

UHS Newsletter 2021

UHS Pro-VC appointed

The Punjab government has appointed Principal Gujranwala Medical College Professor Maroof Aziz Khan as Pro-Vice Chancellor of the University of Health Sciences (UHS). The Specialized Healthcare and Medical Education department issued a notification in this regard on April 20.

Professor Maroof Aziz Khan is an ENT specialist and is considered one of the top health



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Country's first Vitamin-D Academy inaugurated

Punjab Governor Chaudhry Muhammad Sarwar has said that Pakistan is facing many serious challenges in the health sector and one of them is "a severe deficiency of Vitamin-D" as according to some estimates, around 85 per cent of the Pakistani population is facing deficiency of this super vitamin.

"It is an alarming situation where around 85 per cent of Pakistani population is facing Vitamin-D deficiency, which is exposing them to various communicable and non-communicable diseases. In this situation, the establishment of a Vitamin-D Academy in the

country is a right step in the right direction", the Governor said while speaking at a ceremony on April 01.

An MoU was signed on the occasion between the University of Health Sciences (UHS) Lahore, Pakistan Society of Internal Medicine (PSIM) and

local Pharmaceutical firm Pharmevo Limited for the establishment of the country's first Vitamin-D Academy to train physicians and healthcare providers about the importance of the essential vitamin and disseminate knowledge about its role in prevention

and treatment of various diseases.

The Punjab Governor maintained that Vitamin-D deficiency has remained a neglected area despite numerous studies highlighting its importance in the growth of children and prevention of people from

several diseases as well as its role in treatment, saying its deficiency should be given equal importance along with diabetes, hypertension and obesity in the country.

Consenting to be the "patron of newly-established Academy", Chaudhry Muhammad Sarwar said there

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Lahore, April 01: UHS VC Professor Javed Akram, PSIM Secretary General Dr. Somia Iqtadar and Pharmevo Managing Director Haroon Qassim signing MoU in the presence of Punjab Governor Chaudhry Muhammad Sarwar.



Death certification: UHS to arrange training workshops for medics

UHS Vice-Chancellor Professor Javed Akram has said that the system of death certification is not standardized in the country and his varsity, therefore, will launch training courses and workshops for doctors in public and private hospitals in a bid to mitigate errors in this critical legal documentation.

He was addressing the participants of a meeting organized by the Technical Support Unit (TSU), Ministry of Planning, Development and Special Initiatives on Civil Registration and Vital Statistics (CRVS) here at the UHS on Feb 11.

Professor Javed Akram said that at national level, mortality data compiled from death certificates

lacked in reporting complete and accurate cause-of-death data.

He further said that reported death rate in the country was very low which indicated a weak CRVS system in place. UHS VC was of the view that improving the death certification system would bring transparency in medical treatment as it would make doctors accountable for what they had been doing to their patients.

He appointed UHS Forensic Sciences department's head Dr Allah Rakha as the focal person of the project.

TSU Technical Advisor Dr. SM Mursalin said the implementation of Civil Registration and Vital Statistics (CRVS) programme had been included in the government's priority agenda and that the CRVS initiatives would be executed and completed in an aggressive manner.

"CRVS system is key to create a foundation for country administration, fabricating the backbone of inclusive development,

was used to track disease trends, set public health policies, and allocate health and research funding. "For these reasons, it is important that death certificates be filled out completely, accurately, and promptly", he said adding that hospitals

supporting social protection, bridging the gap for the most vulnerable; forging opportunities for all segments of the population; and distributing the dividends of increased prosperity fairly across society", he added.



Prof. Javed Akram nominated for RCP Award



The Vice-Chancellor, University of Health Sciences(UHS) and founder President, Pakistan Society of Internal Medicine (PSIM), Professor Javed Akram has been nominated for the Excellence in Patient Care (EPCA) Award by the Royal

College of Physicians (RCP), UK.

Prof. Javed Akram is one of the first Pakistani doctors to be selected for the prestigious award. He has been selected in the category of "Contribution to the Profession", along with Dr Indira Menon from India and Dr Peter Henry Scanlon from the UK. The award is given to an RCP member or fellow at any stage of their medical career who has demonstrated excellence in their professional life so far.

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UHS syndicate gives nod to proposed law on academic use of unclaimed human bodies

Lahore, Mar 15: The Syndicate of University of Health Sciences (UHS) gave a nod to a proposed law on provision, management and equitable distribution of unclaimed and unidentified human dead bodies for academic purposes.

The 61st meeting of UHS syndicate was held here on March 15 with Vice Chancellor Professor Javed Akram in the chair.



The meeting observed that there should be a proper law for the use and distribution of unidentified human corpses for medical education. On the direction of the Lahore High Court (LHC), former chairman forensic medicine department, King Edward Medical University, Prof. Arif Rasheed Malik and Amicus Curiae appointed by the court, Advocate Noshab A. Khan highlighted

important provisions of the proposed Punjab Human Tissue Act-2021.

It was informed that under the proposed Punjab Human Tissue Act 2021, a modern mortuary would be set up at UHS Jinnah Campus where unidentified human corpses would be kept safe. The varsity would have a central position in providing dead bodies to the medical institutes for educational purposes. After the promulgation of the law, all medical colleges in Punjab would be able to obtain dead bodies from UHS for teaching anatomy to medical students.

The meeting was further told that earlier there was



no clear law in this regard. Advocate Shahbaz Akmal Jundran, therefore, filed a petition in the Lahore High

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Corona vaccine trial: UHS, Punjab Bar ink MoU

A memorandum of understanding (MoU) was signed between the University of Health Sciences (UHS) and the Punjab Bar Council on March 30, under which lawyers and their families will be able to volunteer in the ongoing Covid-19 vaccine trial at UHS. Besides, the university will set up medical camps to diagnose and raise awareness among lawyers about hypertension, diabetes and other diseases.

The agreement was signed by UHS Vice-Chancellor Prof. Javed Akram and the



Lahore March 30: Group Photo of the delegation of the Punjab Bar Council with UHS Chairman Board of Governors Justice (R) Tassaduq Hussain Jillani.

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Silk Road Clinical Trial Centre established at UHS

The country's first Silk Road Clinical Trial Centre will be set up at the University of Health Sciences(UHS) in a Pak-China partnership. Punjab Governor Chaudhry Muhammad Sarwar laid the foundation stone of the centre here at UHS on April 10. The Silk Road Clinical



Trial Centre is being set up to promote research in medical sciences. The centre will be completed in a period of 2 months for which funds will be jointly provided by UHS and China's Anhui Zhiefie Longcom Biopharmaceutical Company, the sponsor of the Covid-19 vaccine ZF 2001 phase- III trial in Pakistan. On the occasion, Punjab Governor Chaudhry

Mohammad Sarwar inaugurated the first International Conference on Coronavirus Vaccine at UHS. The conference was organized by the UHS Public Health department under the theme "Covid-19: Vaccines and Beyond". In his address, the Punjab governor said



Lahore April 10: The Governor Punjab Chaudhry Muhammad Sarwar unveiling the plaque of Silk Road Clinical Trial Center at UHS.

that more investment was needed in research and technology as benefits to investing in the research were manifold.

The Punjab governor further said that Coronavirus is a

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UHS to set up "One Health" department

The Vice-Chancellor University of Health Sciences (UHS) Professor Javed Akram has said that a new "One Health" department will be set up at the university where human, zoological and botanical specialists will work together to address the threat of epidemiological and infectious diseases.

He was addressing a meeting organized by the Pak One Health Alliance (POHA) here at the UHS on April 12. The meeting was attended by CEO POHA Dr S M Mursalin, Registrar UHS Dr. Asad Zaheer, Director Punjab Policy and Strategic Planning Unit (PSPU) Dr. Shagufta Zareen besides experts from Livestock and Dairy Development Department, Punjab Information Technology Board, University of Veterinary and Animal Sciences and the Institute of Public Health. The meeting was also attended online by the President and Advisor of the American organisation "Ending Pandemics".

In his address, Prof. Javed Akram said that human health was closely linked to the health of the



surrounding wildlife and the environment. He said that most of the infectious diseases came from animals to humans. A recent example was the coronavirus, which spread to humans from bats in China. He said

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“Vaccines bring us closer”

Experts call for renewed commitment to improve immunization access and uptake

While immunization services have started to recover slowly from disruptions caused by COVID-19, millions of children remain vulnerable to deadly diseases in the country, the health experts warned that during World Immunization Week (April 24th-30th), highlighting the urgent need for a renewed commitment to improve vaccination access and uptake.

“While we focus on critically important vaccines to protect against Covid-19, there remains a need to ensure routine vaccinations are not missed”, said Dr M. Akram Shah, National Programme Manager, Expanded Programme on Immunization (EPI), addressing a webinar here at the University of Health Sciences (UHS) on April 29. He informed that a significant number of children missed their doses of lifesaving vaccines last year during the pandemic.

Dr. Akram Shah added that despite progress when compared to the situation in 2020, the country might still experience disruptions to its routine immunization services thus putting hundred and thousands of children at risk for diseases such as measles, diarrhea and polio.

“The pandemic has made a bad situation worse, causing millions more children to go unimmunized. Now that vaccines are at the forefront of everyone’s minds, we must sustain this energy to help every child catch up on their measles, polio and other vaccines. Vaccines have brought us closer, and will bring us closer again”, he maintained.

UHS Vice Chancellor, Professor Javed Akram said that vaccines prevented more than 20 life-threatening diseases, helping people of all ages live longer, healthier lives.

“Immunization currently prevents two to three million deaths every year from diseases like diphtheria, tetanus, pertussis, influenza and measles”, the veteran physician added.

Regarding Covid-19 vaccine, Professor Javed Akram said that as of February 2021, at least seven different vaccines across three platforms had been rolled out. “More than 200 additional vaccines candidates are in development of which more than 60 are in clinical development”, he said adding that the best Covid-19 vaccine is “the one that is available to you”.

Professor Javed Akram who has recently been selected for the prestigious Excellence in the Profession Award by the Royal College of Physicians, further said that five vaccines including CanSino, Sputnik V, AstraZeneca, Sinopharm and Sinovac had been approved for use in Pakistan against Covid-19. He added that CanSino

vaccine in regional Pakistan-specific data showed 100 per cent efficacy at preventing severe disease and 74.8 per cent coverage for symptomatic disease.

While sharing data on immunization in the country, UHS Public Health department’s head Professor Fatima Mukhtar said that in order to support the recovery from COVID-19 and to fight future pandemics, we would need to ensure routine immunization was prioritized

as we also focussed on reaching children who do not receive any routine vaccines. “To do this, we need to work together – across development agencies, governments and civil society – to ensure that no child is left behind”, she concluded.

The webinar was organized by UHS Department of Public Health (DoPH) in connection with World Immunization Week 2021 that takes place in the last week of April (April 24th-30th) to celebrate the lifesaving benefits of vaccines. This year’s theme, ‘Vaccines bring us closer’, aims to show how vaccination connects us to the people, goals and moments that matter, helping improve the health of everyone, everywhere throughout life. Dr Shehnoor Azhar, Assistant Professor DoPH facilitated the webinar.



GLIMPSES



July 05: Head Allied Health Sciences Department Dr. Saqib Mehmood planting a tree at Jinnah Campus KSK.



Aug 17: UHS former member Board of Governors Professor Amer Aziz calls on UHS VC.



Nov11: Acting President of the Bank of Punjab Mr Farid Ahmad Khan exchanging agreement with UHS VC Prof Javed Akram.



Jan01: Celebrations on completion of recruiting 4000 volunteers in CanSino Vaccine Trial



Feb 12: Group photo of participants of CanSino Covid-19 Vaccine Trial with UHS VC Professor Javed Akram.



Sep 24: Vice Chancellor King Edward medical University Professor Khalid Masood Gondal presenting shield to Director General FGEHA Mr Tariq Rashid.



Aug 26: Chief Commissioner Income Tax Mr Ahmad Shuja Khan delivering a lecture on Tax Return Filing.



Jan 26: Cutting the cake on the anniversary of Dunya News TV.



Jun 10: UHS VC Prof Javed Akram presenting shield to UET VC Professor Mansoor Sarwar.



Oct 10: Prof Nadeem Afzal with young faculty members at his farewell party.

Professor Maroof Aziz

Continued from Page 1....

professionals in the country. He is the second pro-vice chancellor of UHS. Under Section 14 of UHS Ordinance 2002, he has been appointed for a term of three years.

Professor Maroof Aziz Khan is a graduate of Allama Iqbal Medical College, Lahore. He taught at King Edward Medical University for more than 20 years. Besides, Prof. Maroof has also served in Sheikh Zayed Hospital and Jinnah Hospital, Lahore. He has more than 25 years of experience in teaching and research and around 30 research papers to his credit published in national and international scientific journals.

Immediately after his appointment, Prof. Maroof Aziz called on UHS Vice Chancellor Prof. Javed Akram. On this occasion, UHS VC congratulated Prof. Maroof on his new appointment. He said that the professor is a well-known health professional, an excellent administrator and a good friend. "I believe that the appointment of Prof. Maroof will accelerate the development journey of UHS", Prof. Javed Akram said adding that the newly appointed Pro-VC would pay special attention to the affairs of varsity's Jinnah Campus, Kala Shah Kaku.

Vitamin D Academy

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was an urgent need for interaction between provinces on positive initiatives and vowed to visit Karachi, Peshawar and Quetta for the launch of initiatives like this on a national level to provide maximum benefit to the entire nation.

"We should rise above the politics and help each other. Every province of Pakistan has something to offer and I'm willing to become a bridge between our provinces and federating units. I remain in touch with CMs and Governors of other provinces and would soon visit Sindh, KP and Balochistan to take this idea of Vitamin D Academy to the national level", he added. On the occasion, he played tremendous tribute to frontline healthcare workers who are serving the nation in the time of pandemic and prayed for those who embraced martyrdom due to infectious disease, urging people to follow SOPs as beds with oxygen were almost filled in Punjab while a shortage of medicines and other essential items was also being

witnessed due to burden on the healthcare system.

Speaking on the occasion, Vice-Chancellor UHS Prof. Dr Javed Akram said COVID-19 had not only exposed the Pakistani nation's Vitamin D deficiency but also provided an opportunity to become a healthier society by overcoming the deficiency of this super vitamin and other micronutrients.

"Studies conducted by us at UHS has revealed that low Vitamin D levels not only increase the chances of getting infected with COVID-19 but chances of having severe disease also increase manifolds. We have found that death rate tipples among people with severe Vitamin D Deficiency", Prof. Javed Akram added.

Hinting at using the Vitamin D during clinical trials of upcoming vaccines against COVID-19, he said this academy provide would new techniques and knowledge in the treatment of infectious and non-communicable diseases.

The UHS Vice-Chancellor maintained that Governor Punjab wants not only his province to be free of Vitamin D deficiency but also likes to spread this initiative to other provinces and federating units.

He said at the Vitamin-D Academy, national guidelines on the administration of doses of this important vitamin would be prepared in consultation with national and international health experts while physicians would be trained from entire Pakistan to use this effective supplement in prevention and treatment.

Managing Director Pharmevo, Haroon Qassim said as around 1 billion people were facing Vitamin-D deficiency in the world, especially in South Asia, they were launching the Vitamin-D Academy to initiate research in this important micronutrient and train the physicians on its importance for the human body.

"The Vitamin-D academy is one of the several initiatives of Pharmevo as we believe in creating a healthier society through dissemination of knowledge", he added.

Chief Executive Officer (CEO) of Pharmevo Syed Jamshed Ahmed said following the establishment of Vitamin-D academy, they had plans to create Diabetes, Hypertension and Hepatitis academies as these diseases were also endemic in the country and need local research for the local solutions.

“We believe in promoting knowledge and enhanced collaboration between industry and academia to provide cost-effective health solutions to people of Pakistan”, Syed Jamshed Ahmed added.

The ceremony was also addressed by General Secretary PSIM Dr Somia Iqtadar who termed it another milestone for the PSIM in the area of research, saying their experts from entire Pakistan would be part of this initiative to help the authorities in meeting the challenges of health in the country. She said that complete multidisciplinary advisory committee consisted of 21 members at the national level.

Others including Dr Ansa Akram, Prof. Aftab Mohsin, Prof. Bilal Mohyi Ud Din, Dr Syed Mehfooz Alam, Prof. Intikhab Alam, Dr Syed Abbass Raza, Prof. Tayyiba Waseem, Prof. Ayesha Habib and Prof. Dr Abdul Baqi also shared their views on Vitamin D Academy initiative.

Nominated

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The Royal College’s Excellence in Patient Care Awards (EPCA) 2021 will be given in ten different fields of medicine including digitally driven projects, dedication in times of exceptional health crisis, innovation, international contribution, medical education, person-centred care, quality improvement, research, welfare and wellbeing, and contribution to the profession.

Out of millions of doctors around the world, only the best health professionals and researchers are selected for this award. In this regard, the RCP said in a statement that 2020 was the most difficult year for doctors in terms of professional responsibilities. In particular, there was fierce competition between doctors and researchers for these awards due to Covid-19, the statement added. The RCP announced that the award ceremony will be held online on May 26. The Royal College of Physicians has also issued a list of selected doctors on its website.

Medical faculty and professional organizations have congratulated Prof. Javed Akram on being selected for the award.

Syndicate

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Court last year as public interest litigation seeking direction against Punjab government to address this issue. The court resultantly constituted a committee headed by Punjab Chief Secretary in order to pave the way for promulgation of law.

Prof. Javed Akram, on the occasion, said that legislation was urgently needed for the provision of unidentified human corpses to medical colleges. The meeting approved the launch of a two-year master’s degree program in medical journalism. The creation of new administrative and teaching posts for UHS Jinnah Campus and appointment of new faculty including one professor, two associate professors, 6 assistant professors and 14 lecturers, was also approved.

The meeting was attended by VC University of Education Prof. Talat Naseer Pasha, Principal Sargodha Medical College Prof. Humaira Akram, Prof. Nasir Shah, Prof. Nadia Naseem, Dr. Saqib Mehmood whereas Prof Sajid Maqbool, Prof. Waheed ul Hammed, and Dr. Asad Zaheer participated online. Representatives of Punjab Health and Finance departments also attended the meeting.

Vaccine trial

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Punjab Bar’s Vice Chairman, Executive Committee, Abdul Basit Khan Baloch. UHS Chairman Board of Governors Chief Justice (Retd) Tassaduq Hussain Jillani was also present on the occasion. Those who attended included the Head, Department of Forensic Sciences, Dr Allah Rakha, Assistant Registrar Legal Zahid Mahmood and members of Punjab Bar.

In his address, Justice (Retd) Tassaduq Hussain Jillani said that he understood the problems and difficulties of lawyers. He said that the UHS agreement with the Punjab Bar was timely and important and hoped it would have good results.

Silk Road Clinical Trial

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reality. In the beginning, our people did not believe it and called it a conspiracy. However, when we came to believe in this epidemic, we took action against it and the whole world appreciated our timely action, he added. He admitted that we (the government) had made a mistake concerning the third wave of Covid-19. "We should have quarantined those coming from the UK," he said. However, he lamented, the irony is that the new virus came from the UK and on the contrary, the UK imposed travel restrictions on Pakistan. The Punjab governor said that he had asked the British MPs to take up the matter in their parliament.

The governor appreciated the efforts of UHS and its Vice-Chancellor Prof. Javed Akram for the establishment of telemedicine centres and coronavirus vaccine trial. He said that the world's best telemedicine centres were set up in Pakistan during the pandemic.

Chaudhry Mohammed Sarwar further said that people would be able to get the Coronavirus vaccine even after Iftar during Ramadan. Replying to a question, the governor said that the law in New Pakistan is equal for all. "Imran Khan's government is not facing any threat by anyone. Inflation is the biggest challenge for us", he added.

In his address to the conference, UHS VC Prof. Javed Akram said that with the collaboration of China, Pakistan will soon start the production of the coronavirus vaccine. "We are working on several research projects related to vaccine and vitamin D", Prof. Javed Akram said adding that a plan was being worked out to create a free vaccine bank for the poor.

Preliminary results of a study on the effectiveness of vitamin D against Covid-19 were also presented during the conference. Professor Fridoon Jawad Ahmad, Head of the UHS Physiology department, said that the "VICCTORI" (Vitamin D in Covid-19 Cytokine storm Therapy on Registered Inpatients) trial conducted in collaboration with Scotmann Pharmaceuticals Pvt. Ltd., had shown promising improvement in the inflammatory biomarkers of Covid-19 patients after Vitamin D therapy was added as an adjunct to the conventional Covid-19 therapy.

The conference was also addressed by UHS Board of Governors' Chairman Justice (Retd) Tassaduq Hussain Jillani, Chinese vaccine specialist Professor Lianpan Dai, Australian scientist Prof. Nikolai Petrovsky, Professor Tayyab Husnain, Dr Somia Iqtidar and Dr Shehnoor Azhar. A limited number of faculty members and guests including Begum Parveen Sarwar, Prof. Asghar Zaidi, Dr Amjad Saqib attended the event.

One Health

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that in the future, more germs and microbes would kill people than missiles. The PSPU director, Dr. Shagufta Zareen said that "One Health" was part of the ten-year Punjab Health Sector Strategy. She said the country was facing an annual burden of Rs 365 billion due to environmental degradation which was 6 per cent of the GDP. Dr. Shagufta further said that UHS should take the lead in launching academic programmes and research in One Health. "We are in touch with international experts who could help launch research projects at UHS", she added. Dr S M Mursalin, while welcoming the announcement made by the Vice-Chancellor to set up a One Health department at UHS, said that epidemics could be controlled in a timely manner through event-based surveillance and adopting the One Health approach.

"Vitamin D for All"

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In his address, Prof. Javed Akram said that telemedicine centres had been set up on the direction of Governor Punjab and so far around nine lakh people had benefited from these centres. Prof. Javed Akram further said that Vitamin D played an important role in building immunity against coronavirus. However, more than 20 per cent people in Pakistan were severely deficient in this important vitamin.

"When the British Prime Minister Boris Johnson announced that every person in Britain would be given a dose of vitamin D to boost immunity against the deadly virus, the Governor Punjab asked us why we can't provide Vitamin D to our people free of cost. So here we are starting a free vitamin D campaign today", Prof. Javed Akram stated adding that the scope of the campaign would be spread all over the country.

Vice-Chancellor King Edward Medical University

Professor Khalid Masood Gondal said that more than 100 research papers on Covid-19 had so far been published by the medical universities of the province. "Just as we fought the first wave, so we will fight the second wave of coronavirus", he resolved.

UHS mourns

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for Scientific Research, Pakistan Agricultural Research Council and the University of Aston in Birmingham, UK. Professor K.P. Lone had a doctoral degree in Biological Science from University of Aston, UK. He was the recipient of many awards and honours including Professor Abdus-Salam Award (1984), Young Scientist of the Year Award (1986), Quaid-e-Azam Gold Medal (2015), and Sir William Robert Gold Medal.

As a university professor, he taught extensively to PhD, MPhil, MSc and BS (Hons.). He had 40 years of research experience mainly in the field of physiology, biochemistry, hormones nutrition, fish biology and reproduction relates problems. He also worked on the role of parents in the development of diabetes in children in Pakistani population. His Namaz e Janaza was offered at his residence in Township Lahore. A memorial reference was also arranged at UHS.

Pakistan Day

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In his address on the occasion, Prof. Javed Akram said that today is the day of renewal of the resolve. Today, the idea of a new country came in the form of the Pakistan Resolution. "The nation renews its pledge to work with dedication and professional commitment besides paying rich tributes to national heroes of Pakistan Movement for their sacrifices", he said.

He said that because of coronavirus, the ceremony was celebrated in a simple manner. He prayed that may this event be celebrated in a 'Corona-Free' Pakistan next year.

Medical mission

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Society of Internal Medicine, highlighted the aims and objectives of the online course on hypertension. A three-month online course is being organized by the Pakistan Society of Internal Medicine(PSIM). The course will begin on May 23 and end on August 29. Prof. Aziz-ur-Rehman, Senior Vice President of the Society, said that more than 26pc of the people in Pakistan suffered from high blood pressure. However,

most of them were unaware of the presence of the disease. He said that 15pc patients did not take any medicine for high blood pressure. Professor Aziz-ur-Rehman added that high blood pressure is a silent killer and it was important to create awareness among the people about this disease.

The event was addressed virtually by Prof. Xin-Hua Zhang, President of the World Hypertension League, and Prof. Maciej Tomaszewski, President of the International Society of Hypertension. Prof. Tariq Wasim, Prof. Bilal Mohi-ud-Din and Dr Samiullah besides many health professionals attended the event.

WHO

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has disproportionately impacted those people already socially, economically, or geographically disadvantaged, and evidence shows a worsening trend of disparities and inequity across the world", he said adding that scaling up vaccine production and equitable distribution remained the major barrier to ending the acute stage of the COVID-19 pandemic.

The Senior Joint Secretary, Poverty Alleviation and Social Safety Division, Islamabad, Niaz Muhammad Khan highlighted various components of the Ehsaas Programme. He said that the "One-Window Ehsaas" was planned to facilitate citizen's access to all the social protection programmes and online public goods.

Meanwhile, the Punjab Governor Chaudhry Mohammad Sarwar visited UHS on Wednesday. He especially got recorded his video message on World Health Day. In his message, the governor said that health is a fundamental human right and a great blessing. Every person deserved to live a healthy life. He added that exercising daily is the best way to remain healthy. He stressed the need of adopting precautionary measures such as washing hands, wearing masks, physical distancing, etc., and following the government's guidelines and standard operating procedures during the pandemic.

The Punjab governor later visited UHS Telemedicine Centre and National Vaccination Centre. UHS VC Professor Javed Akram also presented the latest edition of the Pakistan Society of Internal Medicine (PSIM) journal to Governor Chaudhry Mohammad Sarwar on this occasion.

Increasing immunity against Covid-19 **“Vitamin D for All” campaign launched**

The University of Health Sciences (UHS) has taken another important step in the fight against coronavirus by launching a “Vitamin D for All” campaign.



The campaign aims to increase immunity in the general public, especially frontline healthcare workers, against the coronavirus through the use of vitamin D. The campaign was formally launched at a function at the Governor House on Jan 04 with Punjab Governor Chaudhry Muhammad Sarwar as the chief guest.

The joint venture of UHS, Pakistan Society of Internal Medicine and Scottman Pharma was inaugurated by

Punjab Governor Chaudhry Muhammad Sarwar after consuming a Vitamin D tablet.

In his address on the occasion, Punjab governor said that the spirit of the people in the war against coronavirus was invaluable. “We distributed rations to 2 million families in the province with the help of philanthropists”, he said. He added that the real heroes in this war are the frontline health workers. Especially, the Vice-Chancellors of Medical Universities showed excellent leadership.

Chaudhry Muhammad Sarwar lauded the role of telemedicine centres set up by the medical varsities in a short period which to him “are of better quality than those in the UK and European countries”.

Chaudhry Mohammad Sarwar further said that the idea of Vitamin D campaign came after watching the press conference of the British Prime Minister.

UHS Vice-Chancellor Prof. Javed Akram, KEMU VC Prof. Khalid Masood Gondal, FJMU VC Prof. Amir Zaman, UHS Board of Governors’ Chairman Chief Justice (Retd.) Tassaduq Hussain Jillani, Prof. Aftab Mohsin, Dr Soumia Iqtdar, Prof. Tariq Wasim and other senior health professionals were present on the occasion.

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Another scientist dies from COVID-19 **UHS mourns the death of former professor**



The University of Health Sciences (UHS) community is mourning the death of Professor Khalid Pervaz Lone, 72, professor and former head to Department of Physiology and Cell Biology. He died on March 24 following a couple of weeks battle with COVID-19.

“Professor K.P. Lone was a talented researcher and an award-winning teacher to countless students during his long academic career spanning almost 50 years”, said UHS Vice Chancellor Professor Javed Akram in his message.

“Beyond that, he will be remembered for his kindness, generosity and simplicity, which made him a beloved friend and colleague to so many throughout the UHS Community”, said UHS VC offering sincere condolence to his family, friends and all who know him.

Professor K.P. Lone remained the Professor and Head of UHS Department of Physiology and Cell Biology and the Director, Centre for Research in Endocrinology and Reproduction Sciences, from 2010 to 2017. During his career, he also served as the Vice Chancellor of University of Wah, Wah Cantt, Professor of Zoology, GC University Lahore, and Dean, Faculty of Science & Technology, University of Education, Lahore. He also worked at the University of Punjab, Kuwait Institute

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UHS study finds more virulent British strain of Coronavirus dominant in Lahore

A more easily spread coronavirus variant first identified in England last year has now become the dominant strain in Lahore, a study conducted at the University of Health Sciences (UHS) revealed on May 10.

“The prevalence of variants of concern is increasing and it is now clear that the U.K. variant, known as B.1.1.7, has taken hold across the metropolis”, said the UHS Immunology department’s associate professor, Dr Shah Jehan who is the principal investigator of the research.

“Based on our most recent study, the B.1.1.7 variant is now the most common lineage circulating in Lahore,” Dr Shah Jehan said adding that out of total 100 samples, 89 had UK/Kent variant while only 2 had B.1.351, that is, the South African strain of Covid-19 virus.

Dr Shah Jahan further said that the study was conducted in collaboration with the British research institute, the UK’s Quadram Institute Bioscience (formerly the Institute of Food Research). He said that the samples were collected from hospitals in Lahore and surrounding areas.

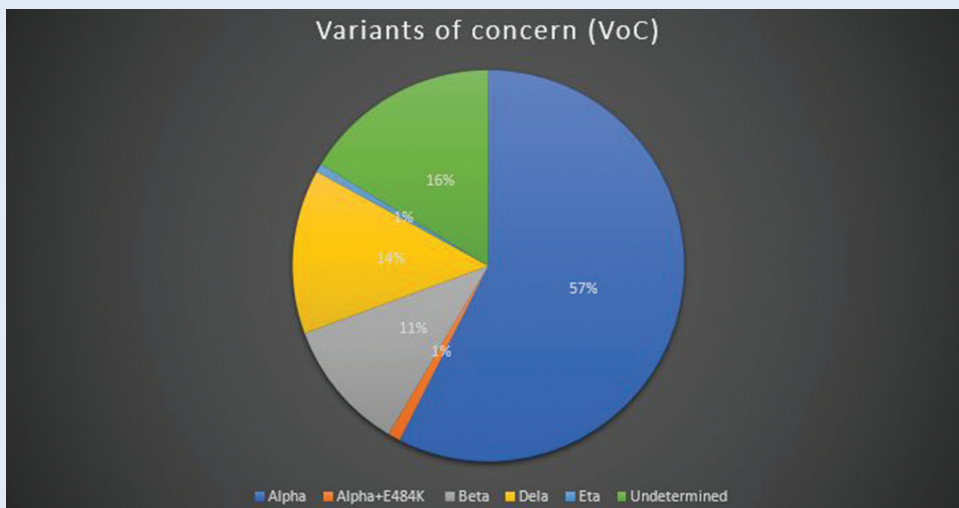
role in preventing the spread of the disease and developing effective vaccines.

The Higher Education Commission (HEC) had last year approved a grant of Rs 13 million for the research project.

The project aims to explore the immunological, viral, and genetic basis of COVID-19 in local patients. The duration of the research project is one year.

Dr Shah Jahan has previously won grants for five research projects. He has also received the Research Productivity Award and the HEC Award for Outstanding University Teacher.

UHS Vice-Chancellor, Professor Javed Akram has congratulated Dr Shah Jahan and his team on this important research. In his message, Professor Javed Akram said that research on coronavirus was very timely and important.



“The B.1.1.7 variant is between 32 and 104% deadlier. However, it’s important to recognise these data were only collected from one group of people so more research is needed in local context to see if these numbers hold true in other groups of patients”, he maintained.

The next-generation sequencing technique was then used to identify the types of coronavirus. He added that he was working with his fellow researcher and Head of the Department of Immunology, Professor Nadeem Afzal, on whole-genome sequencing of 1,000 samples, after which they would be able to provide a true picture of the types of viruses across Pakistan. He claimed the research would play an important

role in preventing the spread of the virus. Professor Javed Akram further said the research would show how the virus was changing its shape. “Only by knowing as much as we can about the virus can we fight it,” he added. Professor Javed Akram also informed me that another research team at the university was working on the development of the Covid-19 vaccine.

Pakistan Day celebrated

The 81st Pakistan Day was celebrated here at the University of Health Sciences (UHS), on Tuesday, with national spirit and enthusiasm.

Vice-Chancellor Prof. Javed Akram hoisted the

country's flag at a ceremony held at the university's lawns. On this occasion, special prayers were also offered for the progress and prosperity of Pakistan, liberation of Indian Illegally Occupied Jammu and Kashmir (IIOJ&K) and eradication of Covid-19.



The event was attended by UHS faculty, staff, and Chinese experts working on coronavirus vaccine and office bearers of the Pakistan Society of Internal Medicine (PSIM).

Due to the threat of the spread of coronavirus, a limited number of guests were invited to the event. Special attention was given on adherence to Covid-19 SOPs during the ceremony.

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UHS VC wants to take medical mission, relief supplies to Gaza

Desperate to help the sick and the wounded fellow Muslims in Gaza City devastated by Israel's air strikes for last ten days, the University of Health Sciences (UHS) Vice-Chancellor Professor Javed Akram has announced that he will travel to Palestine with a medical mission consisting of doctors, nurses and paramedical staff and necessary relief supplies.

Speaking at the opening ceremony of an online course on hypertension at the university on May 18, Professor Javed Akram said that Israel was committing the worst barbarism in Jerusalem. "In these circumstances, we cannot leave our Palestinian brothers alone", he said adding that he would not only travel to Palestine with medical experts and relief supplies but would also speak out against Israeli atrocities at the international level.

Professor Javed Akram said he had contacted members of Palestinian medical organizations online in this regard. He said that detailed discussions had been held with Dr Umaiye Khammash, Director of "Juzoor", an NGO active in Palestine, and Dr Ghassan Habash of Red Crescent Palestine. He added that Palestinian medical experts had thanked the Pakistani people for their sentiments.

Professor Javed Akram further said that he would

personally visit the Palestinian embassy in Islamabad and the United Nations office to seek permission to visit Palestine. He said that if he and his comrades were not allowed to enter Palestine, they would try to set up a make-shift hospital for Palestinian wounded on the Egyptian border.



Lahore May 18: UHS VC Professor Javed Akram talking to Dr. Umaiye Khammash, Director of "Juzoor", an NGO active in Palestine regarding medical mission for Palestinians.

"We do not want to go to war but for treatment of the wounded. This is a time of practical action, not just prayers", he concluded.

Earlier, Dr Somia Iqtidar, General Secretary, Pakistan

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MBBS, BDS classes in public colleges to start on Feb 22

UHS will pay the fees of deserving students: Professor Javed Akram

Lahore, Feb 15: First-year MBBS and BDS classes in government medical and dental colleges of Punjab for Session 2020-21 will start from February 22 while in Azad Jammu and Kashmir from March 1.

The decision was taken at a meeting of vice-chancellors and principals of public sector medical and dental institutions held here at the University of Health Sciences (UHS), on Feb 15. The meeting was chaired by UHS Vice-Chancellor Professor Javed Akram.

It was also decided that traditional white coat ceremonies would be held in all medical and dental colleges. The meeting also decided that no poor student would be denied admission just because of non-payment of fees. The University of Health Sciences will pay the fees of such students on the recommendation of the college principal.

Vice-Chancellor King Edward Medical University Prof. Khalid Masood Gondal, VC Fatima Jinnah Medical University Prof. Amir Zaman Khan, VC Faisalabad Medical University Prof. Zafar Chaudhry, Principal Allama Iqbal Medical College Prof. Arif Tajammul, Principal Services Institute of Medical Sciences Prof. Muhammad Amjad, Registrar UHS Dr Asad Zaheer, Principal Sargodha Medical College Prof. Humaira Akram, Principal Gujranwala Medical College Prof. Maroof Aziz, Principal Sahiwal Medical College Prof. Zahid Kamal were prominent among the participants.



At the start of the meeting, Dr Allah Rakha, UHS Team-Lead Admissions, gave a briefing on the admission process in medical and dental colleges. He said that admissions in medical colleges were completed as per the directions of the Pakistan Medical Commission. He added that in wake of Covid-19, the admission process was made completely online. Dr Allah Rakha further said that

Continued on Page 38...

UHS faculty member honoured



The World Organization of Family Doctors (WONCA) has added Dr. Hina Javed of the University of Health Sciences (UHS) to its list of "Featured Doctor." Dr. Hina Javed is the second family physician from Pakistan to receive this honour.

Dr. Hina Javed is currently serving as an assistant professor at the UHS Family Medicine department.

The World Organization of Family Physicians has more than 500,000 family doctors from 131 countries as its members. Each month, the organization selects two family doctors from around the world for the honour based on outstanding performance. This month, Dr. Hina Javed from Pakistan and Dr. Gorkia Guterres Gomez from Spain have been selected.

Dr. Hina Javed was given this award for raising public awareness in the field of primary care. She has done significant work in the field of antibiotics stewardship and injection safety. She also trained young doctors for telemedicine services during the coronavirus pandemic. UHS Vice-Chancellor Prof. Javed Akram has congratulated Dr. Hina Javed on this achievement.

UHS all set to launch another Covid-19 vaccine trial

The University of Health Sciences (UHS) Vice-Chancellor Professor Javed Akram has said that his varsity is all set to launch the phase-III trial of another Chinese coronavirus vaccine in March.



The university earlier ran the trial of Can Sino vaccine developed by Beijing Institute of Biotechnology. The trial registered 18,000 volunteers and is in the follow-up stage at the moment.

While presiding on a meeting in this regard on Feb 11, the veteran physician said that the National Bio-Ethics Committee had approved a phase-III (involving humans) randomized, double-blind, placebo-controlled trial in local population with 18 years of age and above to determine the safety and efficacy of “ZF2001” – a recombinant novel coronavirus vaccine for prevention of Covid-19.

A double-blind study is one in which neither the participants nor the experimenters know who is receiving a particular treatment. This procedure is utilized to prevent bias in research results.

“We are expecting the trial’s approval from Drug Regulatory Authority of Pakistan (DRAP) during this week after which the recruitment of volunteer will start”, Professor Javed Akram said adding that a total

of one thousand volunteers would be registered for the trial.

He further said that three doses of the jab would be administered to each volunteer in three months after

which the trial would enter the follow-up stage. He said that each volunteer would have to visit the trial site seven times during the three months for which he or she would be paid an amount of Rs.16,000 for travel and food expenses. The trial would be completed in 18 months, he added.

Professor Javed Akram informed

that the vaccine is being sponsored by Chinese Anhui Zhifei Longcom Biopharmaceutical Co., Ltd., with DRK Pharma Solutions as its local contract research organisation (CRO).

Vaccine-trial focal person Dr Shehnoor Azhar, DRK Pharma representative Dr Atif Mirza, health workers and Chinese experts were present in the meeting.

UHS VC further said that research was more important than anything else for the university.

“We want to check the safety and efficacy of all these vaccines for the local people”. He said that despite having the same protein base, the new vaccine was different from the CanSino vaccine as far as its administration and dosage was concerned. Professor Javed Akram said on the occasion that he would like to thank in advance all the health workers and volunteers who would participate in this trial. He hoped that like CanSino, ZF2001 would not have any adverse effects on the health of the subjects.

UHS starts telemedicine service for Palestinians

Governor says his wife will accompany medical mission for Gaza

The University of Health Sciences(UHS) has launched telemedicine service for Palestinians. Punjab Governor Chaudhry Muhammad Sarwar inaugurated the service here at UHS on May 20.

Addressing the occasion, Chaudhry Muhammad Sarwar said that it was unbelievable that such oppression could happen to Palestinians in the 21st



century. He called Israeli prime minister Netanyahu a killer. "Unfortunately, the international community has turned a blind eye to Israeli atrocities against the Palestinians. I have seen for the first time that children, media, mosques are being attacked indiscriminately", he added.

Punjab governor questioned where was the Muslim Ummah at present. "Why don't Muslim countries wake

up? One and a half billion Muslims need to be united", he said adding that the Pakistani people stood with their Palestinian brothers in these testing times. He said that Friday, May 21 would be observed as a day of solidarity with our Palestinian brothers.

The Punjab governor said that Pakistani doctors were ready to go to Palestine.

"My wife Parveen Sarwar will also go to Palestine with the medical mission". He further said the business community had raised Rs 100 million to help the Palestinians. The governor lauded the services of UHS VC Prof. Javed Akram and said that he was a very capable doctor and through his efforts, telemedicine centres were established on such short notice.

Chaudhry Sarwar further said that the last victory would be for Palestine and East Jerusalem would be its capital. "Until that time, Pakistan will never recognize Israel".

UHS Vice-Chancellor Professor Javed Akram said that due to the ongoing barbarism in Palestine, his varsity started this telemedicine service for the injured and the sick. "Website for the treatment of the wounded

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"Delta-variant virus rate in Covid patients is 14 pc", says Prof. Javed Akram

The University of Health Sciences(UHS) Vice-Chancellor Professor Javed Akram has said that all variants of coronavirus including delta (Indian) have been found in the current samples of Covid patients.

In a statement issued on August 07, Prof. Javed Akram said that the university has data on about 300 samples for the months of June and July.

"According to the latest data, the delta or Indian variant of the virus has been found in 14 pc of the samples", Professor Javed Akram said and added that most of the samples were found to have Alpha or UK type of virus which had a rate of 57 pc.

He clarified that the university data on the World Health Organization's website was for the month of April, so it showed a delta variant rate of zero.

"Alpha, Beta, Delta and Eta variants have been found in the latest data", he said. Prof. Javed Akram said that Dr Shah Jahan, Associate Professor, Department of UHS Immunology Department, was researching in this regard. He further said that all data had been processed by Dr Shah Jahan in collaboration with the UK's Quadrum Institute and the whole genome sequencing method was being used for this purpose. Professor Javed Akram added that the latest data would be released in a few days.

UHS VC calls on Palestinian Ambassador

Consensus forged on setting up Palestinian Relief Consortium

Ambassador of Palestine in Pakistan Ahmad Rabaie on May 25 expressed gratitude for the unflinching

Health Sciences(UHS) Vice-Chancellor Professor Javed Akram who called on him at the Palestinian Embassy, Islamabad.



Islamabad, May 25: UHS VC Professor Javed Akram calls on Palestinian Ambassador Ahmad Rabaie.

support of the Pakistan government and its people to condemn Israeli atrocities carried out against unarmed Palestinians while urging the international community to take concrete and immediate steps for the resolution of the Palestine issue.

“We greatly appreciate the sentiments and emotions of Pakistanis for speaking up against Israel’s systematic and barbaric oppression of the people of Palestine and demanding the UN probe on human rights violations.”, Ahmad Rabaie said while talking to the University of



Professor Javed Akram writing down his comments on visitors book at Palestinian Embassy.

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UHS, Rotary International sign MoU

A memorandum of understanding (MoU) was signed on August 10 between the University of Health Sciences(UHS) and Rotary International to forge cooperation.

The agreement was signed by UHS VC Prof. Javed Akram and District Governor Rotary Saifullah Ejaz. The club’s executive secretary Raza Khursand, president Gulberg Dr Fauzia Tabassum and other members were also present on the occasion. Professor Javed Akram gave a lecture on Coronavirus and its vaccines.

In his address, Prof. Javed Akram said that he wanted Rotary to take over the management of the specialist



Lahore, August 10: District Governor Rotary Saifullah Ejaz presenting shield to Professor Javed Akram.

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UHS body for revamping medical curriculum

MoU signed for tree-plantation and honey bee farming

The 29th meeting of the Academic Council of the University of Health Sciences (UHS) was held on July 05 for the first time at varsity's Jinnah Campus, Kala Shah Kaku where it was decided to bring the existing curriculum of medical colleges up to international standards on a priority basis.

UHS Vice-Chancellor Prof. Javed Akram presided over the meeting. Pro-Vice-Chancellor Prof. Maroof Aziz, Registrar Dr Asad Zaheer, Director Operations Jinnah Campus Dr Farhan Zahid, Director Administration Ijaz Hussain besides principals and senior faculty members



MoU signing ceremony between UHS and Punjab Forest Department.

of affiliated medical and dental colleges were present on the occasion.

In his address, Vice-Chancellor Prof. Javed Akram said that it was the responsibility of the University of Health Sciences to bring the curricula of medical and dental colleges in line with modern requirements. He further said that an advisory committee had been constituted in this regard which would soon submit its recommendations. He said that some experts were in favour of modular while some are in favour of annual-based system and both had their arguments. He also announced that a medical and dental college and a research hospital would be set up on the new campus.

He said that the Pro-Vice-Chancellor Prof. Maroof Aziz was looking after the affairs of the new campus well for which he was grateful to him and the Campus Director Dr Farhan Zahid. Prof. Javed Akram further said that 64 research papers of the university were published in

high impact journals during the Covid-19 pandemic.

"Our work has been recognized internationally", said Prof. Javed Akram who also informed the participants that all the teaching departments were being gradually shifted to Jinnah Campus. In addition, the departments of Medical Journalism and Research and Health Informatics would be launched soon, he added.

Principal, Lahore Medical and Dental College Professor Abdul Majeed Chaudhry said that the curriculum of 1947 is still being taught in medical colleges. Many attempts were made to standardize the curriculum but failed. He said that he had developed an integrated curriculum four years ago which was facing difficulties in implementation. "There is a need to integrate basic medical sciences into clinical sciences", Prof. Abdul Majeed Chaudhry said adding that Dr Javed Akram wanted to bring the curriculum in line with modern requirements. He further said the new curriculum



should be introduced in colleges as a pilot project first.

UHS Director Medical Education, Col (ret'd) Khalid Rahim, said that by 2024, the medical curriculum must be revamped in accordance with the standards of the World Federation for Medical Education. He said that to achieve that purpose, in the first phase, subject advisory committees had been formed for the preparation of the new curriculum. "It is hoped that within a year the university will develop a standardized curriculum for medical colleges in line with international standards", he added.

Later, a MoU signing ceremony was held between

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UHS BoG approves selection boards for key posts

Medals and awards endorsed for Covid-19 frontline workers

The 46th meeting of the Board of Governors (BoG) of the University of Health Sciences (UHS) was held on June 29 under the chairmanship of former Chief Justice of Pakistan Justice (ret'd) Tassaduq Hussain Jilani. The top statutory body approved selection boards for appointment on key posts of the controller of examinations and registrar.

Other members who attended included UHS Vice-Chancellor Prof. Javed Akram, Pro-Vice Chancellor Prof. Maroof Aziz, Prof. Anwar A. Khan and additional secretary Punjab Finance department while Prof. Saleema Hashmi, PTI MNA Anelib Abbas and additional secretary Specialized Healthcare and Medical Education department Usman Khalid attended the meeting via video link. UHS Registrar Dr Asad Zaheer and Treasurer Baqi Bin Hanif were also present on the occasion.

The meeting discussed important administrative and financial issues related to the university. The board approved the commencement of family medicine programs at its constituent Gujranwala Medical College. These programs will be launched under the auspices of the UHS Family Medicine department.

The meeting also approved the selection boards for the appointment of the controller of examinations and registrar of the university. The selection board for the controller of examinations will be headed by the Pro-Vice Chancellor Prof. Maroof Aziz while other members will include Prof. Nadia Naseem, Dr Asad Zaheer and the controllers of examinations of Punjab University and the University of Education Lahore. The registrar's selection board will be headed by Vice-Chancellor Prof. Javed Akram. Other members will include Prof. Anwar A. Khan, Prof. Maroof Aziz and Dr Asad Zaheer.

The meeting also approved various initiatives taken by the university with regards to Covid-19. The focal person, UHS Coronavirus Vaccine Trial Dr Shehnoor Azhar briefed the board in this regard. He said the UHS had set up telemedicine centres during the coronavirus pandemic which benefited millions. Dr Shehnoor Azhar further said that clinical trials of Can-Sino and ZF 2001 vaccines were conducted successfully in the university.

"In the ZF2001 vaccine trial, a total of 2350 volunteers have so far been inducted", said Professor Javed Akram adding that the results of the vaccine had been promising and the varsity would make the interim results public soon.



UHS VC further apprised the board members that the Islamic Development Bank had approached the university through the Economic Affairs Division regarding Covid-19 prevention and treatment, telehealth and emergency life support.

"This can be an opportunity for UHS to link up with 57 member countries of OIC and it promises enhanced professional profile, international exposure and possibly a source of foreign exchange", he opined.

Prof. Javed Akram further said that UHS has been invited by the World Health Organization to participate in the Patient Safety Project which required the development of evidence-based policies to minimize medical errors that result in losses during hospitalization.

On this occasion, the board paid tribute to the university workers and staff fighting against the coronavirus pandemic and approved medals and meritorious awards for them.

“Crime Scene to Court Room” workshop at UHS Lahore Police to have own forensic branch

Lahore Capital City Police Officer (CCPO) Ghulam Mehmood Dogar has said that a forensic branch would be set up in the department on the lines of the Legal Branch to help investigators in analysis of collected evidence before presenting it in courts and an agreement will be signed with the University of Health Sciences (UHS) for this purpose.



Akram and Forensic Sciences department's head Dr Allah Rakha were also present at the inauguration ceremony of the workshop.

In his address, CCPO Ghulam Mehmood Dogar said that the workshop would help the police investigation officers to understand the forensic reports and present them before the courts in a better manner in the form



He was addressing a forensic workshop for police investigation officers here at UHS on October 05. The 5-day workshop has been organized by the UHS Forensic Sciences department. The “Crime Scene to Court Room” workshop continued till October 8 in which 18 Police Investigation Officers were trained on DNA analysis and serology reports. DIG Investigation Shariq Jamal Khan, UHS Vice-Chancellor Prof Javed

of evidence. “Our investigation officers are today's khojis,” he said hoping that 18 master trainers would be trained well through the workshop.

Ghulam Mehmood Dogar further said that Punjab Police had the highest arrest and recovery rate. UHS Vice-Chancellor Professor Javed Akram said that the university would provide technical expertise to the

Punjab Police. He said that institutions should work together if resources were scarce. “There is a common value between doctors and police that both save lives of the people,” he added.



DIG Investigation Shariq Khan said that the workshop would build the capacity of the police in the field of forensic sciences. “After this training session, our investigating officers will be able to get the accused punished for what they did,” he added.

MoU signed between UHS and PITB

Chinese COVID- 19 vaccine trial enters follow-up stage

The University of Health Sciences (UHS) Vice-Chancellor Professor Javed Akram has said that complete eradication of corona cannot be achieved unless 75 per cent of the population is vaccinated.

usually took around 9 years to complete but given its urgent need, for the first time in history, the research period was shortened and completed within 5 months. He claimed that the results of this research exceeded his expectations.



UHS VC Professor Javed Akram and PITB Director General e-Governance Sajjad Latif exchanging MoUs after the signing ceremony

“The trial has been good and no major side effects have been reported so far”, he stated.

He further said that the research had now entered the follow-up stage for which an agreement was being signed with PITB. The PITB would be in constant touch with volunteers who had been vaccinated through its call centre, he informed.

Professor Javed Akram said that it would take another eight or nine months to complete the research. Answering a question, the veteran physician said that in the coming years, people would die of more diseases than wars. People now need to be “protected from viruses, not missiles”. He added that the importance

“Our target in Pakistan should be to vaccinate 15 to 20 million people,” he said adding that the developed countries should provide vaccines to poor and developing nations on a priority basis.

He was addressing the signing ceremony of a memorandum of understanding (MoU) between UHS and Punjab Information Technology Board (PITB) on Jan 28 regarding the follow-up stage of Phase III trial of Chinese COVID- 19 vaccine. Professor Javed Akram said that five billion people would have to be vaccinated for the complete eradication of the epidemic all over the world. He said that it was a historic occasion that corona vaccine was being tested on humans in Pakistan.



of human lives had increased during the epidemic.

“This trial has proved that there can be world-class research in Pakistan”. He added that a total of 18,000 people had volunteered for the Phase III trial of the Chinese vaccine “Can Sino”. Among them more than 5,000 volunteers registered at the university.

Later, the agreement was signed by Professor Javed Akram and PITB Director-General e-Governance Sajjad Latif. Vaccine trial Focal Person Dr Shehnoor Azhar, Prof. Sidrah Saleem, Prof. Fatima Mukhtar and Chinese experts on vaccine trial also attended the event. On this occasion, a cake was also cut to celebrate the completion of the first stage of the trial.

Professor Javed Akram said that vaccine research

UHS launches research study

Stem cell therapy shows promise in COVID-19 respiratory distress

A study-group comprising researchers from the University of Health Sciences (UHS) and its affiliated institutes has launched stem cell therapy, as a part of their research, in patients suffering from severe respiratory problems due to lung damage after Covid-19.



far positive results of therapy had come to light. He revealed that the stem cells used in this research had been harvested by Professor Sheikh Riazuddin and his team.

“We are implanting these stem cells in people whose



After the meeting of the study-group here on July 14, the group-lead and UHS vice-chancellor Professor Javed Akram said that the stem cell therapy was being carried out on an experimental basis and so far six patients had been given stem cells. He added that so

lungs have been severely affected by coronavirus”, he said adding all the formalities regarding this research had been completed. Because this is a research study, patients would be given this therapy free of cost, he announced.

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UHS establishes family medicine department at GMC

The University of Health Sciences (UHS) has set up a pioneer Department of Family Medicine at its constituent Gujranwala Medical College (GMC). This is the first department of family medicine to open in any public sector medical college in Pakistan.

UHS Vice-Chancellor Professor Javed Akram inaugurated the department on July 15. The event was attended by Principal Gujranwala Medical College and Pro Vice-Chancellor UHS Prof. Maroof Aziz, Family Medicine department head Prof. Abdul Nasir Shah, Dr Hina Jawaid, UHS Finance department head Baquee Bin Hanif and a large number of doctors from Gujranwala DHQ Hospital.

In his address on the occasion, Prof. Javed Akram said that masters, diploma and certificate courses in family medicine would be started in the discipline under UHS. He added that certificate and diploma courses

would start within six weeks. Prof. Javed Akram further said that family medicine is the backbone of the healthcare system. “Family medicine plays a key



role in the prevention and treatment of communicable and non-communicable diseases”, he said and added

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Rs 43.10 million Ehsaas scholarship approved for 524 UHS students

The Higher Education Commission (HEC), under the Ehsaas program, has approved scholarships amounting Rs 43.10 million for 524 students of the University of Health Sciences (UHS) and its affiliated institutions.



Scholarships will be distributed to poor and needy students enrolled in four and five-year undergraduate degree programs at 19 affiliated colleges and 5 on-campus teaching departments.

The HEC has released the amount under phase- II of Ehsaas Undergraduate Scholarship Project. The scholarships will be provided to students for 100 per cent tuition fees as well as monthly expenses. Of these

scholarships, 50 per cent are for female and 2 per cent for special students.

Among the 524 candidates who will be awarded scholarships, 49 are from Allama Iqbal Medical College Lahore, 20 from Ameeruddin Medical College Lahore, 4 from Azad Jammu and Kashmir Medical College Muzaffarabad, 26 from DG Khan Medical College, 27 from de Montmorency College of Dentistry Lahore, Gujranwala Medical College 13, Khawaja Muhammad Safdar Medical College Sialkot 22, Nishtar Institute of Dentistry Multan 13, Institute of Public Health Lahore 2, Quaid-e-Azam Medical College Bahawalpur 71, Sahiwal Medical College 26, Services Institute of Medical Sciences Lahore 48, Sheikh Zayed Medical College Rahim Yar Khan 52, School of Allied Health Sciences Lahore 45, Sheikh Khalifa Bin Zayed Al Nahyan Medical College Lahore 10, Poonch Medical College Rawalakot 8, Sheikh Fatima Institute of Nursing Lahore 34, Mohtarma Benazir Bhutto Medical College Mirpur Azad Jammu and Kashmir 3, Nawaz Sharif Medical College Gujrat 4 whereas 47 students are from UHS Lahore.

The funds will be released to the colleges during this week while selected students can get scholarship money from their respective colleges.

In this regard, UHS Vice Chancellor, Prof. Javed Akram

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Prof. Javed Akram elected HEC technical committee's head

The Higher Education Commission (HEC) has constituted technical committees comprising heads of medical universities to prepare new policies and curriculum for the disciplines of medicine, dentistry, nursing, pharmacy and allied health sciences.

The committee for North Pakistan consists of heads of 17 medical universities of Punjab, KPK, Azad Jammu and Kashmir and Islamabad. The University of Health Sciences (UHS) Vice-Chancellor Professor Javed Akram has been elected the chairman in the first meeting of the committee held online on September 02.

The committee will make recommendations regarding the preparation of a new curriculum for various health disciplines. In addition, the committee will

also consider the proposal to include social sciences subjects in the medical curriculum.

In his address, Prof Javed Akram said that although the current committee could give policy for medical and dentistry, it would be necessary to include experts in the fields of pharmacy, allied health and nursing. He requested the heads of all medical universities to make their recommendations for the new MBBS and BDS curriculum as soon as possible. He informed the members of the committee that on the direction of the Punjab governor, English translation of the Holy Quran has been included in MBBS and BDS so that the character building of the students could be done in a better way.

World Hepatitis Day: Hepatitis C kills 410 people every day in the country

“Corona will soon be a part of history but hepatitis will not go away soon”: UHS VC

Medical experts again describing hepatitis as a major threat to public health in the country have stressed the



need to control it immediately through coordinated strategies and concerted efforts.

Addressing a seminar on World Hepatitis Day at the University of Health Sciences(UHS), on July 28, UHS Vice-Chancellor Prof Javed Akram said that the number of deaths due to hepatitis was much higher than that of coronavirus. He said the Covid-19 pandemic would soon be part of history, but hepatitis would not be eradicated any time soon.

“Coronavirus has made people realize the importance of vaccination. As a result, there is hope for new vaccines against hepatitis”, he opined.

The seminar was organized by the UHS Department of Public Health and hosted by its assistant professor Dr Shehnoor Azhar. Principal Rashid Latif Medical College Professor Aftab Mohsin said that the last case of smallpox in Pakistan was reported in 1974 and unfortunately this was the starting point of Hepatitis C. He said that 1.5 billion injections were given annually in Pakistan which was a major cause of the spread of hepatitis.

“The world receives an average of one injection per person per year, but an average of 13 has been recorded in Pakistan”, revealed Professor Aftab Mohsin and added the law on unsafe use of syringes was

being drafted in 2010 and did not come out in 2021.

He further said that Hepatitis C kills 410 people every day in the country. The veteran gastroenterologist called the current situation catastrophic and resolved



that he would raise the issue with the President of Pakistan Dr Arif Alvi on July 30 in Islamabad.

Dr Fatima Mukhtar, head of the UHS Public Health department, said viral hepatitis was a silent killer.

“Pakistan is the second-largest country in the world with the highest number of Hepatitis C patients. One person dies of hepatitis every 30 seconds in the world”, she said.

Professor Fatima Mukhtar added that it was very important for every newborn to be vaccinated against hepatitis B. Prof. Arif Siddiqui, Head, Department of Gastroenterology, PKLI, Lahore, said that every pregnant woman should be screened for Hepatitis B and C.

“It is imperative to prevent the transmission of the virus in the newborn child. Proper use of syringes and other precautions can reduce virus transmission by up to 10 pc”, he informed. Professor Arif Siddiqui added that the C-section operation did not reduce the chances of transmitting the hepatitis virus to a child.

Program Manager Punjab Hepatitis Program Dr Khalid Mahmood said that the current rate of spread of Hepatitis C in Punjab was about 9 pc. The number of hepatitis C patients in the province was 9 million. Dr

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GLIMPSES



Mar 09: Faculty Development Workshop organized by UHS Nursing Department.



Oct 18: Seminar on Breast Cancer Awareness in Collaboration with Daily Jang Lahore.



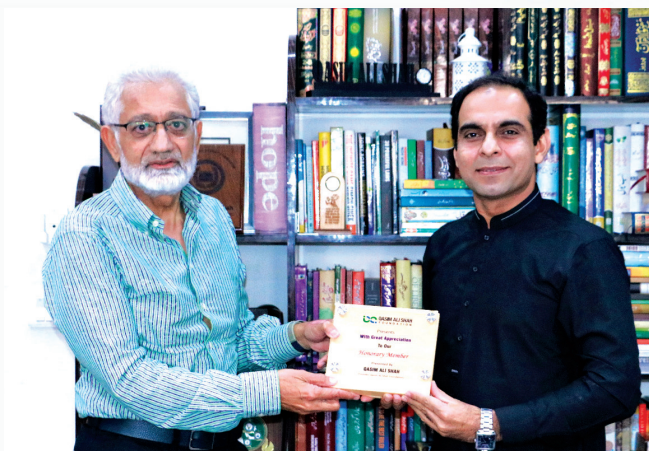
June 17: Premiere of documentary on the Life of Professor Javed Akram.



Nov 05: Inauguration of UHS Souvenir Shop.



Feb 01: Guest Speakers of Symposium on "Vaccines & Beyond".



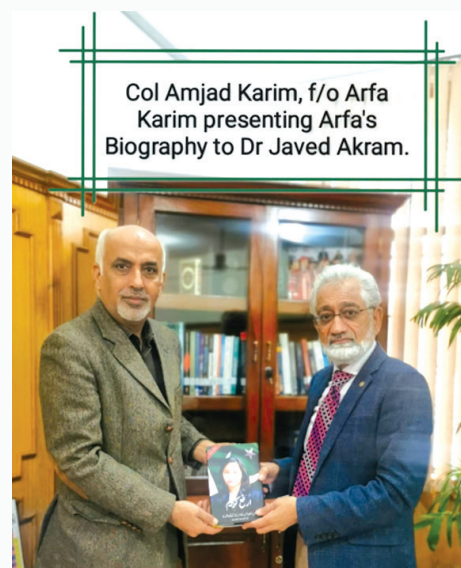
Sep 18: Prof Javed Akram presenting souvenir to renewed motivational speaker Qasim Ali Shah.



Jan 01: UHS VC and Registrar call on the President and Vice-President of Pakistan Medical Commission.



May 25: UHS VC handing over an ambulance for Palestinians to President Pakistan Red Crescent Society Mr. Abrar ul Haq.



Col Amjad Karim, f/o Arfa Karim presenting Arfa's Biography to Dr Javed Akram.



Dec 01: An MoU was signed between UHS Immunology Department and Punjab AIDS Control Program for research collaboration.



Director Admin & Coord Ijaz Hussain presenting a souvenir to Nazir Ahmad, University Security Guard on the day of his retirement. Nazir Ahmad served for 16 years.

Medical journalism department to be established UHS VC calls for quality medical journals

The University of Health Sciences (UHS) Vice-Chancellor Professor Javed Akram has said that despite some good research now being done, Pakistan is lacking quality medical journals to publish it.

“Only three medical journals in the world’s sixth-largest country in terms of the population had an impact factor”, he said while addressing a certificate distribution ceremony organized here on June 23.

Prof. Javed Akram further said that the country’s first teaching department in medical journalism was going to be set up at UHS Jinnah Campus where a master’s degree program in medical journalism would be launched soon. He added that the varsity had already started a pioneer certificate course in medical editing to promote research and medical writing.



Later, the certificates were distributed among the successful participants of the second batch of the Medical Editing certificate course. A total of 33 participants were awarded certificates. The course participants included selected faculty members from medical and dental colleges across the country. The course aims to promote the publication of research journals in the field of health and to improve their quality. Cash prizes were also given to the candidates who secured the top three positions in the ceremony.

UHS former Vice Chancellor Major General (retired) Prof. Muhammad Aslam was the chief guest on the occasion. Other notable people present included

President, Pakistan Association of Medical Editors, Prof. Jamshed Akhtar, Course Coordinator Shaukat



Ali Jawaid, Focal Person Prof. Nadia Naseem, Prof. Akbar Chaudhry, Prof. Nadeem Afzal and Prof. Sidrah Saleem. On this occasion, focal person Professor Nadia Naseem highlighted the aims and objectives of the course. She said that for the first time feedback had been included in the course to further improve its quality. She added that those who complete the certificate course would get 32 credit points. Major General (retired) Professor Muhammad Aslam said that the system of admissions and examination in the course had been very transparent and based on pure merit. He stressed the need to prepare master trainers for the course

and set up a separate library. He lauded the efforts of focal person Professor Nadia Naseem and course coordinator Shaukat Ali Jawaid in making the course a success.

Sahibzada Nasir Mansoor was awarded Sarwar J. Zuberi Prize for securing the first position. Muhammad Atif Qureshi was awarded the Tahir Saeed Haroon Prize for the second position. Third place was jointly won by Zahid Latif, Tayyaba Gul Malik and Saima Aleem. All three were awarded the Maqbool H. Jafary Prize. Nabihah Farast Khan was also given a special award of Rs. 20,000 for good performance.

UHS launches first public survey on mix-and-match COVID vaccines

As the case of mixing vaccines grows, we want answers on real-world efficacy and possible side effects, says Prof. Javed Akram

The University of Health Sciences(UHS), on August 09, launched a public survey to analyse various trends in



vaccination against Covid-19.

“Whether one received multiple jabs of the same vaccine or mix-and-match, the PolyVac Tracker invites individuals (particularly the vaccinated ones) to partake in the simple anonymous survey aimed at recording and sharing self-reported vaccination and post-vaccination experiences”, said UHS Vice-Chancellor Professor Javed Akram while addressing a press conference.

Professor Javed Akram said the ongoing pandemic continued to challenge lifestyles and systems. He opined the prolonged use of vaccines under Emergency Use Authorization (EUA) coupled with an emergency of mutations and variants warranted attention so that the highest standards of health and safety were ensured.

“With fast-changing clinical and public-health scenarios, scientific information-sharing and researching are more pressing than ever before”, he maintained.

UHS VC further said that mixing Covid-19 vaccines

was emerging as a way to get people the protection they needed when faced with safety concerns and unpredictable supplies.

“ We as scientists still want answers on real-world efficacy and possible side effects”, he said and added the results of the survey would give researchers confidence that combining other Covid-19 vaccines, that haven’t yet been tested together, might also work.

Professor Javed Akram lamented that the vaccination process was not as active in the country as it should be.

“80 pc of the population must be vaccinated for which the vaccination program needs to be stepped up”, he emphasized.



UHS VC categorically said there was no moral justification for giving VVIPs a third booster dose of the vaccine whereas the majority had not received their first one so far.

Professor Javed Akram said that VVIPs were trying to get all kinds of vaccines. However, it remained to be seen whether there was any benefit to having more than one type of vaccine. He said that 5 to 7 lakh people, mostly from the upper socioeconomic class in Pakistan, had been vaccinated with more than one type of vaccine. The PolyVac Tracker survey would

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Independence Day celebrated

A flag hoisting ceremony was held at the University of Health Sciences(UHS) on the occasion of Independence Day. Vice Chancellor Prof. Javed Akram hoisted the national flag at the City Campus.

On this occasion, a contingent of UHS security guards presented guard of honour and saluted the national flag. Later, the national anthem was recited and special prayers were offered for the security, solidarity and development of the country.

In his address, UHS VC reiterated the commitment to “stand firm and work for progress and prosperity” of the country. He said that Kashmir is the lifeblood of Pakistan which is the bleeding at the hands of the enemy. He said that till the independence of Kashmir, Allama Iqbal’s dream would not be fully realized. He prayed that may Allah show the Kashmiri people the day of independence very soon.

Professor Javed Akram added that this year’s



Prof. Javed Akram also launched a monsoon tree plantation campaign, under Clean and Green Pakistan

Independence Day celebrations were limited due to fears of spread of Coronavirus.He, however, hoped



Program of Prime Minister Imran Khan, by planting siblings in the varsity lawn. The ceremony was attended by UHS Pro Vice Chancellor Professor Maroof Aziz, faculty, students and staff. A cake was also cut to commemorate the 74th anniversary of the founding of Pakistan.

that the day would be celebrated with full enthusiasm and traditional zeal and fervour next year. The staff and students took selfies with Prof. Javed Akram and Prof. Maroof Aziz.

Later, a speech and poster competition was held.

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First annual congress of dentistry students kicks off at UHS

The first annual congress of the Pakistan Association of Dental Students (PADS) kicked off here at the University of Health Sciences (UHS) on August 20 with the participation of students and dentists from dental institutions across the country. UHS Vice-Chancellor Prof. Javed Akram inaugurated the moot.

On the first day, dental students reiterated their commitment to promoting the professional and ethical values of dentistry. The three-day annual congress will include clinical workshops, dental Olympics, clinical exchange fair, dental start-up competition and cultural programs.



person first, for which you need a role model," he said.

Professor Javed Akram further said that our teeth tell us a lot about our health. "That is why I consider dentistry as a part of medical speciality", he said and added the best students chose the profession of dentistry as their own choice.

UHS VC said that dental health is the most neglected in Pakistan. He told the country had the highest prevalence rate of oral cancer in the world. He said that according to research, 50 per cent of dental care in Punjab was being provided by unqualified quacks.

In his address to the organizers, Prof. Javed Akram said that the university would continue to encourage healthy educational activities in its students.

"To be a good doctor or dentist, you have to be a good

Professor Javed Akram said that he had high expectations from young students. He advised young dentists to learn the difference between the necessary and unnecessary use of antibiotics.

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UHS Rs 1634 m budget approved

The Board of Governors (BoG) of the University of Health Sciences (UHS), on September 06, approved

a Rs 1634 million budget for the financial year 2021-22. More than 14 per cent of the total budget will be spent on research.



The 47th meeting of the UHS board was chaired by former Chief Justice of Pakistan, Justice (retired) Tassaduq Hussain Jilani. Other members who were present included UHS VC Prof Javed Akram, Gohar Ejaz, Pro-Vice-Chancellor Prof Maroof Aziz, Registrar Dr Asad Zaheer and representatives of provincial health and finance departments whereas Professor Salima Hashmi, Andleeb Abbas and Professor Anwar A Khan participated through video link. UHS Treasurer Baquee Bin Hanif presented the budget.

According to the budget estimates, Rs 1069

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GLIMPSES



Lahore, March 5: UHS VC Professor Javed Akram distributing certificates among staff members of Examination Department in recognition of their services during Covid-19. Controller of Examinations Professor Nadia Naseem is also present.



Lahore, Dec 09: A fire drill was arranged for students and staff by the Administration in collaboration with Rescue 1122.



Lahore, Dec 09: UHS VC presenting a shield to Dr. Yadullah Ali, Deputy Secretary, Primary and Secondary Health Department Punjab at the closing ceremony of the two-day workshop on Next Generation Sequencing Data Analysis organized by the Department of Immunology in collaboration with Next Gen. Solution.



Lahore, Nov 18: Participants and facilitators of hands-on workshop on "Diagnostic Tools in Biochemistry", organized by Department of Biochemistry.



Lahore, Oct 09: Group photo of the participants of 12th Batch of Certificate in Medical Teaching course with their facilitators and the Focal Person of the program, Professor Dr. Sidrah Saleem.



GMC Faculty and Students trained in BLS/CFR

Around 500 MBBS students and faculty members of UHS constituent college, Gujranwala Medical College were trained in Basic Life Support, Cardiac First Responder by Institute of Learning Emergency

Medicine (ILEM) UHS in October - November 2021. GMC is the first Medical College in the country where all medical students and faculty got internationally accredited CFR / BLS trainings free of cost in 8 weeks.



Happiness and wellbeing centre inaugurated

The University of Health Sciences (UHS) Chairman Board of Governors and former Chief Justice of Pakistan, Justice (retd) Tassaduq Hussain Jillani inaugurated the Center for Happiness and Well-being at Continental Medical College Lahore on September 14. UHS Vice-Chancellor Prof. Javed Akram and Pro-Vice-Chancellor Prof. Maroof Aziz were also present on the occasion. The Continental Medical College is one of the affiliated institutions of the UHS and also the first medical college in the country to have such a centre.



The centre is modelled on the University of Health Sciences' Center for Happiness and Well-being. It aims to increase the capacity of students, staff and faculty by reducing stress and burnout through psychological therapy, physical exercises, yoga, art, colour therapy and sports.

On the occasion, Justice (retd) Tassaduq Hussain Jillani in his address said that the establishment of such centres in the country was an important development. He said the UAE had a Ministry of Happiness, headed by a woman. He said that the whole journey of man is in search of happiness. He appreciated that the UHS is the first university in the country and the Continental Medical College the first medical college to establish a centre for happiness.

Noted columnist Ata-ul-Haq Qasmi said that there is an urgent need for happiness and contentment in society. "Jealousy has robbed us of happiness", he lamented adding that health professionals must keep hope alive in people's lives.

UHS Vice-Chancellor Professor Javed Akram in his address said that happiness in life came from small things and deeds. "Health is directly related to happiness and contentment", Professor Javed Akram said and added that to smile is the Sunnah of the Prophet Muhammad (peace and blessings of Allah be upon Him). He asserted that though some stress is essential for good performance yet over-stress is dangerous. He said that people should be satisfied through trust in Allah. "On this trust, I have seen people happy even on their death bed", he added. UHS Pro Vice-Chancellor Professor Maroof Aziz said that doctors suffered from stress due to the very nature of their work. This centre would help them get rid of this stress. Dr Usman Jawad, head of the UHS Center for Happiness and Well-being, said that in addition to launching a diploma and degree program on the subject, his centre would also conduct a national



survey on happiness in the country.

Principal Continental Medical College Professor Ayesha Shaukat said that with the help of UHS, master degree programs in happiness and well-being would be launched. She said that a daycare centre had also been set up under this centre.

Chairman Board of Governors Continental Medical College Nasira Mahmood Shaukat, MS Hayat Memorial Hospital Dr Salahuddin, Prof. Ismail Tariq, Dean Clinical Sciences Prof. Afsar Ali Bhatti and Prof. Muhammad Imran besides a large number of faculty and students attended the event.

Harassment inquiry committees to be set up in all medical, dental colleges

A meeting of the Vice Chancellors' Committee constituted by Punjab Governor Chaudhry Muhammad Sarwar to formulate an effective strategy to prevent incidents of harassment in public places and workplaces was held on October 06 at the University of

Health Sciences(UHS). UHS Vice-Chancellor Professor Javed Akram presided over the meeting. He suggested that a multi-centre study should be done to have evidence-based data on incidents of harassment.



Health Sciences(UHS). UHS Vice-Chancellor Professor Javed Akram presided over the meeting. On the occasion, Prof. Javed Akram said that internal

He suggested that a multi-centre study should be done to have evidence-based data on incidents of harassment.

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Course on pelvic floor physical therapy held at UHS

Certificates were distributed, on October 07, among the participants of a course on pelvic floor physical therapy at University of Health Sciences (UHS). The

Professor Javed Akram distributed certificates among the physiotherapists who completed the course. The 5-day course on women's health physical therapy



event was organized by Lahore College of Physical Therapy. UHS Board of Governors' Chairman Justice (retd) Tassaduq Hussain Jilani and Vice Chancellor

techniques was conducted by Dr Iram Fatima Shah (PT), an American physical therapist. Lahore Medical and Dental College's chief operating officer Prof

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Punjab's delegation highlights government health initiatives at Dubai Expo

A delegation of Punjab's Health department reached UAE on November 15 to participate in Dubai Expo 2020 where it highlighted the achievements and potential of the government in the sector and attract foreign investments in health-related projects.



The delegation that is visiting UAE on the special directions of Punjab Chief Minister Sardar Usman Buzdar comprises Vice Chancellor University of Health Sciences(UHS) Prof. Javed Akram, Vice Chancellor

and opportunities in various sectors.

A webinar was organized in this regard at the Dubai Expo on Monday in which the members of the delegation presented their proposals before foreign investors. The main highlight of the event was the participation, through video link, of thousands of students and faculty members from more than 100 medical and dental institutions across Punjab. A special documentary on the performance of the Health department and government initiatives in the sector was also shown on the occasion.

In his address, UHS Vice-Chancellor Prof. Javed Akram said that a Punjab Medical City was going to be established at varsity's Jinnah Campus which would house a biotechnology park, a 500-bed hospital, and an international medical college besides other facilities. He further said that the Silk Road Clinical Trial Center had also been set up at the new campus where research on vaccines and medicines would be conducted. He stated that there were many opportunities for medical tourism in Punjab as the institutions here provided safe and affordable treatment.



Dean PKLI Lahore Dr Faisal Dar gave a presentation on the performance of his organization especially with regards to organ transplantation. He said that the services related to organ transplantation had been enhanced in recent days.

King Edward Medical University (KEMU) Prof. Khalid Masood Gondal and Dean Pakistan Kidney and Liver Institute and Research Centre (PKLI) Lahore Prof. Faisal Dar. The month of November has been given to Punjab province in Dubai Expo to showcase its achievements

Vice-Chancellor KEMU Professor Khalid Masood Gondal said his university provided excellent telemedicine services during the Covid-19 pandemic. He said that the telemedicine centre at KEMU was working 24/7. He added that telemedicine was a new field in Pakistan which had a lot of room for development.

Student clubs and societies constituted

On the directions of UHS Vice Chancellor Prof Javed Akram, various student clubs and societies were constituted on November 16. The heads of the

societies and clubs were nominated by the Pro-Vice-Chancellor Prof Maroof Aziz Khan.



IQBAL & QURAN SOCIETY

| | |
|-----------------------------|-----------------------|
| Dr. Asad Zaheer (Registrar) | Head |
| Syeda Umm-e-Farwa | President |
| Abdul Haman | Vice President |
| Pakeeza Nayab | General Secretary |
| Zaema Hassan | Information Secretary |

HORTICULTURE SOCIETY

| | |
|-------------------|-----------------------|
| Dr. Saqib Mahmood | Head |
| Zainab Ali | President |
| Muqadas Javed | Vice President |
| Mueez Khalid | General Secretary |
| Alizay | General Secretary |
| Hamda Zahid | Information Secretary |

ARTS & PHOTOGRAPHY SOCIETY

| | |
|-------------------|-----------------------|
| Dr. Sajid Mahmood | Head |
| Ayesha Rana | President |
| Shayan | Vice President |
| Hassan | General Secretary |
| Shiza | General Secretary |
| Hamza Asghar | Information Secretary |
| Rida | Information Secretary |

DEBATING SOCIETY

| | |
|----------------------------|-------------------|
| Prof. Dr. Abdul Nasir Shah | Head |
| Zarish Sohail | President |
| M. Mujteba | Vice President |
| Hamnah Syed | General Secretary |

LITERARY SOCIETY

| | |
|------------------|-------------------|
| Dr. Asif Naveed | Head |
| Fansab Chaudhary | President |
| Hira Khalid | Vice President |
| Mehwish Arif | General Secretary |

DRAMATIC & CULTURE SOCIETY

| | |
|-------------------------|-----------------------|
| Prof. Dr. Sidrah Saleem | Head |
| Mudasar Khalid | President |
| AlihaZaya | Vice President |
| Turrab Haider | General Secretary |
| Hafsa Mushtaq | Information Secretary |
| Ayesha Ishtiaq | |

SPORTS CLUB

| | |
|-----------------|--------------------------|
| Dr. Shah Jahan | Head |
| Muhammad Umar | President |
| Khudadaad Ali | Vice President |
| Mahmood Saqib | General Secretary |
| Iqra Arshad | Athlete Representative |
| Muqaddus Fatima | Badminton Representative |



Fee

Continued from Page 15...

so far admission on almost 95 per cent of seats in government medical and dental colleges had been completed.

Prof. Arif Tajammul commended the efforts of Dr. Allah Rakha and his team and said that UHS deserved congratulations for completing the work of months in weeks. Prof. Khalid Masood Gondal said that there were ample scholarships available for financial assistance of needy students in government medical colleges. On this occasion, Prof. Arif Tajammul suggested that an endowment fund be set up in UHS for the financial assistance of poor students. Prof. Javed Akram announced that UHS would pay the fees of deserving students on the recommendation of the college principal.

The meeting also approved the formation of appellate boards to hear appeals against the decisions of Hifz-e-Quran Committee and the Medical Board to assess persons with disabilities.

Shields were later awarded to the UHS Admission Team for outstanding performance.

Governor

Continued from Page 17....

in Palestine (<http://www.Doctors247.online>) is functional and any patient can register on this website and get treatment online", he informed.

Professor Javed Akram further said that he would go to Gaza with a medical mission and relief goods. In this regard, he would meet the Palestinian ambassador in Islamabad on Tuesday and would also visit the UN office. "We will do everything possible to help our Palestinian brothers. Even if we are not allowed to enter Gaza, we will set up a temporary hospital on the Egyptian border", he resolved. Prof. Javed Akram claimed that he had the full support of various medical organizations on this issue.

Palestinian ambassador Ahmad Rabaie and CEO Edhi Foundation Faisal Edhi attended the event virtually. On this occasion, the Palestinian ambassador thanked the Pakistani people for their sentiments.

Palestinian Ambassador

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On this occasion, Prof. Javed Akram said that we cannot leave our Palestinian brothers alone in this difficult time. "There are tears of blood over the devastation caused by the Israeli bombing of Gaza", he said. Professor Javed Akram added that health professionals knew that the Israeli bombing during the Coronavirus epidemic had multiplied the burden on Palestinian hospitals. He said that a delegation of Pakistani doctors wanted to go to Palestine to deal with the health crisis in Gaza.

He said that in the first phase, he wanted to send two Pakistani doctors to Gaza to assess the situation. Prof. Javed Akram proposed to form a "Palestine Relief Consortium" to help the Palestinians, which includes the Palestinian Embassy, the University of Health Sciences, the Edhi Foundation and the Pak Red Crescent. The Palestinian Ambassador agreed with Prof. Javed Akram's proposal and appointed Lt. Col. Khalil Hussain, First Secretary of the Embassy, as the focal person. Dr Sarah Ghafoor, Head of the Department of Oral Biology, on the other hand, has been appointed Focal Person by the UHS.

Professor Javed Akram said he would recommend the addition of reserved seats for Palestinian students in Pakistani medical colleges and universities. Palestinian Ambassador Ahmad Rabaie thanked Professor Javed Akram's and his team. He said that the Israeli bombing had severely damaged the electricity system in Gaza. "That's why there is a need for solar panels to generate electricity. In addition, construction materials and prefabricated houses are badly needed", he added.

The Palestinian Ambassador said that he was grateful to the University of Health Sciences and Professor Javed Akram for their sincere efforts for the Palestinians.

Dr. Shehla Javed Akram, Dr Khurram Shehzad, Dr. Sara Ghafoor, Amir Adnan and Saad Edhi were also present in the meeting.

Rotary International

Continued from Page 18...

clinics being set up under the auspices of the Pakistan Society of Internal Medicine where the poor will get free specialist care.

UHS VC informed the Rotary Club members that the UHS would start training courses in these clinics. He urged Rotary members to mentor medical students in light of their broader experiences.

Rotary District Governor Saifullah Ejaz said that his club would provide all-out support in the management of these specialist clinics. He added that mobile health units and water filtration plants would be donated to the university by the club.

Stem cell

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Stem cells are cells from either embryos or adults that can divide and renew. Although they are not specialized, they can become specialized and ultimately function as cells in various body parts. Due to their regenerative power and ability to function as different types of cells, stem cells can help repair or replace damaged tissue. Scientists are interested in using stem cell therapy in the treatment of several chronic diseases. Professor Javed Akram further said that those wishing to join the study could contact Dr Shehnoor Azhar, the focal person for the Corona-Vaccine Trial at UHS. Patients' written consent, however, would be required prior to stem cell therapy.

The meeting was attended by Prof. Sheikh Riazuddin, Prof. Tanveer-ul-Islam, Prof. Aftab Mohsin, Dr. Azra Mahmood, Dr. Noorin Latif, Dr. Hina Nabi Ahmad, Dr. Irfan Malik, Dr. Shehnoor Azhar and Dr. Muhammad Ali.

MoU Signed

Continued from Page 19...

the UHS and the Punjab Forest Department. The agreement is part of Prime Minister Imran Khan's "Clean Green Pakistan" program. Prof Javed Akram and Chief Conservator of Forests Syed Ejaz Hussain Shirazi signed the agreement under which the Forest department would take practical steps to promote tree planting and honey bee farming at Jinnah Campus. Following the signing of the agreement, members of the UHS Academic Council planted trees on the lawn of the administration block.

Family medicine

Continued from Page 23...

the family medicine outpatient department would also be started in DHQ Gujranwala.

Principal Gujranwala Medical College and Pro Vice-Chancellor UHS Professor Maroof Aziz said that as per the requirements of the Pakistan Medical Commission, medical colleges should have a regular department of family medicine. In addition, the World Health Organization (WHO) had also expressed a desire to launch family medicine programs in Pakistani medical institutions, he added.

Prof. Maroof said the Gujranwala Medical College was the first government medical college in the country where this department was being set up. He further said that he was grateful to Professor Javed Akram and the varsity's Board of Governors for setting up the new department.

Ehsaas scholarship

Continued from Page 24...


said that students had been selected on merit. Scholarships would be awarded to these students till the completion of their courses. On the occasion, UHS VC commended the Registrar Dr Asad Zaheer and Planning Officer Adil Naeem for ensuring merit in the selection of the students.

Hepatitis C

Continued from Page 25...

Khalid Mehmood said that efforts were being made to control the spread of the disease through macro and micro-elimination methods and special initiatives.

Professor Kashif Malik, head of the gastroenterology department at Sheikh Zayed Hospital Lahore, said that 225,000 new cases of hepatitis were reported in Pakistan every year. He proposed that like Covid-19, a national database should also be developed for hepatitis. Moreover, Hepatitis B vaccination should be made mandatory before children enter school. Dr Jamshed Ahmed, head of the Punjab office of the World Health Organization, said that the use of unsafe syringes in Pakistan was 14 pc. He said that coordinated efforts and sustainable resources were needed to control this disease. Dr Shah Jahan, associate professor at, UHS Immunology department, highlighted the methods of diagnosing hepatitis.



Moreover, a virtual poster competition on the occasion of World Hepatitis Day was also organized at the University in which students of affiliated medical and dental colleges participated. The competition included 49 posters. The first prize went to the poster of Hamna Abid Attique of Islam Dental College Sialkot. The second prize went to Muhammad Umar Arshad of Sheikh Khalifa Bin Zayed Al Nahyan Medical College Lahore while the third prize went to Iqra Nadeem Malik of Allama Iqbal Medical College Lahore. The fourth prize was awarded to the poster of Maleeha Simran of Punjab Institute of Cardiology, Lahore. The competition was organized by the UHS Department of Public Health.

Mix & Match

Continued from Page 29....

show whether the vaccine mix-and-match benefits or harms. He said the survey form was available on the UHS website. The link is <http://bit.ly.PolyVacUHS>. He appealed to the media to spread this link to as many people as possible so that the data of at least 500,000 people could be analyzed as per the target.

Dr Shehnoor Azhar, Focal Person of UHS Vaccine Trial, gave a briefing on the Polyweek Tracker Survey. Responding to media queries, Prof Javed Akram said that he appealed to the people not to get tested for antibodies after vaccination as there was no point in getting tested. "It will only benefit the laboratories that have already earned millions", he said. He added that there could be 39,000 mutations in the coronavirus. No corona vaccine had been registered for commercial use. So far, all vaccines had been approved for emergency use. Prof. Javed Akram said that vaccines were being made in an economic war.

"US officials are spreading propaganda against the Chinese vaccine. The fact is that Chinese vaccines are quite effective against the virus", he maintained.

In response to a question, he said that no vaccine was 100 pc effective against coronavirus. All vaccines provided 95 to 100 pc protection against severe illness. Professor Javed Akram said that the trend of vaccine shopping was not healthy and must be discouraged.

Annual congress

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PADS President Dr Aneeqa Aslam thanked UHS VC for encouraging the students. She said that Congress has

been kept mostly online due to the fear of Covid-19. She said that through this congress, her association wanted to provide an international platform to their dental students. Dr Aneeqa added that more than 700 dental students and dentists across the country were members of the organization. She told that local and foreign experts were participating in the moot. Dental experts from Malaysia, Germany, England, Canada, Saudi Arabia and Pakistan would give lectures on various topics, she maintained.

A large number of dental students including Dr Saeed Anwar, Shumaila Balti, Dr Arsal Sadiq, Dr Minal Musa, Dr Mehroz Ahmed, Dr Tayyaba Rasool, Dr Aqsa Jabbar, Dr Anila Saleem and Dr Muhammad Nasir attended the National Cabinet meeting of the Congress held on the first day. The moot will continue till Sunday.

Budget approved

Continued from Page 31....

million has been earmarked for the city campus whereas Rs 565 million is reserved for Jinnah Campus, Kala Shah Kaku.

An amount of Rs 331.60 million has been reserved for employee-related expenses. On research, the university will spend Rs 150 million whereas Rs 32.20 million has been allocated for grant of scholarships and stipends. A sum of Rs.17.10 million has been allocated for the purchase of I.T. equipment.

UHS will spend Rs 144.50 million on the conduct of examinations during the year 2021-22 whereas Rs 4.00 million has been allocated for the conduct of MD, MS and MDS workshops. The board also approved a 10 per cent increase in the salaries of UHS employees as an ad-hoc relief allowance announced earlier by the government. A policy framework for the capacity building of UHS regional centres at affiliated colleges was also approved.

Independence Day

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The competition was organized by the Directorate of Sports and Extracurricular Activities. The first prize in the poster competition went to Safina Jamil of Punjab University while the second prize went to Saba Saif of Chaudhry Pervaiz Elahi Institute of Cardiology Multan. The third prize was jointly won by Fabiha Siddiqui and Maleeha Simran of Punjab Institute of Cardiology, Lahore. Vice Chancellor UHS Prof. Javed Akram, Director Sports Dr. Shah Jahan also graced the occasion. Students were given special encouragement by UHS VC.

Harassment

Continued from Page 35....

Those who were present in the meeting included VC Government College Women's University Sialkot Prof. Rukhsana Kausar, VC University of Home Economics Prof. Kanwal Amin, VC University of Education Prof. Talat Naseer Pasha, VC University of South Asia Mian Imran Masood, VC Punjab Tianjin University Dr Abdul Sattar Shakir, motivational speaker Qasim Ali Shah, religious scholar Maulana Muhammad Yousaf, Advocate Noshab A Khan, SSP Operations Lahore Ismail Kharak, and social worker Maliha Hussain while VC Rawalpindi Women University Prof. Anila Kamal participated through video link.

Motivational speaker Qasim Ali Shah said that there is a flood of pornography in the country and Pakistan Telecommunication Authority should pay attention to this menace. "The whole society has been hijacked by the mobile phones", he lamented and added that laws and systems in the countries with the lowest number of harassment incidents should be studied.

Religious scholar Maulana Muhammad Yousaf said that worship prevents immorality and evil deeds. He added that punishment for misreporting in such cases is commanded in the Holy Quran.

University of Home Economics Professor Kanwal Amin said that the media should show responsibility in reporting such incidents. She added that there was a harassment policy of the Higher Education Commission for universities which was very comprehensive.

Prof. Talat Naseer Pasha said that 80 pc of the cases of harassment turn out to be fake. Vice-Chancellor Rawalpindi Women University Prof. Anila Kamal said that incidents of harassment had always been there; it is only now that people have started talking about it. She further said that the character building of the youth would bring in a difference in thought.

Advocate Noshab A Khan said that the Supreme Court had recently declared the existing law on harassment as cosmetic and inadequate. The present law needs to be amended especially with regards to the definition of harassment. Prof. Sidrah Saleem, Dr Sara Ghafoor, Dr Allah Rakha were also present in the meeting.

Pelvic floor

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Shaheena Asif, course modulator Dr Maryam Iqbal, Lahore College of Physical Therapy's dean Dr Hafiz Asim (PT) and UHS Physical Therapy department's head Dr Sajid Mahmood (PT) were also present on the occasion.

Addressing the participants, Justice (retired) Tassaduq Hussain Jillani said that the global estimate for disability was increasing due to ageing populations, the spread of chronic diseases and mental illnesses. He added that against this disability, exercise is the miracle cure we have always had. "But for too long we have neglected to take our recommended dose. Our health is now suffering as a consequence", he lamented.

Justice (retired) Tassaduq Hussain Jillani said that physiotherapist, being key members of collaborative inter-professional teams, could participate in global health work beyond direct patient care, including advocating for and developing rehabilitation programs.

UHSVC Professor Javed Akram said that it was need of the hour to conduct such courses on women's health. He added that UHS would start advanced courses and programs in physical therapy with a special focus on women's health. He further said that all possible support would be provided for launching the level four program in physical therapy. He also urged the physical therapy professionals to practice conforming with ethical standards of the profession.

The course was attended by physical therapists from Abu Dhabi, Dubai, Sharjah, Bahrain, Karachi, Multan, Rawalpindi and Multan. Others who were present in the ceremony included Dean Lahore College of Physical Therapy Prof. Hafiz Muhammad Asim, head of the department Dr Samreen Sadiq, Dr Mehmood Durrani (PT) (Akhtar Saeed Medical College), Dr Rehana (PT) (Rashid Latif Medical College), Dr Rana Arif (PT) (Central Park Medical College), Dr Arooj (PT) (Assistant Professor-University of Lahore), Dr Muhammad Sheraz (PT) and Dr Maleeha Fuad (PT).

UHS Covid-19 Lab achieves the milestone of 10, 000 free PCR tests

UHS Covid-19 Lab, first of its kind inhouse facility for University employees, their family members and general public, has been providing the free of cost Covid-19 testing since May 2020. The laboratory achieved the milestone of performing 10,000 Covid-19 PCR tests in July 2021. The lab contributed to ensure optimal running of UHS operations by timely detecting and isolating Covid-19 positive individuals throughout the pandemic. UHS Vice Chancellor appreciated the efforts of Dr. Saqib Mahmood, Head of IBAHS, Dr Allah Rakha, Head of Forensic Sciences and Dr. Irfan Ahmad, In-charge Covid Lab, Dr Asim Pervaiz and Syed Mohsin Raza, the technical experts of the lab, for their commitments, efforts and achievements towards fight against Covid-19. The laboratory is approved by Punjab Healthcare Commission. The expertise of PhDs



in Forensic Science, Molecular Biology, Microbiology and Laboratory Sciences are combined to obtain high standards of quality, accuracy and reliability in Covid-testing.

Clinical Postgraduate Skills Training

The University of Health Sciences is actively monitoring the training process of post graduate trainings in different clinical subjects, in its affiliated institutes. The training framework is inclusive of different facets of training. These facets include post graduate workplace training, affective training, research protocols and authoring of the research. The Department of Medical Education, UHS, continuously conducts different supervisory workshops and postgraduate training workshops. The Department of Medical Education, UHS, has conducted 06 supervisory training workshops for 2 batches of Clinical Supervisors. The Department of Medical Education, UHS, has also organized and facilitated 22 workshops for 11 batches of clinical postgraduate trainees. These workshops have a hands-on component and

feedbacks given to potentiate skills. These workshops have been facilitated by lead faculty members and professional bests.



Dr Uruj Zehra gets JOR Spine Early Career Award

UHS Anatomy Department's Head Dr Uruj Zehra has been awarded "Early Career Award" by American Journal of Orthopedic Research (JOR) Spine on February 15. The JOR Spine Early Career Award is designed to recognized the 'rising stars' of Orthopedic Research and highlight



their outstanding work published in the journal.

The title of Dr Uruj's research is "Spinopelvic alignment predicts disc calcification, displacement, and Modic Changes: Evidence of an evolutionary etiology of clinically-relevant spinal phenotypes". UHS VC Prof Javed Akram has congratulated Dr Uruj Zehra on her achievement.

HEC SARF development project completed



Dr. Irfan Ahmad



Prof. Muhammad Shahzad

Under the Higher Education Commission's SARF (Strengthening of Academic and Research Facilities), the construction of a seven-storey Academic Block, a girl's hostel and a student service area has been completed at Jinnah Campus, KSK. The academic block consists of state of the art research laboratories equipped with modern equipment, lecture halls and eight academic departments. UHS Vice Chancellor Professor Javed Akram appreciated the contributions

and efforts of the project team who worked day and night to ensure timely completion of the project despite of the shortage of required human resource. The project team consists of Professor Muhammad Shahzad of Pharmacology Department, Dr. Irfan Ahmad, Associate Professor, Institute of Biomedical and Allied Health Sciences and Mazhar Mukhtar, Sub Engineer, UHS.



Staff Joined & Left

Appointed

- 1. Lt. Col. (R) Dr Khalid Rahim**
Director Medical Education & International Linkages
- 2. Ms Nisar Qamar**
Manager Research Operations & Development, ORIC
- 3. Dr Anum Munawar**
Assistant Professor, Department of Forensic Sciences
- 4. Dr Sadia Ajaz**
Assistant Professor, Department of Human Genetics & Molecular Biology.
- 5. Mr Nadeem Akhtar**
Deputy Controller of Examinations.
- 6. Mr. Aiman Shahzad**
Lecturer, Department of Allied Health Sciences
- 7. Dr Muhammad Saqib Rabbani**
Lecturer, Department of Behavioural Sciences
- 8. Mr Farhan Khan**
Lecturer, Department of Forensic Sciences.
- 9. Ms Sareen Akhtar**
Lecturer, Department of Forensic Sciences.
- 10. Dr Ali Amar**
Lecturer, Department of Human Genetics & Molecular Biology.

- 11. Mr Faheem Shahzad**
Lecturer, Department of Immunology.
- 12. Mr Ghulam Rasool**
Lecturer, Department of Pharmacology.
- 13. Mr Shoab Zafar**
Lecturer, Department of Pharmacology.
- 14. Ms Wardah Nisar**
Lecturer, Department of Public Health
- 15. Dr Jawad ul Hassan (PT)**
Lecturer, Department of Physical Therapy
- 16. Dr Muhammad Rizwan (PT)**
Lecturer, Department of Physical Therapy
- 17. Syed Tariq Rasheed**
Network Administrator

Retired

- 1. Prof Dr Shagufta Khaliq**
Department of Human Genetics & Molecular Biology
- 2. Prof Dr Nadeem Afzal**
Department of Immunology



World Health Day

WHO for eliminating health inequities

On World Health Day, commemorated globally on April 07, the World Health Organization (WHO) has called for urgent action to eliminate health inequities and mobilize action to attain better health for all and leaving no one behind. Meanwhile, the Punjab Governor Chaudhry Mohammad Sarwar, in his video message, once again stressed the need of taking precautionary measures and following guidelines

beyond the health system. "This can only be achieved by working across sectors, agencies and more actively engaging with civil society organizations representing both health workers and affected communities. Governments, agencies, media and community leaders must unite in declaring discrimination in healthcare unacceptable", he opined.



Punjab Governor Chaudhry Muhammad Sarwar visiting Covid-19 Vaccine Trial Centre at UHS on World Health Day.

to address issues of health and safety during the pandemic. Addressing at a webinar here at the University of Health Sciences (UHS), the WHO Punjab's Head Dr Jamshaid Ahmed said that discrimination ran counter to global commitments to reach universal health coverage and the Sustainable Development Goals (SDGs).

"It undermines investment in health systems, deters people from accessing or seeking health services, divides, disempowers, and deprives people of their basic dignity", Dr Jamshaid added.

He further said that there was a need to address the underlying causes of discrimination within and

The webinar was organized by the UHS Public Health department in connection with World Health Day, commemorated every year on April 07. The theme this year is "Building a fairer, healthier world". The Department's Head Professor Fatima Mukhtar and Assistant Professor Dr Shehnoor Azhar facilitated the talk.



UHS VC Professor Javed Akram presenting PSIM Journal to Punjab Governor Chaudhry Muhammad Sarwar.

UHS Vice-Chancellor Professor Javed Akram said that despite improvements in health outcomes globally and in the region, these gains had not been shared equally across different countries or communities. "The COVID-19 pandemic has had grave consequences for people already experiencing inequities. The pandemic

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