

# Community Medicine AIMC

# NEWSLETTER

## March 2025



### Introduction

Allama Iqbal Medical College Lahore (AIMC) is a prestigious medical teaching institute that has been serving the nation for the last 50 years.

Community Medicine Department (C.Med) at AIMC has been the backbone of teaching activities and providing training to medical students regarding their role in community as seven stars doctors. Essential skills are imparted to build their capacity to serve public health in Pakistan. This department plays a vital role in promoting public health and preventing diseases in community through training, research and public health services. One of the primary roles of Community Medicine Department is to provide undergraduate and postgraduate training in community medicine, equipping future healthcare professionals with knowledge, skills, and attitude necessary to address complex health challenges in Pakistan.

Existing teaching faculty is competent and is actively involved in teaching, research, and community service, and is assisting Health Department Punjab for dengue prevention and COVID-19 surveillance. They are participating in research and community outreach activities, focusing especially on maternal and child health, preventing and controlling infectious diseases.

Department collaborates with government agencies, non-governmental organizations, and international partners to design and implement evidence-based interventions, advocates for health policy changes, and to build capacity for health system strengthening. C.Med is well-equipped with teaching venues, supported by HEC digital library, excellent research facilities and a public health laboratory.



The Backbone of C.Med

### Vision

To Achieve excellence in academic, professional and research oriented medical education that is aligned with international standards

### Mission

AIMC aspires to serve the community by imparting professional, practical and research oriented knowledge and skills to the graduates

### Exciting News!

The Community Medicine Department at Allama Iqbal Medical College, Lahore is thrilled to announce the launch of its very own newsletter! This publication aims to share the latest news, activities, and achievements by the department, as well as will highlight emerging public health issues nationally and internationally.

### Purpose and Scope

This newsletter will serve as a platform to showcase the department's academic, research, and community outreach activities. Each issue will feature a mix of regular columns, special reports, and guest articles covering a range of topics relevant to community medicine and public health.

### Stay Informed and Engaged

We invite you to stay tuned for the latest issues of our newsletters. Students, faculty members, alumni will be updated on news about emerging public health problems and innovative technologies.

### Editorial Board

#### Patron-in-Chief

Prof. Dr Shahid Mahmood Sethi

#### Editor-in-Chief

Dr Anjum Razzaq

#### Associate Editors

Dr Sana Iftikhar

Dr Fariha Salman

#### News Reporter

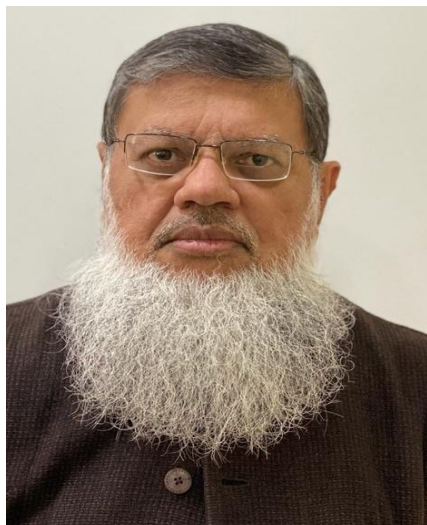
Dr Afia Arshad

Dr Arsalan Tariq

Dr Javed Iqbal



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**Dr Anjum Razzaq (PMO)**  
**Teacher of the month**



**Mr Pervaiz Masih (SW)**  
**Employee of the month**

## C.Med Conducts 4th Year MBBS Examination for SZMC Lahore

As per new policy of the UHS Lahore, the examinations of the students are to be held in the premises of another college or UHS campus Kala Shah Kaku. The students of 4th year MBBS of AIMC were examined at SIMS Lahore, while the students of Sheikh Zayed Medical College, Lahore (SZMC) attended AIMC department of Community Medicine from 6th to 7th February 2025.



Dr Sana Iftikhar was assigned the role as external examiner since Dr Shahid Mahmood sethi was deputed as external examiners for six private medical colleges of Punjab at kala Shah Kaku Campus.

**Dr. Ayesha Humayun**, Principal Shaikh Zayed Medical College Lahore and Head of department community medicine was the internal examiner for students of Shaikh Zayed Medical College Lahore.

All faculty members of C.Med department performed examination duty in three batches: invigilators, paper assessors and result compilation. A total of 100 students were divided into 4 batches. The visiting faculty was invited to a lavish tea which was attended by all members of the C.Med AIMC. Dr. Ayesha Humayun appreciated the smooth conduct of UHS examination and thanked CMED faculty and support staff for warm welcome and support. *Reported by Afia Arshad*



**OSPE in progress**

## C.Med teachers and trainees attend public health seminar at IPH Lahore

Institute of Public Health Lahore organized a seminar on 15th January 2025 about **"Governance and leadership challenges in health care management"** Our senior faculty, PG trainees attended this seminar. On behalf of C.Med AIMC, Dr Sana Iftikhar congratulated Prof. Dr Saira Afzal on her appointment as Dean IPH Lahore

*Reported by Arsalan Tariq*



**World Health Day 2025**  
**"Healthy beginnings, hopeful futures"**  
**7th April 2025**



## Dr. Shahid Mahmood Sethi (HOD) gets promotion as Regular Professor of Community Medicine

Dr. Shahid Mahmood Sethi, the head of Community Medicine, AIMC was promoted as a regular Professor by Health Department, Punjab. Faculty and support staff congratulated him on this auspicious occasion.



Reported by Anjum Razzaq

**Space (AI) software** for literature search. Dr. Mehwish Akhtar, Associate professor, trained faculty on using **Mendeley software and Endnote** for reference writing.

Reported by Arslan Tariq



## C.Med Contributes to School Health in rural area

C.Med students visited a rural school near Raiwind to interact with school children regarding their health and hygiene. Our students conducted a survey on dental hygiene, anthropometric characteristics and level of awareness about healthy diet and screen time. Our students also interacted with them in small groups and provided education on healthy diet, importance of dental hygiene, and physical activity. This activity is an essential part of medical education and routinely conducted each year for all 4th Year MBBS batches. Teachers supervise this learning process. All students are required to record this activity in their field training journal which is used for assessing their learning and given credit in both internal and external examination. We received positive feedback from our students who enjoyed this field visit and learned about school health service.

Reported by Afia Arshad

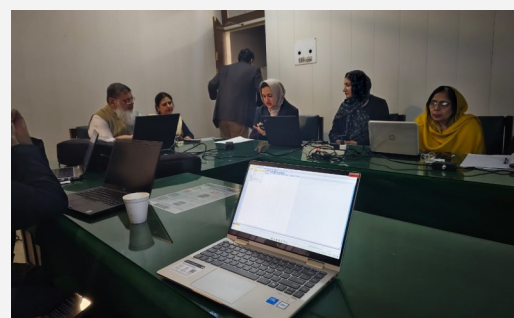
## C.Med Works for Faculty Development

After hectic year-round teaching, field training and research activities, department introduced a series of training workshops for teachers to build their capacity in conducting research, publishing papers and also supervising their students during the coming academic year. These workshops were focused on designing research proposals, conducting literature review, writing a manuscript, using reference managers, utilizing artificial intelligence in research. They also attended sessions on using SPSS for research and learned basic biostatistical and epidemiological principles. Senior faculty facilitated this learning. Participation was excellent. Sessions were interactive with opportunity of hand-on learning.

Dr. Sana Iftikhar, Associate Professor, conduct-



ed session on literature search using PubMed and Google Scholar., and was supported by a session by Dr Arsalan on using **Perplexity (AI) tool**. Dr. Maaz delivered a lecture on using Sci



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## C.Med students visit places of public health importance

Field trips to places where public health is practiced and managed is an integral part of community medicine training. Our students visited BHU Shamke Bhattian, RHC Manga Mandi, Hospital waste management section of JHL, PCSIR, MCH and family planning centre, EPI centre, school at Champro pur and Rehabilitative department (PSRD). These students were given briefing on the functions of these public health services and students interacted with clients, and patients to fill up survey forms.

*Reported by Dr Ruqqaya*



Visit to BHU Shamke Bhattian



Visit to Meteorological Department



Visit to Hospital Waste management department JHL

## Journal Club presentations covered important Public Health topics

Journal club presentation is a regular activity of the C.Med to provide opportunity for faculty and postgraduate students to keep themselves updated on emerging public health issues, medical education advances and research related capacity building. Every Friday from 9 am to 11 am, a faculty member or PG student presents a published article, highlighting its main findings and conducts critical appraisal followed by discussion. Dr. Afia Arshad is coordinating this academic activity and is responsible to make a brief summary on each activity for record. Following presentations were conducted during last two months.

*Reported by Afia Arshad*

Date	Topic	Presenter
01/11/24	Critical Appraisal of a Research Article (RCT)	Dr. Arslan Tariq
08/11/24	International Classification of Disease (ICD) system	Dr. Javed Iqbal
22/11/24	Efficacy and safety of semaglutide monotherapy versus placebo in patients with type 2 diabetes	Dr. Iqra Azeem
11/01/25	Burden of Disease (How to measure in population)	Dr Ali Raza
17/01/25	HMPV, metapneumovirus discussion in detail	Dr. M Ali
28/01/25 to 28/2/25	12 sessions of hand-on training on SPSS	Dr Anjum Razzaq

## New Academic Year starts

The new academic year for 4th year MBBS was started on 12th of February 2025 with an orientation session. Faculty members were introduced. Students were given briefing regarding attendance requirement to sit in professional examination, lectures, small group tutorials, and field visits. They were informed about academic process, departmental expectations and types of assessments. Time tables were also shared. All students were divided into eight batches (40 students each batch approx.). These batches were assigned tutors, supervised by assistant professors (4 batches each AP). Higher tier comprises of associate professors and HOD. Departmental committees were also revised, assigning each faculty member the tasks to assist HOD in running various academic, research and administrative functions

## JAIMC Gets Renewal From PMDC

C.Med is also responsible for regular publication of Journal Allama Iqbal Medical College (JAIMC), which is an official scientific journal of AIMC. JAIMC is recognized by PMDC and this month, we received official confirmation from the medical regulatory body about its renewal for further one year. In March 2025, JAIMC will also apply for HEC approval and its recognition with PubMed and DOAJ. You can visit [jaimc.org](http://jaimc.org) web page to access latest issue of this journal as well as its previous volumes. These papers can be accessed without any cost and these can be downloaded in Pdf format. Excellent job JAIMC team!

*Reported by Arslan Tariq*

## C.Med updates on Dengue Surveillance in Punjab (Source: DEAG & PITB) From 01 Jan25 to 18 Feb 2025

Region	Con- firmed cases	Proba- ble cases	Sus- pected cases	Total
Punjab	15	34	17737	17786

