



# Riphah e-magazine

December 2021

## International Lifestyle Medicine Conference 2021

A Fusion of Online and in person

### Leaders in Riphah

Conference on  
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Sport-Tourism"**

**IIMC Alumni Dinner  
2021**

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## *Leaders in Riphah*



**Dr. Amena Rahim**

HOD, Biochemistry Department  
Islamic International Medical College

Dr. Amena Rahim has done her Bachelor in Medicine, MBBS, FCPS and did PhD from Riphah International University. She has also done Master of Health Professions Education MHPE from NED university and PGD from Riphah International University. As a career-oriented woman and dedicated professional, she has a successful career of 20 years in Medical Teaching and she is currently serving as Head of the Biochemistry Department, Supervisor of Postgraduate program, member of curriculum implementation committee, and synopsis review committee.

“The education is a key to open doors for the young generation towards the exploration of multiple educational fields and background and it is the only solution to come out of the constraining socio-political and economic crises. With the knowledge given at the institute, present and future generations can achieve the life they have dreamt of”.

Riphah International University was established to fulfill the needs of the various generation and provide them with the education that can help them to become better Muslims, humans, responsible citizen and successful professionals. In the present era, the high standard education provided at the multiple campuses of Riphah Group can aid the students to comprehend the changing standards of the national and international job market.

We as an institute are determined to prepare our students for the challenges of the 21st century and build an Islamic and patriotic spirit in them.

## *Leaders in Riphah*



### **Prof Dr Fareesa Waqar**

Professor & HoD Gynecology  
Islamic International Medical College

Prof. Dr. Fareesa Waqar is a graduate of Fatimah Jinnah Medical College for Women, Lahore and later, she has done her Fellowship (FCPS) in Obstetrics and Gynecology in 1997 from the College of Physicians and Surgeons Pakistan (CPSP). Continuing her studies, she did her Master's in medical education from Maastricht University Amsterdam. She is also Professor and Head of Department in Islamic International Medical College, Rawalpindi, and a member of the national examination board (PM&DC) and Joint secretary of society of OBS/ GYNAE Rawalpindi & Islamabad Chapter. She is also working as a Consultant Gynecologist and Infertility Specialist at Australian Concept Infertility, Medical Center Islamabad. She has presented various research papers nationally or internationally and she is also an examiner for FCPS/ MCPS since 2005 (under CPSP).

"Role of medicine and its education is increasing in the modern society to make people disease and stress-free while students need to learn the medicine usage and its effects on the people. To decrease the morbidity and mortality rate in Pakistan, Pakistan needs better doctors and gynecologists and for this purpose, it is important to equip the young generations of Pakistan with better medicine knowledge, practical skills, and professional services".

Riphah International University aims to provide better education and practical skills to the students so they can excel in the medical field and successfully face the challenges of Pakistan such as increasing disease rate and morbidity rate. We are determined to have a highly qualified professional faculty that can stand with students and help them effectively at every stage of life.



# INTERNATIONAL LIFESTYLE MEDICINE CONFERENCE 2021

A FUSION OF ONLINE  
AND IN PERSON

Riphah Institute of Lifestyle Medicine, in collaboration with the Pakistan Association of Lifestyle Medicine, held their first International Hybrid Conference from 2nd to 5th December, 2021 on the theme "Role of Lifestyle Medicine in Immunity Enhancement" in the main auditorium of I-14 Campus, Riphah International University Islamabad. More than 100 people virtually attended the conference and 300 plus delegates participated the conference in person.

Dr. Faisal Sultan special envoy to the prime minister said that 'Behavior modification, mental health, and environmental science should be integrated into the medical system to manage disease load on the hospitals'. He shared his views through a video message at the inaugural ceremony of the conference.

The conference was attended by the Worthy Chancellor, Honorable Vice-Chancellors, Deans, Directors, and Head of departments of various specialties from different universities of Islamabad and Lahore.







Dr. Shagufta Feroz the founder of the Lifestyle Medicine movement in Pakistan, in her message explained the importance of adopting Lifestyle Medicine in our healthcare and about its global movement. Lifestyle medicine is getting recognition

Worthy Chancellor Riphah International University, Mr. Hassan Muhammad Khan had emphasized on teaching Lifestyle Medicine at the postgraduate and undergraduate levels. He also stated the importance of collaboration with all the university's department related to teaching medicine and allied health sciences for urgently establishing this science in the Pakistan's educational institutes.

Dr. Shahzad Ali Khan Vice-Chancellor of Health Services Academy said that, the change in people's psyche will bring change in their lifestyle and her also offered institutes to collaborate in the Lifestyle Medicine movement with Riphah International University. Guest of Honor Dr. Gen. Masood Ur Rehman Kiani, President PANAHA, highlighted the importance of Lifestyle modification in preventive cardiology. British Lifestyle Medicine Society, Rob Lawson expressed their views about the importance of a healthy lifestyle in disease prevention and management.

The Chief Guest, President Pakistan Medical Commission, Dr. Arshad Taqi agreed to the need for preventive medicine in the form of lifestyle medicine and he also asked Riphah International University to make a plan to proceed at a bigger level. Also, Pre-conference virtual workshops were arranged on the psychology of happiness and the lifestyle of youth.

Three days of the conference had 75 scientific articles for oral and poster presentations. 25

international and national speakers shared evidence-based researches on the role of unhealthy lifestyles in contributing to increasing mortality and morbidity rate, especially non-communicable diseases.

Pakistan's first International Board of Lifestyle Medicine's exam for doctors and Allied health professionals were associated with this conference.

Another highlight of the conference was related to Andrew Weil Centre of the University of Arizona that partnered with the Pakistan Association of Lifestyle Medicine and offered free certifications on Environment Medicine to registered delegates.

Dean Faculty of Health & Medical Sciences and Principal IIMC, Prof. Dr. Gen. Azhar Rashid. During the closing ceremony Prof. Dr. Gen. Azhar Rashid thanked all the members of the organizing committee for making this conference success and he hoped to conduct more research and discussion on the topic of Lifestyle medicine.







## CONFERENCE ON “ISLAMIC PSYCHOLOGY: EMERGENCE & CURRENT CHALLENGES OF 21ST CENTURY”

Riphah Institute of Clinical and Professional Psychology (RICPP) / Center of Islamic Psychology (CIP), Lahore conducted its second international conference on the topic “Islamic Psychology: Emergence & Current Challenges of 21st Century” from 8th to 9th December, 2021. The conference was organized virtually and 11 keynote speakers from different countries including Prof. Dr. Rania Awaad and Dr. Fahad Khan from the USA, Prof. Dr. Amber Haque from the UK, and Dr. Bagus Riyono from Indonesia, etc. had participated. The keynote speakers shared and exchanged their empirical

research and knowledge on various topics concerning recent innovations, trends, concerns, practical challenges encountered, and solutions adopted in the field of Islamic Psychology. Around 300 national and international psychologists, academicians, researchers, humanitarians, and students virtually attended the conference.

This international conference received recognition among international and national participants and they got useful information about the challenges of the 21st century.





## CONFERENCE ON SUSTAINABLE MOUNTAIN SPORTS-TOURISM



Mountain Tourism is a hot issue in Pakistan because of the need to restore climate and rich natural resources. Keeping in view the importance of mountain tourism in Pakistan, Riphah International University in collaboration with Alpine club had organized a conference on "Sustainable Mountain Tourism" at Aiwan-e-Sadr on 10 December 2021. This conference was held on the national level in which the keynote speaker was President of Islamic Republic of Pakistan, Dr. Arif Alvi and along with him, many ministers and members of the Pakistan national assembly attended the conference. As the representative of the Riphah International University, the marketing department head Muhammad Junaid Khan had joined the conference in Aiwan-e-Sadr.

The main purpose of the conference was to inform the representatives of Pakistan's government about the need for a sustainable mountain development program that can attract the attention of international tourists. This conference was very

important to enhance the position of the mountain on the global environmental agenda and many speakers got the opportunity to state their opinion and strategy on the target topic. The keynote speaker, President of Islamic Republic of Pakistan, Dr. Arif Alvi stated his views on the role of a mountain in tourism and climate safety and he explained the strong interdependency of mountain ecosystem with the mountain tourism system.

On the 2nd day of the conference, the Student Services Department of Riphah



Group along with the collaboration of Pakistan Tourism Development Corporation and Alpine Club of Pakistan organized hiking on Sunday 12-Dec-2021 at Trail 5 Islamabad. Student from different campuses of Riphah International University participated in the hike. Pakistani Mountaineer Heroes, Brother and son of Hassan Sadpara also joined the hiking with students, and they gave a briefing to the students about the mountains and their own achievements. They also reminded students about their responsibility to keep mountains clean so that future generations can come and enjoy the mountains hiking.





# INTERNATIONAL WATER CONFERENCE SUSTAINABLE WATER MANAGEMENT & CLIMATE CRISES



Growing water crises in Pakistan and the given estimate that in 2035, Pakistan will be water-scarce can have a disastrous impact on the country's stability. Keeping in view the upcoming water crises, the Ministry of Science and Technology, through the Pakistan Council of Research in Water Resources (PCRWR), in collaboration with International Water Management Institute (IWMI) Pakistan and CGIAR's Water Land and Ecosystem (WLE) flagship program, is jointly organizing a Pakistan Water Week 2021 International Conference. To become a part of the discussion on Pakistan's major water issue, Riphah International University has become a significant partner for this event. The main theme of the conference is 'focus on Needs for Sustainable Water Management in a Climate Crisis for Indus Basin in Islamabad, Pakistan'. This conference is held from 6th to 9th December 2021 in Marriott Hotel, Islamabad.

The Pakistan Water Week, 2021 brings together academic officials, NGOs, and policy experts from

the national and international platforms to discuss the water issues of Pakistan. Multiple problems related to water issues have conversed under the banner of this conference and these issues include lack of reliable accurate data, overproduction, and depletion of groundwater resources, and the policies about climate change. To get a brief over the issues and solutions, the keynote speaker for the conference is Mr. Hans Guttman, Executive director, Asian Disaster Preparedness Centre, Thailand who has talked about resource management, environmental management, water diplomacy, and international cooperation. Along with the discussion, the Pakistan Water Week 2021 ends with providing a solution through a social media awareness campaign that can raise awareness among young students about the water issues. This International Water Conference is very successful in highlighting the water issues of Pakistan and solutions to overcome the intensity of issues.



## A SUCCESSFUL OUTREACH CAMPAIGN by Marketing & Admissions Department



Keeping in view the outreach marketing importance for the educational institutes, the Marketing & Admissions Department recently represented Riphah International University in a highly competitive career counseling event organized by Modernage Public School & College Abbottabad on 25th November 2021. Multiple top-rated institutions including NUST, COMSATS, NCA, Pakistan Air Force, and Pakistan Navy participated in the event. By the grace of Allah, RIU Kiosk received an overwhelming response, and the M&A team provided career guidance to more than 900 students in a single-day event. RIU Team also held an exclusive career counseling session with the students of FSc and FA where students were briefed regarding various opportunities and programs offered at Riphah International University Campuses.

With the huge success and response received from the students, the event organizers and School Principal especially thanked RIU Representatives Mr. Mehtab Ahmed and Ms. Samia Akbar for

guiding the students towards their potential career paths and available programs. Moreover, the Marketing & Admissions Department is especially thankful to Mr. Raja Kashif Janjua (a valuable faculty member from RIMS Department) for his coordination with organizers and connecting them with the Marketing Department.





# TRAINING SESSION ON “TRANSFORMING ORGANIZATIONAL CULTURE”

## HUMAN DEVELOPMENT SERVICES

Catering to the internal needs for RHS Senior Leadership, training sessions were arranged on the title “Transforming Organizational Culture”. This program was facilitated by Mr. Fazal Niazi, a country head Franklin Covey, Pakistan. The main

objectives for this learning session were to explore the meaning and importance of organizational culture that impacts the organization Structure and how it is confused when the focus is only on employee engagement.



### “Riphah Values Workshop - HDS & UBM Malakand Campus”

Learning and Development Unit, Human Development Services Partnered with UBM arranged the “Riphah Values Workshop” for Malakand Campus. The session was conducted by Arshad Ahmed Baig and Mufti Aftab from UBM. The purpose of this workshop was to deliver the knowledge of Riphah Values and the importance of its implication within the organization and its implementation into the personal lives of employees.



## NATIONAL SPEECH LANGUAGE PATHOLOGY DAY

The Riphah International University QIE campus, Lahore, in collaboration with Pakistan Speech Language Pathologist Association, a duly registered professional health body celebrated National Speech-Language Pathology Day on 20th October 2021.

The important guests of the event were honorable Minister Punjab and Member CM Inspection team Mr. Ajmal Cheema, Mr. Tariq Mahmood Javaid, a pioneer in the formation of DRAP, Human Organ Transplant Authority, Prof Dr. Syed Shakil Ur Rehman, Director Campus and Dr. Nazia Mumtaz, President of the Pakistan Speech Language Pathologist Association.

The President of Pakistan Speech Language Pathologist association, Dr. Nazia Mumtaz talked about the need for the provision of standardized treatment for speech, language/ communication, swallowing disorder, and its assessment for all ages. A graceful ceremony was held to give away prizes and certificates to the undergraduate students of Speech language pathology department. The well-attended ceremony was concluded by cake cutting and a group photograph of the honorable faculty members of RCRAHS and the students with the Chief Guest and the Director campus. The event got the media coverage in three different newspapers.

## MONTHLY ACTIVITIES FOR RIPHAH INTERNATIONAL UNIVERSITY, MALAKAND CAMPUS

Malakand Campus believed in engaging freshmen students in different campus activities so they can adjust to the new environment of the campus. To welcome Freshmen students, in the month of October, Malakand Campus management had organized an orientation session, Seerat-un-Nabi Seminar, and Quiz along with Award distributing ceremony. In the orientation session, all the freshman students were addressed about the basic facilities, course details, rules, and regulations, and they were introduced to the members of different faculties. This session had allowed the freshman students to know the values of Riphah International University.

On 21st and 22nd October 2021, the Seerat-un-Nabi session and Quiz were organized by

Malakand Campus management. Many students have participated in both events and they received and utilized their knowledge of Islam through the detailed discussions. Students were very happy to attain useful information about Seerat-un-Nabi.

The credit was given to the participants and competition winners in an Award Distribution ceremony on 26 October 2021. At the end of the ceremony, a keynote speech to the new students was given by the Director Campus Prof. Dr. Asghar Khan on 26 October 2021. He talked on behalf of all departments in terms of life vision, Riphah values, social responsibilities, and the modern-day requirements.





## ALUMNI DINNER, 2021 AT ISLAMIC INTERNATIONAL MEDICAL COLLEGE - IIMC, AL-MIZAN CAMPUS



The lovely memorable days cannot return forever, but we bring in the possibility to relive the old memories by revisiting the memory lane and joining the friends and institutes that are left behind in the busy professional life. To celebrate the completion of 25 years of Islamic International Medical College-IIMC, an Alumni Dinner was arranged by the management of IIMC on 4th December 2021 where the administration aims to take the former students back to the beginning of their student journey. A substantial number of Alumni, including members from MBBS Batch 1996 joined the Dinner. The Alumni received a warm welcome from their juniors.

Worthy Chancellor, Riphah International University, Mr. Hassan Muhammad Khan joined the dinner as the chief guest. The Principal of IIMC Lt. Gen. (R) Dr.

Azhar Rashid and Vice-Principal Brig (R) Dr. Maqsood-ul-Hassan welcomed him in the event.

The worthy Chancellor addressed the guests and shared the memories of earlier days and foundational years of IIMC. He associated the institute's success with the success of its alumni. He said that it is a moment of great pride that our Alumni are well-renowned Doctors, Surgeons and Health leaders contributing nationally and internationally. He later joined each batch of Alumni for group photo sessions. The guests enjoyed humorous skits by current students, dinner games and the special wishes and video messages received from Alumni living and settled all over the globe. The evening was concluded with warm wishes and a vote of thanks from the Alumni Association.





# STUDENT WEEK AT MALAKAND CAMPUS



To provide a break from the studies and educational stress and to encourage students to take part in the extracurricular activities, Students Services Department, Malakand Campus, in collaboration with Sports & Literary society arranged "Student Week" on 8th November 2021. The inauguration ceremony of Student Week was initiated by Dr. Rafi Ullah (HOD MLT and in charge SSD) alongside Dr. Mushtaq Ali (HOD SE & In-charge Sports Society) and Dr. Iftikhar Ahmad (HOD FMS) with other faculty members.

The Student Week included diverse activities such as sports and a variety of games where students got the opportunity to utilize their mental and

creative activities to win games. The main events of the Student Week were welcome parties, Cricket, Volleyball, Badminton, Football, Tug of war, food competition, stall decoration, word puzzle, Pictionary, Bait Baazi, Kasoti, Dumb Charade, and many other contests.

In addition to the games and other activities, the Campus was decorated with standees and banners while Operation Department had given final touches to all arrangements. This Student Week received a positive response from the students and faculty members and they hoped for more inter-department competition in the future.





## CHPE CERTIFICATE DISTRIBUTION CEREMONY

Riphah Academy of Research and Education (RARE) organized a certificate distribution ceremony for CHPE passed out students on November 09, 2021, at Al-Razi Hall, Al-Mizan Campus Rawalpindi. The 5th batch of CHPE had passed out as RARE started the CHPE certificate course in 2017 and many candidates passed the course with good grades. The chief guest of the certificate distribution ceremony was Dean of FHMS and Principal IIMC Prof. Dr. Azhar Rashid and Dean RARE Prof. Dr. Rahila Yasmeen and they

welcomed the CHPE students in the certificate distribution ceremony. RARE had started the CHPE Certificate course in 2017 with the aim to help teachers in health sciences to develop their basic teaching skills.

Dean FHMS Prof. Dr. Azhar Rashid, and Vice Principal of IIMC, Brig (R) Maqsood ul Hassan distributed certificates among the students. Passed out students appreciated the RARE Team's efforts in conducting a successful certificate program at the national level.



## WORLD DIABETES DAY

Department of Medical Laboratory Technology, Potohar Campus has taken a step towards advocating the Health issues and celebrated "Diabetes Awareness Day" on 12th November 2021. According to the new data of the World Health Organization, 537 million adults across the world are living with diabetes and in America, 210,000 children under the age of 20 are diagnosed with diabetes. To address the increasing issue of diabetes globally, the event was organized by Dr. Muhammad Waseem (Head of Department & Associate Professor, Department Medical Lab Technology of Potohar Campus, and Islamabad). The students and the faculty members were invited to join the physical and virtual session in the department where the international guest speakers joined us through virtual platforms. The event started with the introduction given by Miss Maisra Azhar Butt (Senior Lecturer, Department of Medical Lab Technology).

The International guest speakers emphasize the diabetes challenges faced by the Pakistani and international communities and the measures that can be suggested to control the diabetes pandemic. Online Guest speakers include Dr. Asmat Saleem (Professor, Panjwani Centre for molecular medicine and drug research ICCBS, and the University of Karachi), Dr. David J Hill (Professor, Lawson Health Research Institute, Canada) Dr. Noor-Ul-Kabir (Professor, Institute of Biological Sciences, and the

University of Malaya), Dr. Hafiz-Ur-Rahman (Professor, Panjwani Centre for molecular medicine and drug research ICCBS, University of Karachi).

The celebration of "Diabetes Awareness Day" was a huge success for the students and faculty because they had explored the issue of diabetes and discussed the measures that can be taken to keep it under control.



## WORLD QUALITY DAY - 2021

“Sustainability to improve the product, people, and planet” is the motto that inspired the International Community of Quality professionals, RSBM, RIU Lahore to celebrate ‘World Quality Day’ on 15 November 2021. This year, the theme of the day was to celebrate sustainability and quality in which the quality’s role in the vitality of the social environment and climate is analyzed.

“World Quality Day” is observed and celebrated around the world to bring awareness about quality management in people’s lives and to motivate organizations to adopt high-quality standards. The role of quality is to enhance and promote profitability and drive a positive change out of the quality standards.

To promote the importance of quality standards in life, two sessions in the Lahore campus are organized by the faculty. Prof. Dr. Shazia Nauman (HOD, RSBM, RIU, Lahore) has chaired the session and gave a talk on “Sustainability and Work Ethics. Moreover, Dr. Iram Fatima, (Organizer of the day; Assistant Professor, RSBM, RIU, Lahore) has given a talk on “Role of Quality Management Practices in cancer prevention”.

These two sessions have proved very engaging that led the audience to get involved with the speakers and their discussion. They have learned about the role of Total Quality Management within an organization and multiple living or working conditions. We have felt that these sessions are the efforts towards “Sadqa e Jariah” as per Islamic ethical values of Riphah International University. We are thankful to Mr. Bilal Ahmad (Lecturer, RSBM, RIU), the IT support department, and Rana Basharat sb. (HOD, Marketing) for their in time and active involvement.



## BRAINSTORMING CONFERENCE ON “WOMEN’S WELLBEING”

The need to highlight the struggles of women in the domestic and professional setting had led the Faculty of Social Sciences to organize a Brainstorming Conference on Thursday, 25th November 2021. The conference was commenced virtually through MS Teams and the main focus of the discussion was given to the importance of constructing “Centre of Excellence for Family Ethics and Women Wellbeing”. In this conference, a panel of 10 different NGO’s religious groups, renowned women activists, and Media personals joined the conference and shed the light on their ideas about women’s wellbeing and their development initiatives.



To highlight the stance of the Social Sciences department on the topic, honorable Vice Chancellor initiated the conferences and highlighted the objectives of the women’s wellbeing. The other speakers of the event were Dr. Kouser Firdous, Prof Dr. Zaitoon Begum, Assistant Prof Dr. Jabeen Bhutto, and Director Foreign Affairs Jamat-e-Islami Pakistan. Every speaker had outlined their stance on the topic and gave a suggestion to improve the family-making process for both boys and girls, and the women’s wellbeing. This conference was a huge success for the Social sciences department as they communicated the objective of their project to a wide audience.



# RIPHAH'S LAHORE CAMPUS STARTS NEW SEASON WITH WINTER OLYMPICS 2021

With the changing weather and moving towards the end of the semester's activities, Riphah University Lahore campus has celebrated the Winter Olympics 2021. In the moderate weather of Lahore, sports week from 15th November to 19 November is organized to allow students to take part in different sports activities. Students from all departments have participated in different games such as Tug of war, Race, football, Cricket, Badminton, Shot-Put Throw/Javelin Throw, Futsal.

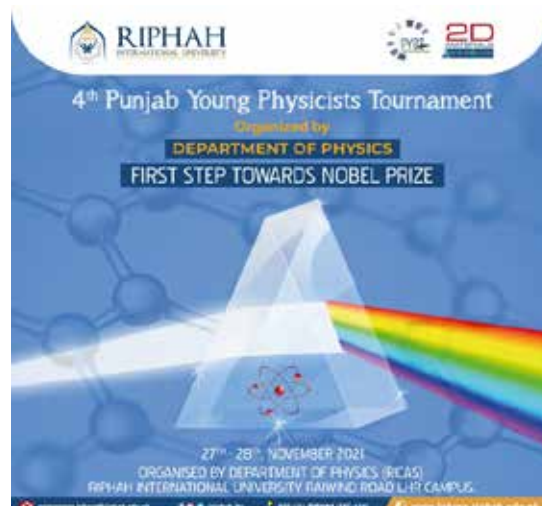
With the participation in different games, teams have displayed team spirit and they try hard to win the sports competitions. However, the Winter Olympic authorities are thrilled to announce the win of RSBM who is the winner of two major games, Cricket and Football.

With the exceptional performance of all faculty teams, Riphah Institute Lahore Campus especially congratulates our exceptional students from RSBM, RIU on their splendid victory. We are hoping that soon, students and campus authorities will work in collaboration to arrange such sports events in the future.



## 4TH PUNJAB YOUNG PHYSICIST TOURNAMENT

To allow students to explore the areas of research and its techniques, the Department of Physics, Lahore Campus had organized The International Young Physicists Tournament (IYPT) also referred to as the “Physics World Cup” on 27th-28th November 2021. The main purpose of the tournament was to arrange a scientific competition between the secondary school students and it mimics the real-world scientific research and the process of presenting and defending the results obtained. As a chief guest, Vice-Chancellors from multiple universities of Pakistan were invited and faculty members were also present to observe students’ performance. In this competition, an enactment of a scientific discussion was arranged where students take the roles of Reporter, Opponent, and Reviewer, thus learning about peer review early on in their school years. Discussion-based sessions are called Physics Fights and the performances of the teams are judged by expert physicists. This tournament played a major role in communicating a positive image of the institute to the audience.



## SUCCESSFUL ORGANIZATION OF COURSE “FAMILY IN THE 21ST CENTURY”

Riphah International University has a history of introducing beneficial and informative courses for its students and the Department of Social Sciences has maintained this history by offering a new course “Family in the 21st century”. This course was offered in June 2021 and Marketing departments played its role by promoting this course on digital media platforms and by sending letters to Vice-chancellors of 10 renowned universities of Twin Cities. The efforts of the Marketing and admission department were fruitful as 274 national and international students enrolled in courses while 194 students appeared in exams and got the certification.

The Course was initiated with the opening ceremony conducted by the worthy Chancellor of Riphah international university, Dr. Anis Ahmed. He welcomed the participants and talked about the objectives of the course which are related to family counseling, the Cross-cultural study of Ideal Family life, and Awareness of Gender and Relations. Dr. Zatoon, Ex Dean Faculty of Arabic IIUI appreciated the efforts of the Social Sciences departments and congratulate them on conducting successful course like “Family in the 21st Century”.





## INTERNATIONAL CONFERENCE ON ECO LINGUISTICS & ECOLOGICAL NARRATIVES

The Department of English Linguistics and Literature (DELL) had organized its first international conference on 10th March 2022. The main purpose of the conference was to address environmental problems through the study of language and literature. The department is currently accepting abstracts for 'International Conference on Ecolinguistics and Ecological Narratives'. The management of the conference was hoping that they had contributed significantly to the body of knowledge through this conference.



## STUDENT SEMINAR SERIES

The Department of English Linguistics and Literature (DELL) at I-14 campus RIU had initiated a seminar series for the students of DELL. The teachers at DELL invited guests from different universities and prestigious institutions to conduct seminars for the students. The purpose of the activity was to let the students engage with faculty members from other prestigious universities and guests from different segments of society. All the seminars were arranged in accordance with the needs of the particular course.

The guests invited at DELL's seminar were Mr. Hamza Rehman from Air University, Dr. Sham Haidar from Air University, Ms. Hira Zainab from ISPR, and Dr. Zafeer Hussain Kiani from the University of Azad Jammu Kashmir. These Seminars were a great opportunity for students to explore multiple topics from the perspective of a professional and educated guest.



## ESSAY COMPETITION



The Society of Linguistics and Literature at DELL in collaboration with the Student Services Department conducted an Essay Writing Competition on the 6th of December, 2021. The students were required to write a well-written essay on 'Anti-Corruption'.

After the successful conduction of the competition, three participants were awarded 1st, 2nd, and 3rd positions. The event was ended with a note of hope by Dr. Muhammad Shaban that the recommendations suggested by students in their essays to curb corruption will be shared with the competent authorities, such as the National Accountability Bureau (NAB).

## THE HONOR OF ACCEPTANCE OF JIIMC INTO 'Y' CATEGORY OF HEC, 2021-22

Recognition of "Journal of Islamic International Medical College (JIIMC)" in Y category of Higher Education Pakistan 2021-22 is an honor that will stay with Riphah Institute always. The Institute faculty and the researchers have put a lot of effort to make the Journal credible and trustable among the national institutes. This is the reason HEC has trusted the JIIMC journal for the Y category as the Y category is expert groups certify and it contains the top, recognized journals in the subject of archival quality. HEC has thoroughly checked the research

journal JIIMC according to the parameters that are set for the certified journals and after research, the JIIMC name is put forward for the Y List.

So, the Riphah institute Islamabad campus congratulates the editor and faculty of JIIMC for this success and we hope that soon, students will be applicable to publish their work and research in our journal. We hope that this success will be fruitful for the students and research departments in the future as well.

## ONLINE SESSION ON "ENTREPRENEURSHIP INTRAPRENEURSHIP AT SALFORD BUSINESS SCHOOL"



To reach the international audience and expand the outreach of the Riphah International University, Riphah Study Centre arranged an online session "Entrepreneurship Intrapreneurship at Salford Business School: How we Support Student Innovation and Create New Digital Disruptions". The session was hosted by Salford University and the Guest speaker was Dr. Alex Fenton while Dr. Tahir Rashid (Associate Dean of Salford Business School) was the facilitator during this event. Along with the students from Salford University and

Riphah International University, external Students from the Beacon and City school had participated.

The main agenda of the session was to introduce the role of technology in the business field and the Guest speaker, Dr. Alex Fenton introduced the blockchain in Business courses and major steps towards the inculcation of technology in the business field. This session was a success for the Riphah Study Centre because they introduced the Riphah Group among national and international students.



# MONTHLY ACTIVITIES IN DEPARTMENT OF PHYSICAL THERAPY, LAHORE CAMPUS



The Department of Physical Therapy, Lahore campus believed in engaging students in activities that can help them transform their theoretical knowledge into practical work. In December 2021, a series of Neuroscience projects were arranged by the department of physical therapy in which multiple students from the department were invited to participate.

Among these activities, the neuroscience project was supervised by Dr. Tehreem Mukhtar and many students presented their models for hand rehabilitation. Prof. Dr. Shakeel ur Rehman visited at neuroscience lab along with Prof Dr. Muhammad Salman Bahir and faculty members visited the neuroscience lab and appreciated the efforts of students.

On 3rd December 2021 students of the 8th semester, DPT gave lectures on disability to the general public on World Disability day. In the next week from 14-15 December 2021, Research Symposium at CMH Medical College Lahore was attended by the Rehab house officers and leadership of Lahore campus, HOD Prof Dr. Salman Bahir and Clinical in charge Dr. Hashim. HOD Prof Dr. Salman Bahir gave credit to the efforts of students and hoped that in the future, students and the department will arrange more activities like this.



## STUDENTS AWARENESS SESSION UNIVERSITY RULES & REGULATIONS



Student Services Department organized an Awareness Session regarding the university code of conduct, rules, and regulations on Thursday, 18th November at Jinnah Auditorium, I-14 campus. The purpose of the session was to impart knowledge to students (semester 1-4) regarding the university rules, regulations, and role of the proctorial board. Guest speakers of the session Dr. Jameel Ahmad

and Dr. Attique u zaffar Khan urge the students to strictly follow the university code of conduct. Dr. Muhammad Tahir (campus proctor), Dr. Kashif Sheikh, and Mr. Aamir Imtiaz (Dy Manager SSD) also convinced the students regarding university rules, and students' roles and responsibilities. At the end of the session, faculty proctors were introduced to the students.

## ANNUAL GOAL SETTING YEAR 2021-22

With the grace of Allah swt, the HDS department has kicked off the Annual Goal Setting Exercise in the Riphah International University. After the successful results of the Balanced Scorecard in the last Performance Evaluation Exercise, this year more than 500 employees are assigned to set their annual goals on the Balanced Scorecard. Users of the balanced scorecard are Faculty - Assistant Professor and above and Management - Assistant Manager. Balanced Scorecard initiative will align individual goals setting and performance evaluation with the 5-year Strategic Planning and the remaining 1500 employees will be on Target Based system.

HDS is making efforts that the strong facilitation and handhold of new users of the balanced scorecard is ensured through training programs. For this purpose, the user manual has been designed and uploaded on the HDS-PMS site for guidance.





## DIFFERENT ACTIVITIES ARRANGED BY STUDENT SERVICE DEPARTMENT

To engage students in the extracurricular activities and to give them a short break from educational stress, Student Service Department had arranged multiple activities in the month of December. On 6th December, 2021, an Essay writing competition have been conducted in Riphah International University, Westridge Campus on the topic of "Anti-Corruption". This competition was organized and managed by English Department (SLL - Society of Literature & Linguistics) supervised and Judged by English Faculty and executed by SSD. Many students from the campus had participated in the competition and gave their suggestion on anti-corruption topic.



## CAREER COUNSELLING TRAINING SESSIONS

Career development training sessions for the students of the final two years were organized by the Alumni & Career Desk of the Student Services Department. The training was delivered in five sessions and students from Electrical Engineering, Bio-Medical Engineering, IIDC, and DPT participated in the sessions. The facilitator for the training was HR professional, Miss

Aisha Bukhari from Fauji Foundation. She informed the students about resume development, resume format, dynamic content. She also explained how to write a cover letter, how to prepare for an interview, and tackle the most common and challenging questions such as weaknesses and strengths.





## INTERFACULTY SPORTS COMPETITION 2021

Student Service Department of Riphah International University had organized Interfaculty sports competition 2021 in which different departments participated. Along with different activities, the main sport included tug of war, Kabadi, Chess, Badminton, and Table tennis. The winning teams were awarded shields and prizes in an award distributing ceremony. Student Service Department also sent their players to the HEC intervarsity Volleyball matches that were held in NUML and students performed well in all matches.





## SEMINAR ON EXPLORING BUSINESS, EDUCATION AND TOURISM OPPORTUNITIES IN KYRGYZSTAN

Keeping in view the importance of the global economic policies and business market, Riphah Institute of Public Policy, Islamabad has collaborated with the IPDS Embassy of the Kyrgyz Republic to the Islamic Republic of Pakistan. Both institutes have organized seminars on "Exploring Business, Education, Tourism opportunities in Kyrgyzstan" and they focus on the importance of economic upright and CPEC economic route. H.E Ulanbek Totuiaev Ambassador of Kyrgyzstan to Pakistan, Ms. Farhat Asif President IPDS, and Dr. Rashid Aftab, Director Riphah Institute of Public Policy joins the Deliberations as keynote speakers.

During the deliberations the honorable Ambassador of Kyrgyzstan Ulanbek Totuiaev said, Kyrgyzstan is interested to join CPEC and benefit from the tremendous trade opportunities from Gwadar Port. Kyrgyzstan's Ambassador claims that investment in their country is profitable and easy for Pakistan's trade regime and can promise unlimited repatriation of profits. Ms. Farhat Asif, Founder Chairperson Diplomatic Insight Group shared her remarks on the aims and objectives of BET series seminars. While Dr. Rashid Aftab, Director, Riphah Institute of Public Policy thanks to the audience and presents books to distinguished speakers.



## SEMINAR ON "KICK START A CAREER IN DATA ANALYTIC DOMAIN"

The changing trends in the global Job market had led to the organization of a seminar on the topic "Kick Start a Career in Data Analytic Domain" by the Department of Electrical Engineering on 10th Dec, 2021. The Department of electrical engineering had collaborated with Data Analytics Islamabad for this seminar and the venue was I-14 campus. The main purpose of the seminar was to equip final year students

with information on the demanding skills and strategies that are needed to survive in the trending job market. This session was the first of its kind in which students' skill development was the main focus and students showed satisfaction with the session and its discussion. The students hoped that the department will arrange more job market-oriented seminars and workshops in the future.



## Free Medical Camp

The increasing rate of hepatitis due to the unbalanced lifestyle and the non-familiarity with the blood groups had led the Medical Laboratory Technology Department to arrange a Free Medical Camp in Lahore on Tuesday, 14 December 2021. The services given at the medical camp were the screening of Hepatitis B & C and blood grouping while general instructions regarding the Hepatitis B & C were also given by the management of Medical Camp.

This medical camp was an initiative taken by the Riphah International University, Lahore campus to encourage people to come forward and prioritize their health. It was a success and Sadqa-e-Jaria from the Department of Medical Laboratory Technology as they give free assistance and medical services to the public free of cost.



## RHS PARTICIPATION IN THE HEALTH & PHARMA ASIA EXHIBITION & CONFERENCE, 2021

On 9th December 2021, the Ecommerce Gateway Pakistan (Pvt) Ltd. had arranged a Health & Pharma Asia Exhibition and Conference in Pak China Friendship Centre, Islamabad. Different health institutes, hospitals, and the best suppliers of the pharmaceutical industry were invited to participate in the conference by arranging the stalls and providing information to the public. To interact with the other institutes and departments, Riphah's Marketing department in collaboration with the hospital management of Riphah Healthcare Services (RHS) has participated in the event. Marketing Department sent their representative Miss Sania Nasim to monitor branding of RHS at the exhibition.

To actively take part in the exhibition, all 4 hospitals of Riphah Groups such as Riphah International Hospital, Islamic International Dental Hospital, IIMCT Pakistan Railway General Hospital, and Max Health have sent their representatives. Through arranging stalls, RHS has introduced medical services, and information to the common people and familiarized the hospital services to them so that they can reach out easily for medical emergencies and cases. This exhibition was a huge success for Riphah Group because hospital administration got the opportunity to familiarize people with the best medical services of the Twin cities.





## ISLAMABAD / RAWALPINDI

### Al-Mizan Campus:

Al-Mizan IIMCT Complex,  
274-Peshawar Road, Rawalpindi.  
**UAN:** +92 (51) 111-510-510  
**Phone:** +92 (51) 512 5162-7

### I-14 Campus:

Sector I-14, Haji Camp, Islamabad.  
**Phone:** +92 (51) 844 6000-7  
**UAN:** +92 (51) -111-747-424

### G-7 Campus:

RIU, 7th Avenue, G-7/4, Islamabad.  
**Phone:** +92 (51) 289 1835-8  
**Fax:** +92 (51) 289 0690

### ETB Campus:

Suite No 7, Ground Floor, Evacuee Trust  
Complex, Agha Khan Road,  
Sector F-5/1, Islamabad.  
**Phone:** +92 (51) 843 8370-7

### Westridge Campus:

Potohar Plaza, main Peshawar Road,  
Rawalpindi.  
**Phone:** +92 (51) 5166 813-4, 5166 917-8

### IIMCT Pakistan Railway Hospital:

Westridge, Rawalpindi.  
**Phone:** +92 (51) 425 9795-8  
**Fax:** +92 (51) 425 9793

### Riphah International Hospital:

Main Expressway opposite DHA II,  
Sihala, Islamabad.  
**Phone:** +92 (51) 448 6064

### Islamic International Dental Hospital:

IIDH, 7th Avenue, G-7/4, Islamabad.  
**Phone:** +92 (51) 289 1835-8  
**Fax:** +92 (51) 289 0690

### MaxHealth Hospital:

2-K Markaz Road, G-8 Markaz,  
Islamabad  
**Phone:** +92 (51) 8094760-65

## LAHORE

### Raiwind Campus:

Raiwind Road Campus,  
13-Km, Raiwind Road, Lahore.  
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28-M, Quaid-e-Azam, Industrial  
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## FAISALABAD

### Faisalabad Campus:

Satiana Road, Adjacent Fish Farm,  
Faisalabad.  
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## MALAKAND

### Malakand Campus:

Chakdara Road, Malakand.  
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## UAE

### UAE Campus:

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PO Box 12973, Ras Al Khaimah, UAE  
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