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ASIA PACIFIC DENTAL CONGRESS

43rd APDC Pakistan, a resounding success

DT Pakistan Report

KARACHI - The virtual 43rd Asia Pacific Dental Congress (APDC) was successfully hosted by Pakistan under the aegis of the Pakistan Dental Association (PDA). The PDA, led by Dr Mahmood Shah, the new president-elect APDF, had been working tirelessly to provide a smooth-running platform to showcase new treatment modalities, concepts, and innovative ideas in the field of dentistry.

43rd Asia Pacific Dental Congress comprised of 3-day ongoing lecture sessions, with pre-conference workshops, grand quizzes, poster competitions, and prize distributions. The congress attracted delegates from 19 different countries, with almost 380 international and 2085 national delegates present at the event. A total of 93 speakers got a chance to showcase their lectures throughout the event.

The conference's inaugural session started with the Holy Quran recitation, followed by National Anthem. The incoming president, Dr Mahmood Shah, took the oath of office administered by Dr Suresh, who followed his speech.

The inaugural session also included recorded messages of President FDI Prof. Ihsane Ben Yahya, Dr Oliver Hennedige, Dr Andy Fernando, Dr Jeffrey Tsang, Dr Bhagwant Singh, Dr Ambreen Afzal (Chairperson 43rd APDC) and Dr Murtaza Kazmi (Chair Scientific).

During the event, the following 4 prominent personalities received the Lifetime Achievement Award, including the President of Pakistan, Dr Arif Alvi, Dr Oliver Hennedige, Dr Gerhard Konrad Seeberger and Dr Hillary Cooray. They also gave their acceptance speeches. Dr Nasir Khan delivered the vote of thanks. 43rd APDC, Pakistan (Virtual), held online from 22nd to 26th June, was organised by the Local Organizing Committee (LOC) comprised of Dr Mahmood Shah (Patron), Prof. Ambreen Afzal (Chairperson Conference), Prof. Shah Faisal (Co-Chairman), Prof. Nasir Ali Khan (Chairman Registrations and Secretary Conference), Prof Arham Chohan (Co-Chairman Registrations), Prof Hasan Mehdi (Chairman Audio Visual), Dr Murtaza Kazmi (Chairman Scientific), Dr Saima Butt (Co-Chairman Scientific), Dr Ghulam Ali Siyal (Chairman Finance), Dr Anwar Saeed (Chairman Sponsors) and Dr Summaiya Rehman (Chairperson Coordination).

The congress offered 18 CPD points by the International College of Continuing Dental Education (ICCDE) to each registered participant. The congress also hosted a graduation ceremony and gave away Fellowship from the International College of Continuing Dental Education (ICCDE).

During the pre-conference grand quiz and poster competition, teams from 16 dental colleges from different cities participated in the quiz competition. Jinnah Medical and Dental College obtained the first position, Bahria Medial & Dental College got second, and Sir Syed College of Medical Sciences for Girls secured the third position. The colleges also participated in the poster competition where students showcased their research work and respective posters while presenting their research articles on interesting dental topics. In the poster competition, Baqai Dental College got the first position, Bhitai Dental and Medical College obtained the second, and Liaquat College of Medicine & Dentistry secured the third position.

Pre-event festivities also included a workshop conducted before the 3-day virtual session. This endodontic workshop titled 'Golden Tips on

Photo: DT Pakistan

Continued on Page 11

PMDC Bill 2022 passed

DT Pakistan Report

ISLAMABAD - The National Assembly has recently passed the Pakistan Medical and Dental Council (PMDC) Bill 2022 in a joint session.

Sponsored by PPPP lawmakers, including Mahreen Razzaq Bhutto and Syed Agha Rafiullah, the House passed the PMDC Bill 2022. Moreover, the government also approved the decision not to take MDCAT and NLE from medical and dental students. The House also passed the Pakistan Institute of Medical Sciences (PIMS) Bill, 2022, which was sponsored by Syed Agha Rafiullah.

Upon the commencement of the Pakistan Medical & Dental Council (PMDC) Act, 2022, the existing Commission constituted under section 4 of the Pakistan Medical Commission Act, 2020 shall be dissolved. The Minister in charge of the Division shall manage the Council's affairs until the constitution of a new council under this Act and until a new president, and a vice-president is elected. During an interim time, the Minister in charge of the Division will have Council authority.

Abdul Qadir Patel, Minister for National Health Services, Regulations, and Coordination, commended the National Assembly for repealing two controversial acts approved by Pakistan's previous Tehreek-e-Insaf government (PTI).

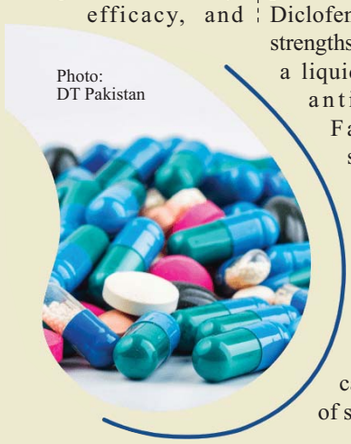
He said the repeal of two black laws, the Pakistan Medical Commission and the PIMS Act, was a positive step while speaking on the point of order in the National Assembly. Over 55 per cent of Sindh medical college seats remained unfilled as a result of the PMC Act 2020. While over 18,000 students decided to pursue medical education abroad since the Pakistan Institute of Medical Sciences was established as a private corporation under the PIMS Act. With the government's consent, he said, several favourites were paid Rs 1 million, Rs 2 million, and Rs 800,000 in salary. He stated that the current government was concentrated on demonstrating performance and giving the best possible amenities to the people. The Pakistan Medical and Dental Council (PMDC) was abolished by an ordinance issued by Dr Arif Alvi, Former President of the Islamic Republic of Pakistan, paving the way for the foundation of a new organisation, the Pakistan Medial Commission (PMC).

A total of 220 council employees were told to leave the office for a week by the NHS Ministry of National Health Services (NHS), which took control of the PMDC building through the Islamabad district administration and police.

DRAP suspends registration of three drugs

DT Pakistan Report

ISLAMABAD - The Drug Regulatory Authority of Pakistan (DRAP) recently suspended the registration of three drug items for failing to meet safety, efficacy, and quality requirements (SEQ).



Sajid Hussain Shah, the spokesperson of DRAP, said that the Board of DRAP has suspended the registration of these drug products, including painkiller tablets of Diclofenac Potassium in strengths of 75 & 100 mg, a liquid suspension of anti-ulcer drug Famotidine in strengths of 10mg/5ml and 40mg/5ml, and a combination drug product containing paracetamol, thioridazine and caffeine over lack of safety data.

Because there is very little data on the quality, safety, and efficacy of these pharmaceutical products, DRAP advised healthcare professionals, patients, and their attendants not to prescribe or use them. The statutory board of DRAP to register, suspend, or cancel drug registrations decided to suspend all registrations of these drugs after an extensive deliberation on the results of the benefit-risk evaluation and providing an opportunity for personal hearing to manufacturers holding registrations of these drugs.

The DRAP Registration Board evaluated the profiles of these drug products based on quality, safety, and efficacy criteria according to The Drugs Act of 1976. The panel, which is made up of experts in medicine, pharmaceutics, and pharmacology, made the decision to suspend the products based on reports from the US Food and Drug Administration (USFDA), the Medicine and Health Product Regulatory Authority (MHRA) in the United Kingdom, Health Canada, and Swiss Medic in Switzerland. Furthermore, no pharmacovigilance (PV) data on these formulations' adverse drug reactions (ADRs) is available.

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Publisher and CEO
Syed Hashim A. Hasan
hashim@dental-tribune.com.pk

Editor Clinical Research
Dr. Inayatullah Padhiar

Editors Research & Public Health
Prof. Dr. Ayyaz Ali Khan

Editor - Online
Haseeb Uddin

Designing & Layout
Sheikh M. Sadiq Ali

Dental Tribune Pakistan
3rd floor, Mahmood Centre, BC-11,
Block-9, Clifton, Karachi, Pakistan.
Tel.: +92 21 35378440-2
Fax: +92 21 35836940
www.dental-tribune.com.pk
info@dental-tribune.com.pk

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International Headquarters

Publisher and Chief Executive Officer
Torsten R. Oemus

Chief Content Officer
Claudia Duschek

Dental Tribune International GmbH
Holbeinstr. 29, 04229 Leipzig, Germany
Tel.: +49 341 48 474 302
Fax: +49 341 48 474 173
General requests:
info@dental-tribune.com
Sales requests:
mediasales@dental-tribune.com
www.dental-tribune.com

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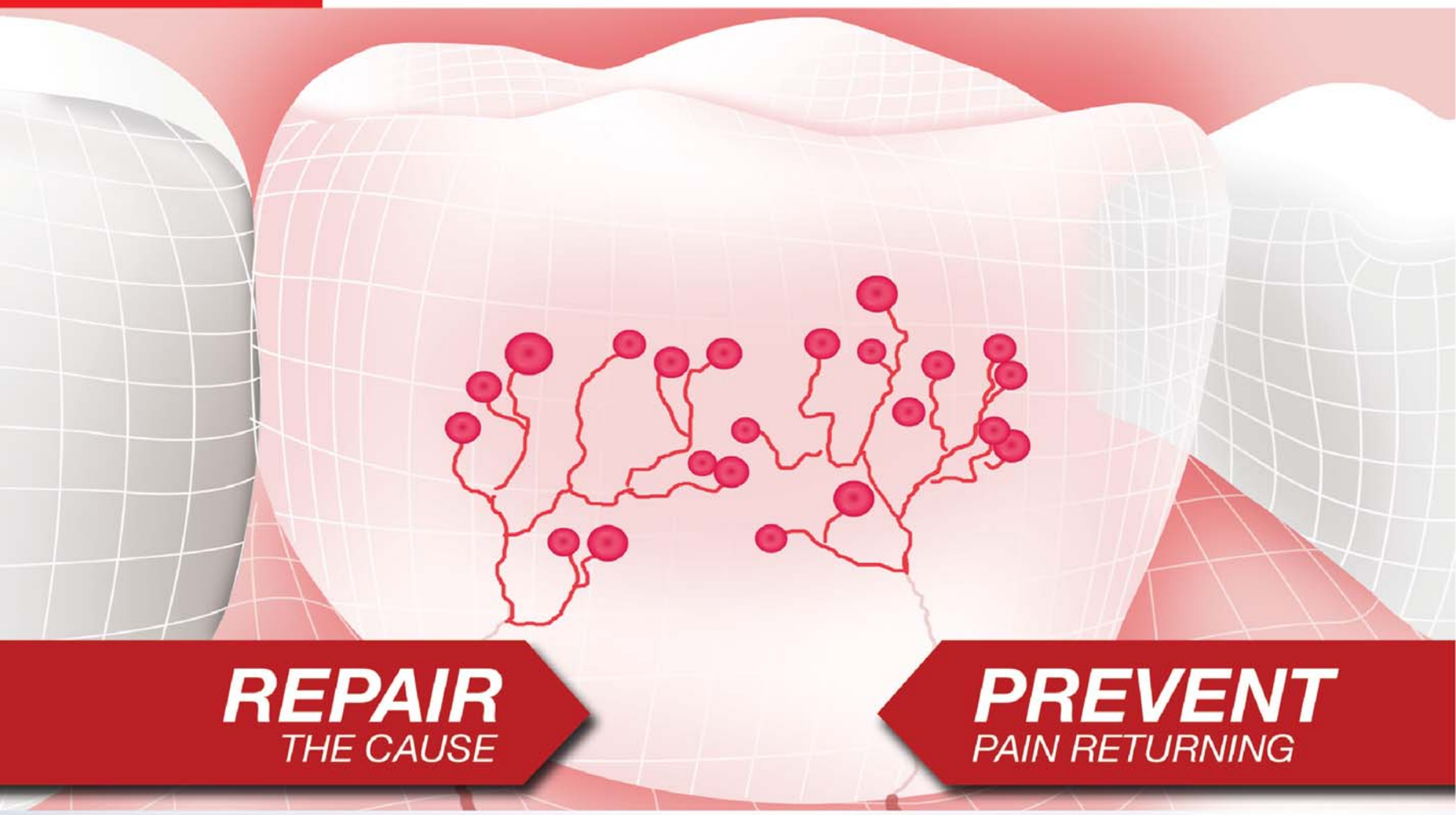

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TREATING SENSITIVE TEETH: A SIDE BY SIDE COMPARISON

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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 Iss):1-10. 2. Nathoo S et al. J Clin Dent. 2009; 20(Spec Iss):23-31. 3. Ayad F et al. J Clin Dent. 2009; 20(Spec Iss): 10-18. 4. Ayad F et al. J Clin Dent. 2009;20(Spec Iss):115-122. 5. Nathoo S et al. J Clin Dent. 2009;20(Spec Iss):123-130. 6. Lavender et al. Am J Dent. 2010; 23:5a-9a;44a-49a.

Pak academicians publish Oral Biology book

Exclusive Report

KARACHI - Pakistani academic duo made homeland proud by writing an Oral Biology book titled "An Illustrated Guide to Oral Histology" to address the challenges in understanding the concepts of Oral Histology. The WILEY Publishers, UK, have published the book. Dr Imran Farooq and Dr Saqib Ali are alumni of Baqai Dental College, Baqai Medical University, Karachi, Pakistan (BDS, Graduated 2006, and 2008) and Queen Mary University of London, U.K (MSc Oral Biology 2011).

Imran and Saqib have 10+ years of experience in teaching Oral Biology to dental undergraduate and postgraduate students.

They have published 100+ and 60+ research papers and book chapters that have received 1000+ and 500+ citations, respectively. Their passion for teaching and learning had led them to create a 9-chapter book in collaboration with Prof. Paul Anderson from the Queen Mary University of London, UK, that outlines the histology and pathology of oral tissues and their clinical significance.

The textbook contains high-definition histological images of oral tissues with integrated text on its introduction, key identifying histological features, and clinical considerations. There is a companion website for the book as well. In an exclusive talk with the Dental Tribune Pakistan, they said,

"Our teaching passion has led us to create a 9 chapter book that outlines the histology and pathology of oral tissues and their clinical significance. The idea for a book focused on critical elements of oral histological features arose about two years ago when we saw several gaps in the existing literature on the subject. This book provides information on these aspects in an easy-to-understand way. It includes integrated text with high-definition (HD) histological photographs of oral tissues, as well as an introduction, key identifying histological features, and clinical importance. The textbook is aimed at dentistry students in undergraduate and postgraduate programmes, as well as licensure exam candidates and oral histology instructors.

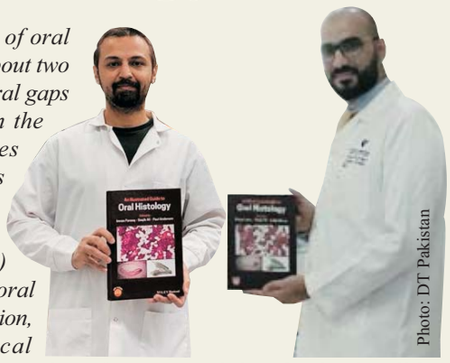

Photo: DT Pakistan

We were both working full-time when we started on this book, so we had to cram writing and editing into late nights and weekends. We got the sensation throughout the process that we were accomplishing something fantastic and that this book will be valuable to the readers. Writing a book taught us a lot about patience, drafting, and the craft of writing. In retrospect, we are very proud that we wrote this book published by WILEY (a global publishing giant). Writing and editing a book isn't easy, but it's also not impossible. It is possible to achieve with the correct amount of determination and collaboration, and the results could be fruitful."

Dental composites workshop by IADSR

LAHORE - Institute of Advanced Dental Sciences and Research (IADSR) conducted one-day workshop titled 'Dental Composites - Fundamental Concepts'.

Photo: DT Pakistan

The workshop was a part of the IADSR 8th Professional Diploma in Advanced General dentistry (PDAGD). Dr Saqib Qazi facilitated it.

Dr Saqib initiated the workshop by describing the importance of direct composites in general practice to the participants. Problems that result from polymerization shrinkage, differentiation between polymerization stress and polymerization shrinkage, and the effect of polymerization stress on adhesion were taught to the participants. The facilitator also elaborated on the role of an inorganic filler and organic matrix in developing the properties of composites.

Dr Saqib thoroughly explained the classification of composites, micro-mechanical retention, and clinically relevant adhesive systems. A hands-on session on identifying high viscosity composite, high viscosity bulk-fill composite, flowable composite, and flowable bulk-fill composite was performed.

Dr Qazi also discussed strategies for minimizing polymerization stress and shrinkage, slow start polymerization technique, optimal requirements for shade selection and the importance of appropriate use of light curing techniques.

The facilitator enthusiastically answered the queries raised by the participants. Participants performed the bulk-fill technique, incremental build-up based on calculating the C-factor for each increment. They operated the curing light using a slow start polymerization technique. Lastly, treatment planning was discussed in-depth, and the facilitator gave valuable suggestions. ***-PR***

PDA Gujranwala signs MoU with Dar-ul-Aman, Model Children Home

GUJRANWALA - PDA Gujranwala has recently signed the Memorandum of Understandings (MoU) with Dar-ul-Aman and Model Children Home Gujranwala.

Pakistan Dental Association (PDA) Gujranwala signed MoUs with Dar-ul-Aman and Model Children Home Gujranwala to further extend its welfare services to underprivileged parts of society. PDA Gujranwala team will provide dental services in both departments.

Chairman PDA & Welfare Complex Dr Hasan Bashir Basra, President PDA Dr Shahid Aman Rathore, Vice President PDA Dr Rizwan Asghar, Lady Vice President Dr Ayesha Imran, Social Officer Mr Umer, Superintendent Dar-ul-Aman Gujranwala Madam Humaira Iqbal and Superintendent Model Children Home Gujranwala Madam Zaib participated in the MoU signing ceremony. ***-PR***

Photos: DT Pakistan

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†Forms a protective layer over the sensitive area of the teeth. Brush twice a day for lasting sensitivity protection.*vs. Previously marketed formulation. **With twice-daily brushing.

References: 1. Greenspan DC et al. J Clin Dent 2010; 21: 61-65. **2.** La Torre G and Greenspan DC. J Clin Dent 2010; 21(3): 72-76. **3.** Earl JS et al. J Clin Dent 2011: 22(3); 62-67. **4.** Parkinson CR et al. J Clin Dent 2011; 22(3): 74-81. **5.** GSK Data on File, ML498. **6.** GSK Data on File, ML584. **7.** GSK Data on File, ML589. **8.** GSK Data on File, RH01422. **9.** GSK Data on File, RH01897. **10.** GSKCH Dentist Survey 2019. Date of preparation: February 2022. PM-PK-SENO-22-00007.

ALWAYS FOLLOW THE LABEL PRIOR TO USE
*Brush twice a day and not more than 3 times, minimize swallowing and spit out. If irritation occurs, discontinue use.

PDA continues their services to community

GUJRANWALA - Team Pakistan Dental Association (PDA) Gujranwala continued their services to the community by visiting Central Jail Gujranwala to provide dental treatment to prisoners and holding the foundation laying ceremony of PMA and PDA combined welfare project.

Under the supervision of Dr Rizwan Asghar, Vice President PDA Gujranwala, Dr Zaryab, Dr Aqsa Kanwal, and Mr Mudassar visited Central Jail Gujranwala to deliver dental treatment to the prisoners.

Photos: DT Pakistan

Moreover, under the supervision of Dr Sajjad Mustafa, President Pakistan Medical Association (PMA) Gujranwala, Dr Hasan Bashir Basra as a project director, will build another public welfare project named 'Pakistan Medical & Dental Welfare Complex, Gujranwala (PM&DCG).

A foundation laying ceremony of PM&DCG was recently held recently at PMA Complex Gujranwala. Dr Muhammad Sareef Rathore, Dr Asif Ali Chaudhry, Dr Sajjad Mustafa, Dr Hasan Bashir, Dr Shahid Aman, and Dr Nayyar Imran Haider graced the occasion with their presence.

This combined welfare project of PMA & PDA Gujranwala will be completed in 1.5 years. It will be available to the general public with ten states of the art dental operatories and ten clinics of different medical specialities, along with classrooms and a lecture hall for the training of young doctors. ***-PR***

Seminar on TMJ in dental practice

KARACHI - The Continuing Dental Education Committee(CDEC) of Liaquat College Of Medicine and Dentistry (LCMD) organised a seminar on "TMJ in Dental Practice".

Photo: DT Pakistan

The speakers of the seminar were Prof. Dr Navid Rashid Qureshi, Principal College of Dentistry, LCMD, Prof. Dr Atif Jawad, Dean, Bhitai Dental and Medical College and Dr Shuja Hamid, Assistant Professor, Department of Oral Medicine, Bhitai Dental and Medical College, Mirpurkhas.

Prof. Dr Navid Rashid Qureshi discussed common TMJ misdiagnosis in clinical practice with a detailed and methodical approach to study "Surgical Anatomy, Diagnosis and Management of TMJ". Another speaker Prof. Dr Atif Jawad conducted a lecture on "Splint Therapy", which is the foundation and an integral part of a comprehensive Temporomandibular joint (TMJ) treatment plan. Dr Shuja Hamid delivered a lecture on 'Classification of TMJ Disorders', characterised by clinical signs and diagnostic criteria with the help of imaging.

All participants participating in the seminar were from different colleges in Karachi, including LCMD and Bhitai Dental College, Mirpurkhas. Each participant was awarded E-certificate accredited by JSMU with CME hours.

In the end, Prof. Dr Uzma Zareef, Chairperson CDEC, LCMD, gave the vote of thanks. The Dr Navid Rashid Qureshi, Principal, College of Dentistry, LCMD, and Dr Naheed Najmi, Vice Principal, College of Dentistry, LCMD, awarded shields to all the speakers. ***-PR***

Understanding dental radiography is key to better diagnosis

KARACHI - The Continuing Dental Education (CDE) committee of Sir Syed College of Medical Sciences (SSCMS) recently invited Prof. Zia Abbas for a session on oral surgery.

The SSCMS CDE committee invited Prof. Zia Abbas as a guest speaker to share his experiences regarding oral surgery. The event was attended by students and clinical faculty.

Photos: DT Pakistan

Prof. Zia highlighted to the audience on the various types of modern dental radiography and its impact on oral diagnosis and treatment planning. He emphasized that students, dentists and oral surgeons should understand the anatomy and structure of dental radiography to interpret the various anomalies encountered in dental patients to identify and treat patients.

Furthermore, Prof. HR Sukhia, Principal Dental College, SSCMS, and Dr Ajeet Rathi also emphasized the importance of radiographic analysis in oral surgery and other clinical branches of dentistry.

Prof. HR Sukhia thanked the CDE committee, especially Dr Hasan Askari and Dr Ayesha Khurram, for organizing the event. ***-PR***

World No Tobacco Day held

KARACHI - Fatima Jinnah Dental College (FJDC) recently organized World No Tobacco Day with The Hunar Foundation.

Photo: DT Pakistan

As part of their outreach program, Fatima Jinnah Dental College & Hospital Trust conducted an awareness session and free oral health screening camp for students of The Hunar Foundation. Information regarding different types of tobacco, perils of its use, treatment options etc., were presented during the awareness session. Fun activities, quizzes and lucky draws were also incorporated during the discourse.

Dr Hussain Askary lauded the efforts of all departments, students and house officers for organizing such an event and for their active participation in raising awareness against tobacco.

In Pakistan, 110,000 people die yearly due to tobacco usage. Death due to tobacco is preventable. Therefore, WHO commemorates World No Tobacco Day every year on the 31st of May. Every year they advocate a particular theme. This year the theme is "Stop Illicit Trade of Tobacco Products". ***-PR***

4x MORE EFFECTIVE VS REGULAR TOOTHPASTE

AT REMOVING THE MAIN CAUSE* OF BLEEDING GUMS

References:
1. Akwagyriam et al, 2015. **2.** Kakar et al, 2014 **3.** GSK data on file (GCCSS-GH-001 - parodontax complete protection toothpaste). **4.** Akwagyriam et al, 2013. **5.** Jose et al, 2018. **6.** Attin T and Hornecker E, 2005. **7.** Williams et al, 1992.

ALWAYS FOLLOW THE LABEL PRIOR TO USE
*removal of plaque, after a professional clean and twice daily brushing.
Brush twice a day and not more than 3 times, minimize swallowing and spit out.
If irritation occurs, discontinue use. Not suitable for children under 12 years. Keep out of reach of children.

AIMI enables vision-impaired to learn about their oral health

ABBOTTABAD - Abbottabad International Medical Institute (AIMI) recently conducted a general and oral health preventive program at Light House School for Blind Girls.

AIMI, with the collaboration of Abbottonians Medical Association®, took this initiative to address special needs children to fulfil their "General & Oral Health" needs and initiated a preventive program for these populations in Abbottabad.

Dr Noaman Siddiqui, Director of Medical Education Department, AIMI & Secretary-General, Abbottonians Medical Association® (AMA), Prof. Samia Shad, Principal, Abbottabad International Dental College (AIDC) and Dr Qurat-Ul-Ain, Head Community Outreach Services, Department of Community Dentistry, AIDC, organized the program.

This campaign aimed to educate blind and visually impaired girls aged 3-17 years about their general and oral health. Medical and dental examination of the 30 girls in "Light House School for Blind Girls" was performed by medical and dental specialists.

Oral health education was given to all blind students using the "Tell, Feel, Do" technique.

Gypsum made models were used to feel the carious lesions and calculus on tooth surfaces. Tooth brushing techniques and oral hygiene instructions were taught by dentists to each blind girl in school individually.

Each girl's medical and dental record was maintained for further treatment and follow-ups. At the end of the program, goody packs and dental kits were distributed among all students.

Through a fundraising campaign organized in Canada by the volunteers of AMA®, over Rs.400000/- were raised, and the amount was equally distributed among three organizations working for the blinds and visually impaired persons, namely The Lighthouse School for Blind Girls, Empower Pakistan and Right to Live Organization, Mansehra. ***-PR***

Oral health awareness camp held at CPSP

KARACHI - Ameen Medical & Dental Center (AMDC) celebrated World Oral Health day in March by organising a free dental check-up camp and awareness talk at the College of Physicians & Surgeons Pakistan (CPSP) in collaboration with Martin Dow Limited, Roomi Enterprises, Platinum, GSK Pharmaceuticals, Dental News, Shield Corporation Limited and Dental Health.

Dr Nabeel Baig, Medical Director, AMDC, supervised the event, and Dr Bisma Anwar, Administrator AMDC, led it. Prof. Irshad Waheed, Secretary, CPSP, graced the occasion with his presence.

Photo: DT Pakistan

The event aimed to raise awareness regarding good oral hygiene and ways to improve oral health.

Dr Mehak Ayesha and Dr Bisma Anwar, AMDC, delivered the awareness lectures. The lectures focused on the appropriate brushing technique, ideal frequency of tooth brushing, selection of toothpaste and toothbrush, and information about dental floss and tongue cleaning.

A team of 10 dentists carried out a comprehensive dental check-up of CPSP employees. More than 120 participants were given free consultation and were also guided about the common mistakes to avoid while brushing their teeth. Moreover, proper brushing techniques were demonstrated on tooth models. A series of videos on proper brushing and flossing techniques were shown to the participants. The participants were also given a free oral health kit.

Prof. Irshad Waheed thanked the whole team of AMDC, including Dr Nabeel Baig, Dr Mehak Ayesha, Dr Bisma Anwar, Dr Rabia Zaman and staff and appreciated the efforts of the organisers in creating awareness about oral health. In the end, certificates were distributed to the speakers and volunteers. ***-PR***

Importance of better clinical management highlighted

Photo: DT Pakistan

KARACHI - The Continuing Dental Education Committee (CDEC) of Liaquat College of Medicine and Dentistry (LCMD) conducted a 'Practice Management' workshop for faculty members and house officers.

Dr Wajeeha Rehman, the restorative and aesthetic dentist, was the facilitator. She focused on different aspects of running a successful dental practice, emphasising sterilisation and infection control. She also discussed the importance of record-keeping and patient consent in private practices.

Prof. Dr Navid Rashid Qureshi, Principal College of Dentistry, LCMD, also stated his clinical practice experience where protocols and measures should be taken wisely to run a good practice. Several patients prefer a presentable and friendly environment in a dental practice.

The workshop aimed to update future dentists to develop protocols that should be followed in clinics to properly serve the community and patients.

In the end, Dr Navid Rashid Qureshi and Dr Uzma Zareef, Chairperson CDEC, LCMD, awarded shield to the facilitator. The workshop was concluded with highly positive feedback from the participants. ***-PR***

Athletic students take centre stage at HITEC-IMS Sports Week

TAXILA - To promote healthy physical activities and sports culture for the medical and dental students, HITEC-Institute of Medical Sciences (IMS) recently organised a sports week.

The medical and dental college principals, Maj Gen (R) Hamid Shafiq and Prof Dr Irfan Shah, inaugurated the event. Various sports events were organised, including table tennis, basketball, cricket and races. The students of MBBS, BDS and paramedics participated with zeal and enthusiasm. Furthermore, students were also allowed to set up various stalls to show their culinary skills during the event.

The dental students accomplished many positions in games like table tennis, Volleyball, relay race and in naat and qirat competition. Moreover, the cricket matches between the faculty and students got a lot of attention for being very entertaining.

Photos: DT Pakistan

The event concluded with prize distribution. Maj. Gen Syed Aamer Raza, HI(M), Chairman HITEC-IMS, was the guest of honour. Medals, trophies, and certificates were awarded to the winners. ***-PR***

KMU-IDS' oral health awareness

KOHAT - The Department of Community Dentistry of Khyber Medical University-Institute of Dental Sciences (KMU-IDS), Kohat, recently arranged an oral health awareness visit of 2nd-year dental students to Alkhidmat Aghoosh.

Photo: DT Pakistan

The underlying intent was to create oral health awareness among the orphan children studying and living under one roof.

The faculty of the Community Dentistry Department facilitated the visit under the supervision of Dr Arifullah Khan, Head of Community Dentistry Department, KMU-IDS, Dr Asim Masood and Dr Zaheer Babar. ***-PR***

Jazib becomes the youngest FCPS fellow

JAMSHORO - Dr Jazib Memon recently cleared FCPS Part II and became one of the youngest FCPS fellows in Pakistan.

Dr Jazib Memon graduated in 2015 and recently cleared FCPS Part II in the field of Operative Dentistry and Endodontics. He achieved the ultimate milestone of becoming one of the youngest consultants (Age 29) by clearing the FCPS Part II exam. Dr Jazib has done his FCPS training from LUMHS, Jamshoro, under the supervision of Prof Dr Feroz Ali Kalhoro. ***-PR***

DDC holds virtual oral health session in Punjab

KARACHI - The Community Dentistry Department of Dow Dental College (DDC) conducted an online oral health education session for Zubaida Academy Junior Public School on World Oral Health Day in Bhakkar District, Punjab.

Photo: DT Pakistan

This virtual session was arranged using a Zoom link with the collaborated efforts of Dr Muhammad Taqi, Head of Community Dentistry Department, DDC and Dr Amber Saeed.

The program was focused on oral health education and healthy and unhealthy diet. In addition to the presentation, videos regarding brushing techniques were also demonstrated, which helped students better understand oral health.

Children learned about oral health and hygiene and were empowered to take care of their teeth. Lastly, an interactive session was held in which students' questions about their dental health problems in everyday life were answered. ***-PR***

MIHS organises sports week, annual day events

RAWALPINDI - The Margalla Institute of Health Sciences (MIHS) recently organised a seven-day event to promote students' sportsmanship, collaboration, and communication skills. All three disciplines, i.e., BDS, DPT & Pharm D, participated in the event.

Photo: DT Pakistan

The inauguration ceremony was held at MIHS. The principals of the three disciplines Prof. Dr Amjad Mahmood (BDS), Prof. Dr Muhammad Nazim Farooq (DPT), Dr Samiullah Khan (Pharm-D) and Vice-Principal Prof. Dr Shakir Khan, initiated the event with the ribbon-cutting ceremony. Prof Dr Amjad Mehmood took oath from all the participants afterwards.

The first two days were dedicated to sports that included cricket, football, throw ball, badminton, and table tennis. Students expressed their views and creativity through a poster competition on "Secrets of Healthy Life". However, the fun & food festival was arranged on Day 3.

The Debate society organised competitions in English, Urdu, Punjabi debates, Bait-Bazi and Tahtul-Lafz. Raja Abdul Qayyum, Former DG Ministry of Information and Broadcasting; Tahir Hanafi, Legislative Governance & Parliamentary Development Consultant, Former Additional Secretary (Public Accounts Committee) and Ali Asghar Samar, Former Bureau Chief "Roznama Subah", graced the event as judges.

Qiraat and Naat competition was held under the supervision of the Qiraat and Naat committee. Prof. Muhammad Hafiz Hafeez, Qari Muhammad Ayaz and Hafiz Muhammad Siddique were judges for the event.

On-spot painting competition, arm wrestling, tug of war, and chess also grabbed the attention of students and faculty. All the winners were awarded trophies and certificates.

The week concluded with the Annual Day event that included a prize distribution ceremony for academic achievers followed by students' performances & annual dinner. Dr Samie Qadir, Vice-Chairman MIHS, Prof. Dr Amjad Mehmood, Prof. Dr Nazim Farooq, Dr Samiullah Khan, Prof Dr Shakir Khan, senior faculty and distinguished guests graced the event with their presence.

The event went successful owing to the contributions of faculty & students of MIHS, who put in a lot of effort to make it worth remembering. MIHS aims to enable students to achieve milestones in every sphere of life, including sports and other extracurricular activities and would strive to continue the tradition. ***-PR***

Oral health awareness by LMDC

LAHORE - The Department of Community and Preventive Dentistry of Lahore Medical and Dental College (LMDC) planned a community oral health program for children of Kingston College, Lahore, to commemorate World Oral Health Day 2022.

Prof. Dr Aqib Sohail, Principal Dental College, LMDC and Prof. Dr Nazli Gul Shujaat, Head of Department Community and Preventive Dentistry, LMDC, planned a community oral health program for children.

Photos: DT Pakistan

Dr Syeda Lalarukh Saba Shah, Assistant Professor, Department of Community and Preventive Dentistry, LMDC, coordinated

with Kingston College. The whole team worked diligently to organise the event and make it successful. The department members, along with house surgeons and students of BDS 2nd year, went to Kingston College to address the students of junior sections from playgroup till grade five and help them improve their oral hygiene and instruct them to maintain the optimum oral health.

As the target audience included young kids, the activity was planned to be fun along with education by Dr Mariam Fatima, Assistant Professor, Department of Community and Preventive Dentistry, LMDC delivered the presentation on behalf of the department entitled "All About Happy Teeth" which covered different aspects of oral health like brushing technique, dental trauma, caries prevention etc. The students were encouraged to answer the various question related to oral hygiene and caries prevention, and a gift was given for the correct answer.

The department provided a free dental check-up facility after obtaining the parents' consent. The activity was planned to remind the students to pay heed to maintain oral hygiene. Five portable dental chairs were set up, the students were examined, and the observations were recorded. A record was maintained about their oral health status, and a copy was sent to the parents so they could respond to the child's needs. Pamphlets were distributed among the children as a reminder.

Mr Roy Anderson, Principal, Kingston College, and Miss Hira, Vice-Principal, Kingston College, appreciated the efforts and enthusiasm of Prof. Dr Nazli Gul Shujaat and the Department of Community and Preventive Dentistry for managing a successful event. ***-PR***