provided valuable insights into effective disease management, the importance of regular monitoring, and lifestyle strategies aimed at improving the quality of life for patients.

Dr. Faheem Ullah, Assistant Professor at the Endocrinology and

lifestyle management plays in reducing complications, helping patients live healthier and longer lives despite their diagnosis.

Ms. Iqra, a nutritionist, discussed the essential role of nutrition in blood sugar management, offering practical advice on meal planning and dietary adjustments to prevent complications and promote long-term health for those with Type 1 diabetes.

Dr. Saud Khalid

care professional, who shared his personal journey. His story highlighted the importance of resilience, self-discipline, and a strong healthcare support network in managing the condition.

Mercy Teaching Hospital reaffirmed its commitment to raising awareness about diabetes and improving community health, empowering patients with the knowledge to navigate their diabetes journey with confidence.

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Health Experts Underscore Multidisciplinary Collaboration To Enhance Community Health



Published November 07, 2014 | 3:54 PM



In a significant step toward advancing community health and enhancing patient care, Peshawar Medical College's Department of Obstetrics and Gynecology, in collaboration with the Society of Obstetricians and Gynecologists Pakistan (SOGP), Peshawar Chapter, organized a comprehensive multidisciplinary seminar on Thursday

PESHAWAR, (APP - UrduPoint / Pakistan Point News - 7th Nov, 2024) In a significant step toward advancing community health and enhancing patient care, Peshawar Medical College's Department of Obstetrics and Gynecology, in collaboration with the Society of Obstetricians and Gynecologists Pakistan (SOGP), Peshawar Chapter, organized a comprehensive multidisciplinary seminar on Thursday.

The event brought together prominent experts from various specialties to share insights, fostering cross-disciplinary knowledge in women's health.

Leading speakers included Prof. Dr. Gulrukh Qazi, Chairperson of SOGP Peshawar

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پاکستان

چیف ایڈیٹر: گل احمد مروت | ایڈیٹر: ہدایت اللہ گل

جلد نمبر 16

بات 20 مارچ 1446 23 نومبر 08، 2024

جلد نمبر 16

فیدائش

طیبتیو سائنس کی پڑھائی کے لیے پاکستان میں داخلہ

ہماری ٹیچنگ ہسپتال پشاور کے شعبہ ایڈورکٹو ٹیکنالوجی نے میڈیٹیکل پرفیکشنز کیلئے سائنس کا امتحان دیا، ڈاکٹر فہیم کی منتقلی

ہماری ٹیچنگ ہسپتال پشاور کے شعبہ ایڈورکٹو ٹیکنالوجی نے میڈیٹیکل پرفیکشنز کیلئے سائنس کا امتحان دیا، ڈاکٹر فہیم کی منتقلی

ادوپوائنٹ
ممبران کے لیے 24 گھنٹہ کی سہولت

سہ ماہی کی قیمتیں 24% کم ہو گئیں

پیش کشی کنندہ: **پاک فیسر کالج**، لاہور۔

مری چٹکاس، ہسپتال پٹانو کے شہر اینڈوکر (کوٹلی) کا قیام، زرنگاہ انسٹیٹیوٹ میں میڈیٹیشن، ویڈیو کے لیے فوٹو گرافی کے بارے میں آگاہی سیشن

11:00 2004/4/22

یہ تمام واقعات انتہائی اہم ہیں۔ اسے بی بی سی، 22 نومبر 2024ء، مری جگہ ہسپتال کے نام کے خبر ایکٹر انٹرویو کے لیے، دیگر اہمیت کے ساتھ جاری کیا۔ یہ خبریں ان کے بارے میں اچانک سے لگائی گئی تھیں۔ اس وقت میں انٹرنیٹ کے حالات ان سے زیادہ کم تھے۔ یہ سب اہم باتیں ہیں۔

انصار کو ہم نے ایک نئی اسلامی تاریخ پیش کی ہے۔ یہ تاریخ ان لوگوں کے لئے ہے جنہوں کو اسلام کی تعلیمات کی وضاحت کی ضرورت ہے۔ یہ تاریخ ان لوگوں کے لئے ہے جنہوں کو اسلام کی تعلیمات کی وضاحت کی ضرورت ہے۔ یہ تاریخ ان لوگوں کے لئے ہے جنہوں کو اسلام کی تعلیمات کی وضاحت کی ضرورت ہے۔

Diabetes awareness session held at RNI

NEWS DESK

PESHAWAR: The Department of Endocrinology, Mercy Teaching Hospital, Peshawar, organized a Diabetes Awareness Session for Healthcare Professionals at the Ruffaid Nursing Institute. The event focused on critical aspects of diabetes management and prevention, contributing to the global efforts to address this pressing health challenge.

The session began with a detailed presentation by Dr. Faheem Ullah on

the Prevalence of Diabetes in Pakistan and Its Impact. He discussed the alarming increase in diabetes cases across the country, attributing it to factors such as lifestyle changes.

Dr. Faheem emphasized the urgent need for public awareness campaigns and integrated healthcare strategies to mitigate the growing burden of diabetes.

Dr. Sajjad Malik, a Diabetic Foot Surgeon, shared valuable insights on preventing diabetic foot complications, highlighting the importance of early di-



agnosis, regular monitoring, and the use of appropriate footwear to avoid ulcers and infections.

Misha Tahir, a Nutritionist, addressed the session on Dietary Modifications in Diabetic Patients. She stressed the importance of a balanced diet in managing blood sugar levels and improving overall health.

The interactive session provided an excellent platform for healthcare professionals to enhance their knowledge and adopt more effective approaches in managing diabetes.

The Voice of the Time

DAILY TIMES

Diabetes Awareness session held for Healthcare Professionals

TIMES REPORT

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The Voice of the Time

DAILY TIMES

Tuesday

December 24, 2023

Jumad-ul-Akhir 1445 A.

Page 2

Peshawar

Free glucometers distributed among deserving Type 2 diabetes p at MTH

PESHAWAR: The Department of Endocrinology & Diabetes at Mercy Teaching Hospital (MTH), Peshawar, organized a Free Glucometer Distribution Event for Type 2 diabetes patients here Tuesday.

The initiative aimed at empowering patients with the tools and knowledge necessary for effective self-management of their condition.

The event emphasized the importance of regular blood glucose monitoring in managing Type 2 diabetes.

Fifty glucometers were

provided to deserving patients to promote proactive health management and reduce the risk of complications associated with the disease.

Dr. Faheemullah, Dr. Sajjad Malik, and Dr. Shehzad, health experts from the Department of Endocrinology and Diabetes, highlighted the significance of such initiatives in raising awareness and improving the quality of life for diabetes patients.

The event also featured an educational session where patients were trained

on the proper use of glucometers, interpreting blood glucose readings, and maintaining a healthy lifestyle.

Tips on diet, exercise, and medication adherence were shared to ensure holistic diabetes care.

Mercy Teaching Hospital remains committed to its mission of providing compassionate and comprehensive healthcare to the community.

This initiative reflects the hospital's dedication to addressing the growing burden of diabetes and fostering a healthier society. —APP

Free glucometers distributed among deserving diabetes patients at MTH

Free glucometers distributed among deserving diabetes patients at MTH



PESHAWAR, Dec 20 (APP) The Department of Obstetrics & Gynecology at Mary Training Hospital (MTH), Peshawar, organized a Free Glucometer Distribution Event for Type 2 diabetes patients here Tuesday.

The initiative aimed at empowering patients with the tools and knowledge necessary for effective self-management of their condition.

The event emphasized the importance of regular blood glucose monitoring in managing Type 2 diabetes. Free glucometers were provided to deserving patients, to provide positive health management and reduce the risk of complications associated with the disease.

Dr. Rahmullah, Dr. Sajid Malik and Dr. Shahzad, health experts from the Department of Obstetrics and Gynecology, highlighted the significance of such initiatives in raising awareness and improving the quality of life for diabetes patients.

The event also featured an educational session where patients were trained on the proper use of glucometers, interpreting blood glucose readings and maintaining a healthy lifestyle. Tips on diet, exercise and medication adherence were shared to ensure holistic diabetes care.

Mary Training Hospital remains committed to its mission of providing compassionate and comprehensive healthcare to the community. This initiative reflects the hospital's dedication to addressing the growing burden of diabetes and fostering a healthier society.

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Health Experts Underscore Multidisciplinary Collaboration To Enhance Community Health

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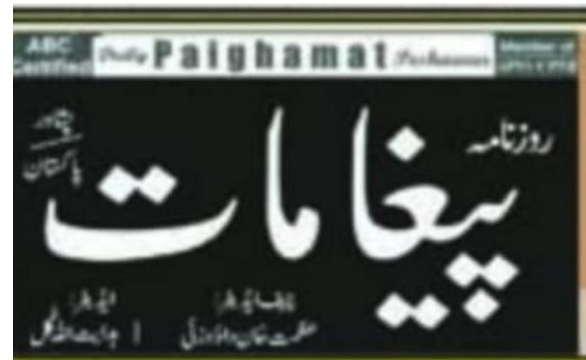


مری ٹیچنگ ہسپتال پشاور کی جانب سے مفت گلوکومیٹرز کی تقسیم

ذیابیطس کے مریضوں کو اپنا معیار زندگی بہتر اور صحت کا خود خیال رکھنا ہوگا، ڈاکٹر نعیم اللہ ڈاکٹر سجاد ڈاکٹر شہزاد پشاور (آج نیوز) مری ٹیچنگ ہسپتال پشاور کے معلومات فراہم کرنا تھا تقریب میں ڈاکٹر 2 ذیابیطس کے مابین، ڈاکٹر نعیم اللہ ڈاکٹر سجاد اور شہزاد کراٹوٹوٹی اور ذیابیطس نے ڈاکٹر 2 ذیابیطس کے انتظام میں بلڈ گلوکوز کی نگرانی کی ڈاکٹر شہزاد نے ان اقدامات کی اہمیت پر زور ڈیابیطس کے پچاس حق مریضوں میں مفت اہمیت کو اجاگر کیا اور حق مریضوں کو گلوکومیا جو ذیابیطس کے مریضوں کے معیار زندگی کو گلوکومیٹرز تقسیم کے اس اقدام کا مقصد مریضوں کو گلوکومیٹرز فراہم کئے گئے تاکہ وہ ذیابیطس کی بہتر بنانے، مریضوں کو اپنی صحت کا خود خیال کو مرض پر قابو پانے کیلئے ضروری آلات اور بیجید کیوں کہ کم کنکشن شہزاد کراٹوٹوٹی اور رکھے اور نگہداشت (بانی صفحہ 6 بقیہ نمبر 8)

مری ہسپتال 8 بقیہ نمبر

کرنے کے قابل بنائیں تقریب میں مریضوں کو گلوکومیٹرز کے درست استعمال اور صحت مند طرز زندگی پر قرار رکھنے کی تربیت دی گئی۔ اس کے علاوہ، خوراک، ورزش، اور دواؤں کے استعمال کے بارے میں ہدایات بھی فراہم کی گئیں تاکہ ذیابیطس کی جامع دیکھ بھال کو یقینی بنایا جاسکے۔ یہ اقدام مری ٹیچنگ ہسپتال کے ذیابیطس کے برہمنے ہوئے پروجیکٹ سے نکلے اور ایک صحت مند معاشرے کو فروغ دینے کے عزم کو ظاہر کرتا ہے۔



ذیابیطس کے پچاس مستحق مریضوں میں مفت گلوکومیٹرز تقسیم

2 ذیابیطس کے انتظام میں بلڈ گلوکوز کی نگرانی کی اہمیت کو اجاگر کیا گیا

پشاور (خبرنگار) مری ٹیچنگ ہسپتال پشاور کے ڈیابیطس کے مابین، ڈاکٹر نعیم اللہ ڈاکٹر سجاد اور شہزاد کراٹوٹوٹی اور ذیابیطس نے ڈاکٹر 2 ذیابیطس کے انتظام میں بلڈ گلوکوز کی نگرانی کی ڈاکٹر شہزاد نے ان اقدامات کی اہمیت پر زور ڈیابیطس کے پچاس حق مریضوں میں مفت اہمیت کو اجاگر کیا اور حق مریضوں کو گلوکومیٹرز تقسیم کے اس اقدام کا مقصد مریضوں کو گلوکومیٹرز فراہم کئے گئے تاکہ وہ ذیابیطس کی بہتر بنانے، مریضوں کو اپنی صحت کا خود خیال کو مرض پر قابو پانے کیلئے ضروری آلات اور بیجید کیوں کہ کم کنکشن شہزاد کراٹوٹوٹی اور رکھے اور نگہداشت (بانی صفحہ 7 بقیہ نمبر 36)