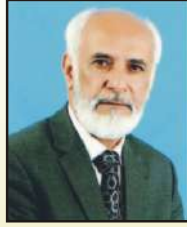




MESSAGE FROM PRINCIPAL QIMS



It is a great feeling that Quetta Institute of Medical Sciences (QIMS) is bidding farewell to 2019 with publishing its first newsletter of the year. QIMS intends to start the fresh enterprising year of 2020 with determination to achieve greater heights in days to come. QIMS continued its forward progress by promoting quality medical education with determination and remained firmly on path, despite challenging odds. By the grace of Allah Almighty, QIMS has succeeded in upholding traditions of discipline, hard work, innovative educational approaches and insistence upon quality and excellence.

We welcome the new year with the firm resolve to improve upon the achievement attained.

VISIT OF COMMANDER SOUTHERN COMMAND LT GEN MUHAMMAD WASEEM ASHRAF HI (M)

Commander Southern Command Lt Gen Muhammad Waseem Ashraf HI (M) visited QIMS on 12 November 2019. Principal Prof Dr Arbab Abdul Wadood and Commandant / Vice Principal Brigadier Akbar Hussain received the guest in front of admin block.

After faculty meet, Commander Southern Command planted sapling in front of Admission Cell followed by group photo. Comd SC was briefed upon the academic activities and functioning of college by Vice Principal / Commandant QIMS Brigadier Akbar Hussain at QIMS conference room. He was seen off thereafter by Principal and Commandant QIMS at the end of the brief.



QIMS 3RD CONVOCATION 2019

Quetta Institute of Medical Sciences held its 3rd Convocation on 30 July, 2019 at Quetta Club Quetta Cantt. The Chief Guest of the occasion was Governor Balochistan Justice (Retd) Amanullah Khan Yasinzai, accompanied by Guest of Honor Lt Gen (Retd) Syed Muhammad Imran Majeed HI (M), Vice Chancellor National University of Medical Sciences (NUMS) and Vice Chancellor University of Balochistan Prof Dr Javed Iqbal.

Proceedings of convocation started with recitation of Holy Quran followed by National Anthem. After conferment of Degrees and Gold Medals to the graduates, the Chief Guest Governor Balochistan Justice (Retd) Amanullah Khan Yasinzai in his address said that the students, who received degrees and awards today are our investment for building a better future. Their talents, skills, and knowledge will be needed to spearhead improvement in the provincial health system. He further added that this is the potential, the promise, and the unflagging optimism of amazing Baluchistan. Chief Guest also expressed his gratitude towards Pakistan Army for establishing Quetta Institute of Medical Sciences in Balochistan, which has proven to be an excellent medical institution.

Principal QIMS Prof Dr Arbab Abdul Wadood while speaking on the occasion said that the graduating students will be the custodian of health care system and will perform a sacred job of keeping the society healthy and fit. He added that today is a momentous occasion in your lives. Your hard work, commitment and efforts have borne fruit and have enabled you to earn this degree. But remember, this degree is only the first milestone of a long journey ahead.

Later on, the convocation was declared closed by the Chief Guest marking the end of the ceremony.



ALLIED OFFICERS STAFF COLLEGE VISIT QIMS 2019

Allied Officers from 26 different countries visited QIMS under the supervision of Command and Staff College Officers. Principal Arbab Abdul Wadood and Vice Principal / Commandant Brig Akbar Hussain welcomed the visitors in front of adm block. Lt Col @ Aziz ur Rehman & Manager College Affairs Irfan Dawood conducted the visit of different departments including Library, Digital Lab, Community Medicine, Forensic Lab, Day Care and Anatomy Lab. Visitors were briefed by Commandant / Vice Principal Brigadier Akbar Hussain, upon the academic activities of the college. Later, Principal QIMS and Commandant QIMS Brig Akbar Hussain presented allied officer with souvenirs and gifts. Allied Officers appreciated standard of QIMS working and thanked for the excellent hosting of the C&SC students.



5TH YEAR STUDENTS EXCURSION TRIP TO LAHORE

Excursions trips not only enhance the knowledge of the students but also broaden their outlook towards the outside world. It is for this reason that QIMS often conduct educational excursions / study trip to educate the medical students about observations beyond the text books. QIMS organized an educational excursion to Lahore for 5th Year MBBS students. Students comprising 35 x girls and 35 x boys along with Faculty and Admin staff were part of the trip. The journey started on 12th October on Jaffar Express flowing through the beautiful mountains of Balochistan. Excellent boarding / Lodging facilities were arranged for the students at CMH Lahore Medical College hostels. The students visited CMH Lahore Medical College and CMH Lahore on October 14, 2019. Comdt Lahore Medical College interacted with the QIMS students. QIMS students also visited Wagah Border on October 14, 2019. The students were enthralled by the chanting crowd on Pakistan side of the border with national and patriotic songs. The atmosphere on both sides was electrifying.



On 15th October 2019 students visited Nazaria-e-Pakistan. Nazaria-i-Pakistan is a non-parochial national academic cum research institution for promoting the Ideology of Pakistan as declared by Quaid-i-Azam Mohammad Ali Jinnah and Allama Mohammad Iqbal. Later in evening they visited Lahore Mall for shopping and dinner. Students visited Army Museum Lahore on 16 October 2019. Army Museum Lahore was inaugurated by Chief of Army Staff (COAS) General Qamar Javed Bajwa on August 13, 2017 and is open to public. QIMS students visited Qaddafi Stadium, previously known as Lahore stadium where both domestic & international level cricket is played.

Overall, the college trip went extremely successful within the planned time lines. For the students belonging from for flung areas of Balochistan like turbat, Panjgoor, Kalat, Khuzdar, Dera Bugti and Kohlu etc it was a great informative trip. Conduct / discipline state of the students remained very high. Despite hectic schedule of the trip, by the grace of Almighty ALLAH all the students and faculty returned safe and sound to Quetta.

STUDENTS PARTICIPATION IN 10TH QUETTA OPHTHALMIC CONGRESS 2019

The 10th Quetta Ophthalmic Congress 2019 was held from 03-05 October, 2019 at Quetta Club. It brought together a unique local and international mix of large and medium pharmaceutical, biotech, diagnostic companies, leading universities, clinical researcher's, doctors, and students making the conference a perfect platform to share experience, foster relations across industry and academia, and evaluate emerging technologies across the globe.

The conference theme was "Enhancing the Quality and Credibility of Ophthalmology". The conference mainly directed towards addressing main issues like Prevention, Diagnosis, and Treatment of diseases of the eye through innovative techniques.

Students from different medical colleges participated and presented their research papers. Areeba Khurshid, 4th year student of QIMS secured 3rd position and received certificate and shield from the chief guest. Participants of Ophthalmic Congress lauded the efforts of QIMS students. They appreciated the great potential for research and bright future of QIMS students.



CERTIFICATE IN HEALTH PROFESSIONAL EDUCATION (CHPE) WORKSHOP BY NUMS

NUMS launched a comprehensive Certificate in Health Professional Education (CHPE) program in January 2018. The certificate program is designed to address important competencies using hands on activities workshops, especially tailored to suit health profession including Basic and Clinical Sciences Faculties, Nursing faculty educationists of affiliated institutes and hospitals.

CHPE was conducted by NUMS at QIMS from 30 Sep - 8 Oct 2019. The lead facilitators of the workshops were Dr. Ayesha Rauf and Dr. Rukhsana Ayub from NUMS. CHPE was attended by a group of 25 - 30 faculty members in two sessions. More than 20 participants comprising Head of Departments and Senior Faculty took part in the workshop. Hands on activities, group tasks, role plays, and interactive discussions were used to help enforce the principles of assessment and quality of tests. Pre CHPE and post tests were conducted to determine the short-term impact of the workshop.



4TH UNDER GRADUATE SCIENTIFIC SYMPOSIUM 2019



4th Undergraduate Scientific Symposium was held on 18 December 2019 at Multipurpose Hall QIMS. Principal QIMS, Prof Dr Arbab Abdul Wadood was the chief guest. Students from various classes of QIMS represented their research papers on different topics.

Javeria Mansoor (5th Year) secured first position, **Asma Bibi** (4th Year) second and **Nargis Saeed** (Bsn Nursing) secured third position in research paper competition while **Maryam Hussain** (4th Year), **Asma Bibi** (4th Year) and **Hira Wahab** (4th Year) clinched 1st, 2nd and 3rd positions respectively in poster competition. Principal QIMS presented shields, cash prize and certificates among the winners.



QIMS PARTICIPATION IN BUISTEMS JOB FAIR 2019

BUISTEMS Career Services Office organized career and job fair at BUISTEMS with collaboration of People's Primary Healthcare Initiative (PPHI) on 20 November 2019. The theme of the event was "Lighting the Path to a Brighter Future". Vice Chancellor BUISTEMS, Engr Ahmed Farooq Bazai (SI) inaugurated the event.

Quetta Institute of Medical Sciences also participated in event. While visiting QIMS stall VC BUISTEMS Engr Ahmed Farooq Bazai highly appreciated the efforts of QIMS staff and said that such job fairs are being regularly organized on different forums due to high unemployment rate in the province. Thousands of students from different varsities across Balochistan attended the event. According to BUISTEMS administration, more than 90 government, semi-government and private entities set up their stalls at the job fair. They informed students about various departments and employment opportunities in their respective firms.



QIMS STUDENTS PARTICIPATION IN 29TH NATIONAL CONFERENCE OF OTOLARYNGOLOGY - HEAD AND NECK SURGERY

The 29th National Conference of Otolaryngology- Head & Neck Surgery was held from 1st-3rd November, 2019 at Serena Hotel, Quetta. The congress offered an excellent opportunity to the students of QIMS to interact with renowned and reputed ENT specialists of the country. The programme included pre-congress workshops, keynote lectures, concurrent sessions, free communications and social events. An exhibition was also held concurrently to show the latest products and services offered by the Health Care Industry.



Students of QIMS **Hira Wahab (4th Year)**, **Dua Tahir (4th Year)** & **Asma Bibi (4th Year)** also participated in the conference and received appreciation certificates, cash prizes and shield from the chief guest. Participants of Otolaryngology Congress lauded the potential of the students and hoped that QIMS will serve as a launching pad to the highly talented students of the college.

QIMS MUSHAIRA COMPETITION ARRANGED BY ROTARY CLUB QIMS

Quetta Institute of Medical Sciences (QIMS) arranged Mehfil-e-Mushaira to enthrall poetry lovers on 12 December 2019 at Multipurpose Hall QIMS. The event was arranged by Rotary Club QIMS.

The purpose of the event was to entertain students / faculty members who have affection for poetry and to encourage youth to express themselves. Students of different classes along with faculty members participated in the event. Prof Dr Arbab Abdul Wadood, Principal QIMS graced the occasion as chief guest. Students actively participated in the competition. Prizes along with certificates were distributed among the winners. Principal QIMS in his speech stressed the need to promote our culture and remain linked with our roots and traditions. He said that such activities will help flourish the skills of young poets. He also stressed the need to encourage such activities which help in preserving our cultural heritage. In the end, Principal QIMS appreciated the efforts of the organizing committee.



QIMS ADVENTURE CLUB ACTIVITY VISIT TO SUN SET POINT FOR HIKING



Outdoor activities provide recreation to the mind and body. Adventure club QIMS planned hiking activity at Sun Set point Quetta on 30th November 2019. The admin support was provided by the Admin and Security branch headed by Lt Col® Aziz ur Rehman. QIMS adventure club arranged hiking to the peak of "Sleeping Beauty". The students of adventure club reached the summit in 2 hours covering a distance of 14 kilometers. Snacks were provided after the hike up followed by a lavish lunch at sunset view point before they wrapped up by dusk under the sitting sun.

GUEST SPEAKER DR.SADIA SHAKEEL VISIT QIMS

Dr.Sadia Shakil is a well known Clinical Psychologist and Brain Therapist working in Pakistan as well as around the world. She has learnt different psychotherapy techniques from leading programs in USA, China, France, Italy and Canada. Dr. Sadia Shakil has also completed Silva's Ultra-Mind ESP System and can-do mind reading. A lecture by Dr Sadia was arranged for the class of final year MBBS on 25 November 2019. She talked about capacity building, character and attitude building while remaining in the medical profession. Q / A session was held at the end of the lecture.

