



MEDICINE INTEREST GROUP
RAWALPINDI MEDICAL UNIVERSITY
Annual Report: 2025-2026



MEDICINE INTEREST GROUP RAWALPINDI MEDICAL UNIVERSITY

MIG, which stands for Medicine Interest Group, is a dynamic and purpose-driven platform dedicated to nurturing the interests and aspirations of students and future medical professionals. With a keen focus on the captivating world of medicine, MIG has emerged as an invaluable community where like-minded individuals unite to explore, learn, and excel in the field of healthcare.

At MIG, our central objective revolves around the empowerment of individuals who share a profound passion for medicine. We offer a diverse spectrum of opportunities, ranging from foundational medical knowledge to the acquisition of advanced clinical skills. Our platform provides an inclusive space for participants to engage with renowned professors and experienced medical practitioners, facilitating an enriched understanding of the medical profession and forging lasting connections.



Patron In Chief
V.C Prof. Dr. Muhammad Umar



Patron In Charge
Prof. Dr. Saima Ambreen



President
Muhammad Majid Shafi



Vice President
Manahil Asmat



MEDICINE INTEREST GROUP OUR TEAM



General Secretary

Touheed Akhtar



Vice President

Manahil Asmat



President

M. Majid Shafi



General Secretary

Nazia Nadeem



OTB Incharge

M. Anas Rasool



Joint Secretary

Hamna Naeem



OTB Incharge

Minal Sarfaraz

Departments



Management & Finance

M. Hammad Noor



Media & Publications

Muhammad Umair



Education & Training

Nabeeha Ahmed



Alumini & Speaker Outreach

Talha Naveed



Co-Head Education

Ayesha Noor



Co-Head Education

Laiba Akram



Co-Head Media

Maryam Noor Malik



Co-Head Media

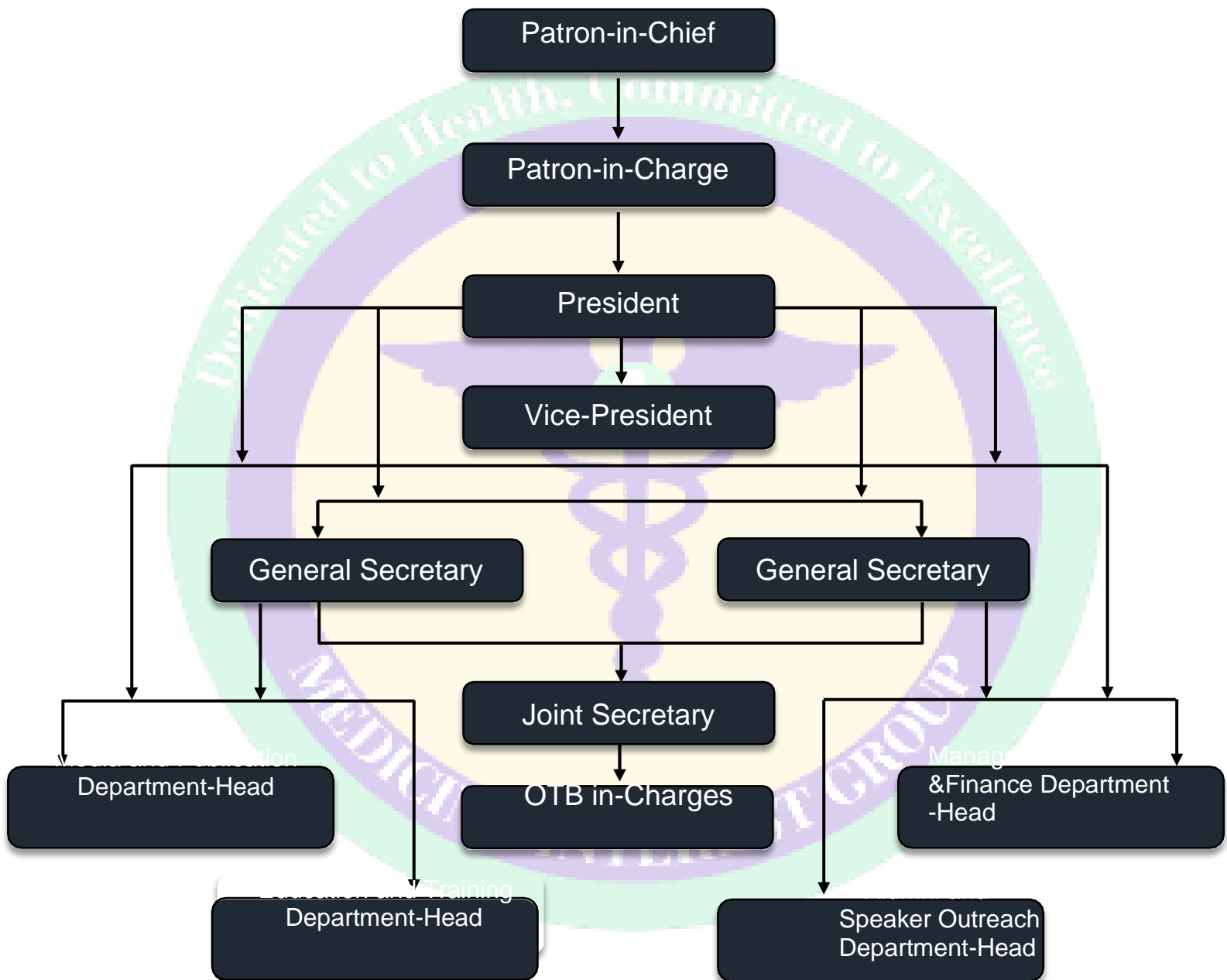
Seerut Fatima



Co-Head Management

Aiman Farheen

HIERARCHY OF MIG



Interviews and Recruitment of the New Cabinet

As we moved into the third year as a society, we opened the call for recruitment at different posts in the various departments of MIG. This was preceded by an introductory session about the working of MIG delivered to students at the New Teaching Block, RMU.

Report on Interviews and Recruitment of New Cabinet:

The following report outlines the entire process of introducing MIG to the students, conducting interviews for various positions, and finally shortlisting and selecting individuals for the limited posts available.

Departments:

- Management and Finance
- Alumni and Speaker Outreach
- Education and Training
- Media and Publications

Posts Open for Interviews:

- Co-heads
- Associate Heads
- Members
- General Secretaries
- Joint Secretary
- OTB In-Charge

Timeline from Introductory Session to Announcement of the Cabinet:

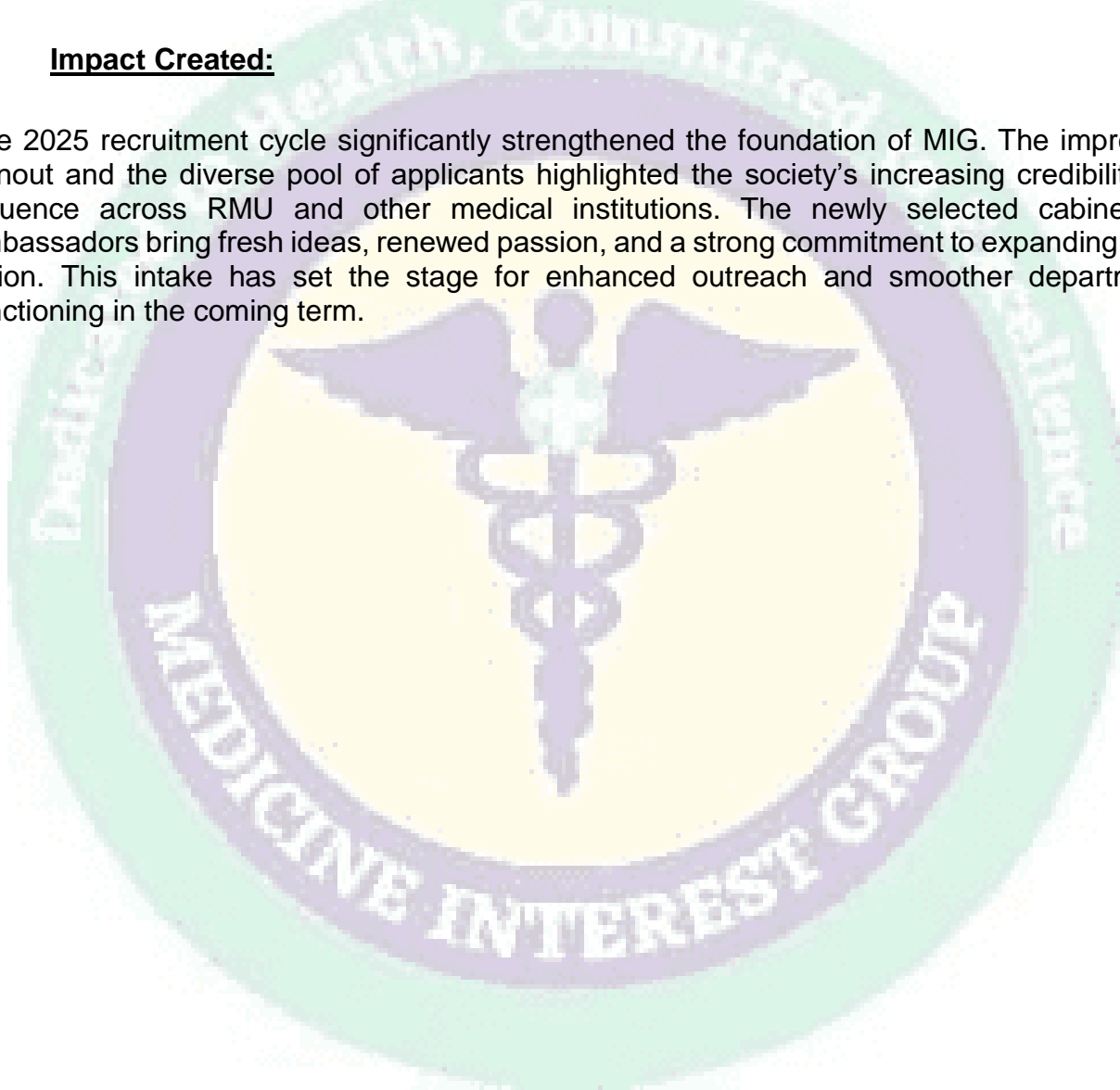
- The introductory session was delivered on 9th May 2025, after which the aspirants filled out the Google Form shared in their respective batch groups.
- Heads and Co-heads interviews were conducted online via Google Meet on 4th and 5th May 2025.
- NTB interviews were conducted on 15th May 2025.
- OTB interviews were conducted on 17th May 2025.
- The new cabinet was officially announced on 21st May 2025.
- After finalizing the cabinet of RMU, the call for ambassadors from various universities was opened

Total Aspirants Interviewed:

- A strong and enthusiastic participation was seen from both NTB and OTB with more than 160 participants, reflecting how MIG continues to attract motivated and capable students.
- MIG now has 25 ambassadors representing various medical colleges across the twin cities as well as Lahore, Faisalabad, Quetta, Peshawar, and Karachi etc.

Impact Created:

The 2025 recruitment cycle significantly strengthened the foundation of MIG. The impressive turnout and the diverse pool of applicants highlighted the society's increasing credibility and influence across RMU and other medical institutions. The newly selected cabinet and ambassadors bring fresh ideas, renewed passion, and a strong commitment to expanding MIG's vision. This intake has set the stage for enhanced outreach and smoother departmental functioning in the coming term.



Social Media Activities by MIG

The Medicine Interest Group (MIG) conducted a series of engaging social media activities throughout the year to promote medical knowledge, critical thinking, and community interaction among students and professionals. These activities aimed to foster a culture of continuous learning and collaboration within the medical community.

Overview:

MIG's social media activities highlights its consistent efforts to engage its audience with informative and interactive medical content. The weekly schedule, featuring MedQuiz, MedQuest Video Series, MedUpdate Research Series, MythBusters, and Radiology Image of the Month, showcases MIG's commitment to educating and entertaining its followers. By tracking engagement metrics, such as likes, comments, shares, and views, the report provides valuable insights into the performance of each series, enabling MIG to refine its content strategy and optimize its social media presence.

Overall, the report demonstrates MIG's dedication to leveraging social media as a platform for medical education, community building, and outreach.

Schedule:

- 1st week _____ MedQuiz
- 2nd week _____ MedQuest Video Series
- 3rd week _____ MedUpdate Research Series
- 4th week _____ MythBuster and Radiology Image of the Month

MedQuiz:

This interactive and educational approach was aimed to enhance the learning experience and encourage participants to delve deeper into the topics covered in the quiz. It was a valuable way to promote active engagement and continuous learning within the medical community.

MedQuest Video Series:

MedQuest was a video series by MIG that aimed to educate and raise awareness about various medical topics, such as rabies, PCOS, and more. Each video delved into the diagnosis, management, and treatment of the condition, providing viewers with accurate and reliable information. Through MedQuest, MIG empowered its audience with knowledge, promoting better health outcomes and informed decision-making. The series covered a range of topics, making it a valuable resource for those seeking to understand complex medical issues.

MedUpdate:

MedUpdate was a series by MIG that brought the latest breakthroughs and advancements in medical research. Stay informed about new discoveries, innovative treatments, and emerging trends in healthcare.

MythBusters:

MythBusters was a series by MIG that tackled common misconceptions and myths surrounding healthcare topics like vaccination, antibiotic resistance, and more. By separating facts from fiction, we aimed to educate and empower our audience with accurate information, promoting informed decision-making and debunking harmful myths.

Radiology Image of the Month:

"Radiology Image of the Month" was a feature by MIG that showcased an intriguing radiology image, often with a teaching point or interesting case. Each image was carefully selected to educate and challenge viewers, promoting a deeper understanding of radiology and its applications in medical diagnosis and treatment.

Contributions of Education and Training Department:

The education department was tasked with gathering and verifying accurate information and facts about the series, ensuring the content is reliable, up-to-date, and medically sound. By doing so, the education department played a crucial role in maintaining the integrity and credibility of MIG's educational initiatives, providing the audience with trustworthy information that supports informed decision-making and learning.

Contributions of Media and Publication Department:

The media department was responsible for creating eye-catching posters that capture the audience's attention and encourage interaction. This involved designing informative and engaging visual content, leveraging graphics, images, and text to convey key messages and spark interest..

Impact Created:

Our social media initiatives have made a significant impact in promoting medicine and fostering a community of engaged and informed followers. Throughout the year, we've created and shared content that educates, inspires, and motivates our audience by leveraging social media, we've created a platform for knowledge sharing, community building, and medical education, inspiring a new generation of healthcare professionals and enthusiasts.

MedQuiz



MEDICINE INTEREST GROUP



Medquiz

A 52-YEAR-OLD RIGHT-HANDED MAN PRESENTS WITH A 3-MONTH HISTORY OF PROGRESSIVE VISUAL DISTURBANCES. HE REPORTS INTERMITTENT RIGHT-SIDED VISUAL FIELD LOSS, FLASHING LIGHTS, AND COLOR DISTORTIONS. HE ALSO MENTION DULL OCCIPITAL HEADACHES BUT DENIES TRAUMA, FEVER, OR RECENT INFECTIONS. PAST MEDICAL HISTORY IS UNREMARKABLE.

NEUROLOGICAL EXAMINATION REVEALS A RIGHT HOMONYMOUS HEMIANOPIA. PUPILS ARE EQUAL AND REACTIVE. FUNDOSCOPY IS NORMAL, AND THERE ARE NO MOTOR, SENSORY, COGNITIVE, OR SPEECH DEFICITS.

MRI BRAIN:
A 3.5 CM WELL-DEMARCATED LESION IN THE LEFT OCCIPITAL LOBE. IT APPEARS HYPINTENSE ON T1, HYPERINTENSE ON T2, WITH HETEROGENEOUS CONTRAST ENHANCEMENT. MILD SURROUNDING VASOGENIC EDEMA IS PRESENT, WITH MINIMAL MASS EFFECT, NO MIDLINE SHIFT OR HYDROCEPHALUS.

WHAT IS YOUR DIAGNOSIS?





MEDICINE INTEREST GROUP

MEDQUIZ

A 45-YEAR-OLD MAN WITH A HISTORY OF NSAID USE AND SMOKING PRESENTED WITH COMPLAINT OF BURNING EPIGASTRIC PAIN FOR PAST 2 MONTHS WHICH IS RELIEVED BY FOOD AND ANTACIDS, ALONG WITH BLOATING, NAUSEA, AND WEIGHT LOSS. EXAMINATION REVEALED MILD EPIGASTRIC TENDERNESS. ENDOSCOPY CONFIRMED A DUODENAL ULCER, AND TESTS WERE POSITIVE FOR H. PYLORI.

WHAT IS YOUR DIAGNOSIS?





MEDICINE INTEREST GROUP

MEDQUIZ

MR. QURESHI PRESENTS TO OPD WITH A 4 MONTH HISTORY OF PERSISTENT COUGH. HE ALSO REPORTS MILD CHEST PAIN ALONG WITH UNINTENTIONAL WEIGHT LOSS. THERE IS NO HISTORY OF TUBERCULOSIS OR CHRONIC LUNG DISEASE. SOCIAL HISTORY REVEALS THAT HE IS A CHRONIC SMOKER AND THERE IS OCCASIONAL ALCOHOL USE. CHEST CT SCAN REVEALS 4.5 CM IRREGULAR MASS IN RIGHT LOBE WITH MEDIASTINAL LYMPHADENOPATHY.

WHAT IS YOUR DIAGNOSIS?



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MEDQUIZ

A 42-YEAR-OLD WOMAN PRESENTS WITH A HISTORY OF BILATERAL HAND AND WRIST PAIN AND MORNING STIFFNESS LASTING OVER AN HOUR FOR 6 MONTHS. THE PAIN IMPROVES WITH ACTIVITY BUT WORSENS AFTER REST. SHE REPORTS FATIGUE AND MILD WEIGHT LOSS.

EXAM:

- SWELLING AND TENDERNESS OF MCP AND PIP JOINTS
- DIP JOINTS SPARED
- ULNAR DEVIATION AND BOUTONNIERE DEFORMITY NOTED

WHAT IS YOUR DIAGNOSIS?

MedQuiz Answers

MEDICINE INTEREST GROUP

Medquiz

TUMOR IN OCCIPITAL CORTEX
(high grade Glioma)

ETIOLOGY

- Primary tumors
- Secondary tumors: Metastases, Genetic mutations
- Idiopathic

SYMPTOMS

Homologous hemianopia, Visual hallucinations, Distorted colour perception, Difficulty recognizing objects, Headache (occipital), Nausea, vomiting, Seizures, Fatigue

RISK FACTORS

Age > 40
Family history, genetics syndromes, Radiation exposure, Immunosuppression
History of metastatic cancer

DIAGNOSIS

- Neurological exam
- MRI/CT
- Visual field testing
- Advanced imaging & biopsy

TREATMENT

1. Surgery
2. Radiation therapy
3. Chemotherapy

SUPPORTIVE CARE

1. Corticosteroids
2. Antiepileptic drugs
3. Visual rehabilitation
4. Regular imaging

MEDICINE INTEREST GROUP

MEDQUIZ ANSWER

PEPTIC ULCER DISEASE
(H. Pylori Infection)

ETIOLOGY

- H. pylori infection (most common)
- NSAID use (aspirin, ibuprofen)
- Smoking, alcohol, caffeine
- Zollinger-Ellison syndrome (rare)
- Idiopathic (no clear cause in some cases)

SYMPTOMS

Epigastric burning pain (worse on an empty stomach)
Relieved by food or antacids
Bloating, nausea, vomiting
Melena or hematemesis (if bleeding)
Weight loss, fatigue

RISK FACTORS

Age > 40
H. pylori infection
Chronic NSAID use
Smoking, alcohol
Family history of ulcers

DIAGNOSIS

- Endoscopy (for direct visualization & biopsy)
- H. pylori tests: urea breath test, stool antigen, biopsy
- CBC: anemia
- Stool occult blood (if bleeding)

TREATMENT

1. Triple therapy for H. pylori (PPI + Amoxicillin + Clarithromycin)
2. PPI or H2 blockers for acid suppression
3. Surgery in complications (bleeding, perforation)

SUPPORTIVE CARE

PPIs, antacids for symptom control
Stop NSAIDs, lifestyle changes
Iron supplements (if anemic)
Regular follow-up endoscopy

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MEDQUIZ ANSWER

PRIMARY LUNG CARCINOMA

ETIOLOGY

- Smoking (primary cause)
- Exposure to carcinogens (asbestos, radon, arsenic)
- Air pollution
- Genetic mutations

SYMPTOMS

Persistent cough, Chest pain, Weight loss, Hemoptysis (coughing up blood)
Shortness of breath
Fatigue

RISK FACTORS

Chronic smoking
Age over 50
Male gender, Family history of lung cancer
Occupational exposure (e.g., asbestos)

DIAGNOSIS

1. Bronchoscopy
2. CT-guided biopsy
3. Histopathology

TREATMENT

1. Early stage: surgery or chemotherapy
2. Locally advanced disease: concurrent chemoradiotherapy
3. If metastatic: chemotherapy, targeted chemotherapy or immunotherapy

SUPPORTIVE CARE

1. Pain relief (NSAIDs for pain, bronchodilators for breathlessness etc)
2. Nutritional support
3. Smoking cessation counseling
4. Palliative care

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MEDQUIZ ANSWER

RHEUMATOID ARTHRITIS
(AN AUTOIMMUNE DISEASE)

ETIOLOGY

- HLA-DRA and HLA-DR1
- Smoking
- Infections (Porphyromonas gingivalis)
- Hormonal influences
- Autoantibodies (Rheumatoid factor, Anti-CCP)

SYMPTOMS

- Symmetrical joint involvement
- Morning stiffness > 1 hour
- Fatigue, malaise, low grade fever
- Joint deformities (ulnar deviation, swan-neck)

DIAGNOSIS

- Rheumatoid factor (RF): Positive in ~70-80% cases
- Anti-CCP (Anti-cyclic citrullinated peptide antibodies)
- ESR and CRP: Elevated
- CBC: May show anemia of chronic disease
- X-ray of hands/wrists: Joint space narrowing, Marginal erosions
- USG or MRI: Detect early synovitis or joint erosion

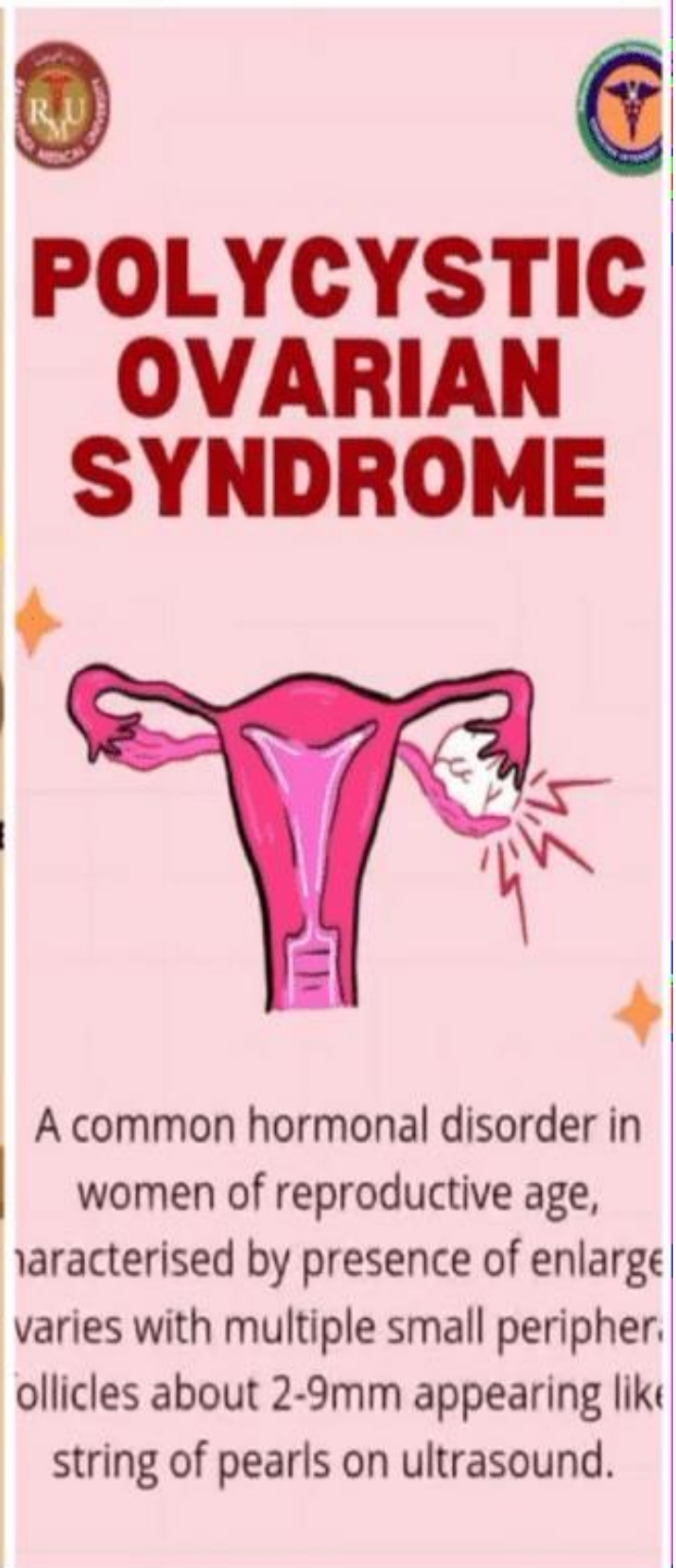
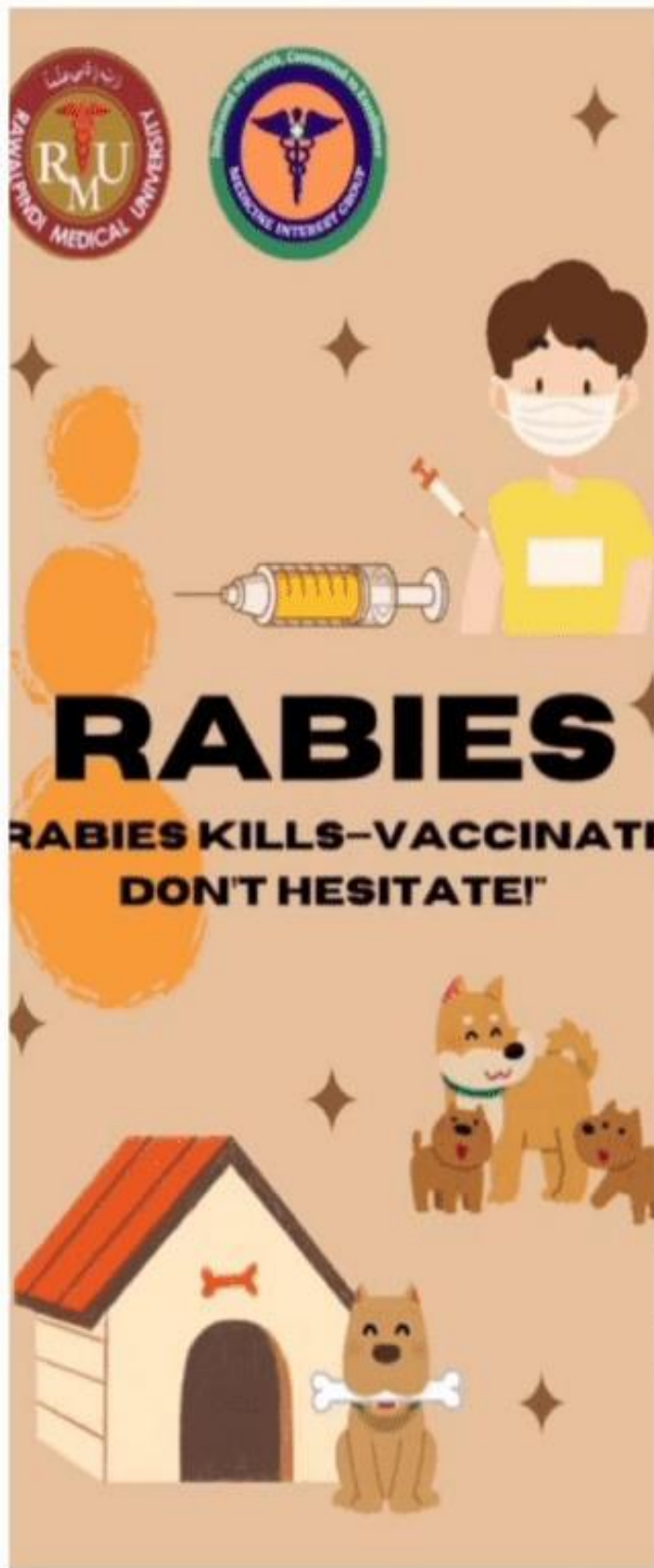
TREATMENT

- DMARDs: Methotrexate (First-line), Leflunomide, Sulfasalazine,
- Biologic DMARDs: Etanercept, Adalimumab, Infliximab, Rituximab
- Steroids: Low-dose Prednisone for flares
- NSAIDs: Pain and inflammation relief (not disease-modifying)

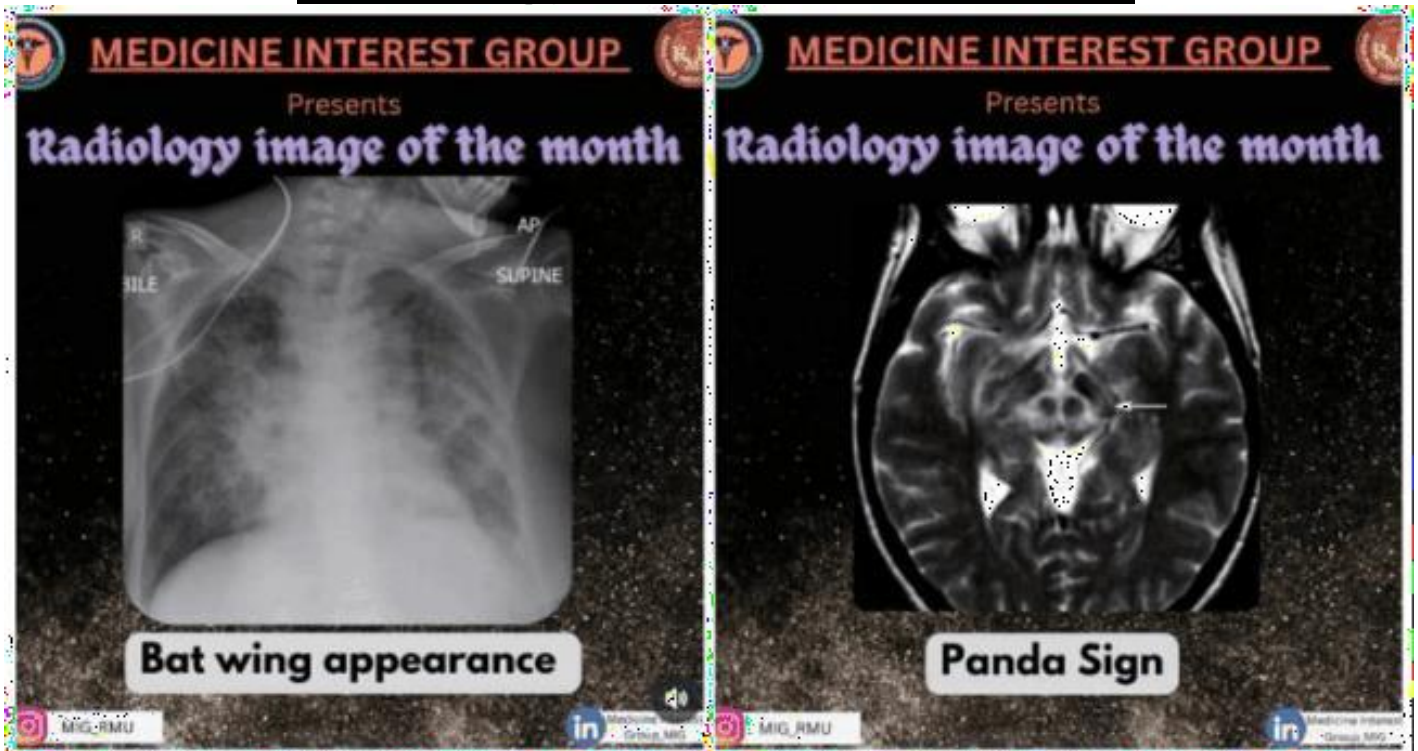
LIFESTYLE CHANGES & PREVENTION

- Regular low-impact exercise (swimming, walking)
- Physiotherapy & occupational therapy
- Quit smoking
- Healthy diet rich in omega-3, fruits, vegetables
- Maintain ideal weight
- Adequate rest and stress control
- Avoid smoking

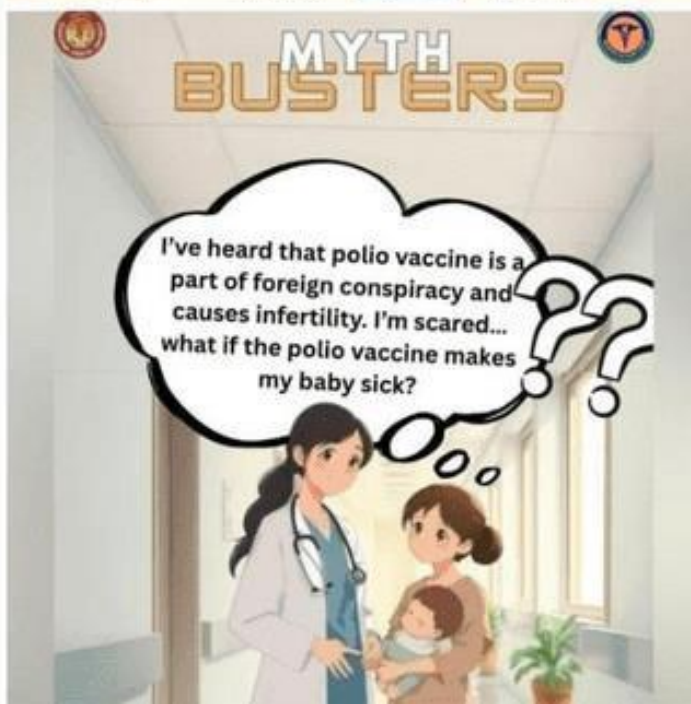
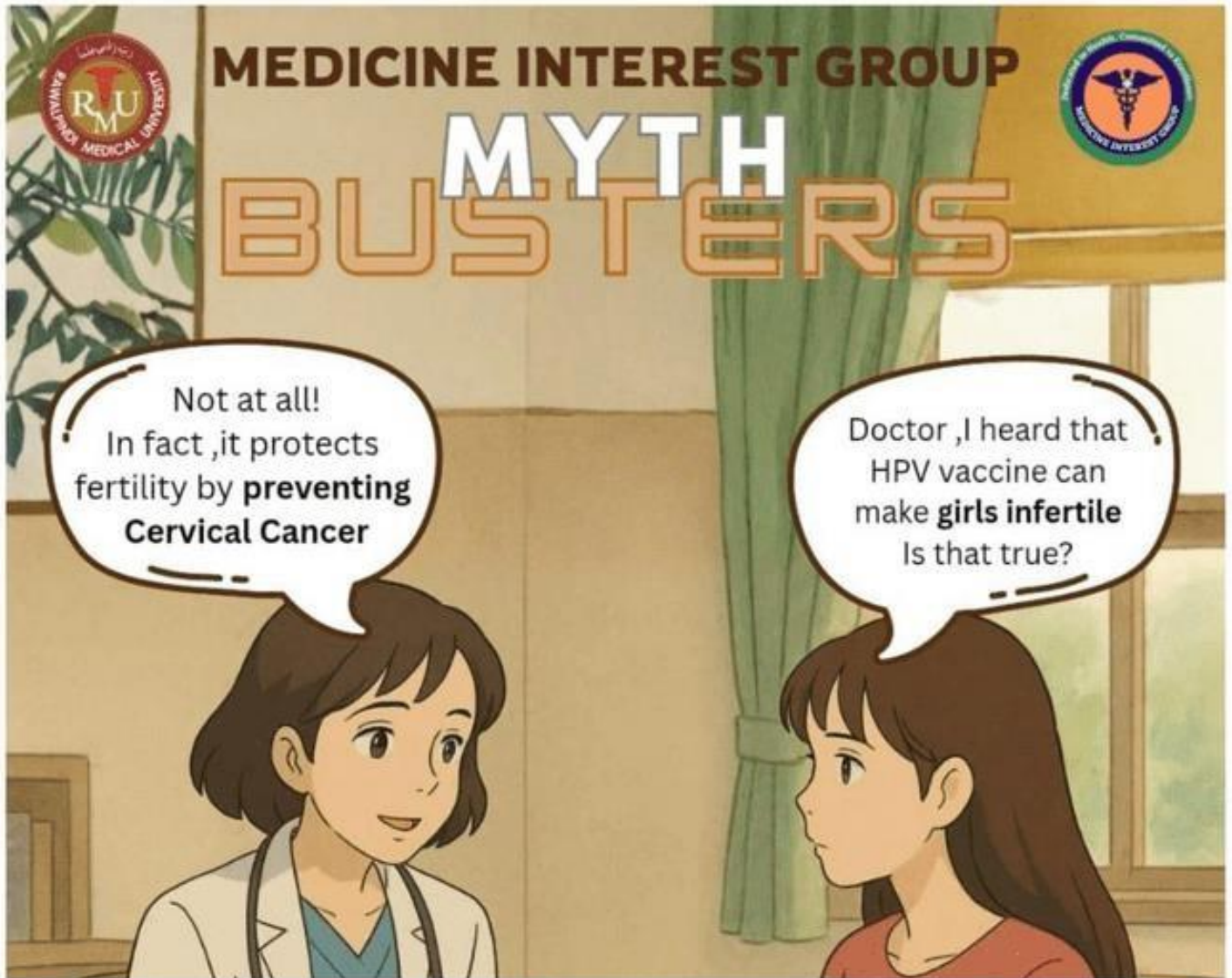
MedQuest



Radiology Image of the Month



Myth Busters



MedUpdate



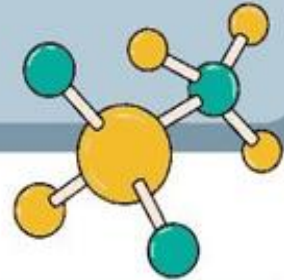
**MED
UPDATE**



RECENT RESEARCH ADVANCEMENTS IN HUMAN PAPILLOMA VIRUSES (HPVS)

1. HPV Overview

Human Papillomaviruses (HPVs) are epitheliotropic viruses infecting squamous epithelia (skin and mucosae). HPV causes 99% of cervical cancers, 90% of anal cancers, 65% vaginal cancers, 50% vulvar cancers, and 45-90% oropharyngeal cancers. No significant genetic predisposition for cervical cancer is noted.



2. Transmission Routes

HPV transmission is primarily through skin-to-skin or skin-to-mucosa contact. Sexual transmission is most documented, but non-sexual routes include fomites, fingers, mouth, self-inoculation, and vertical transmission from mother to child during birth. HPV DNA is detected in water environments, but waterborne transmission isn't demonstrated. Routine hygiene is inefficient in preventing transmission.



mig_rmu



Medicine Interest
Group_MIG

FCPS Guidance session by MIG

MIG successfully conducted a guidance session for FCPS titled '**Prep,Plan,Progress–FCPS Blueprint**'. The session provided a platform for aspiring fellows to gain valuable insights into the Fellowship of College of Physicians and Surgeons (FCPS) program.

Overview:

The following report is a comprehensive summary of the FCPS career guidance session conducted by Medicine Interest Group, Rawalpindi Medical University. The session offered a valuable opportunity for medical professionals to receive expert guidance on navigating the FCPS program. Through interactive discussions and Q&A sessions, participants gained insights into effective preparation strategies and exam techniques.

Title: Plan, Prep, Progress – FCPS Blueprint.

Speaker:

- Dr. Hassan Ahmed (Resident Neurosurgeon, Holy family Hospital, Rawalpindi)

Registration Cost:

- The session was free of cost for everyone.

Disciplines represented:

- MBBS
- House officers
- Medical Officers

Principal University:

- Rawalpindi Medical University

Participating Universities:

- Dow Medical College
- Al Nafees Medical College
- HIT Hospital Taxila
- LMDC
- FMDC
- Ruth Pfao College
- HBS
- Foundation Medical College
- FMC
- Aimc
- Army Medical College

- Ayub Medical College
- Sheikh Zayed Medical College
- Al-Nafees college
- KEMU
- Shifa College

Event Details:

- **Date:** Sunday, 25th May, 2025
- **Time:** 3:00 p.m.

No. of Registrations:

- 354

No. of Attendees:

- 260

Key Points of Webinar:

- Post graduate options (FCPS ,JCAT)
- FCPS VS JCAT
- What specialties are available
- Cip explained in easy words
- Books and Lectures to be followed
- Informative QnA

Contributions of Media and Publication Department:

- Created visually appealing posters to announce and promote the session.
- Provided media coverage during the session.
- Made a reel for the publicity purposes.

Contributions of Education and Training Department:

- Appointed host for the session to ensure that it went smoothly.
- Appointed a member to jot down the important points of the session.
- Conducted Q&A at the end of the sessions.

Contributions of Management Department:

- Ensured access to the Microsoft teams premium account for the session.
- Managed a dedicated WhatsApp group for the session, facilitating participant interaction and inquiries.
- Organized the MS Teams meeting for the session.

Session Resources:

The recording of session, PowerPoint presentation and the session notes were shared with participants.

Feedback Form:

After the completion of the session, a feedback form was distributed among participants. It helped us to gather constructive criticism and highlight areas for improvement, enabling us to refine our approach and enhance the quality of our future events.

Impact Created:

Our FCPS Guidance Session provided valuable insights and guidance to participants, empowering them to navigate their medical careers with confidence. The session covered essential topics, including FCPS exam preparation, residency options, and career pathways. By providing expert guidance and support, we aimed to inspire and motivate participants to achieve their goals and pursue excellence in their medical careers.





MEDICINE INTEREST GROUP



Online Webinar

PREP, PLAN, PROGRESS - FCPS BLUEPRINT .



MAY 25, 2025
03:00 PM

DR. HASSAN AHMED

RESIDENT NEUROSURGEON, HFH, RWP.

We'll Discuss:

-  Overview to FCPS
-  Scope And Purpose
-  Practical Tips to Ace Part 1
-  FCPS vs JCAT



REGISTER NOW



@mig_mmu



medicineinterestgroup@gmail.com

1st BLS Workshop 2025 by MIG

In an effort to enhance clinical preparedness among medical students, MIG conducted a comprehensive Basic Life Support (BLS) training session in collaboration with rescue 1122 at Rawalpindi Medical University, Rawalpindi. The session aimed to equip future healthcare professionals with the critical skills required for effective emergency response, including CPR, Bleeding control, Foreign Body airway obstruction, and fracture management.

Trainer: Rescue 1122 professional trainers

Session Venue: CPC hall, NTB, Rawalpindi Medical University

Session schedule:

- **Date:** Friday, 30th May, 2025
- **Time:** 9:45 a.m.- 12:00 p.m.

Participating students: Rawalpindi Medical University students

No. of attendees: 50

Contributions of the Media and Publication Department:

- Designed eye-catching promotional posters to advertise the session
- Prepared customized certificates for organizers.
- Made standees to enhance the visualization and engagement of the event.
- Comprehensive event coverage for promotional and archival purposes.
- Collected participant feedback through structured Google Forms and interviews to evaluate session effectiveness.

Contributions of the Management Department:

- Created and managed a Google Form for registrations.
- Facilitated communication for announcements, participant queries, and engagement.
- Handled financial logistics, including budget tracking and maintaining a detailed registration database.

Certificates:

Pakistan Life Saver Program-certified e-certificates were given to all the attendees.

Impact Created:

Our Basic Life Support (BLS) workshop, organized in collaboration with Rescue 1122, aimed to equip participants with essential life-saving skills. Expert trainers from Rescue 1122 provided hands-on instruction in CPR, airway management, and bleeding control, ensuring practical understanding and confidence. As a gesture of solidarity, Palestinian students were invited as chief guests, adding a meaningful and unifying dimension to the session.



MEDICINE INTEREST GROUP



BLS ON-CAMPUS WORKSHOP

IN COLLABORATION WITH

RESCUE - 1122

PAKISTAN LIFESAVER PROGRAM (PLSP)
CERTIFIED E-CERTIFICATES WILL BE
PROVIDED TO ALL PARTICIPANTS

**VERY LIMITED SLOTS AVAILABLE !
ONLY FOR RMU STUDENTS**



REGISTER NOW!



**JOIN US FOR HANDS ON
EXPERIENCE!**



9:30PM-12PM



CPC HALL NTB, RMU



30TH MAY 2025



MIG RMU



MEDICINE INTEREST GROUP MIG

How To Read Your Reports-101

MIG successfully conducted a 4 days online webinar series titled “**How To Read Your Reports-101**”. This series provided students an opportunity to master interpretation of Lab reports, ECG and radiographs, all the way from the Fundamentals to complex.

Overview:

This 4 days online webinar series was divided into 3 segments.

- **Lab reports** Interpretation webinar
- **ECG** webinar
- **Radiology** webinar.

Speakers for respective days:

- **Day 1:** 28th June- **Lab reports** Interpretation webinar (by Dr. Ayesha Khurshid) - FCPS (hematology), CHPE
- **Day 2:** 29th June- **ECG webinar** (by Dr. Qurban Hussain Khan)- FCPS (cardiology), FCPS (electrophysiology), CCDS (USA)
- **Day 3:** 30th June- **Ultrasound and X-rays** (by Dr. Hina)- Associate professor, Head of Radiology, Benazir Bhutto hospital
- **Day 4:** 1st July- **CT Scan and MRI** (by Dr. Hina)

Disciplines represented:

- MBBS
- AHS
- House officers
- Post-graduate trainees

Principal institution: Rawalpindi Medical University

Other Participating Universities:

- Foundation medical university
- Islamic International Medical College / Riphah University
- Rawal Institute of health sciences
- Army medical college
- DOW Medical University
- Islamabad Medical College
- Al Nafees medical college
- Fazaia Medical College Islamabad
- Khyber medical college
- Sheikh Zayed Medical college, RYK
- Mohi-ud-Din Islamic Medical College, Mirpur, AJK.
- HBS Islamabad
- Shifa medical college
- Fazaia Ruth Pfao Medical College (FRPMC), Karachi
- Faisalabad medical college

- Shaheed Mohtarma Benazir Bhutto Medical University (SMBBMU)
- Shaikh Khalifa Bin Zayed Al-Nahyan Medical and Dental College
- Ameer ud din medical college
- Khyber Girls Medical College
- Poonch Medical College Rawalakot- PMCR
- Allama iqbal medical college
- Nishtar medical college
- Rai medical college Sargodha
- Akhtar Saeed Medical College, Rawalpindi
- Azerbaijan Medical University
- Riphah college of veterinary sciences Lahore
- GC university Faisalabad
- Green International University Lahore
- Watim Medical College, Rawat
- Rawal institute of health sciences
- Mohtarma Benazir Bhutto Shaheed Medical College,
- Sargodha medical college
- Nawaz Sharif Medical College, Gujrat
- Wah Medical College

Schedule: 28th June – 1st July, 2025

- **Day 1** (28th June) : 3.30 p.m – 5:00 p.m
- **Day 2** (29th June) : 3:30 p.m. – 5:00 p.m.
- **Day 3** (30th June) : 5:15p.m – 6:30 p.m
- **Day 4** (1st July): 5:15p.m – 6:30 p.m

No. of Attendees:

- 310

Contributions of the Media and Publication Department:

- Created visually appealing posters to announce and promote the session.
- Designed speaker reveal posters to enhance the course's credibility.
- Prepared E-certificates for participants.

Contributions of the Management and Finance Department:

- Generated and managed a Google Form for participants' registrations
- Facilitated communication for announcements, participant queries, and engagement via a dedicated WhatsApp group
- Organized the MS Teams meeting for session of each day.

Contribution of Alumni and Speaker Outreach Department:

- Contacted the speakers for all the 4 days of the session and confirmed their availability.

Contributions of Education and Training Department:

- Appointed hosts and co-hosts (moderator and scribe) for the session to ensure that the session progressed smoothly.
- Conducted interactive Q&A sessions during the session, and at the end of each day.

Feedback Form:

After the session, participants were given a feedback form to share their thoughts. Their responses provided helpful insights that improved our understanding of how engaged the students were and how effective the session had been.

Recordings:

Recordings of all 4 days of webinar were shared with the participants via google drive.

Certificates:


After the session concluded, a link was shared in the WhatsApp group that included the e- certificates of all the participants and the organizers

Impact Created:

Our "Read Your Report" workshop series was a resounding success, with participants gaining valuable insights and skills in interpreting ECGs, X-rays, and lab reports. Our expert faculty led interactive sessions, providing real-world examples to ensure attendees felt confident in their ability to apply their newfound knowledge.

MEDICINE INTEREST GROUP
PRESENTS

HOW TO READ YOUR REPORTS-101



DR AYESHA KHURSHID
MBBS
FCPS (HAEMATOLOGY)
CHPE
CONSULTANT
HAEMATOLOGIST
ASSOCIATE PROF OF
HAEMATOLOGY
AT AFIP RWP

DR QURBAN HUSSAIN KHAN
CONSULTANT CARDIOLOGIST AND
ASSISTANT PROFESSOR
OF CARDIAC ELECTROPHYSIOLOGY
BSC (UK)
MBBS (UK)
FCPS (CARDIOLOGY)
FCPS (ELECTROPHYSIOLOGY)
CCDS (USA)


DR HINA HANIF MUGHAL
ASSOCIATE PROFESSOR
HEAD OF RADIOLOGY
BANAZIR BHUTTO HOSPITAL

ONLINE WEBINAR ON
28,29,30 JUNE AND 1 JULY
3:30 TO 5 PM

MIG RMU MEDICINE INTEREST GROUP MUG

MEDICINE INTEREST GROUP
PRESENTS

HOW TO READ YOUR REPORTS-101



DR AYESHA KHURSHID
MBBS
FCPS (HAEMATOLOGY)
CHPE
CONSULTANT
HAEMATOLOGIST
ASSOCIATE PROF OF
HAEMATOLOGY
AT AFIP RWP

ONLINE WEBINAR ON
28,29,30 JUNE AND 1 JULY
3:30 TO 5 PM


MIG RMU MEDICINE INTEREST GROUP MUG

Key Topics Covered:

- Why pathology reports are the "final word" in diagnosis
- Red flags in lab values – when to worry?
- CBCs and peripheral smears: anemia, leukemia, infections
- LFTs: differentiating hepatitis, cholestasis, cirrhosis
- RFTs: patterns in acute and chronic kidney diseases
- ABG interpretation: step-by-step – compensated vs decompensated states
- Coagulation profile: identifying bleeding disorders, DIC, anticoagulation issues
- Rare and unusual lab findings shared by the speaker
- Infectious disease markers: what changes mean for prognosis and treatment
- Miscellaneous tests: body fluids and urinalysis
- Diagnostic pitfalls: how misreading a report can impact patient outcomes

MEDICINE INTEREST GROUP
PRESENTS

HOW TO READ YOUR REPORTS-101



DR QURBAN HUSSAIN KHAN
CONSULTANT CARDIOLOGIST AND
ASSISTANT PROFESSOR
OF CARDIAC ELECTROPHYSIOLOGY
(BSC MBBS FCPS CCDS)


ONLINE WEBINAR ON
28,29,30 JUNE AND 1 JULY
3:30 TO 5 PM

MIG RMU MEDICINE INTEREST GROUP MUG

- Indications for ECG
- ECG leads, paper, and machine
- Basics of ECG
- Stepwise approach to ECG interpretation
- Normal ECG rhythm
- Cardiac Axis and Abnormalities
- Identification of abnormalities on ECG:
- STEMI, NSTEMI, Rate and Rhythm
- Abnormalities, AV block, Cardiac Arrest
- Electrolyte Disturbances.

MEDICINE INTEREST GROUP
PRESENTS

HOW TO READ YOUR REPORTS-101



DR HINA HANIF MUGHAL
ASSOCIATE PROFESSOR
HOD RADIOLOGY
BANAZIR BHUTTO HOSPITAL

ONLINE WEBINAR ON
28,29,30 JUNE AND 1 JULY
3:30 TO 5 PM

MIG RMU MEDICINE INTEREST GROUP MUG

Day 1: X-Ray & Ultrasound Interpretation

- **X-Ray Interpretation**
 - Basics of X-ray imaging & radiation safety
 - Chest X-ray: ABCDE approach, normal anatomy, pneumonia, pneumothorax
 - MSK X-ray: Limb zones, fractures, dislocations, arthritis
 - Abdominal X-ray: Bowel obstruction, free air, masses
- **Ultrasound Interpretation**
 - Concepts of echogenicity, orientation & artifacts
 - Abdomen & pelvis USG scan regions

Day 2: MRI & CT Scan Interpretation

- **Brain MRI**
 - Stroke, tumors, infections
 - Neurodegenerative & demyelinating disorders
- **CT Scan Interpretation**
 - Basics: Indications, artifacts, windowing
 - Techniques: Contrast use, scan protocols
 - Reading CTs: Systematic approach
 - Findings: Trauma, tumors, infections, variants

Medical Olympiad by MIG

MIG successfully conducted a Medical Olympiad which was attended by medical students from various medical colleges and universities across Rawalpindi and Islamabad.

Overview:

The following report is a comprehensive summary of the Medical Olympiad conducted by Medicine Interest Group, Rawalpindi Medical University. It was one of a kind initiative which focused on bringing likeminded individuals together assess the training imparted to them.

Date: 31st August 2025

Time: 9:00am — 5:30pm

Venue: Old Teaching Block, RMU

Registration Cost:

- 3000 for each team of 6 — 8 people
- 300 per segment for individual participation in Creativity lounge
- Special discount also offered to RMU societies (SYNCH , THE SCHOLARS WING , RSRS)

Total Participants:

Total Teams:11

Individual participants:16

Principal University: Rawalpindi Medical University

Participating Universities:

- Al Nafees Medical College
- Watim Medical College
- Nust School of Health Sciences
- Sheikh Zayed Medical College
- Army Medical College
- Foundation Medical University

Guests and Speakers:

- Vice Chancellor RMU, Prof Dr M Umar, SI, HI
- Prof Dr Saima Ambreen
- Dr Syed Mehboob Ali Shah
- Dr M Huzaifa Azam
- Dr Qandeel Khurshid

Segments:

- **Main Segments:**

1. Alpha med
2. Code Blue
3. Debate To Medicine
4. Stump The Intern (Medical Escape Room)
5. Trails of trials (Scavenger Hunt)
6. Mind Unmasked

- **Creativity Lounge:**

1. Art Gallery
2. Cardio quest
3. Essay / Story Writing

Incentives:

- Shields + certificates for 1st 3 positions in all competitions
- Cash prizes for the 1st 3 positions overall
- Shields/ trophies for the 1st 3 positions overall
- Participation certificates for all participants

Cash Prize:

- 7k for 1st position
- 5k for 2nd position
- 3k for 3rd position

Winners:

- 1st position Team ABG's
- 2nd position Team NSHS1
- 3rd position Team Med Minions

Contributions of Media and Publication Department:

- Created visually appealing posters to announce and promote the session.
- Provided media coverage during the session.
- Made reels for the publicity purposes.
- Designed Certificates, Shields and Standee Design

Contributions of Education and Training Department:

- Appointed hosts for the session to ensure that it went smoothly.

Contributions of Management Department:

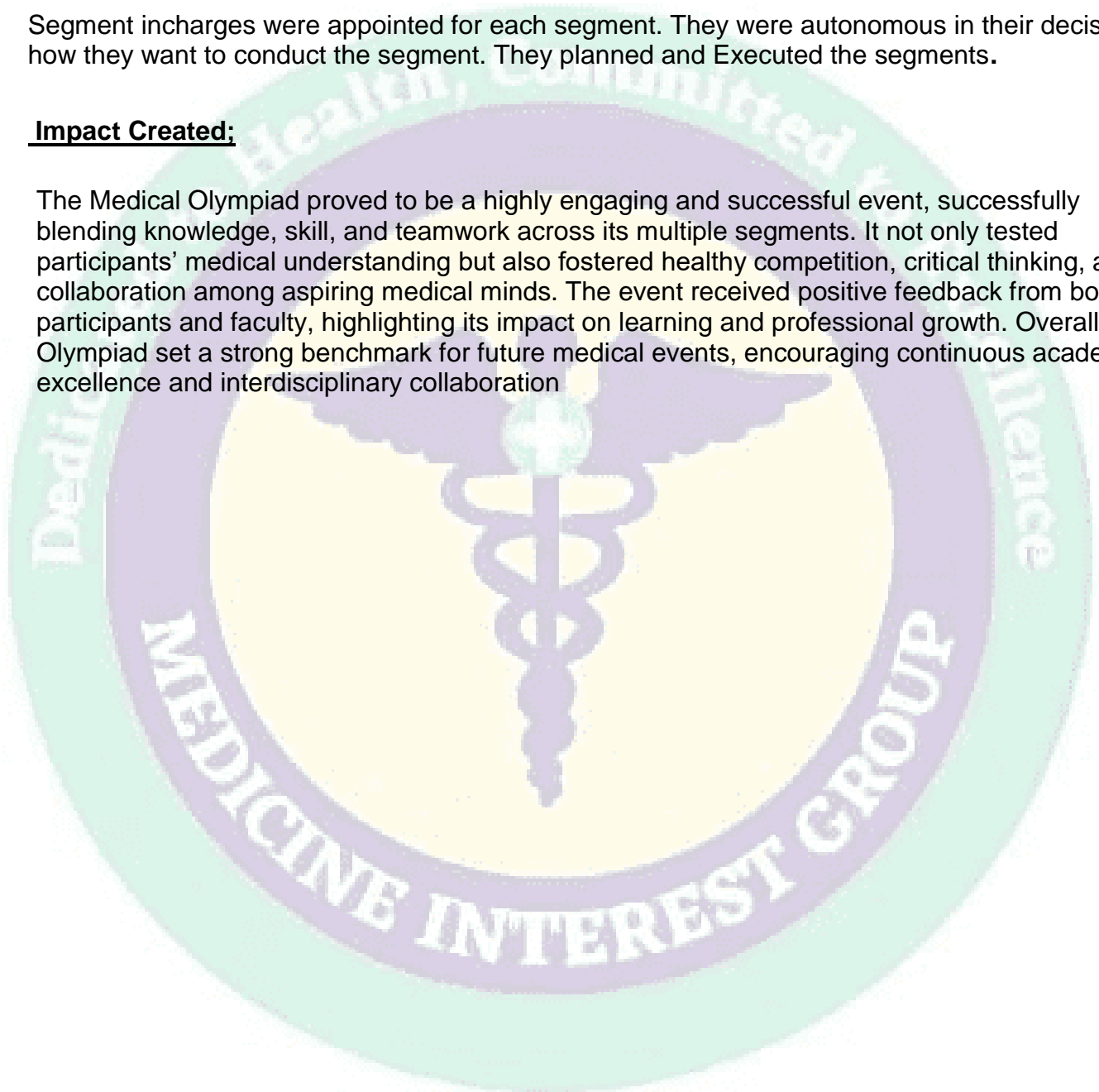
- Managed Finances
- Made Separate WhatsApp Group for each Segment

Contributions of Segment Inchrqes:

Segment incharges were appointed for each segment. They were autonomous in their decision of how they want to conduct the segment. They planned and Executed the segments.

Impact Created:

The Medical Olympiad proved to be a highly engaging and successful event, successfully blending knowledge, skill, and teamwork across its multiple segments. It not only tested participants' medical understanding but also fostered healthy competition, critical thinking, and collaboration among aspiring medical minds. The event received positive feedback from both participants and faculty, highlighting its impact on learning and professional growth. Overall, the Olympiad set a strong benchmark for future medical events, encouraging continuous academic excellence and interdisciplinary collaboration



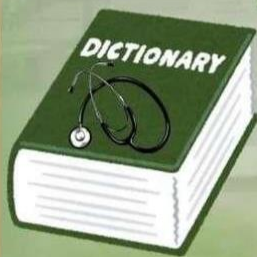


MEDICINE INTEREST GROUP



MEDICINE
OLYMPIAD '25

Alpha
MED



exam
healthcare
profession
disease
research
cardiology
instrument
equipment
heart
wellness
sickness
device
illness
treatment
isolated
nearby
medicine
examination
healthy
scientific
hospital
professional
closeup

Medical Spell Check STAT



MEDICINE INTEREST GROUP



MEDICINE
OLYMPIAD '25

MIND
UNMASKED



*A Journey Through Thoughts, Emotions &
Reflections*



MEDICINE INTEREST GROUP



MEDICINE
OLYMPIAD '25

REGISTRATIONS OPEN

LAST DATE: 26-08-2025



Limited slots for early bird discount



MEDICINE INTEREST GROUP



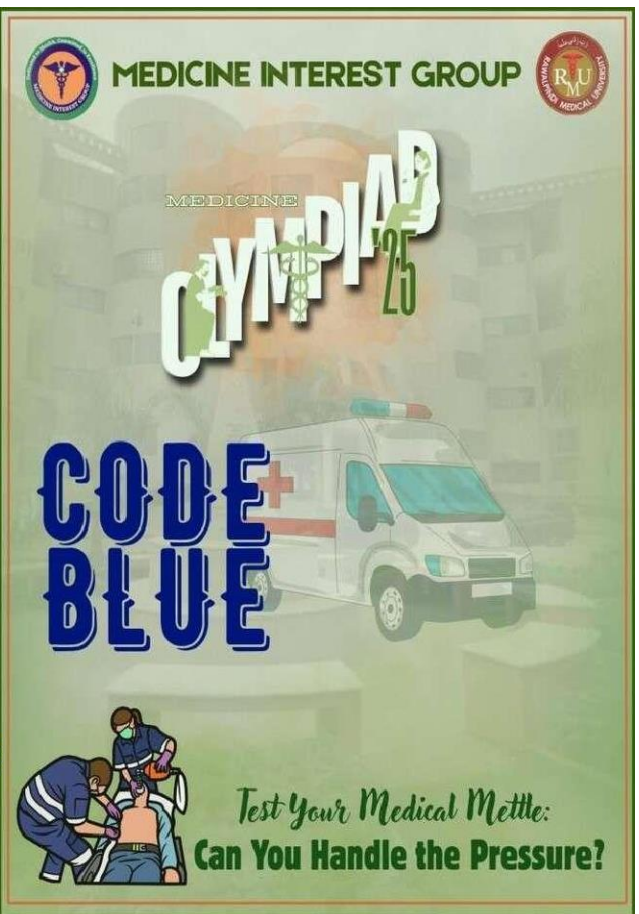
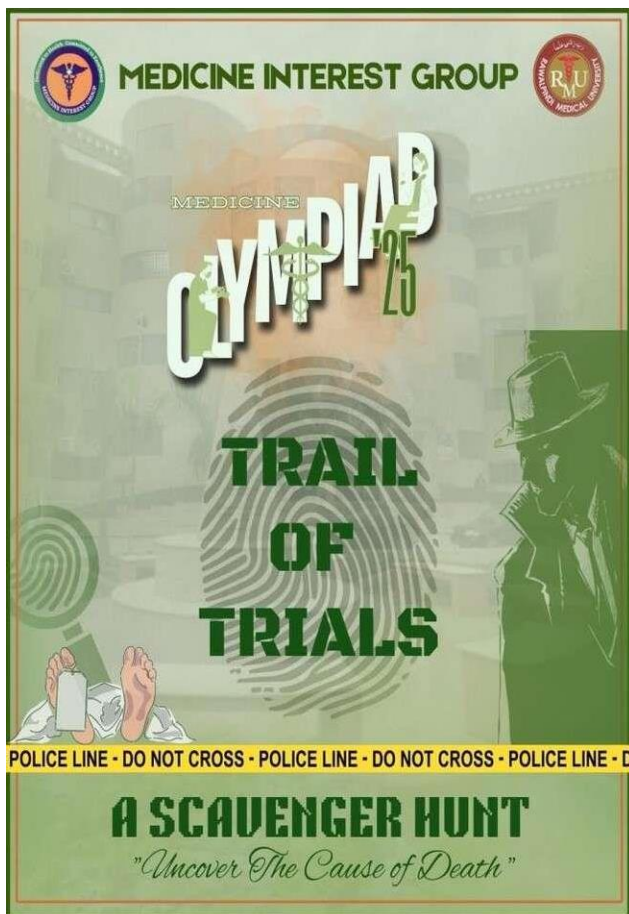
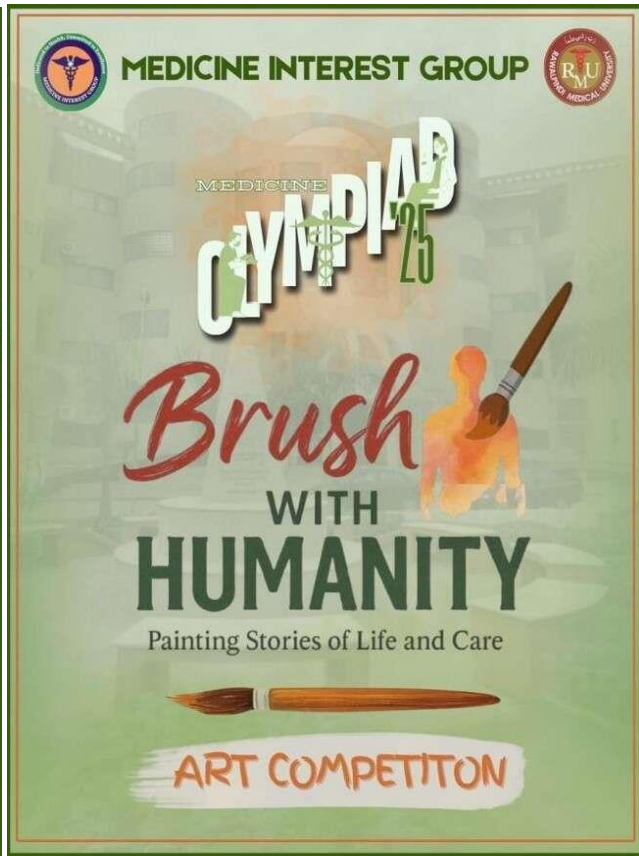
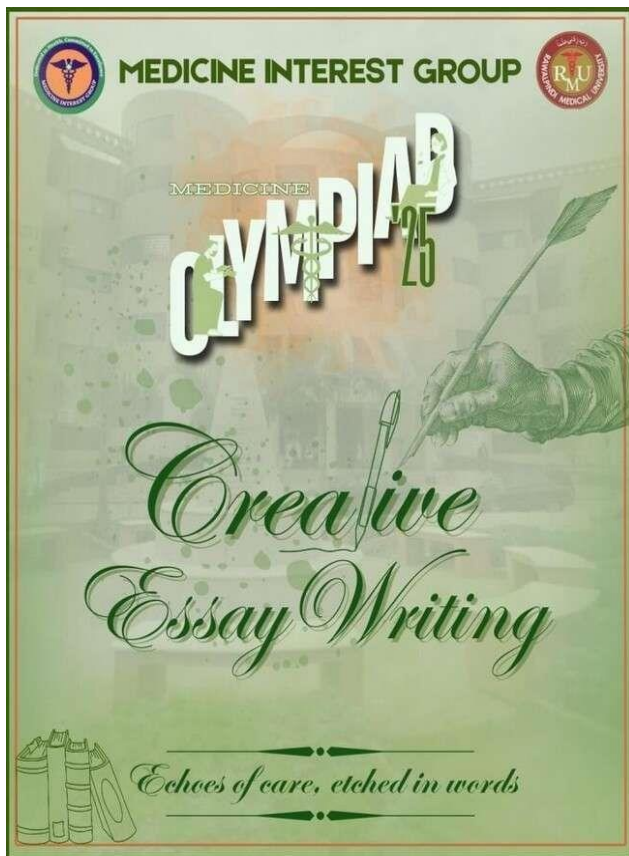
MEDICINE
OLYMPIAD '25



Debate to
Medicine



"Diagnosing Arguments, Prescribing Solutions."



House Job Demystified: Roles, Challenges, and Roadmap for Future Success

In collaboration with RSRS, SJRMC, Research Venture, SALT and CIRD in RECON 2025 we organized a guidance session to equip medical students with essential practical insights for a successful transition into house job training. This session addressed key domains in regards to house job—including role clarification, skill preparation, specialty selection, workplace dynamics, maximizing learning, work-life balance, and long-term career planning— enabling participants to approach their internships with clarity, confidence, and a proactive mindset.

Speakers

- Dr. Zarak Khan (MBBS) Founding President, MIG | Health Manager at MNHC.
- Dr. Fatima Khalid (MBBS) Founding Vice President, MIG | Medical Officer at Hearts International.

Session Venue: Online, Zoom Meeting

Session schedule:

- **Date:** 7th September, 2025
- **Time:** 11:00 a.m. – 11:45 a.m.

Total No. of attendees: 153

Principal institution: Rawalpindi Medical University

Other institutes:

- Watim medical and dental college
- Al-Nafees medical college (Isra University)
- Khyber Medical University
- Shalamar medical and dental college
- King Edward medical university
- Services institute of medical sciences
- Northwest School of Medicine, Peshawar
- Foundation university, Islamabad
- Federal Medical college
- Fatima Jinnah medical university
- Quaid-e-Azam medical college, Bahawalpur
- Khawaja Muhammad Safdar medical college, Sialkot

Contribution of Education and Training Department:

- Carried out the roles of moderator and scribe, ensuring seamless session facilitation and comprehensive documentation of the proceedings

Impact Created:

"House Job Demystified" was a highly successful workshop designed to equip participants with the skills and knowledge necessary to excel in their house jobs. Our founding presidents shared valuable insights and practical tips on navigating various rotations, helping attendees feel more confident and prepared for the challenges of their house jobs.





RAWALIAN STUDENTS' RESEARCH SOCIETY
Rawalpindi Medical University



RECON'25
MEDICINE
SEPTEMBER / ONLINE

***"House Job Demystified: Roles,
Challenges, and Roadmap for Future
Success"***

SYMPOSIUM BY MIG RMU



Dr. Fatima Khalid
Medical Officer, Hearts
International
Founding VP, MIG



Dr. Farak Khan
Health Manager at MNHC
(Maryam Nawaz Health Clinic)

 [rsrsmu](#) [rsrs.rm.u](#) rsrsmuofficial@gmail.com

The 2nd BLS Workshop

To build the clinical proficiency of medical students and improve their ability to respond effectively in emergencies, MIG hosted an interactive Basic Life Support (BLS) workshop. The program focused on empowering aspiring healthcare professionals with the core concepts and hands-on techniques required to deliver prompt and effective life-saving care in urgent situations.

Trainer: Dr. Seemab Abid (CHPE, FCPS, MBBS) | MU-1, Holy Family Hospital, Rawalpindi.

Session Venue: Latif Auditorium, Old Teaching Block, Rawalpindi Medical University

Session Schedule:

- **Date:** 9th October, 2025
- **Time:** 10:00 a.m. — 1:00 p.m.

Total No. of attendees: 71

Principal institution: Rawalpindi Medical University

Participant's Institutions:

- Akhtar Saeed medical college
- Islamic International Medical College (Riphah International University)
- Islamabad Medical and Dental College
- Rawal institute of health sciences, Islamabad
- Watim medical and dental college
- Al-Nafees medical college (Isra University)
- Khyber Medical University Institute of Medical Sciences
- HBS medical and dental colleges
- Women medical college (WMC) Abbottabad
- Faisalabad medical university (FMU)

Contributions of the Media and Publication Department:

- Designed appealing posters to effectively publicize the BLS session.
- Made standees and participants cards to enhance the visualization and engagement of the event.
- Prepared participant's certificates to acknowledge involvement and successful completion of the session.
- Comprehensive event coverage for promotional and archival purposes.

Contribution of Education and Training Department:

- Arranged and briefed the hosts regarding the session to ensure smooth event flow and effective audience engagement.

Contributions of the Management and Finance Department:

- Created and managed a Google Form for registrations.
- Facilitated communication for announcements, participant queries, and engagement via a WhatsApp group.
- Handled financial logistics, including budget tracking and maintained a detailed registration database.
- Looked after the arrangement of refreshments for the speaker and the organizers.
- Collected participant's feedback through structured Google Form to assess session effectiveness.

Acknowledgements:

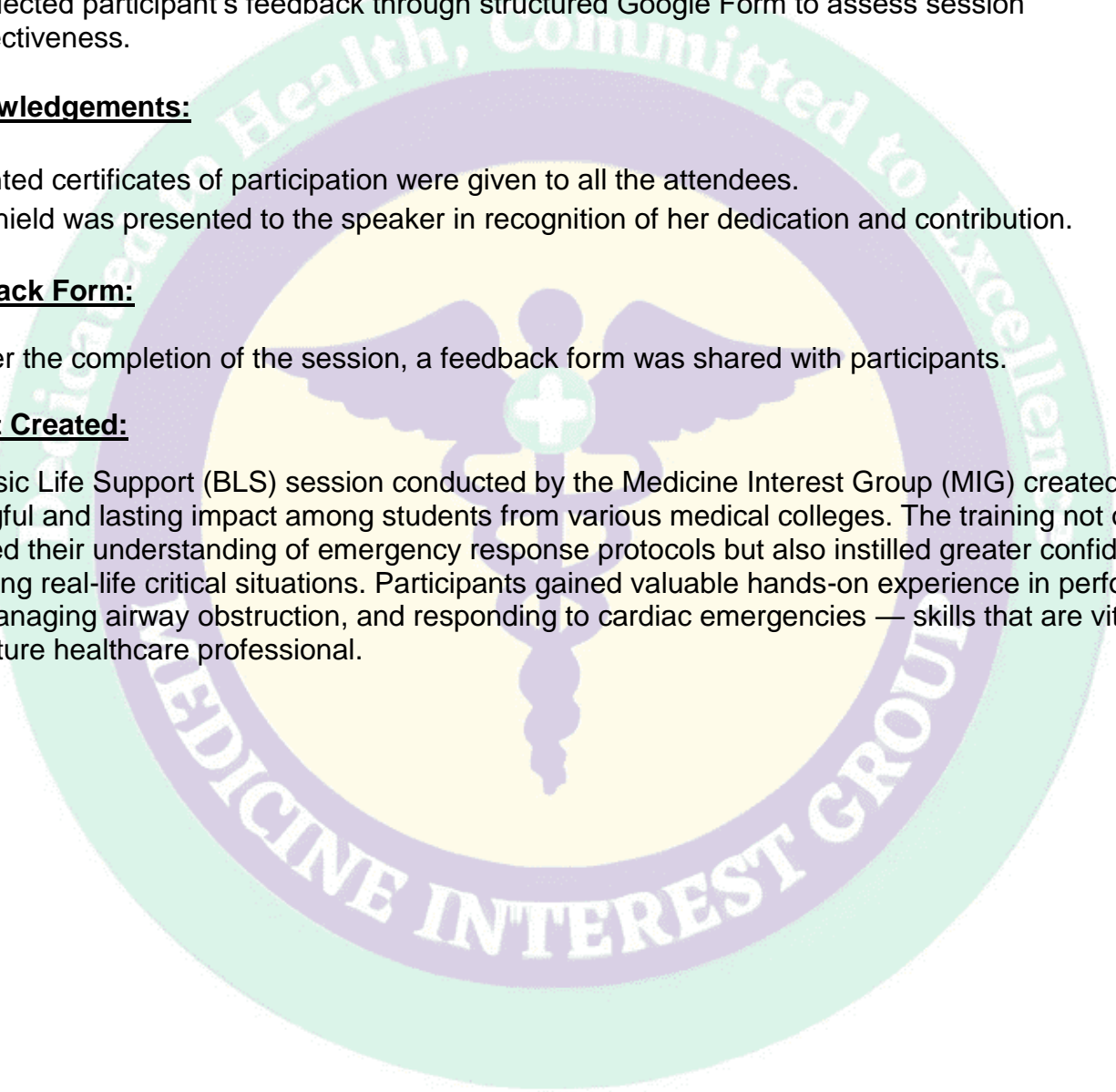
- Printed certificates of participation were given to all the attendees.
- A shield was presented to the speaker in recognition of her dedication and contribution.

Feedback Form:

- After the completion of the session, a feedback form was shared with participants.

Impact Created:

The Basic Life Support (BLS) session conducted by the Medicine Interest Group (MIG) created a meaningful and lasting impact among students from various medical colleges. The training not only enhanced their understanding of emergency response protocols but also instilled greater confidence in handling real-life critical situations. Participants gained valuable hands-on experience in performing CPR, managing airway obstruction, and responding to cardiac emergencies — skills that are vital for every future healthcare professional.



BLS Workshop Posters



WHAT'S INSIDE A
First Aid Kit?

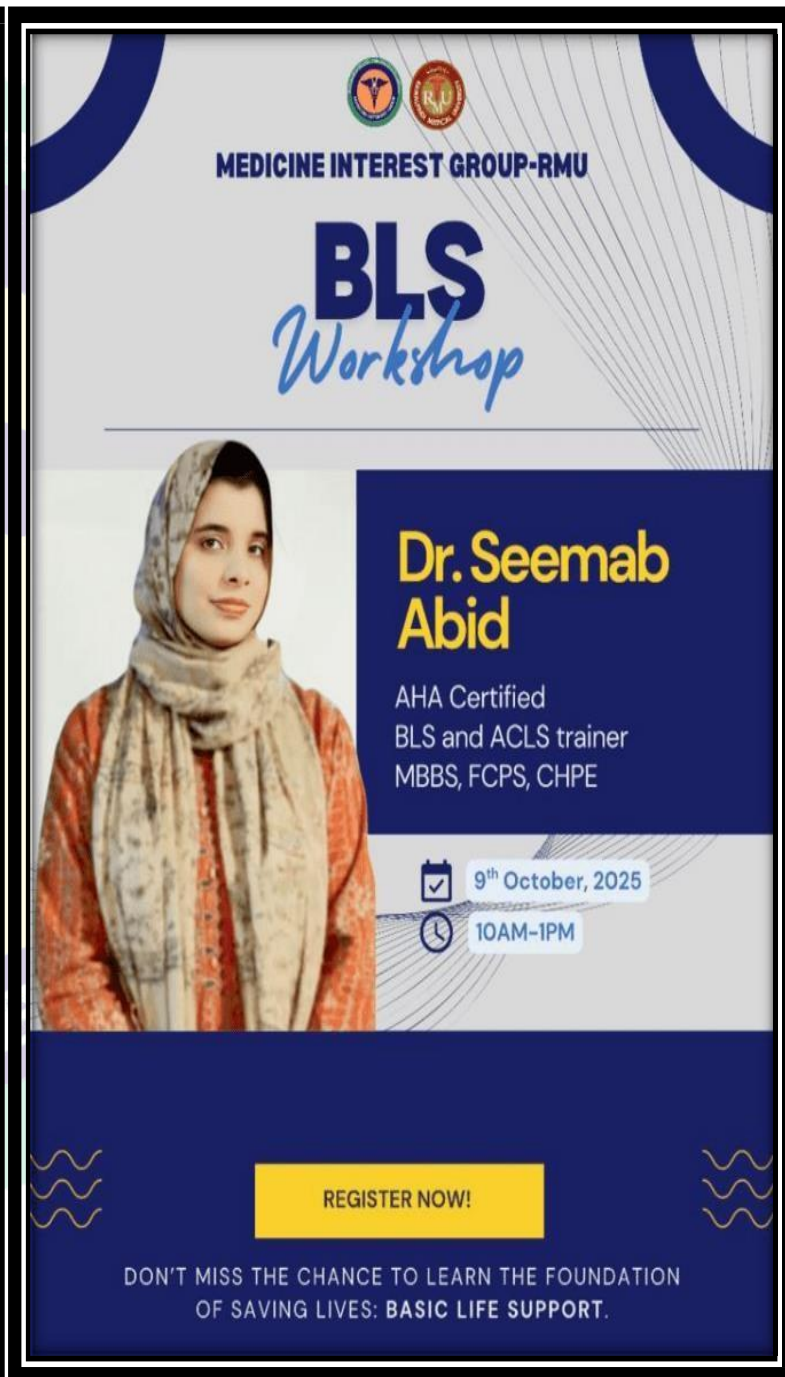
CAN YOU DO
Emergency CPR?

HOW WILL YOU
Use AED?

MEDICINE INTEREST GROUP-RMU
Presents
BLS
Workshop

DON'T MISS THE CHANCE, TO GRAB YOUR SLOTS

9TH OCT OTB 10AM - 1PM



MEDICINE INTEREST GROUP-RMU
BLS
Workshop

Dr. Seemab Abid
AHA Certified
BLS and ACLS trainer
MBBS, FCPS, CHPE

9th October, 2025
10AM-1PM

REGISTER NOW!

DON'T MISS THE CHANCE TO LEARN THE FOUNDATION
OF SAVING LIVES: BASIC LIFE SUPPORT.

Report on the Youth Emergency Response Program (YERP) 2025 by MIG

In an effort to enhance the emergency lifesaving skills among undergraduate students, MIG conducted a comprehensive Youth Emergency Response Program (YERP) training session at various schools throughout the twin cities. The session aimed to educate students with the critical skills required for effective emergency response, including CPR, Bleeding control, Foreign Body airway obstruction, and fracture management.

Trainer: Medical students (First to final year) and House officers.

Project Venue: Various secondary schools and colleges throughout Pakistan.

Project schedule:

- **Date:** September 1 - November 15

Participating students: Students in their SSC/ O levels and HSSC/A levels

No. of students 1500+

Contributions of the Media and Publication Department:

- Designed eye-catching promotional posters to advertise the session
- Prepared customized certificates for organizers.
- Provided guidance about coverage to the organizers.

Contributions of the Education Department:

- Prepared a PowerPoint presentation on first aid for the teams visiting various schools as part of the YERP initiative.

Impact Created:

The Youth Emergency Response Program has made a significant impact on the young minds of our community, empowering them with life-saving skills and knowledge to respond to emergencies. Multiple teams visited various schools, engaging with students and equipping them with Basic Life Support (BLS) techniques. By investing in the education and training of young children, we aim to create a ripple effect, spreading awareness and promoting a culture of safety and emergency preparedness throughout the community.

Health, Committed &



MEDICINE INTEREST GROUP
**YOUTH EMERGENCY
RESPONSE PROGRAM**



1500+

STUDENTS TRAINED



VE INTEREST

Career Guidance session by MIG

“MedCareer Compass” is an initiative by MIG designed to give students a clearer understanding of various medical sub-specialties. Through this program, MIG aims to guide aspiring doctors by highlighting the advantages, challenges, and typical work routines of each specialty. In this session, we focused on exploring Rheumatology and Psychiatry as potential career paths..

Overview:

The following report is a comprehensive summary of the Career guidance session conducted by Medicine Interest Group, Rawalpindi Medical University. The session offered a valuable opportunity for medical professionals to receive expert guidance on navigating Rheumatology and Psychiatry through interactive discussions and Q&A sessions, participants gained insights into effective preparation strategies and exam techniques.

Title: MedCareer Compass “ Rheumatology and Dermatology”

Speaker:

- Day 1 : Dr. Shamaila Mumtaz (Consultant Rheumatologist)
- Day 2 : Dr. Syed Mehboob Ali Shah (Consultant Psychiatrist)

Registration Cost:

- The session was free of cost for everyone.

Disciplines represented:

- MBBS
- House officers

Principal University: Rawalpindi Medical University

Participating Universities:

- Dow Medical College
- Al Nafees Medical College
- Khyber Medical College
- IIMC
- FMDC
- Watim Medical College
- Mohi Ud Din Islamic Medical College
- Foundation College
- FMC

- Ayub Medical College
- NSHS
- Army Medical College
- HBS Medical and Dental College
- SZABMDC Lahore
- Al-Nafees college
- Sheikh Zayed Medical College RYK
- Guizhou Medical University
- Shifa College
- KEMU

Course Schedule:

- **Date:** 12th November & 14th November 2025
- **Time:** 5:30-6:30 pm

Total Participants:

- 113

Contributions of Media and Publication Department:

- Created visually appealing posters to announce and promote the session.

Contributions of Education and Training Department:

- Appointed host for the session to ensure that it went smoothly.
- Conducted Q&A at the end of the sessions.

Contributions of Management Department:

- Ensured access to the Microsoft teams premium account for the session.
- Managed a dedicated WhatsApp group for the session, facilitating participant interaction and inquiries.
- Organized the MS Teams meeting for the session.

Feedback Form:

After the completion of the session, a feedback form was distributed among participants. It helped us to gather constructive criticism and highlight areas for improvement, enabling us to refine our approach and enhance the quality of our future events.

Session Resources:

- The recording of session were shared with participants

Impact Created:

Our MedCareer Compass session shed light on the exciting career paths of Rheumatology and Psychiatry, guiding participants to make informed decisions about their future. Our expert speakers shared insights into these dynamic fields, inspiring participants to explore their interests. By providing a platform for exploration and guidance, we aimed to empower participants to chart their own course in the medical field, pursuing fulfilling and rewarding careers.





MEDICINE INTEREST GROUP

Presents

WEBINAR SERIES

MED-CAREER COMPASS

on

RHEUMATOLOGY & PSYCHIATRY






E-CERTIFICATES WILL BE PROVIDED

Date | 12th And 14th November

Price | Free of Cost

Venue | Online

Registrations Closing Soon

SCAN ME





MEDICINE INTEREST GROUP

Presents

WEBINAR SERIES

MED-CAREER COMPASS

SPEAKERS





DR. SHUMAILA MUMTAZ

CONSULTANT RHEUMATOLOGIST

FCPS (Rheumatology)
FCPS (Medicine)
MBBS



DR. SYED MEHBOOB ALI SHAH

CONSULTANT PSYCHIATRIST

FCPS (Psychiatry)
MBBS

Register Now!

Date | 12th And 14th November

Price | Free of Cost

Venue | Online at 5:30 pm (P.S.T)





26th Asia-Pacific League of Associations for Rheumatology Congress
Virtual, November 4-11, 2020

POSTERIOR SCLERITIS LEADING TO OPEN ANGLE GLAUCOMA A RARE PRESENTATION OF GRANULOMATOSIS WITH POLYANGITIS

Dr Shumaila Mumtaz, Rawalpindi Medical University - Pakistan

INTRODUCTION

- 47 years old gentleman presented with sudden blurred vision along with Pain and Redness of both eyes.
- Ophthalmological evaluation revealed bilateral vitreous congestion & subretinal exudates with intraocular pressure of 40 mm Hg in both eyes. He was diagnosed as a case of Open Angle Glaucoma and treated with topical anti-glaucoma medication. Acetazolamide was started with no improvement.
- Rheumatological evaluation revealed history of inflammatory Backache and polyarthralgias for over 3-5 years. There was self noted swelling but no significant tenderness or tenderness on examination.
- Ureteric lithiasis was done on patient after good history of recurrent Backache and Joint Swellings.



INVESTIGATIONS

- ESR and CRP - raised.
- Ocular Bright Spot (detected 2 @ each) - pathognomonic. Foreign body to Acid fastness in posterior segmental space suggestive of Posterior Scleritis.
- 24Hr Urinary - free Proteinuria 3 out of more than 100 cases.
- ANCA (Anti-CCP) - raised at 100 U/ml - raised at 100 U/ml.
- ANCA (Anti-CCP) - raised at 100 U/ml - raised at 100 U/ml.
- ANCA (Anti-CCP) - raised at 100 U/ml - raised at 100 U/ml.



TREATMENT, OUTCOME AND DISCUSSION

- Rheumatological treatment (corticosteroids) - improvement in Ocular Symptoms (GP advised to 10-day high-dose steroid).
- 2 months later, he developed severe Polyarthralgia, joint swelling and Acute-onset of back of Diffuse Axonal Neurodegeneration.
- Four sessions of Plasma Exchange were done after proper clinical and ophthalmological follow-up.
- Current treatment - Rheumatoid (for Rheumatoid Arthritis), low dose glucocorticoids, prophylaxis for Pneumococcal (joint) and occupational rehabilitation.
- Ocular involvement can occur in 50-80% of patients, leading to Glaucoma and Vision Loss in 10%.
- Presence of Scleritis in OPA is also uncommon.
- High degree of ocular involvement is associated primarily with severe and high-dose corticosteroids in cases with clinical presentation.



AM Ayman...

FR Farah...

AK Akram...

S Sybil...

RK Raza...

IG IG...

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AR AR...

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+21

Medicine Interest Group