



DEPARTMENT OF ANATOMY
RAWALPINDI MEDICAL UNIVERSITY

ANATOMY DAY REPORT

2024



Main Campus, Rawalpindi
Medical University, Tipu Road,
Rawalpindi



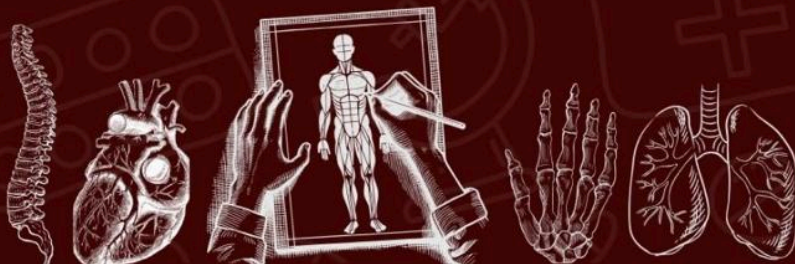
WORLD ANATOMY *Day!* 2024

EXHIBITION OPEN FOR EVERYONE

SATURDAY, 2ND NOVEMBER 2024



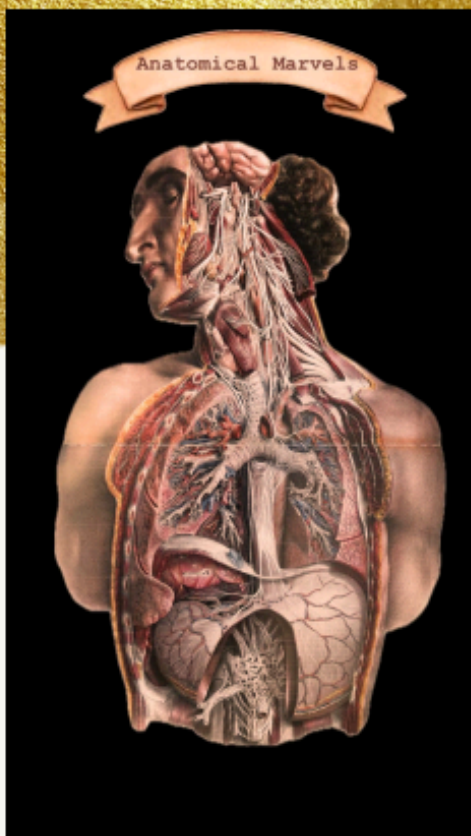
DEPARTMENT OF ANATOMY, RMU





Department of Anatomy, Rawalpindi
 Medical University cordially invites you to

WORLD ANATOMY DAY 2024



1st Floor, Main Campus
 Tipu Road Rawalpindi
 Thursday 31st October, 2024, 9 AM

RSVP,
 Prof Muhammad Umar, Vice Chancellor
 Prof Ayesha Yousaf, HOD Department
 Dr Mohtashim Hina, Associate Professor
 Dr Arsalan Manzoor Mughal, Associate Prof

Program Details

Arrival of Vice Chancellor & Chief Guest.....	9:00 am
Event Inauguration.....	9:05 am
<i>Venue: Department of Anatomy, 1st Floor, Main Campus</i>	
Visit of Sketches & Models.....	9:10 am
<i>Venue: Dissection Hall</i>	
Presentations.....	10:00 am
<i>Venue: Lecture Hall 5</i>	
Remarks by Vice Chancellor & Chief Guest.....	10:30 am
<i>Venue: Lecture Hall 5</i>	
Concluding Ceremony.....	10:45 am
<i>Venue: Lecture Hall 5</i>	
Tea and Refreshments.....	11:00 am
<i>Venue: Histology Laboratory</i>	



Prof Muhammad Umar

Vice Chancellor
Rawalpindi Medical
University

On the occasion of Anatomy Day, I extend my heartfelt congratulations to the Department of Anatomy for organizing a thoughtfully planned and academically rich event comprising sketches and models, along with anatomy presentations. Such achievements remind us that excellence is a result of sustained effort. Rome was not built in a day, and neither are strong academic traditions. What we witnessed reflects years of commitment, gradual capacity building, and a culture that values learning through creativity and scholarship. I commend the faculty for mentoring students with patience and vision, and the students for translating knowledge into meaningful academic expression. This event stands as a milestone in a continuing journey toward higher standards in anatomical sciences at our university.



Prof Jahangir Sarwar Khan

Principal
Rawalpindi Medical
University

I warmly congratulate the Department of Anatomy on the successful celebration of Anatomy Day through engaging sketches, models, and well-structured anatomy presentations. What made this event particularly commendable was the spirit of collaboration, with participation and appreciation from colleagues and institutions beyond our own. Such academic collaboration strengthens professional bonds, enriches perspectives, and raises the collective standard of medical education. I applaud the faculty for fostering an open and inclusive academic environment and the students for showcasing their talents with confidence and rigor. This initiative reflects our shared commitment to learning together, growing together, and advancing anatomy education through inter-institutional cooperation.



Prof Ayesha Yousaf

Chairperson
Anatomy Department
Rawalpindi Medical
University

On behalf of the Department of Anatomy, Rawalpindi Medical University, I am pleased to share that Anatomy Day was successfully conducted with enthusiastic participation from students and faculty. The event showcased creative sketches and models of human anatomy, histology, and embryology, along with academic presentations that reflected both scientific understanding and artistic expression. We were honoured by the presence of Professor Muhammad Umar, Vice Chancellor, Rawalpindi Medical University, Dr Jahangir Sarwar, Principal, Rawalpindi Medical College, and Professor Rehana Rana, Professor Emeritus, who graced the occasion as Chief Guest. The participation of anatomists from the twin cities of Islamabad and Rawalpindi added further academic value to the event. I would like to acknowledge the active contribution of Ms Sandaleen, 2nd Year MBBS student, whose dedication was commendable, as well as the continued support of the entire departmental team, which made this event possible.



Dr Arsalan Manzoor Mughal

Associate Professor
Anatomy Department
Rawalpindi Medical
University

It was a privilege to serve as the co-organiser of Anatomy Day at Rawalpindi Medical University. The event reflected the collective efforts of our students and faculty, who demonstrated remarkable enthusiasm, creativity, and academic commitment through sketches, models, and scholarly presentations in anatomy, histology, and embryology. I am grateful to our university leadership and distinguished guests for their encouragement and support, and to our colleagues from the twin cities for their valuable presence. I sincerely acknowledge the tireless efforts of the entire Department of Anatomy, whose teamwork and professionalism ensured the smooth conduct and success of this academic celebration.

MESSAGES FROM ANATOMISTS



PROF REHANA RANA

Professor Emeritus Anatomy

Very well organized event



PROF SHADAB BUTT

Professor of Anatomy
Akhtar Saeed Medical College

Heartiest Congratulations Prof Ayesha on a phenomenal celebrations of World Anatomy Day. Well done!



PROF M SUHAIL

Professor of Anatomy
Amna Inayat medical College

Wonderful And Excellent Much delighted to see so many Gems of Anatomy
My heartiest congratulations



PROF ALIYA

Professor of Anatomy
IFatima Jinnah Medical Univeristy

MashaAllah Heartiest congratulations on organising such a wonderful event
MashaAllah



PROF AYESHA RAFI

Professor of Anatomy
Shifa College of Medicine

Indeed it was a spectacular event. We thoroughly enjoyed the exhibits. Each one was class in itself. Heartiest congratulations Dear Professor Ayesha and her team for a successful organisation of the World Anatomy Day.



PROF ATIKA KHURSHID

Professor of Anatomy
Watim Dental College

Great team work by organisers, faculty and students. we all thoroughly enjoyed and appreciated each model and picture. Lovely gettogether of anatomists and walk through precious memories of our college days, the familiar histo lab, DH and class room. Thank you so much!



PROF RAHIMA SARFARAZ

Professor of Anatomy
Islamabad Medical & Dental College

Ma sha Allah it was a very well organized event reflecting the efforts of Dr. Ayesha and her team. I enjoyed a lot ... additional plus point was meeting many Anatomists



PROF SHAZIA MUAZAM

Professor of Anatomy
Islamabad Medical & Dental College

Well done RMU
Anatomists. Hats off to all who arranged the event



PROF NUSRAT

Professor of Anatomy
Watim Medical & Dental College

Enjoyed thoroughly, the innovations of the ARTomy exhibition, and the hospitality of Anatomy. Dept. RMU. congratulations Prof Ayesha and team for such a Mega event of excellence.



PROF SADIA RASHID

Professor of Anatomy
Foundation University

No doubt it was a wonderful event Aisha Well organised in every aspect. Very well done Anatomy dept RMU (our Alma mater) We felt honoured to be part of that ceremony Madhallah great event very well organized great work of students and faculty very impressive congrats to Prof Ayesha !!!

EVENT PREPARATIONS



ARRIVAL OF GUESTS



VISIT OF SKETCHES & MODELS



PRESENTATIONS



SHIELD DISTRIBUTION



CERTIFICATE DISTRIBUTION



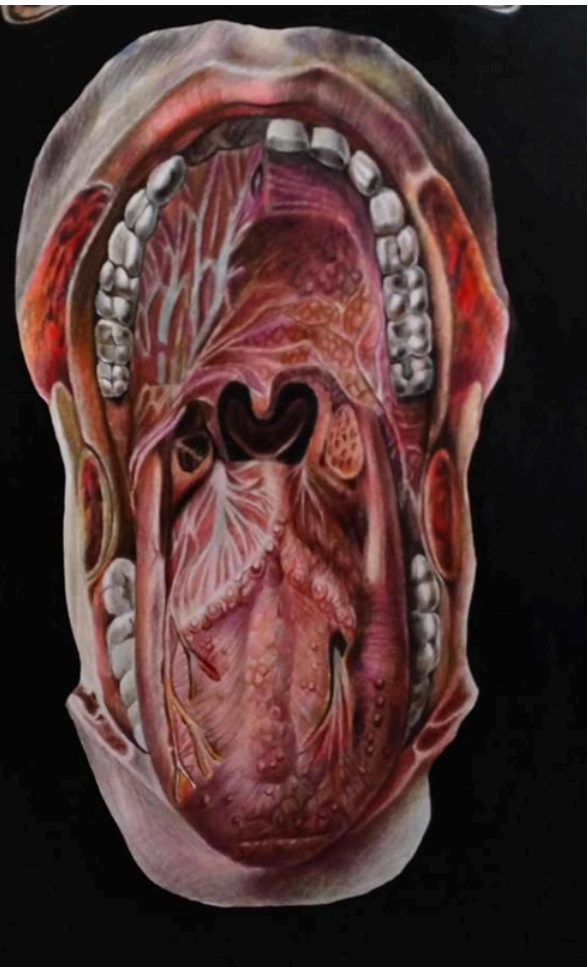
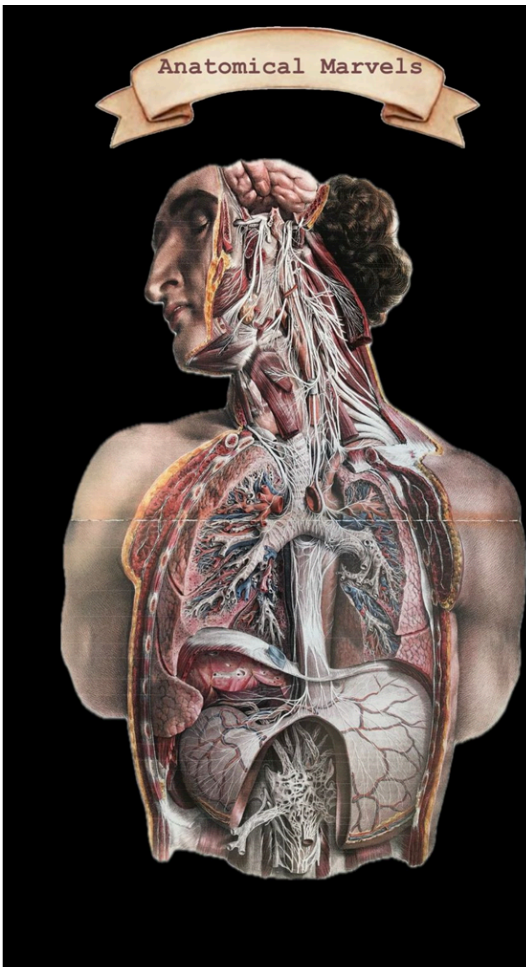
REFERESHMENTS



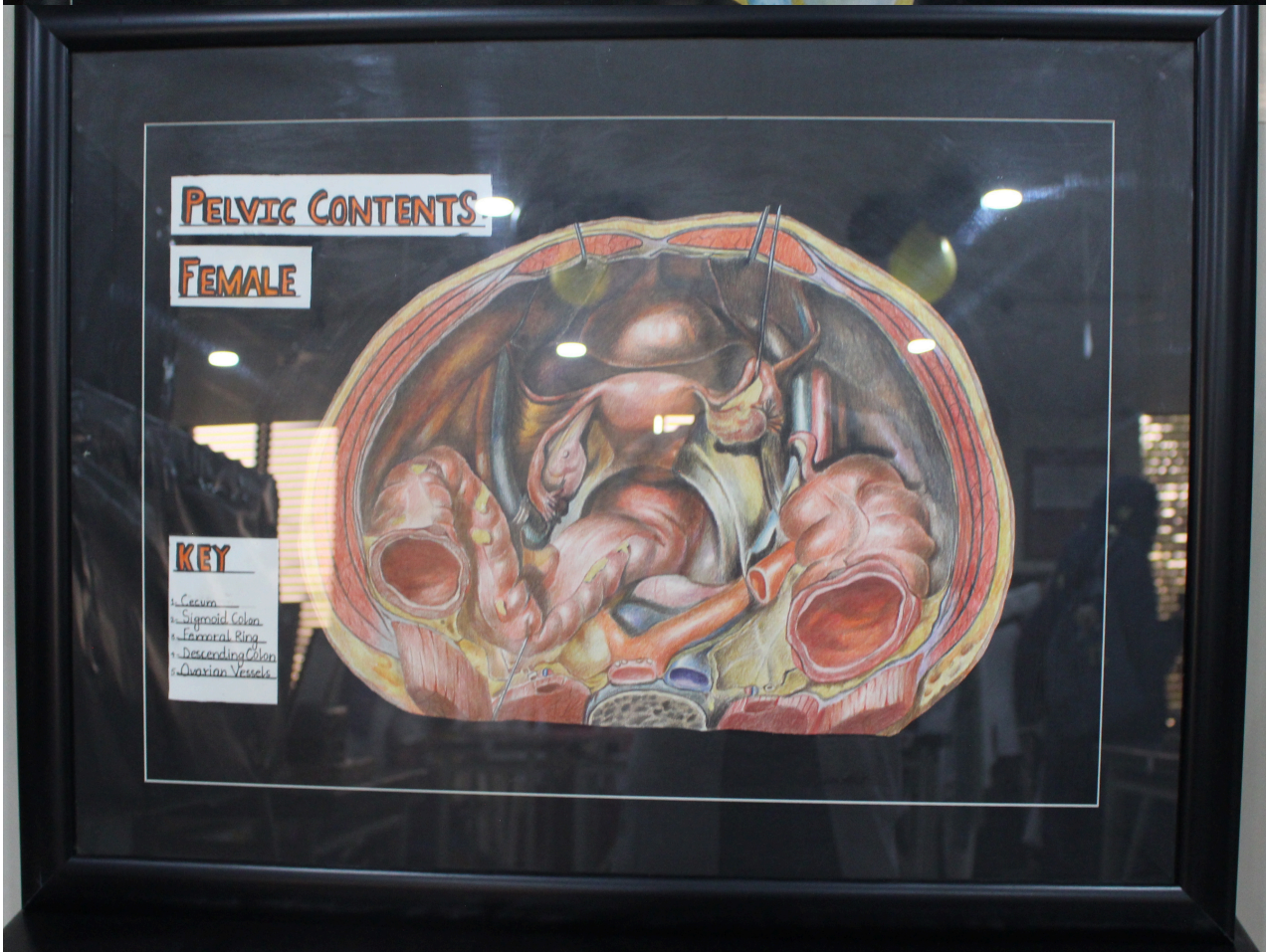


SKETCHES

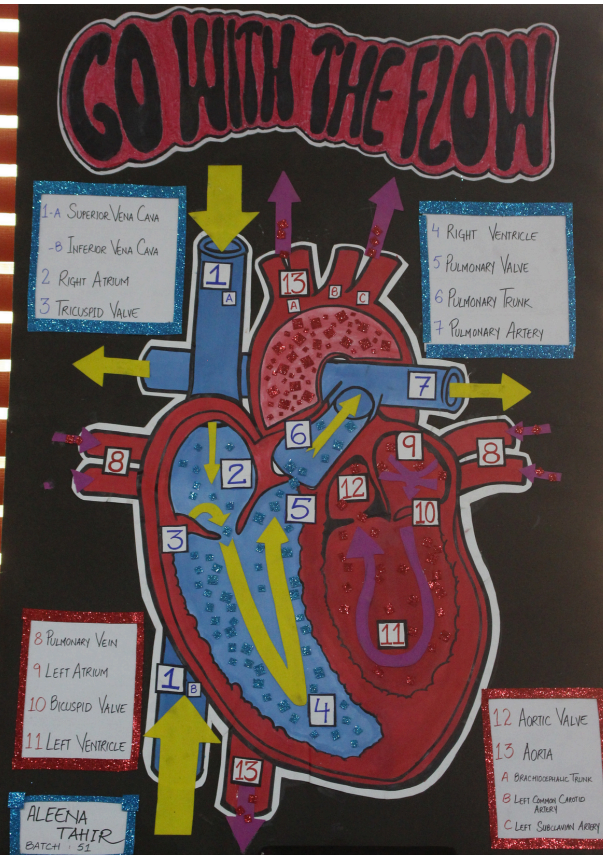
FEATURED SKETCHES

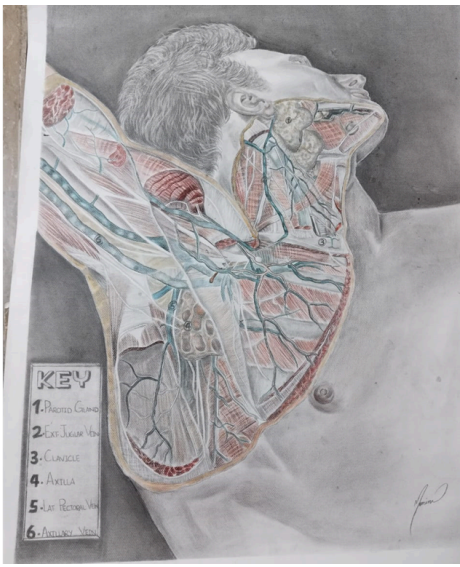


FEATURED SKETCHES



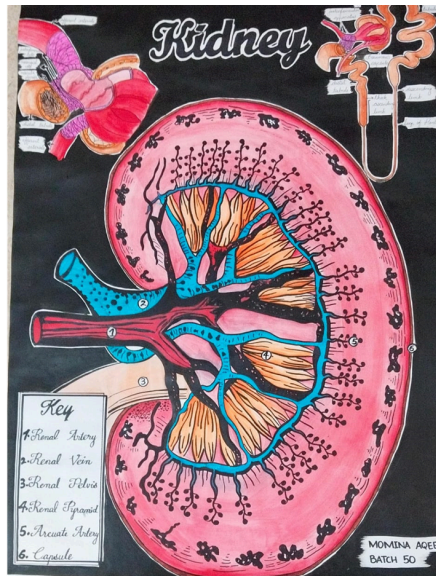
FEATURED SKETCHES





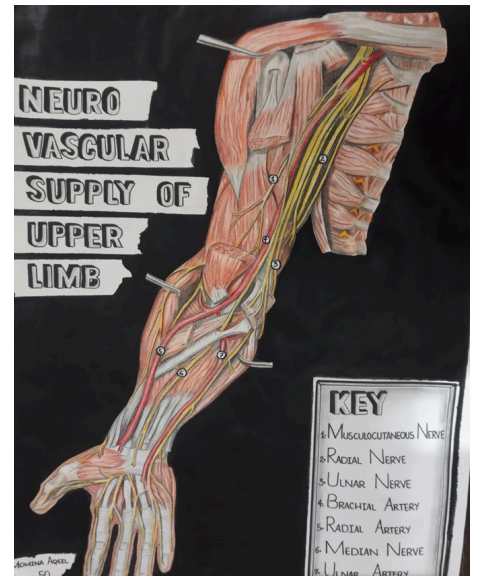
AXILLA

Momina Aqeel
Batch 50



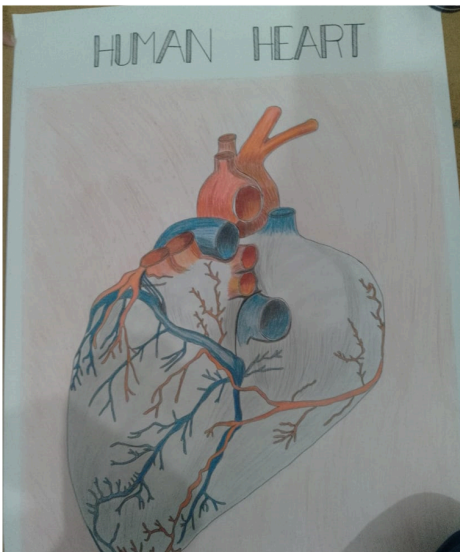
KIDNEY

Momina Aqeel
Batch 50



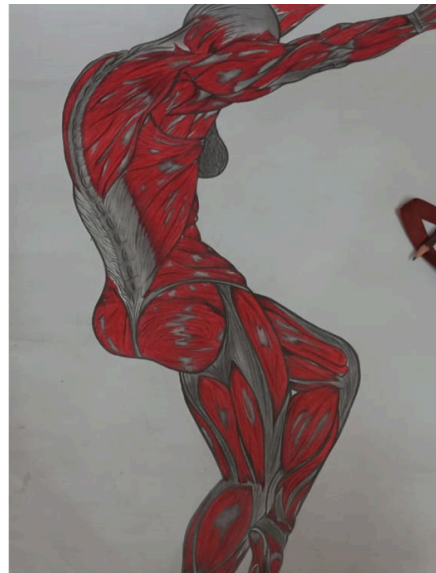
UPPER LIMB

Momina Aqeel
Batch 50



HUMAN HEART

Romaisa
Batch 51



MUSCULAR SYSTEM

Romaisa
Batch 51



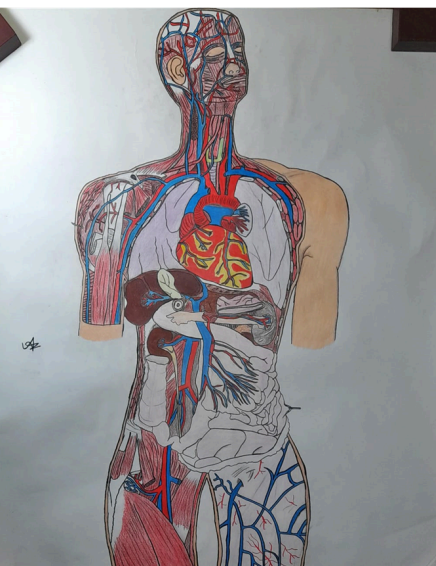
SKULL & VERTEBRAE

Moiza Hayat
Batch 51



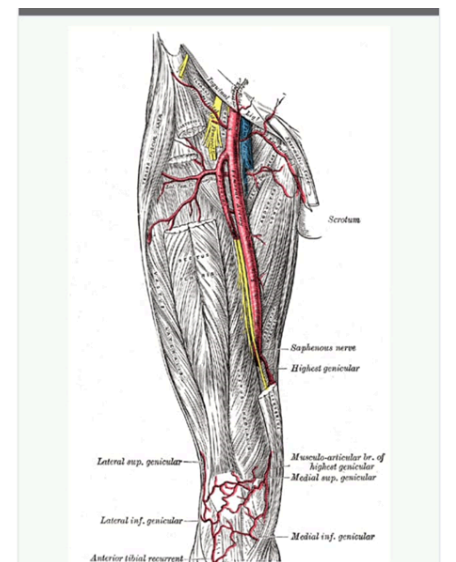
GO WITH THE FLOW

Aleena
Batch 51



ARCHITECTURE

Abdullah Adnan
Batch 51



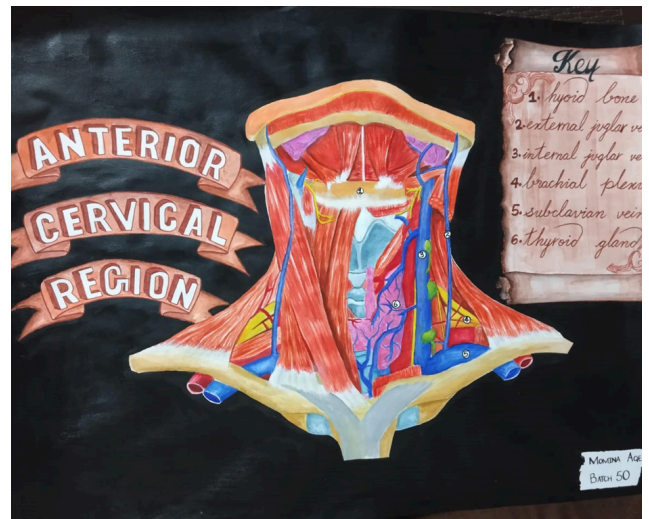
HUNTER CANAL

Areesha Khawar
Batch 50



KIDNEY

Momina Aqeel
Batch 50



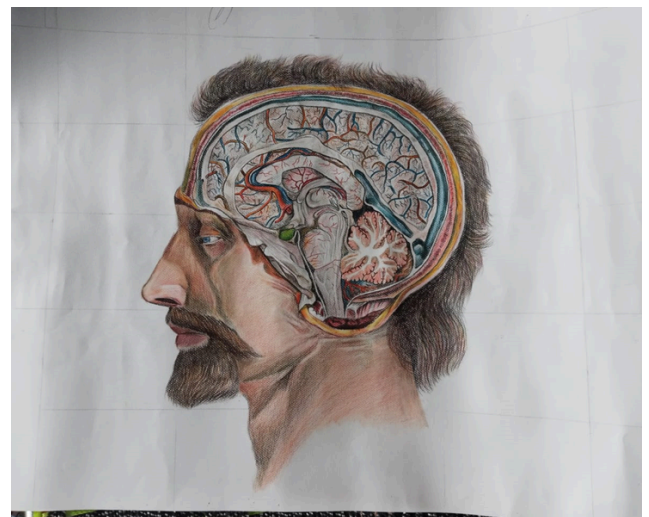
ANTERIOR CERVICAL REGION

Momina Aqeel
Batch 50



DIGESTIVE ANATOMY

Sandaleen Usman
Batch 50



DECIPHERING BRAINS

Momina Aqeel
Batch 50

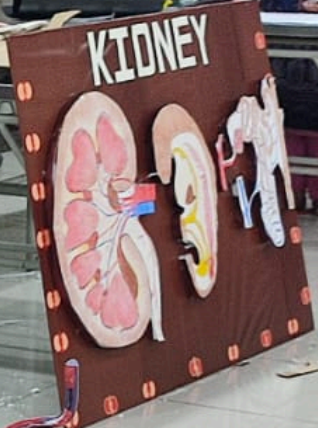
DENT OF ANATOMY

I WILL FOSTER the honour and noble traditions of the medical profession, appreciating that my time in the dissection hall is a critical part of that tradition.
I WILL GIVE to my teachers, colleagues, and staff, respect and gratitude that is their due.
I WILL SHARE my medical knowledge with my colleagues, recognizing that the more we know, the better we can care for our patients, whose lives are in our hands.
I WILL ATTEND TO my patients with the highest standards of care, recognizing that the lives of my patients are in my hands.
I WILL RESPECT the dignity, gender, and ethnicity of my patients, recognizing that we are all human beings.
I WILL MAINTAIN the highest standards of education, recognizing that the lives of our future colleagues are in our hands.
I WILL MAINTAIN the highest standards of respect and honor for my profession, recognizing that the lives of our patients are in our hands.

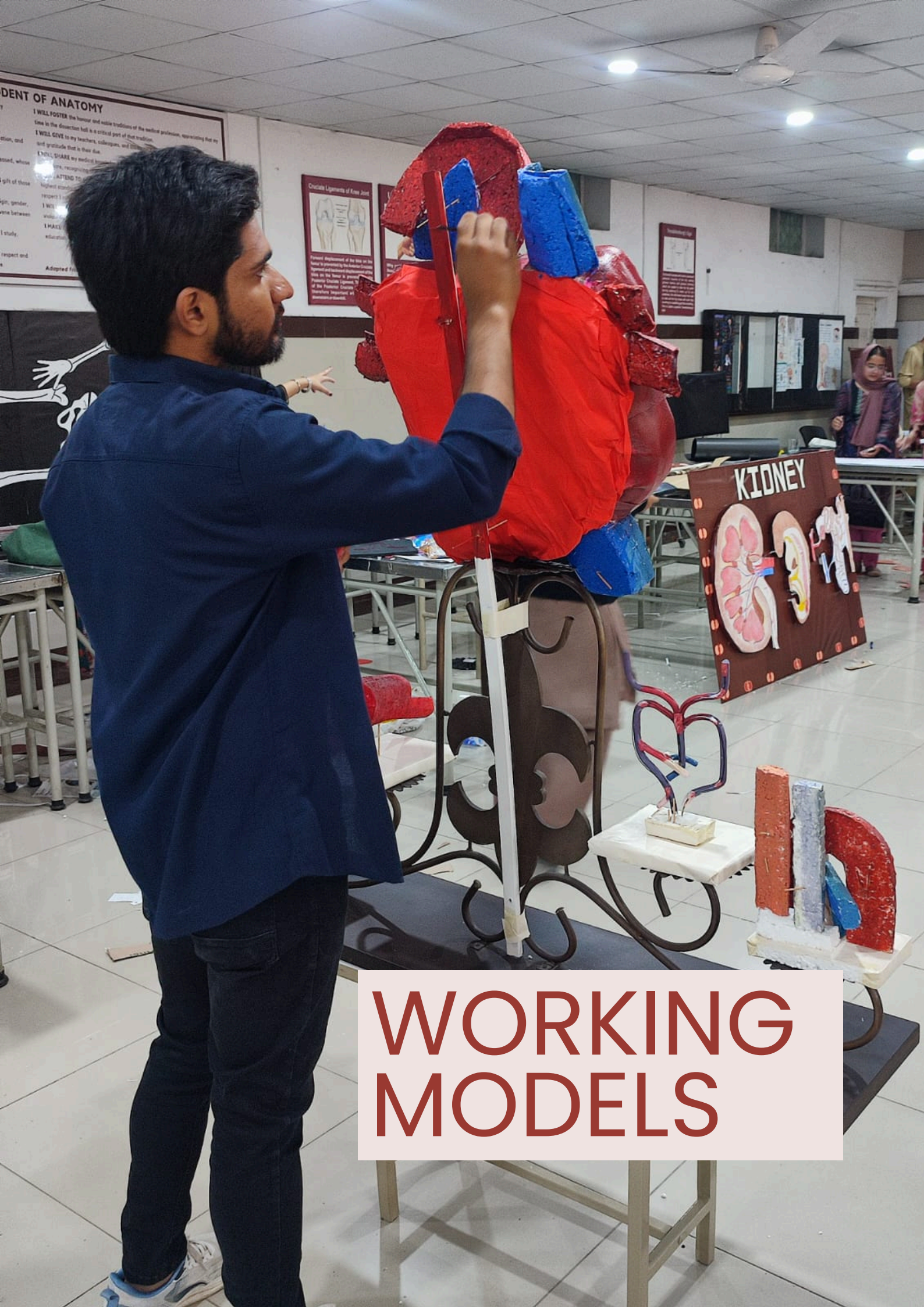
Crucial Ligaments of Knee Joint

Forward displacement of the tibia on the femur is prevented by the anterior cruciate ligament and the posterior cruciate ligament. The tibia on the femur is prevented by the anterior cruciate ligament. The femur on the tibia is prevented by the posterior cruciate ligament. The femur on the tibia is prevented by the posterior cruciate ligament. The femur on the tibia is prevented by the posterior cruciate ligament. The femur on the tibia is prevented by the posterior cruciate ligament.

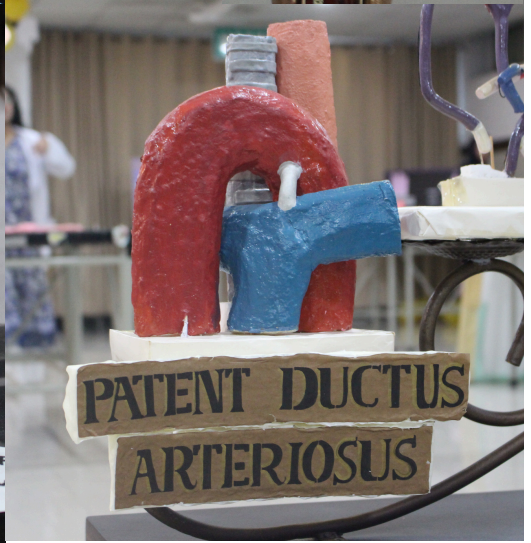
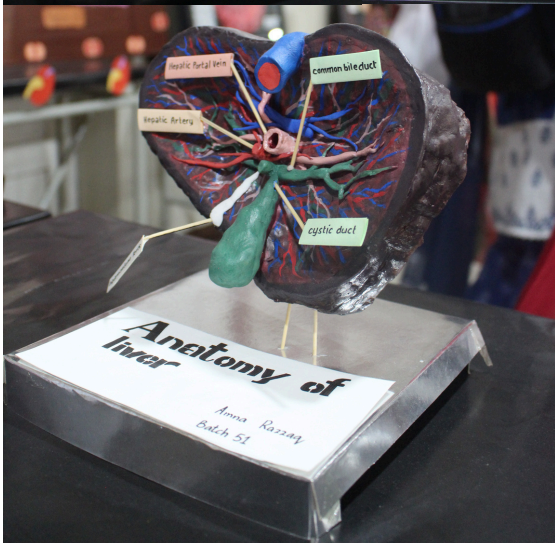
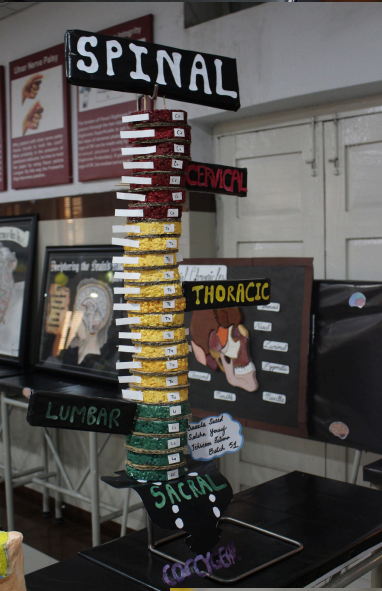
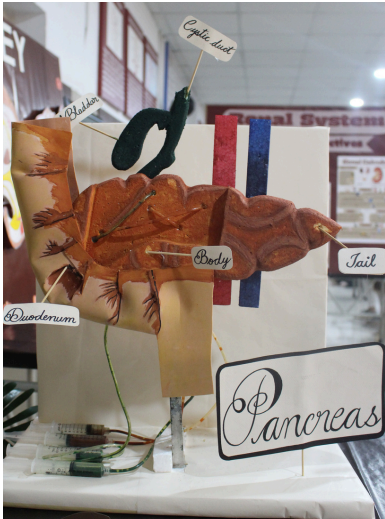
Learning Log



WORKING MODELS



FEATURED MODELS





EYE

Mahnoor Jamshed
Batch 50



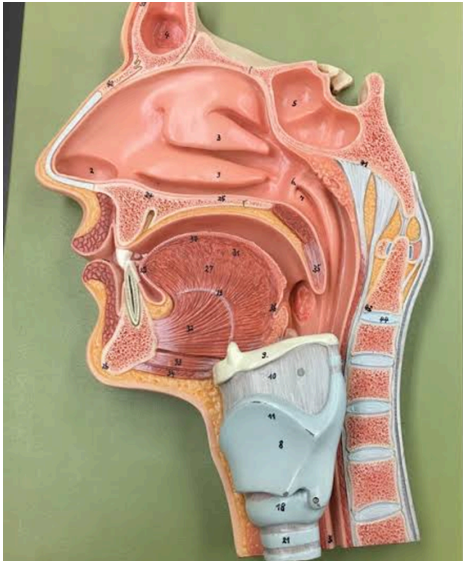
CLAY GIT

MTehnia
Batch 50



FETAL CIRCULATION

Amina Zafar
Batch 50



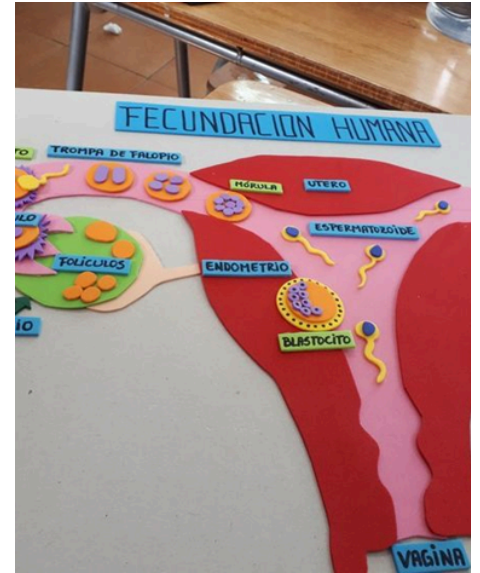
NASAL CAVITY

R•Ibrahim Khokhar and Aqsa Mehfooz
Batch 50



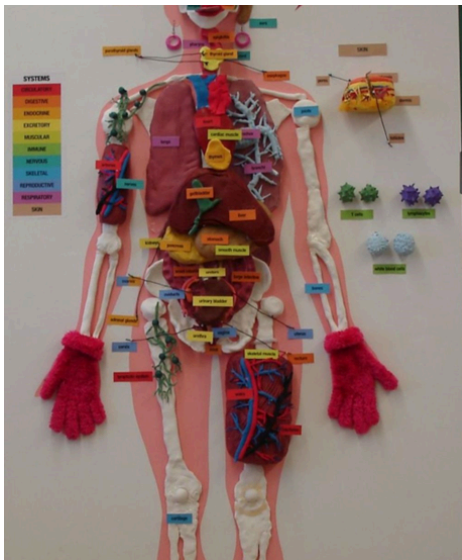
NEURON

Saeeda Momina
Batch 50



FEMALE REP SYSTEM

Mahnoor Jamshed
Batch 51



HUMAN SKELETON

Aleena
Batch 51



MALE REPRO SYS

Mahnoor Jamshed
Batch 50



CUBITAL FOSSA

Mahnoor Jamshed
Batch 50



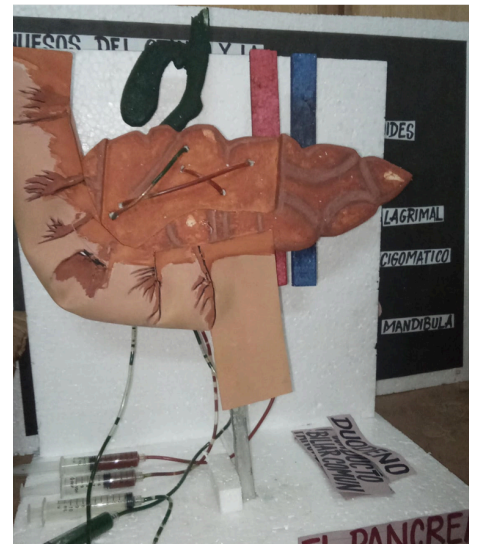
BRAIN STEM

Mahnoor Jamshad
Batch 50



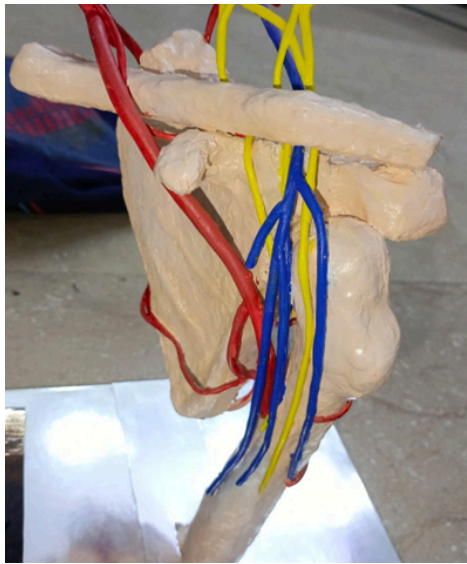
HUMAN DEVELOPMENT

Syeda Momina Shamim
Batch 50



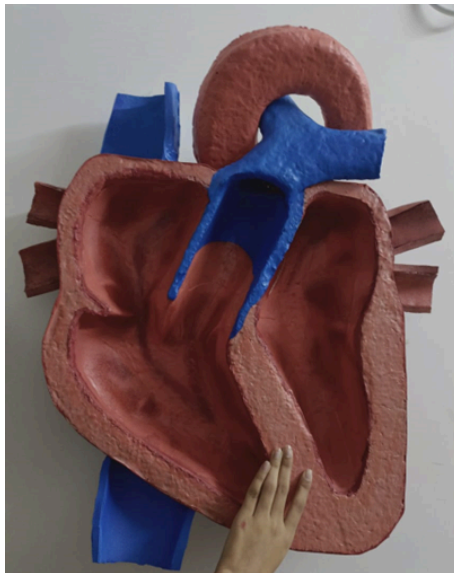
PANCREAS

Amina Zafar
Batch 50



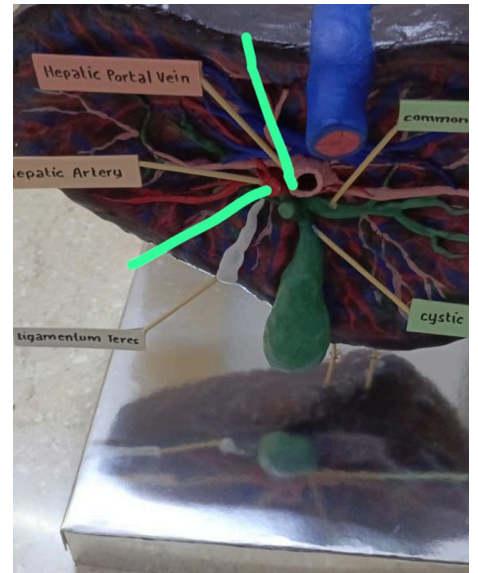
SCAPULAR ANASTOMOSIS

Amina Razzaq
Batch 51



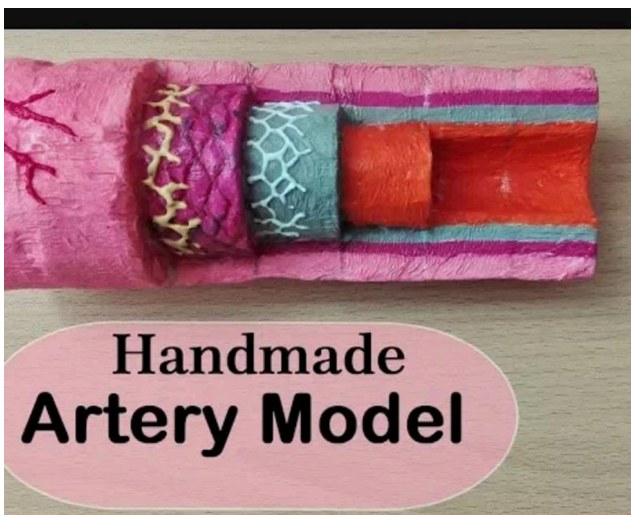
HEART

Amina Razzaq
Batch 50



LIVER

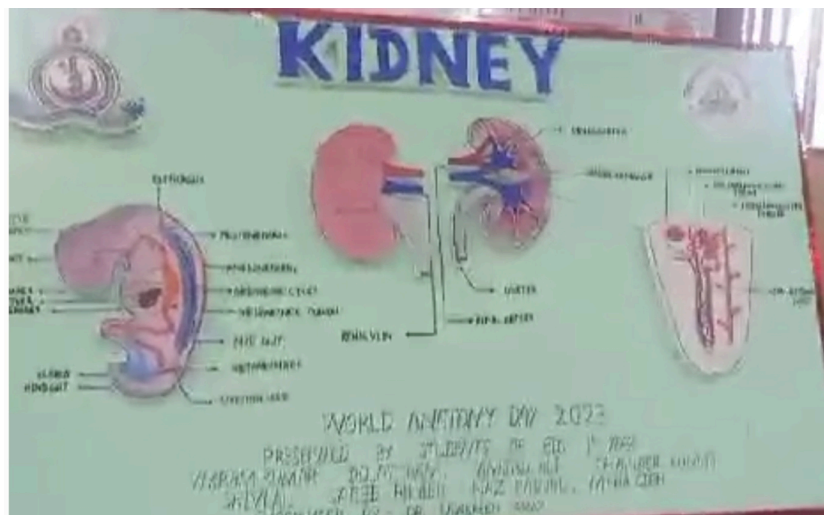
Amina Razzaq
Batch 50



Handmade Artery Model

ARTERY MODEL

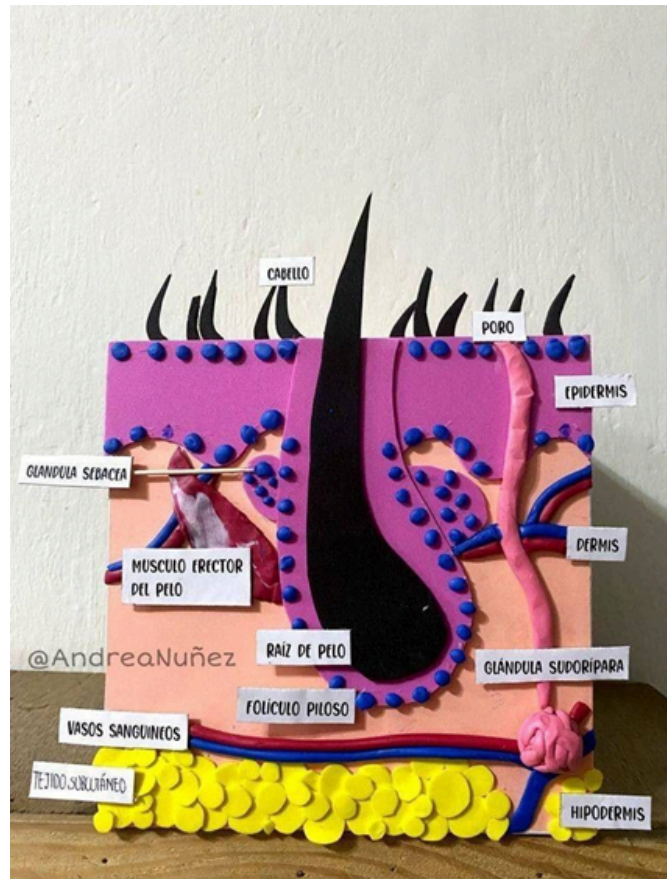
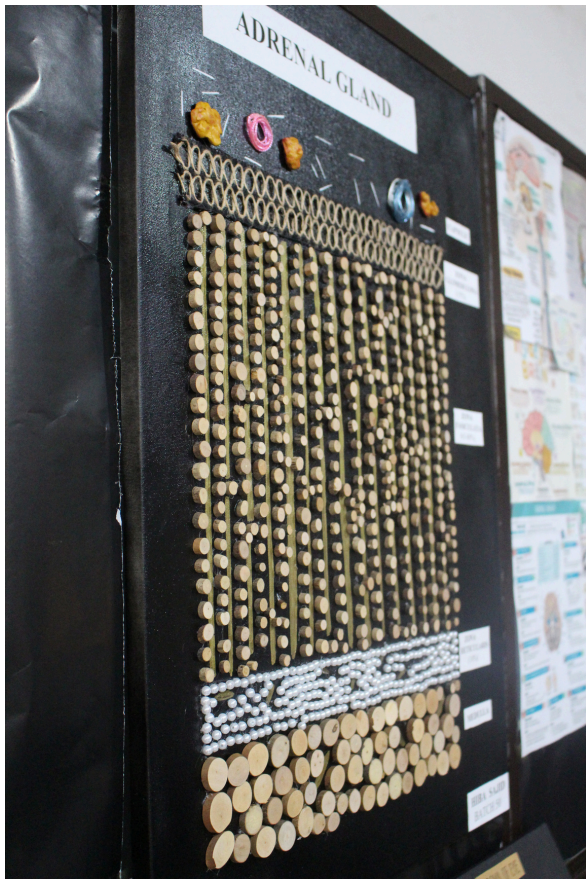
Sabih
Batch 50



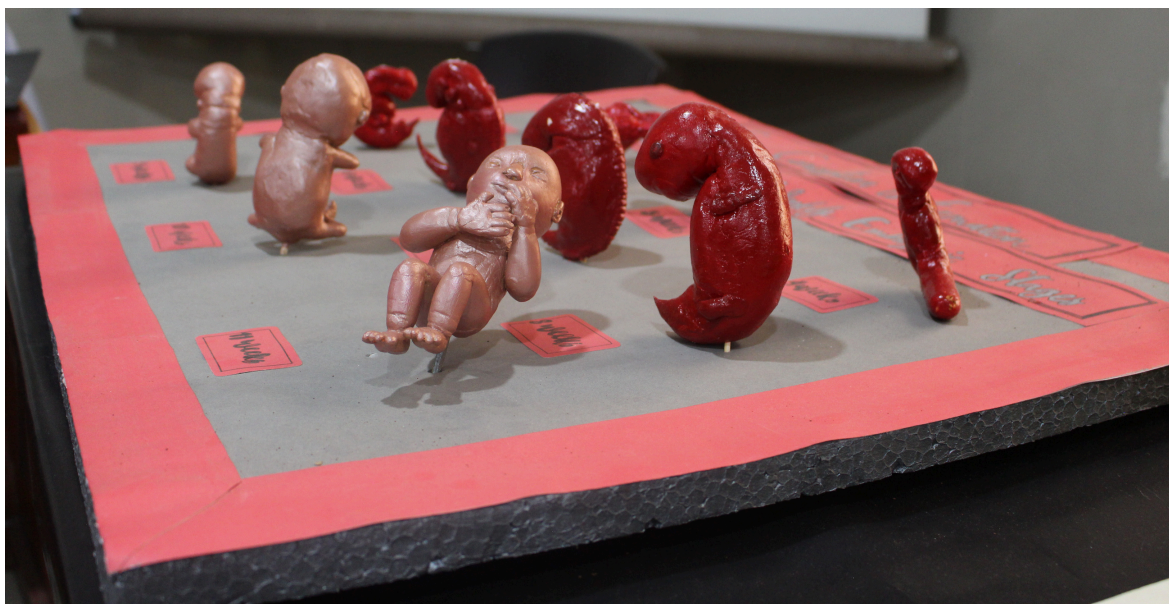
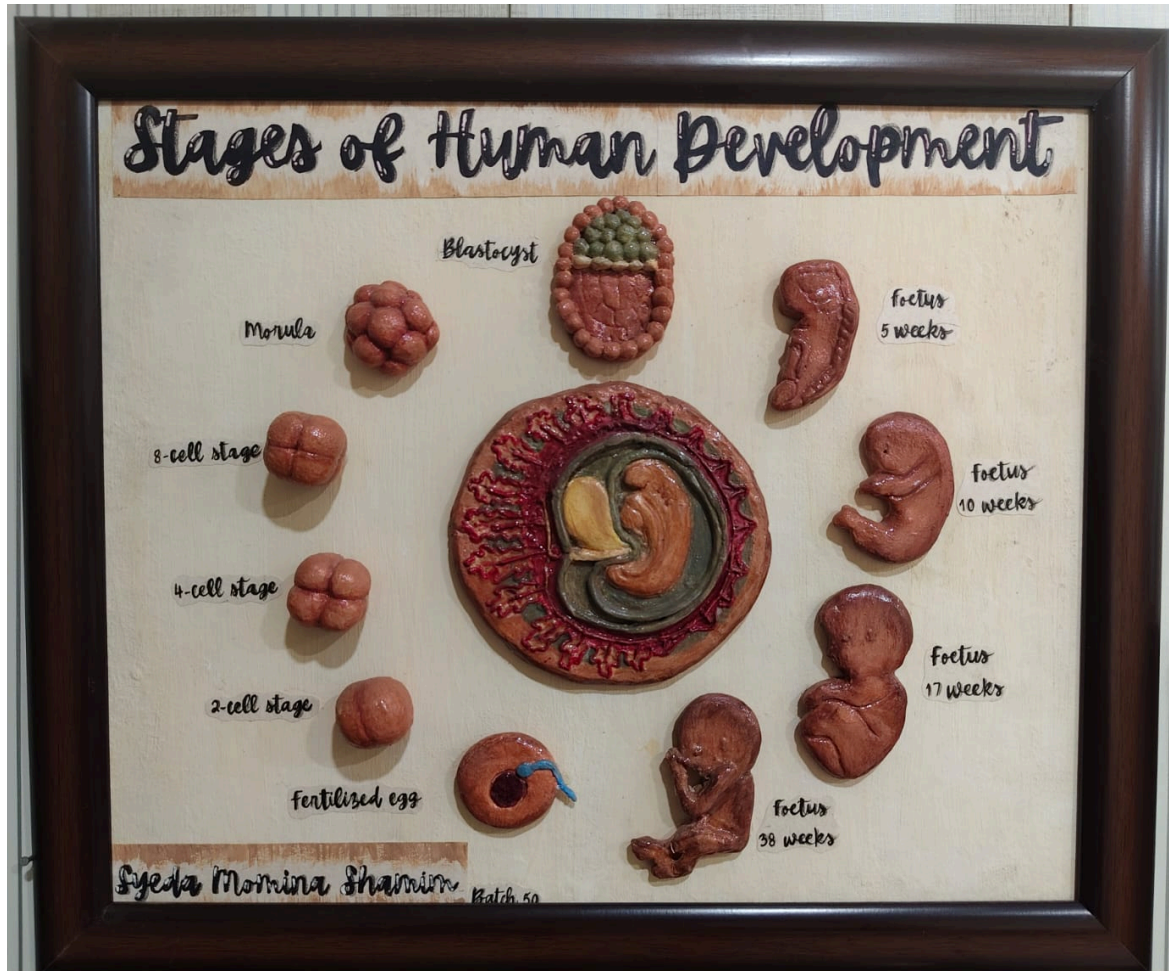
KIDNEY

Aleena
Batch 50

HISTOLOGY MODELS



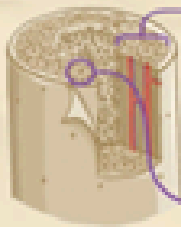
EMBRYOLOGY MODELS



BONE

~HISTOLOGY~

Composed of extracellular calcified material = Bone (Collagen Matrix)



Osteoblast = Mineralization of bone

Osteoclast = Multinucleated
Removes calcified bone

Osteocyte = Assist with nutrition



COMPACT (CORTICAL) BONE

DENSE PORTION CLOSER TO SURFACE

CANCELLOUS (TRABECULAR) BONE

DEEPER PORTION WITH INTERCONNECTING CAVITIES

LONG BONE



Compact bone

Trabecular bone
means Little beam

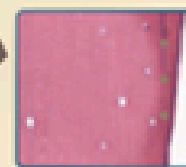
SPICULES
Forms spaces that
contain bone marrow

FLAT BONE



LAMELLAR BONE

ARRANGED in SHEETS
80% within COMPACT BONE
20% within TRABECULAR
BONE



WOVEN BONE

Arranged randomly



partial cross-section of
the head of a long bone

cross-section
skull

Types

CHARTS AND POSTERS



Osteocytes

found in cavities or lacunae between the layers of the bone matrix and assist with the nutrition of the bone.



Osteoblast

Osteoblasts are found mostly along the surface of bones, but also within the bone matrix itself. They're responsible for both synthesizing and mediating the mineralization of the bone matrix.



Osteoclast

Osteoclasts are large multinucleated cells that are responsible for removing calcified bone matrix and allow for the constant turnover and remodelling of bones.

HISTOLOGY POSTERS

DIGESTIVE

DELIGHT

Histology

Highlight

Duodenum

Jejunum

Ileum

Colon

This poster features four hand-drawn histological diagrams of the digestive tract. The Duodenum shows villi and crypts. The Jejunum shows deep crypts and a thick wall. The Ileum shows a mucosal fold. The Colon shows a large crypt and a thick muscular wall. The central text includes 'DIGESTIVE', 'DELIGHT', 'Histology', and 'Highlight'.

Fungiform Papillae

Tongue

Gateway to Taste

Taste Bud

Filliform Papillae

Circumvillate Papillae

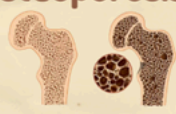
Rabia Ajaz

This poster illustrates the histology of the tongue. It includes a large central drawing of the tongue's surface. Surrounding it are four detailed diagrams: Fungiform Papillae (small, mushroom-shaped), Circumvillate Papillae (large, with a trench containing taste buds), Filliform Papillae (small, hair-like), and a Taste Bud (a cluster of taste cells). The text includes 'Fungiform Papillae', 'Tongue', 'Gateway to Taste', 'Taste Bud', 'Filliform Papillae', 'Circumvillate Papillae', and the name 'Rabia Ajaz' at the bottom right.

CLINICAL THEME POSTERS

Diseases Related to Bones

Osteoporosis



Causes

- Low estrogen
- Alcohol consumption
- Smoking
- Genetics
- Medication

Signs and Symptoms

- Vertebral Compression
- Femoral neck
- Distal Radius


Diagnosis

- Dual Energy X-ray Absorptiometry (DEXA) Scan

Treatment

- Thiazide Diuretic Hydrochlorothiazide
- Advanced Teriparatide

Osteomalacia



Causes

- Vitamin D deficiency
- Malabsorption
- Renal Defects
- Decreased solar exposure

Signs and Symptoms

- Diffuse bone and joint pain
- Proximal muscle weakness
- Bone fragility
- Increased risk of fractures

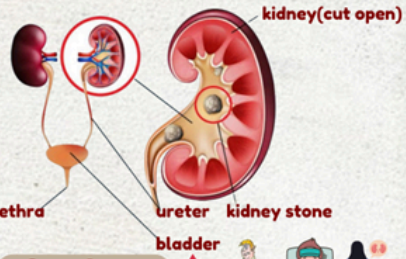
Diagnosis

- Lab tests
 - decreased Vitamin D
 - Decreased blood Ca
 - increased Alkaline Phosphatase

Treatment

- Vitamin D Supplements
- Treating the underlying cause

Renal Calculus



Types of Stones

- Calcium Oxalate
- Calcium phosphate
- Struvite
- Cystine

Symptoms

- Nausea and vomiting
- bloody, cloudy or foul smelling pee
- Lower back, belly or side pain. Might get worse in waves
- Fever or chills
- Inability to pee or feeling the urge to pee a lot
- Pain when you pee

Causes

- Medication or supplements
- Diet and hereditary factor
- Decreased urine output

Diagnosis

- X-ray
- Non-contrast CT
- Ultrasound /MRI

Treatment

- NSAIDs
- Medical Expulsive Therapy
- Lithotripsy
- IV Fluids
- Ureteral Endoscopy

Renal Failure

Acute Renal Failure

Symptoms

- loss of appetite
- shortness of breath
- irregular heartbeat
- chest pain or pressure
- edema

Causes

- Sudden and severe drop in blood pressure or interruption of blood flow to kidneys from severe injury or illness
- Direct damage to kidneys by inflammation, toxins, drugs, infection, or reduced blood supply

Diagnosis

- urine volume
- serum creatinine
- kidney biopsy
- ultrasound, MRI

Treatment

- IV fluids
- Dialysis
- electrolyte management
- Halting certain medications or supplements

Chronic Renal Failure

Symptoms

- Need to pee more often
- puffy eyes
- muscle cramps
- trouble sleeping
- high blood pressure

Causes

- Diabetes, auto inflammatory diseases, infections
- age, gender, family history and genetical factors
- smoking, low physical activity and life style factors

Diagnosis

- X-rays
- ultrasound
- urine tests
- blood tests

Treatment

- hemodialysis
- peritoneal dialysis
- transplant
- prescription medicines

Nephrotic Syndrome

Causes

- Infection
- Drug
- Immunological and allergic disorders
- HIV 1
- malaria syphilis and toxoplasmosis
- Membranous nephropathy
- Progressive glomerulonephritis

Symptoms

- Swelling (oedema)
- Frequent infections
- Urine changes
- Blood clots
- Vomiting
- Tachycardia
- Pale skin fissure

Assessment

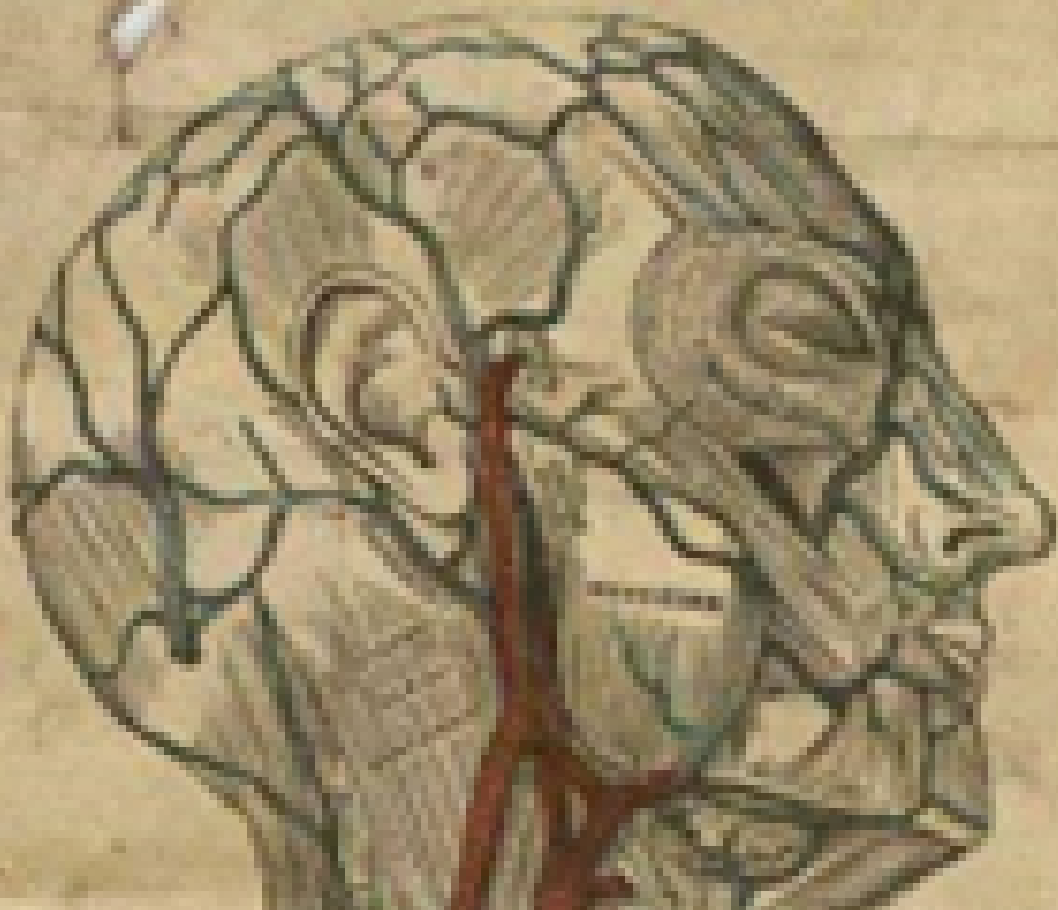
- Anasarca
- Proteinuria
- Edema
- Hyperlipidemia
- Blood clots
- Hypoalbuminemia

Management

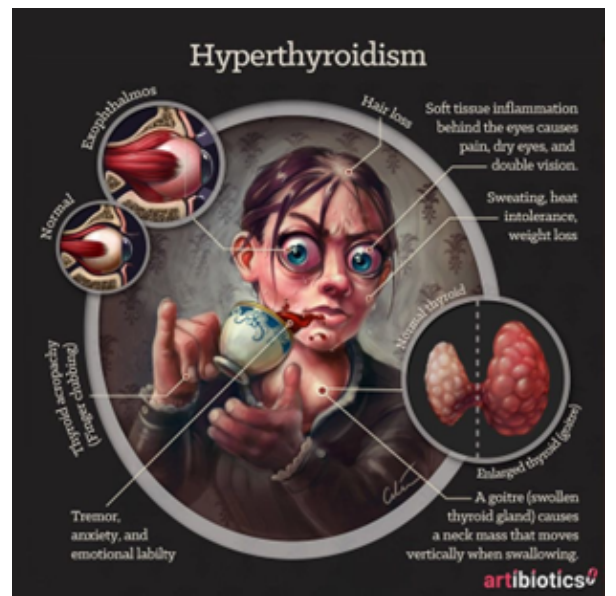
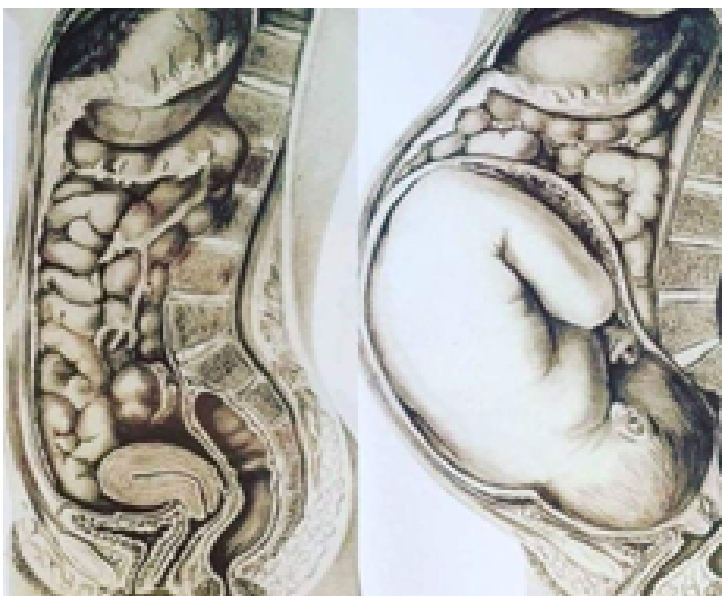
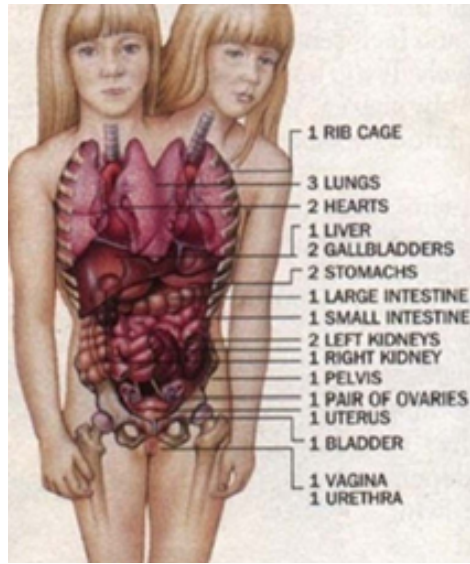
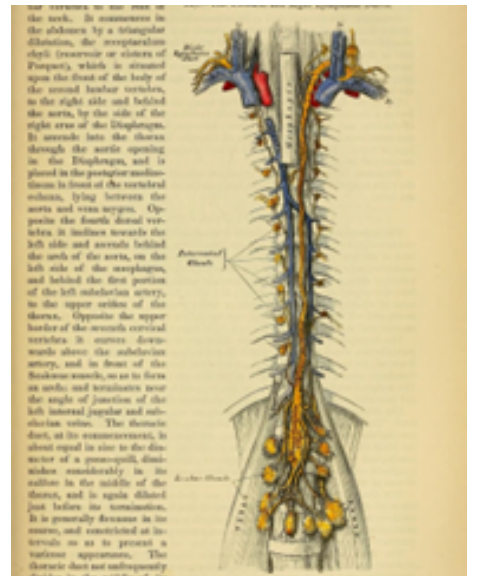
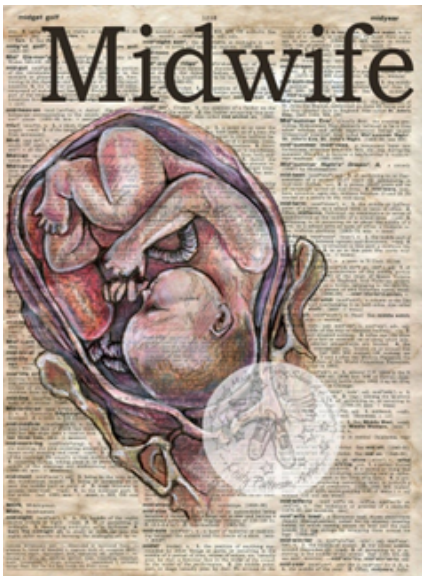
- Anticoagulant therapy - Low dose Aspirin and Warfarin to keep Partial Thromboplastin Time (PPT) at 20-30% of normal.
- Control of Infections - Prophylactic use of antibiotics is not required but even minor infections need to be treated promptly

وَلَقَدْ خَلَقْنَا الْإِنْسَانَ وَنَعْلَمُ مَا تُوَسْوِسُ بِهِ نَفْسُهُ
وَنَحْنُ أَقْرَبُ إِلَيْهِ مِنْ حَبْلِ الْوَرِيدِ

AND WE HAVE ALREADY CREATED MAN AND KNOW
WHAT HIS SOUL WHISPERS TO HIM, AND WE ARE
CLOSER TO HIM THAN HIS **OCULAR VEIN**.
QURAN 90:16



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INTERSTING CLICKS





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