

# NEWSLETTER

March-2024



RASHID LATIF KHAN  
UNIVERSITY

## INTERNATIONAL WOMEN'S DAY

"Unleashing the Power Within"  
How Empowered Women Drive Change

A Panel Discussion on Leadership, Innovation and Advocacy



IFTAR  
DINNER



RASHID LATIF KHAN  
UNIVERSITY



RASHID LATIF  
MEDICAL COMPLEX



HAMEED LATIF  
TEACHING HOSPITAL



RLKU  
MEDICAL COLLEGE



ARIF MEMORIAL  
TEACHING HOSPITAL

# RLKU Medical College (RLKUMC)

## Fatty Liver Study Group (28th February, 2024)

5th monthly meeting of fatty liver Study and Research group

The meeting was attended by Prof. Arif Siddiqui (Chairperson), Prof. Shahnaz Akhtar (HOD Pharmacology), Prof Irum Fayyaz (HOD Biochemistry), Prof. Nadia Mahmood (HOD Pathology), Prof. Jamil Ahmed (HOD Community Medicine), Dr Umer Saeed Ansari (Associate Prof. Biochemistry), Dr. Zoofishan Imran (Secretary), Faculty and PG trainees from HLTH. Dr. Rabia presented her synopsis after making the corrections. Few minor observations were made on title and methodology by the members. Dr. Aqsa also presented her synopsis on fatty liver and its relation with HBIAC. Few changes were made in phrasing the title and some observation made in the methodology. The corrections were noted down by the investigators and were asked by the principal to complete their synopsis for submission before the next meeting. Dr. Umer elaborated on his search in identifying authentic gene analysis laboratories for research purpose. He was asked to discuss the feasibility and funding for the required tests by the principal. In the end Prof, Arif encouraged all the PG trainees to do research and come up with their topic / research title in the forthcoming meeting. The title of this group was changed from “fatty liver study group” to “fatty liver study and research group”

# RLKU Medical College (RLKUMC)

## Problem Based Learning (29th February, 2024)

The Department of Medical Education in collaboration with Physiology Department conducted a workshop on “Problem Based Learning, Thursday 29th February 2024 facilitated by Dr. Hifza Noor and Dr. Sehar Zuberi.





## A Symposium on Autism Spectrum Disorder (2nd March, 2024)

Prof. Dr. Nashi Khan, Director Academics, RLKU; Director, RLDPP; & Dean FSS was invited as Guest of Honor & Scientific Chair on a Symposium on “Autism Spectrum Disorder” held at Kinnaird College for Women University, Lahore on 2nd March, 2024. Dr. Nashi Khan Chaired the Scientific Session and Discussed on the Autism Spectrum Disorder. The participation of Dr. Nashi Khan as the Guest of Honor & Session Chair exemplifies the Collaborative Spirit among Academic Institutions in Lahore. Prof. Dr. Nashi Khan representation from RLKU, Presence and Involvement added a sense of Pride and Motivation to the Participants.



## International Conference on Mental Well-Being (ICMWB-24) (5th March, 2024)

Rashid Latif Dept. of Professional Psychology organized a Two Days “International Conference on Mental Well Being” (ICMWB-24) on 5th March 24. This International Conference was participated by World Renowned International Speakers and National Speakers. The ICMWB -24 is the First International Conference held at Rashid Latif Khan University, Lahore. Seventy Scientific Research Papers were presented in this Conference from Academia and Researchers from different Universities of Pakistan. Souvenir & Certification.

Distribution among esteemed guests, panelists and participants were presented by Ms. Sabahat Khan, CEO, Rashid Latif Khan University, Lahore. Digital & Press Media from different channels were also present. Talking to Media Prof. Dr. Nashi Khan emphasized the need of Clinical Psychologists in all Departments of Pakistan and also requested the Govt. for the establishment of Council for Clinical Psychologists and a Licensure Body to avoid Quackery in the Profession. This International Conference included Three Keynote Address, Live Interactive Sessions, Panel Discussion, Students’ Live Singing Performance, & Key Note Addresses by Distinguished Speakers. Students and the participants gained Valuable Insights into the Multifaceted Impacts of Mental Well-Being and its Importance.



## Interactive Lectures Adding Impact (7th March, 2024)

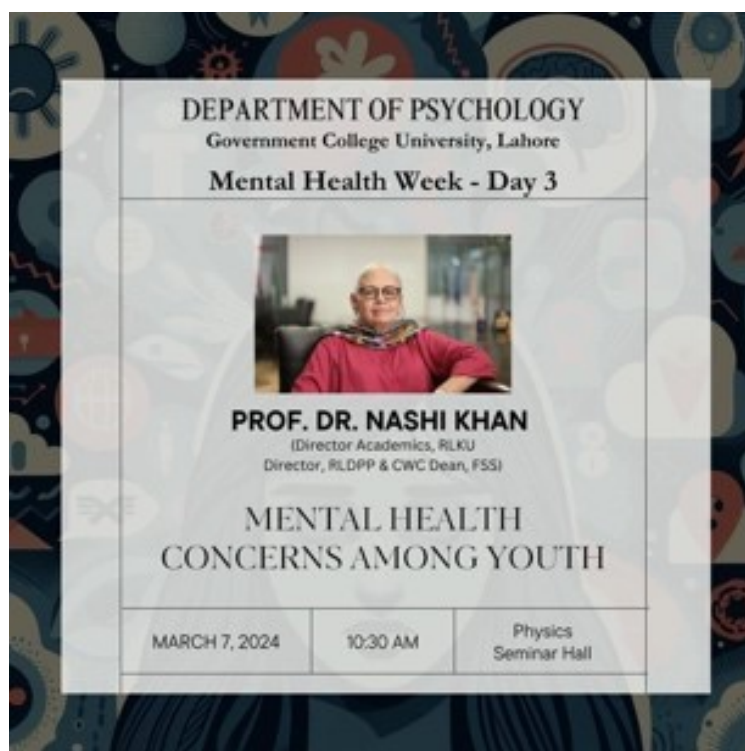
The Department of Medical Education in collaboration with Examination Department conducted a workshop on "Interactive Lectures: Adding Impact" Thursday 7th March 2024 facilitated by Dr. Umer Saeed. Interactive lectures are the need of the hour as they promote student centered learning and engaging of students making them part and parcel of the teaching and learning. The workshop emphasized on Basics of Interactive lectures, "Structures & Planning", "The concept of Constructivism", and hands-on activities. Pre and post workshops feedback were taken. Workshop was well appreciated by participants. Prof. Dr. Arif Siddiqui gave concluded remarks and appreciated workshop team. Prof Arif Siddiqui, Principal and Prof Faheem Mahmood, Vice Principal distributed the certificates.



## Rashid Latif Department of Professional Psychology (RLDPP)

### Mental Health Week (7th March, 2024)

Prof. Dr. Nashi Khan, Director Academics, RLKU; Director, RLDPP; & Dean FSS was invited on Mental Health Week at Department of Psychology, Government College University, Lahore on 7th March, 2024. Dr. Nashi Khan presented her views on Mental Health and Enlighten the Students on the Importance of Mental Health. The participation of Dr. Nashi Khan as the Chief Guest on this was representation of RLKU in this Mental Health Week at GCU, Lahore.





## One-Day Tour to Islamabad (8th March, 2024)

Rashid Latif Dept. of Professional Psychology (RLDPP) organized a "One-Day Tour to Islamabad" for RLDPP students on 7th March, 2024. This journey, meticulously curated by RLDPP Team, Offered Students an Immersive Experience into the Rich Culture, History, and Picturesque Landscapes that Islamabad has to offer. This trip also gave a well-being and comfortable/healthy relationship between RLDPP Faculty & Students.



## Video Messages On International Women's Day 2024 (8th March, 2024)

On the International Women's Day, Rashid Latif Department of Professional Psychology (RLDPP) compiled Video Messages of World-Renowned Professionals on the Importance of Women in Society and their Roles. This included messages from the Renowned Professionals from all fields of life. All Video Messages was uploaded on different Social Media Platforms to spread Awareness to Public.

RASHID LATIF DEPARTMENT OF PROFESSIONAL PSYCHOLOGY (RLDPP)  
RASHID LATIF KHAN UNIVERSITY (RLKU)

CELEBRATES  
**INTERNATIONAL WOMEN'S DAY**  
MARCH 8<sup>th</sup> 2024

مردوں سے ہے قوم کی ترقی اور ترقی کے لئے ہے خواتین کا ہنر و عمل

Spreading Awareness with World Renowned Professionals

**Professionals:**

- MS. SARAFAT KHAN, Dr. Khatir Khattak
- DR. EM. HANISAN, Dr. Noor Fatima
- MS. SHARIF ATIQ UR REHMAN, Dr. Ayesha Fatima
- PROF. DR. MURADAT BAKA, Dr. Ayesha Fatima
- PROF. DR. HUMAYUN MESSIAN, Prof. Dr. Humayun Messian
- PROF. DR. USMA ALI, Prof. Dr. Usma Ali
- DR. TAHARA KHAN, Dr. Tahara Khan
- PROF. DR. SAADAT KHAN, Prof. Dr. Saadat Khan
- MS. VAHEDI A. BAKHT, Ms. Vahedi A. Bakht
- PROF. DR. SHARIFA ANWAR, Prof. Dr. Sharifa Anwar
- MS. NAJMA HASSAN, Ms. Najma Hassan
- DR. RAN KHAN, Dr. Ran Khan
- DR. ZENAB KHAN, Dr. Zenab Khan
- DR. IJEN SAMUEL SAMUEL, Dr. Ijen Samuel Samuel
- MS. USHRA KHAN, Ms. Ushra Khan
- DR. ANEELA WALID, Dr. Aneela Walid
- MS. SAHBA SAHBA, Ms. Sahba Sahba

**Organizers:**

- PROF. DR. NADIA KHAN, Prof. Dr. Nadia Khan
- MS. ZOYA SAID, Ms. Zoya Said
- MS. HANIMUDDIN HANIM, Ms. Hanimuddin Hanim



# Rashid Latif Khan University (RLKU)

## Women's Day (11th March, 2024)

Reflecting on an Empowering Women's Day Celebration at Rashid Latif Medical Complex!

We're thrilled to share the success of our recent event held in honor of International Women's Day at Rashid Latif Medical Complex. Our distinguished guests, including Justice Nasira Javid Iqbal Former Justice of Lahore High Court, and Ms. Marium Qasim Khan, Vice President of the South Asian Women Development Forum Pakistan Chapter, graced us with their presence and wisdom. The panel discussion centered on crucial topics of leadership, innovation, and advocacy, inspiring all who attended to strive for greatness and drive positive change in our society. A heartfelt thank you to all who participated and contributed to making this event a resounding success! Let's continue to uplift and empower women in all facets of life.



## Rashid Latif College of Pharmacy (RLCP)

### Training Session on High-Performance Liquid Chromatography (15th March, 2024)

We're thrilled to share that our esteemed faculty members participated in a dynamic two-day training session on High-performance Liquid Chromatography (HPLC) initiated by Medwatch Global Pakistan





## Rashid Latif Department of Professional Psychology (RLDPP)

### Celebrating World's Happiness Day with RLDPP Students (20th March, 2024)

Rashid Latif Department of Professional Psychology (RLDPP) arranged a "Laughter Session" for the RLDPP Students on 20th March, 2024 to Celebrate the "International Day of Happiness". This included different Laughter Activities. The Laughter Session was Led by Prof. Dr. Nashi Khan and RLDPP Team. This session aimed to provide the Students with a Rejuvenating Experience Filled with Laughter, Joy & Relaxation. Laughter has been Scientifically proven to Reduce Stress, Boost the Immune System, Improve Overall Well-Being. This session also served as an opportunity for the RLDPP Students to take a break from their Academic Rigors and indulge in some much-needed Laughter Therapy. Presence of Dr. Nashi Khan with her humor gave life to this event.



## Rashid Latif Department of Professional Psychology (RLDPP)

### Special Lecture On 'Use of E-Library' (20th March, 2024)

Rashid Latif Department of Professional Psychology (RLDPP) organized a Special Lecture on "Use of E-Library" for RLDPP Students on 20th March, 2024. In an era where Digital Resources play a Pivotal Role In Academic Pursuits, understanding how to Effectively Navigate and Utilize E-Libraries is paramount. This Special Lecture aimed to empower RLDPP Students with the necessary skills and knowledge to make the most out of Digital Resources available to them.



## Rashid Latif Department of Professional Psychology (RLDPP)

### Rashan Distribution by RLDPP Students to the Needy (25th March, 2024)

RLDPP Students distributed Rashan to the Needy Families in the Sacred Month of Ramadan. In the spirit of Compassion & Community Service. Through a Heartfelt Endeavor, they undertook the distribution of essential food supplies to those in need within our community. The Rashan Distribution Drive, spearheaded by the Students, embodies the Core Values RLKU as well as Empathy and Social Responsibility instilled within the RLDPP Curriculum. Due to sensitivity & privacy no picture of Rashan Distribution was taken.



## RLK Group Hosted a Special Iftar Dinner (29th March, 2024)

RLK Group hosted a special iftar dinner at Faletti's Hotel for the esteemed Heads of Departments. The event was graced by the presence of Chairman RLK Group, Prof. Dr. Rashid Latif Khan, CEO Madam Sabahat Khan, Director Marketing Madam Zuleikha Khan, and other distinguished guests.

