

FRPMC HOLDS WHITE COAT CEREMONY FOR MBBS STUDENTS

You are Chosen to Serve Humanity. Continue to Build your Knowledge and Clinical Expertise by Becoming a Lifelong Learner

~AIR VICE MARSHAL KHALID MEHMOOD

On the 6th of February 2023, Fazaia Ruth Pfau Medical College (FRPMC) held its annual white coat ceremony for the 100 newly inducted MBBS students. AOC Air Vice Marshal Khalid Mehmood was the Chief Guest, and Major General (R) Prof. Tahir Khadim, Dean, Faculty of Health Sciences, Air University, was the Guest of Honor, senior professors from various medical colleges, senior medical professionals, faculty, families, were also in attendance.



Dr. Masood Ahmed, principal of FRPMC, presented the performance report of the college for the year 2022. Welcoming the new entrants, he said, "This ceremony symbolizes your commitment to provide the highest quality patient care and represents the beginning of your journey of becoming a compassionate and skilled professional. The path ahead is not easy; it requires hard work, dedication, commitment, passion, and empathy." He thanked the guests for their support and help.

The White Coat Ceremony is a Reminder of the Importance of Professionalism, Empathy, and Patient Care ~PROF. MASOOD AHMED

Future Doctors must have the Training and Digital Literacy to Embrace Innovation in Health Care ~MAJ GEN (R) PROF. TAHIR KHADIM

Speaking at the occasion, Chief Guest reminded students about the importance of their role in providing quality care to patients and the impact they can make in the lives of others. He emphasized the significance of quality

education and training, highlighting that the Pakistan Air Force always maintains the highest standards in training. The Chief Guest also congratulated the students and their parents on their selection at FRPMC.

The Guest of Honor, Major General (R) Prof. Tahir Khadim, Dean, Faculty of Health Sciences, Air University, highlighted the significance of joining the healthcare profession and its responsibilities. He emphasized, "We need to equip ourselves with the latest technologies as the doctor of tomorrow; one should have blended knowledge of all the sciences. Technologies like artificial intelligence have great potential in delivering health care and medicine."

Earlier newly admitted students were decorated with white coats by the Chief Guest, Guest of Honor, Principal FRPMC, senior professors of the college, Base Commander Faisal & Masroor Base. Later students took the Hippocratic Oath from Vice Principal Dr. M. Ahmed, where they promised to uphold the ethical and professional standards of the healthcare field.



FRPMC FACULTY DEVELOPMENT PROGRAM FEATURES SEMINARS BY INTERNATIONAL FACULTY

FRPMC's Department of Medical Education recently hosted two seminars, featuring expert speakers from Nepal and Iran. The first seminar, led by medical education expert Prof. Gominda Ponnamparuma, focused on the importance of integrating medical education early on for a more seamless learning experience. The second seminar featured the President of the Iranian Society of Medical Educationalists Prof. Azim Mirzazadeh, who emphasized the need for quality assurance and regular assessments in healthcare education and training. This included the use of standardized curriculums, effective teaching methodologies, and continuous professional development for healthcare professionals. Principal FRPMC, Prof. Masood expressed gratitude to both speakers for their insightful presentations. In addition to these seminars, Dr. Amir Burney, an expert in clinical skills from Sheffield Medical School and Founding & Immediate Past President of APPNE, conducted a session on "Patients as Educators" with FRPMC faculty, providing valuable insights into incorporating patient perspectives into medical education.



Prof. G. Ponnamparuma



Prof. Azim Mirzazadeh



Dr. Amir Burney during his session with FRPMC faculty.



FRPMC SPORTS GALA 2023: A SHOWCASE OF TALENT, SPORTSMANSHIP, AND COMMUNITY AT ITS BEST

BASE COMMANDER PAF BASE FAISAL INAUGURATED SPORTS GALA

FRPMC recently hosted a successful sports and social gala week from 27th of February to 3rd of March, celebrating athletics and community spirit. The event was inaugurated by Base Commander PAF Base Faisal, Air Cdre. Adnan Naimat Nagra.

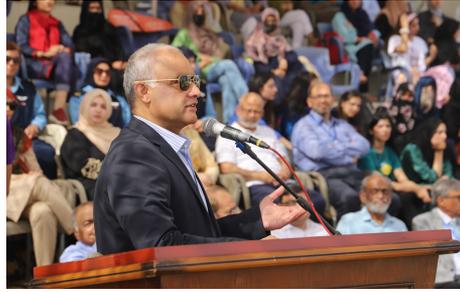
Sports are Essential for Physical and Mental Well-being

- AIR CDRE. ADNAN NAIMAT NAGRA

Addressing the event Chief Guest showed pleasure in being in the company of young and active people and appreciated the college's efforts to organize such healthy activities. Encouraging students to be disciplined and show sportsmanship, he said, "Winning or losing does not matter as much as realizing that you have already accomplished something remarkable by putting in the effort and going beyond your limits."



Principal FRPM, Prof. Masood Ahmed took oath from the sports teams. "Today marks the beginning of a celebration of sportsmanship, skill, and teamwork, and I am honored to be a part of it," said Prof. Masood Ahmed. He also thanked base



authorities for providing facilities and support for the event. He appreciated the sports organizing committee for their fabulous job.

Sports	Winners
Cricket (Boys)	Team of 3 rd - year
Cricket (Girls)	Team of 4 th - year
Volleyball	Team of 4 th - year
Football	Team of 3 rd - year
Chess	M. Abdullah (2 nd -year)

Sports	Winners
Badminton (Boys)	Zafeer Abdal & Anas (3 rd - year)
Badminton (Girls)	Zahra Salman, Laiba Nazim (4 th - year)
Table Tennis (Boys)	Shoaib Alam (3 rd - year)
Table Tennis (Girls)	Zahra Salman (4 th - year)
Relay race (Boys)	M. Faisal, Hamza Ahsan, M. Abid & S. Ali Ammar (1 st - year)
Relay race (Girls)	Shameen Shakil, Laiba Nazim, Eman Fatima & Faiza Liaquat (4 th - year)
100m race (Boys)	Irtaza Safdar (3 rd - year)
100m race (Girls)	Nimra Touheed (2 nd - year)
3-legged race (Girls)	Adeeba Janjua & Maryam Mirza (3 rd - year)



VARIOUS SPORTS WERE FEATURED IN THE EVENT, SUCH AS RACE, TABLE TENNIS, SOCCER, VOLLEYBALL, CRICKET, CHESS, AND BADMINTON



Games included a variety of races, cricket, football, badminton, table tennis, and indoor games. In cricket matches, 3rd-year boys' and 4th-year girls' teams emerged victorious, beating their opponents by a narrow margin. It would be unjust not to mention the remarkable commentary from students, which made these matches more exciting and enjoyable. A cricket match between Basic & Clinical faculty teams was also a highlight of the event. The Basic cricket team won the match. Dr. Sama ul Haque and Prof. Aurangzeb played a vital role in the win.

The organizing committee included Prof. Aurangzeb Shaikh as Chairman, Dr. Sama ul Haque, Dr. Ayaz Ahmed, Dr. Shahjabeen, and Dr. Rabia Aftab as members, supported by several volunteers from the faculty & students.



SOCIAL & LITERARY CLUB WEEK AT FRPMC: A PLATFORM FOR TALENT AND LITERARY BRILLIANCE

The Week-long Event Featured Multiple Activities, Including a Talk Show "Ru Baru", Student Talent Show, Mushaira, and Qawwali Night

The social club week at Fazaia Ruth Pfau Medical College was a huge success, with various entertaining and thought-provoking programs that drew large crowds of students and faculty.

Ru Baru: An Inspirational & Informative Interaction between Guests & Audience

The first event of the social club week was the talk show "Ru Baru," which brought together three accomplished professionals - screenwriter Saima Akram Chaudhry, fashion stylist and media specialist Rana Asif, and senior journalist and anchor Mr. Wusatullah Khan. The guests shared their experiences and insights on their career journeys, providing valuable advice and inspiration to the audience. At the end of the program, the audience had the opportunity to ask questions and engage in a lively discussion.



The Day Ended but The Students Left with Many Talents to Flaunt

The talent show was another standout event, unveiling the students' diverse talents. The performances were impressive and entertaining, from funny advertisements to skits, songs, and cultural dances. The judges - actor, writer, and director Rayan Hassan, actor, model, and host Faizan Shaikh, actress and host Maham Amir, fashion stylist and media specialist Rana Asif, and singer and music director Wajid Saeed - had a tough time selecting the winners, but ultimately awarded first prize to



"Boys Hostel" (4th year) in the funny videos category, "Ab Umeed Koi Nahi" (4th year) in skits leaving "Mallal" (3rd year), Yadgar-e-MBBS (2nd year) as runner up, Aksa Iqrar won in singing competition leaving Haider Suhail (3rd year), M. Uzair (2nd year), Nimra Noor (3rd year) as runner up. Punjabi cultural dance received thumbs up from the judges. The acting skills of the participants were also highly appreciated, demonstrating the potential for a vibrant performing arts community at the college.



Mushaira Amazed Audience with Some Aesthetic Poetry



A Mushaira, held on March 3rd at FRPMC, showed the region's diverse and rich poetry tradition. The event was hosted by famous poet Khalid Meer~, in the sadarat of famous poet Janab Anwar Shuoor~ and Janab Khalid Irfan appeared as the chief guest. The mehfil also has talented poets



Janab Khalid Moen, Mohtarma Rehana Roohi, Mohtarma Aireen Farhat, Janab Javaid Saba, Janab Yasir Saeed Siddiqui, and Janab Hidayat Sair. Each of these poets had a unique style and voice that contributed to the magical ambiance of the event.

Mohtarma Roohi's representation of modern women through her poetry is commendable. In contrast, Janab Sair's recitation in 'tarannum' and poetry full of tanz o mazah by Janab Khalid Irfan added to the overall sparkle of the mehfil. Finally, Janab Anwar Shuoor's in-depth ashar concluded the event on a high note. Earlier students also recited their original poetry and collected much appreciation from the crowd.

Qawwali Night: An Spiritual & Emotional Experience

On March 5th, 2023, FRPMC hosted a Qawwali Night featuring the renowned Qawwal Ali Abbas Khan. The night was filled with soulful Sufi music that captivated the audience, creating an atmosphere of tranquility and spiritual bliss and providing a chance for the FRPMC community to come together and enjoy the night.



Social club week was a fantastic event that brought together students, faculty, and professionals from different fields to celebrate talent and creativity.

PROF. MARIYAH HIDAYET FROM UNIVERSITY OF LAHORE CONDUCTED A SESSION ON RESEARCH WRITING

A session on research writing was held on the 9th of February, 2023, at FRPMC, having Dr. Mariyah Hidayet, Professor of Anatomy, UoL, the managing editor of the Journal of University College of Medicine and Dentistry, as a speaker and Mr. Shaukat Ali Jawaid, Chief Editor of Pulse International and Pakistan Journal of Medical Sciences as a guest. Dr. Hidayet discussed the importance of research writing and how it can help students to advance in their careers. Encouraging the students, she said, "Your ability to conduct research and communicate your findings effectively will serve you well throughout your career." She explained the ground rules and shared valuable tips for writing an effective research paper. In the end, she replied to the queries of the students.



FRPMC HOLDS AN EXCLUSIVE SESSION WITH VISIONARY INNOVATOR PROF. DR. ASAD ZAMAN, FORMER VC LUMS

On February 21st, 2023, a motivational session was held at FRPMC with Dr. Asad Zaman & Mrs. Iffat Zaman, the visionary and director of Uloom ul Umran, Al-Nafi Online Educational Platform. Dr. Zaman emphasized the importance of becoming better human beings for ourselves and society rather than solely focusing on earning skills and money. He warned that a narrow focus on such goals would leave us purposeless and empty in the end. Mrs. Zaman spoke about the importance of protecting our moral and ethical values in the health profession. She emphasized the need for compassion, empathy, commitment to sacrifice, confidence, and honesty, drawing from her own experiences in the medical profession.



WORKSHOP: CRITICAL APPRAISAL OF LITERATURE

On 17th February 2023, a workshop titled "Critical Appraisal of Literature" was held, which was conducted by Dr. Asad Ali Khan from the Dept. of Community Medicine. The workshop aimed to focus on Routinely Collected Data (RCD) and how to effectively and efficiently evaluate it according to a checklist. The participants were also taught how to extract relevant information from the data and analyze it for research purposes. The workshop was attended by the basic and clinical faculty.



A PROUD MOMENT FOR FRPMC

At the 41st PSA Annual Conference (11-12 Mar 2023, Marriott, Karachi), a lifetime achievement award was presented to Prof. Zahid Akhtar Rao, the head of the Anesthesiology Department at FRPMC.



The award was bestowed upon him in recognition of his remarkable career in the field of anesthesiology, as well as his valuable contributions to the medical community.

COMBINED CME SEMINAR AT FRPMC ON FUNCTIONAL GASTROINTESTINAL DISORDERS

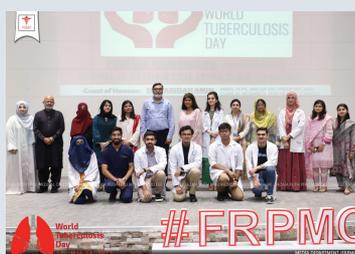
On February 23, 2023, a seminar was held at FRPMC on common Gastrointestinal (GI) diseases, such as ulcers, dyspepsia, irritable bowel syndrome, and diarrhea. The speaker Dr. Abdullah Bin Khalid, renowned Gastroenterologist, Hepatologist, and Additional Director of NILGID, discussed common myths and misunderstandings in these conditions, as well as diagnostic tools that can be used to accurately identify them.

In addition to these topics, Dr. Sohail Ahmed (Chair, Dept. of Psychiatry, FRPMC) also spoke about the psychological factors that can cause aggravation in GI disorders and their types. The speakers provided valuable insights and information that can be helpful in the diagnosis and treatment of these conditions.



AWARENESS SEMINAR ON TB HELD AT FRPMC

On 24th March, an awareness seminar on TB was held at Fazaia Ruth Pfau Medical College. The guest of honour, Dr. Faridah Amin, a renowned professor of Family Medicine and Public Health from IUHS, shared her experience and efforts to combat TB. The discussions centered on the pathophysiology, diagnosis, prevention, and treatment of TB. Notably, the professors and lecturers encouraged the participation of third and fourth-year students who presented valuable information on the topics. The seminar also highlighted the dire situation of Pakistan, ranking among the top 5 countries with a high TB burden.



FREE EYE CHECK-UP AT FRPMC ON WORLD GLAUCOMA WEEK

FRPMC's ophthalmology department offered free eye check-ups for faculty during World Glaucoma Week. The screening included visual assessment, OCT screening, and intraocular pressure measurement to raise awareness of the disease, which causes irreversible blindness worldwide.

FRPMC STUDENTS HOST HEARTWARMING TRIBUTE DINNER FOR TEACHERS

On February 3rd, 2023, students of FRPMC organized an unforgettable evening to pay tribute to their hardworking and dedicated teachers. The event was held to recognize the tireless efforts of educators and celebrate their invaluable contributions to the students' lives. The event was filled with heartwarming speeches, poetry, and quotations from students expressing their appreciation for their teachers. The students also presented cards they collectively made, showing gratitude towards the educators. The Chief Guest Major General (R) Prof. Tahir Khadim distributed certificates among students who secured top positions in the recent exams, adding to the festive atmosphere of the evening. The celebration concluded with a delicious dinner and a musical concert that uplifted and inspired everyone.



FRPMC SIGNED MOU WITH GLOBAL EMERGENCY MEDICINE LONDON



Global Emergency Medicine London partners with FRPMC to offer emergency medicine training to students, equipping them with skills to manage critical cases.