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An exclusive interview with Prof. Dr. Yawar Hayat Khan

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President Alvi launches PDA Gujranwala ...

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Prof. Liz Kay assumes role of BDA president

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NO SAVIOURS FOR SAVIOURS OF LIFE

Doctors face wrath for protesting against PMC

DT Pakistan Report

LAHORE - Police had recently used batons against the doctors, raising their voices against the National Licensing Exam (NLE) in Lahore as clashes broke out when they decided to enter the examination centre.

In light of this situation, the Pakistan Medical Commission (PMC) cancelled the exam scheduled in Lahore at Saphire Hall and rescheduled it for 29 August 2021.

Some policemen fell to the ground as a result of the clash. Doctors were protesting against the NLE, which has been made mandatory by the government.

According to the reports, all graduates who are currently doing house jobs or ready for it must clear the NLE exam for their permanent registration. Both MBBS and BDS students must clear the NLE for their permanent job and medical practice in Pakistan. The move has encountered opposition from the medical fraternity.

Meanwhile, PML-N President Shehbaz Sharif condemned the action by police to disperse protesting doctors. He said that the use of batons and tear gas on doctors was regrettable. He regretted that doctors are fighting coronavirus while the government was fighting doctors. The PML-N leader said, "Every citizen who raises his voice against oppression is being baton-charged by the government."



Photo: DT Pakistan

Pakistan is now part of WHO's Solidarity PLUS trial

DT Pakistan Report

ISLAMABAD - Pakistan has recently joined the Solidarity Plus clinical trials led by World Health Organization (WHO). The trial would evaluate the three drugs for the treatment of COVID-19 infections.

The trial aimed to protect people from severe hospitalization and death because of COVID-19. The selected drugs, i.e. Artesunate, Imatinib and Infliximab, by the panel of experts have proven effectiveness in treating other life-threatening diseases. Artesunate is used for severe malaria, imatinib for specific cancers, and infliximab for immune system diseases, such as Crohn's disease and Rheumatoid arthritis.



Photo: DT Pakistan

The other six countries in WHO's Eastern Mediterranean Region with Pakistan were also enrolled in this trial. Researchers and scientists from these countries, i.e., Egypt, the Islamic

Republic of Iran, Kuwait, Lebanon, Oman, Pakistan and Saudi Arabia, are joining thousands of other researchers from 52 countries worldwide in this study. It has made

Solidarity PLUS the largest global collaboration on COVID-19 research and development.

The collaboration of this sort allows the trial to assess multiple treatments simultaneously using a single protocol, recruiting thousands of patients to generate robust estimates on the effect a drug may have on mortality-even moderate effects.

The Solidarity PLUS trial also allows new treatments to be added and ineffective treatments to be dropped throughout its course. Previously, four drugs were evaluated by the trial. The results showed that remdesivir, hydroxychloroquine, lopinavir and interferon had little or no effect on hospitalized patients with COVID-19.

Govt charges for booster shots to travel abroad

DT Pakistan Report

ISLAMABAD - The Ministry of National Health Services (NHS) has recently decided to promote the foreign travel of people jabbed with the Chinese vaccine by permitting them for booster shots with charges. The NHS fixed cost of Rs 1270 for each booster dose. It has been available for those not able to travel abroad due to being vaccinated with Chinese vaccines.

Many countries, including the Kingdom of Saudi Arabia, have mandated British and American vaccines for travellers.

Earlier, Saudi Arabia had added the Chinese vaccines Sinopharm and Sinovac to its approved list of vaccines, including Oxford-AstraZeneca, Pfizer/ BioNTech, Johnson and Johnson, and Moderna. However, it was made clear that those who received Chinese vaccine shots would have to get a booster shot of one of the previously approved British/ American vaccines.

The NHS took this decision despite the health experts' concerns about the impact of mix-and-match vaccines on public health.



Photo: DT Pakistan

Brig Azad Ali Azad receives Sitara-e-Imtiaz

DT Pakistan Report

ISLAMABAD - Prof. Brig Azad Ali Azad, Department of Prosthodontics, Army Medical College (AMC), National University of Medical Sciences, Rawalpindi, was awarded Sitara-e-Imtiaz in a recent ceremony. President Dr Arif Alvi granted him the award.

Prof. Brig Azad Ali Azad completed his Bachelors of Dental Surgery (BDS) from Nishtar Medical College, Multan, in 1989.

After that, he did MCPS in 1993 and FCPS in 2001 in Prosthodontics. He has been serving as

Postgraduate Supervisor at the College of Physicians and Surgeons of Pakistan (CPSP).

In the recent ceremony, President Arif Alvi accorded Military awards to Pakistan Army, Navy and Air Force officers and soldiers. Among them, Brig Azad was selected for Sitara-e-Imtiaz for manifesting excellence in the field of dentistry.



CIA arrests the killers of a young dentist

DT Pakistan Report

LAHORE - The Crime Investigation Agency (CIA) police recently told that they had arrested the killers of a young lady dentist day after she was shot dead in Defence Housing Authority (DHA).

The CIA made the arrests in a raid at a house in Nawankot where the suspects, Bilal and Ayaz, said to be brothers, were hiding after killing Dr Khola Ahmed Khan in Z Block of DHA.



Photo: DT Pakistan

A senior police official said that they snatched cash and a cellphone from Dr Khola at the doorstep of her friend's house.

The criminals shot her in the chest when she showed resistance to the demand for car keys. Later, the doctor died at the hospital.

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CONDOLENCE

Dr Zareen Hussain passes away

KARACHI - Dr Zareen Hussain, wife of Dr Asim Hussain, Former Petroleum Minister and PPP Leader, passed away on Saturday, August 21.

She lost her battle against cancer. Namaz-e-Janaza was held on Sunday, August 22, after Asr Prayer at Jama Masjid, Ziauddin University, Link Road, Super Highway, Karachi. -PR



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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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PREVENT
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REPAIR

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PREVENT

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TREATING SENSITIVE TEETH: A SIDE BY SIDE COMPARISON

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TECHNOLOGY PLATFORM	PRO-ARGIN™	POTASSIUM NITRATE	
Helps repair sensitive areas of teeth† arginine and calcium formulation	✓		
Clinically proven instant and superior sensitivity relief‡, 2-5	✓		
Acid-resistant occluding layer⁶	✓		
Relieves the pain of sensitive teeth†	✓		
Inhibits Plaque and Calculus Buildup	✓	✓	



† With continued use. Also helps to soothe. For instant relief, apply directly to the sensitive tooth and gently massage for 1 minute.
‡ Vs. toothpastes with 5% potassium nitrate. For instant relief, apply directly to the sensitive tooth and gently massage for 1 minute.
Reference: 1. J Clin Dent. 2011;22(Spec 10):123-130. 2. Nishio S et al. J Clin Dent. 2009; 20(Spec 10):123-130.
3. J Appl F. 2009; 20(Spec 10):123-130. 4. J Appl F. 2009; 20(Spec 10):123-130.
5. Nishio S et al. J Clin Dent. 2009; 20(Spec 10):123-130. Lerner et al. J Dent. 2012; 40(1):14-24.

What motivated you to join dentistry?

Well, to be honest, it was more of a fate than a choice but alhamdulillah enjoying it passionately. I always wanted to be a doctor as I wanted to help others and wanted to make a difference in their lives by any means. I got admission to MBBS first, but meanwhile, when I was waiting for the revised lists, I joined de Montmorency College of Dentistry in transition, and it became my destiny very quickly.

I was touched when I saw patients being treated and, in return showing their affection in the form of prayers. Dentistry, I think, is a profession in which if you can treat the patient successfully, the pain goes right away, and the patient is relieved. Apart



from this, I would like to mention another reason the first lecture by respected Dr Nazia Yazdani (Prosthodontist) was a real motivation. She immensely helped me to decide about my future.

“Research has given me a good vision of how to correlate the clinical findings with the best evidence-based practices”

You are currently doing PhD in Medical Education from University Ambrosiana. Can you share with us about your research and what have you found?

Yes, after doing my first Master's in Dental Materials from the Queen Mary University of London, I went on to do my second master's in Health Professions Education from Maastricht University and finally got enrolled in my PhD in Health Professions Education (Medical Education) at the University Ambrosiana, Italy. I am almost about to finish my PhD Insha Allah in few months.

In my dissertation, I have done a curricular innovation by introducing a module, Behavioral management, Leadership and Patient safety (BeLP), at the undergraduate level (3rd Year) right from the start of the clinical rotations of undergraduate students. I am in the process of collecting data right now. Still, from the initial findings, it is interesting that if these important domains are taught in a structured manner to the undergraduate students, it greatly impacts their transformation from traditional learners and practitioners to lifelong learners and critical thinkers. It also enhances their knowledge, skills and attitudes, especially when it comes to pediatric patients, patients with disabilities and so-called difficult patients. I would share more Insha Allah once I am done with it.

How much has research played a part in the uplifting of your dental career?

Research has been a great tool for professional development in any profession. In dentistry, it has multiple benefits as it allows the individual to think critically and allows the dentist to develop a deeper

“If important domains are taught in a structured manner to the undergraduate students, it greatly impacts their transformation from traditional learners and practitioners to lifelong learners and critical thinkers”

Research is a great tool for professional development; Prof. Dr Yawar Hayat Khan

by Dr Muattar Hanif

Dr Yawar Hayat Khan is an extraordinary dental professional who has made his mark in dentistry, both in Pakistan and abroad. He is Vice-Principal and Head of Department of Dental Materials, Assistant Dean of Department of Medical Education, Medical Administrator and Chief Proctor at the Riphah International University, Islamabad.

Dr Yawar completed his BDS from de'Montmorency College of Dentistry, Lahore, in 1999. He, later on, went to England to pursue his postgraduation, Master of Sciences (MSc.) in Dental Materials from the Queen Mary University of London. In 2012, Dr Yawar completed Masters in Health Professions Education from Maastricht University with flying colours.

Dr Yawar's extraordinary professional résumé includes his services as Director Centre of Excellence in Leadership, Innovation & Quality (CLIQ) and Member Advisory Board Curriculum Committee & Program Coordinator (MSLDE) at Ras Al Khaimah College of Dental Sciences (RAKCODS), Ras Al Khaimah, UAE. He is also appointed as the Director of the Academy of Leadership Sciences (ALSS), Switzerland.

In recognition of more than 19 years of experience in teaching and management, Dr Yawar has also been awarded the International TMA Certified Professional and Membership of Asia Pacific Biomedical Science Educators Association (APBSEA), Singapore. He is also a member of Harvard Business Review (HBR), Advisory Council, USA. Dr Yawar is also an Ambassador at the International Association of Medical Science Educators (IAMSE), Pakistan, California, USA.

understanding of the biosocial underpinnings of the profession. It has certainly helped me a lot as well and being a clinician, it has given me a good vision of how to correlate the clinical findings with the best evidence-based practices.

As you have studied dental materials, do you foresee any new materials being developed shortly? Well, as we speak, there are continuous developments in the dynamic field of dental materials. The technologies being introduced into dentistry enable greater precision, productivity and time savings than methods from generations past. They also enable clinicians to undertake new procedures, develop new materials and accomplish their goals in innovative ways.

Ever since the development of composites in the

1960s and the introduction of CAD/CAM in the 1980s, has there been such an exciting time of innovation in dentistry. Researchers, manufacturers, scientists and practitioners are welcoming new and emerging technologies from 3D printing and self-healing teeth to non-chemical disinfectants and digital scanning, all of which have the potential to transform in meaningful ways how dentistry is practised.

“I was touched when I saw patients being treated and, in return showing their affection in the form of prayers”

In your opinion, do you think any material will become obsolete shortly? If one student wants to pursue dental materials, what is to be expected?

It can be hard to keep up with emerging technologies and innovations in the healthcare world. One particular material I would like to mention in this context is the silver fillings. Silver fillings are quite misleadingly named since they consist of about 50% mercury. The World Health Organization (WHO) says that 53% of the mercury emissions found in our environment are due to these fillings and other laboratory devices.

In dentistry, the filling material is called amalgam. Although there are conflicting reports on how safe its use is in dentistry, there's simply no reason to continue using it. Resin, tooth-coloured material is widely available for fillings and possesses better and safer physical properties without the danger of a toxic substance. Many dentists are so concerned about the potential toxic vapours constantly emitted from amalgam fillings that they remove and replace them with safer and esthetically pleasant materials.

Continued on Page 11



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- Create an even harder reparative[†] hydroxyapatite-like layer over the exposed dentine^{*1-7}
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 - Sensitivity relief can start from week 1⁸, and is still making a difference to patients' lives after 6 months of daily use⁹



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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 PK IPSOS Study 2019, n = 250 qualified dentists. Date of preparation: February 2021 PM-PK-SENSO-21-00003



Photos: DT Pakistan

INAUGURAL CEREMONY

President Alvi launches PDA Gujranwala Dental Welfare Complex and mobile dental clinic

by Dr Hiba Shams

The most awaited inauguration ceremony for the PDA Dental Welfare Complex and Mobile Dental Clinic in Gujranwala has recently occurred at the Presidential House in Islamabad.

President Pakistan Dr. Arif Alvi led this auspicious ceremony. The most renowned figure of the dental community Dr. Hasan Bashir, President, Pakistan Dental Association (PDA), Gujranwala, and top-notch dental professionals of our country embellished the ceremony with their presence.

Speaking at the inauguration ceremony, respected Dr Alvi said that there was an urgent need to prevent oral and dental diseases. He further said that we would be able to control more than 90% of the diseased conditions with timely suggestions and prevention programmes.



The President appreciated the PDA Gujranwala for their exceptional philanthropic spirit and focused on manufacturing dental equipment in Pakistan to provide pocket-friendly solutions to the citizens.

At this moment, Dr Hasan Bashir came forward and briefed President Alvi about these new

initiations in Gujranwala. He told him that Mobile Dental Clinic would be equipped with the latest medical facilities and would provide the most advanced, cost-effective oral health services to the underprivileged people of the society. Moreover, it would address the dental problems of the souls living in the country's remote areas.

Dr Hasan Bashir also shared some personal anecdotes with the attendees of the inaugural ceremony. He expressed that he represented all his senior colleagues like Dr Javed Ashraf (late), who have devoted their whole lives to the profession and humanity. Dr Bashir was so proud to say that Dr Javed Ashraf's personality was a role model. He said that when he got the presidency of PDA Gujranwala in 2017, he had nothing except good intentions and a team. He thanked Dr Sajjad Mustafa for assisting them at every move.

Goals of PDA Welfare Complex

President PDA said, "PDA Welfare Complex has two goals: First, To provide pocket-friendly dental treatment to the poor people and provide treatment to middle and lower socioeconomic class in the form of Qarz-e-Husna. Second, to provide platforms equipped with the latest technology for the professional development of young dentists."

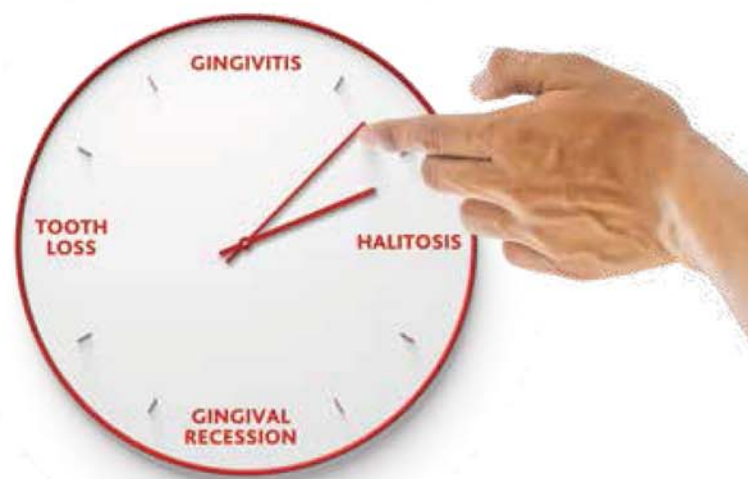
'To accomplish the goals, we put the foundation of Dr Javed Ashraf Institute of Continuing Dental Education, where we conduct seminars and hands-on workshops every month', he said.

PDA Gujranwala has been setting a program under the banner of 'EARN while you LEARN' shortly for the young dentists in which they would be able to practise under the supervision of senior colleagues. They have been planning to set 4 such centres in the vicinity of Gujranwala. They are also continuously providing their professional services to the prisoners of Central Jail Gujranwala, students and teachers of the prominent institutes. Moreover, PDA Gujranwala has also been conducting free dental camps successfully.



Seen on page 08

IT'S TIME TO RECOMMEND PARODONTAX TO YOUR PATIENTS



4 BENEFITS TO PROMOTE HEALTHY GUMS AND TEETH¹⁻⁷



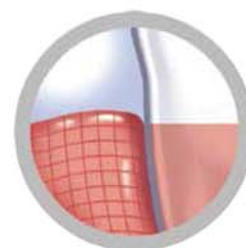
Treats and prevents
gingivitis¹⁻⁶



Removes
plaque^{1,3,7}



Reduces
inflammation¹⁻⁵



Keeps gingival
margin tight³



NEW WITH HERBAL EXTRACTS FOR A CLEAN & FRESH SENSATION

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.

*removal of plaque, after a professional clean and twice daily brushing

President Dr Alvi appreciates Dental Tribune Pakistan

Dr Hasan also told us that Dr Alvi mentioned Dental Tribune Pakistan as the national media for dentists of Pakistan and appreciated all those working for the profession.

Dr Arif Alvi appreciated the goals of PDA Gujranwala and said that such projects should also be initiated in other cities so that it would benefit other citizens of Pakistan from the latest technologies.

He congratulated Dr Hasan Bashir, Dr Sajjad Mustafa and the whole cabinet of PDA Gujranwala for establishing this welfare project.

In the end, Dr Alvi distributed the souvenirs among the members of PDA Gujranwala.

dti Dental Tribune Pakistan

PDA Gujranwala's journey to excellence in dentistry

Dr Hasan Bashir proudly announced that in 2017-2020, they had organised 49 lectures, seminars, hands-on workshops and eight online lectures for the awareness of COVID.

'In addition, we had provided Personal Protective Equipment (PPE) to all the

Photos: DT Pakistan



dental clinics of Gujranwala and gifted P100 Respirators to all the well-known doctors of Pakistan', he further added.

PDA Gujranwala also set up 11 free dental camps to enlighten people of oral diseases and aware of dental health.

Dr Bashir wished that all the branches of PDA should study the model of our unit and initiate welfare projects in their cities.

In the end, he thanked the President of Pakistan on behalf of all his colleagues to grant them his valuable time and appreciation, which would help them escalate their cause.



While talking to Dental Tribune Pakistan, Dr Hasan Bashir said that President stated, 'It's in my knowledge that PDA Gujranwala is the only functional branch in Pakistan that keeps the true spirit of welfare organisation'.

'Such strong words of appreciation coming from the highest office in the country means a lot for us', said Dr Bashir to Dental Tribune Pakistan.

He further said that he was personally in debt of Usman Saeed Basra, his PDA Cabinet team 2017-2020 and his Clear Path (Pvt) Ltd team for making this event a huge success.

RCD, PAO arranges 3-day orthodontics workshop

PESHAWAR - The Orthodontic Department of Rehman College of Dentistry (RCD) recently organised a 3-day workshop collaborating with the Pakistan Association of Orthodontists (PAO). Almost 70 residents from across the country participated in the workshops.

Prof. Dr Syed Shah Faisal, President, Pakistan Association of Orthodontics (PAO), and Dr Shahzada Bakhtyar Zahid, Dean, Rehman Medical Institute (RMI), were invited as the chief guests of the workshops.



Photos: DT Pakistan

First-day workshop

Dr Haris Khan, Associate Professor, CMH Lahore Medical And Dental College, facilitated the first-day workshop along with Prof. Dr Sohrab Shaheed, Professor and Head of Department, Orthodontics, RCD and Dr Arsalan Hamid Khan, Senior Registrar, RCD. The title of the workshop was "Bracket Prescription, and Hybrid Bracket set up."

The session highlighted the history and evolution of various bracket systems. Later, there was an interactive session on the use of hybrid bracket set-up and placement.

Second-day workshop

Dr Muhammad Azeem, Assistant Professor, de, Montmorency College of Dentistry, Lahore and Dr Junaid Dayar, Consultant Orthodontist, Institute of Dentistry, CMH Lahore Medical College, facilitated the workshop titled "IMM and FCPS II written examination preparation" along with Dr Faizan, Assistant Professor, Orthodontics, RCD.

Continued on Page 11

BMC bids farewell to head of dental section

QUETTA - The dental department of Bolan Medical College (BMC) recently arranged a farewell in honour of Prof. Dr Mujeeb-ur-Rehman Baloch, who recently retired as Head of Dental Section, BMC.

Prof Mujeeb, also the Head of the Community Dentistry Department, used this to thank all staff and students for working with him towards betterment and uplifting the department.

Dr Fahim Anwar, Head of Operative Dentistry Department, BMC, has been appointed as the new Head of Dental Section, BMC. At the same time, Dr Hammad Naseer Baloch has joined as the Head of the Community Dentistry Department. The faculty wished both of them the best for their new roles. **-PR**

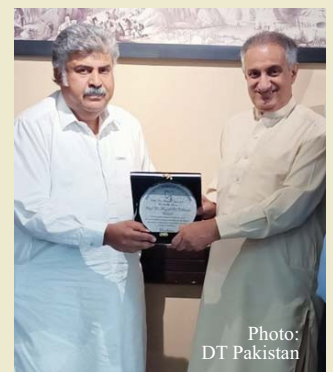


Photo: DT Pakistan

SSCMS holds workshop on prescription for dental students

KARACHI - The Continuing Dental Education (CDE) Department of Sir Syed College of Medical Sciences (SSCMS) recently held a workshop titled "Importance of Prescriptions in Dentistry."

Prof. Dr HR Sukhia, Principal, Dental College, SSCMS, led the workshop with Dr Zain Rauf, Assistant Professor, Community Dentistry, SSCMS and Dr Suraiya Hirani, Senior Lecturer, Oral Biology, SSCMS.

Dr Suraiya explained the purpose of dental prescriptions. Furthermore, Dr Syed Ali Raza emphasized the role of prescribing proper medications for patients with systemic complications. He explained that high blood pressure, heart problems, pregnancy and other common patient problems required specific medications.



Photos:
DT Pakistan

Prof. HR Sukhia greatly appreciated the efforts of the dental faculty in promoting CDE programs in the college. **-PR**

Prof. Sukhia honours Dr Zareen

KARACHI - Prof. HR Sukhia, Principal, Dental College, SSCMS has recently honoured senior academician and well-known restorative specialist Dr Zareen Afshan for her dedication and selfless devotion towards academics and the dental profession.

Dr Zareen has been currently working as Assistant Professor and Head of the Operative Dentistry Department. She has done her Masters of Dental Surgery (MDS) from Dow University of Health Sciences, Karachi.

The SSCMS admin, faculty and students appreciated her for this milestone achievement. **-PR**



AIDC comes forward with dental awareness program

ABBOTTABAD - The Community Dentistry Department, Abbottabad



International Dental College (AIDC), recently arranged an Oral Health Awareness program in two schools of Abbottabad. The program facilitated almost 350 children.

Dr Qurat-UI-Ain, Assistant Professor, Department of Community Dentistry, AIDC, directed this new startup of dental awareness among the school children of

Continued on Page 11

"HEPATITIS CAN'T WAIT" FJDC conducts online session

KARACHI - Fatima Jinnah Dental College (FJDC) recently conducted an online awareness session on World Hepatitis Day-themed "Hepatitis Can't-Wait".

The faculty conducted a 2-hour online session for the students. They informed them about viral hepatitis, an inflammation of the liver that causes severe liver disease and cancer. They also explained the five main strains of the hepatitis virus, i.e. A, B, C, D and E, with their respective symptoms, prevention and treatment.

The purpose of the session was to enlighten the students and faculty more about this deadly disease. Together, hepatitis B and C have been the most common, which result in 1.1 million deaths and 3 million new infections per year. Every 30 seconds, a person has died from a hepatitis-related illness.

Dr Hussain Askary, CEO and Head of Community Dentistry Department, FJDC, also gave a message on World Hepatitis Day. In his message. He focused on the threat, prevention, treatment and elimination of viral hepatitis. **-PR**



HITEC-IMS celebrates winners at annual prize distribution ceremony

TAXILA - The Dental College of HITEC-Institute of Medical Sciences (HITEC-IMS) recently organised the annual prize distribution ceremony.



Photos:
DT Pakistan

The Principal, Vice Principal, Managing Director, faculty members and BDS students of the first and second year, HITEC-IMS, attended the ceremony.

The presence of esteemed chief guest Major Gen Syed Aamer Raza, HI (M), Chairman, Heavy Industries Taxila (HIT), embellished the event.

The chief guest congratulated and awarded the cash prizes and certificates to all the position holders. He also valued the efforts of the faculty members. **-PR**



Photos:
DT Pakistan

FJDC's house officers attend workshop on self development

KARACHI - Dr Hussain Askary, CEO & Head, Department of Community Dentistry, Fatima Jinnah Dental College (FJDC), recently conducted a workshop for their House Officers.

The workshop aimed to motivate the house officers and introduce them to enter the job market, establish their practice and postgraduation studies.

First, Dr Hussain touched upon CV building skills to stand out. He spoke about the advantages of doing internships and volunteering. He emphasized brushing up soft skills and having a positive online presence on social media.

In the end, he stressed the advantages of lifelong learning as it has motivated the person, improved self-confidence, and helped adapt to change. The house officers were delighted to attend the workshop as it ended on a positive note. **-PR**

