



LIAQUAT  
COLLEGE OF  
MEDICINE  
& DENTISTRY



# REFLECTIONS

## Newsletter of COD - LCMD

RLCMD/NL Issue. 4, January - April/2026



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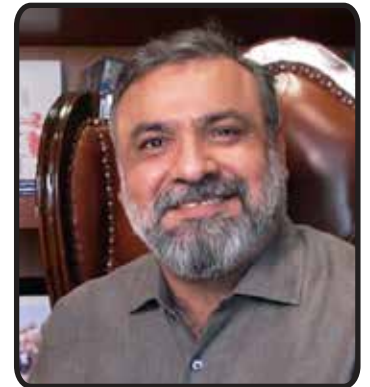
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## CHAIRMAN'S MESSAGE



It gives me immense pride to witness the continued progress and academic excellence of Liaquat College of Medicine & Dentistry (LCMD), as reflected in Reflections – Issue 4. This publication serves as a valuable platform to showcase the achievements, initiatives, and collaborative efforts that define our institution.

I would like to commend the Reflections Editorial Team for their dedication and professionalism in compiling this issue. Their efforts in highlighting the diverse academic, clinical, and community-based activities of the College of Dentistry are truly appreciable.

A significant highlight of this issue is the **Inaugural Ceremony of IMECON at LCMD**, which marks an important milestone in our journey towards academic advancement and global engagement. Hosting such a conference reflects LCMD's growing role as a center of excellence in medical and dental education, fostering dialogue, research, and innovation.

This edition also presents a rich overview of faculty development initiatives, community outreach programs, and student engagement activities that collectively contribute to the holistic development of our institution. The inclusion of the interview with **Dr. Sadia Virk** further enriches this issue by offering valuable insights and inspiration for our future healthcare professionals.

As we move forward, I remain confident that LCMD and Dar-ul-Sehat Hospital will continue to set new benchmarks in education, healthcare, and community service. May Reflections continue to illuminate our journey and inspire excellence.

Warm regards,

**Senator Amir Waliuddin Chishti**

Chairman, Liaquat College of Medicine and Dentistry

& Darul Sehat Hospital

Senator, Islamic Republic of Pakistan

## VICE CHAIRMAN'S MESSAGE



It is a pleasure to share my thoughts in Reflections – Issue 4, which once again highlights the dynamic academic environment and collective achievements of the College of Dentistry, LCMD.

I would like to extend my sincere appreciation to the Reflections Editorial Team for their commendable efforts in presenting this issue. Their commitment to documenting institutional progress and academic activities plays a vital role in strengthening our identity and fostering a culture of recognition and learning.

A key highlight of this issue is the Inaugural Ceremony of IMECON at LCMD, an event that signifies our institution's growing academic footprint and its commitment to promoting research, innovation, and interdisciplinary collaboration. Such platforms not only enhance professional learning but also create opportunities for meaningful engagement at both national and international levels.

This issue also captures important aspects of faculty development, departmental achievements, and community outreach initiatives that reflect our dedication to excellence in education and service. The featured interview with Dr. Sadia Virk adds further value by providing inspiration and guidance to our students and young professionals.

As the Vice Chairman, I reaffirm my commitment to support initiatives that promote academic growth, research excellence, and community impact. I congratulate all contributors and encourage continued participation in making Reflections a vibrant and impactful platform.

Warm regards,

**Dr. Syed Ali Farhan Razi**

Vice Chairman, Liaquat College of Medicine and Dentistry  
& Darul Sehat Hospital

## EDITOR IN CHIEF



It is with great satisfaction that I present Reflections – Issue 4, a testament to the continued academic vibrancy and collaborative spirit of the College of Dentistry, LCMD. This publication reflects not only our institutional progress but also the dedication of our faculty, students, and administrative teams who strive for excellence in every domain.

I would like to extend my sincere appreciation to the Reflections Editorial Team for their commitment, professionalism, and attention to detail in curating this issue. Their efforts have ensured that the diverse achievements of our institution are documented with clarity and purpose.

This edition offers a comprehensive overview of ongoing academic and professional activities, including faculty development initiatives, community outreach programs, and student-led engagements that reinforce our mission of integrated dental education and service. It also highlights collaborative efforts that continue to strengthen our academic environment and broaden our impact.

I would especially like to acknowledge the insightful interview of Dr. Sadia Virk, which adds depth and inspiration to this issue. Her journey, professional experiences, and perspective on healthcare leadership provide valuable guidance for our students and young professionals.

As we move forward, let us continue to uphold the values of innovation, compassion, and excellence. Reflections remains a powerful platform to celebrate our collective achievements and inspire future growth.

Warm regards,

**Prof. Dr. Navid Rashid Qureshi**

Principal, College of Dentistry, LCMD

Editor-in-Chief, Reflections by LCMD

President, Pakistan Dental Association (Karachi Chapter)

## ASSOCIATE EDITOR



The release of Reflections – Issue 4 marks another meaningful step in our journey of documenting and celebrating the academic, clinical, and community-driven initiatives at the College of Dentistry, LCMD.

I would like to express my heartfelt appreciation to the entire Reflections Editorial Team for their dedication, teamwork, and tireless efforts in bringing together this issue. Their commitment to quality and timely execution has been instrumental in maintaining the standard and vision of this newsletter.

This issue captures a wide spectrum of activities, ranging from faculty development programs and departmental achievements to impactful community outreach initiatives that reflect our responsibility towards public health. It also highlights student engagement and co-curricular contributions, showcasing the dynamic and evolving learning environment at LCMD.

A special feature of this issue is the interview with Dr. Sadia Virk, whose inspiring journey and professional insights offer valuable lessons in perseverance, leadership, and excellence. Such narratives not only enrich our publication but also motivate our readers to aspire and grow.

As the Associate Editor, it is encouraging to witness how Reflections continues to evolve as a platform for sharing knowledge, recognizing efforts, and strengthening institutional identity. We look forward to even greater participation and contributions in future issues.

Warm regards,

**Dr. Anjum Fahad**

Associate Editor, Reflections by LCMD

Head of Department, Community Dentistry

LCMD

## EMPOWERING FUTURE EDUCATORS: LAUNCH OF CHPE BATCH 2- COHORT B

The Department of Health Professions Education (DHPE), College of Dentistry, Liaquat College of Medicine & Dentistry (LCMD), formally commenced the **second batch of the Certificate in Health Professions Education (CHPE) – Batch 2 (Cohort B)**, marking another significant milestone in the institution's ongoing commitment to academic excellence and faculty development.

The launch of CHPE Batch 2 reflects LCMD's strategic vision to strengthen teaching and learning practices in medical and dental education through structured, contemporary, and outcome-oriented faculty development programs. The newly inducted cohort comprised a diverse group of **internal and external participants**, all united by a shared commitment to advancing educational quality, leadership, and professionalism within the health professions.

The Certificate in Health Professions Education is a comprehensive program designed to enhance educators' competencies in instructional strategies, assessment and evaluation, curriculum development, educational leadership, and reflective practice. Through evidence-based educational frameworks and learner-centered approaches, the program aims to equip participants with the skills necessary to meet the evolving demands of health professions education.

The academic strength of the program was further enriched by the involvement of a distinguished panel of **internal and external facilitators**. The internal faculty included **Prof. Dr. Tahera Ayub, Prof. Dr. Naheed Najmi, Dr. Sabaa Shahid, and Dr. Ayesha Khurram**, while the external facilitators comprised **Dr. Sonia Ejaz Haider, Dr. Shaur, Dr. Sobia Ali, and Dr. Kauser**. Their collective expertise and commitment ensured a high standard of academic delivery from the outset.

The inaugural sessions were marked by **high levels of engagement, interactivity, and scholarly discourse**, with enthusiastic participation from the cohort. Interactive discussions, collaborative learning activities, and reflective exercises created a stimulating academic environment, setting a strong foundation for the successful progression of the program.

The successful commencement of **CHPE Batch 2 (Cohort B)** stands as a testament to LCMD's dedication to nurturing competent, reflective, and future-ready educators. This initiative reinforces the institution's role as a leader in health professions education and underscores its commitment to continuous improvement, innovation, and excellence in teaching and learning.



# TRANSFORMING CLINICAL TRAINING: THE LAUNCHING OF CEPHO AT LCMD



## A Vision Transformed into Reality: Launch of the Stand-Alone Competency Enhancement Program for House Officers (CEPHO)

*Liaquat College of Medicine & Dentistry takes a pioneering leap in structured clinical education*

Under the **visionary guidance and steadfast support of Prof. Dr. Navid Rashid Qureshi, Principal, College of Dentistry, Liaquat College of Medicine & Dentistry (LCMD)** has proudly introduced a groundbreaking academic initiative — the Competency Enhancement Program for House Officers (CEPHO) conceptualized and spearheaded by **Dr. Mahnoor Zahid**, Clinical Coordinator of the House Job Program.

The initiative was developed under her academic direction and organizational leadership, with unwavering encouragement from **Prof. Dr. Navid Rashid Qureshi**, whose mentorship and confidence empowered her to transform this idea into a successful institutional program. Through his **strategic foresight, encouragement, and active mentorship, the program has successfully transitioned from concept to implementation.** His belief that “excellence in dentistry begins with excellence in training” has reshaped the house job experience into a more meaningful, skill-driven, and competency-based journey — ensuring that every house officer at LCMD receives the highest standard of professional grooming.

**CEPHO is a stand-alone structured training framework** designed to optimize the learning potential of dental house officers. It addresses one of the most significant gaps in traditional training — the presence of unstructured hours — by converting them into productive, guided, and measurable learning opportunities. CEPHO operates in parallel with the existing house job rotations — enriching, rather than replacing, traditional training.

### Dr. Mahnoor Zahid – In-charge CEPHO



## From Vision To Impact: Successful Pilot Journey of CEPHO

Dedicated weekly sessions allow every house officer to engage in focused skill development without compromising patient care responsibilities. This integrated model promotes a balanced learning environment that nurtures both clinical competence and professional responsibility.

Aligned with international models such as the **General Dental Council (GDC) Preparing for Practice, INBDE, and ORE frameworks**, CEPHO integrates simulation-based exercises, hands-on procedural practice, and competency-focused assessments. The competency modules not only enhance structured clinical learning but also contribute to the overall evaluation of house officers, ensuring that participation, professionalism, and skill development are duly recognized.

The **Competency Enhancement Program for House Officers (CEPHO)** reflects LCMD's continued commitment to academic innovation and clinical excellence. Under the visionary leadership of Prof. Dr. Navid Rashid Qureshi, the program stands as a model of progress and collaboration, redefining the future of structured dental training in Pakistan.



## DRIVING ACADEMIC INNOVATION: DHPE'S STRATEGIC PATH TO RESEARCH EXCELLENCE

The Department of Health Professions Education (DHPE) at Liaquat College of Medicine & Dentistry continues to advance with a clear and purposeful commitment to research excellence, academic rigor, and scholarly leadership. Guided by a structured strategic vision, DHPE is actively strengthening institutional research capacity by fostering innovation, mentorship, and systematic academic support for faculty across departments.

This forward momentum is being driven by committed academic leaders including **Dr. Sabaa Shahid** and **Dr. Ayesha Khurram**, whose sustained efforts reflect a deep dedication to institutional progress and scholarly growth.

In alignment with emerging global trends, DHPE faculty members have successfully completed a certificate course in **Artificial Intelligence in Research**, strengthening their competence in AI-assisted literature review, data analysis, research writing, and ethical integration of AI tools in academic writing. This step reflects the department's proactive approach toward integrating modern technologies into scholarly work while maintaining research integrity and academic standards.

To further strengthen this mission, DHPE has expanded its research workforce. **Dr. Nehal** has been appointed as a full-time Research Associate, while **Dr. Dua Ali** serves as a part-time Research Associate. Their responsibilities encompass research coordination, data management, statistical analysis, literature synthesis, manuscript drafting, and streamlining the publication process—ensuring that faculty research is efficiently translated into peer-reviewed output.

Through strategic planning, collaborative scholarship, structured mentorship, and an unwavering commitment to research integrity, DHPE is steadily positioning LCMD as a growing hub of impactful educational research and academic excellence.



## BUILDING ACADEMIC LEADERS: STRENGTHENING FACULTY MENTORSHIP & COLLABORATION

It was a distinct privilege to collaborate with **Dr. Rehana Rehman** from Aga Khan University Hospital in exploring the development of a joint, structured, and sustainable faculty mentorship framework at Liaquat College of Medicine & Dentistry. This engagement marked an important step toward institutional partnership focused on advancing faculty development through formalized mentorship pathways.

The session brought together institutional leadership and the entire faculty of the College of Dentistry, creating an academically enriching space for thoughtful dialogue and reflective discussion. Conversations centered on designing a mentorship model that is structured, outcome-oriented, and aligned with long-term institutional goals. Key areas included mentor-mentee matching strategies, structured feedback systems, research mentorship integration, career progression guidance, and fostering a culture of scholarly support within departments.

The exchange allowed both institutions to share best practices, challenges, and evidence-based approaches to faculty development. It was encouraging to recognize the shared vision of strengthening academic growth, promoting research engagement, and nurturing leadership capacity among faculty members.

The Department of Health Professions Education (DHPE) extends sincere appreciation to **Prof. Dr. Navid Rashid Qureshi and Prof. Dr. Tahera Ayub** for their continued support and trust in empowering this initiative. Their leadership reinforces the importance of collaborative academic advancement.

A heartfelt note of gratitude to **Dr. Rehana Rehman** and **Dr. Rahila Ali** for visiting our institute, sharing valuable insights from their institutional experience, and extending a genuine spirit of partnership. Informal discussions over tea further highlighted the remarkable alignment in our research interests and faculty development goals, strengthening the foundation for future collaboration.

Through shared vision, structured planning, and academic solidarity, we move forward toward building a more supportive, empowered, and research-driven academic community.



## A GRAND ACADEMIC BEGINNING: IMECON 2026 PRE-CONFERENCE INAUGURATION AT LCMD

The Liaquat College of Medicine & Dentistry (LCMD) achieved a significant academic milestone by **hosting, for the first time, the Inaugural Ceremony of the IMECON 2026 Pre-Conference Workshops**, jointly organized in collaboration with the **College of Physicians and Surgeons Pakistan (CPSP)**. The ceremony marked a remarkable beginning to the International Medical Educational Conference (IMECON) 2026, receiving an overwhelming response and reflecting strong engagement from the medical and dental education community.



The successful hosting of this prestigious academic event highlights LCMD's growing role as a leading institution in advancing medical education, professional development, and academic collaboration at both national and international levels.



The institution extends its sincere gratitude to the distinguished hosts, **Senator Amir Waliuddin Chishti and Dr. Syed Ali Farhan Razi**, the Chairman & the Vice Chairman LCMD, whose leadership, vision, and unwavering support were instrumental in making this landmark event possible.

The inaugural ceremony was further honored by the presence of esteemed guests, including **Federal Minister Dr. Khalid Maqbool Siddiqui, Senator Sarmad Ali, Senator Samina Mumtaz Zehri, Prof. Dr. Khalid Masood Gondal (President, CPSP), Prof. Dr. Tariq Rafi (Chairman, Higher Education Commission)**, along with the respected leadership of CPSP. Their participation underscored the national significance of the event and reaffirmed a shared commitment to excellence in medical education and faculty development.



As part of the IMECON 2026 pre-conference activities, LCMD proudly hosted the Pre-Conference Inaugural Workshop titled “Simulation-Based Education for Health Professions Educators.” The workshop offered a structured and immersive learning experience, effectively integrating educational theory with hands-on practice to enhance teaching competencies among health professions educators.



The workshop was facilitated by a distinguished panel of faculty members, including Prof. Dr. Tahera Ayub, Prof. Dr. Naheed Najmi, and Dr. Sabaa Shahid, whose expertise in health professions education ensured a high-quality, interactive, and impactful learning experience. Participants actively engaged in discussions and practical activities, reflecting the relevance and effectiveness of simulation-based approaches in contemporary medical and dental education.



The successful conduct of the IMECON 2026 Pre-Conference Workshop Inaugural Ceremony stands as a testament to LCMD’s commitment to academic excellence, innovation, and collaborative growth. By hosting this prestigious event, LCMD has reinforced its position as a hub for educational leadership and pledge to contribute meaningfully to the advancement of healthcare education in Pakistan.



## International Medical Education Conference Imecon 2026

The Department of Health Professions Education, Liaquat College of Medicine and Dentistry, proudly collaborated in the prestigious International Medical Education Conference – IMECon 26, organized by College of Physicians and Surgeons Pakistan (CPSP). The conference served as a vibrant platform for academic exchange, innovation, and scholarly engagement in medical education at both national and international levels.

We are honored to share that **Prof. Dr. Tahera Ayub** served as a member of the Organizing Committee, contributing to the strategic planning and successful execution of the conference. **Prof. Dr. Naheed Najmi** was part of the Scientific Paper and Posters Committee, ensuring academic rigor and quality of scholarly submissions, while **Dr. Sabaa Shahid** actively contributed as a member of the Workshop Committee, facilitating impactful faculty development initiatives.

In recognition of their expertise and commitment to advancing simulation-based learning, **Prof. Dr. Tahera Ayub, Prof. Dr. Naheed Najmi, and Dr. Sabaa Shahid** were nominated for the Simulation Educator Course — a significant milestone reflecting their leadership in innovative teaching methodologies. Furthermore, **Prof. Naheed Najmi, Dr. Sabaa Shahid, and Dr. Ayesha Khurram** were selected by CPSP as Focal Persons for Workshops, highlighting their academic credibility and trusted role in faculty development.

### The workshops included:

1. Developing an integrated module for health professions education by Prof. Dr Al Sher Malik.
2. Wellness & emotional intelligence by Zeina Ghossoub El-Aswad.

### Workshop attended as participant:

3. Am I a competent educator? how is the competence of an educator measured by Prof. Dr Gohar wajid.



**Conference symposium attended as participant:**

4. Compassion in clinical education: from teaching empathy to practice

The conference also showcased the scholarly

**Contributions of our faculty:**

**Dr. Dua Ali** participated in the Pecha Kucha Competition and presented on “Re-imagining Oral Biology: My Journey Toward Engaged and Meaningful Learning,” sharing transformative insights into learner-centered pedagogy.

**Dr. Sabaa Shahid** presented in the Pecha Kucha segment on “None of Us Is as Smart as All of Us,” emphasizing the power of collaborative intelligence in medical education.

**Prof. Dr. Tahera Ayub** presented her research in the Scientific Paper Presentation session titled “Enhancing Interprofessional Collaboration: Evaluating Learning Outcomes Among Oral & Maxillofacial Surgery, General Medicine, and General Surgery Residents.” Her work underscores the importance of interdisciplinary synergy in improving patient care outcomes.

Our participation in IMECon 26 reflects LCMD’s sustained commitment to academic excellence, interprofessional collaboration, and innovation in health professions education. We take immense pride in our faculty members whose contributions continue to elevate the institutional presence of LCMD on national and international platforms.

Together, we move forward in our mission to transform medical education through scholarship, collaboration, and leadership.



## HONORING THE ARCHITECTS OF KNOWLEDGE: TEACHER'S DAY REBOOT 2025

Teachers' Day Reboot 2025, held on October 29, 2025, at the College of Dentistry, Liaquat College of Medicine & Dentistry, stood as a powerful affirmation of the institution's enduring commitment to honoring educators. Marking the third consecutive year of this initiative, the event transcended a ceremonial celebration and emerged as a meaningful reflection of gratitude, respect, and academic culture.

The presence of esteemed dignitaries, including the Honorable Minister Syed Nasir Hussain Shah as Chief Guest, Syed Agha Rafiullah as Guest of Honor, and Vice Chairman LCMD Syed Ali Farhan Razi, underscored the societal and institutional value placed on teachers. Their participation reinforced the message that educators remain central to nation-building and professional excellence.

The ceremony commenced with an inspiring address by Prof. Dr. Navid Rashid Qureshi, Principal, College of Dentistry, who thoughtfully highlighted the multifaceted roles of a teacher as a mentor, role model, and facilitator of lifelong learning. He expressed sincere appreciation for the faculty's dedication and motivated them to continually strive toward becoming more effective, reflective, and compassionate educators, reinforcing the institution's academic vision.

The program, eloquently conducted by Dr. Rizwan Hassan and Dr. Sabaa Shahid, maintained a balance between formality and warmth, allowing genuine appreciation to resonate throughout the ceremony. Student-led tributes, including heartfelt letters, skits, performances, and video presentations, reflected sincere gratitude and showcased the strong mentor-student bond fostered within the institution.



As a gesture of appreciation, teachers were honored with souvenirs, certificates, and shields, presented as tokens of gratitude for their continued service and commitment. A significant highlight of the event was the conferral of the prestigious Shaheed Mohtarma Benazir Bhutto Outstanding Teacher Gold Medal and Laptop Awards to Prof. Dr. Uzma Zareef, Prof. Dr. Naheed Najmi, and Prof. Dr. Tahera Ayub, recognizing their exemplary dedication, academic leadership, and excellence in teaching. This recognition not only celebrated individual achievement but also reinforced a culture of merit and professional integrity.



The academic dimension of the day was further strengthened by the inauguration of the Multidimensional Evaluation Results by the Quality Enhancement Cell under the supervision of Dr. Asma Shahid (Incharge QEC, COD). This initiative reflected LCMD's commitment to reflective practice, quality assurance, and continuous institutional improvement.



The event concluded with a gracious vote of thanks by Prof. Dr. Tahera Ayub, Head of Department, Oral & Maxillofacial Surgery and Administrator, Qamar Dental Hospital, who acknowledged the contributions of dignitaries, faculty, students, and staff. A special acknowledgment is due to the organizing team—Dr. Rizwan Hassan, Dr. Saim Siddiqui, Dr. Sabaa Shahid, Dr. Asma Shahid, Dr. Ayesha Khurram, Dr. Amna Afridi, Dr. Dua Ali, Mr. Moiz Majid, and Mr. Shahbaz Khan—whose creativity, dedication, and teamwork ensured the event's success. With valuable marketing support from Mr. Wahaj and Mr. Amin, the team's flawless execution and innovative approach set a new benchmark for appreciation and celebration at LCMD.



Overall, Teachers' Day Reboot 2025 served as a reflective milestone—honoring the invaluable contributions of educators, strengthening academic values, and reaffirming LCMD's enduring legacy of excellence, respect, and heartfelt appreciation for its teaching community.



## INNOVATING DENTAL EDUCATION: TRANSFORMATIVE CDEC WORKSHOPS AT LCMD

Revolutionizing Health Education through AI: A Successful Workshop at LCMD .

We are thrilled to announce the successful completion of our hands-on workshop, "AI in Action: Enhance Your Teaching and Research," organized by the Continuous Dental Education Committee (CDEC) at Liaquat College of Medicine & Dentistry (LCMD).

In an era where technology evolves rapidly, our goal was to empower our faculty and trainees with practical, cutting-edge skills. The session saw an incredible turnout of over 25 participants, including senior faculty members, Postgraduate trainees, and House Officers, all eager to integrate AI into their academic workflows.

The workshop provided a comprehensive deep dive into specialized AI platforms designed to streamline medical and dental education:

**Teaching & Writing:** Participants practiced drafting 5-minute lectures and generating high-quality MCQs in seconds using ChatGPT and Gemini.

- **Literature & Evidence:** We explored Semantic Scholar and Elicit to find and summarize evidence-based articles with unprecedented speed.

- **Research Mapping:** Attendees learned to use Research Rabbit for mapping related papers and NanoBanana for concise literature summarization.

- **Planning & Capture:** The session covered Otter.ai for transcribing lectures and Notion AI for structured lesson planning.

- **Data Exploration:** A special segment on NotebookLM demonstrated how to analyze complex research trends and generate visual charts efficiently.

A huge thank you to our esteemed facilitators from The Indus Hospital/University Medical Education Department:

- **Dr. Muhammad Junaid (BDS, MHPE)**
- **Dr. Zubia Waqar (BDS, MSc Public Health, MHPE, PhD Scholar)**

The session was expertly moderated by **Prof. Dr. Uzma Zareef (HOD Oral Pathology & Chairperson CDEC, LCMD)** and **Dr. Anjum Fahad (HOD Community Dentistry, LCMD)**.



## SAVING LIVES THROUGH SKILLS: HAND'S-ON CPR TRAINING WORKSHOP

The Continues Dental Education Committee (CDEC) organized a CPR session in collaboration with CPSP at KKf. Prof Dr. Uzma Zareef moderated the session, facilitated by Dr. Zohaib (HOD Paediatric & BLS instructor, CPSP) and Dr. Wajida Jawed (Register Oral Biology & BLS instructor, CPSP).



The session included hands-on CPR training, concluding with a vote of thanks to CPSP team by CDEC Chairperson Prof Dr. Uzma Zareef. Special thanks to Clinical Incharge Dr. Samir and KKf Administration Mr. Rao Arsalan for facilitating the event at KKf.



The Continues Dental Education Committee (CDEC) organized a session on Cardiopulmonary Resuscitation (CPR) in collaboration with the College of Physicians and Surgeons Pakistan (CPSP) at the Liaquat College of Medicine and Dentistry (LCMD). The session was moderated by Prof Dr. Uzma Zareef and her team. The session was facilitated by an outstanding team of experts, including Dr. Zohaib, HOD Paediatric and BLS instructor at CPSP, and Dr. Wajida Jawed, Register oral biology & BLS instructor at CPSP.

The session included a hands-on CPR training, providing participants with practical experience in life-saving techniques. The session concluded with a vote of thanks to the CPSP team, delivered by Chairperson CDEC, Prof Dr. Uzma Zareef. The event was a significant step in promoting continuous education and skill development among dental professionals.



## MASTERING MODERN PERIODONTICS: ADVANCED SURGICAL TRAINING WORKSHOP

The Liaquat College of Medicine & Dentistry (LCMD) successfully organized a CDE-accredited workshop titled “ Master Periodontal Surgeries: Diagnosis, Suturing & Regeneration. ” Led by Dr. Ashar Jamelle , the session included an insightful lecture and a hands-on training module covering flap surgery, regeneration, GTR, and gingivectomy.

Facilitators included Prof. Dr. Uzma Zareef , Dr. Tauseef Ahmed , Dr. Muhammad Abid , Dr. Arifa Haque , Dr. Ishma Binte Saeed, and Dr. Nida Tariq , ensuring dedicated guidance for every participant.

Attendees received 2 CME hours (JSMU accredited), and the event concluded with remarks by Dr. Navid Rashid Qureshi, Principal LCMD.

LCMD continues to lead in advanced periodontal training through impactful, skill-based CDE programs.



## PAIN FREE DENTISTRY IN PRACTISE: ADVANCING LOCAL ANESTHESIA TECHNIQUES

A successful Pre-Conference Workshop on “Pain Free Dentistry: Profound & Effective Local Anesthesia” was held on 24 December 2025 at Fatima Jinnah Dental College (FJDC) under the 14th International & 34th National Dental Conference (PDA).

Led by Prof. Dr. Navid Rashid Qureshi, the session combined evidence-based learning with live hands-on demonstrations, enhancing participants’ skills and confidence in delivering pain-free dental care. The workshop received excellent feedback for its clinical relevance and practical value.



## THE ART OF EFFECTIVE COMMUNICATION: INTERACTIVE SKILLS DEVELOPMENT WORKSHOP

The Character Buildup Team and CDEC successfully organized a workshop on Communication Skills, featuring Dr. Narmeen Ahmed MHPE, Assistant professor, Directorate of Educational department from Ziauddin University. The event included an insightful talk on communication skills, engaging brainstorming activities, and interactive role-play sessions.

The workshop was coordinated by Prof. Dr. Uzma Zareef and Dr. Arifa Haque, Incharge Character Buildup team. The event concluded with a vote of thanks and a token of appreciation presented to Dr. Narmeen Ahmed, by our Vice Principal, Prof. Dr. Naheed Najmi.



## FROM RESEARCH TO RECOGNITION: EMPOWERING FUTURE SCIENTIFIC AUTHORS

The Student Scientific Committee (Undergraduate) at Liaquat College of Medicine & Dentistry successfully completed its highly anticipated 3-day certified workshop "Research to Recognition: Navigating the Publication Process" from February 10-12, 2026, at the Conference Room, 6th Floor, LCMD.

Under the patronage of Principal Prof. Dr. Navid Rashid Qureshi, the workshop was led by distinguished public health expert Prof. Dr. Kashif Shafique from Dow University of Health Sciences, alongside co-facilitators Dr. Amna Rehman and Dr. Araib Tahir, with Dr. Hijab Farid Khan serving as moderator.

The fruitful sessions equipped participants with practical skills in scientific manuscript preparation, ethical research practices, strategic journal selection, and effective peer-review management. Attendees praised the interactive format and comprehensive coverage of international publishing standards. The workshop successfully bridged the gap between research conduct and academic recognition, empowering both faculty and students to enhance their scholarly visibility. Participants received certificates upon completion, marking a significant step toward fostering a robust research culture at LCMD.



## CELEBRATING TEACHING EXCELLENCE: MULTIDIMENSIONAL FACULTY EVALUATION 2025

Multidimensional teacher evaluation is essential to ensure academic excellence, accountability, and continuous professional development. We conduct teachers' evaluation bi-annually to evaluate multiple perspective to measure teaching effectiveness and professional contribution. Student feedback is a key component, providing insights into teaching clarity, engagement, assessment fairness, and classroom management.

Faculty self-assessment is also included, encouraging reflective practice and continuous improvement. Overall, multidimensional evaluation promotes accountability, transparency, and ongoing enhancement of teaching quality.

S. No.	Professor/ HoD	Department
1.	Prof. Dr. Navid Rashid Qureshi	Oral & Maxillofacial Surgery
2.	Prof. Dr. Tahera Ayub	Oral & Maxillofacial Surgery
3.	Dr. Anjum Fahad	Community Dentistry
4.	Prof. Dr. Uzma Zareef	Oral Pathology
5.	Prof. Dr. Naheed Najmi	Operative Dentistry
6.	Dr. Asad Farooq	Dental Materials
7.	Prof. Dr. Asiya Rehman	Pharmacology
8.	Prof. Dr. Attiya Sheikh	Orthodontics
9.	Dr. Samreen Malik	Oral Medicine

## ANNUAL RESEARCH DAY COD LCMD 2025

### “UNLOCKING KNOWLEDGE: THE PURSUIT OF RESEARCH EXCELLENCE.”

The Liaquat College of Medicine and Dentistry (LCMD) – College of Dentistry hosted its Annual Research Day 2025 on Sept 2025 with remarkable enthusiasm and academic spirit. Spearheaded by Principal Prof. Dr. Naveed Rashid Qureshi and coordinated passionately by Dr. Amna Rehman, Chairperson of the Student Scientific Committee – Undergraduate, the event brought together students, faculty, and distinguished guests to celebrate a year of research excellence.

This year’s event marked a significant milestone, with 111 research submissions, the highest in the college’s history. The steady growth in participation over the past four years — from just 31 submissions in 2022 to 111 in 2025 — reflects a deepening commitment to academic inquiry and scientific exploration among LCMD’s undergraduate community.

Students presented their work across various categories, including synopsis submissions (72 entries), incomplete studies (11 entries), complete study articles (28 entries), and published research (9 entries). Of these, the synopsis and complete article categories were eligible for cash prizes, encouraging scholarly effort at both preliminary and advanced stages.

A special highlight of the event was the recognition of outstanding work submitted under the Golden Categories, which focused on socially relevant and forward-thinking research themes. Awards were presented in areas such as Social Accountability, Optical Coherence, and Innovative Ideas, promoting alignment between dental research and broader public health goals.

Adding to the prestige of the day, Prof. Salim S. Virani, MD, PhD, FACC, FAHA, Vice Provost Research, Aga Khan University; Nizar E. Noor Mohammed Mewawalla Professor in Cardiology, Aga Khan University, Karachi; and Professor, Department of Population Health, Aga Khan University, Nairobi, Kenya, graced the occasion as Chief Guest.



In his keynote address, Prof. Virani shared his experiences and expertise in advancing research, inspiring students to contribute meaningfully to the global scientific community.

The event was further enriched by the presence of an esteemed panel of judges and jury members representing leading institutions of dental and medical education across Pakistan. Distinguished names included Dr. Sameer Qureshi, Prof. Dr. Fazal ur Rehman Qazi, Prof. Dr. Nadeem Khokhar, Dr. Sikander Memon, Prof. Dr. Muhammad Adnan Kanpurwala, Prof. Dr. Mahwish Kashif, Dr. Wardah Ahsan, Dr. Tahir Shoab, Dr. Shafaq Roghay, Dr. Syed Shirjeel Husain, Prof. Dr. Tahera Ayub, Prof. Dr. Saad Usmani, Dr. Tazeen Zehra, Dr. Sadaf Talha, Dr. Asad Farooq, Prof. Dr. Uzma Zareef, Prof. Dr. Attiya Sheikh, Prof. Dr. Irum Munir Raja, Dr. Anjum Fahad, Dr. Muhammad Abid, Dr. Yabindah, and Dr. Ayisha Faisal. Their collective expertise not only elevated the academic rigor of the event but also provided invaluable feedback to the participants, reinforcing the importance of quality and innovation in student research.

The Annual Research Day 2025 was more than just a prize distribution ceremony. It was a celebration of intellectual growth, innovation, and scientific curiosity that define the evolving identity of dental education at LCMD. Every submission, whether a first-time synopsis or a published study, represented a step toward a future where dentistry is increasingly driven by evidence-based practices and research-led learning.

As the event concluded with pride and optimism, it reaffirmed LCMD's position as a hub of academic excellence and a breeding ground for future researchers in healthcare. The institution continues to raise the bar, inspiring students to not only participate in research but to lead it with purpose and integrity.



## PAINT, SMILE & CREATE:

### A CELEBRATION OF ART, DENTISTRY & TEAMWORK AT LCMD UNIT - 2 KKF

The Paint, Smile, Repeat! **Canvas Painting Competition 2025** was successfully held at **KKF Dental OPD (LCMD unit 2)** showcasing creativity, artistic expression, and dental-themed innovation. The event enriched students' learning by blending art with dentistry and promoting teamwork and collaborative thinking. Third-year BDS students participated enthusiastically, demonstrating strong artistic skills, creativity, and teamwork. Their diverse interpretations of the theme resulted in a vibrant and insightful display of talent and conceptual understanding.

The event was graced by **Chief Guest, Prof. Dr. Navid Rashid Qureshi, Principal (COD) LCMD**, who praised the high-quality artwork, the discipline of the participants, and the overall organization.

Special appreciation is extended to the **Judging Panel Dr. Rizwan, Dr. Munazza, and Dr. Sadaf** for their time, expert evaluation, and fair, unbiased assessment, which greatly enriched the competition.

The competition was organized under the leadership of Clinical Incharge Dr. Samir Azeem Qadri (KKF DENTAL OPD) along with team which include Administrator Rao Muhammad Arsalan, Assistant Administrator/registrars Dr. Mohsin, and Dr. Fahad, Their coordination and guidance enhanced the professionalism, discipline, and overall experience of the competition, supported by the dedicated efforts of the entire department and their leading incharge Dr Abid, Dr Samreen, Dr Hijab & Dr Araib.

All participants, along with their Supervisors were awarded Certificates of Appreciation, in addition to the Winner and Runner-Up groups. This recognition promoted motivation, teamwork, and continued engagement in future activities. **The Paint, Smile, Repeat! Competition provided an inspiring platform for students to explore creativity within dentistry, and concluded on a positive note—reinforcing LCMD's commitment to meaningful, holistic learning experiences.**



## CHAMPIONS IN ACTION: ANNUAL SPORTS WEEK 2025

The Liaquat College of Medicine & Dentistry proudly hosted its much-anticipated **Annual Sports Week 2025** from **15th to 18th September at Malir Garrison**. The event was a vibrant showcase of athletic talent, teamwork, and sportsmanship, bringing together students across all years in a spirit of unity and healthy competition.

Over the course of the week, students participated enthusiastically in a variety of events including Cricket, Futsal, Badminton, Table Tennis, Tug of War, Throw Ball, Relay Race, 100-Meter Dash, and the ever-fun Lemon and Spoon Race. The energy and excitement throughout the grounds made Sports Week a memorable success!

Conclusion: The Annual Sports Week 2025 proved to be an unforgettable event — filled with enthusiasm, spirit, and camaraderie. Congratulations to all the winners and participants for their exceptional performances and for upholding the true essence of sportsmanship and unity at Liaquat College of Medicine & Dentistry!



## SERVING SMILES & SPREADING AWARENESS: LCMD'S COMMUNITY DENTAL OUTREACH

On October 21, 2025, the Department of Community and Preventive Dentistry hosted an Oral Health Awareness and Assessment Camp at Al-Furqan Welfare Organization's school, Branch 2. The event, led by the Head of Department, Dr. Anjum Fahad and supported by faculty members Dr. Seema, Dr. Hassaan Sadiq, Dr. Mahnoor Abid, and Dr. Sara Maqbool, alongside Second-Year Bachelor of Dental Surgery (BDS) students, aimed to promote oral health among over 200 students from Pre-Primary to Secondary levels.



The camp provided comprehensive oral health screenings, identifying common oral issues such as cavities and gum disease. In addition, a standardized questionnaire was used to assess the dietary and nutritional habits of the children, focusing on their intake of sugary foods and overall nutritional quality. This data helped link the students' oral health status to their dietary practices, shedding light on how nutrition impacts dental health. The team emphasized the importance of balanced nutrition in maintaining strong teeth and gums and provided personalized advice on diet-related oral care.



Each child received an oral health kit containing essential hygiene products like toothbrushes, toothpaste, and educational materials. These kits not only promoted oral hygiene but also encouraged the adoption of long-term healthy habits. The second-year BDS students played a key role in preparing informative materials, assembling the kits, and directly engaging with the children to teach them about proper oral care and the role of nutrition in preventing dental problems.



This outreach initiative not only served to improve the children’s oral health but also provided invaluable hands-on experience for LCMD’s dental students. The event instilled a sense of social responsibility, showing students the real-world impact of preventive care. It also underscored LCMD’s commitment to community service and educational excellence, highlighting the crucial connection between diet and oral health for long-term well-being.



#### Short Highlight of Trip:

**Serving Smiles & Learning Lessons!**  
On 21 October, the department of community dentistry, Liaquat College of Medicine & Dentistry (LCMD) under the supervision of Dr Anjum Fahad arranged a Community trip where 3rd year students and faculty had an incredible day at Al-Furqan Welfare Organization’s school! We conducted an Oral Health Awareness and Assessment Camp for over 200 amazing children. From screenings for cavities and gum disease to teaching proper brushing and highlighting the crucial link between nutrition and dental health, our team was all smiles! Each child left with an oral health kit to keep those smiles bright!



This outreach not only boosted the children’s health but also gave our Second-Year BDS students invaluable hands-on experience and instilled a sense of social responsibility. We’re committed to community service and educational excellence! More than just a checkup—it’s a commitment to health.



# BREAKING BARRIERS: WOMEN EMPOWERMENT INTERVIEW SERIES - I

## DR. SAADIA VIRK

CEO and Chairperson of South City Hospital, with international training from London Hospital and Specialized certificate in laparoscopic surgery from Europe and the US. Specialized in IVF and fertility treatments, gynecological oncology, high-risk obstetrics, and advance minimally invasive surgery.



In the evolving landscape of healthcare, where clinical excellence must harmonize with visionary leadership, few names resonate as powerfully as **Dr. Saadia Virk**. A distinguished obstetrician, gynecologist, and a trailblazing healthcare leader, she stands at the helm of **South City Hospital**, shaping not only institutional growth but also redefining patient-centered care. Her journey—from a determined medical student to the CEO of a leading tertiary care hospital. It was an honor speaking with Dr. Saadia Virk, whose journey reflects resilience, discipline, and a deeply rooted sense of purpose—offering both inspiration and thoughtful perspective for the next generation of women in medicine.

### **Q: What inspired you to choose medicine as a career?**

**A:** That's actually a difficult question. I did not initially want to become a doctor—it was my mother's dream for me. She encouraged me to at least complete my medical education, even if I chose to leave later. But as the years passed, I gradually became more committed, and eventually, there was no turning back.

### **Q: What was your experience of studying and working abroad as a young woman?**

**A:** It was a wonderful experience—one of the most defining phases of my life. I began at Aga Khan University Hospital as part of its early residency batches, and later moved to the UK. From there onward, it was all about hard work, learning new techniques, and making the most of every opportunity. That period truly shaped my professional growth.

### **Q: What were the most significant struggles during your early career?**

**A:** Interestingly, I was never overly anxious about outcomes. I always believed in tawakkul—that Allah decides what is best. At the same time, I strongly believe there is no substitute for hard work. I have always worked long hours—12 to 16 hours a day—without hesitation. Hard work builds capacity, and with sincerity, it always brings results.

**Q: Did being a woman influence your journey in medicine?**

**A:** Medicine, like many fields, can feel like a man's world. One thing I learned is the importance of mutual respect. Rather than competing, it is more productive to collaborate and maintain professional boundaries. Respecting colleagues and working together helps you progress while maintaining dignity and balance.

**Q: Your clinical expertise spans obstetrics, gynecology, and infertility. How has this shaped your understanding of women's needs?**

**A:** My subspecialties include infertility, gynecological surgery, and high-risk obstetrics. Over time, I transitioned more toward gynecological surgery and infertility care, which are now my primary focus. Working closely with women teaches you that compassion is central to care. In obstetrics especially, nature does much of the work—our role is to support, reassure, and guide patients. How you communicate, how much time you give, and how empathetic you are—these define the patient's experience.

**Q: What are the most pressing women's health issues in Pakistan today?**

**A:** One major issue is frequent pregnancies with little spacing, which significantly affects women's health. Nutritional deficiencies—particularly iron deficiency anemia—are very common. Women often carry immense responsibilities at home, working around the clock without recognition. Their health tends to be neglected, despite the critical role they play in raising families.

**Q: How important is advocacy for women's well-being in healthcare?**

**A:** Advocacy is important, but it extends beyond doctors—it is deeply rooted in societal values. I would also say that while pursuing careers, women must not overlook their role within the family. Children need time, presence, and emotional support. A strong support system at home is essential and should not be ignored.

**Q: What was your vision when you began your journey with South City Hospital?**

**A:** From the beginning, my vision was to build an institution grounded in cultural values—where women are respected and treated with dignity. Creating a safe and respectful environment for both patients and staff has always been a priority.

**Q: How can hospitals contribute to women's empowerment beyond clinical care?**

**A:** Empowerment begins with respect and equal opportunity. At South City Hospital, we emphasize merit-based hiring without discrimination. At the same time, empowerment also requires compassion. For example, when one of our residents had a preterm baby, we ensured she could take time off while retaining her position. Supporting women during critical life moments is essential for true empowerment.

**Q: How can young women in medicine pursue careers without feeling guilty about personal choices?**

**A:** There should be no guilt. One must make choices based on what brings satisfaction and balance. If you are happy with your decisions, you will perform better and grow naturally.

**Q: What keeps you motivated during difficult times?**

**A:** It is not an easy journey for women—balancing career, home, and family is challenging. My advice is to prioritize wisely. If your personal life is unsettled, it reflects in your professional life as well.

Do what is within your capacity, give your best, and stay focused on your goals.

**Q: What message would you like to give to young women in medicine?**

**A:** My advice is simple: focus on your exams—they are the key to your professional progress. Build a strong foundation early.

At the same time, value your family life. You can plan your career path according to your life circumstances—before or after marriage—but maintain balance. Success comes from clarity, discipline, and sincerity.

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