

# ZIAUDDIN UNIVERSITY

# NEWSLETTER

APRIL '23 – JUNE '23 | VOLUME 10 ISSUE 2

**BDS GUEST SPEAKER SESSIONS**

**DED HIGHLIGHTS**

**INTERNATIONAL NURSES DAY 2023**

**MENTAL HEALTH AWARENESS SEMINAR**

**DRONE CAMERA SESSION**



# NEWS

## BDS GUEST SPEAKER SESSIONS

In collaboration with the Student Council BDS, the Office of Student Affairs organised Guest Speaker sessions on "The Importance of Patient Counselling" on 12th June, 2023 and "Beyond BDS" series on 11th April 2023.

The Keynote Speaker **Dr. Ali Hussain** conducted the session where he provided guidance based on his seasoned experience regarding all the different career opportunities and potential that the students in the field of dentistry can pursue and explore.

The Keynote Speaker, **Dr. Muhammad Uzair Jamal** who is also an alumnus of ZCD, discussed the best ethical practises in clinical settings. His discussion of informed consent and counselling highlighted the importance of these minute details in keeping practitioners safe.

The purpose of the session was to motivate students to enhance their understanding of the variety of career options they had and provide a stepping stone towards their realisation of specific interests within dentistry that could shape the rest of their careers.



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## DED HIGHLIGHTS

**The CHPE programme was held** From May 23 to May 31, 2023. It was the second

Building Capacity that were only open to ZU faculty. These courses focused on



contact period of the fourth blended learning certificate course in Health Profession Education.

enhancing teaching and evaluation skills, giving faculty members a platform to improve their academic competence. These workshops promote teaching and learning at the institution as a whole by enhancing educators' skills and capabilities.

Recognising the value of ongoing professional development, the DED hosted multidisciplinary Workshops for

# NEWS

## FUND RAISING EVENT WAS ORGANIZED BY ZCD UNDER THE BANNER OF MUSKURAHAT

"Game Night" a fun filled event to generate funds for the newly launched venture was held on 21st June 2023.

Fundraising events like these are not only a great way to raise funds for a cause but also bring the student community together for a fun and

memorable time. The inclusion of games, food, and music would have created a lively atmosphere, encouraging participation and engagement from students and other attendees.

Events like "Game Night" foster a sense of community and unity among students, while also promoting the

importance of giving back and supporting charitable initiatives. The success of such events depends on the collective efforts of the organisers, volunteers, and participants, who contribute their time, energy, and resources to make it a memorable occasion.



## PATHOPHYSIOLOGY RESEARCH POSTER CONTEST 2023

The science team of ZUFONAM organised a pathophysiology research poster contest for BSN year II students as part of an innovative teaching-learning method, having a pre-workshop on "How to Make a Research Poster; A Guide for Students" followed by the "Pathophysiology Research Poster Contest" on April 28th and May 05th, 2023.

First, three position holders were awarded the best poster certificates (certificates of Honor).



## MALL OF HUMANITY

The Office of Student Affairs and BDS Student Council arranged "Mall of Humanity" setup for the domestic staff of Ziauddin University on 13th April 2023.

The aim was to give the staff an essence of Ramadan with a free shopping experience.



## REPORT ON HOW TO ORGANIZE AND CONDUCT A WORKSHOP

The Community Stream of Ziauddin University Faculty of Nursing and Midwifery conducted its first paid workshop. The title of the workshop was "How to Organise and Conduct a Workshop". The speaker of the workshop was Prof. Dr. Aisha Mehnaz (MBBS, DCH, FCPS, MHPE), visiting faculty.



medical education, CPSP, LUMHS, Ex HOD Department of Paediatrics, and Chairperson of Konpal. The workshop was held on May 6, 2023, from 9 a.m. to 1 p.m. in the Seminar Room, ZUFONAM.

A total of 24 participants attended the workshop from different nursing colleges in Karachi.

# NEWS

## DISASTER PREPAREDNESS EVENT

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## THE SPELLING BEE CONTEST 2023

ZUFONAM BSN IV students organised "The Spelling Bee Contest 2023" on 8th May 2023 in seminar room ZUFONAM. It was part of the course project on Leadership and Management. The objective of the contest was to enhance the spelling and literary skills of nursing students by encouraging them to explore the English language, expand their vocabulary and improve their communication and comprehension skills.



## YOUR HEALTH WE CARE" (FEELING STRESSED?? TAKE A BREAK

On May 9, 2023, Tuesday, Faculty of Nursing & Midwifery Ziauddin University BSN IV year Students Planned and Organised a Stress Management Health Workshop Session as Part of an Integrated Assignment with Leadership and Management. The Goal Of This Workshop Is To Raise Awareness About The Causes

And Effects Of Stress And Drug Abuse On An Individual's Well-Being And Productivity. Furthermore, Teach Them About Good Coping Strategies And Stress Management Approaches Such As Mindfulness, Exercise, And Relaxation Techniques. Moreover Provide Participants With The Knowledge And Skills Necessary To

Recognise The Signs And Symptoms Of Drug Abuse, Comprehend The Risks And Consequences Of Drug Use, Devise Strategies To Avoid Substance Abuse, And Encourage Participants To Seek Help And Support For Themselves Or Others Who May Be Struggling With Stress Or Drug Abuse Issues.



## MENTAL HEALTH AWARENESS

ZUFONAM BSN IV year students organised on May 10th, 2023 as part of their course The seminar featured a talk by Ms. Inara who specialises in mental health aware- this field provide valuable insights into the steps that we can take to maintain our

The seminar provides an excellent opportunity for all to come together as a community and learn about a topic that



a seminar on Mental Health Awareness project Leadership and Management. Kotadia an organisational psychologist Inara's expertise and experience in importance of mental health and the mental well-being.

community for all to come together as a affects us all.

# INTERNATIONAL NURSES DAY 2023

International Nurses Day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth. On this day, the hard work and contributions of nurses are celebrated. This year, Ziauddin University Faculty of Nursing and Midwifery organises an



event on May 12th, 2022 to celebrate International Nurses Day with the themes "our nurses, our future" and "Nurses Together: A Force for Global Health" and to appreciate the role of nursing in the health profession.

To recognise the nurse's efforts towards global health, almost all nursing leaders from various institutes were called to share their views about the ways we can secure the rights of nurses and empower them.

As Nursing is the backbone of all health-care systems around the world, and without nursing, there would be no healthcare, demonstrating how vital this subject is to us."

The event was formally started with the recitation of the Holy Quran, followed by the national anthem and the Ziauddin anthem.

The event proceeded with a welcome speech by Dr. Pamela Marshall, Dean ZUFONAM.

Address by Keynote speaker Dr. Janet



Holt, Associate Professor in Healthcare Ethics, School of Healthcare, University of Leeds, Leeds. (This highlights the optimism among nurses.)

The ZU Dialogues panel discussion was moderated by Dr. Yasmin Amarsi and had the following panelists:

Ms. Afshan Nazli (Associate professor and director of MSN Programme)

Ms. Talat Shah (Director, College of Nursing, Kharader General Hospital)

Dr. Khairunnisa Ajani (Assistant Professor, Assistant Dean, Teaching and Learning

Undergraduate Studies, AKUSONAM) Dr. Zahra Ladhani (Sindh representative to the World Health Organisation) Ms. Mehmooda Khwaja (Principal, Lady Dufferin School of Nursing)

The panellists highlighted the following points in the panel discussion;

- Importance to reflect on the history of nurses in services and education in Pakistan.
- Role of Nurses and Midwives in Building the Image of the nursing profession
- Role of nursing faculty in upbringing future nurses
- New areas of research in nursing



- Role of Florence Nightingale in nursing research and Development of Nursing

Dr. Nida Hussain (Pro Vice-Chancellor) highlighted the role of nurses in the clinical area.

Honourable Guest Mr. Fayaz Kaim Khani (Chairman, Maya Groups) graced the event with his speech, in which he promised endowment in the development of Nursing at ZUFONAM.

## ZIAUDDIN UNIVERSITY LAUNCHES BS PROGRAMME IN MOLECULAR MEDICINE

Ziauddin University has always been at the forefront of advocating and encouraging education. The University has achieved a new milestone with the launch of its new BS programme in Molecular Medicine. An orientation session was arranged by the Department of Molecular Medicine for the students enrolled in the first batch on 13th March 2023. Dr. Yamna Khurshid, Programme Coordinator, congratulated and gave a warm welcome to the students. The head of the department, Prof. Dr. Talat Mirza highlighted the

significance and scope of the field of Molecular Medicine in Pakistan and globally. Prof. Dr. Abbas Zafar, Dean FHS gave a holistic overview of ZU and said



that ZU fosters a growth mindset through its sought-after internationally oriented degree programmes. Prof. Dr. Nida Hussain, Pro-Chancellor wished students the very best of luck as they embarked on an exciting new journey. She helped the student break the ice by introducing themselves and participating in a brainstorming session in the newly emerging field of medicine. Dr. Yamna Khurshid and Dr. Abdul Hameed gave a detailed presentation about the BS programme and the multidisciplinary laboratory facility.

# NEWS

## INTRODUCING PhD MOLECULAR MEDICINE PROGRAMME

Ziauddin University has taken the prestigious lead among medical universities in Pakistan to introduce a PhD in Molecular Medicine programme for Physicians, who are keen to pursue careers in basic medical research. An orientation session for the 1st Batch of PhD MM students was arranged on Friday 6th Jan, 2023. Prof. Dr. Shamim Mushtaq, director of the postgraduate programme welcomed the students. Prof. Dr. Abbas Zafar emphasised the importance of

Molecular Medicine and highlighted the recognition of the programme by

Talat Mirza research on the physician scientist relationship for in-depth understanding of molecular etiopathogenetic mechanisms of diseases with the development of new therapies and diagnostics. Dr. Ambrina Khatoun, coordinator of the PhD programme, gave a brief overview of the programme and the postgraduate policies. Dr. Abdul Hameed, deputy PhD coordinator



two accreditation bodies PMDC and HEC. The Executive director of research and HOD MM department, Prof. Dr.

gave a brief presentation about the research facilities available at Ziauddin University.

## SPRING FEAST'23

Spring Feast 23 was organised by the Welfare Aid with support of the Office of student affairs. The event took place on 9th May 2023.



## ZCRS FACULTY ATTENDING THE RELAB-HS WORKSHOP



A 3 days' workshop from 5th-7th May 2023 was great initiative by ReLAB HS. Awareness and promoting the need for rehabilitation among populations that lack rehab services are important step.

Ms. Neelum Zehra, ReLAB-HS organised two consecutive workshops for the Primary Health Care Providers of targeted UCs/Taluqa and BHUs within Thatta district, which are under the coverage of the ReLAB-HS Network of Care.

Ms. Asma Hameed and Ms. Amber Ali from Ziauddin College of Rehabilitation Sciences participated there as DPT & DOT representatives, along with

The session concluded with a lot of knowledge and ideas for the future.

# ZCRS - ZU STUDENTS PARTICIPATION IN PM YOUTH PROGRAMME

PM Youth Programme offers the Pitching National Innovation Award (PMINA) --- a stage of creativity and innovation where a few chosen and potential candidates are shortlisted by qualifying at preliminary to advanced levels. This time, it is a matter of immense pleasure to share that Ms. Noor Ul Ain Komal (Lecturer at ZCRS, ZU - Sukkur Campus) was selected to present her idea for an innovation pitch at NUST University



Islamabad, where Ms. Noor delivered her novel thought in the presence of expert professional entrepreneurs. Having qualified for the round of pitch sharing, she was invited to attend the award ceremony at the Prime Minister House in Islamabad. The award ceremony was presided over by the Honourable PM of Pakistan, who in his address encouraged the participants and granted various awards/grants to the deserving students on a wide scale.

## ZU BAITHAK

ZU Baithak, a signature event, was hosted by the student council at Medical College in collaboration with the

colours. The hosts of the event started the evening with fun and jokes. The stage was set for an open mic, where

of Baithak. Mohar Band appeared. Their enthusiastic performance was the highlight of the show. The crowd was



Office of Student Affairs on 26 May 2023. A traditional function deeply rooted in our culture. It had a Farsi setup with fairy lights hanging from the roof. The theme was white and pastel

our students showcased their talent and skills. The enchanting vocals grabbed the crowd's attention towards the performers. Many vendors and stalls were invited to uplift the spirit

jamming, singing, and dancing to their songs. The exceptional evening came to an end with the very famous song Aadaat.

## NEWS

## HIGHLIGHT FROM ZCOMS

## CAMERA DRONE OPERATIONS SESSION

Mr. Muhammad Farhan Gul a professional drone pilot paid the students of ZCOMS an exciting visit on Wednesday, 3rd May 2023 as a part of the camera and lighting technique course taught by Misbah Qadri



## GUEST SPEAKER SESSION

The College of Media Sciences arranged a guest speaker session on "STATE OF MEDIA IN PAKISTAN" on 6th May 2023. The session was conducted by Taha Kehar, journalist, novelist and author.

A second guest speaker session was organised on the topic of Beauty and Aesthetics in Islam on 25th May 2023 this session was conducted by Dr. Noman Baig assistant professor in arts, humanities, and social sciences at Habib University.



## CULTURAL DAY

Cultural days play an important role in promoting inclusivity in a society. It encourages people from different cultural backgrounds to come together, share their unique traditions and celebrate their collective heritage. A cultural event was held at ZCOMS where students showcased their respective cultures. In ZCOMS cultural day was celebrated on 25th May 2023.



## MADAARI FILM INTERACTIVE PANEL DISCUSSION AND Q&amp;A SESSION

An interactive session was held by the cast and the director of the recently released film " MADAARI". The session focused on independent filmmaking followed by a screening of the movie trailer and a Q&A session. It was a great opportunity for the media students to interact with professionals in the film industry and gain valuable insights into the art and craft of filmmaking.



## ZCOMS CONNECTS 2.0 MEET AND GREET EVENT

ZCOMS connects 2.0 meet and greet event was organised for all the faculty members and students to connect with each other. The event featured a vibrant ambiance, engaging activities, and a chance to unwind and have fun together.

