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Altamash Institute fosters future dental leaders at the 4th annual research day

KARACHI: The Altamash Institute of Dental Medicine (AIDM) recently hosted its 4th Annual Research Day, bringing together over 170 students, trainees, and faculty members to present groundbreaking research in dental science. The event featured a dynamic poster and podium competition, highlighting advancements in areas such as digital dentistry, geriatric dentistry, and evidence-based practices.

Participants from various universities showcased their work, with 35 researchers presenting to a distinguished jury and faculty members. In the poster competition, Shifa Ali from Bahria University Dental College secured the first position, while Maryum Abid from Liaquat College of Medicine and Dentistry earned the second spot. The podium competition saw Dr. Itrat Batool from Aga Khan University clinch first place, followed

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Altamash Institute of Dental Medicine (AIDM) hosts its 4th Annual Research Day, bringing together students, faculty, and researchers to showcase advancements in dental science. —Photo: DT Pakistan

Quetta College of Dentistry granted recognition for 50 BDS admissions annually



PM&DC grants recognition to Quetta College of Dentistry for 50 annual BDS admissions, advancing dental education in Balochistan. —Photo: DT Pakistan



ISLAMABAD: The Pakistan Medical and Dental Council (PM&DC) has officially granted recognition to Quetta College of Dentistry for admitting 50 students per year into its Bachelor of Dental Surgery (BDS) program for the academic session 2024-2025.

Following an inspection conducted on November 13 and 14, 2024, the inspection team assessed the facilities available at the college for training dental students. The inspection report

and recommendations were presented to the PM&DC Executive Committee during its meeting on December 20, 2024. The committee noted that the college achieved an overall score of 88.84% in the inspection.

Based on the inspection findings, the Executive Committee recommended the recognition of the college for 50 BDS admissions annually. The committee also directed that the

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JMDC enhances dental faculty expertise through comprehensive development workshops

KARACHI: The Department of Dental Education at Jinnah Medical and Dental College (JMDC) recently organized a series of faculty development workshops aimed at enhancing the teaching competencies of its dental faculty. These initiatives are part of JMDC's ongoing commitment to academic excellence and quality assurance in dental education.

Prof. Dr. M. Junaid Lakhani, Principal of the Dental College, led an in-depth workshop on the development of Objective Structured Practical Examinations (OSPE) and Objective Structured Clinical Examinations (OSCE). These assessment tools are pivotal in evaluating clinical competencies in a structured and objective manner.

Complementing this, Prof. Dr. Mariam Iqbal, Vice Principal of the Dental College, conducted a comprehensive session on crafting Multiple Choice Questions (MCQs). The focus was on creating effective MCQs that accurately assess students' knowledge and critical thinking abilities.



Faculty members of Jinnah Medical and Dental College pose for a group photograph following a series of faculty development workshops aimed at enhancing teaching competencies in dental education. —Photo: DT Pakistan

Additionally, Dr. Rooha Sultan, Assistant Professor of Dental Education, facilitated a session on providing constructive feedback in dental education. This session emphasized the importance of timely and effective feedback in enhancing student learning outcomes.

The workshops featured interactive components, including hands-on exercises and role-playing scenarios, which were met with enthusiasm by the participants. As the new academic

year approaches, the faculty engaged in these dynamic learning experiences to refine their educational strategies and methodologies.

These faculty development initiatives align with JMDC's mission to uphold high standards in dental education and to continuously improve the quality of its academic programs. By investing in faculty development, JMDC ensures that its educators are well-equipped to provide exceptional education to their students.

Hyderabad Civil Hospital launches free OMFS OPD for advanced oral cancer treatment & surgery

HYDERABAD: Hyderabad Civil Hospital has achieved a new milestone in healthcare service delivery by inaugurating a state-of-the-art Oral and Maxillofacial Surgery (OMFS) Outpatient Department (OPD). This initiative aims to provide free oral cancer screenings, advanced oral surgeries, and specialized treatments to the public.

The Vice Chancellor of Liaquat University of Medical & Health Sciences (LUMHS), Professor Dr. Ikram Din Ujjan, officially launched the new facility, emphasizing its role in modernizing oral healthcare services. He highlighted that the OPD is equipped with cutting-edge technology and advanced machinery, ensuring high-quality treatment, particularly for oral cancer patients.

The grand inauguration ceremony witnessed the presence of several key dignitaries, including Dean Feroz Ali Kalhoro, MS Muhammad Ali, Additional Registrar Saroop Bhatia, Dr. Salman



LUMHS Vice Chancellor Prof. Dr. Ikram Din Ujjan cuts the ribbon at the inauguration of Hyderabad Civil Hospital's state-of-the-art Oral and Maxillofacial Surgery (OMFS) OPD, as seen in the upper right photograph. —Photo: DT Pakistan

Memon, and other renowned medical professionals. Spearheading the initiative, Dr. Kashif Ali Channar, Chairman of the OMFS Department, played a pivotal

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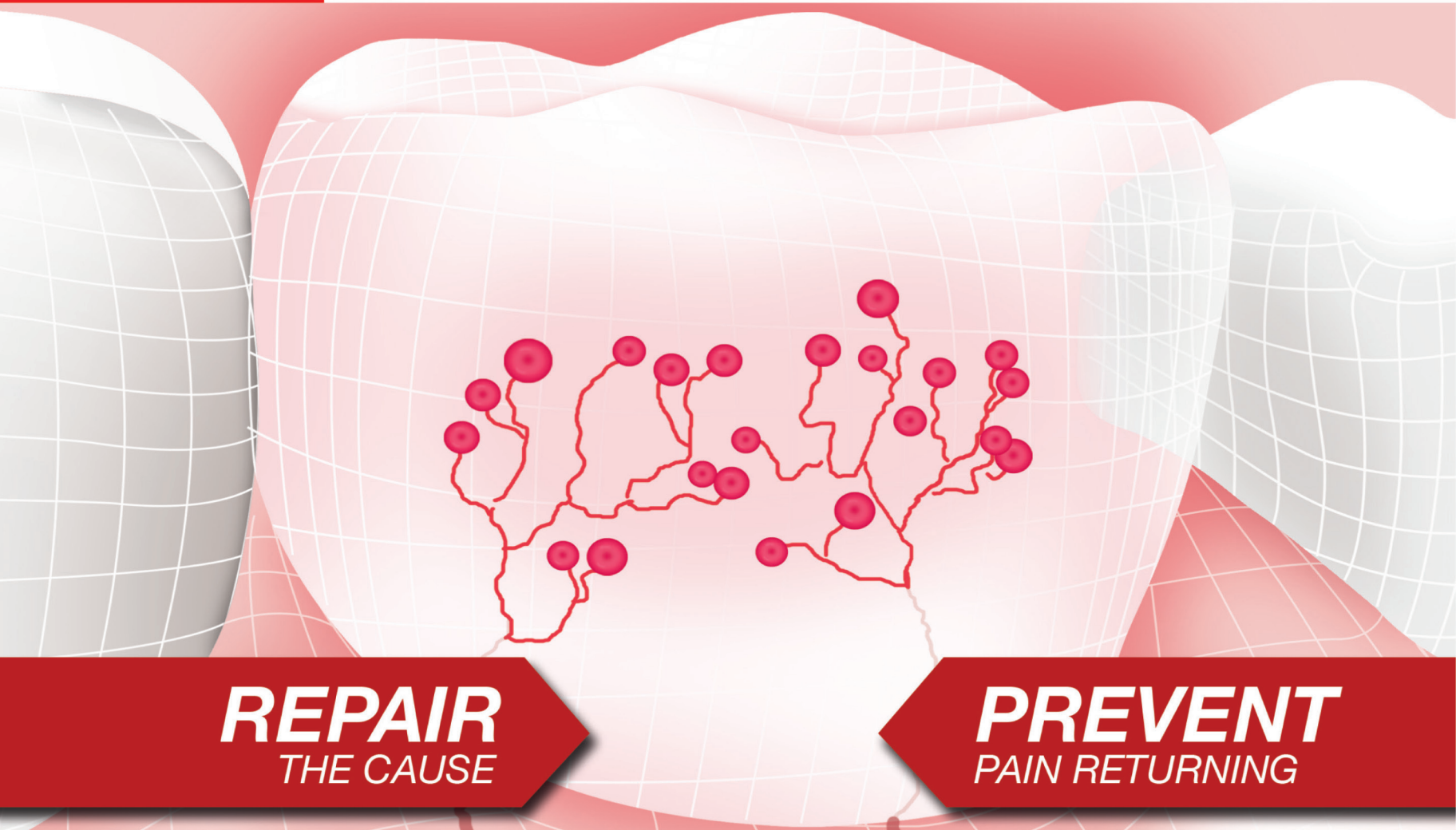
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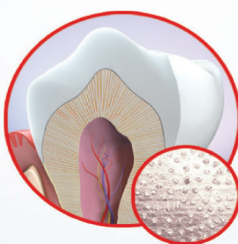
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TECHNOLOGY PLATFORM	PRO-ARGIN™	POTASSIUM NITRATE
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Clinically proven instant and superior sensitivity relief ^{¥, 2-5}	✓	
Acid-resistant occluding layer ⁶	✓	
Relieves the pain of sensitive teeth [†]	✓	✓
Inhibits Plaque and Calculus Buildup	✓	



[†] With continued use. Also fights cavities.
[¥] vs. toothpastes with 5% potassium nitrate. For instant relief, apply directly to the sensitive tooth and gently massage for 1 minute.
Reference: 1. Li Y et al. J Clin Dent. 2011; 22(Spec 10):113-120. 2. Nishio S et al. J Clin Dent. 2009; 20(Spec 10):113-120. 3. Ayat F et al. J Clin Dent. 2009; 20(Spec 10):113-120. 4. Ayat F et al. J Clin Dent. 2009; 20(Spec 10):113-120. 5. Nishio S et al. J Clin Dent. 2009; 20(Spec 10):113-120. Lavender et al. Am J Dent. 2010; 23(Sp 16):K144-K150.

FJDC Promotes Mental Well-Being with Stress Management Session



Fatima Jinnah Dental College (FJDC) reinforces its commitment to mental well-being with a Stress Management Session for faculty and house officers. The interactive session, appreciated by participants, aligns with FJDC's dedication to fostering a supportive and balanced workplace. —Photo: DT Pakistan

KARACHI: Fatima Jinnah Dental College (FJDC) recently reaffirmed its commitment to a healthy work environment by organizing a Stress Management Session for its Faculty and House Officers. The session was conducted by Ms. Rana Hira, a Clinical Psychologist and Certified Hypnotherapist, who provided valuable insights into stress management techniques for healthcare professionals.

Given the high-pressure nature of the medical field, unmanaged stress can lead to burnout, reduced productivity, and long-term health risks. Ms. Rana Hira addressed the stigma surrounding mental health, encouraging participants to prioritize their well-being. She highlighted the impact of chronic stress and introduced practical techniques such as breathing exercises, progressive muscle

relaxation, and mindfulness strategies.

Dr. Hussain Askary (CEO & Head of Community Dentistry - FJDC) emphasized the institution's dedication to employee well-being, stating, "A thriving organization is built on the well-being of its people. Such initiatives empower our faculty and healthcare providers to navigate challenges with

confidence and balance."

Participants appreciated the interactive approach and received handouts summarizing key techniques for future reference. The session was widely praised for its relevance and practicality, reinforcing FJDC's commitment to fostering a supportive and resilient workplace.

Happier team, healthier outcomes!

PMDC formally suspends implementation of 5-Year BDS program framework

The Pakistan Medical and Dental Council (PM&DC) postpones the 5-year BDS program framework for one year to refine modalities and curriculum with stakeholder input

ISLAMABAD: The Pakistan Medical and Dental Council (PM&DC) has announced a one-year suspension of the implementation

of the newly proposed 5-year Bachelor of Dental Surgery (BDS) program framework. This decision follows consultative meetings with stakeholders held during last over a month.

The PM&DC Council, in its meeting on January 5, 2025, reviewed the proposed framework and decided to delay its execution. During this period, the National Medical and Dental Academic Board of the PM&DC will work on formulating comprehensive modalities and

curriculum for the 5-year BDS program.

Once finalized, the revised framework and details of the program will be shared with all recognized institutions in due course. This move reflects the council's commitment to ensuring quality education standards and addressing concerns raised by stakeholders in the medical and dental education sectors.

This update is in compliance with the PM&DC Council's decision, and further developments will be communicated as they arise.



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PMA Central, PDA Lahore Chapter collaborate for advancing academic excellence in healthcare

LAHORE: In a historic move, the Pakistan Medical Association (PMA) Central and the Pakistan Dental Association (PDA) Lahore Chapter signed a groundbreaking agreement to foster academic collaboration. The leaders, including Dr. Izhar Chudhary, President PMA Central, Dr. Tahir Mehmood, President PDA Lahore, and Dr. Abdul Rashid, General Secretary PDA Lahore, gathered at PMA House, Lahore, to discuss critical steps toward transforming medical and dental education.

Key Outcomes of the Partnership:

- Joint Research & Academic Projects: A focused effort will be made on collaborative research projects to drive academic growth and medical innovations.
- Faculty Development



PMA Central and PDA Lahore Chapter join forces to advance academic excellence in healthcare through a groundbreaking collaboration. The partnership focuses on joint research, faculty development, and curriculum enhancement to drive innovation and improve medical and dental education. —Photo: DT Pakistan

Programs: The initiative aims to enhance teaching skills by organizing specialized workshops, training sessions, and guest lectures.

- Curriculum Development: Sharing best practices, both institutions will work together to align curricula with the latest industry trends, ensuring that the workforce remains capable and well-prepared.

A joint committee will be formed to steer the projects, research proposals, and educational initiatives forward. The focus will be on mutual cooperation and continuous improvement. This collaboration will create synergies for both medical and dental education, elevating them to new heights.

Ayesha Dental Clinic, ClearPath host dental camp for 500 students at Montessori Complex High School



Ayesha Dental Clinic, in collaboration with ClearPath, successfully organized a dental camp at Montessori Complex High School, screening 500 students and promoting oral health awareness through interactive activities. —Photo: DT Pakistan

KARACHI: Ayesha Dental Clinic, under the leadership of Dr. Salman Aminwala, in collaboration with ClearPath, successfully hosted a dental camp at Montessori Complex High School, screening 500 secondary students from classes 8, 9, and 10. The event saw enthusiastic support from Smiles NGO and MCHS Alumni, who volunteered to ensure seamless organization and interactive educational sessions.

The camp featured fun-filled activities to educate students about oral hygiene in an engaging manner. A standout attraction was the darts game, where students aimed at cavity-like targets to win 60% discount vouchers for dental treatments. Another highlight was the tongue twister challenge, combining entertainment with valuable oral health tips. These creative activities made oral health education both

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HITEC-IMS Taxila hosts comprehensive ceramic veneer preparation workshop

TAXILA CANTT: The Department of Prosthodontics at Dental College, HITEC-IMS, successfully conducted a full-day Ceramic Veneer Preparation Workshop, offering hands-on training and practical insights into the latest techniques in aesthetic and restorative dentistry. The workshop attracted 18 enthusiastic participants, including dental professionals and postgraduate students eager to enhance their expertise in veneer preparation and application.

The event was structured to provide a holistic learning experience, combining theoretical knowledge with practical demonstrations. The workshop commenced with three expert-led lectures, each focusing on critical aspects of ceramic veneer preparation. Dr. Aamir Rafiq,

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Participants of the Ceramic Veneer Preparation Workshop at HITEC-IMS Taxila gather for a group photo following a day of expert-led lectures, hands-on training, and skill enhancement in aesthetic and restorative dentistry. —Photo: DT Pakistan

Bhitai Dental and Medical College shines at LUMHS International Health Conference

BDMC Leaders Honored for Outstanding Contributions at the International Conference on Health Professions Education 2025 at LUMHS, Jamshoro

JAMSHORO: The delegation from Bhitai Dental and Medical College (BDMC), Mirpurkhas, led by Managing Director Dr. Ghulam Mustafa, made a powerful impact at the two-day International Conference on Health Professions Education 2025 held at Liaquat University of Medical and Health Sciences (LUMHS), Jamshoro.

Demonstrating their commitment to academic and healthcare excellence, the BDMC team actively participated in engaging sessions and networked with prominent dignitaries from the healthcare and education sectors. This active involvement aligns with Dr. Mustafa's vision of positioning BDMC as a pioneer in innovative education and world-class healthcare services.

Adding to the conference's prestige, the Grand LUMHS Alumni Gala on January 11, 2025, featured a memorable evening with an award distribution ceremony, a formal dinner, and an exciting cultural musical showcase.



BDMC delegation at the LUMHS International Conference on Health Professions Education 2025, celebrating their active participation and prestigious recognition for leadership in medical and dental education. —Photo: DT Pakistan

During the award ceremony, Dr. Ikramuddin Ujjan, Honourable Vice Chancellor of LUMHS, presented Lifetime Achievement Awards to three highly respected leaders for their exceptional contributions to medical and dental education:

- Dr. Zulfiqar Yousufani, CEO of BDMC
- Dr. Sohail Ahmed Khoro, Executive

Director of BDMC

• Dr. Ghulam Mustafa, Managing Director of BDMC

This recognition is a monumental milestone for BDMC, symbolizing its leadership's relentless efforts to advance academic excellence and promote innovative healthcare practices.

JMDC, Medicare Hospital conduct life-saving BLS workshop

KARACHI: The Department of Community Dentistry at Jinnah Medical and Dental College (JMDC), in collaboration with the Department of Nursing at Medicare Hospital, recently organized a hands-on Basic Life Support (BLS) workshop for dental house officers, aiming to prepare them for life-saving interventions during medical emergencies.

The workshop focused on equipping participants with the knowledge and skills needed to identify and manage victims of cardiac arrest effectively. House officers were taught key techniques, including chest compressions, airway management, and resuscitation



Dental house officers at JMDC actively engage in hands-on Basic Life Support (BLS) training, gaining essential life-saving skills under expert supervision. —Photo: DT Pakistan

protocols, using advanced mannequins that simulated real-life scenarios.

Following the instructional

sessions, attendees actively participated in practical exercises, honing their skills under expert supervision.

The training culminated in a comprehensive assessment, where each candidate demonstrated their proficiency in performing BLS procedures. Successful participants were awarded certificates of completion to recognize their newly acquired life-saving competencies.

The initiative aimed to increase awareness and readiness among young medical professionals to handle critical situations confidently during their clinical practice.

This vital training reinforces JMDC's and Medicare Hospital's commitment to improving patient outcomes through professional skill development.

Dow Dental College expands oral health awareness with free screenings for schoolchildren

KARACHI: Dow Dental College (DDC) recently conducted a comprehensive oral health awareness and screening program at Government Boys Secondary School, Kotwal Building, underscoring its commitment to preventive dentistry. Spearheaded by Assistant Professor Dr. Muhammad Taqi, Dr. Adnan Anwar, Dr. Mona Shah, and Dr. Amber Saeed, the initiative engaged third-year dental students in providing essential oral health education and checkups to 200 schoolchildren aged 10 to 14 years.

During the visit, each child underwent a thorough intra-oral examination, with findings meticulously recorded using World Health Organization (WHO) oral health assessment forms. The screening revealed common dental issues such as cavities, staining, and calculus, highlighting the need for greater oral health awareness among young children. To ensure that parents could take appropriate action, personalized dental recommendations were noted on prescription pads for each student.

Beyond screenings, the team conducted interactive educational sessions to emphasize the importance of proper oral hygiene practices. The children were guided on the



Dow Dental College Promotes Oral Health Awareness: Third-year dental students provide free screenings and education to schoolchildren, fostering lifelong oral hygiene habits for healthier smiles. —Photo: DT Pakistan

correct techniques for tooth brushing and flossing, reinforcing the significance of daily oral care in preventing long-term dental issues. To further encourage these habits,

every child received a dental kit containing a toothbrush and toothpaste, providing them with the tools necessary for maintaining good oral health at home.

PMDC raises BDS passing marks to 70%, increases attendance requirement

PMDC increases passing marks for MBBS and BDS exams to 70% and raises attendance requirement to 90% to enhance medical education quality

ISLAMABAD: The Pakistan Medical and Dental Council (PMDC) has raised the passing marks for MBBS and BDS annual examinations from 50% to 70%. Additionally, the minimum attendance requirement in medical and dental colleges has been increased from 75% to 90% to ensure students receive adequate curricular exposure and hands-on experience.

The decision was approved during a recent PMDC council



Enhancing medical education: PMDC's new policy on passing marks and attendance requirements aims to improve quality of training for future medical and dental professionals. —Photo: DT Pakistan

meeting, and a formal notification has been issued to medical and dental colleges across the country.

The council also outlined a new policy regarding self-finance and foreign quota seats. According to the notification, a candidate

seeking admission under the foreign quota in public or private medical and dental institutions must:

- Hold permanent foreign nationality or be a Pakistani citizen residing abroad (including Green Card holders, Iqama holders, and

Maple Leaf card holders).

- Have completed HSSC (12th grade) or equivalent education from outside Pakistan.

- Provide a certificate from their last attended institution, confirming their residency status at the time of admission application.

Additionally, the notification clarified that expatriate candidates holding Higher Secondary School Certificate (HSSC) or A-Level qualifications (whether obtained in Pakistan or abroad) are eligible for admission to MBBS/BDS programs, provided they have an equivalence certificate from the Inter Board Committee of Chairmen (IBCC). The policy further mandates that Biology and Chemistry must be compulsory subjects, while candidates may choose Physics or Mathematics as optional subjects.

Government lauds swift reforms at PMDC, pledges to elevate medical, dental education standards

ISLAMABAD: The government has expressed appreciation for the rapid reforms undertaken by the Pakistan Medical and Dental Council (PM&DC) to modernize operations and enhance the quality of medical education in Pakistan.

During a high-level visit to the PMDC headquarters, Dr. Malik Mukhtar Ahmad Bharath, Coordinator to the Prime Minister on National Health Services, Regulations, and Coordination, was briefed on the latest advancements and process optimizations introduced by the Council.

PMDC President Prof. Dr. Rizwan Taj highlighted key initiatives, particularly the fast-tracked issuance of teaching experience certificates, addressing a longstanding concern among medical professionals. He elaborated on the Council's multi-step verification process, ensuring that every certificate undergoes rigorous scrutiny, including institutional verification to prevent discrepancies and ensure transparency.

"Our process is meticulous—every application is uniquely assessed with evidence-backed verification, even down to a single day's work," Dr. Taj stated. He added that PM&DC has significantly improved response times to medical professionals' inquiries, handling thousands of emails and queries in the past 11 months.

Dr. Bharath also toured the PM&DC IT department, where he was briefed on the Council's newly introduced digital initiatives



PMDC President Prof. Dr. Rizwan Taj (right) and Dr. Malik Mukhtar Ahmad Bharath, Coordinator to the Prime Minister on Health (left), pose for a photograph during their meeting to discuss ongoing reforms and advancements in medical and dental education in Pakistan.

—Photo: DT Pakistan

designed to accelerate processing times. A dedicated online portal has been launched to streamline certificate verification, improving efficiency and reducing bottlenecks.

Dr. Bharath was particularly impressed with the enhanced IT systems that support digitization efforts and ensure better service delivery for doctors, medical institutions, and regulatory bodies.

Following the briefing, Dr. Mukhtar Bharath directed PM&DC to take immediate action to clear pending applications and called for an emergency digitization of the Council's inspection system to enhance transparency, accuracy, and accountability.

He emphasized that medical institutions should be promptly

alerted to expedite verification processes and facilitate faster case resolutions. Stressing the importance of quality, he reaffirmed the government's commitment to bringing Pakistan's medical education up to international standards.

"The government is determined to elevate medical education standards and ensure merit and transparency in the PM&DC's operations," Dr. Bharath stated. He assured that the government will continue to push for progressive reforms in the health sector, reinforcing its vision for a more efficient, transparent, and globally recognized medical education system in Pakistan.

AI revolution in Dentistry: Sir Syed AI workshop explores diagnosis, early intervention

KARACHI: The Sir Syed Dental Education Committee recently hosted an AI-focused workshop, featuring Dr. Narmeen Ahmed, Assistant Professor at Ziauddin University's Department of Dental Education (DED), as the keynote speaker. The event delved into the transformative impact of artificial intelligence (AI) in dentistry, emphasizing its role in early disease diagnosis and intervention.

The workshop, attended by both medical and dental practitioners, provided insights into AI-driven dental healthcare solutions that can enhance diagnostic accuracy, optimize treatment plans, and improve patient outcomes. Dr. Narmeen Ahmed highlighted



Group photo from the AI workshop hosted by the Sir Syed Dental Education Committee, featuring Principal Prof. HR Sukhia (center) and Dr. Narmeen Ahmed, Assistant Professor at Ziauddin University's Department of Dental Education (seated to his right), along with other participants, as they discuss the transformative role of AI in advancing dental care. —Photo: DT Pakistan

the rapid advancements in automated diagnosis, showcasing AI-powered dental imaging, how these technologies can revolutionize the industry.

Principal Prof. HR Sukhia and Dr. Sumera Saeed expressed their gratitude to the guest speaker, acknowledging her expertise and contributions in advancing dental education. They emphasized the importance of keeping pace with technological advancements in dentistry to ensure better patient care.

With AI reshaping modern dentistry, workshops like these play a crucial role in equipping dental professionals with knowledge of cutting-edge tools. The integration of artificial intelligence in dentistry is poised to enhance efficiency, reduce diagnostic errors, and pave the way for a more data-driven approach to oral healthcare.