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PREFACE



Here's what has happened in the last Year

As we bid farewell to the year 2024, we take a moment to reflect on a year marked by dynamic growth, vibrant activity, and inspiring achievements at Khyber Medical University Institute of Health Sciences Islamabad. This annual newsletter serves as a testament to the unwavering dedication, creativity, and spirit of our community students, faculty, and staff—who have come together to make this year unforgettable.

The past twelve months have been filled with a diverse array of activities that enriched both the academic and social fabric of our institution. From thought-provoking workshops and enlightening conferences to spirited sports competitions and engaging cultural events, each endeavor showcased the multifaceted talents and boundless energy of our participants.

Our academic pursuits were complemented by co-curricular and extracurricular events that fostered teamwork, leadership, and innovation. The sports week was a highlight, bringing a sense of camaraderie and healthy competition, while the conferences and symposia provided a platform for intellectual exchange and professional growth. Not to be overlooked, our workshops equipped participants with practical skills and advanced knowledge, reaffirming our commitment to holistic education. One of the standout highlights of the year was the Respiratory Care Symposium held on December 14. This remarkable event included hands-on workshops in the morning, an exciting quiz competition in the afternoon, and culminated in a movie night and a vibrant musical show.

As the final major event of 2024, it was a fitting conclusion to a year filled with learning, camaraderie, and celebration. This newsletter captures the essence of these moments, offering a glimpse into the milestones we have achieved and the memories we have created together. It is not merely a retrospective but a celebration of our collective efforts and a source of inspiration for the future. As we turn the page to another year, let us carry forward the enthusiasm, unity, and determination that defined 2024. Together, we will continue to nurture a community that thrives on excellence and innovation.

Warm regards,

Mehreen Khalid
Editor



MESSAGE FROM THE DEAN

Dear Students and Colleagues,

As the Dean of Allied Health Sciences at KMU, it gives me immense pleasure to reflect on the incredible journey of 2024. IHS Islamabad has been a hub of activity, innovation, and growth, setting benchmarks in academics, professional development, and student engagement. This year witnessed numerous milestones that highlight the talent and dedication of our community. From impactful workshops and academic conferences to vibrant cultural events and sports week, every endeavor added to the rich fabric of our institution. Such achievements reflect the collective effort and shared vision of our faculty, staff, and students. I am proud of how we have grown together, fostering a spirit of excellence and a commitment to holistic education.

As we move into 2025, I encourage all of you to continue pushing boundaries, embracing challenges, and contributing to the dynamic legacy of KMU Allied Health Sciences. Together, let us aspire to new heights and continue making a meaningful impact in the field of healthcare education.

With warm regards,

Prof. Haider Darain

Dean, Allied Health Sciences
Khyber Medical University



MESSAGE FROM THE DIRECTOR

Dear Students, Faculty, and Staff,

As we close the chapter on 2024, I am filled with immense pride and gratitude for the incredible year we have shared. This annual newsletter is a celebration of our collective achievements, capturing the essence of a vibrant and dynamic community that consistently strives for excellence in every endeavor. The past year has been a tapestry of remarkable events, each one contributing to the holistic growth of our institution. From the success of various workshops, conferences, and co-curricular activities to the enthusiasm displayed throughout the year has truly been a testament to the spirit of innovation and collaboration that defines us.

As we reflect on these accomplishments, let us also renew our commitment to fostering an environment where creativity, learning, and growth thrive. Together, we will continue to build on the foundation of success, embracing challenges as opportunities and striving for new heights in the year ahead.

I extend my heartfelt gratitude to all who have contributed to making 2024 a resounding success. May the coming year bring even greater achievements and milestones for us to celebrate.

Warm regards,

Sheikh Atif Mehmood

Director, KMU IHS Islamabad



Nutrilicious Cooking Competition and Calorimetry Workshop

Organized by: Department of Nutrition

4th January 2024

The Department of Nutrition kick started 2024 with an engaging and educational event, the Nutrilicious Cooking Competition and Calorimetry Workshop. This event brought together aspiring nutritionists, food enthusiasts, and health-conscious individuals to explore the art and science of nutrition.



Highlights:

Cooking Competition: Participants showcased their culinary creativity by preparing nutritious and delicious dishes. Emphasis was placed on balanced meal preparation, portion control, and innovative use of healthy ingredients.

Calorimetry Workshop: A hands-on session provided attendees with insights into measuring calorie content and understanding the energy value of food. This workshop helped bridge the gap between theoretical knowledge and practical application.

The event emphasized the importance of making informed dietary choices and leveraging scientific tools to evaluate nutrition. Judges, including faculty members and guest experts, praised the participants' dedication and innovation. The day concluded with the announcement of winners and an award ceremony, recognizing exceptional culinary skills and scientific accuracy. This inspiring event set the tone for a year focused on health and well-being at KMU.



4th PNQAHE International Conference

Hosted by: KMU Peshawar and KMU IHS Islamabad

3rd–5th March 2024

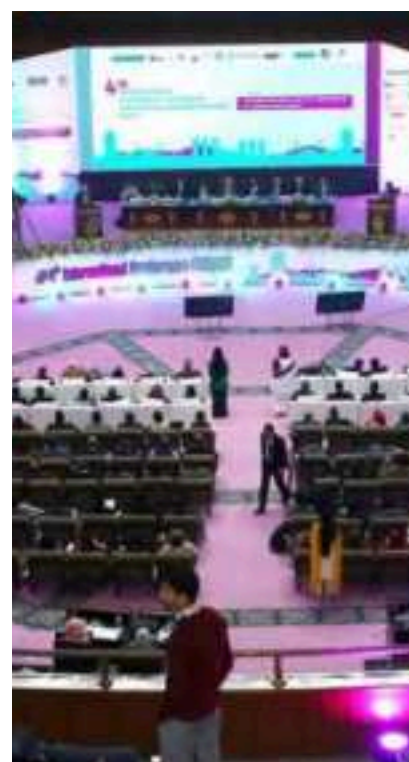


policymakers, and professionals. The event successfully reinforced KMU's commitment to advancing educational excellence and its leadership in the academic community.

The 4th Pakistan Network for Quality Assurance in Higher Education (PNQAHE) International Conference held in collaboration with KMU Peshawar, was an intellectually enriching event aimed at strengthening quality assurance practices in higher education institutions across Pakistan.

Highlights:

- Keynote Speeches:** Experts from the higher education sector delivered insightful talks on the evolving role of quality assurance in academic institutions, stressing the importance of continuous improvement and accreditation.
- Panel Discussions:** These sessions provided a platform for robust discussions on topics such as curriculum alignment, student learning outcomes, and the integration of international standards in local institutions.
- Workshops:** Practical workshops focused on the implementation of quality assurance frameworks, internal and external reviews, and strategies for improving institutional performance.
- Cultural Show:** The conference not only highlighted the growing need for quality assurance but also fostered networking opportunities among academic leaders,



Inter-University Sports Gala by KMU IHS Islamabad

Organized by: KMU IHS Islamabad Sports Club

22nd–26th April 2024

The Inter-University Sports Gala was a five-day celebration of the spirit of sportsmanship, bringing together students from various universities to participate in a range of competitive events. Hosted by KMU IHS Islamabad Sports Club, the event aimed to promote physical fitness, teamwork, and a spirit of healthy competition. KMU IHS Swabi, Abasyn, Iqra university, NIMS and PIMS were amongst the prominent participants of the event



policymakers, and professionals. The event successfully reinforced KMU's commitment to advancing educational excellence and its leadership in the academic community.

Highlights:

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- **Diverse Sports Categories:** The gala featured competitions in cricket, badminton, volleyball, table tennis, football, board games and races. Each sport drew enthusiastic participants and a cheering crowd.
- **Cultural Unity through Sports:** Teams from different universities showcased not only their athletic prowess but also the rich cultural diversity within their institutions.
- **Closing Ceremony:** The gala concluded with an award distribution ceremony, where the winners were honored for their remarkable performances. Special prizes were given for outstanding individual achievements and sportsmanship.
- **Student Engagement:** Over 1500 students participated, making it one of the largest inter-university sports events of the year.

The Sports Gala successfully fostered camaraderie and highlighted the importance of balancing academics with extracurricular activities.



Crafting Effective Lesson Plans Workshop

Organized by: Faculty Development Program

10th May 2024

The Faculty Training Workshop on Crafting Effective Lesson Plans was an essential professional development event aimed at enhancing the teaching skills of faculty members across departments.



Highlights:

- **Objective Setting:** The workshop focused on the importance of creating clear, measurable learning objectives that align with course content and assessment methods. Faculty members were guided on how to structure lessons to optimize student learning.
- **Planning Tools:** Participants were introduced to practical tools and templates for developing detailed lesson plans, including incorporating multimedia resources, active learning techniques, and formative assessments.
- **Peer Collaboration:** The session also included collaborative activities where faculty members reviewed and critiqued each other's lesson plans, offering valuable feedback for improvement.

This workshop aimed to ensure that faculty members are well-prepared to deliver high-quality, engaging lessons that contribute to the overall academic success of students at KMU.

Basic Life Support Workshop

Organized by: Department of Nursing

22nd May 2024

On International Nursing Day, the Department of Nursing at KMU hosted a highly informative and practical workshop on Basic Life Support (BLS), designed for healthcare professionals, nursing students, and medical staff.

Highlights:

- **BLS Techniques:** The workshop covered essential life-saving techniques such as Cardiopulmonary Resuscitation (CPR), Automated External Defibrillator (AED) usage, and rescue breathing. These techniques are crucial in responding to life-threatening situations like cardiac arrest, drowning, and choking.
- **Interactive Training:** The participants engaged in hands-on practice with CPR mannequins, AED devices, and other emergency response tools to ensure competency in performing life-saving interventions.
- **Certification:** Those who demonstrated proficiency in BLS procedures received certification, validating their ability to respond effectively in emergency situations.



This workshop was a vital initiative to ensure that healthcare providers are equipped with the skills needed to save lives in critical situations. It also reinforced the essential role that nursing professionals play in emergency medical care.

Workshop on Stroke Rehabilitation

Organized by: Department of Rehabilitation Sciences

22nd May 2024

The Department of Rehabilitation Sciences hosted a specialized workshop on stroke rehabilitation, focusing on innovative therapeutic techniques and rehabilitation strategies for stroke survivors.



Highlights:

- **Rehabilitation Techniques:** The workshop featured demonstrations on evidence-based rehabilitation practices, including motor skills recovery, balance training, and cognitive rehabilitation, using both traditional and modern techniques.
- **Role of Interdisciplinary Care:** Experts emphasized the importance of a multidisciplinary approach involving physical therapists, occupational therapists, speech-language pathologists, and psychologists in providing holistic care for stroke patients.
- **Patient-Centered Care:** Emphasis was placed on developing personalized rehabilitation plans tailored to the specific needs of stroke patients, promoting faster recovery and improved quality of life.

This workshop provided healthcare professionals with the knowledge and skills to enhance their approach to stroke rehabilitation, reinforcing KMU's commitment to training skilled practitioners in the allied health sciences field.

Building Clear Learning Objectives Workshop

Organized by: Faculty Development Program

22nd May 2024

The "Building Clear Learning Objectives" workshop was designed to help faculty members create transparent and measurable objectives for their courses. This session focused on the importance of aligning learning objectives with instructional strategies and assessments, ensuring clarity and focus in the learning process.

Highlights:

- **Defining Effective Learning Objectives:** Faculty members learned how to craft SMART (Specific, Measurable, Achievable, Relevant, Time-bound) learning objectives that are clear, concise, and aligned with course content.
- **Alignment with Assessment:** Emphasis was placed on aligning assessments (formative and summative) with the established learning objectives to measure student success effectively.
- **Practical Exercises:** Participants engaged in hands-on exercises where they wrote and reviewed learning objectives for their own courses, receiving feedback from colleagues and workshop facilitators.



This workshop reinforced the idea that clear learning objectives are the foundation of effective teaching and learning. By the end of the session, faculty members had the skills to design objectives that enhance student engagement and promote measurable outcomes.

Mastering Curriculum Integration for Effective Delivery Workshop

Organized by: Faculty Development Program

2nd August 2024

The “Mastering Curriculum Integration for Effective Delivery” workshop focused on the holistic integration of curricula across disciplines to enhance student learning. This session was tailored to help educators design courses where the content, learning activities, and assessments are seamlessly integrated, promoting interdisciplinary learning.

Highlights:

- **Curriculum Mapping:** Participants learned how to map curricula across different courses and disciplines to identify synergies and gaps. This ensured a cohesive and logical progression in students' learning journey.
- **Interdisciplinary Teaching Approaches:** The workshop highlighted the benefits of interdisciplinary approaches and discussed how to integrate concepts from different fields to provide students with a comprehensive understanding of complex topics.
- **Interactive Group Work:** Faculty members worked in groups to redesign sample curricula, applying integration techniques and considering the needs of diverse student populations.



This workshop emphasized that curriculum integration leads to more meaningful and connected learning experiences, enabling students to see the relevance and application of what they are learning.

Alignment of Competency with Course Content Workshop

Organized by: Faculty Development Program

30th August 2024

The “Alignment of Competency with Course Content” workshop was designed to ensure that faculty members could effectively align their course content with the competencies required by their respective professional fields. This session was particularly beneficial for departments training students for clinical and practical roles in healthcare.



Highlights:

- **Competency-Based Education (CBE):** The workshop introduced faculty members to the principles of Competency-Based Education, which focuses on ensuring that students develop the knowledge, skills, and abilities necessary to perform effectively in professional settings.
- **Mapping Competencies:** Participants learned how to map course content and assessment strategies to specific competencies, ensuring that their teaching is directly tied to real-world requirements.
- **Hands-On Exercises:** Faculty members applied these principles by revising their own course syllabus to align more effectively with the desired competencies.

This workshop provided educators with valuable tools to enhance their curriculum's relevance and ensure that students are not just gaining theoretical knowledge, but are also prepared for professional practice.



Inter-Departmental Cricket League

Organized by: KMU IHS Sports Club

September 2024

The Inter-Departmental Cricket League (IDCL) was a highly anticipated annual event that brought together students from various departments of KMU IHS Islamabad. This cricket tournament not only showcased the talent and enthusiasm of budding cricketers but also strengthened the bonds between departments.

The IDCL was a massive success, encouraging active participation and showcasing the incredible cricketing talent within KMU IHS Islamabad.

Highlights:

- **Tournament Format:** The league followed a knockout format, with each department fielding its best players to vie for the championship.
- **Captivating Matches:** Exciting matches kept the audience on edge, with spectacular performances by both batsmen and bowlers.
- **Grand Finale:** The final match, held in front of a large audience, was a nail-biting encounter where a team consisting of AHS and Nursing students came as winners.
- **Award Ceremony:** Individual awards, such as Best Player, Best Bowler, and Best Batsman, were distributed to recognize exceptional performances.



General MSK (Musculoskeletal) Assessment Workshop

Department of Rehabilitation Sciences

2nd September 2024

The Department of Rehabilitation Sciences hosted a specialized workshop on Musculoskeletal (MSK) assessment, providing hands-on training for students and healthcare professionals in the skills needed to assess and manage MSK conditions.

Highlights:

- **Comprehensive MSK Assessment Techniques:** The workshop covered key techniques for performing thorough MSK assessments, including joint range of motion tests, strength testing, postural analysis, and palpation.
- **Clinical Application:** Participants practiced these techniques in real clinical scenarios, working in pairs and small groups to assess each other and refine their skills under the guidance of experienced clinicians.
- **Case-Based Learning:** The workshop included case-based learning, where participants worked through patient scenarios and used their assessment skills to develop treatment plans for MSK conditions.

This event emphasized the importance of a comprehensive and systematic approach to MSK assessment and treatment. By the end of the workshop, participants were equipped with the tools needed to perform accurate and effective MSK evaluations in clinical settings.



Airway Assessment Techniques Workshop

Organized by: Department of Anesthesia

12th September 2024

The "Airway Assessment Techniques" workshop, organized by the Department of Anesthesia, focused on the critical skills needed to assess and manage airway complications in both routine and emergency medical settings.



Highlights:

- **Comprehensive Airway Evaluation:** Participants were taught how to perform detailed airway assessments, including the use of the Mallampati score, the thyromental distance test, and other physical assessment techniques to predict the difficulty of intubation.
- **Emergency Airway Management:** The session covered both basic and advanced airway management strategies, including bag-valve-mask ventilation, endotracheal intubation, and the use of airway adjuncts.
- **Simulation-Based Training:** Using manikins and simulated clinical scenarios, participants practiced airway assessment and management, receiving feedback from instructors to improve their technique and confidence.

This workshop underscored the importance of early airway assessment and preparation in preventing airway-related complications during anesthesia and emergency care.

Dental Hygiene Awareness Seminar

Organized by: Department of Dentistry in Collaboration with Colgate

12th September 2024

The Dental Hygiene Awareness Seminar, hosted in collaboration with Colgate, aimed to raise awareness about the importance of maintaining good oral hygiene practices. This seminar was attended by students, faculty members, and dental professionals, and focused on the prevention of oral diseases and the promotion of healthy habits.



Highlights:

- Oral Hygiene Best Practices:** The seminar covered essential techniques for maintaining oral health, such as proper brushing, flossing, and the importance of regular dental check-ups.



- Interactive Demonstrations:** Representatives from Colgate provided live demonstrations on effective tooth-brushing techniques, highlighting common mistakes people make and offering tips to improve oral care.
- Discussion on Common Oral Health Issues:** Experts discussed common dental problems such as cavities, gum disease, and bad breath, explaining how to prevent these issues and the impact of diet and lifestyle choices on oral health.
- Q&A Session:** Attendees had the opportunity to ask questions about specific dental concerns, allowing experts to provide personalized advice.



The seminar emphasized the importance of good dental hygiene not only for aesthetics but also for overall health, as poor oral health is linked to several systemic diseases. It was a valuable event for both students and the general public, promoting better habits for a healthier smile.



Free Dental Check-up



Seminar on Importance of Active Lifestyle for Heart Health

Organized by: Department of Cardiology

29th September 2024

The seminar on the "Importance of Active Lifestyle for Heart Health" focused on educating the attendees about the critical link between physical activity and heart health. This event was crucial in raising awareness about the preventable nature of heart diseases, particularly through lifestyle changes such as regular exercise.

Highlights:

- Heart Disease Prevention:** Experts discussed the role of physical activity in reducing the risk of heart disease, stroke, hypertension, and other cardiovascular issues.



- Exercise Guidelines:** The seminar provided guidelines on how much exercise is needed to maintain cardiovascular health, including recommendations for aerobic activities, strength training, and flexibility exercises.
- Interactive Exercise Demonstration:** A fitness trainer conducted a live demonstration of simple exercises that individuals can incorporate into their daily routine to improve heart health, especially for those who lead sedentary lifestyles.
- Lifestyle Modifications:** The session also covered the importance of diet, stress management, and avoiding smoking and excessive alcohol consumption in maintaining a healthy heart.

This seminar provided valuable knowledge and practical tips for students and professionals alike, encouraging them to adopt healthier, more active lifestyles to protect their heart health.



Development of Quality MCQs Workshop

Organized by: Faculty Development Program

25th October 2024

The “Development of Quality MCQs” workshop aimed at improving the quality and effectiveness of multiple-choice questions (MCQs) used in assessments. Given the increasing reliance on MCQs in medical and allied health sciences exams, this workshop was designed to help faculty create fair, reliable, and valid questions that accurately assess student knowledge.



Highlights:

- **Principles of Effective MCQs:** The workshop explored the key principles behind crafting good MCQs, including ensuring clarity, avoiding ambiguity, and aligning questions with learning outcomes.
- **Item Writing Guidelines:** Participants were introduced to best practices in writing MCQs, such as creating plausible distractors, avoiding trick questions, and ensuring a balance in difficulty across questions.
- **Hands-On Question Development:** Faculty members engaged in practical sessions where they created and revised MCQs based on real-life course content, receiving feedback from peers and workshop facilitators.
- **Assessment and Feedback:** The session also covered techniques for analyzing MCQs after they have been used in assessments, including using item analysis to evaluate question performance and fairness.

By the end of the workshop, participants were equipped with the skills to develop high-quality MCQs that effectively measure students' understanding and provide reliable feedback on their progress..

Radiation Safety Awareness for Healthcare Workers Seminar

Organized by: Department of Radiology

12th November 2024

The Radiation Safety Awareness Seminar was organized to address the critical issue of radiation exposure in healthcare settings. Given the increased use of radiological equipment in diagnostics and treatment, ensuring the safety of healthcare workers and patients was a priority of this session.

Highlights:

- **Radiation Safety Protocols:** The seminar provided an overview of radiation safety protocols, including shielding, monitoring, and safe handling of radiological equipment.
- **Protective Measures for Healthcare Workers:** Experts discussed personal protective equipment (PPE) used in radiology and other healthcare settings, emphasizing the importance of minimizing exposure to ionizing radiation.
- **Radiation Dosimetry:** Participants were introduced to the concept of dosimetry—the measurement of radiation doses—and how healthcare workers can monitor their exposure levels to ensure safety.
- **Interactive Learning:** The seminar also included practical tips on using radiation detection devices and how to implement safety measures in clinical environments.



This session aimed to enhance awareness about the importance of radiation safety and provided healthcare professionals with the tools and knowledge necessary to work safely in environments where radiation is used.

Model Exhibition on Teaching-Learning Strategies

Organized by: Department of Nursing

19th November 2024

The “Model Exhibition on Teaching-Learning Strategies” was an innovative event that showcased various teaching techniques and strategies used by the Department of Nursing. This exhibition provided faculty and students with a practical look at how teaching methods could be adapted to enhance student engagement and learning outcomes.

Highlights:

- **Innovative Teaching Techniques:** Faculty members demonstrated different active learning methods such as flipped classrooms, group discussions, case-based learning, and simulation-based teaching.
- **Interactive Models:** Each teaching strategy was showcased through interactive models where participants could experience firsthand how these strategies were implemented in nursing education.
- **Peer Sharing of Best Practices:** Faculty members shared successful teaching practices and the impact these strategies had on student engagement and retention of knowledge.
- **Collaborative Learning:** The exhibition also highlighted the importance of collaborative learning environments, where students and faculty can work together to solve complex problems.



This event emphasized the value of dynamic and interactive teaching methods in nursing education, encouraging faculty to adopt innovative approaches to improve student outcomes.

AI Uses in Healthcare Seminar

Organized by: Department of Medical Informatics

12th December 2024

The “AI Uses in Healthcare” seminar focused on the cutting-edge applications of Artificial Intelligence (AI) in the healthcare industry. AI is revolutionizing healthcare by improving patient outcomes, enhancing diagnostic accuracy, and optimizing clinical operations. The seminar provided an in-depth look at AI technologies and their integration into healthcare systems.



Highlights:

- **Introduction to AI in Healthcare:** The seminar began with an overview of AI technologies, including machine learning, natural language processing, and robotics, and how they are applied to various aspects of healthcare such as diagnostics, treatment planning, and patient care.
- **AI in Diagnostic Imaging:** Experts presented the use of AI in diagnostic imaging, including how machine learning algorithms are used to analyze medical images for conditions like cancer, cardiovascular diseases, and neurological disorders.
- **AI in Patient Management:** The seminar explored AI-driven patient management systems that can predict disease progression, suggest treatment options, and improve healthcare workflows.
- **Practical Demonstrations:** Real-world applications of AI were demonstrated, such as AI-powered chatbots for patient engagement, virtual assistants in hospitals, and AI algorithms used in predicting patient outcomes based on medical records.
- **Ethical Considerations:** Discussions also focused on the ethical challenges of implementing AI in healthcare, including issues related to data privacy, algorithmic bias, and the need for human oversight in AI decision-making.

This seminar provided an opportunity for participants to explore how AI is transforming healthcare and the future opportunities it holds for improving clinical practice, patient care, and healthcare management.

Respiratory Care Symposium – A Multidisciplinary Approach

Organized by: Department of Respiratory Therapy

14th December 2024

The Respiratory Care Symposium was a highlight of the year, bringing together experts and practitioners from various disciplines to discuss advancements in respiratory care. The symposium included workshops, a quiz competition, and a captivating movie night, providing attendees with both theoretical and practical insights into respiratory therapy and the multidisciplinary approach required in managing complex airway and respiratory conditions.



Highlights:

- Workshops on Airway Management and Ventilation:** The symposium kicked off with a series of hands-on workshops on airway management, mechanical ventilation, and non-invasive ventilation. These workshops were designed to provide attendees with practical skills that can be immediately applied in clinical settings.



- Quiz Competition:** The symposium also featured a quiz competition where students and healthcare professionals tested their knowledge of respiratory care, covering topics such as pulmonary function tests, asthma management, and the latest innovations in mechanical ventilation.
- Movie Night and Musical Show:** In the evening, the event culminated in a screening of an inspirational movie followed by a musical show, which provided a relaxed and enjoyable conclusion to a day filled with education and professional development.



Multidisciplinary Panel Discussions:

One of the most notable aspects of the symposium was the panel discussions that featured experts from respiratory therapy, anesthesia, nursing, and pulmonary medicine. These discussions emphasized the importance of collaboration between different healthcare professionals in managing complex respiratory cases.



This event was not only a learning experience but also an opportunity for networking and collaboration among healthcare professionals, reinforcing the importance of a multidisciplinary approach to patient care in respiratory therapy.

1st Intra-University Med Quiz Competition

Organized by: Department of Medical Sciences

14th December 2024

The 1st Intra-University Med Quiz Competition was a highly anticipated event, where students from various allied health disciplines participated in a competitive, fast-paced quiz that tested their knowledge of medical science, clinical practices, and healthcare topics. The competition was designed to challenge students, encourage collaborative learning, and foster a spirit of academic excellence within the institution.



Highlights:

- Team-Based Competition:** Teams of students from different programs within the university participated in the quiz, answering questions on a wide range of topics including anatomy, pharmacology, medical ethics, and emerging medical technologies.
- Interactive Format:** The quiz format included multiple-choice questions, true or false statements, and clinical case scenarios, keeping the participants engaged and actively thinking.



- Expert Panel of Judges:** A panel of esteemed faculty members acted as judges, offering feedback on answers and providing valuable insights into key medical concepts.
- Prize Distribution:** The event concluded with a prize ceremony where the winning teams were awarded certificates and trophies, recognizing their hard work and deep knowledge in the field of medicine.



This competition was a fun yet challenging way to reinforce medical knowledge and promote healthy competition among students, fostering an environment of academic growth and collaboration.



Development of OSPE/OSCEs – Faculty Training Workshop

Organized by: Faculty Development Program

20th December 2024

The “Development of OSPE/OSCEs” workshop focused on improving the design and implementation of Objective Structured Practical Examinations (OSPE) and Objective Structured Clinical Examinations (OSCE) in allied health sciences. This workshop aimed to equip faculty members with the skills needed to create fair and reliable assessments that accurately evaluate students’ clinical competencies and practical skills.

Highlights:

- **Understanding OSPE/OSCEs:** The workshop provided an in-depth overview of OSPE and OSCE formats, highlighting their benefits in assessing students’ hands-on clinical and practical abilities.
- **Creating Valid Assessment Stations:** Participants were trained on how to develop assessment stations that test a variety of competencies, such as clinical examination skills, communication, technical procedures, and decision-making.
- **Standardized Marking Schemes:** Emphasis was placed on the importance of creating objective and standardized marking schemes to ensure consistency and fairness in assessments.
- **Simulation and Practice:** Faculty members were involved in simulating OSPE/OSCE stations, where they practiced designing scenarios and assessing mock students in real-time.



This workshop was instrumental in enhancing the quality of clinical assessments and ensuring that the examinations conducted are both effective and aligned with the competencies required in professional practice.

Faculty Leadership Participation in NCRC for Allied Health Sciences

Organized by: Higher Education Commission (HEC)

2nd–5th October 2024

Faculty members from KMU IHS Islamabad actively participated in the National Curriculum Revision Committee (NCRC) meeting for Allied Health Sciences. This four-day event brought together academic leaders from across the country to review and update the curriculum for Allied Health Sciences programs to align with national and international standards.



Highlights:

- **Collaborative Efforts:** Faculty members contributed their expertise in refining course content, ensuring competency-based education, and integrating innovative teaching strategies.
- **Representation of KMU:** The presence of KMU faculty highlighted the university's commitment to advancing Allied Health Sciences education in Pakistan.
- **Outcome:** The revised curriculum was designed to equip future healthcare professionals with the knowledge and skills required for modern medical challenges.

This participation reflects the leadership role of KMU IHS Islamabad in shaping the future of healthcare education.

Policy-Making for Mental Health Issues

Event Type: Stakeholders' Meeting

November 2024

KMU IHS Islamabad faculty members participated in a high-level stakeholders' meeting focused on developing policies for addressing mental health issues. The meeting gathered representatives from academia, healthcare, and government to propose actionable solutions to tackle mental health challenges in the country.

Highlights:

- **Expert Contributions:** KMU faculty shared insights into the mental health issues prevalent among students and healthcare professionals, proposing preventive strategies and supportive policies.
- **Key Outcomes:** The discussions laid the groundwork for implementing initiatives to improve mental health awareness, access to care, and integration of mental health education into academic programs.



The faculty's involvement in this meeting underscores KMU's commitment to advocating for mental health as a national priority.

Workshop on Health, Hygiene, and Nutrition for BECs Teachers with UNESCO

December 2024

KMU faculty members presented at a workshop organized by UNESCO, focusing on health, hygiene, and nutrition education for Basic Education Community (BEC) teachers. This workshop aimed to empower teachers with the knowledge and skills to educate students on these vital topics.



Highlights:

- **Interactive Sessions:** KMU faculty led discussions and demonstrations on effective teaching methods, emphasizing practical approaches to promoting hygiene and nutrition.
- **Impact:** The workshop was instrumental in equipping educators to disseminate essential health information in underserved communities, fostering healthier lifestyles.

This initiative highlights KMU's leadership in extending its academic and healthcare expertise to national and global collaborations.



Student Leadership

International Volunteers Day Celebration with Alkhidmat

December 2024

To commemorate International Volunteers Day, 150 KMU students partnered with Alkhidmat Foundation for a community service event. The day celebrated the spirit of volunteerism and its impact on society.

Highlights:

- **Community Outreach:** Students participated in activities such as organizing donation drives, distributing essential supplies, and raising awareness about social issues.
- **Skill Development:** The event helped students develop leadership, teamwork, and communication skills, fostering a sense of responsibility toward the community.



This initiative reflected KMU's emphasis on nurturing socially responsible graduates.

Participation in BIZZTECH by Federal Government

Participants: 120 students from KMU

December 2024

KMU students showcased their entrepreneurial and innovative skills at BIZZTECH, a federal government initiative aimed at promoting youth-led business ventures and technology solutions.

Highlights:

- **Innovative Ideas:** Students presented creative solutions to contemporary challenges, focusing on healthcare technology and sustainability.
- **Networking Opportunities:** The event provided students with a platform to interact with industry leaders, policy-makers, and potential investors.



This participation highlighted KMU's commitment to encouraging innovation and entrepreneurial spirit among students.



Highlights:

- **Active Participation:** The camp saw over 200 students, faculty, and staff donating blood, exceeding the expected turnout.
- **Awareness Campaign:** Student ambassadors conducted an awareness session on the importance of blood donation, dispelling myths and encouraging more participants.



The camp not only provided critical support to patients but also emphasized KMU's dedication to community health and student-led initiatives.

Blood Donation Camp with Shaukat Khanum

Organized by: KMU Student Ambassador

7th December 2024

In collaboration with Shaukat Khanum Memorial Cancer Hospital, KMU student ambassadors organized a blood donation camp. The event aimed to support cancer patients requiring regular transfusions.

Thank you for reading!