



HITEC-IMS

NEWSLETTER



UPCOMING EVENTS

PMDC Inspection
Induction of New Batch
Workshops
Conferences
Sports week

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Prof. Dr Irfan Shah

Committee

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MESSAGES

DR FARHAT ABBAS BHATTI, ASSOCIATE DEAN PARACLINICAL SCIENCES

As Associate Dean of Paraclinical Sciences, I extend my profound wishes to all our students, for a bright and rewarding future.

Medical profession has witnessed tremendous advances in all basic and clinical fields, which has revolutionized the management of patients. Several diseases which were incurable 20-30 years ago, are now amenable to curative treatment with long term survivals and good quality of life. The world is witnessing real time applications of gene therapy and haploidentical bone marrow transplantations. Although it seems unlikely for Artificial Intelligence to completely replace medical doctors, but AI already is an integral component of several specialties. This includes recognizing patterns of images and tissue biopsies in Radiology, Histopathology and Hematopathology. da Vinci Surgical system is an example of Robotic Surgery which allow surgeons to perform minimally invasive procedures with accuracy and greater control. Virtual Medical Assistants and Chatbots would be deployed for initial screening and provisional diagnosis of patients. They do not need to sleep and will be available round the clock for their clients.



What does all this mean for us? The advances pose a challenge but also provide more opportunities. You need to figure out your career path, by the time you are completing 4th Year and during Final Year. The plan should be realistic, practical and aligned with your resources. As you will progress, you will see a new horizon, where the next step of your journey begins. The crux of your efforts should be to learn practical skills. To achieve this target, work beyond working hours and take guidance from your seniors. Do not live in comfort zones, where there is less responsibility and work. Life is short, and time will fly away and only those people would benefit who have captured the tide of time.

In the journey of this mortal life, take Allah with you and ask His help through your prayers

DR SHAZANA RANA, ASSOCIATE DEAN BASIC SCIENCES

Dear Students, Faculty, and Staff,

I'm tremendously excited to write again for this newsletter. As we continue to cross the complexities of medical education, I am reminded of the crucial role that basic sciences play in laying the foundation for a successful medical career. Our basic sciences department is committed to providing a world-class education that equips our students with the knowledge, skills, and competencies necessary to excel in the clinical sciences and beyond.



Our faculty plays an essential role in the ongoing enhancements to the curriculum, incorporating interactive learning modules and laboratory experiences to further engage students and deepen their understanding.

I would like to take this opportunity to express my gratitude to our students, faculty, and staff for their unwavering commitment to excellence. Your tireless efforts have made our basic sciences department a hub of academic excellence, and I am truly honored to be a part of this community.

As educators, we have a responsibility to embrace innovative methods of teaching and learning new technologies so our graduates are prepared to lead these exciting changes in health care. We need to be open to new models of training, from interprofessional education to competency-based learning. And we need to take advantage of emerging educational technology including simulation, open online courses and social media. I am encouraged by the quality and growth of initiatives in these areas across our faculty.

Our faculty and research supervisors are deeply committed to training and mentorship, fostering the growth and development of our students.

As we move forward, we will continue to innovate and improve our curriculum, research opportunities, and student support services. I invite you to join us on this journey toward excellence and look forward to hearing your feedback and suggestions.

NURSING COLLEGE VISIT

Pakistan nursing council inspected the newly established nursing college within the premises of Heavy Industries of Taxila Education City on 5th Nov 2024. The inspection team was received by principal nursing college Malik Niaz Ahmad, vice principal HITEC-IMS Brig Nasar Rashid Dar(R), director administration Brig Javed Hassan Hashmi(R) and representatives from medical and dental colleges. The team of inspectors appreciated the efforts and approved the college for admissions.



PRINCIPAL DENTAL COLLEGE HITEC-IMS DELIVERS KEYNOTE TALKS

The Central Council of Pakistan Dental Association (PDA) organized a seminar on “Excellence in Pain Management” on 21st Nov 2024. The symposium was held at the Mark Hotel Islamabad. Principal Dental College Prof. Dr. Irfan Shah to was invited as a Keynote Speaker. The title of his talk was “Principles of Pain Management in Oral Facial Region”. A large number of eminent clinicians, academicians and postgraduate residents from Rawalpindi and Islamabad attended the seminar.

On a different occasion, the Principal was invited to address the participants of a workshop on Diagnostic Skills in 3D CT Scans for Implantology. The workshop was organized by the department of Oral & Maxillofacial Surgery, Watim Medical and Dental College on 18th November 2024. The title of the talk was ‘Artificial intelligence and Digital Dentistry’. This was followed by an interactive questions and answers session and hands on activity on CBCT.



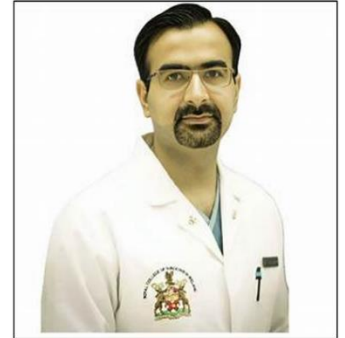
Watim Medical & Dental College

CBCT Simplified – Elevate Your Diagnostic Skills in 3D

18 Nov 24
09:00 am – 02:00 pm



Prof. Dr. Irfan Shah



Prof. Dr. Uzair Luqman



FULL-DAY WORKSHOP ON PHOTOGRAPHY AND VIDEOGRAPHY FOR 1ST-YEAR BDS CLASS

On 30th October 2024, a full-day workshop on "Photography and Videography" was conducted for the 1st-year BDS class, fulfilling the requirements set by HEC. Dr. Usman-ul-haq and Dr Sana Tariq led the workshop, aiming to equip students with essential skills for clinical dental photography. The day was divided into informative lectures and hands-on training sessions, providing a comprehensive learning experience.

The workshop concluded with positive feedback from the students, who appreciated the opportunity to learn a skill integral to their future dental careers.



MASTERING ACADEMIC WRITING WORKSHOP

The "Mastering Academic Writing" workshop was held on 5th Dec 2024 in Lecture Hall, Dental Basic Sciences, Dental College, HITEC-IMS. This Workshop successfully equipped participants with essential writing skills and practical knowledge of referencing tools like Mendeley and Zotero. Attendees left with enhanced confidence and actionable strategies to produce high-quality academic documents.

By the end of the session, participants were adept at using these tools to manage their references effectively, ensuring proper citation and reducing the time spent on formatting.



WORKSHOP ON SPSS DATA ENTRY AND ANALYSIS – A PRACTICAL APPROACH FOR BEGINNERS

A workshop on “SPSS Data Entry and Analysis: A Practical Approach for Beginners” was conducted on 7th November 2024 at the Digital library, HITEC-IMS. The purpose of the workshop was to enhance statistical skills among faculty from Basic and clinical sciences. Led by Dr Wajiha Mah Jabeen, in charge Research cell, the session provided a hands-on introduction to SPSS, with practical exercises reinforcing learning.



Key Learning Objectives are Understand the SPSS interface, learn data entry, variable definition, and basic transformations, conduct descriptive statistics and apply basic inferential tests

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

TRAINING SESSION ON INFECTION CONTROL AND WASTE MANAGEMENT

Infection control and hygiene workshops were arranged by both the department of Pediatrics and Anesthesia departments. The session was facilitated by prof. Brig(R) Dr. Nazir Ahmed malik, Prof Amanat khan, Lt. col. Shafia Nasir and Dr. Sonia Riaz. Standard operating procedures for various aspects of patient safety and infection control were discussed including hand washing, personal protective equipment, sterilization, decontamination, cleaning and waste disposal.



WORKSHOP ON SURGICAL SKILLS

The Department of General Surgery organized a workshop on “FNAC/ Trucut Biopsy Techniques and Barrel Bandage Application for TMJ Dislocation Management” on 22nd Nov 2024 for the 5th-year MBBS students continuing a tradition of the past four years. The primary goal of the workshop was to offer hands-on training, providing students with practical exposure beyond the traditional classroom setting.



The workshop began with an introduction to the procedures, followed by live demonstrations on FNAC/Trucut biopsy techniques and the application of the barrel bandage after the reduction of TMJ dislocation. Students were then divided into groups, with Dr. Tehniat, Dr. Hasnain, Dr. Hassan, Dr. Abdullah, and Dr. Nayab overseeing the hands-on activities at their respective stations. Dr. Areej a representative from medical education department also attended the session. their learnings, followed by a group photograph and feedback collection. The event was a resounding success and was highly appreciated by the students.

WORKSHOP ON FIRE EXTINGUISHERS

A Fire drill Workshop was conducted on 11th October 2024 in Dental College lecture Hall 3. All faculty members including House Officers, Staff and BDS students attended the training session.

The event started at 11:00 am with a lecture session that explained the types of fire, and fire extinguishers. It also included instructions regarding the action plan in the event of a fire. Staff and students were told about the assembly area where to gather in the event of a fire and were given emergency contact numbers in case of a fire emergency.

They were also briefed about using appropriate fire extinguishers for different types of fire. After the lecture, there was a practical demonstration on **How to use Fire Extinguishers** in the lawn in front of the lecture halls.

In the end faculty and staff, they were also practiced how to use fire extinguishers.



WORKSHOP ON PLASTER TECHNIQUES

The department of Orthopaedics in collaboration with Physiotherapy department arranged the workshop of Plaster Techniques for the students of Final year MBBS as it has done for the last four years now. This workshop was organized keeping in line with the vision and mission of the HITEC-IMS and the curriculum of Surgery as laid down by PMDC. The objective of the workshop was to provide hands on training to the students, educating them out of the formal classroom in somewhat informal manner.

Prof. Dr Kashif Khurshid Qureshi in his opening speech highlighted the importance of this workshop as well as the learning objectives. The session concluded with the talks of Dr Shayan and Dr Urooj who informed the students about different casts and splints of the lower limb and the technique of removal of cast respectively. The activity was a great success and was appreciated by the students.



NUMS ONLINE WORKSHOP ON TABLE OF SPECIFICATION

The team from HITEC-IMS attended an online workshop on table of specification and assessment blue print on 12th Dec 2024. It was organized by NUMS and was conducted by prof Dr Sadaf Mumtaz. It was well coordinated and well-organized session in which our team was given hands on activity. All members appreciated the activity and were of the opinion that online activity was more feasible to attend due to their routine professional response.



SEMINAR ON DENTAL MATERIAL ADVANCEMENTS

A team of twelve students (second year) with Dr Zuleikha Malik, Assistant Professor Dental Materials from Dental College HITEC IMS, attended a seminar organized by Prof. Dr Shahreen Zahid, HOD Dental Materials FUCD on 5th November 2024. The aim of the seminars was to enhance understanding of dental materials through expert-led sessions on contemporary advancements. Interactive activities, including role-plays, problem-solving exercises, and discussions, promoted active participation and collaborative learning. Their participation highlighted the college's commitment to hands-on learning and academic involvement in dental material advancement.



DEPARTMENTAL SEMINAR IN PHARMACOLOGY

On the 10th December 2024, a seminar was arranged in pharmacology department on pharmacovigilance. Lecature delivered by Dr. Ayla Babar. At the end of session dicussion is done to facilitate and train the junior faculty.



BREAST CANCER AWARENESS SESSION FOR FEMALE SUPPORT STAFF

On 25th October 2024, the Community Medicine Department at HITEC IMS held a Breast Cancer Awareness session targeting female supporting staff of HITEC IMS, aiming to educate and empower them with crucial knowledge on breast cancer detection, prevention, and care. The session was facilitated by Dr Anwar Bibi and Dr Afshan Haroon under the guidance of Prof. Dr Aashi Ahmed, ensuring an engaging and informative experience for all attendees.

The session covered essential topics on early breast cancer signs, self-examination, and the importance of regular screenings. Emphasis was placed on dispelling myths, encouraging open dialogue, and promoting early detection and proactive health management as key to combating breast cancer.

This initiative reflects HITEC IMS's dedication to fostering a health-conscious community.



FREE DENTAL CAMP

The Community Dentistry Department at Dental College HITEC-IMS organized a free dental camp on 6th November 2024 at The Scholars Science School, Taxila for approximately 500-600 school children to promote oral health awareness and provide essential dental services. The camp included comprehensive dental examinations, where children were screened for common issues like cavities, gum disease, and alignment concerns. Children requiring further treatment were referred to HITEC Dental College's hospital, where they could receive care at discounted rates.



EXCURSION TRIP-1ST & 2ND YEAR BDS

On 2nd November 2024, the 1st and 2nd year BDS students enjoyed a fantastic trip to Nathia Gali! The itinerary was thoughtfully planned, offering a balance of relaxation and exploration, with the natural beauty of the region adding an extra special touch. The break at Donga Gali for refreshments, followed by a scenic walk on the mountain trail that led to open grassland, provided a mix of adventure and relaxation. The lush greenery and mountain views were mesmerizing, offering a peaceful escape into nature.

The chance to explore a local market and savor an evening meal in Nathia Gali was a perfect way to conclude the day. Experiences like this are always refreshing and create cherished memories. Students and faculty enjoyed their trip and plan to visit again next year.



STUDENT TRIP TO DOONGAGALI PIPELINE TRACK AND NATHIAGALI

On the 8th October, 2024, the 3rd and final-year students embarked on an adventurous day trip to the scenic hills of Doongagali and Nathiagali. The day began with an early morning stop at Harnoi, where students enjoyed a refreshing breakfast and warm cups of tea, preparing them for the excitement ahead. Energized and in high spirits, they continued to the famous pipeline track at Doongagali, a popular trail known for its breathtaking views and serene ambiance.

As they made their way back, the students expressed their happiness and contentment, cherishing the fun moments and memories created throughout the trip. The day was a much-needed break from their studies, and they returned feeling refreshed and closer as a group.

