

# MISCELLANEOUS

## INSTITUTE OF COMMUNICATION AND MEDIA STUDIES, ZIAUDDIN UNIVERSITY ORGANIZES A CARNIVAL

On 28th May, ICMS students organized a carnival as a project of their "Entrepreneurship" course. The course supervisor, Mr Sharjeel Siddiqui, Vice President UBL is an adjunct faculty at ICMS.

The core objective of this project was to give hands on experience to students about business plan; from paper to lived experience of running a business. Students not only enjoyed the carnival as an activity but also as young entrepreneurs. The carnival had 17 stalls offering food, drinks and games.

Students, faculty, Health TV employees & Ziauddin University's staff spared some time for them and relieved their stress in

gaming zones and food stalls. The carnival was a huge success as students not only brought people together as valued customers but also earned according to their business plans.

The carnival's attraction was the photo booth giving the opportunity of taking pictures with wild life creatures. Almost everyone availed the opportunity and showed courage, where few were just scared of the huge Snake and Brazilian Macaw.

The Founding Director ICMS, Mr. Faizan S. Syed, appreciated the students and looks forward to more of such events on campus in future.



# ZIAUDDIN UNIVERSITY

NEWSLETTER APRIL '15 - JUNE '15  
VOLUME 02 ISSUE 02



## 378 STUDENTS AWARDED DEGREES AT ZIAUDDIN UNIVERSITY 12TH CONVOCATION

378 students were awarded degrees at the 12th convocation of Ziauddin University, held at the Karachi Expo Centre on Wednesday. Dr. Asim Hussain, Chancellor of Ziauddin University declared the Convocation open.

The university awarded seven Sir Ziauddin Ahmed Academic excellence gold medals to students who achieved the top positions. The medal recipients included Ms. Amrah Hasan (MBBS), Ms. Aneeka Anwar (BDS), Ms. Asifa Naseem (SL&HS), Mr. Ali Saleem (Pharm.D), Ms. Saniya (Bio medical), Ms. Farida Khan (BScN) and Ms. Huma Nadeem (Clinical Lab Sciences).

Addressing the 12th convocation of Ziauddin University as Chief Guest the Chief Minister of Sindh Syed Qaim Ali Shah said that he feels delighted to see achievements of young graduates and congratulated the stewards of nation and their parents. He praised the efforts of Ziauddin University and its faculty for

training students at par with international standards.

"As we march toward becoming a developed nation, your role as youth of the country, becomes increasingly important. If the targets of eradication of poverty, health for all, education for all, power for all and higher level of life standards are to be achieved in a shorter period of the next decade or so, it is the power of youth, which must rise to the challenge and I have full confidence that all of you will strive hard not only to achieve your goals but also make this country a better living place", he said while addressing the graduates and lauding the university for producing competent health professionals.

Dr. Asim Hussain, Chancellor, Ziauddin University congratulated the graduating students and acknowledged their achievements on the occasion of 12th Convocation of Ziauddin University by

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# NEWS & VIEWS

stating that they should be proud of their association with the tradition of one of the greatest minds of 20th century, Dr. Sir Ziauddin Ahmed who stood for liberal and tolerant values. Besides congratulating the graduates, he advised them to gain and develop the knowledge, skills, attitudes, honesty and behaviour of good human beings.

"As you receive your degrees today, your lifetime of learning has only just begun. You have acquired a precious gift from this institution, but the challenge begins now as you enter professional life and the wider world. Your Ziauddin University education has prepared you well to embrace the challenges of the future. It is now for you to harness the education and skills you have acquired and summon the knowledge you have acquired to make this world a better, more humane, more tolerant place", he said.

While highlighting the distinguished features of the University, Lt. Gen (R) Moinuddin Haider, the keynote speaker at the ceremony, said that the Ziauddin University is a seat of learning to which the young graduates of today's Convocation belong

and therefore they must be cognizant of the great traditions they have to uphold.

Earlier, in his welcome address, the Vice Chancellor Prof. Dr. Pirzada Qasim Raza Siddiqui congratulated students and their parents, and wished them a prosperous future. "You are fortunate to be graduating from one of the best institutions in the country. My expectations from you are of a very high order not only as professionals, but also as intelligent and wise voices in the community you will now serve. This is the time we need the very best of truly educated minds; their skills and specialized knowledge, their patience, understanding, tolerance and above all compassion. May you bring reason and hope to all whom you touch in your professional and personal lives and may you make your work deeply rewarding and truly satisfying", he said.

This prestigious occasion was celebrated by the young graduates passionate and determined to make a mark in the world and their families filled with pride for their achievements.



## FROM THE DESK OF EDITOR

I am privileged to present the new Ziauddin University quarterly Newsletter, the goal of which is to provide our associates with a concise yet comprehensive picture of all the ZU news and views generated by the faculty, colleges and students.

Education, information, learning are synonyms to knowledge and we are committed to futuristic awareness in the field of medicine, social sciences and media studies through academic research and development.

I would like to take this opportunity to thank everyone who contributed to the first edition of this newsletter. Please feel free to bring any comments, suggestions or new stories to my attention for future editions.

We are keen in hearing Ziauddin University news from our associates and alumni around the world.

Best regards,  
Editor.

## SAFOMS PRESIDENT ELECTED FROM PAKISTAN

Professor Rubina Hussain has been elected as President of South Asian Federation of Menopause Society (SAFOMS). She is the chairperson and Head of Department Obstetrics & Gynaecology Ziauddin University, Chairperson of RCOG international representative committee of Pakistan and Counsellor CPSP. The aim of forming SAFOMS was to develop strategies amongst member countries for the betterment of women health at minimum cost.

The first Biennial conference of SAFOMS was held under the able guidance of Late Founder President Dr. Behram

Ankalsaria in 2010 in Colombo. Pakistan hosted the 2nd Biennial conference held in 2012 in Karachi, which was very successful. The 3rd Biennial SAFOMS Conference was held at Dhaka on 8th and 9th May 2015. Pakistan was represented by Prof. Rubina Hussain who was elected president, Prof. Syeda Batool Mazhar, Dr. Sumbal Sohail, Dr. Shaheena Zahoor and Dr. Aliya Waheed. Pakistan Menopause Society actively participated in the event through paper presentation and discussions. There were five representatives from India, five from Sri Lanka and many local Bagladeshis participated in the conference.



# CONFERENCES & SEMINARS

## ZIAUDDIN COLLEGE OF NURSING OBSERVES THE INTERNATIONAL NURSES & MIDWIVES DAY

"Nurses are always at the forefront of health care, and they are the first contact with the patients. They should use their theoretical thinking and practical wisdom for not only the betterment of patients but also meet the standard of their profession", Dr. Aijaz Fatima, Founder of Ziauddin Hospital. She was speaking on the International Nurses & Midwives Day, and 105th birthday of Florence Nightingale.



ber her as the one person who raised the status of nursing from an unskilled profession to a medical profession. She fought for health care for people regardless of faith or economic background. She believed that it was important to look after an individual's health, mental and physical, as well as sickness.

Aliya Nasir, Principal, College of Nursing, Ziauddin University said that we observe Nurses Day to inform the public about work of nurses and how we contribute to health and well being

The event was organized by the College of Nursing, Ziauddin University North Nazimabad campus to highlight the current health issues and to show many ways nurses serve communities.

Addressing the event as Chief Guest Dr. Aijaz Fatima said that our health facilities rely heavily on nurses. You can bring revolution in the field of medical through time management. Thank you for the amazing work you do, of which the largest part cannot be seen by the human eye.

While remembering Florence Nightingale's efforts, Ms Jacqueline Dias, Director School of Nursing, Aga Khan University, the keynote speaker at the ceremony, said that today we remem-

of public and highlight the contributions nurses made in the delivery of health care system. "Global health cannot be achieved without nurses and without our proactive contribution and participation at all levels of the healthcare system", she said.

Students of College of Nursing sang a poem "Nurses are angel" and presented skit to pay tribute to Florence Nightingale on her 105th birthday.

Earlier, a poster competition was organized to create awareness and highlight role of nurses in our society.

## TORN IDENTITY: INSTITUTE OF COMMUNICATION AND MEDIA STUDIES, ZIAUDDIN UNIVERSITY ORGANIZES A PANEL DISCUSSION

Institute of Communication and Media Studies, Ziauddin University organized a panel discussion, titled "Torn Identity – Shout Loud for the Victims of Acid Attacks". Insiya Syed, photo journalist; Prof. Tanveer Khalid, former Dean Social Sciences, Ziauddin University, Dr Hameeda Jhangda, renowned psychiatrist and Jamil Syed were among the panelists.

Sharing story of an acid survivor, Memoona, 23 years, who is now studying to become a nurse, lost an eye when a boy threw acid on her over an old family feud, Insiya Syed said we should not sympathize with acid victims as they move beyond the trauma and consoling them again and again will remind them of the pain they are trying to forget about. She said they are stronger than us and want to be involved in the society just like any other person.

The panelists enlightened the role of education and media in creating awareness in masses. Prof Tanveer Khalid, former Dean Social Science of Ziauddin University also regarded acid attack as a heinous crime. She proposed people to visit religious scholars and seek guidance and solutions about social issues. The panelists were unanimous that the change starts

from within. They urged the young students to make themselves better and spread awareness.

When asked about the psychological problems of perpetrators taking part in this heinous crime, Dr Hameeda Jhangda replied, some people have psychological issues. They get furious on minor issues like getting rejected and enjoy watching people suffer. Pakistan is not much developed in psychiatry but patients in US are placed and treated separately, and are constantly being monitored even after their treatment so they cannot harm the society.

Highlighting the importance of religion as a medium of communication, Jamil Syed said we should discuss this issue openly in our religious gatherings instead of lobbying and sympathizing with the victims. In an answer to a question he said, no religion in this world allows such heinous crime. Religion is a powerful medium but it is not utilized properly. "We study the mindset of people and build effective strategy for advertising our products but we don't sit down with scholars and design effective strategies on social issues, keeping the target audience in minds," he said.



# SEMINARS & WORKSHOP

ZIAUDDIN COLLEGE OF SPEECH LANGUAGE AND HEARING SCIENCES COMMEMORATES WORLD AUTISM DAY. | "RE-THINKING AUTISM"



"Don't wish it away and do look at it like its forever," was the take-home message for all those whose lives have been affected by Autism. College of Speech Language and Hearing Sciences, hosted a seminar titled 'Re-thinking Autism' on World Autism Day, 2 April 2015 at Ziauddin University. Advocating autism awareness by pinning blue ribbons as an indication of solidarity; and for spreading wakefulness in the society. Participants included parents, teachers, doctors, psychologists, special educationists, speech language therapists, students and others.

Ms. Seema Ahmed, speech language therapist at the Reading Lab, insisted the audience to know why the society at large shies away from acceptance when it comes to autism. She spoke about how denial has become systemic due to lack of inclusion at school and family support. She brought an intriguing yet haunting question to light when she commented regarding not seeing adults with autism around us in every day contexts like shopping malls, parks, etc. She stressed on acceptance of this condition; claiming that the longer we hideaway children and adults with autism from the society, the longer it will take for the general public to accept them. She was

adamant to the fact that parents break the shackles of hesitation and be upfront about the diagnosis of their children and subsequent treatment.



## ONE DAY SEMINAR ON WORLD ORAL HEALTH DAY

AT ZIAUDDIN COLLEGE OF DENTISTRY, ZIAUDDIN UNIVERSITY. Faculty members of Ziauddin College of Dentistry had arranged one day seminar on World Oral Health Day on 20th March 2015. Main speakers of the seminar were Prof Dr. Mervyn Hosein (Dean Dental College, Ziauddin University), Dr. Saifullah Khan, Dr. Sidra Mohiuddin, Dr. Saima Butt, and Dr. Beenish Alam. The theme of the seminar was "Oral health is integral part of general health of an individual". All the speakers had highlighted the importance of oral health in association with general health and its outcomes.



# NEW PROGRAMMES DEPARTMENT OF RESEARCH

Research excellence in all fields of study is central to the mission of Ziauddin University and a pinnacle priority for the department of Research as the key elements to the success of the University's that need to be preserved.

Education at ZU would not be complete without its vital research community. The Health Sciences Research program encompass several faculties and departments across ZU Campuses, that contribute rich research atmosphere. With College of Medicine, Dentistry, Pharmacy, Biomedical Engineering, Nursing, Speech Language and Hearing Sciences, Allied Health Sciences, Physical Therapy and Education, ZU offers unparalleled opportunities for interdisciplinary cooperation in health sciences education and research.



through a variety of instrumentation and core services that allow scientists to access the latest technology. Many of these cores are staffed by support personnel that may assist with use of instruments or help design experiments.

### 3. ZU-FHS SUMMER INTERNSHIP PROGRAM INTRODUCED

Life at the Bench-Introductory Research Course ; A four-week intensive training

program designed to expose students to a range of molecular, and cell biological techniques . It is meant to provide scholars the best opportunity to develop skills that will promote their success during their graduate and post-graduate training and building tools for conducting independent research in biomedical sciences

### 4. ZU-FHS USE TURNITIN TO TURN AWAY PLAGIARISM

Training workshop on software usage organized for Faculty, staff and students

### 5. ZU DISCUSSES EFFECTIVE SCIENTIFIC MANUSCRIPT WRITING SKILLS

Dean Research Nikhat Ahmed Siddiqui and Shahana Urooj Kazmi (VC Dadabhoy Institute of Higher Education) were the main speakers later facilitated by Shamim Mushtaq for skill development tools.

### GRADUATE PROGRAMMES OFFERED ACROSS ZU CAMPUSES

A proposal for a PhD programme revisited under a multi-disciplinary approach in Health Sciences is being launched. This is based on both fresh entry and extending current MPhil programmes leading to PhD .The program is accredited by Higher Education Commission (HEC) and Pakistan Medical and Dental Council (PM&DC), Pharmacy Council Pakistan (PCP) and follows its regulations for registration to research studies leading to degree.

Each of these programs prepares graduates for differing careers. Carefully consider your career goals and the admission requirements in selecting a program

### ZU-FHS-PHD PROGRAM INITIATING AUGUST 2015

The Faculty of Health Sciences (FHS) organizes all (research) PhD tracks within the Ziauddin University In addition, six other faculties and departments of the Ziauddin University are integrating research, training, and education of researchers (Master and PhD).

#### COURSE & THESIS-BASED DEGREES

- Master of Philosophy (MPhil) - contribute to developing and carrying out research projects
- Doctor of Philosophy (PhD) - provide leadership on research projects
- Research degree programs are normally full time.

#### CURRENT INITIATIVES

##### 1. INTERNATIONAL COLLABORATION

The RD overarching aim in supporting international research collaboration is to maximise ZU's contribution to and benefits from international research collaborations, partnerships. One of the RD guiding principles is a commitment to engagement with universities, research agencies, Industries and the wider community nationally and internationally.

- Recently ZU has developed collaboration on Research Project with Prostate Cancer Research Centre, University College London and King's College, London, UK.

##### 2. CORE RESEARCH FACILITIES

The Health Sciences Campus provides support for researchers

## BIRTHDAY WISHES FROM THE VICE CHANCELLOR AND REGISTRAR

A fun initiative that was started last year is wishing employees on their birthdays. The day starts with HR calling the employee to say "many happy returns of the day!" We receive a pause from the other end and then a sudden, excited reaction from employee "You are the first person who is wishing me!" At 3pm they meet the VC or Registrar for more good wishes, a cake and picture.



FROM THE DESK OF  
HR ZIAUDDIN UNIVERSITY  
HUMAN RESOURCES DEPARTMENT



# MISCELLANEOUS

## CME ACTIVITIES AT ZIAUDDIN UNIVERSITY

Ziauddin University established the Department of Continuing Professional Education in March 2015. Ziauddin University is one of the few universities in the country that has been accredited by Pakistan Medical & Dental Council. The DCPE would provide assistance in planning, developing and providing activities for physicians, nurses and other allied health care personnel in ZU. The courses would be offered to health care providers at the local, national level and regional levels in full compliance with PMDC and University policies.

To maximize learning opportunities, a wide range of activities would be offered which include, formal courses, seminars, workshops, video conferences/distance learning, journal clubs, grand rounds and teaching conferences, and innovative technologies such as web-based learning activities for personal skill development in medical procedures and teaching competence. All activities are conducted in compliance with the essentials of the PMDC and Accreditation Council for

Continuing Medical Education and the rules and regulations of the Ziauddin University.

By conducting CME activities that have been developed based upon varied needs assessment methodology and in full compliance with PMDC standards and University policies, the Continuing Medical Education Program will affect an improvement in the health of patients and an appreciation of the importance of lifelong learning by the health care professional.

Till date (March-May 2015) DCPE has organized 50 CME activities (workshops, lectures, tumor boards, case based series). The CMEs are arranged simultaneously in all the three campuses of the University, which have received overwhelming response from internal and external participants. The department looks forward to organize such activities on regular basis to enhance and improve the performance of health care professionals.



# RECOGNITION FOR PROFESSIONAL MOTHERS AT ZIAUDDIN UNIVERSITY WITH FM 105

Following professionals from Ziauddin University were admired and recognized as professional mothers making their mark at both home and office.

1. Professor Dr. Farida Amin-Director ORIC
2. Dr. Shehla Shaheen- Assistant Professor- Faculty of Medicine
3. Dr. Sarwat Faisal- Director Allied Sciences
4. Ms. Amina Siddiqui- Principal Speech Language & Hearing Sciences/ Therapist

5. Dr. Sana Mirza-Senior Lecturer- College of Dentistry
6. Ms. Samina Masood- Clinical Psychologist, Faculty member Speech Language & Hearing Sciences
7. Ms. Saamia Bilal Khan- Senior lecturer, Speech Language Therapist
8. Ms. Zaib un Nisa- Assistant Professor- Faculty of Pharmacy
9. Ms. Shahida Tariq- Mother of Student- Zeba Ashraf



# MISCELLANEOUS

## GIVING BACK TO THE COMMUNITY | AT ZU'S BASIC HEALTH CENTER, A CONSULTATION ONLY COSTS Rs.30

In Sikandarabad, there is a small house with three rooms, broken floors and dusty tables. Its appearance, however, is deceiving — this is a one-of-a-kind healthcare centre set up by Ziauddin University (ZU), providing consultations to over 50 patients on a daily basis for a mere Rs30 each. In 1996, the family medicine department at the university's Clifton campus established the community health centre in Block 4 of Pakhtun-dominated Sikandarabad, close to the university itself. "Our aim was to provide a basic health facility, spreading awareness about ailments in the close vicinity of the university," Javed Usman, the head of family medicine at ZU, tells The Express Tribune. Four departments of the university — pharmacy, nursing, dentistry and medicine — work directly with the centre and students pursuing their degrees are appointed as interns and trainees to practice their skills, particularly in the third year of their studies, explains Usman, who also serves there himself. "The family health centre trains young men and women about basic health issues," he explains. "After six months of training, we test them and reward them with a certificate so that they can serve as helpers in other clinic or help out

their own families. The idea turned out to be a great success and through this platform, we have trained over 200 people from the area to date." For him, the university merely supports the centre — it is the efforts of the volunteers from the area that have taken it to another level. One such volunteer is community organiser Nasir Khan, who has been affiliated with the centre since 1997 and now looks after it. According to him, the helpers and doctors give check-ups and medical consultations to patients for only Rs30 each. Meanwhile, all the medicines prescribed by the centre are available at the in-house pharmacy at half price. A panel of seven doctors is also available to help patients with various complaints, ranging from fever to hepatitis and from viruses to diarrhoea and pregnancy. "If the patient needs surgery, we give them a referral form through which they can get a 25 per cent discount from Ziauddin Hospital's Keamari campus," discloses Shehla Khan, who has been volunteering at the centre for the past 10 years. The centre's records show an average of 55 patients visiting it every day for consultations. "We maintain daily computerised records, allowing up to make reports and work accordingly," says Nasir.

# ZIAUDDIN COLLEGE OF PHYSICAL THERAPY FAREWELLS ITS BATCH I

After a long and hectic Mid Semester Examinations the students of Ziauddin College of Physical Therapy were overwhelmed with joy when the Principal announced the First Annual Function and Farewell of Batch I to be held on 10th April 2015. As soon as April arrived, the preparations reached to its highest bloom with loads of hustle bustle in the corridors. The students were extremely excited and were enthusiastically preparing for it and finally the day arrived. The function was to be started in the evening but the faculty and students were there since morning for preparations and rehearsals. Abul Hassan Jaffery Auditorium was full of fragrance, sparkling with lights and glooming with the smoky effect on the stage. It was the first time in the history of Ziauddin University that the SDM screen was introduced with multiple beautifully designed backdrops in an Annual Function. The auditorium was jam-packed with almost 300 students, faculty and guest. As the time reached to start the show suddenly the lights closed and the auditorium was enriched with the highest beats of orchestra and the anchors took over the stage in the spot light.



given. As soon as the anchors requested the faculty to announce Mr. and Ms. Eve the Final Year students hold their breaths and there was complete silence in the auditorium.

The event was started with the Qirat that was beautifully recited by the student of 2nd Year. The program was full of melodious songs, hilarious skits, entertaining poetry and humorous qawali. The teachers were laughing when the mimickers of 3rd Year performed. The anticipation increased to its utmost when the theme based fashion show was started. The entire auditorium was echoing with the clapping sounds and standing cheers on the arrival of the devil. The excitement reached to its boom with announcement of the Titles of both the Final Year students and teachers. Few standing ovations were given both by the teachers and students to the senior faculty on their announcement of titles. Eagerness of the crowd was increasing for the lucky draw. 5 lucky draws from each batch of DPT was announced by the senior faculty and food vouchers were

The dignitaries were welcomed with the ZU anthem that was pictorially choreographed in the backdrops. The Vice Chancellor Prof Dr. Pir Zada Qasim Raza Siddiqui accompanied the Ziauddin Family including Dr. Ejaz Fatima, Dr. Zareen, Dr. Nida Hussain along with the Registrar. The CR of 4th Year took over the stage and entertained our dignitaries with the beautifully executed Urdu poetry followed by a euphonious Mash-up of the ZCPT students. The colors were added to the event when the honorable Vice Chancellor appreciated the students, faculty and the Principal of ZCPT for arranging such a successful event. Shields and Bouquets were presented to the dignitaries and the program ended with the thanking speech of the Principal. The students and the dignitaries then proceeded to enjoy the delicious dinner.