

Volume 1 | Issue 1  
Date

Title

## Editorial Team

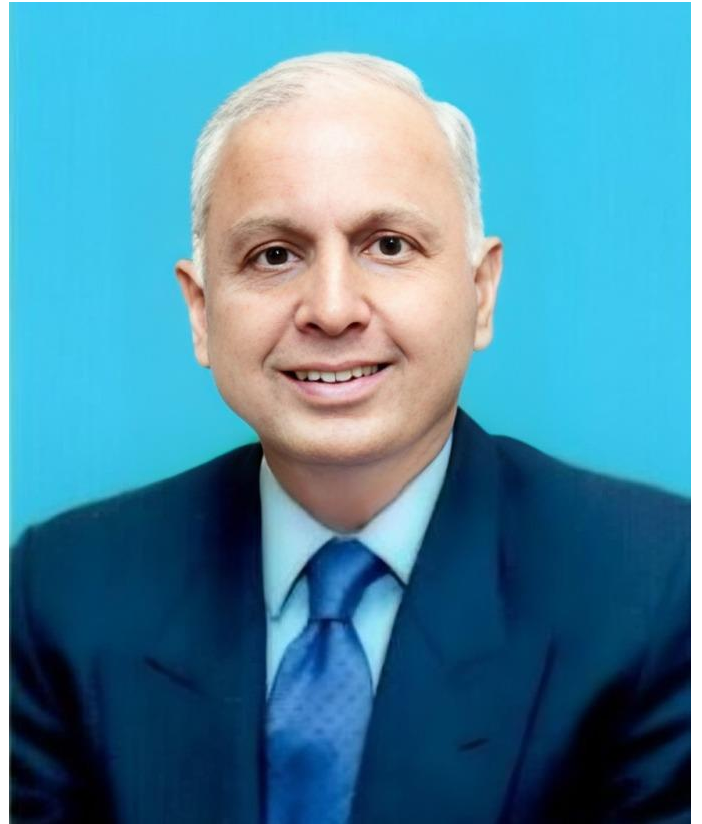
<b>Patron in Chief:</b>	Maj. Gen. Prof. Dr. Salman Saleem, HI(M) - Chief Executive
<b>Patrons:</b>	Brig. Dr. Saqib Zaheer - Deputy Chief Executive/VP Admin Brig. Dr. Muhammad Arif Mahmood (R), TI (M) - VP Academics
<b>Advisory Board:</b>	Prof. Dr. Samir Riaz Qazi - Dean IOD Prof. Dr. Amna Ahmad - Dean SHAPE Brig. Dr. Darakhshan Hamid - (R) Director ION Brig. Dr. Chaudhary Fayyaz Mahmood (R) - Director SAHS
<b>Editor in chief:</b>	Prof. Dr. Syed Imran Ali Shah - Director ORIC
<b>Editor:</b>	Prof. Dr. Hina Zafar Raja – Organisation and Innovation
<b>Editorial Board:</b>	Prof. Dr. Rizwana Kitchlew Prof. Dr. Ansa Rabia Prof. Dr. Saira Atif Dr. Sehrish Zaffar Dr. Wajida Parveen
<b>Assistant Desk Editors:</b>	Dr. Malaika Naeem Sandhu Dr. Hamda Anjum

# Table Of Contents

Sr. #	Contents	Pages
1.	Message from Chief Executive	
2.	Message from Deputy Chief Executive/ Vice Principal Administration	
3.	Message from Vice Principal Academics/ Convenor L-ORIC	
4.	Message from Director L-ORIC/ Editor-in-Chief	
5.	Editorial Note	
6.	Mission Statement	
7.	Vision	
8.	Structure of ORIC	
9.	L-ORIC Core Committee	
10.	Ethical Review Committee	
11.	Publications by the Faculty and students of CMH LMC & IOD (Jan 2022-Dec 2023)	
12.	Publication Fee Reimbursement for Faculty	
13.	Research Impact Fund	
14.	Student Research Club (SRC) – CMH LMC & IOD	
15.	Annual Research Day 2022	
16.	Workshops on Primary Surgical Skills	
17.	13th Biennial Congress of Asian Academy of Prosthodontics	
18.	Workshop "Manuscript Writing skills"	
19.	Editage: "Gaining a Global Perspective from Peer Reviewers and Industry Experts." AMA CHINA (online session)	
20.	Avoidable deaths Network, certificate of Participation	
21.	“Strengthening of Child Healthcare: Role of Allied Health Professionals”	
22.	Workshop on Primary Surgical Skills	
23.	Poster Art Competition	
24.	9th PPA Conference at LUMHS Jamshoro	
25.	“Imagination, Collaboration, Innovation, Dentistry; Next Generation”	
26.	‘Organize your research with Endnote’	
27.	International Women’s Day 2023	
28.	'How to Establish a Work Life Balance'	
29.	World Physiotherapy Congress Dubai 2023	
30.	Health Tech Summit and Expo Riyadh-KSA	
31.	‘Statistical Data Analysis with SPSS: A Beginner’s Interactive Workshop’	
32.	Annual Research Day 2023	
33.	National Patent Award 2023	
34.	‘Crafting a Learning Portfolio: A Hands-on Approach’	
35.	Symposium in Akhtar Saeed Medical & Dental College 2023	
36.	‘Dental Transformations: Case Studies and Portfolio Highlights’	
37.	“Short case defence in FCPS II exam”	
38.	“Scholarships: How to make most of opportunities in current times”	
39.	CMH LMC & IOD Faculty Participation in International Dental Conference 2023 organized By Lahore Medical and Dental College Lahore	
40.	Scientific Poster Competition in the 3rd LMDC International Dental Conference	
41.	"Unlocking Students Engagement: The Power of a Student-Centered Classroom"	
42.	10th International Dental Conference, Pakistan Prosthodontics Association Armed Forces Institute of Dentistry, Rawalpindi	
43.	Research and Development Activities	

## Message from Chief Executive

As we continue our journey of academic and healthcare excellence, it is essential to acknowledge the pivotal role that research plays in shaping our institution. Research is the cornerstone of both academic and healthcare advancement. I would like to take this opportunity to congratulate L-ORIC as well as our entire research fraternity, for their outstanding contributions in advancing our research endeavors. It is through their dedication and hard work that we have made significant strides in our research activities. While we celebrate our achievements, let us also remain committed to doing more. Let us continue to pursue new avenues of research and strive for excellence in all our endeavors.



## Message from Deputy Chief Executive/ Vice Principal Administration

The inaugural L-ORIC newsletter marks an important milestone in our efforts towards fostering a vibrant and dynamic research ecosystem. I would like to appreciate the L-ORIC team for making this initiative a reality. At CMH LMC & IOD, we are committed to provide the necessary support and resources to facilitate research and development in order to nurture a culture of excellence and collaboration. I look forward to see the newsletter continue to grow and evolve, and I am excited about the endless possibilities that lie ahead.



## Message from Vice Principal Academics/ Convenor L-ORIC

As the Convenor, it is my pleasure to extend congratulations to the L-ORIC team for their dedication and hard work in promoting research excellence and collaboration within our institution. The L-ORIC newsletter is a latest feature in our ever-growing repertoire, highlighting the remarkable research and innovation efforts of our talented faculty, staff and students. With the introduction of the newsletter, we are poised to elevate our institution's research profile to new heights. I encourage everyone to take a moment to explore L-ORIC newsletter and to celebrate our outstanding progress.



## Message from Director L-ORIC/ Editor-in-Chief

We are delighted to share the first ever L-ORIC newsletter showcasing outstanding accomplishments of our vibrant research community at CMH Lahore Medical College and Institute of Dentistry in 2023. We feel proud to have upheld our commitment to foster an environment of innovation and excellence. The notable achievements of the year include high-impact publications and patents, facilitation of quality research through our Research Impact Fund, meticulous implementation of publication



reimbursement policy to ease financial burden on the faculty members and encourage publication in prestigious journals, execution of an incentive program to recognize and reward student authors, successful organization of research competitions, and continued celebration of our researchers' achievements through Excellence Awards. Furthermore, we have actively engaged in research workshops and conferences to enhance our capabilities and foster collaborations. I would like to extend my heartfelt gratitude to Chief Executive and Principal CMH Lahore Medical College and Institute of Dentistry, Deputy Chief Executive, and Vice Principal (Academics) for their unwavering support and guidance. I would also like to thank the Advisory board of L-ORIC, for their valuable guidance in achieving our goals. Lastly, my sincerest thanks to the Editor and the Editorial team for putting together this newsletter to ensure that our research community remains informed and engaged. We hope to continue to build on these achievements and strive for even greater success in the coming times.

## Editorial Note

The Office of Research, Innovation, and Commercialization (ORIC) plays a pivotal role in fostering a culture of research and innovation at CMH LMC & IOD, Lahore. ORIC propels institutional faculty and students in the direction of research and development. A biannual newsletter is presented to effectively communicate institutional accomplishments and its research portfolio. The objectives of the ORIC newsletter are to inform the campus community about ORIC's comprehensive suite of services, research accomplishments and patent awards. The display of research activities/projects will build foundation to attain institutional and collaborative grants. The newsletter shall enhance L-ORIC's profile on national and global platform through reflection of institutional participation in scientific meetings and intellectual property exhibitions. Showcasing of intellectual property, innovations and startups will aid in engagement of industrial giants to invest in institutional projects. Such display of intellect will also inspire budding professional to pursuit the footsteps with determination and confidence. The details of the activities conducted from Jan 2022-Dec 2023 are presented in chronological order in this newsletter to take the reader along the journey of progress of all schools of CMH LMC & IOD, Lahore.



## **Mission Statement**

Integration of all research and innovation activities by faculty members and staff of CMH LMC & IOD.

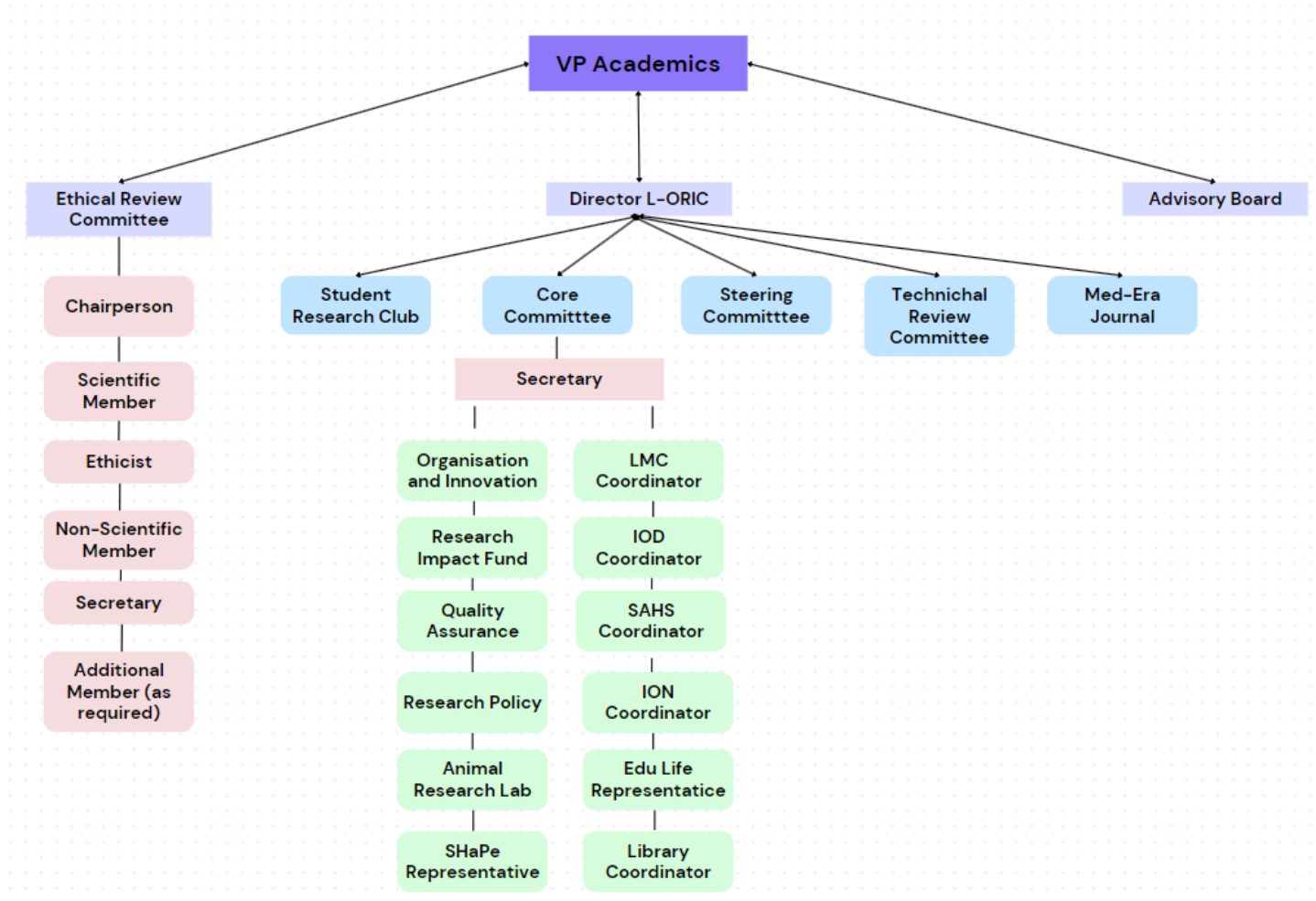
Facilitating researchers in basic, clinical and field research; and innovations from various aspects such as scientific evaluation, ethical considerations, training in research-related areas and financial assistance applications. Encouraging involvement of corporate sector in supporting research and innovation activities through financial/technical assistance

## **Vision**

To develop into a dependable source of support for CMH Lahore Medical College & Institute of Dentistry researchers and innovators; and become a significant contributor towards scientific development in the field of health sciences.



## Structure of ORIC





## L-ORIC Core Committee



Sitting (R-L): Prof. Dr. Rizwana Kitchlew Latif, Prof. Dr. Saira Atif, Brig Dr. Saqib Zaheer, Maj Gen Dr. Salman Saleem, Brig (R) Dr. Muhammad Arif Mehmood, Prof. Dr. Syed Imran Ali Shah, Prof. Dr. Hina Zafar Raja

Standing (R-L): Dr. Sajid Ahmed, Dr. Wajida Parveen, Prof. Dr. Ansa Rabia, Dr. Gul M. Sheikh, Dr. Sehrish Zafar, Prof. Dr. Aamenah Malik, Ms. Mehwish Ara, Prof. Dr. Ambreen Touseef

## Ethical Review Committee

The ethical committee of ORIC is composed of various influential members and their main objective is to protect the rights, safety dignity and well-being of the research participants. All the studies involving people as participants require a research ethics committee (REC) review. Moreover, it is mandatory for all the researches to demonstrate that they have adhered to the accepted ethical standards of a genuine research study in order to gain approval and increase their recruitment potential.

As part of the periodic review of the existing committees, the Ethical Review Committee (ERC) of CMH LMC & IOD was restructured to include a few new members, with the Chairperson as Prof Dr. Muhammad Nasir Saleem & Secretary as Dr. Ayesha Sadiqa. This was done with the aim of strengthening and diversifying the expertise of the committee. The ERC continues to work on the same principles of the old one, with the aim of ensuring that all research being conducted at CMH Lahore Medical College and Institute of Dentistry, is in accordance with national and international guidelines and that the rights and interests of research participants are guarded. After being received, each proposal is reviewed by all the members and a decision made after deliberations in the monthly meetings of the committee.

The newly formulated Ethical Review Committee consists of the following members.



Sitting (R-L): Dr. Faiza Ahmed, Dr. Ayesha Sadiqa, Brig Dr. Saqib Zaheer, Maj Gen Dr. Salman Saleem, Brig (R) Dr. Muhammad Arif Mehmood, Prof Dr. Muhammad Nasir Saleem, Prof Dr. Harris Khan

Standing: Mr. Nauman

## Publications by the Faculty and students of CMH LMC & IOD (Jan 2022-Dec 2023)

The publication record of CMH faculty members and students from Jan 2022 till Dec 2023 has been nothing short of excellent. A phenomenal number of 344 articles were published in renowned national & international journals. Of the 186 articles published in 2023, 160 were original researches, 1 patent grant, 5 systematic reviews/Meta analysis, 5 narrative reviews, 4 case reports, 4 short communication/editorials, and 1 Book. Some of these publications were published in well-reputed journals with the high impact factors.

Hindawi  
Prostate Cancer  
Volume 2023, Article ID 6641707, 12 pages  
<https://doi.org/10.1155/2023/6641707>



### Research Article

#### Cognitive Dysfunction in Patients Treated with Androgen Deprivation Therapy: A Multimodality Functional Imaging Study to Evaluate Neuroinflammation

Azeem Saleem<sup>1,2</sup>, Syed Imran Ali Shah<sup>3,4</sup>, Stephen A. Mangar<sup>5</sup>, Christopher Coello<sup>1</sup>, Matthew B. Wall<sup>1</sup>, Gaia Rizzo<sup>1,6</sup>, Terry Jones<sup>7</sup>, and Patricia M. Price<sup>3</sup>

KI REPORTS  
Kidney International Reports®



Articles Publish About Contact

COVID-19 AND CKD | VOLUME 8, ISSUE 3, SUPPLEMENT, S445, MARCH 2023

#### WCN23-0120 MEDIUM AND LONG TERM ANTIBODY RESPONSE TO COVID-19 VACCINATION IN PATIENTS RECEIVING HEMODIALYSIS (HD) - A CROSS SECTIONAL STUDY

S. Cheema • N. Javed • Z. Butt • Z.T. Akram • M. Cheema • S.S. Cheema

KI REPORTS  
Kidney International Reports®



Articles Publish About Contact

CLINICAL GLOMERULONEPHRITIS | VOLUME 8, ISSUE 3, SUPPLEMENT, S54, MARCH 2023

#### WCN23-0119 IMMUNOGLOBULIN A (IgA) NEPHROPATHY ASSOCIATED WITH ACUTE HEPATITIS E INFECTION (HEV) – FIRST CASE REPORT

Cheema S.S. • Cheema M.F. • Cheema S.

Life and Science  
ISSN (Print): 2521-0475  
ISSN (Online): 2708-2970

Current Issue Archives Journal Policy Journal Committee Instructions to Authors Submit Manuscript

#### A Comparative Study on Mortality of Trauma – Our Experience in Peshawar

Ijaz Ahmed, Zahid Farooq Baig, Aamir Farukh, Umberin Koukab Qazi, Maria Safdar Tariq Bashir Tareen



## **Publication Fee Reimbursement for Faculty**

The main objective of the ORIC committee is to facilitate the publishers with basic, clinical and field research as well as innovations from various aspects such as scientific evaluation, ethical considerations, training in research-related areas and financial assistance applications. Encouraging involvement of corporate sector in supporting research and innovation activities through industrial funding is required. In the years 2022 & 2023, ORIC has financed a total of 344 publications of CMH Lahore Medical College and Institute of Dentistry with the total amount of reimbursement adding up to Rs. 1,568,402

## **Research Impact Fund**

Research Impact Fund (RIF) is an internal research grant of CMH LMC & IOD for funding research projects on competitive merit for high-quality and promising scientific research that demonstrate strategic relevance and cast impact to the local industry and society. Every year applications are called for RIF which grant up to PKR 100,000 (one hundred thousand) per project with first round is held in December and second round in June. The grant not only improves the quality of research but also helps in capacity building through attaining new equipment which can be used for future research projects as well.

## Student Research Club (SRC) – CMH LMC & IOD

Student Research Club (SRC) of CMH LMC & IOD came into existence in January 2022, headed by Prof Dr Col Ashraf Chaudhry as the Staff President, Prof Dr Ansa Rabia as the Staff Advisor and Associate Prof Dr Sehrish Zaffar as the Staff Coordinator.

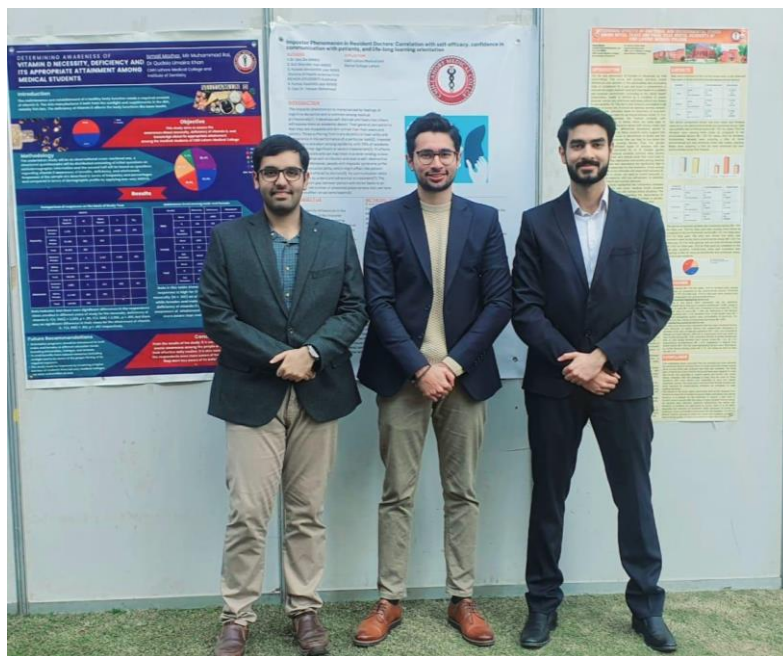


The society organized and collaborated to arrange multiple activities to enhance the research culture of CMH LMC and beyond its boundaries. One of the prominent endeavors is the MBBS and BDS orientation day was stall set up by the society.





CMH SRC represented CMH LMC & IOD in the International Conference of Shalamar Medical and Dental College, Lahore, organized on 2-5 February, 2023. Ismail Mazhar and Mir Rai won the 1st and 3rd positions respectively in the poster competition category of the above mentioned conference.



Head of the Advisory Board, Abdullah Ahmad conducted the research methodology webinar series on June 02, 2023. The General Secretaries, Mir Rai and Ismail Mazhar collaborated with a society of CMH (HSE) for a webinar "Research for Rookies" and Research Cafe sessions, and the Secretary BDS, Ahmed Asim organized an SPSS workshop for students. The VPE, Danyal Faisal also formed a network with other research societies in Pakistan, which he competently executed in forming both a database of contacts and keeping a good rapport with all other colleges.





SRC sent a delegation of five students to the Research Inno Vesta'23 Poster competition hosted by Central Park Medical College Research Society on October 27, 2023. Danyal Faisal and Muhammad Daniyal from Final Year MBBS secured the 2nd position, while Abdullah Ahmad, Hamyel Tahir, and Jawad Sajid from Final Year MBBS secured the 3rd position in the poster competition.





## Annual Research Day 2022

ORIC organized Annual Research Day of CMH LMC & IOD in May 2022. It included poster competition and research award distribution. Thirty posters comprising of original research and case reports were presented by the participants from various institutes including CMH LMC & IOD. The winners of the poster competition were selected individually from Faculty as well as students to encourage participation in research and development at all levels of cognitive development



## Workshops on Primary Surgical Skills

Dr Muhammad Faheem Anwar, Department of General Surgery facilitated three workshops as chief facilitator, on 'Primary Surgical Skills', organized by CPSP for FCPS- II trainees, on 16<sup>th</sup>-18<sup>th</sup> June 2022, 11<sup>th</sup>-13<sup>th</sup> May 2023 & 9<sup>th</sup>-11<sup>th</sup> November, 2023, at CPSP regional office Lahore. Each workshop session was carried out for three days. Each participant was awarded 20 CPD points by CPSP. The facilitator received positive feedback from participants.

## 13<sup>th</sup> Biennial Congress of Asian Academy of Prosthodontics

Prof Dr Hina Zafar Raja, Professor of Prosthodontics, In-Charge House Officers Program, presented as a Keynote Speaker/Country Representative in 13th Biennial Hybrid Congress of Asian Academy of Prosthodontics. The Congress was held as a hybrid mode in Manila Philippines, from 25th -27th August, 2022 and was hosted by Philippines Prosthodontics Society.

**13<sup>th</sup> BIENNIAL CONGRESS OF ASIAN ACADEMY OF PROSTHODONTICS**  
VIRTUAL CONFERENCE & DENTAL EXHIBITION  
AUGUST 25-27, 2022  
"GLOBAL SYNERGY TOWARDS EXCELLENCE IN PROSTHODONTICS"

**Featured Speakers**

- Dr. Ranier A. Qvarse (Philippines)
- Dr. Suresh Nayyar (India)
- Dr. Monty Chantaramunakorn (Thailand)
- Dr. Tengku Fadhila Tengku Mohd Aniff (Malaysia)
- Dr. Moez Khatkhat (Iraq)

**Country Speakers**

- Dr. Basar Amarsaekhan (Malaysia)
- Dr. Pokpong Amornvit (Thailand)
- Dr. Lin Dai (Singapore)
- Dr. Rasika Manohar Jayasinghe (Sri Lanka)
- Dr. Manabu Kanazawa (Japan)
- Dr. Jee Hwan Kim (Korea)
- Dr. Melina Kunjitor (Indonesia)
- Dr. Molati Mahmud (Malaysia)
- Dr. Adrian Carlos Manaloto (Philippines)
- Dr. Suraj R. B. Mathreema (Nepal)
- Dr. Pranai Nageshkrishnan (Tanzania)
- Dr. T.V. Padmanabhan (India)
- Dr. Hina Zafar Raja (Pakistan)
- Dr. Mamunur Rashid (Bangladesh)
- Dr. Lan Ting-Hsun (Taiwan)

**PARTNERS:** CMH Lahore Medical College / Institute of Dentistry, Applied to Life, 3M, Bionaire.

**13<sup>th</sup> BIENNIAL CONGRESS OF ASIAN ACADEMY OF PROSTHODONTICS**  
VIRTUAL CONFERENCE & DENTAL EXHIBITION  
AUGUST 25-27, 2022  
"GLOBAL SYNERGY TOWARDS EXCELLENCE IN PROSTHODONTICS"

**MEET THE SPEAKERS**

- Dr. Lan Ting-Hsun** (Taiwan)  
"Digital-Assisted Full Mouth Rehabilitation"
- Dr. Pokpong Amornvit** (Thailand)  
"Facial-Driven Design"
- Dr. Hina Zafar Raja** (Pakistan)  
"Diagnosis of Bruxism in Adults: A Systematic Review"

**TO REGISTER:** Scan this QR Code, or Visit our website: [aap-philippines.com](http://aap-philippines.com)

CMH Lahore Medical College / Institute of Dentistry



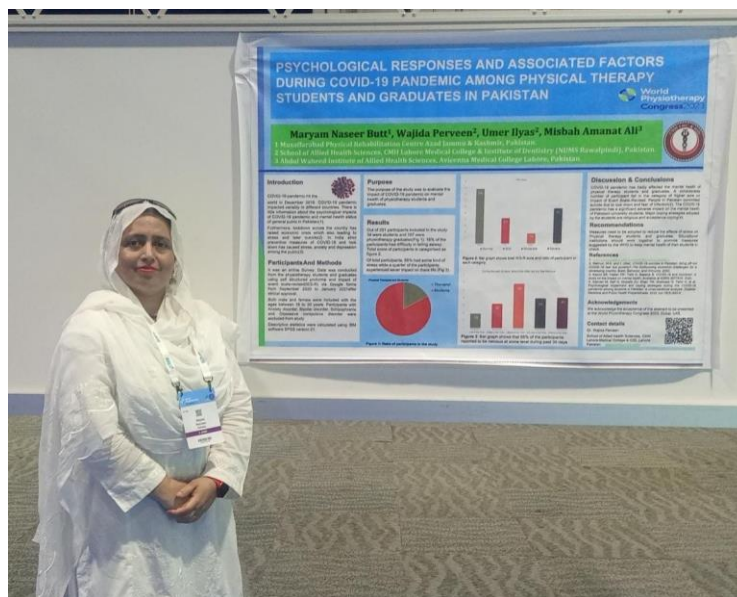
## Workshop "Manuscript Writing skills"

Dr. Wajida Perveen, HOD, Department of Doctor of Physical Therapy at CMH Lahore Medical College facilitated a workshop on “**Manuscript Writing skills**” at PSRD College of Rehabilitation in Lahore. Dr. Wajida Perveen emphasized on the art of creating impactful manuscripts tailored for publication in high-impact factor journals. The session not only offered valuable insights into the essential features of manuscript composition but also provided a comprehensive understanding of the strategies required to produce compelling content for prestigious journals. This enlightening experience proved especially beneficial for aspiring young researchers, equipping them with the knowledge and skills necessary to navigate the world of scientific publication successfully. At the end of the session, Dr Parveen was awarded a shield by PSRD for honoring her efforts during this interactive research-oriented workshop.



## Editage: "Gaining a Global Perspective from Peer Reviewers and Industry Experts." AMA CHINA

In September 2022, Editage commemorated Peer Review Week. Dr. Wajida Perveen graced the occasion as one of four esteemed panelists, while others were Michael Willis, a Researcher Advocate at Wiley, Mriganka Awati, a Senior Writer at Cactus Communications, Jia Yang, the Researcher Development & Outreach Manager in China for Taylor & Francis. Collectively they contributed to an engaging online session on the Science net blog based in China. The session's focal point revolved around the compelling theme, "Gaining a Global Perspective from Peer Reviewers and Industry Experts." This virtual question and answer gathering transcended geographical boundaries, allowing inquisitive minds from around the world to interact with the esteemed panelists. The session embodied the true essence of fostering research and embracing diverse models of peer review on a global scale.



## **Avoidable deaths Network, certificate of Participation**

Ms Zunaira Rafaqat Demonstrator (MIT) at SAHS CMH Lahore Medical College participated in a Project: Pakistan Floods 2022-Resource Paper from October 01 to 26, 2022 and was awarded by a certificate by “Avoidable Deaths Network”, on 12 June 2023. Ms. Rafaqat's participation in the project was instrumental in providing vital resources and support for flood affected people. Her commitment to helping others was exemplary.

## **“Strengthening of Child Healthcare: Role of Allied Health Professionals”**

The University of Children's Health Sciences hosted the 1<sup>st</sup> Allied Health Sciences Conference on October 26-27, 2022, right on their own campus at Lahore. The focus was on making child healthcare stronger with the help of Allied Health Professionals globally. Dr. Yasmeen Rashid secretary Health Punjab graced the occasion as a guest of honor. Dr. Wajida Perveen, HOD, Department of Doctor of Physical Therapy at CMH Lahore Medical College, chaired the scientific sessions. She analyzed the research presentations at the conference. Dr. Wajida Parveen’s guidance in panel discussions made a significant impact on the audience.



## **Workshop on Primary Surgical Skills**

Dr Faheem Anwer, Department of General Surgery, facilitated a workshop on “Primary surgical skills”. It was a local event organized by College of Physicians and Surgeons Pakistan. The workshop was conducted in CPSP Regional Centre, Lahore on 3-5 November 2022. The workshop was conducted again at CPSP Regional Centre, Lahore, on 15-17 December 2022. It was awarded with 18 credit hours.

## Poster Art Competition

Prof Dr Saira Atif, Professor & HOD Oral Biology Department, adjudicated a Poster Art Competition held in Oral Biology Department, at de 'Montmorency College of Dentistry, Lahore, on 14<sup>th</sup> November 2022. Amazing display of art and creativity augmented the event ambiance.



## 9<sup>th</sup> PPA Conference at LUMHS Jamshoro

Prof Dr Hina Zafar Raja, Professor of Prosthodontics, was invited as key speaker in the 9<sup>th</sup> PPA Conference at LUMHS Jamshoro, Hyderabad, Sindh, Pakistan. It was an international conference, held on 18<sup>th</sup> November 2022. The event was organized by Liaquat University of Medical & Health Sciences, Jamshoro and Pakistan Prosthodontics Association. The topic of her presentation was “Diagnosis of Bruxism in Adults”, which highlighted the diagnostic aids for the prevalent condition of tooth surface loss in general population across the globe.





## “Imagination, Collaboration, Innovation, Dentistry; Next Generation”

Prof Dr Hina Zafar Raja, Professor of Prosthodontics, participated as a Panel Expert along with other national and international renowned health professionals in the 8th PADR Annual Congress, held on 12<sup>th</sup> January 2023. It was an international conference, organized by Pak Association of Dental Research, under the theme “Imagination, Collaboration, Innovation, Dentistry; Next Generation”. The discussion instigated many thought-provoking issues that are a special concern for the future dentale education in Pakistan and abroad. The conference was awarded 15 CME hours.



## ‘Organize your research with Endnote’

Dr Sobia Tirmazi, Associate Professor of Operative Dentistry and OIC Library, co-facilitated and organized a three-hour workshop, facilitated by Muhammad Junaid Iqbal on ‘Organize your research with Endnote’ on January 18, 2023 at Digital Library, CMH LMC & IOD. A total of 31 faculty members from various departments attended this workshop. The workshop was meticulously crafted to be both informative and practical, directly addressing the needs and interests





## International Women's Day 2023

Prof Dr Nilofer Mustafa, HOD Gynae & Obs. CMH LMC, spared her precious time to educate women at University of Veterinary and Animal Sciences about the prevalent gynaecological diseases, on International Women's Day, organized on April 2023. Prof Dr Hina Zafar Raja, Professor of Prosthodontics, coordinated this activity in collaboration with Dr Maryam Javed, Associate Professor, Institute of Molecular Biology and Biotechnology. The audience displayed keen interest and remarkably applauded the facilitation.



## 'How to Establish a Work Life Balance'

Dean IOD, Prof Samir Riaz Qazi was invited at panel discussion organized by College of Dentistry, Fatima Memorial Hospital, Lahore on 7th May 2023, along with seasoned academicians and renowned dental practitioners. Prof Dr Hina Zafar Raja, Professor of Prosthodontics, was invited as a panel expert on 'How to establish a work life balance'. The discussion was targeted for aspiring young graduates for their apt. career counselling as well as resolving the personal life challenges amicably. The session was well applauded by the audience.





## World Physiotherapy Congress Dubai 2023

Dr. Wajida Perveen, Associate Prof. and Head of Department of Physical Therapy, School of Allied Health Sciences CMH Lahore Medical College & IOD participated at the World Physiotherapy Congress 2023 (2-4 June, 2023) held at World Trade Center Dubai, United Arab Emirates. The inaugural ceremony was hosted by Emma Stokes Ex-President World Physiotherapy, Naima Saleh President Emirates Physiotherapy Society and Jackie Whittaker Chair of Congress Program Committee. Dr. Wajida presented a poster abstract and chaired an e-poster session. Moreover, she co-chaired two networking session (NWS) one on Health Promotion in Life and Work and the other on Environmental Physiotherapy. The conference provided professional networking platform and concluded with a culturally flavored closing ceremony held on the evening of 4<sup>th</sup> June 2023.



Networking session at World Physiotherapy Congress 2023 Dubai

## Health Tech Summit and Expo Riyadh-KSA

Prof Dr Hina Zafar Raja, Professor of Prosthodontics, was invited as key speaker in Health Tech Summit and Expo, held on 5-6th June 2023. It was an international conference, organized in Riyadh, Saudi Arabia. The topic of her presentation was “Innovation in Maxillofacial Prosthodontics”. The presentation as well as the invention was well appreciated by the global audience participating in the Summit.



## ‘Statistical Data Analysis with SPSS: A Beginner’s Interactive Workshop’

Dean IOD Prof Dr Samir Qazi on ‘Statistical Data Analysis with SPSS: A Beginner’s Interactive Workshop’ on June 6 & 7, 2023 at Digital Library, CMH LMC & IOD. Dr Sobia Trimazi , Associate Professor co-facilitated the interactive two-day workshop. The workshop was attended by 24 faculty members. Prof Dr Samir Qazi demonstrated exceptional expertise and passion for the subject matter. His interactive approach, incorporating group discussions and hands-on activities, kept participants actively involved and eager to learn throughout the activity.





## Annual Research Day 2023

L-ORIC organized the Annual Research Day 2023. The activities in the Annual Research Day comprised poster competition as well as research award distribution. A total of 96 posters from faculty, post graduates and undergraduates were submitted for the poster competition from all over Pakistan. In addition to the winners of poster competition, the awards were also distributed for Best Researcher category.

Dr. Asma Shakoor, Associate Professor & HOD Community and Preventive Dentistry, won the 1<sup>st</sup> position (faculty) for maximum number of publications, in Annual Research Day held on 23<sup>rd</sup> June 2023. It was a national event organized by L-ORIC, CMH Lahore Medical College and Institute of Dentistry. The event included a poster competition, followed by award distribution to high-achieving researchers amongst faculty and students.

Prof Dr Hina Zafar Raja, Professor of Prosthodontics, was granted patent from Pakistan Patent Office on Maxillofacial device entitled, “Nasal Impression assembly and its method of Imprinting.”. CMH LMC and IOD, Lahore appreciated this remarkable achievement with the patent award on Annual Research Day 2023 at CMH LMC and IOD.



## Crafting a Learning Portfolio: A Hands-on Approach

Dr Nauman Zaheer, Associate Professor Oral Biology, CMH LMC and IOD conducted a three-hour workshop on 'Crafting a Learning Portfolio: A Hands-on Approach' on July 4, 2023 organized by SHaPE as part of Student Engagement Program for Continuing Professional Development at CMH LMC & IOD. A total of 12 faculty members from various departments attended this workshop. The facilitator fostered a welcoming and inclusive atmosphere, which participants felt comfortable in asking questions, sharing ideas, and learning from each other. This collaborative spirit contributed significantly to the overall success of the workshop. NUMS granted 5.0 CME credit points to the facilitator and 2.5 CME credit points for each participant.



## Symposium in Akhtar Saeed Medical & Dental College 2023

Faculty of Institute of Dentistry, CMH LMC & IOD were invited as key speakers in the dental conference entitled, "Dentistry: Educate, Inspire, Innovate". Organized by Akhtar Saeed Medical & Dental College, held on 8<sup>th</sup> August 2023. The conference was attended by national and international renowned academicians. Prof Dr Nasir Saleem, Head of Operative Dentistry gave a presentation on 'Management of dentoalveolar trauma'. The talk highlighted key tips for management of such crucial cases. Prof Dr Hina Zafar Raja, Professor of Prosthodontics presented her presentation titled as "Routes to restore the worn dentition". Her presentation emphasized the systematic approach to handle the complete rehabilitation cases. Both presentations were deeply appreciated by the organizers as well as audience.





## **‘Dental Transformations: Case Studies and Portfolio Highlights’**

Dr Sobia Trimazi, Associate Professor, Operative Dentistry department was invited as a key note speaker in Pakistan Association of Dental Students (PADS) congress ‘23 held in September 2023 where she delivered a talk on ‘Dental Transformations: Case Studies and Portfolio Highlights’. The discussion achieved its set objectives. Participants learnt well and expressed a strong desire to apply their learnings in their respective fields.



## **“Short Case Defense in FCPS II Exam”**

Dr Junaid Dayar, Associate Professor Orthodontics, served as Facilitator in the one-day workshop on “Short case defense in FCPS II exam”. It was a local event, held in Orthodontic Department of Multan Medical and Dental College, Multan on 16<sup>th</sup> September 2023. The workshop was organized by Pakistan Association of Orthodontics.



## **“Scholarships: How to make most of opportunities in current times”**

Prof Dr Hina Zafar Raja, Professor of Prosthodontics, was invited for Panel Discussion on “Scholarships: How to make most of opportunities in current times”. The event was a part of PADS Annual Congress, 2023 held in University College of Medicine and Dentistry, Lahore on 30<sup>th</sup> September 2023. It was organized by Pakistan Association of Dental Students. The topic of discussion is the key point of interest for young graduates and hence was immensely followed during the congress.



## CMH LMC & IOD Faculty Participation in International Dental Conference 2023 organized By Lahore Medical and Dental College Lahore

Lahore Medical & Dental College hosted an international Dental Conference on 12<sup>th</sup> October 2023. Various members of faculty of CMH LMC & IOD were invited as key speakers including Prof Dr. Asad Chatha (Head of Department of Oral and Maxillofacial Surgery) and Prof Dr Hina Zafar Raja (Professor of Prosthodontics). The conference was held on 12<sup>th</sup> October 2023, in Lahore. and was also facilitated by national and international speakers. Prof Dr Khalid Masood Gondal and Prof Dr Javed Akram graced the occasion with deep appreciation for organizers as well s facilitators.

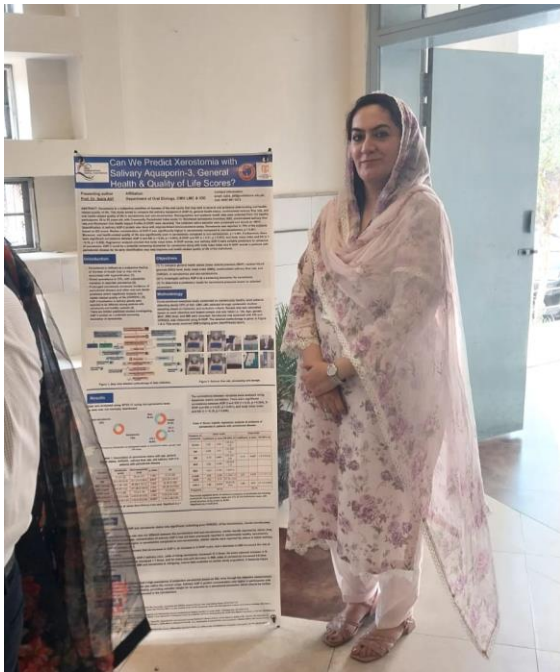




## Scientific Poster Competition in the 3rd LMDC International Dental Conference

Prof Dr Saira Atif, Professor & HOD Oral Biology Department won 2<sup>nd</sup> prize in the scientific poster competition in the 3rd LMDC International Dental Conference, held on 12<sup>th</sup> October 2023. The conference was organized in Lahore by Lahore Medical and Dental College. She presented her original research titled “Can we predict xerostomia with salivary aquaporin-3, general health and quality of life scores?” At 3rd International Dental Conference held at Lahore Medical & Dental College, Lahore, on 12th October 2023.

Dr. Malika Sundus PGR Operative Dentistry under the supervision of Prof. Dr. Muhammad Nasir Saleem also presented a poster entitled “Aesthetic rehabilitation of dental fluorosis, a case report”. A total of 18 posters including original research articles and case reports were evaluated by esteemed judges. It is with great pleasure to share that Dr. Malika Sundus was awarded 1st place in the competition along with a cash prize of 10,000 PKR.



## **"Unlocking Students Engagement: The Power of a Student-Centered Classroom"**

The 7<sup>th</sup> International Conference on Health Professions Education, hosted by the University of Lahore in Lahore, showcased a remarkable pre-conference workshop conducted by the esteemed Dr. Rizwana Kamran, affiliated with the School of Health and Professional Education department at CMH LMC & IOD. The workshop was held on October 30, 2023, with theme "Unlocking Students Engagement: The Power of a Student-Centered Classroom." Dr. Rizwana's expertise illuminated the event, captivating the participation of faculty members from distinguished institutes. This engaging workshop not only enriched the attendees with valuable insights with a reward of 6 CPD hours. Dr. Rizwana organized a group activity lasting 20 minutes, challenging participants to apply any student engagement strategy learned during the session. Her dynamic approach kept the audience actively engaged. Her commitment to advancing pedagogical methodologies seamlessly integrated theory into practice which solidifying her status as an exemplary educator in the field.

## 10th International Dental Conference, Pakistan Prosthodontics Association Armed Forces Institute of Dentistry, Rawalpindi

10th International Dental Conference organized by Pakistan Prosthodontic Association was held at Armed Forces Institute of Dentistry Rawalpindi in December 2023. The faculty of Institute of Dentistry CMH Lahore Medical College participated actively with the following contributions as given below.

### a. “Plan, Innovate and Treat”- Hands on Workshop

Prof Dr Hina Zafar Raja, Professor of Prosthodontics, conducted a pre-conference workshop in the 10th International Dental Conference, held on 22<sup>nd</sup> December 2023, in Armed Forces Institute of Dentistry, Rawalpindi. The event was organized by Pakistan Prosthodontics Association. The title of her workshop was “Plan, Innovate and Treat”. At 10th International Pakistan Prosthodontics Association Conference held at Armed Forces Institute of Dentistry (AFID), CMH medical Complex, Rawalpindi from 23<sup>rd</sup> to 24<sup>th</sup> December, 2023.



10<sup>th</sup>

International Pakistan Prosthodontics  
Association Conference



*New Horizons in Advanced Prosthodontics*

PRE-CONFERENCE WORKSHOP

**PLAN, INNOVATE,  
AND TREAT**

**Dr. Hina Zafar Raja**

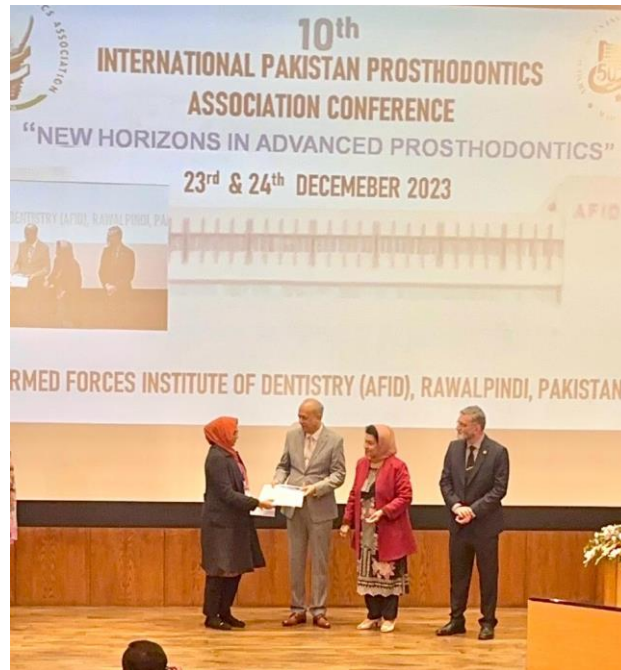
BDS, F.C.P.S. (Prosthodontics),  
MSc (Fixed and Removable  
Prosthodontics, Hons.) Kings  
College London, UK.



- ✓ Apply the steps of patient assessment for Comprehensive Treatment Planning
- ✓ Interactive Session on Patient Examination on Photographic views
- ✓ Exercise & Interactive Session on Periodontal Charting
- ✓ Utilize, Interpret and Document pertinent investigations for Patient Assessment
- ✓ Formulate a Comprehensive Diagnosis
- ✓ Instigate the critical thinking skills required for Comprehensive Treatment Planning

## b. Scientific Poster Competition Award

Dr Kinza Hanif Bajwa PGR Prosthodontics under the supervision of Prof. Dr Hina Zafar Raja presented a poster entitled “Complete Edentulism with Habitual jaw deviation treated with a pivot appliance: A case report”. A total of 18 posters including original research articles and case reports were evaluated by esteemed judges including Dr Eeshamsul Sulaiman, Associate Professor, University of Malaya, Prof. Dr Riaz Yar Syed, Professor of Prosthodontics, College of Medicine and Dentistry, UK and Prof. Dr Nasir Shah, Dean, Khyber College of Dentistry. It is with great pleasure to share that Dr Kinza Hanif was awarded 1st place in the competition along with a cash prize of 40,000 PKR.





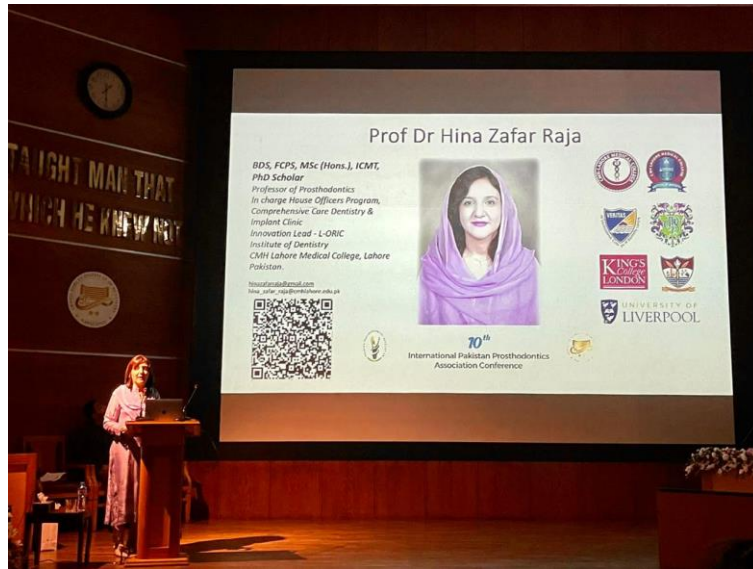
### c. “All Ceramic Crowns and Onlays” – Hands on Workshop

Prof Dr Nasir Saleem, Head of Department of Operative Dentistry, was invited at Watim Medical and Dental College, Rawalpindi for a pre-Conference Workshop, titled, “All Ceramic Crowns and Onlays” in 10th International Pakistan Prosthodontics Association Conference 2023, on 22nd December 2023.



#### d. ‘Disclosing an Innovation in Maxillofacial Prosthodontics’ – Plenary Session

Prof Dr Hina Zafar Raja, Professor of Prosthodontics, was invited as key speaker in the 10th International Dental Conference, held on 23<sup>rd</sup> December 2023, in Armed Forces Institute of Dentistry, Rawalpindi. The event was organized by Pakistan Prosthodontics Association. The title of her presentation was “Innovation in maxillofacial Prosthodontics”.



## Research and Development Activities

### Biochemistry

1. Train & Share Initiative - Authorship
2. Journal Club - Glucocorticoid Hypersensitivity as a Rare but Potentially Fatal Side Effect of Paediatric Asthma Treatment.
3. Faculty Skill Enhancement - How to use narrative writing as a tool for publishing a scientific book
4. Journal Club - Sleep quality, mental and physical health: A differential relationship
5. Train & Share Initiative - Technology enhanced learning in medical education: Engaging the students
6. Journal Club - Working mothers dilemma in Pakistan: Analyzing their battle with work, family demands, and well- being
7. Webinar - Unveiling Research for Rookies
8. Journal Club - Dental caries-related primary hypertension in children and adolescents
9. Faculty Skill Enhancement - Hands on training of CMH digital library resources
10. Train & Share Initiative - Emotional Intelligence: Why it can matter more than IQ!
11. Journal Club - Factors associated with knowledge and practice of optimal breastfeeding among mothers in Dubai, UAE
12. Train & Share Initiative - A road trip to the encyclopedia of Genes
13. Faculty Skill Enhancement - Basics of ECG
14. Train & Share Initiative - The Ethics of Genetics
15. Journal Club - Hypothyroidism and its co-relation with dyslipidemia



## **Comprehensive Care Dentistry & Implant Clinic**

1. Oral Radiology-Hands on Session
2. Treatment Planning-Interactive Session
3. E-Portfolio Formulation-Hands on Workshop
4. Dental Photography Skills-Hands on Workshop
5. Class I and II Amalgam Preparation-Hands on Workshop
7. Periodontal Assessment & Treatment Planning-Hands on Workshop
8. Evaluation of Clinical Skills-Hands on Workshop
9. PFM Crown Preparation- Hands on Workshop
10. Basic Life Support-Hands on Workshop
11. Management of Medical Emergencies-Hands on Workshop
12. Cross Infection Control-Hands on Workshop
13. Class I and II Amalgam Preparation-Hands on Workshop
14. PFM-Posterior Crown Preparation-Hands on Workshop
15. Evaluation of Clinical Skills-Hands on Workshop
16. Selective Laser Melting-Interactive Session
17. Composite Build-up & Rubber Dam Application
18. CBCT Interpretation-Hands on Session
19. Endodontic Obturation-Interactive Session

### **Community Dentistry**

1. School Dental Health Program (Training session & Check-ups)
2. Field Trip (Training session & Check-ups)
3. World Oral Health Day (Training session & Check-ups)
4. Check-ups/Data collection at Transparent Hands. (Dental)
5. Check-ups/Data collection at Transparent Hands. (Dental)

### **Operative Dentistry**

1. Dental Photography Skills-Hands on Workshop
2. Class I and II Amalgam Preparation-Hands on Workshop
3. Dental Photography Skills-Hands on Workshop
4. Class I and II Amalgam Preparation-Hands on Workshop
5. Dental Photography Skills-Hands on Workshop
6. Composite Build-up & Rubber Dam Application
7. Dental Photography Skills-Hands on Workshop
8. Composite Build-up & Rubber Dam Application

## **Oral and Maxillofacial Surgery**

### **Seminars**

1. Treatment of dental implant displacement into the maxillary sinus
2. Platelet-rich plasma and fat grafting for the treatment of inferior alveolar nerve neuropathy: The first case report
3. Oral Propranolol With Topical Timolol Maleate Therapy for Mixed Infantile Hemangiomas in Oral and Maxillofacial Regions
4. Pentoxifylline and tocopherol for prevention of osteoradionecrosis in patients who underwent oral surgery: A clinical audit
5. A New Method for Using Radiopaque Sclerosing Foam to Treat Venous Malformations

### **Pathology**

1. Morphology of Malignant Hematological Disorders - Workshop
2. Diagnostic and Therapeutic Challenges in Thalassemia - Seminar on Thalassemia
3. Medical Camp to Screen Students for Beta Thalassemia Trait- Medical Camp

### **Pharmacology**

- 1 Hands on Training “How to Operate, Calibrate and Tissue Mounting on Power Lab
2. Understanding the Publication Process” in online workshop: Research Publications Unboxed –
3. MediStats: Empowering Medical Minds with SPSS - Student Research Club CMH LMC



## **SAHS**

1. Online zoom meeting with German students on learning intercultural competencies.
2. Workshop on Data analysis using SPSS
3. Reference and Bibliography Management using Mandalay
4. One Day International workshop on "International Standards of Writing Clinical Notes and patient handling advance guidelines (Ireland) for Physiotherapist
5. Online zoom meeting with German students on learning intercultural competencies.