

Riphah e-magazine



October 2021

Leaders in Riphah

Webinar on **Role of Lifestyle Medicine**

For Disease Prevention &
Mangement

3rd Workshop on **Learning Scientific Writing & Editing (LSWE)**

One day Seminar on **Suicide & Mental Health Nexus**

RICPP hosted a weeklong celebration on **Mental Health**

MLT Students Visit to **Virology Lab-NIH**

Students Services **Activities**

Project Management Skills for life

Webinar on **Recent Challenges of Youth-A Way Forward**

RSWD **Activities**



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Leaders in Riphah



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**Muhammad Masood Khokhar,
TI (M)**

Professor Doctor, Department Psychiatry
Islamic International Medical College Trust

Professor Muhammad Masood Khokhar working as Head of Department Psychiatry in Islamic International Medical College and joined IIMC-T in 2016. He has been contributing in teaching / assessment of behavioral sciences, Medical Education, Lifestyle Medicine and also contributed to clinical & counseling services at both teaching hospitals (PRH& RIH) of IIMC-T.

He Initiated Psychiatric services at RIH and started Electroconvulsive therapy (ECT) at PRH. He has been actively working to promote education & awareness of the community/ general public by conducting more than 100 talks on Riphah Radio, FM-102.2, covering almost all common health issues of clinical Psychiatry. This program broadcast as "Ham aur Hamari Zehni Sehat". He also participated in curriculum up gradation in MBBS-3rd year, 4th year& 5th year.

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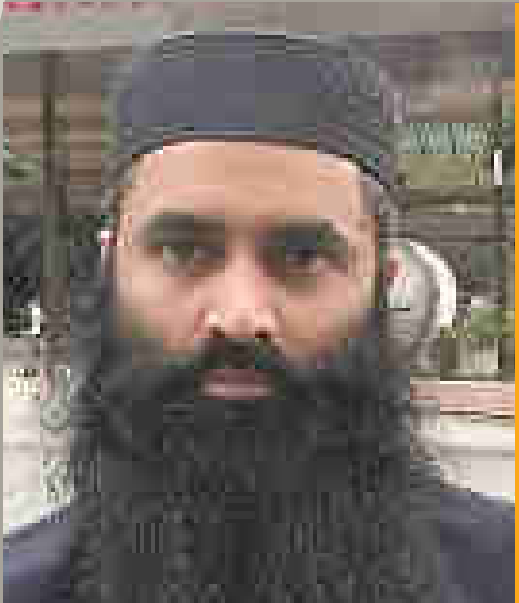
Dr Khalid Farooq Danish

Professor and Head of Department of Surgery.
Islamic International Medical College

Dr. Khalid Farooq got his elementary education in Lahore from Central Model School and Govt College Lahore. Thereafter, he did his MBBS from Rawalpindi Medical College in 1982 followed by FCPS in 1989 and MHPE. He also did PGD Ethics and Teaching methodology, Certificate in Lifestyle Medicine from Riphah International University. Most of his surgical training was in Holy Family Hospital, Rawalpindi, and Shaikh Zayed Hospital Lahore. He served as a Consultant Surgeon in Cantt General Hospital Rawalpindi and then in 2004 joined Islamic International Medical College as Assistant professor of Surgery. The institution provided him with opportunities to improve tremendously regarding his knowledge and competence related to Medical Education and Ethics that is reflected in his qualifications as well.

IIMC is an amazing institution in that it remarkably ignites the quest for knowledge in its members and at the same time provides them with ample opportunities in various fields of interest that they can avail themselves of while on their job. It is a great institution as it trains you so well that you may qualify for better places but at the same, it treats you so well that you don't intend to leave. The collegial environment based on Islamic ethical values is the most precious asset of this unique institution that has enabled it to upraise the flag of Islamic ethical values as its mission, accomplished through state-of-the-art educational institutions.

Leaders in Riphah



Dr Muhammad Tahir

Head of Department, Islamic Studies
Faculty of Social Sciences & Humanities
Riphah International University, Islamabad

Dr. Muhammad Tahir is working as a Head and an Assistant Professor at the Department of Islamic Studies, I-14 Campus, Riphah International University, Pakistan. He has done his PhD Islamic Studies degree in December 2017 from the International Islamic University Islamabad, Pakistan. His PhD dissertation is entitled "Development of Child's Personality in the light of Sunnah and Contemporary Psychology." During his PhD tenure, he was hosted as a Visiting Research Fellow at the School of Humanities, Languages, and Social Science, Griffith University, Queensland, Australia from March 2015 to March 2017. He presented 31 papers in national and international conferences, published 11 articles in peer-reviewed national and international journals, and authored five chapters and co-authored three chapters in BS books of AIU.

Currently, Dr. Tahir is leading four programs: Life & Living, MPhil Islamic Studies, BS Islamic Studies, and PGD. He is also editor of the Riphah Journal of Islamic Thought and Civilization (RJITC). He made a valuable contribution for the development of the curriculum of PhD, MPhil, and BS Islamic Studies and Life and Living courses. He is member of various boards and committee including, advisory boards of journals, reviewer of national and international journals, external examiner of theses, member of Riphah Leadership Development Program (RLDP) and Riphah Aspired Students (RAS). His research contributions emphasize the contemporary issues and challenges and which have positive impact on the individual, family, and social life. Dr. Tahir was awarded the Indigenous Fellowship 5000 for MPhil and PhD studies, the IRSP award for Australian visit, the GIRU award for exchange scholar at Griffith University, Australia.

WEBINAR ON ROLE OF LIFESTYLE MEDICINE FOR DISEASE PREVENTION & MANGEMENT

The Session started by Honorable the presence of Ms. Sabahat Khan, CEO, RLHC, Prof. Dr. Aftab Mohsin, Principal, RLHC for always encouraging and providing such forums to grow and learn.

The Welcome Address was delivered by the Worthy Principal, RLHC, Prof. Dr. Aftab Mohsin that lead towards the Formal Commencement of the Webinar. He welcomed the Respected Speakers and appreciated the efforts of Dr. Shagufta Feroze, Prof. Dr. Nashi Khan and Organizers and Coordinators. He highlighted the importance of the Topic i.e. The Role of Lifestyle Medicine as it is more going to focus on Homeostasis and suggested to involve Physiologists in this mission too. It proceeded to mention the unwavering Efforts of Prof. Dr. Nashi Khan, Chartered Clinical Psychologist, President, Pakistan Association of Clinical Psychologists (PACP), Director, Counseling and Wellness Centre (CWC), Project Director, RLKU (Proposed) who organized this Webinar and brought such important Topics to be discussed. Dr. Shagufta Feroz, Director of Riphah Institute of Lifestyle Medicine (RILM) and President, Pakistan Association of Lifestyle Medicine (PALM) was the First Speaker who talked about "Lifestyle Medicine for Non-Communicable Diseases". Stating some Statistics from the Conference of Pakistan National Heart Association, she stated that:

- The Patients with COVID-19 who were consistently inactive had a greater risk of Hospitalization, Admission to ICU and Death than those who were consistently meeting Physical Activity Guidelines. As Physical Activity and Exercise is one of the most important Component of Lifestyle Medicine.
- Furthermore, in 2014, Global Disease Estimates showed that Pakistan stood at 8th number among the 10 Countries hosting half the Obese Individuals in the World.
- 25% of Adults were Overweight or Obese.
- Overweight Prevalence was higher in Women of 35-44 years of age group and 45-54 years of age group for Men.
- Residents of Urban areas were more likely to be overweight than of Rural Areas.

Stating the Research Findings of Pakistan Health Research Council Non-Communicable Disease Risk Factor survey 2016, she mentioned 45% and 78% of Adult Population never get their Blood Pressure and Blood Glucose Level checked respectively.

- Only 50% of Hypertensive Patients get their medicines regularly.

- 60% of Adult Population fall in the category of Physical Inactivity.
- 46% of Population is either Overweight or Obese.

Defining the Lifestyle Medicine, she said that it is the Application of Medical, Behavioral, Motivational and Environmental Principles to the Management of Lifestyle related Problems in Clinical setting. Teaching Self-Care and Self-Management are important Elements of Lifestyle Medicine. Six Pillars of Lifestyle Medicine were described as follows:

- Predominantly Whole Food and Plant based Diet
- Physical Activity • Sleep
- Emotional Well-Being
- Avoiding Risky Substances and various Addictions
- Healthy Social Connections, not only to prevent but also to treat and reverse Lifestyle

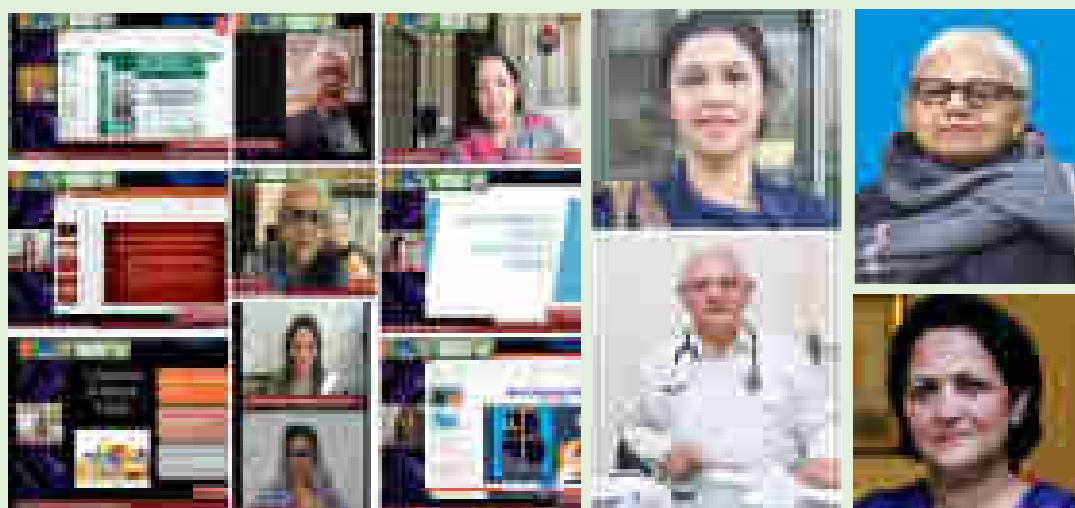
Some Special Features of Lifestyle Medicine described are as follows:

- It follows Principles of Behavioral Sciences.
- Connects Past Medical History (PMH)/Adverse Childhood Experience (ACE) to Current Degenerative Diseases (CDD).
- It focuses on Self-Care of Physicians first and then Patients.
- It is Preventive, Therapeutic and does Disease Reversal.
- Emphasizes on Lifestyle Medicine Awareness for better Community Care.

Another important feature of Lifestyle Medicine is its Mode of Action in Non Communicable Disease (NCDs) which are described as below:

1. Inflammation. It is the pace of all Chronic Diseases. So, Lifestyle Modification reverses and heals the Inflammation at the minimal level.
2. Dysbiosis. As 70% of Immunity is in the Gut, so, if Microbiome is not healthy, there is inflammation and most of the Psychological Problems are also related to the Gut Health, and we also suffer from Chronic Disease.
3. Oxidative Damage
4. Liptoxicity

She concluded her talk on emphasizing the importance of all these Six Pillars that create Homeostasis and connects the body to the Circadian Rhythms that heal our Body and ultimately lead towards Disease Reversal.



3RD WORKSHOP ON LEARNING SCIENTIFIC WRITING & EDITING (LSWE)

DEPARTMENT OF MATHEMATICS,
RICAS, LAHORE

The 3rd workshop titled as “Learning Scientific Writing and Editing” was organized by Department of Mathematics, Riphah Institute of Computing and Applied Sciences (RICAS) from 02-03 October, 2021. This two-day workshop was held on-campus in Raiwind Campus, Lahore. 75 students from different universities participated in this workshop.

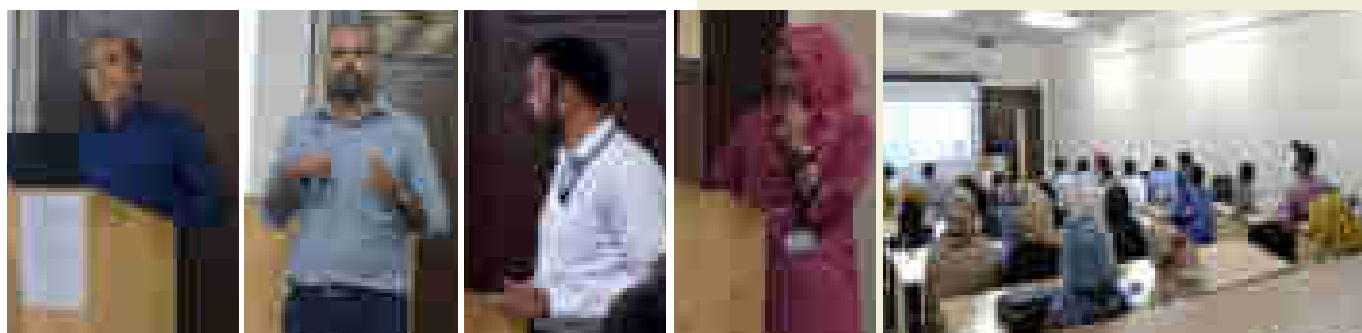
The purpose of the workshop was to improve the skills of the undergraduate and postgraduate students in writing research articles and thesis in LaTeX and MS Word. The workshop helped students in error correction of LaTeX codes and handling and modifying thesis files in LaTeX as per their needs. This helped to reduce the time spent by students in preparing thesis and research articles.

LaTeX and MS word are software systems that are used for high-quality typesetting. These are widely used in academia for the communication and publication of scientific documents in almost all fields. LaTeX and MS Word have prominent role in the preparation of books, thesis, and research articles. Both software can also be used in preparing documents of common academic use such as timetables, question papers, etc.

Prof. Dr. Faqir M Bhatti, Director RICAS, Started the Workshop by welcoming all the participants and encouraged them to get more advantage of this workshop. Then Head of department Dr. Kamran Jamil spoke about the importance of scientific writing and told the participant about the difficulties a scholar faced during writing of research articles and thesis. The workshop was distributed in two sections, writing using MS Word and writing using LaTeX software. On day-1, Dr. Kifayat Ullah delivered a detailed perspective of Microsoft Word for scientific writing. He taught the participants about the article



and thesis writing in MS Word. On the other day, Dr. Mehar Ali Malik and Ms Iqra Zaman taught the participants about writing in LaTeX software. Exercises sessions were held at the end of both days in which all the participants performed the given exercises. More workshops and conferences will be organized in the year 2021-2022. Prof. Dr. F M Bhatti, Director RICAS attended BoS of the Department of Mathematics and Statistical Sciences, Lahore School of Economics (LSE), Lahore on 5th October, 2021 as an external member.



One day Seminar on **SUICIDE AND MENTAL HEALTH NEXUS**

On eve of World Mental Health Day and awareness week, Student Services Department (SSD) in collaboration with Psychology Department arranged an interactive session with experienced psychologists. The main point of focus during the session was how to cope in effective manner with modern day challenges to youth in terms of depression, anxiety, loneliness, society pressure, drug abuse, suicidal thoughts and their optimal solutions. The aim of the session was to streamline the youth and encourage them to spend their capabilities and energy in productive and healthy activities.



LEARNING & TALENT MANAGEMENT UNIT- HUMAN DEVELOPMENT SERVICES

Dr Ali Raza Nemati met Mr Qasim Ali Shah Renowned Motivational Speaker

Dr. Ali Raza Nemati, Assistant Director Human Development Services-Riphah Group and an met with Renowned Motivational Speaker Mr. Qasim Ali Shah to pace up Learning Interventions. He has acknowledged the meeting posted the same to his social media platforms having 10 million plus followers that will bring great millage to Riphah's as a Brand.



Guest Lecture at Franklin Covey Pakistan Head Office and Meeting with Country Head FC Pakistan (Mr. Fazal Niazi)

Dr. Ali Raza Nemati, Assistant Director Human Development Services-Riphah Group has been invited as a Guest Speaker/ Industry Expert at Franklin Covey Pakistan Head Office for FC team and collaboration for Learning Interventions has been discussed. This is line with the MOU signed with Franklin Covey Pakistan earlier this year. Dr Ali Raza Nemati has been presented with a souvenir of appreciation by Mr Fazal Niazi (Country Lead Pakistan).



HCM Analytics International Certification Program

Catering the internal learning needs, The Learning and Talent Management Unit arranged an international SHRM certification program "HCM Analytics Certification" by SHRM. The main objective of this Certification program is to Quantify HR department's contribution to the overall bottom line, through solid, factual and verifiable data and analyze toughest work force decisions.



"Dress Code | A Symbol of Identity | For Female Staff"

Learning and Development Unit - Human Development Services Partnered with Tarbiyah conducted a customized Learning program titled. "Dress Code | A Symbol of Identity | For Female Staff". This Learning program was customized designed for Riphah / IIMCT female employees. Vice chancellor Professor Dr. Anis Ahmed delivered his message about the mission of Riphah International University during the session. The rest of the speaker Mufti Aftab from UBM and Director Tarbiyah Arshad Baig delivered effective lectures about the culture of Riphah International University and Mission of Muslimah. Female speakers Dr. Kouser Firdaus, Dr. Sadia Ejaz, Ms Sarah Chaudary and Dr. Zatoon begum shared their experiences with the audience about the Journey of Hijab and discussed with audience about Conviction about modest clothing, Code of life and dress in the light of Quran and Sunnah. HDS Manager Ms Nazish explained the Dress code policy of Riphah International University for women.



SESSION ON PROJECT MANAGEMENT SKILLS FOR LIFE

A joint PM training program was conducted by PMI Lahore Chapter, on 4/5 Sept 2021, in collaboration with Riphah International University RSBM Lahore. On the RIU side Dr. Shazia Nauman (HOD), Zain Tahir and the RSBM team promoted the course - at the PMI end Faisal Ali (Coordinator) and the chapter team helped with the organization. I along with Dr. Kamil Hassan conducted the course.

The content of this course was taken from PMI Education Foundation's PM for Life Course. Generally, this course is conducted in a live environment, however due to COVID-19 restrictions it was conducted on Zoom. The live interaction required in the course was

managed through the use of Mentimeter and Airtable. Participation of 82 is very high for these type of courses - interestingly we had 27 international participants. All participants received a PM for Life certificate with 3 PDU awarded by PMI.

We have received very positive feedback on the course and are especially happy with the effectiveness of tools like Mentimeter and Airtable for enabling a high level of live interaction during the course.

I am sharing some of the collected information as well as feedback from the course. Thanks to everyone who was involved in making this course a success.

RIPHAH **PMI Project Management Institute**

Project Management Skills for Life

4th & 5th September, 2021

Dr. Khalid Ahmad Khan **Dr. Kamil Hassan**

Cost: Free
3 PDUs and E- Certificate
 will be awarded for attending both sessions

Time: 7:30 PM – 9:30 PM

Contact: Muhammad Zain Tahir (0333-8045299)

11AM-0430-747626 riphah.edu.pk Riphah.Lhr

Scan to Join the Event or Visit

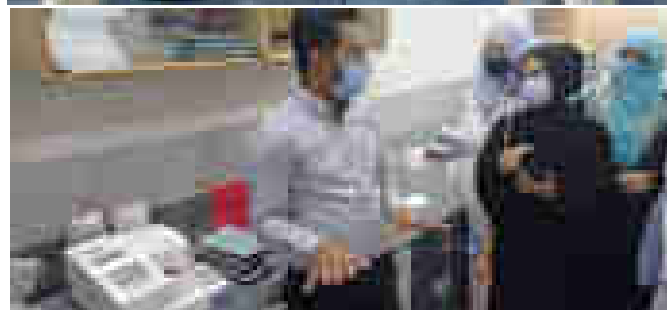
MLT STUDENTS

VISIT TO VIROLOGY LAB-NIH

Visit of BS-MLT 5th Semester students under the Supervision of their Subject Teacher Mr. Muhammad Shoaib Senior Lecturer, to WHO Reference Lab for Measles, Rubella Virus (Eastern Mediterranean Region), National Institute of Health (NIH) ISLAMABAD. Visit was executed with a purpose of exposure to State of the Art Virology Reference Lab to enhance and extend the scientific vision in MLT Student for their better understanding and for the development of their Learning attitude and rationale based thinking.

Visit to Virology Reference Lab was based on the following observational points

- 1) Bio risk management, emergency responses and preparation for common emergencies
- 2) Laboratory SOPs for PCR (Conventional, Real Time and Genotyping)
- 3) Laboratory Biosafety Levels (BSL) BSL-1, BSL-2, BSL-3, BSL-4
- 4) Regular risk identification Protocol
- 5) Virology Laboratory management
- 6) Quality management systems
- 7) Laboratory operations and
- 8) Viral Lab Quality Control



ONLINE TALK DELIVERED ON “TARGETING NUCLEOCYTOPLASMIC TRANSPORT SYSTEM IN CANCER THERAPEUTICS”

Online Introductory talk delivered by international invited speaker Dr. David Hill holds the Lawson Professorship in Diabetes Research and is a Professor in the Department of Medicine Physiology & Pharmacology and Paediatrics, at Western Ontario University, Canada. He is Scientific Director of Lawson Health Research Institute and the Integrated Vice President, Research for London Health Sciences Centre and St. Joseph's Health Care London.

Dr. Mehmood completed his PhD from Graduate School of Frontier Biosciences, Osaka University, Japan. He did his postdocs from Japan and Canada where he initiated projects related to epigenetics. Before joining Alfaisal University in 2018, he worked at Roswell Park Cancer Institute, USA, where, by utilizing epigenetic approaches he studied the interaction of epigenetic regulators with stem cell factors during cancer progression. He continues his research on the role of epigenetic regulation in cancer and stem cell maintenance at Alfaisal University. He utilizes

bioinformatic and molecular approaches to unravel important epigenetic signaling pathways regulating normal vs. cancer development. Non-coding RNAs, important mediators of gene function, and their interplay with the cellular machinery is another area Dr. Mehmood is interested in.



RICPP HOSTED A WEEKLONG CELEBRATION ON MENTAL HEALTH



Riphah Institute of Clinical and Professional Psychology hosted a week-long celebration of "Mental Health" from 11th to 15th October, as a part of global celebration of mental health, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. A seminar on "Mental Health in an Unequal World" was held on Monday, 11th October, 2021. Riphah Institute of Clinical and Professional Psychology, also offered free of cost services for the faculty and students of Riphah International University for a week from 11th to 15th October, 2021. The Seminar was held in QIE Auditorium, from 10:30 a.m to 1:00 p.m went live, with an audience of 150 students from different departments and faculty members of RICPP.

The seminar was arranged by Miss Samia Khalid, Lecturer RICPP and Miss Maham Abdullah, Lecturer RICPP, who was also the host of the seminar, under the supervision of Dr. Shamaila Asad. Guests were invited as speakers to present their talks on different themes related to the topic, covering most of the issues regarding Mental Health in today's world, and focused on providing solutions to the challenges as well.

Seminar started with the Recitation of the Holy Quran by a student of BS Psychology, 2nd semester, followed by the introduction of the seminar by Miss Maham Abdullah, Lecturer RICPP. Miss Rida-e-Fatima, student of 2nd semester, Department of Physical Therapy gave a Speech on "Overcoming the Stigma of Mental Health" in English and Mawra Saleem student of BS psychology, 3rd semester, delivered a speech on the same topic in Urdu. Afterwards the speakers were invited to give their talks.

Dr Shamaila Asad, Head of Department, Riphah Institute of Clinical and Professional Psychology, Riphah International University, delivered a comprehensive talk on "Stress Management in an Unequal World", covering most of the aspects of stress, focusing on it's management. Miss Itrat Zehra, Project Director, Innovative Zone Rehabilitation Center, focused on "Tools to Thrive", focusing on how to best utilize opportunities in an unequal World. Dr. Sonia Mairaj, who is Assistant Professor, Incharge I/O, RICPP, focused on "Diversity and Equality at Work" and talked about the importance of incorporating diversity in the contemporary workforce. Miss Sana Majeed, Senior Lecturer, RICPP, interacted with the audience on "Prevention is better than cure" during which she mentioned the importance of a support system in everyone's life, and how it can help in preventing mental health issues. Miss Samia Khalid, Lecturer, RICPP, engaged with the audience on "Lifestyle practices and Mental Health", and told how mental health is linked with the type of lifestyle that we have.

A Poster Competition was also arranged in which the students of BS Psychology, RICPP took part and made eye-catching posters on the theme "Mental Health in an Unequal World". The participants explained their posters as well at the end of the seminar. The seminar was concluded by awarding a token of thanks to Miss Itrat Zahra by Dr. Shamaila Asad, HOD, RICPP, and distributing certificates of participation to the participants of speech and poster competition. At the end tea refreshment was arranged by Miss Anum Rabbani, Undergrad Incharge, RICPP.

WEBINAR ON RECENT CHALLENGES OF YOUTH-A WAY FORWARD

Riphah Institute of Clinical and Professional Psychology hosted a webinar on “Recent Challenges of Youth-A Way Forward” on Monday, 13th September, 2021. The webinar went live, from 3:00 pm to 4:00 pm, on different social platforms, including official Facebook pages and YouTube channels of RIU with a viewership of more than 500 people. The webinar was arranged by Miss Samia Khalid, Senior Lecturer RICPP and Miss Maham Abdullah, Lecturer RICPP, who was also the moderator of the webinar, under the supervision of Dr. Shamaila Asad. Guests from different institutes were invited as speakers to present their talks on different themes related to the topic, covering most of the challenges faced by our youth in today's world, and focused on providing solutions to the challenges as well.

Prof. Dr. Goolam Hussain Rassool, Professor of Islamic Psychology and Consultant Riphah International University, talked on “Contemporary Problems of Muslim Youth: Challenges and Solutions from an Islamic Perspective”, where he focused on different issues that Muslim youth is facing today, and what steps can be taken in the way of solving these issues.



Prof. Dr. Rafia Rafique who is the Director/Professor at Institute of Applied Psychology, University of the Punjab talked about the importance of the role of educational institutes in these challenging times in her talk on “Recent Challenges of Youth in University Education: Focus on How to Move Forward”. Dr Amina Muazzam, Tenured Professor and Director Research at Lahore College for Women University, expressed her views on how we need to come together in all capacities as parents, teachers and peers to look for issues and resolve them, when she talked on “Social relations in Youth: Determinants and Consequences of Relations to Parents, Teachers, and Peers”. Dr Shamaila Asad, Head of Department, Riphah Institute of Clinical and Professional Psychology, Riphah International University expressed her views, referring to her research as well, where she talked about different contemporary health concerns of our youth and suggested way forward, while speaking about “Health Issues Faced by Youth Today”. Afterwards she also thanked the esteemed speakers for taking out their precious time and making the webinar a success, which was evident from the comments that were received during and after the live session.

DRESS CODE, A SYMBOL OF IDENTITY

Human Development Services (HDS) of Riphah International University organized an event “Dress Code, A symbol of identity” in collaboration with the Tarbiyah department and women well being project on 5th Oct 2021 between 10:00 am to 01:00 pm on MS Teams. Distinguished speakers from different departments of Riphah International University along with renowned guest speakers from various other organizations participated in the session. The main purpose of the event was to emphasize the importance of modest clothing and consider it as a symbol of Islamic identity and understanding of dress codes as guided by Quran and Sunnah. The event was attended by female faculty and staff members from different departments of Riphah International University. The event was hosted by Ms. Sara Ehsan, Asst Incharge project (WWB).

The event started with the recitation of the Holy Quran. Mufti Muhammad Aftab Deputy Manager UBM-Riphah & Shariah Adviser Riphah Intl University delivered a talk on the “Riphah International University desired culture”. He explained the ideology, norms, and values of the institution to be observed by the employees at Riphah International University.

Later, Mr. Arshad Ahmad Baig, Director Organizational Development & Support, Director Tarbiyah, Team Lead UBM, Convener Mission Alignment Council briefed

the participants with the “Mission of a Muslimah”. He highlighted the mission of the Muslimah assigned by Allah and the steps which facilitated accomplishing the mission.

Ms. Ayesha Nawaz, Asst. Director WWB briefed the audience about the results of the filled questionnaire circulated before the event to brainstorm prior to the knowledge of the participants. Afterward, Dr. Kouser Firdous, Advisor to VC for WWB project talked about the “Code of Life & Dress code of a Muslimah”. Dr. Sadia Ejaz, Deputy Manager Tarbiyah Department delivered a talk on the “Conviction about modest clothing” in an interaction session. Prof Dr. Zatoon Begum, Ex Dean Faculty of Arabic, Ex-Director female campus IIUI briefly explained the details of “Dress in the light of Quran and Sunnah”.

A brief panel discussion on the subject of “Journey of Hijab” was organized, chaired by Ms. Sarah Chaudary, Motivational Speaker, Life coach & Counselor at IME. Other panelists included Dr. Kouser Firdous and Dr. Zatoon Begum. They shared their journey of observing hijab in professional life and motivated the audience on how to carry themselves confidently while observing the Islamic dress code. In the end, Ms. Nazish Cheema, Manager HDS briefly explained the Dress code policy of Riphah for females.

Orientation Session of M.PHIL ISLAMIC STUDIES, FALL-2021

The Department of Islamic Studies (DIS), Riphah International University has conducted the Orientation session for MPhil Islamic Studies (Batch-III) on Wednesday, 13th October 2021 from 3:00pm -5:00pm successfully at the I-14 Campus. The DIS has achieved target admission in MPhil Islamic Studies for Fall-2021. Alhamdulillah, the Department is dedicated to accomplish the mission and vision of (Late) Major General Zulfikar Ali Khan (May Allah Almighty bless his soul with Paradise! Ameen). Dr. Hafiz Waqas Khan was the moderator and started the session with the recitation followed the Naat-e-Rasul (ﷺ) by MPhil Students. Dr. Muhammad Tahir (HOD-DIS) welcomed the students at the Department of Islamic Studies. Later on, the Worthy Vice-Chancellor Prof. Dr. Anis Ahmad addressed virtually and highlighted the pivotal role of Islamic knowledge, academic research and Islamic values in the contemporary world. He encouraged the students to acquire the sacred knowledge of Islam with the motivation of playing their key role in the solution of contemporary issues and challenges faced by the society.

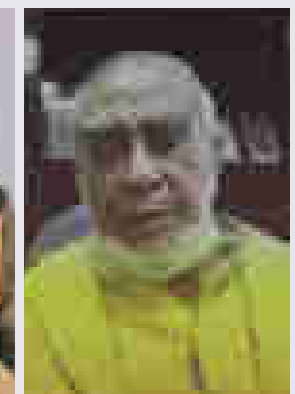
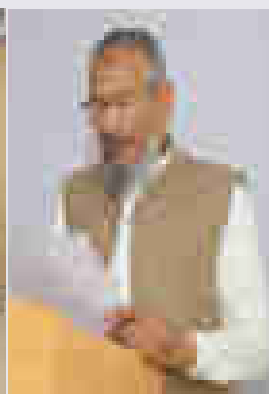
During inaugural speech, Dr. Muhammad Tahir (Head-DIS) stressed on the purification of intention and heart for obtaining Islamic knowledge and focused on heart-

to-heart teaching and learning rather mind-to-mind. He introduced the mission and vision of the University and Department, Riphah values, objectives, scope and scheme of study of MPhil program. He also reflected on the effective teaching and learning strategies for integrating Islamic education into practical life. Dr. Sohaib Zafar delivered motivation lecture. Dr. Muhammad Kashif Sheikh explained academic rules for the students. Mr. Amir Imtiaz introduced the Student Services Department (SSD) and Mr. Ghulam Hussain introduced the Information Services Department (ISD). Prof. Dr. Atiq uz Zafar Khan (Dean, FSSH) took the oath from MPhil students and delivered his closing speech. The faculty members strongly believe that our unique experiential learning methodology can foster Islamic knowledge with its real spirit for producing true believers of Islam, trustworthy professionals and responsible citizens for the welfare of Pakistani society and Muslim Ummah. The DIS is thankful to Honorable Chancellor, Vice-Chancellor, Deputy Vice-Chancellor, Executive Director, Director HDS, Marketing and Admission Departments for their constant support and encouragement. May Allah Almighty bless us with the strength, guidance and wisdom to promote the mission and vision of the Riphah International University, Aameen!

Orientation Session for the 1ST BATCH OF BS ISLAMIC STUDIES FALL 2021

The Department of Islamic Studies (DIS) has conducted Orientation Session for the 1st Batch of BS Islamic Studies on Wednesday, 20th October 2021 from 11:30-2:00 pm at I-14 Campus. Dr. Shehla Riaz served as the moderator and started the session with the recitation of the Qur'an by Humaira. Prof. Dr. Atiquzzafar Khan welcomed the students and took the oath of the Riphah from the students. The Worthy Vice-Chancellor Prof. Dr. Anis Ahmad delivered his valuable speech on the importance of Islamic knowledge, academic research Islamic values for the students. Later on, Dr. Muhammad Tahir, (HOD-DIS) delivered an inaugural speech and introduced

the mission and vision of the Riphah and Department, objectives and scope BS program, strategies for effective teaching and learning for becoming successful learners, responsible professionals, and citizens of the country and beneficial for Muslim Ummah. Dr. Kashif Sheikh explained academic rules and regulations for BS students. Mr. Amir Imtiaz introduced the Student Services Department (SSD). Dr. Sohaib Zafar delivered a lecture on the importance of motoring for BS students. May Allah give us tofeeq to deliver Islamic education with its true spirit and promote the Riphah mission and values among students. Aameen.



FMS-RSL ORGANIZED THE ORIENTATION SESSIONS FALL 2021



FMS-Riphah School of Leadership (RSL) organized the orientation sessions for Fall 2021 students on October 2, 2021. The orientation was segregated across six sections for respective students' of twelve programs duly supported by student services department (SSD). The sessions were conducted by HoD, In-charge programs, senior faculty members and coordination officials in alignment with COVID-19 SoPs. All faculty

members of FMS-RSL participated in the orientation sessions and guided students in all prospective ways. The reported participation of new students were 301 (approx), wherein all aspects of University philosophy, academic regulations, subject registration and learning management systems (Moellim, SAP Fiori) were elaborated.

BUILDING BETTER BEGINNING Pre-Orientation Session for the Newly Admitted Students

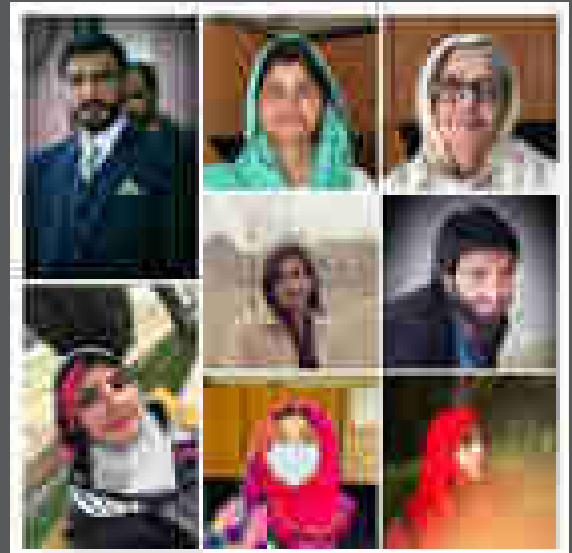
Stepping into university life can cause much anxiety to new students, especially in times of a pandemic. Therefore, to keep the student's spirits high in such times, a pre-orientation session was conducted on 8th Oct for the new students of BS English Linguistics and Literature. Under the supervision of Dr. Muhammad Shaban, Head of Department, the faculty members apprised the students about academic and professional opportunities. The students and their family members were welcomed by Dr. Samina Nadeem, Assistant Professor, Department of English, with a note of hope

and fearlessness. The students were given a briefing about the schedule of classes, the courses taught, university rules and regulations, and much more. The Department of English Linguistics and Literature alumni shared their exciting experiences of university life with the newly inducted students. Lastly, Dr. Shaban highlighted the career prospects awaiting the students after successful completion of the degree. The session ended with the worthy Head of the Department's promise of professional growth to students.



New Talent on Board: Induction of Talented Faculty Members in DELL

As the new academic session begins, the Department of English Linguistics and Literature is fortunate to welcome some new faculty members. Dr. Samina Nadeem, Mr. Hamid Hussain Shah, Mr. Mohsin Iqbal, Ms. Hira Rafique, Ms. Rozina Bibi, Ms. Safiyya Saqib, Ms. Saba Aziz, and Ms. Fatima Jabeen have recently joined the department. All the faculty members have academic and professional experience from renowned national and international institutions. Their expertise in linguistics, literature and language teaching will help the department broaden its research horizon and facilitate the students.



Revision of BS English Linguistics and Literature Course Outlines

The faculty members at the Department of English Linguistics and Literature were advised by Dr. Shaban (HOD) to revise all the course outlines of the BS program for skill-based teaching. The rigorous process extended over three weeks in which regular departmental meetings were arranged to discuss and finalize each outline. Under the supervision of the respected HOD, all the faculty members worked to ensure the alignment of course content with current job market needs. The students will get the maximum benefit as the focus is not just on imparting knowledge but integrating it with the demands of the job market.

FUNERAL PRAYER IN ABSENTIA FOR DR. ABDUL QADEER KHAN (LATE)

On October 11, 2021, Faculty Members & Management Staff offered Funeral prayer in absentia

for Dr. Abdul Qadeer Khan (late) and paid homage for his unlimited and uninterrupted services to this

country as a great scientist, writer, philanthropist and educationist.



STUDENT SERVICES ACTIVITIES

World Teachers' Day Ceremony, Oct 5, 2021

To pay tribute to the nation builders, remember their valuable contributions and core responsibilities to lead their students on the track of success with Islamic perspective. Beside that, it was also discussed how to equip students to effectively face the challenges of modern day requirements while abiding by their moral and religious values as well. Participants: Acting Director Campus, HODs & Faculty members. Moderator: Ansar Ullah, SSD Officer.

Recitation of the Holy Quran:

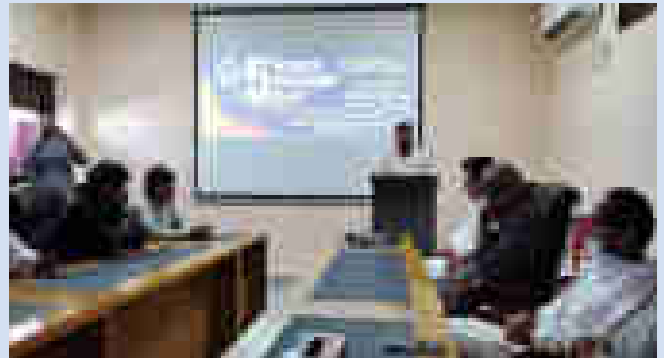
Mr. Ibrar Ahmad (Assistant Registrar).

Introductory Speech:

Prof Dr. Rafi Ullah (Acting Director Campus).

Keynote Speech:

Prof Dr. Javed Iqbal (HOD, Psychology).



Concluding Remarks:

SSD Representative.

Serving Tea and Cookies for the faculty Members: Seminar Room.

FMS-Riphah School of Leadership (RSL) participated in National Seminar Titled "Towards a Disaster Resilient Pakistan"

This event was organized by NDMA in which federal minister Asad Umar was chief guest. The Government of Pakistan observes 8th Oct as 'National Resilience Day' every year to express solidarity with victims of 2005 earthquake and all past disasters. This year the day is marked with the motto

The seminar was aimed to provide a platform to create and develop a relevant dialogue focused on climate change, disaster management role of humanitarian communities and coping with health emergencies. It also emphasized importance of community engagement, risk awareness, role of media and academia with regards to disaster management. A group photo of FMS-RSL faculty with chairman NDMA Lieutenant General Akhtar Nawaz.



RIPHAH SOCIAL WELFARE DEPARTMENT (RSWD) ACTIVITIES

Free Medical camp at Jamia Banoria Al-Tabibat, Railway scheme 7:

Riphah Social Welfare Department organized (RSWD) a free medical camp in collaboration of PRH at Jamia Banoria Al-Tabibat, Railway scheme 7 on 04th September 2021. The objective of this camp was to bring a free healthcare and health information to the community and identify the common healthy problems of the community in order to devise ways of addressing them.

Furthermore the medical camp provided opportunities to both medical and non-medical personnel to give back to the community by way of volunteering their time, energy and expertise, spent the whole day serving the needy in various capacities and it is because of the input of everybody who came out to help that the medical camp was success. 338 patients were benefited through the camp. Free Medicines were provided by RSWD.

Fire safety training by Rescue 1122 at Al-Mizan campus:

Riphah social welfare department in collaboration with Rescue 1122 conducted a training on fire safety at PRH on 21th August 2021, with the vision that safe communities where all citizens are provided the right to timely emergency response and care without discrimination.

The objective of this training was to create awareness among staff of firefighting techniques and the ways to respond swiftly in times of such emergency situation. Mock safety drills and safety procedures to be adopted were explained to staff. 22 members actively participated in training and demonstration.

Free Medical camp at sihala village on 23th September 2021

A free medical camp was organized by Riphah Social Welfare Department in collaboration Pakistan Railway Hospital at Jamia Olum O Sharia westridge II on 26th June 202. This camp was organized to provide free consultation, treatment and advice from qualified doctors as well as access to free medication on prescription to deserving patients.

Furthermore the medical camp provided opportunities to both medical and non-medical personnel to give back to the community by way of volunteering their time, energy and expertise, spent the whole day serving the needy in various capacities and it is because of the input of everybody who came out to help that the medical camp was success. More than 369 patients were benefited through the camp. Medicines for the needy patients provided by RSWD were distributed at the camp.

Free Medical camp Amblem School Satellite town:

RSWD and PRH organized a free medical camp at Amblem school, Satellite town Rawalpindi on 25th September 2021, with the vision that provide best health facilities to community. This camp was organized to provide free consultation, treatment and advice from qualified doctors as well as access to free medication on prescription to deserving patients. More than 250 patients were treated and provide quality medicines.

Awareness session regarding traffic rules and driving license:

Riphah Social Welfare department (RSWD) in collaboration with City Traffic Police Rawalpindi organized a session regarding Traffic Rules Awareness on 30th September 2021 at Al-Mizan campus.

Mr Irfan Ahmad from education wing of traffic Police officers was the guest speaker. They delivered comprehensive lecture on traffic rules and appreciated RSWD efforts regarding such activities. In his speech, he told that one should be visible on road and use zebra crossing while crossing the road. He informed that government is proposing heavy challan of traffic rules violation to avoid accidents. In his speech, he shared some of the terrible life risking facts. In roadside accidents 80% loss occur because of human negligence. He also shared some of his personal experiences.

Furthermore, it was emphasized on using helmet and seatbelt, strictly prohibited use of mobile phones and should respect lanes and signal while driving. According to a report, approximately 12000 persons are killed in road accidents annually in Pakistan.

A Question & Answers session was held. Students took great interest in the discussion and promised to obey the traffic rules and will spread the message in their families and friends.

Dialysis Centre at RIH

The dialysis centre established at RIH by a donor, started functioning. Number of dialysis performed on daily basis. MS RIH and his team working hard to provide dialysis services of Sihala and surrounding population. Dialysis being done to some patients free of cost, who deserves and being charge very nominal. Currently 3 dialysis machines are being functioning and 4th one supposed to be install in near future to benefit more patients. RIH administration struggling to attract more patients for dialysis from Insaf Sehat card.

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G-7 Campus:

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ETB Campus:

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Westridge Campus:

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IIMCT Pakistan Railway Hospital:

Westridge, Rawalpindi.
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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.
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Fax: +92 (51) 289 0690

MaxHealth Hospital:

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