

LAHORE MEDICAL & DENTAL COLLEGE

DENTAL CHATTER

Volume 3, January 2025

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Inaugural Innovative Clinical and Research Event

On October 31, 2024

Lahore Medical and Dental College (LMDC) hosted its first-ever Innovative Clinical and Research Event, led by Prof. Dr. Aqib Sohail and Prof. Dr. Sadia Iqbal. The event welcomed Chief Guest Prof. Dr. Javed Akram, alongside Guests of Honor Maj. Gen. (R) Prof. Dr. Naeem Naqi and Prof. Dr. Muhammad Mansoor Ahmed.

The event featured an intercollegiate competition, bringing together Lahore's top dental colleges to share knowledge and foster collaboration. Participants presented impressive Scientific Oral

judged by esteemed experts. Winners in each category were awarded cash prizes of PKR 25,000, PKR 20,000, and PKR 15,000 for first, second, and third place.

The event's success, marked by vibrant presentations and dynamic interactions, reflects LMDC's ongoing commitment to academic excellence and innovation — setting an inspiring example for future events.

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**LAHORE
MEDICAL & DENTAL
COLLEGE**

Editorial Panel



Prof. Dr. Gen (Retd) Naeem Naqi
Patron in Chief



Prof. Dr. Aqib Sohail
Patron



Asad Ahmad Khan
Co-Patron



Prof. Dr. Junaid Israr
Editor in Chief



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Dr. Nawal Talat
Team Member



Dr. Maleeha Mustafa
Team Member



Dr. Mariyam Arslan
Team Member



Dr. Mehak Hasnain
Team Member

Principal/Dean's Message



Dear Students,

As we embark on another exciting chapter in the journey of excellence at LMDC, I am filled with pride in the accomplishments of our dynamic community. I'm immensely proud of our unwavering commitment to excellence in dental education. Our experienced faculty, state-of-the-art facilities, and strong clinical

programs provide an unparalleled learning environment.

The practice of dentistry is being redefined not only by advancements in technology but also by the qualities that make us truly human. As future leaders in oral healthcare, I urge you to develop a balanced approach that integrates artificial intelligence, emotional intelligence, and spiritual intelligence into your journey.

Leverage artificial intelligence to enhance your clinical precision and decision-making. Let it serve as a tool to improve patient outcomes but always remember that technology is a complement—not a replacement—for your expertise.

Cultivate emotional intelligence to connect deeply with your patients and peers. Empathy, communication, and understanding diverse perspectives are as essential as technical skills in building trust and forging meaningful relationships.

Nurture your spiritual intelligence to remain grounded and purpose-driven. Whether it's through mindfulness, reflection, or aligning your work with a greater mission, this inner strength will help you navigate challenges and lead with integrity.

As you hone these three forms of intelligence, you'll find yourself equipped not only to excel in your profession but also to create a lasting impact on the world around you.

Embrace the opportunities before you and strive to impact the lives of those you serve positively. Let us continue to build on our legacy of distinction, supporting one another and aiming ever higher. Together, we will create brighter smiles and healthier futures.

Sincerely,
Prof. Dr. Aqib Sohail
Principal/Dean

Editorial

Dear Colleagues and students,

As we enter a new year, it is a moment of pride and reflection for our dental college. The past year has been a remarkable chapter, brimming with academic rigor, creative energy, and milestones that have left an indelible mark on our institution.



Academic Excellence

Our core mission of advancing dental education and research has never been more vibrant. This year saw an expansion in academic activities, with workshops, guest lectures, and hands-on training sessions that enriched the learning experience for students and faculty alike. The highlight of our academic calendar was the Research and Clinical Case Presentation Contest. The event showcased groundbreaking research and innovative clinical case presentations that were inspiring and impactful. The enthusiastic participation and high quality of work underscore dentistry's bright future.

Extracurricular Renaissance

After years of limitations, the return of extracurricular activities has reinvigorated campus life. Sports, music, dramatics, and Model United Nations (MUN) events have allowed students to express their talents. The revival of these activities reflects our commitment to holistic education, where academic pursuits are balanced with personal growth and teamwork. Sports, concerts, music festivals, dramatics, and cultural nights were especially well-received, creating lasting memories.

Honoring Excellence: The Seventh Convocation
The Seventh Convocation Ceremony was a landmark occasion, celebrating our graduates' hard work and dedication. It was a privilege to honor our high achievers, who have excelled academically. Their achievements are a testament to the quality of education and mentorship provided by our esteemed faculty.

Looking Ahead

As we celebrate these accomplishments, we also look forward to an even brighter future. Together, we will continue to uphold the values of excellence, innovation, and community that define LMDC.

Please take note of the fact that Dental Chatter will be an annual affair henceforth.

We extend our heartfelt gratitude to all who contributed to making this year a success — students, faculty, staff, and alumni. Your dedication and enthusiasm fuel the spirit of our institution. Here's to another year of growth, learning, and success!

**Best,
Junaid Israr
Editor-in-Chief**



Life in Motion: Key Moment Chronicle

Funfair and Annual Prize Distribution Ceremony

Lahore, April 26, 2024: Lahore Medical and Dental College (LMDC) marked another year of celebration and recognition as it hosted its highly anticipated "Funfair and Annual Prize Distribution Ceremony" at Ayub Stadium. The event, steeped in tradition, showcased the vibrant talents and unwavering spirit of the LMDC student body. The Ayub Stadium came alive with the energy of students, who enthusiastically participated in the array of activities and festivities. Displaying their creativity and entrepreneurial flair, students curated nine captivating stalls, each offering a unique assortment of delights. From exquisite face and hand painting to food stalls the funfair was a

various disciplines such as the three-leg race, 100m, 400m, and 800m races, javelin, and discus throws, as well as long, high, and triple jumps. The fervor and determination exhibited by the participants underscored their dedication to physical fitness and sporting excellence.

In recognition of their outstanding performances, students were awarded trophies and medals, igniting a sense of pride and accomplishment among them. The esteemed Principal of LMDC, presented certificates to deserving students, further acknowledging their academic and extracurricular achievements. Faculty members also actively participated in various games, fostering camaraderie and a sense of community among students and staff alike.

The "Funfair and Annual Prize Distribution Ceremony" served as a testament to LMDC's commitment to holistic development and nurturing talent beyond the confines of classrooms. Students reveled in the festivities, creating memories that will be cherished for years to come.



were the games and athletic competitions,



Hunarwer

Hunarwer Live Sketching Competition', held on Monday, the 22nd of April, 2024, under the kind supervision of Prof. Aruna Bashir, turned out to be a great success. A huge number of students, hailing from all years, MBBS and BDS, took part in the competition, showcasing great zeal and immense talent. The event was very well organized and aimed at opening doors for the whole institute to visit and view the artists creating their art.



The Art of Ortho Imaging: A Photography Workshop

A workshop titled "The Art of Ortho Imaging: A Photography Workshop" was conducted by the Department of Orthodontics on the 24th of April 2024 under the guidance of Patron in Chief Professor Dr. Aqib Sohail (Principal/Dean College of Dentistry, Lahore Medical and Dental College, Lahore). The target audience for the workshop was house officers and first-year postgraduate residents from different departments, and it carried 02 UHS-approved credit hours. The engaging workshop extended across two captivating sessions, commencing at 8:30 AM and concluding at 11:00 AM.



The workshop was facilitated by Dr. Muhammad Usman Ghani, Assistant Professor of Orthodontics at Lahore Medical and Dental College, Lahore. The workshop was co-facilitated by Dr. Fahad Chaudry. The chief organizer of the workshop was Professor Dr. Asma Shafique, Head of the Orthodontics Department. The workshop organizers were Dr. Maleeha Mustafa, Dr. Mah Rukh Shahbaz, and Dr. Ahmad Raza. The workshop covered almost all aspects of clinical photography, emphasizing orthodontic photography.

The workshop consisted of two sessions. In the first session, Dr. Muhammad Usman Ghani delivered a lecture on clinical photography in orthodontics. In the second session, Dr. Muhammad Usman Ghani gave a demo to participants on how to take pictures with the DSLR camera. All participants took intraoral and extra-oral pictures of the patients under the supervision of Dr. Fahad Chaudry and Dr. Maleeha Mustafa.



The organizers had spared no effort in ensuring a program that catered to the diverse needs and skill levels of attendees. Whether a house officer or an upcoming specialist, each participant found themselves immersed in an environment that easily blended theoretical knowledge with practical application. The participants left overwhelmingly positive feedback reviews.

Hunarwer Exhibit '24

Hunarwer Exhibit '24 - held on Thursday the 25th of April 2024, a colorful amalgamation of nature and art, and an opportunity to see art bloom at LMDC. The exhibition was inaugurated by the esteemed principal, Major General Prof. Naeem Naqi, and the Dental principal, Dr. Aqib Sohail, in the presence of





the staff and members of the Arts Society. Paintings, Sketches, Calligraphy, and Handicrafts crafted by the extremely talented participants, were displayed at the Exhibit, and winners were chosen.

Bakesale

The Bakesale hosted by the Patient Welfare and Ethics Society on April 26th, 2024 at Ayub Stadium was a heartwarming event that beautifully blended the delight of homemade treats with the noble cause of supporting healthcare initiatives. Every purchase made at the bake sale will contribute directly to funding crucial medical treatments and services for patients in need. This remarkable success was achieved through the collaborative efforts of dedicated MBBS and BDS students under the guidance of their Faculty In charge. Their passion and hard work will truly make a difference in the lives of those they serve.



Common Core Seminar by the Department of Operative Dentistry

The Department of Operative Dentistry in the Dental College of Lahore Medical and Dental College conducted the common core seminar on Thursday, May 16th, 2024, on the topic "Direct composite Veneers: A Minimally Invasive Approach to Enhancing Teeth" presented by Dr. Iqra Mashood.



Common Core Seminar by The Department of Oral Biology

The Department of Oral Biology in the Dental College of Lahore Medical and Dental College conducted the common core seminar on Thursday, June 27th, 2024, on the topic "Cell Phones Radiation: Implications for orofacial Tissue Health and Integrity" presented by Dr. Asma Ali.



Dental Docs 2.0 July 8

Dental Docs 2.0 is an academic project by Prof. Dr. Khurram Nadeem, HOD Oral Medicine & Diagnosis with 3rd Year BDS under the guidance of Principal Dental College LMDC, Prof. Dr. Aqib Sohail.

Dental Docs 2.0 is a series of documentaries made by the students of 3rd-year BDS. Each group was assigned a topic, and they made a short film or documentary of five to seven minutes. These documentaries aimed to create awareness regarding dental problems. Students of Lahore Medical & Dental College have made a tremendous effort by creating these short films in a minimal period. The First Dental Docs event took place in 2021, and this is the second event that premiered in Auditorium LMDC. Department of Oral Medicine and Diagnostics is thankful to the Principal Dental College and all the Faculty Members of 3rd Year BDS for their valuable support and help.



Concerning the Documentary, the following details are shared, Halitosis, commonly known as bad breath, refers to unpleasant odors emanating from the mouth. It can be caused by factors such as poor oral hygiene, certain foods, dry mouth, tobacco use, or underlying medical conditions. Proper dental care, hydration, and regular dental check-ups can help manage and prevent Halitosis.



Common Core by the Department of Orthodontics

The Department of Orthodontics in the Dental College of Lahore Medical and Dental College conducted the common core seminar on Thursday, July 25th, 2024, on the topic "Comprehensive Orthodontic Management of Cleft Lip and Palate Deformity" presented by Dr. Mahrukh Shahbaz.



Isaar Foundation

On Friday, 2nd August 2024, the Isaar Foundation successfully organized a Medical and Dental Camp at Jannat ul Firdous Trust in Lahore.

This camp featured a team of LMDC's finest doctors & medical students aimed at providing essential medical and dental services to the children in the orphanage.

Prophet Muhammad (P.B.U.H) said,

"The best of people are those that bring the most benefit to the rest of mankind." (al-Mu'jam al-Awsat by al-Tabarani)



Day of Unity and Celebration at LMDC!

On 14th August, our campus was alive with patriotic spirit as we marked Independence Day with a series of heartfelt events. The day kicked off with a proud flag-hoisting ceremony, followed by a celebratory cake-cutting and a walk that brought our LMDC family together in the spirit of freedom. Here's a look back at the moments that made this day unforgettable!



Hands-on workshop on SPSS interface and Data Entry on August 15th, 2024.

The Research Advisory Committee of Dental College, Chaired by Prof. Nazli Shujaat, under the guidance of Dr. Aqib Sohail, Principal of the Dental School, organized a hands-on workshop on SPSS interface and Data Entry on August 15th, 2024.

The workshop, conducted for house officers, was facilitated by Assistant Professor, Dr. Syeda Lalarukh Saba Shah, and commenced with a comprehensive introduction to the SPSS software, starting with an overview of its basic interface. The facilitator offered a comprehensive guide on navigating SPSS, ensuring that all participants could easily grasp the software, regardless of their prior experience. Participants then engaged in hands-on exercises to apply these skills, reinforcing their understanding of the concepts discussed. The session concluded with a certificate distribution ceremony, where respected Principal, Dr. Aqib Sohail awarded certificates to the participants and the facilitator, recognizing their active involvement and successful completion of the workshop.



Facial Aesthetics, a Rising Trend Among Dentists 22nd August 2024

The Department of Oral Medicine & Diagnosis at Lahore Medical and Dental College conducted a seminar on "Facial Aesthetics, a Rising Trend Among Dentists."

The seminar was facilitated by Dr Ansa Rasool, a Demonstrator in oral Medicine and diagnosis. The session began with an introduction to facial aesthetics, its historical background, and a detailed overview of basic and advanced procedures. Particular emphasis was placed on the dental correlation with various aesthetic treatments. The facilitator also showcased and discussed her cases performed in private

practice.

The seminar aimed to enhance the understanding of facial aesthetics within the dental field. The target audience included dental faculty, house officers, and post-graduate trainees. Following the presentation, a Q&A session took place.

The Worthy Principal, Prof. Dr. Aqib Sohail, concluded the session by acknowledging the presenter and welcoming the new upcoming house officers with advice to enhance technical expertise and cultivate empathy, patience, and resilience that make a great healthcare professional.



A Workshop on "OSPE designing skills" was held in the Oral biology lab. 12th September 2024

12 dental faculty members attended the workshop hosted by Prof. Dr. Khezran Qamar, Professor of Prosthodontics.

The emphasis was on OSPE designing so the content of this workshop included an introduction to OSPE, pitfalls in traditional examination systems, advantages of OSPE, OSPE designing principles, and followed by hands-on case presentation by participants. In the end, a question-and-answer session was conducted & feedback was given from participants. Every participant was given a chance to make a practical OSPE station which was the goal of this workshop

Prof Dr. Aqib Sohail, Principal of Dental College LMDC graced the occasion & concluded the workshop by Certificate distribution.



A Common Core Seminar

On "Connective tissue graft for mucogingival and peri-implant defects" was delivered by Dr. Ahmad Danyal, Consultant Periodontology department, and supervised by Prof. Dr. Aqib Sohail. The presentation aimed to explore the interaction between connective tissue and dental implants and discuss how peri-implant tissues contribute to implant stability and longevity. A thorough insight into how connective tissue graft can revolutionize peri-implant and mucogingival defects was presented, supported by evidence from the literature



School Visit in Collaboration with Colgate Palmolive (Pakistan Ltd) during Oral Health Week (23rd to 27th September 2024)

Collaborating with Colgate, several schools and educational institutions were visited to conduct dental examinations as part of their commitment to promoting oral health. These collabora-



tions often involve dental professionals visiting schools to provide oral health education, perform dental check-ups, and offer preventive care services. Working directly with schools aims to reach children and adolescents, promote good oral hygiene habits early in life, and address any dental issues that may affect their overall well-being. These initiatives not only contribute to improving oral health outcomes but also empower young people to take control of their dental health for a lifetime of healthy smiles.



Hands-on Workshop Focused on Indirect Bonding in Orthodontics 25th September 2024

The Orthodontics Department of Lahore Medical and Dental College organized a successful hands-on workshop focused on indirect bonding in Orthodontics facilitated by Dr. Usman Zaheer. The workshop was co-facilitated by Prof Dr. Asma Shafique, Prof Dr. Junaid Israr, Dr. Usman Ghani, and Dr. Asad-ur-Rehman under the patronage of Prof Dr. Aqib Sohail, Principal/Dean, College Of Dentistry, LMDC. The event commenced with an engaging and highly informative session, during which participants were introduced to the principles and techniques of indirect bonding. The facilitators thoroughly explained this method and drew on their extensive clinical experience to provide valuable insights. Attendees had the opportunity to delve into both the theoretical and practical aspects of the technique, ensuring a comprehensive understanding.

Participants then engaged in a hands-on activity, practicing indirect bonding techniques on dental models. This interactive component of the workshop allowed for personalized guidance and feedback, enhancing the participants' confidence. Overall, it was a productive and enriching experience for all involved.



Common Core Seminar by the Department of Science of Dental Materials

The Department of Science of Dental Materials in the Dental College of Lahore Medical and Dental College conducted the common core seminar on Thursday, October 17th, 2024, on the topic "Smart Materials In Dentistry" presented by Dr. Mehak Hasnain.

The seminar offered an in-depth exploration of the various smart materials transforming modern dental practices. Both the current innovations and ongoing research surrounding these materials were discussed, emphasizing their potential to revolutionize patient care, enhance treatment precision, and boost overall efficiency in dental procedures. The seminar highlighted the impressive benefits of these new materials, from self-healing dental fillings to responsive biomaterials that adapt to patients' needs.

The session was attended by dental faculty, house surgeons, and post-graduate trainees. Following the presentation, an engaging Q&A session allowed participants to ask about the practical applications of these materials in clinical settings. The session was concluded by the worthy principal, Prof. Dr. Aqib Sohail.





Lecture on entrepreneurship on 24-10-2024t

The Department of Dental Education organized a lecture on entrepreneurship on 24-10-2024 for first-year BDS students under the supervision of Principal/Dean Prof. Dr. Aqib Sohail.

We were honored to have Dr. Rashid Mehmood, certified Orthodontist, Founder and CEO of "Smile Curve Limited", and MS in health care management and innovation, lead an insightful session on Entrepreneurship for our first-year BDS students.

From exploring the fundamentals of starting a business to highlighting the role of innovation in dentistry, Rashid Mehmood shared

practical strategies to inspire the next generation of dental professionals to think beyond the clinic and embrace the world of entrepreneurship.

Our students left with fresh ideas and renewed excitement about the possibilities ahead.



Inaugural Innovative Clinical and Research Event.

On October 31, 2024, Lahore Medical and Dental College (LMDC) proudly marked a significant milestone by hosting its inaugural Innovative Clinical and Research event. Spearheaded by Prof. Dr. Aqib Sohail, Patron-in-Chief and Dean/Principal of the College of Dentistry, LMDC, and Prof. Dr. Sadia Iqbal, the event's Chief Organizer, the institute once again demonstrated its commitment to academic excellence.

The event was graced by our distinguished

Chief Guest, Prof. Dr. Javed Akram, Chairman of Akram Medical Complex & former Minister for Health, Government of Punjab, and esteemed Guests of Honor, Maj. Gen. (R) Prof. Dr. Naeem Naqi, Vice Chancellor of Lahore University of Biological and Applied Sciences/Principal of LMDC, and Prof. Dr. Muhammad Mansoor Ahmed, Vice Chancellor of the Capital University of Science and Technology.

The intercollegiate competition held by the College of Dentistry offered a forum for building connections and cross-institutional teamwork in addition to sharing knowledge. The presence of



the best dental schools in Lahore enhanced the learning environment for all participants by encouraging an air of competition and encouragement. A wide spectrum of topics was presented by the participants. Every presentation demonstrated the commitment and academic rigor that LMDC instills in its faculty and students.

The renowned judges provided an unparalleled depth of expertise and objectivity to the evaluations. Their thoughtful deliberations ensured that every research, clinical case, and poster presentation received due recognition. Additionally, deserving of great recognition are the various committees and their members' persistent cooperative work to make the event a roaring success.

The highlight of the event was the winners in the three competitive categories: Scientific Oral Research Presentations, Clinical Case Presentations, and Scientific Poster Presentations. Each category acknowledged three winners, with generous cash prizes of PKR 25,000 for first place, PKR 20,000 for second place, and PKR 15,000 for third place. The excitement among participants was palpable as they awaited the results, and the awards were a testament to their hard work, dedication, and innovation. The diversity of winners at the event was what made it stand out, with all participating dental colleges in Lahore securing wins in different categories.

The stunning photos captured of the event showcase the vibrant presentations and dynamic interactions. We encourage everyone to relive the remarkable moments and celebrate the achievements of those who made this event possible. This event will act as an example of innovation for the entire Lahore Medical and Dental College community and beyond.



Community & Preventive Dentistry Poster Presentation

Presenting the future of dentistry: This student-led dental poster presentation highlights the exceptional work of eight dedicated groups, each exploring key topics and innovations in dental science. From cutting-edge techniques to new research in oral health, these groups showcase creativity, teamwork, and commitment to advancing dental care. Proud of our students for their hard work and passion for shaping the future of dentistry. Scientific Poster presentations were judged and graded by the faculty of Community & Preventive Dentistry.



Annual Research Presentations competition for 2nd year BDS

The Department of Science of Dental Materials, under the supervision of Prof. Usman Mahmood, hosted its annual Research Presentations competition for 2nd year BDS students. The event featured a series of insightful presentations on cutting-edge innovations in dental biomaterials and emerging technologies.

Students explored groundbreaking topics such as Nanotechnology in Pediatric Dentistry and Orthodontics, Biomaterial Scaffolds in Maxillofacial Bone Regeneration, Exosomes and Biomaterials in Tissue Regeneration, Green Dentistry, and the Role of Silver Nanoparticles in Dentistry. These presentations provided a fasci-

nating glimpse into the future of dentistry, highlighting the rapid advancements in material science and regenerative techniques reshaping the field. The competition was judged by senior Professors from both Dental & Medical Colleges.

The event's Chief Guest, Prof. Dr. Aqib Sohail, who has always promoted the culture of innovative teaching skills and lent his patronage to this annual event, lauded the students for their dedication and encouraged them to continue advancing dental innovations. After thorough deliberation, the judging panel selected the top three presentations: Nanotechnology in Pediatric Dentistry and Orthodontics, Exosomes and Biomaterials in Tissue Regeneration, and The Role of Silver Nanoparticles in Dentistry. The winners were awarded certificates in recognition of their outstanding efforts, with their achievements warmly acknowledged by senior faculty and peers.



Entrepreneurship

We wish to express our profound appreciation to all participants who graced the recent lecture on 'Dentapreneurship', meticulously orchestrated by Prof. Dr. Khurram Nadeem, Head of the Oral Medicine & Diagnostic Department. This enlightening discourse took place under the esteemed guidance and patronage of the Principal/Dean of Dental College, LMDC, Prof. Dr. Aqib Sohail.

The lecture epitomized a harmonious blend of erudition and practical wisdom, imparting invaluable insights into the convergence of dentistry and entrepreneurship. Prof. Khurram's expertise illuminated the path toward innovative approaches in the field, inspiring all attendees to strive for excellence in their professional endeavors.

At the end of the session, the worthy Principal/Dean, Dental College, LMDC presented a Certificate to the presenter.



International Workshop on Surgical Orthodontics

A workshop titled "Orthodontic Aspects of Orthognathic Surgical Cases" was hosted by the Orthodontic Department on 15th November 2024. The event was conducted by the esteemed international speaker Dr. Serkan Saghir (DDS, PhD, Istanbul, Turkey) and co-facilitated by Prof. Dr. Asma Shafique, Head of the Orthodontic Department, Lahore Medical and Dental College (LMDC). The target audience for the workshop was postgraduate residents from various dental colleges across Pakistan. The engaging program spanned three captivating sessions, beginning at 9:45 AM and concluding at 5:30 PM.

The workshop was truly exceptional. With meticulously curated content and an interactive learning format, every aspect was thoughtfully designed to equip participants with the skills, knowledge, and confidence necessary for excelling in orthognathic surgical planning.

The event commenced with the recitation of the Holy Quran by Dr. Atta, followed by a workshop overview and an introduction to the speaker by Dr. Fayyaz Nafees, who served as the stage host. The workshop consisted of three sessions, during which Dr. Serkan Saghir showcased various orthognathic surgical cases, covering all critical aspects in detail. The speaker delved deeper into various aspects of orthognathic surgical cases he had treated, introducing participants to innovative concepts and practical strategies. The sessions offered a wealth of knowledge and inspiration to attendees.

At the conclusion, Prof. Dr. Aqib Sohail, Principal/Dean, College of Dentistry, LMDC, presented a shield to Dr. Serkan Saghir in recognition of his expertise and contributions. He appreciated the Orthodontic Department's efforts in organizing the workshop, gathered positive feedback from attendees, and emphasized the need for similar activities in the future. Prof. Dr. Asma Shafique also commended the principal for his support

and presented him with a shield on behalf of the Pakistan Association of Orthodontists. The event concluded with Dr. Shabbir Hussain, President of the Pakistan Association of Orthodontists, and Dr. Serkan Saghir presenting certificates of attendance to all participants, marking the workshop's successful completion.



LM&DC Alumni Association

Alumni strong, together we rise! From sharing memories to creating new opportunities, our alumni association is all about fostering lifelong connections and empowering each other to achieve greatness. Whether you're near or far, you're always part of the family. Let's stay connected and continue to inspire one another!





Basic Life Support Skills

A hands-on workshop was conducted by the Department of Oral Surgery, on basic life support skills, under the supervision of the Principal/Dean & Head of the Oral Surgery Department Prof. Aqib Sohail. This hands-on session is an important part of the course of 'maxillofacial trauma', taught to the final year BDS students. The activity was conducted by the senior faculty members of the department including Dr. Nighat Zahid, Dr. Tayyaba Rafiq, and Dr. Fareed Chishti, facilitated by the academic coordinators of oral surgery Dr. Sadia Gull and Dr. Zoya Aslam. Skill stations for CPR guidelines, essential management of the airway, circulation, and steps of the surgical airway were prepared. The students were encouraged to perform the hands-on activity at each station.



The Certificate Distribution Ceremony 3rd Year BDS 2023-24

We are delighted and honored to acknowledge the outstanding results of the 3rd Year BDS 2023-24. Notably, Dental College, LMDC stood out as one of the top institutes with exceptional academic achievements, including a remarkable 3rd position in UHS secured by one of our students. The Certificate Distribution Ceremony, hosted by the Principal/Dean of Dental College, LMDC, Prof. Dr. Aqib Sohail, alongside the dedicated faculty of 3rd Year BDS, was a testament to our commitment to excellence.

A heartfelt gratitude to Vice Chancellor UBAS, Maj. Gen. (Retd) Prof. Dr. Naeem Naqi, for gracing us with his presence and encouragement. Certificates were awarded to high achievers and distinction holders, while a plaque of appreciation was presented to the esteemed faculty members of the 3rd Year BDS program



Innovative Teaching and Learning Methodologies

Prof Dr. Aqib Sohail conducted a session on "INNOVATIVE TEACHING AND LEARNING METHODOLOGIES" to foster the vertical integration of the Final year BDS students of Oral and Maxillo-facial Surgery. Prof. Dr. Sadia Iqbal, a subject specialist in oral pathology, was invited to review and give feedback regarding odontogenic cysts and tumors. After a brief interactive lecture, the candidate's cognitive ability was engaged through gamified assessments utilizing the IT Green lab. Students express their appreciation and excitement as the tool transforms learning into an active and enjoyable experience. It gives students immediate feedback through progress bars, badges, and teacher responses and allows them to track their progress easily. Students suggested incorporating such gamification strategies into the curriculum to enhance learning outcomes. This activity was co-facilitated by Dr. Sadia Gull, Dr. Ayesha Tariq, and Dr. Muneeba Shoaib.



ORAL SURGERY ANNUAL QUIZ 2024

The Department of Oral Surgery LM&DC conducted an annual quiz competition for the students of final year BDS 2024, in mid-December. The entire class was divided into 7 groups, and the quiz was designed using different tools of assessment, including a gamification app, a



card show segment, and the first bell ring. This activity was conducted by Prof. Aqib Sohail (Principal/Dean/HOD), along with the faculty members Dr. Nighat Zahid, Dr. Tayyaba Rafiq, Dr. Fareed Chishti, facilitated by Dr. Sadia Gull and Dr. Muneeba Shoaib, in collaboration with the Department of Dental Education and IT department LM&DC.

The winning group was given a surprise gift with certificates of appreciation. Wishing our final-year students all the best for their upcoming exams.

Case Based Discussion Conducted by Orthodontics Department.

The Orthodontic department conducted a case-based learning activity with final year BDS on 13th Dec 2024. The Case-Based Learning activity aimed to enhance critical thinking, problem-solving, and decision-making skills among participants through real-life orthodontic cases. It focused on applying theoretical knowledge to practical scenarios, fostering a deeper understanding of orthodontic treatment planning strategies. The class was divided into 11 groups. Each group was assigned one

case comprising a characteristic malocclusion along with its complete diagnostic records and a set of questions to respond to. Participants engaged in lively discussions within their groups, analyzing the presented case from multiple perspectives. They diagnosed the malocclusion after analyzing various diagnostic records, discussed potential treatment options, and came up with the most effective approaches. The Senior Faculty members and demonstrators supervised each group and challenged participants to justify their treatment plans. They encouraged students to develop treatment plans while addressing their queries. Senior faculty members of Basic and Clinical Sciences were invited to witness the activity. The cases were presented by each group at the end of the group activity. These presentations were moderated by the head of department, Prof Dr. Asma Shafique while Prof Dr. Junaid Israr, Dr. Asad ur Rehman, and Dr Usman Ghani served as judges. At the end of the activity, Prof. Asma Shafique addressed the students and explained the rationale behind the CBL. She highlighted that the Department of Orthodontics always strives hard to implement innovative teaching methodologies for the effective transfer of knowledge. The Principal of the Dental college, Prof. Dr. Aqib Sohail was invited to share his thoughts. In the closing remarks, the principal highly appreciated the efforts of the department. The day-long activity ended with certificate distribution to the successful group by the Principal Prof. Aqib Sohail. The activity was well perceived by the students, they considered that it enabled them to acknowledge the importance of an efficient team which plays a dynamic role in community service.



Common Core Seminar by The Department of Oral & Maxillofacial Surgery

The Department of Oral & Maxillofacial Surgery in the Dental College of Lahore Medical and Dental College conducted the common core seminar on Thursday, December 19th, 2024, on the topic "Management of Benign Lesion" presented by Dr. Ayesha.



7th Convocation of Lahore Medical and Dental College

Marking a proud moment of academic excel-

lence, the 7th Convocation of Lahore Medical and Dental College celebrated the achievements of 734 graduates from MBBS, BDS, Doctor of Pharmacy, Doctor of Physical Therapy, and BS (Hons) in Nutrition Sciences. The event was graced by the Chief Guest, Prof. Sohail Afzal, Executive Director of Punjab Group of Colleges, and Prof. Nadia Naseem, Pro Vice Chancellor of the University of Health Sciences.

The Vice Chancellor of UBAS, Prof. Dr. Naeem Naqi, in his address, expressed pride in the college's reputation and the meaningful contributions of its graduates. He urged students to embrace integrity, passion, and responsibility as they move forward in their careers.

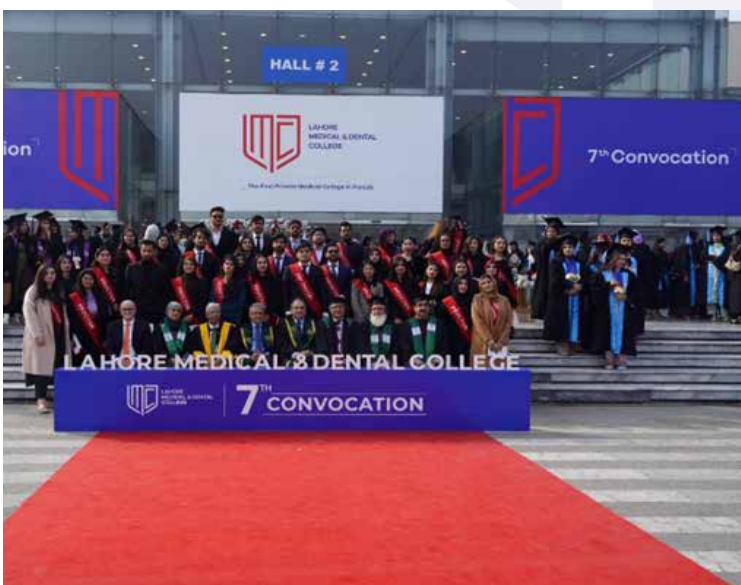
Pro Vice Chancellor of UBAS, Prof. Dr. Naeem Mubarak, commended Lahore Medical and Dental College's success, emphasizing its high-quality education, research environment, and practical training. He highlighted the college's evolution into the Lahore University of Biological and Applied Sciences, which now offers advanced degree programs.

The dignitaries, students, and staff offered heartfelt acknowledgment to Mr. Asad Ahmad Khan, Chief Administrative Officer, whose tireless dedication and exceptional organization ensured the event's success, leaving a lasting impression on all attendees.

The leadership of Prof. Dr. Aqib Sohail, Principal of the Dental College; Prof. Dr. Syed Ullah Arsalan, Dean of the College of Physical Therapy; and Prof. Dr. Anees Ur Rehman, Dean of Ruth Pfau College of Nutrition Sciences, inspired graduates to uphold excellence in their profes-



sional journeys. A total of 734 medals were awarded to outstanding students, including 364 gold, 347 silver, and 23 bronze, recognizing their exceptional academic achievements. Graduates expressed heartfelt gratitude to their parents and teachers for their unwavering support and guidance.



Operative Dentistry Workshop On Occlusion and Temporomandibular Disorders(Prosthetic and Surgical Management)

7th January 2025



ISO certification

Dental Hospital, LM&DC, Lahore, has successfully renewed its ISO 9001:2015 certification, demonstrating its commitment to providing high-quality and safe dental care. The certification, issued by RICI US LLC, validates the hospital's adherence to international quality management standards.

Prof. Dr. Aqib Sohail, Principal/Dean of Dental College, LM&DC, expressed his satisfaction with the achievement:

"This renewal signifies our unwavering dedication to patient safety and continuous improvement. By implementing and maintaining a robust quality management system, we ensure that our patients receive the highest standard of dental care in a safe and supportive environment."

ISO 9001:2015 is a globally recognized standard that outlines requirements for a quality management system. By meeting these standards, Dental Hospital, LM&DC, demonstrates its commitment to:

Patient-centric care: Prioritizing patient needs and satisfaction in all aspects of service delivery.

Continuous improvement: Regularly reviewing and enhancing processes to improve efficiency and effectiveness.

Risk management: Identifying and mitigating potential risks to patient safety and service quality.

Staff training and development: Ensuring that staff are well-trained and equipped to deliver high-quality care.

This certification renewal reinforces Dental Hospital, LM&DC's position as a leading provider of dental healthcare services in Lahore.



RICI
 The management system of
Dental Hospital, LM&DC, Lahore
 Tulipura, North Canal Bank Road, Lahore, Pakistan

has been assessed and certified as meeting with the requirements of
ISO 9001:2015

Under the Scope:
 "Provision of Dental Health Care Services"

IAF Code : 36
 Certificate Number : PK190051
 Issue date : 04-01-2025
 Valid till : 28-12-2025
 Original issue date : 29-12-2018

Authorized Signature
 RICI US LLC
www.ricisonline.com

"This certificate remains valid subject to successful surveillance audits and maintenance of management system as per certification rules and procedures of RICI US LLC."
 "Further clarification regarding scope of this certificate and applicability of ISO 9001:2015 requirements may be obtained from the organization."
 "This certificate remains property of RICI US LLC, to whom it must be returned upon request."

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LAHORE MEDICAL & DENTAL COLLEGE

Meet the Faculty

What inspired you to pursue a career in orthodontics?

My inspiration to pursue a career in orthodontics came from two incredible mentors, Dr. Ulfat Bashir and Professor Dr. Rafique Chatta, who have been my role models throughout my journey. Their guidance helped me develop a deep understanding of orthodontics, and my passion for the field grew stronger. Due to my strong performance, I was granted an additional six months in orthodontics during my housejob, which further solidified my commitment to orthodontics. Since then, I've never looked back.

What do you find most fulfilling about teaching orthodontics to undergraduate students?

What I find most fulfilling about teaching orthodontics to undergraduate students is the positive feedback I receive from them. One of the most rewarding aspects is hearing from students who perform well in their exams and share that my lectures helped them succeed, with some even mentioning that they could "hear my voice" guiding them during the exam. Additionally, I take great satisfaction in the feedback from students preparing for overseas exams, who tell me that my teaching made orthodontics easier for them to understand and navigate. These moments of impact make teaching deeply gratifying for me.

Are there any innovative teaching methods or tools you've introduced to your classes?

Teaching has been a family tradition for me, and I've been involved in educating others since childhood, even using objects as my "students." After completing my fellowship, I made a conscious decision to pursue teaching as a career. To further enhance my skills, I completed a Master's degree at McMaster University, where my research focused on simulation-based curriculum development. As a result, I've introduced teaching simulators in my department as a valuable educational tool. Additionally, for the past five years, I've incorporated case-based learning activities into my courses to promote active learning and critical thinking. This year, I'm proud to share that my first international publication on case-based learning was accepted and published on PubMed.

Prof. Dr Asma Shafique
Head of Department Orthodontics
Dental College (LMDC)



Who has been the most significant influence in your professional life, and why?

The most significant influence in my professional life has been my Taya Abu, Professor Mazhar ul Haq Qureshi. While many medical professionals in my family inspired me, he was the only dentist. As the former principal of the de Montmorency College of Dentistry, he played a pivotal role in shaping my career. Though he specialized in operative dentistry, he encouraged me to pursue orthodontics and always referred to me as his "jaan nasheen," a term that reflected his deep affection and belief in my potential. His guidance continues to inspire me every day.

Can you share a defining moment in your journey as an orthodontist and educator?

A defining moment in my journey as both an orthodontist and educator dates back to my childhood when I first developed a love for teaching. I used to teach sofas at home, and one day, my maid saw me and asked me to teach her daughter, who was in first grade while I was in sixth. Years later, on my wedding day, that same student came up to me and told me I had been a great teacher, and because of my help, she was able to complete her BA. As an orthodontist, my defining moment came

during my final professional exams, when my parents had just moved to Canada, and I had to shift to a hostel. It was a very traumatic time, and I ended up staying with my Khala the day before the exam. I hadn't studied and was reluctant to take the exam, but my Khala insisted I give it a try. To my surprise, I ended up scoring the highest marks in that subject. That experience made me realize that orthodontics was truly my calling.

What do you do in your free time to unwind or stay inspired?

In my free time, I like to relax by binge-watching dramas when I'm feeling drained. But I also find that reading orthodontic literature before bed helps me unwind while keeping my passion for the field alive. It's a way for me to both recharge and stay inspired.

What's your favorite book, movie, or hobby outside your professional interests?

Outside of my professional life, my favorite hobby is cooking for my family. I believe a mother's love is best expressed through food, and I cherish the moments spent around the dining table, enjoying a meal together with them. It's a simple but deeply fulfilling way to connect with my loved ones.

What's the best advice you've ever given to a student?

To recently graduated students, my advice is to avoid wasting time and focus on further studies while simultaneously working on 2-3 backup plans for your future. For post-graduate residents, I always stress the importance of building a strong theoretical foundation. Don't hesitate to explore different orthodontic mechanics during your training and embrace every learning opportunity without fear.

Meet the Faculty



LAHORE
MEDICAL & DENTAL
COLLEGE

Meet the Faculty

What motivated you to pursue your career as an oral pathologist?

My interest in oral pathology began during my BDS years. In the third year, Prof. Dr. John Isaac (HOD Oral Pathology Dept.) humorously called our class a "Bunch of Buffalos" due to the monotonous histological description that created disinterest. However, in my final year, I won third prize in a table clinic with the topic "Vision 2000 about Oral Health," at the sixth Pakistan International Dental Conference, Karachi, which sparked my interest, especially after feedback from Dr. Kamran Ali (HOD Oral Pathology, De'Montmorency College of Dentistry, 2000) and Dr. Ulfat Bashir. In 2002, I joined a WHO Pathfinder survey on oral health in the Lahore- Kasur belt, discovering high rates of fluorosis with low caries prevalence. Delusion about Oral Pathology further decreased after a free camp in Halla Town, near Pattoki, where I encountered facial swelling cases, and my passion for the specialty significantly grew stronger. In 2003, I worked in the oral surgery department as a Demonstrator at LMDC, where oral pathology was allied with Oral and maxillofacial surgery, deepening my interest. As soon as the MPhil in Oral Pathology got recognition in Pakistan, I applied and was selected, solidifying my commitment to the field. Being part of the first batch is a significant milestone and a testament to the pioneering spirit in advancing oral pathology in Pakistan.

What's your favorite part about teaching oral pathology to students?

My favorite part of teaching oral pathology is unveiling the Microscopic World: Introducing students to the intricacies of diseases at the cellular and molecular levels often sparks curiosity. I enjoy teaching them how to link clinical signs with histopathology, building their critical thinking and analytical skills for better diagnosis and patient care. I also love connecting clinical dentistry with basic sciences and using real-world cases to make learning more practical. Finally, I try to inspire students to pursue research and explore the unanswered questions in oral pathology.

Prof. Dr Sadia Iqbal

Head of Department Oral Pathology
Dental College (LMDC)



Can you share some insights about your experience teaching here at LMDC?

Teaching at LMDC has been a wonderful experience. One memorable moment was when a student presented on a topic of connective tissue, impressively mimicking a previous teacher to explain the topic through a parody—showing their creativity and talent. I've also learned a lot from my enthusiastic students, constantly gaining new insights. Over time, I've adopted different teaching methods, like using 3D models to display in museums, Open book tests with enhanced difficulty levels, and incorporating gamified assessments conducted in the IT Green Lab. These innovations have transformed learning into a more active and enjoyable experience for everyone.

What are your proudest professional accomplishments?

My proudest professional accomplishments include being appointed Chairperson of the Scientific Committee at LMDC, where I organized two groundbreaking workshops. The first, on "Early Recognition and Detection of Oral Potentially Malignant Disorders" in February 2023, and the second, on "Fine Needle Aspiration Cytology of the Head and Neck Region" in October 2023, were both firsts in Pakistan. I

have also served as Secretary and Vice President of the Punjab Council for the Pakistan Society of Oral and Maxillofacial Pathology (PSOMP) since 2014 and also received an honorary fellowship from the Pakistan Society of Oral and Maxillofacial Pathology in August 2018. One of my greatest achievements was serving as Chief Organizer for the "Innovative Clinical and Research Event" in October 2024, which was attended by distinguished guests, including Prof. Javed Akram, former Minister for Health Punjab, and many other pioneers in dentistry. I truly believe that "Perseverance is not a long race; it is many short races one after the other"

What's the most rewarding aspect of your work?

The most rewarding aspect of my work is the opportunity to shape young minds and contribute to the future of oral pathology. Being in a position to influence the next generation and guide them toward meaningful contributions to the field is truly fulfilling. I take pride in paving the way for others, especially in newly established programs, which will impact the future of oral health in Pakistan. Additionally, being the first to pursue this degree in Pakistan has set a foundation for others to follow.

How do you stay motivated?

I stay motivated by setting short-term goals and staying curious about new advancements in the field. Connecting with peers, exploring research, and learning about advanced technologies keeps me engaged. Seeing positive changes in patients after a correct diagnosis and treatment is incredibly rewarding. My father always encourages me by saying, "Do something different and distinctive," which inspires me to think creatively and push beyond the routine.

Do you have any advice for students aspiring to specialize in oral pathology?

My advice to students aspiring to specialize in oral pathology is to see dentistry as more than just treating teeth. Oral and Maxillofacial Pathology (OMFP) focuses on diagnosing diseases through tissue changes in the oral cavity, jawbones, and maxillofacial structures, linking closely with oral surgery, oral medicine, and general pathology. Oral pathologists can not only observe and identify the gross manifestations of disease but also appreciate and

understand its microscopic manifestations. The tremendous growth in molecular-based techniques, immunology, genetics and broadens the scope of this branch to a great height of diagnostics, research, teaching, and guiding clinicians. As Sir William Osler said, "As is our pathology, so is our practice." Our decisions are vital for successful treatment, and we must always uphold the highest standards, as patients' lives depend on our accuracy and ethics.

"Optimism Is the Faith That Leads To Achievement. Nothing Can Be Done Without Hope And Confidence"

Meet the Faculty



**LAHORE
MEDICAL & DENTAL
COLLEGE**

Alumni Corner:

What inspired you as a female to pursue dentistry, and how did your time at this college shape that journey?

From a young age, I watched my father's eyes light up with passion and pride at every diagnosis he made and every successful treatment he provided as a dentist. Witnessing his dedication and skill sparked a sense of excitement within me—a desire to explore this noble profession as my own.

Stepping into the vibrant life at LMDC was a whirlwind of emotions. Each task and exam was rigorous, each challenge demanding, yet these experiences molded me. The teachers I observed and learned from made a profound impact, helping me build self-confidence, resilience, and a clear vision for my future. As an ambitious woman in a male-dominated society, these qualities were indispensable for carving my path and pursuing my aspirations

What was your inspiration in the transition from being a student to a teacher in the medical field?

I owe this transformation to a few treasured mentors from my 3rd and 4th years of dentistry—individuals I have always regarded as role models. They embodied qualities such as professionalism, resilience, and an unwavering passion for their work, qualities that inspired me to emulate them in my own career. I feel immense gratitude towards these remarkable teachers: Prof. Shazia Ibn-e-Rasa, Prof. Samir R. Qazi, and Prof. Aqib Sohail. May Allah Almighty bless them with a long and healthy life, Ameen.

Were there any professors or mentors during your time who significantly influenced your career?

Who I am today as a professional is largely shaped by two pivotal personalities: my father, Dr. M. Rafiq—my lifelong inspiration from home—and my teacher, Prof. Aqib Sohail—my guiding light during college. Both have had a profound influence on my journey, nurturing my academic growth, fostering personal development, offering invaluable career advice, and serving as steadfast mentors. Their guidance has extended far beyond the classroom, leaving

Dr. Tayyaba Rafiq



a lasting impact on both my professional and personal life.

How do you think alumni like yourself can contribute to the institution's growth?

The contributions of alumni to their alma mater can be profoundly impactful and multifaceted, spanning various levels of engagement. Alumni play a crucial role in mentoring current students, offering guidance on navigating academic and professional challenges, building confidence, and providing practical insights into their chosen fields. Guest lectures and workshops delivered by alumni bring real-world expertise and experiences into the classroom, bridging the gap between academic learning and industry practices.

Active participation in alumni organizations is another significant avenue of contribution. By organizing reunions, networking events, or virtual gatherings, alumni help maintain strong connections within the alumni community. Additionally, alumni can act as ambassadors for their alma mater, enhancing its reputation and appeal. Through public speaking, social media engagement, or word-of-mouth promotion, they can attract new students, faculty, and funding. Their endorsement serves as a testa-

ment to the institution's quality and impact.

What skills or qualities do you believe are essential for today's medical students to succeed?

The quality of empathy is rooted in the understanding that patients are far more than cases to solve, files to review, or lab results to interpret. They are individuals with lives, families, and unique stories.

This profound realization can transform not only the way we approach patient care but also our perspective on life itself. It reminds us that the white coat we proudly wear on our first day of training is not just a symbol of knowledge, but a mantle of immense responsibility. Empathy is the bridge that connects technical expertise with the human element, making all the difference in the art of healing.

What legacy would you like to leave behind as a female at this college as both an alumna and a teacher?

While every individual's goals and values may vary, as a female surgeon, I envision a key part of my legacy to be the care and empathy I extend toward my patients. I firmly believe that being a compassionate surgeon—one who treats patients with respect and dignity, while taking the time to understand their fears and needs—can leave a lasting impact not only on their health but also on their hearts.

As a teacher and alumna, I strive to inspire my students, especially young women, to pursue their dreams with confidence and determination. By fostering a culture of compassion, resilience, and self-belief, I aim to create a legacy that empowers others and paves the way for future generations.

Alumni Corner



LAHORE
MEDICAL & DENTAL
COLLEGE

Alumni Corner

How did your education here in LMDC shape your journey as a Dental professional in the UK?

My education and work experience which followed at LMDC played a pivotal role in shaping my journey as a dentist in the UK. It most certainly influenced my career trajectory by providing me with a sound academic foundation, clinical training based on ethical and professional standards, and a platform for networking and advanced career opportunities.

What keeps you passionate about the field of dentistry after all these years?

My passion for dentistry stems from several deeply personal and professional motivators. Western work culture has also shaped it immensely over the last few years. Many aspects keep me inspired in my journey in the broader spectrum as well as daily routine such as an opportunity to transform patients' lives and help them to achieve healthier, pain-free, and more confident smiles. I have always been intrigued by the art of dentistry and my problem-solving skills. Lastly, the diverse nature of dentistry involving advanced procedures like implants or orthodontics—keeps each day exciting and different for me.

Could you share the challenges you faced during your early dental career in the UK and how you overcame them?

In the early stages of my dental career in the UK, I faced several challenges that tested my resilience and adaptability. I think the hardest one professionally was adapting to a new health-care system and complying with UK standards of dentistry. Other hurdles faced were building clinical confidence and rapport with patients from diverse backgrounds while understanding cultural nuances and addressing language barriers required additional effort. Starting my dental career in the UK came with financial burdens, such as initial low income, investment in professional development, and relocation costs. I had confidence in myself that I would sail through these initial challenges and kept pushing until it turned into a reality with God's will.

Are there any traditions or values from your

Dr. Asad Hasan

Associate Dentist, Herefordshire and Shropshire, UK.



time as a student that you try to carry forward as a practitioner?

Most certainly! Many traditions and values from my time as a dental student played a central role in shaping my professional ethos and practice today. Some of the key ones I carry even today are commitment to lifelong learning, ethical practice, taking pride in teamwork and collaboration, time management, and patient-centered care. I feel that none of these aspects are unique to me, it is rather a basic principle of right and wrong which you have to keep reminding yourself of.

What qualities and skills do you believe are essential for today's dental students in Pakistan to succeed in foreign countries?

I believe Pakistani dental students are very capable and hard-working. There is no better comfort than knowing that the basics of science and skill remain the same anywhere in the world. Strong academic and clinical foundation, communication skills, fluency in English, and cultural sensitivity play a huge role.

I would strongly suggest young dentists and students focus on long-term goals rather than short-sighted targets. Another aspect where I feel everyone needs more training is the devel-

opment of an entrepreneurial mindset. Skills like marketing, practice management, and patient acquisition are crucial for success.

What advice do you give students to excel both academically and clinically?

Excelling both clinically and academically as a dental student requires a balanced approach, combining discipline, curiosity, and hands-on practice. Prioritize a strong academic foundation. Make sure you understand the concepts of anatomy, physiology, pathology, and dental materials rather than rote memorization. Develop clinical confidence and maximize hands-on practice by using every opportunity to refine your skills during pre-clinical and clinical rotations. Stay curious, open open-minded, build a strong work ethic, and emphasize manual dexterity. Improve your hand-eye coordination and dexterity through activities like drawing, sculpting, or using fine tools. Learn proper posture and techniques to avoid strain and ensure long-term efficiency. Stay updated with research and focus on health and well-being.

Alumni Corner



LAHORE
MEDICAL & DENTAL
COLLEGE

Student Corner

A Night to Remember

Decadent aroma of freshly baked brownies,
wrapped the house in a soothing sweep
With a cup of espresso held in hand,
packed the eateries in my satchel
As I rushed to leave,
the silver gleam of moonlight caught my eye
As I locked the door to begin the midnight trek,
the biting wind tore through my coat
Yet, the heat of the coffee mug soothed my
hands
and its rich aroma whispered peace to my soul
I walked amidst the eerily silent woods that I
could hear the trees' soft dance
In that profound silence,
I paused to reflect and ponder

Beneath the skies where foreign winds roam,
I walk through London's shadowed trees so far
from home,
A sudden distant cheer and laughter,
there they were dancing by the firelight
I quickened my pace to join and vibe under the
open sky
Singing Bollywood songs in the west, a perfect
fusion of worlds
Truths were revealed, and dares set us free,
In the flickering fire's glow, we felt wild & care-
free
Each moment was stitched with joy,
As we lived and loved beneath the starlit skies
It was a night to remember, a memory to keep;
forever new

Sahibzadi Maaham Rashad
Final Year BDS

Spiritual Discernment

A shackled mind in agony,
With purging fire to pierce through the cage
The voice inside holds me back
Overshadowing the real rage
A shackled mind in agony,
Relinquishing control to this indifferent soul
Blinding lights and deafening noise
Failure to discern the immaterial goal
A shackled mind in agony,
A wall to the unseen realm
Ignorance, not nescience
Doomed in the worldly whelm

A shackled mind in agony,
Standing on the ledge
Relentless passage of time; an epiphany,
A fatal reminder of the seeds sown
A shackled mind in agony,
Transcend to the azure sky
triumph over the catastrophic storm
This is where I belong & fly high
A brief respite from agony; radiating the
unshackled glow
In the fear of scars, the rage took flight

Sahibzadi Maaham Rashad
Final Year BDS

The Heart of LMDC

Within these walls, where dreams begin
LMDC feels like home within
Through every challenge, each new test
We push ourselves, we give our best

From early mornings to long nights
This place shapes us, fuels our fights
It's more than a name, it is where we grow
A bond that stays a light we know

LMDC lives in all we do
A part of me, a part of you
Our journey starts, but it won't end
Here is where we learn, where we mend

Muhammad Zuhayr Khan
Final Year BDS

A Cry for Humanity

In Gaza, Palestine, and Syria, every sunrise brings despair instead of hope. Children grow up knowing fear before they know freedom, and the sound of bombs becomes their lullaby. Their dreams are buried under the rubble of destroyed homes, and silent tears replace their laughter.

Families are torn apart daily. Mothers cradle their children, shielding them from the horrors of war, while fathers, once proud protectors, stand helpless amidst the devastation. In Syria, refugee camps overflow with people who once had homes, jobs, and dignity. In Gaza, children like Amal dream of a world beyond blockades and destruction, a dream that seems impossible to reach.

These lands bleed silently, while the world watches from a distance. Every missile that falls, every bullet that's fired, and every blockade imposed is not just a land attack it's an attack on humanity. These are not numbers; they are lives, families who mourn, children who suffer, and generations whose futures are stolen.

The greatest tragedy is the war and the indifference of those who turn a blind eye. Their cries for help should not echo unanswered. To remain silent is to be complicit.

To the people of Gaza, Palestine, and Syria: your pain is seen, your resilience admired. Let us not wait for the last cry to fade before we act. Humanity's survival depends on our ability to care, to speak, and to demand justice. Because when we lose compassion, we lose ourselves.

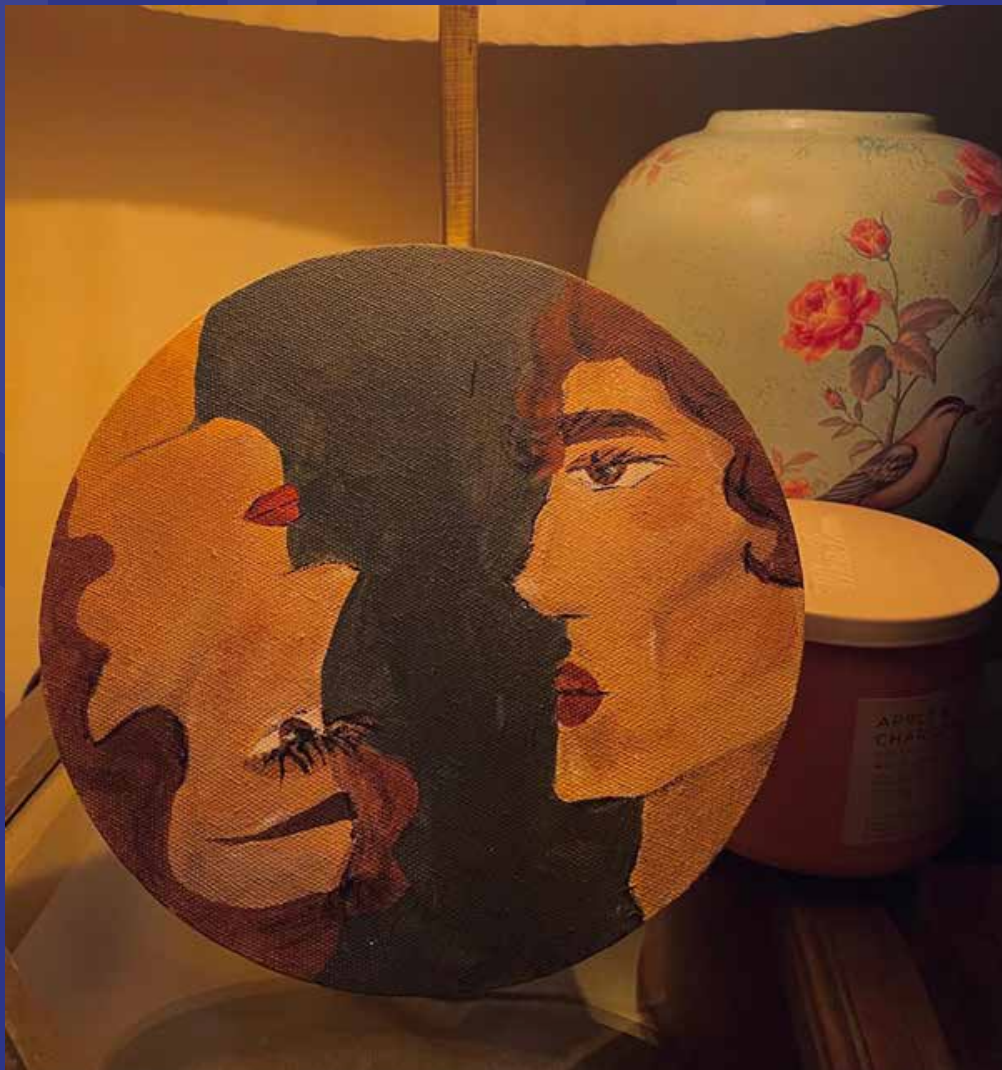
Muhammad Zuhayr Khan
Final Year BDS

A PHEONIX

The past is the past don't twirl it for long
 A new dawn will unfold, keep being strong
 What happened before does not define you
 Do not worry about those who misconstrue
 Use their words to ignite a fire inside
 Seize every opportunity they denied
 I know you feel empty and deprived
 Know in the face of adversity the strongest
 thrive
 Overthinking will get you nowhere
 Continue to succeed and ignore their stare
 Self-deprecation will eat you alive
 It will leave you no space to revive
 You have to let your self-doubt go
 Replenish yourself and take it slow
 The whispers, laughter, and rumors will blow
 And the confident warrior you become will
 show
 Only you can fill the void you have
 Work on yourself guaranteed no relapse
 Remember one's heart is like a glass
 Don't let anyone break it in a flash
 Seeking validation will drain you out
 You yourself are your warrior and your scout
 The strength that you need is present within
 You are braver than your experienced chagrin

Your bruises will vanish, your scars will heal
 Despite the amount of uncertainty, you now
 feel
 You are a fighter, no damsel in distress
 No need to lose hope no need for recess
 You are your own prince charming and knight
 in shining armor
 Write your story by yourself
 You are enough you need no help
 A new fresh chapter of your life awaits
 No better truth than the universe states
 There will come a time when your determina-
 tion abates
 Have to let your inner strength perpetuate
 You are a phoenix you will rise from the ashes
 Dust yourself off soar high even when your will
 crashes
 You absolutely deserve every love and praise
 How beautifully you overcome the struggles
 you face
 You are a phoenix remember my dear
 You have no weakness you possess no fear

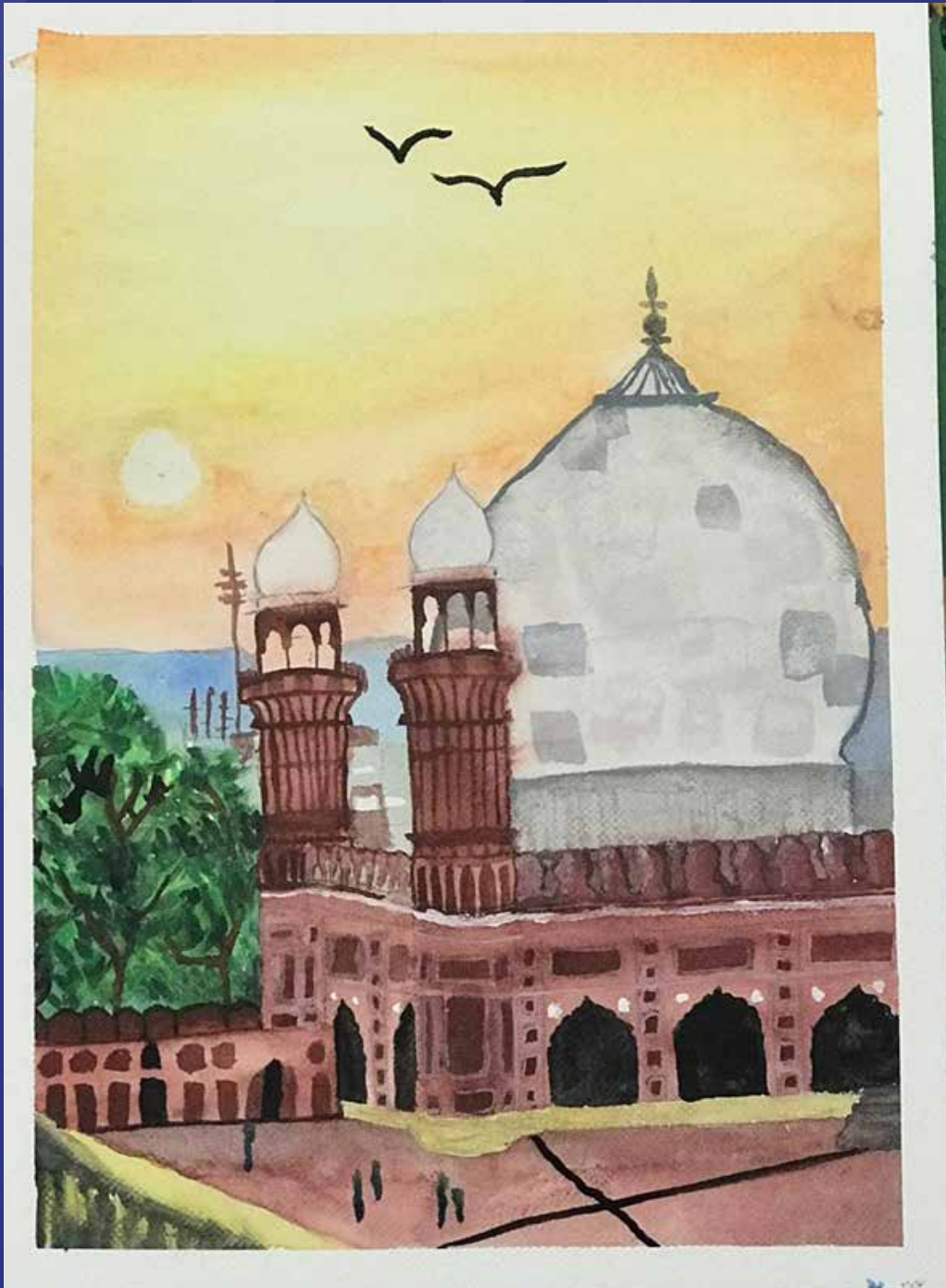
Hafsa Mahmood
 Final Year BDS



Zarmeen Salahuddin
3rd Year BDS



Anoushey Imran
3rd Year BDS



Anousheh Imran
3rd year BDS

"Beware of what disturbs the hearts. If something unsettles

But we don't abandon things we love until we learn that they have abandoned us.

Then only the peace prevails.

The bigger the fear becomes the more the fear ebbs away.

And it vanishes as soon as it becomes true.

But it leaves you in such destruction that you become invincible and unbreakable afterward.

Because what's broken can't be broken. :)

That's a physic that rules the life

Mah Rukh Shahbaz
PG Resident

DEATH IS DOOMED

It cannot be disowned.

It is a veil of humanness that strips when a soul
is detached from the flesh and bones.

That in turn unveils the humans, for when a
person dies every face behind this mask of
mutuality is unbosomed!

That I saw a death chanting in front of me, but
it was so silent that I couldn't even hear my own
heart.

Heart of a mortal is a grave in which delusional
realities are buried.

Loss of life, fair regrets!

Demise is youthful, they say you become a star,
as no one is old in heaven.

Thus when I die, pray that I end up young.

For the misery in this world has scripted me
gray.

Birth makes you entitled to death.

Mah Rukh Shahbaz
PG Resident

I listen to my thoughts

A world unfolds in front of me

My mind plays a symphony

So familiar yet so distant

That disconnects me

From the real world

While I reach towards it

I try to catch the tunes

The sound gets softer

Like a fulfilled wish

Lost in a reverie

The melody takes me

To a place no less elysian

Chords turning into a motion picture

All my answered prayers

In front of me playing like a film.

Adeela Javed Dar
Final year BDS

INTERNATIONAL NEWS & LATEST TRENDS IN DENTISTRY

A NEW STUDY SUGGESTS CHILDHOOD IQ LOSS DUE TO WATER FLUORIDATION

New research in the UK has found associations between fluoride exposure and children's low IQ scores, putting into question the safety of water fluoridation. It estimates that for every 1mg/L increase in urinary fluoride, a child's IQ decreases by 1.63 points, suggesting a statistically significant association between water fluoridation and low IQ scores.

The World Health Organization's safe limit for water fluoridation is currently below 1.5 mg/L. The fluoride concentration in water that is double the permitted limit was the subject of the National Toxicology Program report. However, the latest study indicates that fluoride levels below 1.5 mg/L may also affect IQ in children.

Whether the currently advised fluoride dosage of 0.7 mg/L was linked to negative consequences is unclear from the study.

Professor Grant McIntyre, dean of the Faculty of Dental Surgery at the Royal College of Surgeons of Edinburgh, stated that the study "should not be regarded as providing any proof that fluoridation in water is harmful. On the other hand, there is overwhelming evidence that fluoridation has enormous public health benefits," he stated.

According to him, fluoride is a naturally occurring mineral that is present in soil, food, and drink as well as in drinking water supplies. It helps replace minerals that teeth lose due to acid breakdown, lowers the amount of acid produced by bacteria that cause cavities, and makes it more difficult for these bacteria to adhere to teeth.

He further stated that they are certain that fluoridation is safe and significantly improves public health by lowering tooth decay, especially in areas with greater deprivation. One more advantage of water fluoridation over alternative strategies is that it doesn't depend on behavior modification, which is crucial for vulnerable populations and children in particular.

LATEST TRENDS: ROBOTIC DENTAL SURGERY

Robotic dentistry offers a promising future in implant dentistry as it lowers the potential for human error.

A group of researchers from China's Xi'an Jiaotong University Hospital of Stomatology came to this result.

The study compares the precision of implant insertion with freehand surgery utilizing a robotic system named Remebot.

An operating system, a display screen, and a robotic arm comprise the main unit of the robotic system (r-CAIS). A location marker and an optical tracking device were additional parts.

A total of 65 patients received 95 implants, of which 30 patients had 45 implants via freehand surgery and 35 patients received 50 implants via the Remebot robotic system.

The data analysis did not show any statistically significant influence of the predictors (jaw type, side, position, implant diameter, and length) on the platform, apical and angular deviations in the r-CAIS group, whereas higher angular deviations were observed in the implants placed freehand.

The authors stated: "When compared to conventional freehand techniques, this study shows that robotic-assisted implant surgery greatly increases implant placement accuracy. These results offer a solid basis for further investigation and clinical use of robotic systems in dentistry."

The technology combines a robotic arm for dental procedures with AI-powered 3D imaging software. It also functions with unparalleled speed and precision even in the most movement-heavy conditions.

T INNOVATIONS: DENTAL EDUCATION TRANSFORMATION VIA VIRTUAL REALITY-HAPTICS-ENHANCED TRAINING

The transformative potential of VR-haptics in dental education is highlighted in a recent literature review on the advantages and difficulties of incorporating haptics-enhanced virtual reality training into dental education curricula.

VR-haptic simulation has become a promising tool in dental education over the last ten years, providing creative training opportunities to enhance conventional practices. A multinational group of researchers looked at the impact and current uses of VR-haptics in dental edu-

cation, under the direction of the University of Eastern Finland's Institute of Dentistry.

The researchers focused on studies released between January 2010 and January 2024 after conducting a comprehensive literature search in PubMed. Forty-two articles were chosen for further examination out of the 667 initial matches.

Even though VR-haptics-enhanced training is digital, students have demonstrated that they can successfully apply hand skills to real-world situations. Thanks to VR-haptic technology, educators now have more options for how to

organize preclinical and clinical practical education. According to the study's first author, "VR-haptic systems' individualized training and feedback help students master key techniques while boosting engagement and motivation."

The use of VR haptics in dental education has a lot of promise for resolving issues with preclinical and clinical training. It might lessen some of the drawbacks of the current teaching strategies. However, before VR-haptics can be regarded as a primary method for developing hand skills in dental education, more research and validation are necessary.

Faculty Achievements

1. ORAL BIOLOGY DEPARTMENT

DR. MALIHA SHAHBAZ

- Secured 1st position in an oral presentation titled "Influence of Periodontitis on NETosis Formation in pre-clinical and early rheumatoid arthritis" 6th International Conference on Oral Microbiology and Oral Immunology (ICOMOI), on 3rd August 2024.

Publications:

- The prevalence of dental agenesis among children with cleft lip and palate patients in Lahore, Pakistan. Zaheer, N., Shahbaz, M., Zaheer, U., & Wyne, A. H. PJMS; 2024; 40(3Part-II), 421-426.
- Connecting the dots: NETosis and the periodontitis-rheumatoid arthritis nexus. Shahbaz, M., Al-Maleki, A. R., Cheah, C. W., Aziz, J., Bartold, P. M., & Vaithilingam, R. D. Int J Rheu Dis; 2024; 27(11), e15415
- Effect of Ultraviolet Photo functionalization on implant stability and osseointegration: a randomized controlled trial of UVA and UVC on SLA-Coated Titanium implant. Zaheer N, Shahbaz M, Zaheer U, Rajion ZAB, Zaigham AM, Saeed MQ. Khyber Med Univ J; 2024; 16(4):pp.

DR. MOMINA KHALID.

Publications:

- The Bronchodilator Potential of Astragalus sarcocolla: An in vitro Experiment. Waqar Ahmed Siddiqui, Muniza Qayyum, Aamina Quddus Qureshi, Momina Khalid, Sehrish Zaffar and Rabiea Bilal JCPSP; 2024; 34(01): 58-62
- Evaluation of learners' Attitude towards Medical Professionalism (LAMPS) in Private Medical and Dental College in Lahore, Pakistan. Fatima Ikram, Momina Khalid. Health Professions Educator Journal 2024; Vol. 6, Issue 2
- Assessment of Self-Medication Practices among Undergraduate Students Before and During COVID-19. Javaria Arshad, Uffaq Syed, Syed Nosherwan Ali, Sehrish Zaffar, Momina Khalid. Esculapio 2024. Volume 20, Issue 01.
- Effects of Ziziphus Honey on Bone Healing of the Extracted Tooth Socket by Evaluating Osteopontin Levels. Momina Khalid, Sehrish Zaffar, Fatima Ikram, Waqar Ahmed Siddiqui, Mobin Riaz, and Anam Shaukat. JCPSP; 2024; 34(06): 693-696
- Knowledge, Attitude, and Practice of Oral

Health among The Local Population of Lahore. Syed Zahid Hussain, Nazli Gul Shujaat, Rahema Zahid, Zarish Zahid, Asad Mahmood, Momina Khalid. MedERA; 2024; Volume 06, Issue 02

- Bone Healing Effect of Ziziphus Honey on Human Tooth Extraction Sockets: A Radiographic Evaluation. Momina Khalid, Asad Mahmood, Fatima Ikram, Omair Anjum, Muhammad Mobin Riaz, Usman Manzoor Warraich. Gomal Journal of Medical Sciences; 2024; Vol. 22, No. 4

2. PAEDODONTICS DEPARTMENT

Dr. Maham Anjum

- Promoted to the position of Assistant professor

3. ORAL & MAXILLOFACIAL SURGERY

PROF. AQIB SOHAIL

Conference organizer:

- 15th International PAOMS Conference Lahore

Workshop organizer / facilitated:

- Live workshop on orthognathic surgery
- Short course: Fundamental oral surgical skills

Publications:

- Optimizing Multi-Rooted Tooth Extraction: A Comprehensive Study on the Efficacy of Periotome Utilization in Non-Surgical Exodontia. APMC 2024; 18(2):154-157.
- Sialorrhea: Less Commonly Addressed Symptom of Patients Presenting with Neurological Disorders in Neurology and Oral Medicine Specialties. APMC 2024; 18(3):170-174
- Assessment of the efficacy of orally administered lycopene in improving the mean maximum incisal opening in individuals suffering from oral submucous fibrosis. J Islamabad Med Dent Coll; 2024; 13(2): 361-7

DR. TAYYABA RAFIQ

- Workshop facilitated: Presentation skills
- Courses Attended: Contemporary management of TMJ disorders by SORG
- Conference attended: Innovative Clinical Case Presentations and Research Contest

Publications

- Diet and oral health: An investigation into

the impact of Pakistani dietary habits on oral disease prevalence. *Cureus*; 16(10): e71423.

- Salivary Diagnostics: A Non-Invasive Approach to Oral Cancer Detection in Pakistan. *Afr J Bio Si*; 2024; 6(15); 14479-86

• DR. FAREED UD DIN CHISHTI

- Workshop conducted: Management of Medical Emergency in Dental Practice

Publications:

- Optimizing Multi-Rooted Tooth Extraction: A Comprehensive Study on the Efficacy of Periotome Utilization in Non-Surgical Exodontia. *APMC* 2024; 18(2):154-157.
- Sialorrhoea: Less Commonly Addressed Symptom of Patients Presenting with Neurological Disorders in Neurology and Oral Medicine Specialties. *APMC* 2024; 18(3):170-174

DR. NIGHAT ZAHID

- Workshops conducted: Minor oral surgical skills & suturing techniques
- Workshop attended: Education planning and evaluation
- Conference attended: Innovative Research Contest October 2024 LMDC

Publications:

- Exploring the Role of Community Dentistry in Reducing Disparities in Access to Oral Healthcare Services. *Health Affairs* 11(3); 100-107
- Investing the role of organizational support in enhancing working-life balance: A Cross-sectional Analysis among dentists in urban clinics. *Health Affairs* ISSN - 0278-2715; 11(4);162-171
- Optimizing Multi-Rooted Tooth Extraction: A Comprehensive Study on the Efficacy of Periotome Utilization in Non-Surgical Exodontia. *Annals of Punjab Medical College*; *APMC* 2024;18(2):154-157
- Sialorrhoea: A Less Commonly Addressed Symptom of Patients Presenting with Neurological Disorders in Neurology and Oral Medicine Specialties. *Annals of Punjab Medical College*. *APMC* 2024;18(3):170-174.- DOI: 10.29054/APMC/2024.1586

4. PROSTHODONTICS DEPARTMENT

Prof Sajid Naeem

- Workshops conducted: TMJ Disorders Diag-

nosis and Treatment

Publications:

- Clinical Evaluation of the Impact of Acrylic Partial Dentures on the periodontal conditions of abutments. Sajid Naeem, Nida Saleem, Rana Ammar Ahmed, Talha Kashif, Hafiz Shah Muhammad Ghous, Tayyaba Hamid, Khezran Qamar. *PJMHS* 2024
- Patient Satisfaction with Quality of Dentures at Teaching Hospital of Lahore. Khezran Qamar, Syed Hammad Azeem Rizvi, Faiqua Yasser, Hira Aamir, Rana Ammar Ahmed, Maham Muzaffar, Sajid Naeem. *PJMHS* 2024
- Assessment of knowledge, attitude, and practices towards research; the perspectives of dental graduates. Muhammad Abubakar, Muhammad Hadeer Rabbani, Muhammad Shehzad, Haziq Waseem, Talha Ahmad Malik⁵, Rafid Ahmad Malik, Sajid Naeem, Khezran Qamar. *PJMHS* 2024
- Challenges and Barriers in Research Writing-Dental House Officers' Perspective. Rana Ammar Ahmad, Maryam Mumtaz¹ Rummana Aqeel, Faiza Awais⁴ Muhammad Haseeb Rana⁵, Nishwah Khan, Sajid Naeem, Khezran Qamar. *PJMHS* 2024

Prof. Khezran Qamar

- Workshops conducted: Removable Partial denture Designing

Publications:

- Clinical Evaluation of the Impact of Acrylic Partial Dentures on the periodontal conditions of abutments. Sajid Naeem, Nida Saleem, Rana Ammar Ahmed, Talha Kashif, Hafiz Shah Muhammad Ghous, Tayyaba Hamid, Khezran Qamar. *PJMHS* 2024
- Patient Satisfaction with Quality of Dentures at Teaching Hospital of Lahore. Khezran Qamar, Syed Hammad Azeem Rizvi, Faiqua Yasser, Hira Aamir, Rana Ammar Ahmed, Maham Muzaffar, Sajid Naeem. *PJMHS* 2024
- Assessment of knowledge, attitude, and practices towards research; the perspectives of dental graduates. Muhammad Abubakar, Muhammad Hadeer Rabbani, Muhammad Shehzad³, Haziq Waseem, Talha Ahmad Malik, Rafid Ahmad Malik, Sajid Naeem, Khezran Qamar. *PJMHS* 2024
- Challenges and Barriers in Research Writing-Dental House Officers' Perspective.

Rana Ammar Ahmad, Maryam Mumtaz, Rummana Aqeel, Faiza Awais, Muhammad Haseeb Rana⁵, Nishwah Khan, Sajid Naeem Khezran Qamar. PJMHS 2024

Dr. Usama Jatala

- Workshops conducted: Treatment planning in Fixed prosthodontics

Publications:

- Evaluating Communication through Work Authorization between Dentists and Dental Technicians for Fixed Prosthesis: Communication in Fixed Prosthesis Work Authorization. Bashir AF, Jatala UW, Ahmad MD, Butt AA, Qaiser A, Munir N. PJMHS 2024.
- Determining Efficacy of Intracanal Cryotherapy on Post Endodontic Pain in Irreversible Pulpitis: Cryotherapy on Post Endodontic Pain. Bashir AF, Jatala UW, Ahmad MD, Khan MT, Khan SR, Butt AA. . PJMHS 2024.

Dr. Hammad Azeem

- Workshops conducted: Implant treatment planning

Publications:

- Patient Satisfaction with Quality of Dentures at Teaching Hospital of Lahore. Khezran Qamar, Syed Hammad Azeem Rizvi, Faiqua Yasser, Hira Aamir, Rana Ammar Ahmed, Maham Muzaffar, Sajid Naeem. PJMHS 2024

5. ORTHODONTICS DEPARTMENT:

Prof Asma Shafique

International Publications: Case-based learning in undergraduate orthodontic education – a cross-section study. MedEd Publish

Conference: PAO International Conference 2024 Innovative Research & Clinical Case Presentation Contest 2024

Workshops:

Facilitator: Orthocraft- 2D and 3D Orthognathic Surgical Planning

Co-Facilitator: Indirect Bonding

Co-Facilitator: The Art of Ortho imaging: A photography workshop

Co-Facilitator: Orthodontic Aspects of Orthognathic Surgical Cases

Prof Junaid Israr

Editor-in-Chief: 'Dental Chatter' Dental Newsletter

Chairperson: Clinical Case Presentation Committee, Innovative Research and Clinical Case

Presentation Contest.

Focal Person Dentistry: MedConnect.

Organizer: 1st LMDC Alumni Meet & Greet, Dental Chapter January 2024

Judge: English Declamation Contest August 24

Organizer: Social Night/MUN 21 September 24

Conference: PAO International Conference, Nov 2024

Innovative Research & Clinical Case Presentation Contest, Oct 2024

Workshops:

Facilitator: Orthocraft- 2D and 3D Orthognathic Surgical Planning

Co-Facilitator: Indirect Bonding

Co-Facilitator: The Art of Ortho imaging: A photography workshop

Co-Facilitator: Orthodontic Aspects of Orthognathic Surgical Cases

Publications:

- Assessment of changes in dentoskeletal parameters among class II subjects following treatment with the Herbst appliance: a longitudinal study. Esculapio –JSIMS ,2024
- Shear bond strength of ceramic and stainless-steel brackets after curing with high-intensity light emitting diode. Esculapio - JSIMS(submission 2024)
- Comparison of changes in Dentoskeletal parameters between Herbst appliance and Twin block appliance. Biomedica (submission 2024)
- Considerations determining satisfaction with the orthodontic treatment process. Journal of Islamabad Medical and Dental College (submission 2024)

Dr. M. Usman Ghani

Publications:

- Comparison of knowledge, self-perception about malocclusion and orthodontic treatment need amongst undergraduate dental students.
- Frequency of intrusive luxation in potential orthodontic patients with increased overjet.

Conference: PAO International Conference 2024, Innovative Research & Clinical Case Presentation Contest 2024

Workshops:

Facilitator: The Art of Ortho imaging: A photography workshop

Co-Facilitator: Orthocraft- 2D and 3D Orthognathic Surgical Planning

Co-Facilitator: Indirect Bonding

Co-Facilitator: Orthodontic Aspects of Orthognathic Surgical Cases

Finance Secretary, Pakistan Association of Orthodontists Council 2024

Dr. Asad Ur Rehman

International Publication: Case-based learning in undergraduate orthodontic education –a cross-section study. MedEd Publish

Conference: PAO International Conference 2024, Innovative Research & Clinical Case Presentation Contest 2024

Workshops:

Facilitator: Orthocraft- 2D and 3D Orthognathic Surgical Planning

Co-Facilitator: Indirect Bonding

Co-Facilitator: The Art of Ortho imaging: A photography workshop

Co-Facilitator: Orthodontic Aspects of Orthognathic Surgical Cases

Certification: CHPE

6. ORAL PATHOLOGY DEPARTMENT

Prof. Sadia Iqbal

Keynote speaker:

- Correlation Between Gingival Crevicular and Finger Capillary Blood Glucose Levels in Periodontitis Patients to Screen Diabetes Mellitus. At 45th International Conference of Pakistan Association of Pathologists. 2024, Faisalabad.

Chief organizer:

- 45th International Conference of Pakistan Association of Pathologists & 10th Joint Conference of Societies of Pathology, Faisalabad. "Pathology in the Age of Digitalization and Artificial Intelligence".
- "Innovative Clinical Case Presentations and Research Contest". LMDC

Publications

- Exploring Stem Cell Therapy and Tissue Engineering Can Repair Or Regenerate Damaged Oral Tissues. Afr.J.Bio.Sc. 6(14) (2024)
- 2-Gene Expression Profiling of Novel Prostate Cancer Tumor Markers. 2024; 112(04),1632-8.
- 3-Correlation of Periodontal Phenotype with Periodontal Probing Depth in Maxillary Anterior Teeth: A Cross-Sectional Study Using Probe Transparency Method. J Aziz Fatm Med Den College 2024;6(2)

DR RUMMANA AQEEL

Academic:

- Started PhD & completed 2 semesters (Jan 2024 – Jan 2025)
- Conference attended: Innovative Clinical Case Presentations and Research Contest
- LMDC Alumni Association:
- Organized first-ever BDS Meet and Greet in January 2024
- Officially appointed as Vice President of Lamcians Alumni Association
- Convener of Lamcians Alumni Association (Dental Chapter) – 2024

Publications

- Diet and oral health: An investigation into the impact of Pakistani dietary habits on oral disease prevalence. Cureus; 16(10): e71423.
- Salivary Diagnostics: A Non-Invasive Approach to Oral Cancer Detection in Pakistan. Afr J Bio Si; 2024; 6(15); 14479-86.
- Salivary Prostaglandin E2 Levels and HbA1c Levels in Periodontal Inflammation: A Comparative Analysis of Diabetic and Non-Diabetic Patients (ISSN:1311-1817)
- Challenges and Barriers in Research Writing-Dental House Officers' Perspective. Rana Ammar Ahmad, Maryam Mumtaz, Rummana Aqeel, Faiza Awais, Muhammad Haseeb Rana5, Nishwah Khan, Sajid Naem, Khezran Qamar. PJMHS 2024

7. ORAL PATHOLOGY DEPARTMENT

Workshops conducted:

- Optimization of Digital Radiation Protection and Digital Image Acquisition for Dental Team

Publications:

- Asia N, Abdur R, et all, Advancements in microbiological techniques for rapid and accurate identification of pathogens, aiding in disease diagnosis and treatment. Diagnosis; Vol.11 (1) 941-950, March 2024
- Zahid N, Sohail A et all, Optimizing the multi-rooted tooth extraction: A comprehensive study on the efficacy of periotome utilization in non-surgical exodontias. APMC, Vol. 18 No 2 April-June 2024
- Sohail A, Amjad A et all, Sialorrhea: Less commonly addressed symptoms of patients presenting with neurological disorders in neurology and oral medicine specialties. APMC Vol 18 No 2 April-June 2024



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