DOW UNIVERSITY OF HEALTH SCIENCES NEWSLETTER - PRESENTED BY DEPARTMENT OF MARKETING, COMMUNICATION AND ALUMNI

DOWMINATE

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DOW MEDICAL COLLEGE

80 YEARS OF EXCELLENCE



CONVOCATION 2025 CONCLUDES SUCCESSFULLY

2026

HAPPY NEW YEAR

A NEW YEAR OF LIMITLESS POTENTIAL.
LET'S HEAL, EDUCATE AND DISCOVER TOGETHER!

MESSAGE FROM THE VICE CHANCELLOR



Meritorious Prof. Dr. Nazli Hossain

Vice Chancellor - Dow University of Health Sciences

It is a profound honor for me to serve as the Vice Chancellor of Dow University of Health Sciences. This institution has long stood as a beacon of knowledge, compassion, and service values that continue to inspire generations of health-care professionals.

Our university is a dynamic hub of learning and innovation, where excellence is not just a goal but a way of life. I am privileged to work alongside a dedicated community of students, faculty, staff, and alumni who remain committed to advancing healthcare, fostering groundbreaking research, and nurturing a culture of continuous growth.

Your contributions whether through innovative research, impactful community service, or academic dedication shape the character and legacy of Dow University. Together, we must create an environment where curiosity thrives, knowledge flourishes, and excellence becomes our shared aspiration.

I encourage each of you to actively engage, share your insights, and embrace the opportunities that DUHS offers. Let us continue to build a culture where achievements are celebrated, challenges are met with resilience, and collaboration paves the way for progress.

DUHS is not just an institution; it is a community of trailblazers, and each one of you plays a vital role in our collective success.

Wishing the entire DUHS family a very Happy New Year! May the coming year bring continued growth, success, and new milestones in our journey of excellence and service.

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Vice Chancellor - Dow University of Health Sciences



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For inclusion in the DUHS newsletter,
please submit your story to marketing@duhs.edu.pk



80 Years of Dow Medical College

Honoring a legacy that began on 10th December 1945, when His Excellency Sir Hugh Dow laid the foundation stone, Dow Medical College celebrates over eight decades of excellence, service, and shaping the future of healthcare in Pakistan.

Located in Karachi, Sindh, Dow Medical College is a prestigious public medical institution established in 1945 and named after Sir Hugh Dow, the then Governor of Sindh. In 2003, it became a constituent college of the newly formed Dow University of Health Sciences (DUHS).

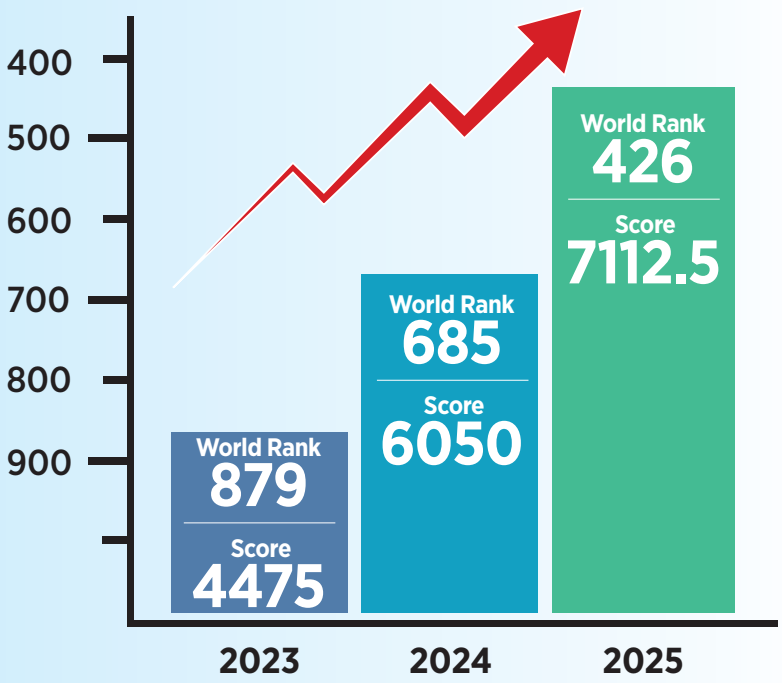
Over the years, DUHS has built a distinguished tradition of excellence in education, research, and community service, playing a pivotal role in advancing healthcare across Pakistan.

DUHS Shines in UI GreenMetric World University Rankings 2025

UI GreenMetric is an annual international ranking system that evaluates the sustainability and environmental commitment of higher education institutions worldwide.

Dow University of Health Sciences (DUHS) has demonstrated remarkable progress on the global stage, rising from a world ranking of 879 in 2023 to an impressive 426 in 2025.

DUHS is now ranked 14th in Pakistan—making it the only medical university to secure a place among the nation's top 15 in the UI GreenMetric Rankings 2025.



DUHS 15th Convocation 2025

Dow University of Health Sciences (DUHS) celebrated pride and academic excellence on 17th December 2025 by conferring degrees upon 2,894 graduates during its 15th Convocation, held at the Ojha Campus Cricket Ground, Karachi. The ceremony was attended by Vice Chancellor Prof. Dr. Nazli Hossain, Pro Vice Chancellor Prof. Dr. Jahan Ara Hasan, Registrar Dr. Ashar Afaq, Chairperson Convocation Committee Prof. Saba Sohail, Controller of Examinations Ms. Mohsina Zaini, Principal Dow International Medical College Prof. Dr. Uzma Bukhari, senior faculty members, proud parents, and graduating students.

The convocation also recognized outstanding academic achievements, awarding the Best Graduate Award and a total of 67 Gold, Silver, and Bronze medals to high-achieving graduates across the university.













SHINING STARS



Prof. M. Nawaz Lashari

International Advisor for Pakistan by RCPSG

Chairman and Head of the Cardiology Department at Civil Hospital Karachi, Dow Medical College, has been appointed as the International Advisor for Pakistan by the Royal College of Physicians and Surgeons of Glasgow.



Prof. Dr. Imrana Zulfikar

International Advisor for Pakistan by RCPSG

Professor of Surgery, Surgical Unit - VI, Civil Hospital Karachi, Dow Medical College, has been appointed as the International Advisor for Pakistan by the Royal College of Physicians and Surgeons of Glasgow.



Prof. Dr. Nasreen Naz

Fellowship of RCR

Director Dow Institute of Radiology has been awarded an Honorary Fellowship of The Royal College of Radiologists (RCR) the highest distinction for a non-Fellow.



Prof. Kashif Shafique

World's Top 2% Scientists

Director Office of Research, Innovation & Commercialization (ORIC), ranked among the World's Top 2% Scientists for two consecutive years (2024 and 2025).



Prof. Sonia Ijaz Haider

Award of Merit in Research & Scholarship

Received the Award of Merit in Research & Scholarship at the 9th International Conference on Health Professions Education (ICHPE) held in Lahore.



Dr. Farina Hanif

Represented Pakistan Globally

Associate Professor of Biochemistry at Dow International Medical College, represented Pakistan at the 7th Global Mental Health Summit 2025 in Cape Town, South Africa.



Dr. Shumaila Aman

Represented Pakistan Globally

Assistant Professor at Dow College of Pharmacy, represented Pakistan and DUHS as an Invited Speaker at the prestigious 8th Hunan International Conference (BioCM-8) in Changsha, China.



Dr. Adina Anwar

Fellowship of (HEA), UK

Senior Lecturer and Deputy Director of the Professional Development Centre, has been awarded the prestigious Fellowship of the Higher Education Academy (HEA), UK.



Dr. Syed Farhan Mohsin

Ph.D in Computer Science

Senior Web Developer at the Directorate of Information & Communications Technology (DICT), DUHS, earned a PhD in Computer Science from Muhammad Ali Jinnah University, Karachi.

An Interactive Session of DG ISPR at DUHS

Dow University of Health Sciences hosted an interactive session on 20 November 2025, with DG ISPR Lieutenant General Ahmed Sharif Chaudhry, bringing together students and faculty for an engaging and insightful discussion.

During the session, faculty and students emphasized that Pakistan's youth stands firmly with the Pakistan Armed Forces in countering fake propaganda and misinformation. They highlighted the importance of protecting themselves from disinformation spread by anti-state elements on social media.

The session concluded with participants appreciating the professionalism of the Pakistan Armed Forces, paying tribute to their sacrifices, and reaffirming their collective commitment to contributing to the nation's progress.





Health Asia 2025

Dow University of Health Sciences took part in the Health Asia International Exhibition & Conference held from October 23–25, 2025, at the Karachi Expo Center. The event provided a dynamic platform for DUHS to showcase its



advancements in healthcare, diagnostics, research, technology, and training.

DUHS institutes presented their innovative projects and services, including Dow Institute of Radiology, Dow University Hospital, Blood Center, Institute of Biological, Biochemical & Pharmaceutical Sciences (IBBPS), Dow Institute for Advanced Biological & Animal Research (DIABAR), Dr. Ishrat Ul Ebad Khan Institute of Oral Health Sciences (DIKIOHS), Dow Dental College, Dow International Dental College, E-Doctor Program, Provincial Public Health Laboratory (PPHL), and the Dow Comprehensive Cancer Center.



35th National Games
Archery Championship at DUHS

The archery competitions of the 35th National Games were held at the Ojha Campus of Dow University of Health Sciences from 8-11 December 2025, bringing together leading teams from across Pakistan, including Pakistan Army, Pakistan Air Force, Pakistan Navy, Pakistan Police, HEC, WAPDA, Punjab, Khyber Pakhtunkhwa, Balochistan, and Sindh.

The event created a vibrant atmosphere of national pride and competitive excellence, showcasing Pakistan's emerging archery talent.

The arrangements and facilities provided by DUHS were widely appreciated, reflecting the university's strong commitment to the promotion of sports, youth development, and national unity.

DUHS Celebrates 78th Independence Day of Pakistan

Dow University of Health Sciences marked 78th Independence Day of Pakistan on 14 August 2025 with vibrant celebrations, bringing together students, alumni, faculty, and staff in a display of national pride and togetherness.

Departments across DUHS hosted a wide range of activities, including flag-hoisting ceremonies, cake-cutting events, cultural performances, debate competitions, singing contests, and various sports activities. These festivities created an atmosphere of enthusiasm and patriotism throughout DUHS.







IBBPS Hosts Certificate Distribution for Pakistan's First Pharmaceutical Regulatory Sciences Diploma



Dow Institute of Biological, Biochemical & Pharmaceutical Sciences (IBBPS) held the certificate distribution ceremony for Batch 01 of Pakistan's first Professional Pharmaceutical Regulatory Sciences Diploma.

The event celebrated the hard work and commitment of the graduating participants, marking an important step in strengthening regulatory expertise within the country's pharmaceutical sector.

Successful On-Campus Recruitment Drive at IBHM

Institute of Business and Health Management (IBHM) hosted a successful On-Campus Recruitment Drive on 8 October 2025. The event was conducted under the supervision of Prof. Dr. Asima Faisal, Dean Faculty of Management Sciences and Director IBHM.

The Recruitment Drive included a mentoring session where industry professionals shared insights on market trends, employability skills, and career planning. This was followed by one-on-one interview sessions for students, offering them valuable exposure to real-world hiring processes.



OICD Inaugurates Pulmonary Rehabilitation Center and New IV Admixture Pharmacy



Ojha Institute of Chest Diseases (OICD) has inaugurated the Dr. Syed Aashique Hossain Memorial Pulmonary Rehabilitation Center, honoring the legacy of the former Director who dedicated his career to compassionate patient care.

OICD also introduced a new IV Admixture and Compounding Pharmacy within its inpatient pharmacy, marking an important step toward enhancing medication safety and precision.

Both facilities were inaugurated on 3 October 2025, in the presence of the Vice Chancellor DUHS Prof. Dr. Nazli Hossain, institute leadership, and staff.

HPV Awareness Campaign

Dow Students' Surgical Society, under the patronage of Prof. Dr. Sajida Qureshi, organized an HPV Awareness Campaign on 30 September 2025, bringing together students from Dow Medical College to educate the community about the Human Papillomavirus (HPV) and its strong association with cervical cancer.

Throughout the day, volunteers highlighted the rising prevalence of HPV and underscored the importance of timely vaccination, which remains one of the most effective preventive measures.



40th Graduation Anniversary Dow Medical College Class of 1985



Dow Medical College Class of 1985 celebrated their 40th graduation anniversary with a four-day reunion from August 25 to 28, 2025.

The celebration began with a nostalgic visit to DMC, followed by a Meet & Greet at Karachi Gymkhana where shields were presented in recognition of charitable contributions. A dinner at DMC Courtyard featured a heartfelt video tribute to classmates who are no longer with us. The reunion concluded with a relaxing picnic at Hawks Bay, offering a warm and joyful end to the festivities.



Second Annual Surgical Conference

Hosted by the Dow University of Health Sciences (DUHS) from 13-17 October 2025, on the theme of the five-day conference was 'Innovating the Future of Surgery: Precision, Progress, and Partnership'.

The conference featured six pre-conference workshops for junior consultants and postgraduate trainees, followed by two days of live demonstrations by world-renowned master trainers, showcasing advanced robotic, laparoscopic, colorectal, upper GI, and bariatric surgical procedures.

Organizing Committee: Prof. Sajida Qureshi, Prof. Shahryar Ghaznfar, Prof. Mohd Zubair, Prof. Farhat Jaleel, Prof. Farhan Zaheer, Prof. Imran Zulfiqar, Prof. Rashid Shafiq, Prof. Khursheed Sadiq, Dr. Abdul Khaliq, Dr. Omer Saleem, Dr. Siraj Haider, Dr. Akram Rajput, Dr. Arsalan, Dr. M. Tayub Ul Hassan, Dr. Maryum Nouman.





2nd Pelvis & Hip Congress

Dow University of Health Sciences successfully hosted the 2nd Pelvis & Hip Congress on 29 November 2025, themed "Basin & Orb Percipio^2," along with a pre-conference workshop on Developmental Dysplasia of the Hip (DDH) featuring live surgery and an interactive learning session.

The congress brought together leading experts, surgeons, and orthopedic specialists dedicated to advancing knowledge and clinical practice in pelvic and hip health.

Chief Guest: Prof. Jahan Ara Hasan | Guest of Honour: Prof. Khursheed Samo

Key Participants & Faculty: Prof. Aneesuddin Bhatti, Prof. Masood Umar, Prof. Nusrat Rasheed, Prof. Badaruddin Sahito, Dr. Shaikh Naeem Ul Haq, Dr. Abdul Rehman Khan, Dr. Asif Paracha, Dr. Noman Parekh.





DUHS Explores Education Opportunities with University of Surrey

DUHS delegation visited the University of Surrey in Guildford, United Kingdom, together with colleagues from GEMS Pathway, to explore the development of Transnational Education (TNE) programs, an important advancement for medical and allied health education in Pakistan.



The discussions focused on creating new academic pathways for students, enhancing mobility into advanced healthcare and allied programs abroad.



DOGANA Talk Show

The DOGANA Talk Show is an initiative by DOGANA, dedicated to highlighting Dow graduates who are making meaningful contributions to healthcare through mentorship, innovation, leadership, and community service. Each episode features accomplished alumni, sharing their professional journeys, insights, and experiences to inspire students and young professionals while strengthening the Dow alumni network.



Dr. Abdul Bari Khan
(D-1986)
Guest



Rafe Zaidi, MD
(D-2007)
Guest



Asra Nayab, MD
(D-2012)
Guest



Gulrayz Ahmed, MD
(D2014)
Guest



Aiman Tohid, MD
(D-2009)
Moderator

Orientation Session Held for E-Doctors Trainee 2.0



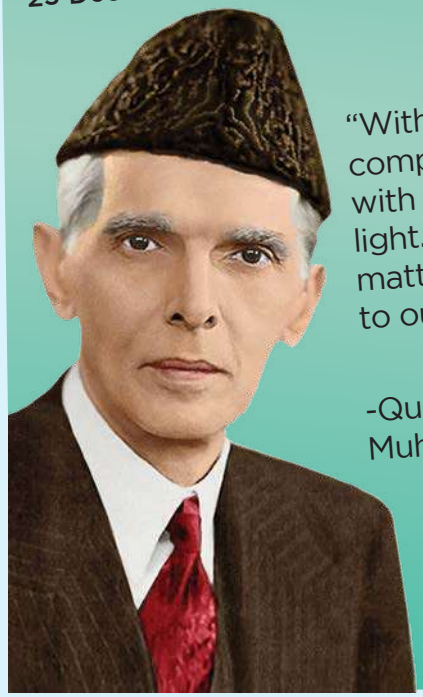
The orientation session for the E-Doctors Trainee 2.0 program was held on 22 July 2025, at Dow International Medical College. Designed for female doctors returning to clinical practice, the program offers a structured pathway through digital primary care and telemedicine.

Speakers emphasized the program's broader impact—supporting women doctors in re-entering the workforce while enhancing access to quality primary care across Pakistan. The event also received international coverage from NHK Japan, highlighting its global relevance.

CELEBRATING IMPORTANT DATES

Quaid-e-Azam Day

25 December 2025



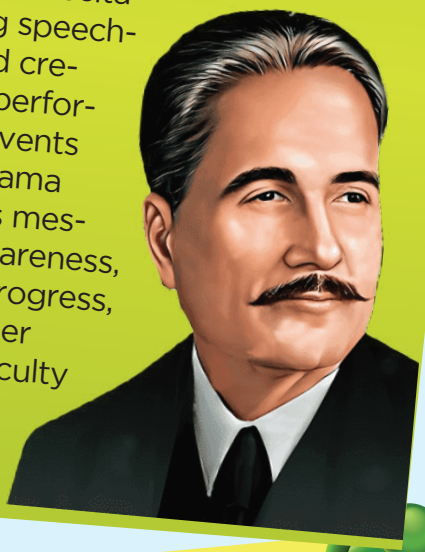
"Without education it is complete darkness and with education it is light. Education is a matter of life and death to our nation."

-Quaid-e-Azam Muhammad Ali Jinnah

Iqbal Day

9 November 2025

Departments across DUHS celebrated Iqbal Day with great enthusiasm, featuring soulful recitations, inspiring speeches, poetry, and creative student performances. The events highlighted Allama Iqbal's timeless message of self-awareness, purpose, and progress, bringing together students and faculty in a shared tribute to the Poet of the East.



World Radiography Day

8 November 2025

Dow Institute of Radiology (DIR) celebrated World Radiography Day 2025 with great enthusiasm. The event, organized under the leadership of Prof. Dr. Nasreen Naz, Director DIR, also featured the distribution of Certificates of Appreciation to deserving employees.



World Mental Health Day

10 October 2025

Dow University of Health Sciences marked World Mental Health Day with a series of activities promoting mental well-being and open dialogue around mental health challenges.

The event featured an awareness walk with participation from faculty, students, healthcare professionals, and staff, highlighting the need for stronger community support and greater visibility for mental health issues. A dedicated awareness session and a mental health camp were also organized.



CELEBRATING IMPORTANT DATES

Breast Cancer Awareness Month

October 2025

Breast Cancer Awareness Month was marked across all DUHS departments with a series of activities aimed at promoting early detection and community education. Awareness campaigns, informative sessions, and symposiums were organized throughout the month, engaging students, faculty, staff, and patients.

Dow Institute of Radiology offered special discounts on breast imaging services to encourage timely screening, while the Department of Family Medicine provided free breast cancer screening for DUHS employees, supporting early diagnosis and preventive care.



World Pharmacist Day

25 September 2025

Dow University of Health Sciences celebrated World Pharmacist Day at the Pharmacy Warehouse with the participation of faculty, Head of Department, and pharmacy team.

Our pharmacists ensure safe, effective, and quality healthcare every day!



World Heart Day

29 September 2025

Dow Institute of Cardiology celebrated World Heart Day with a series of heart-healthy activities under the theme "Don't Miss A Beat."

The day began with an Awareness Walk followed by the inauguration of the Cardiac Rehabilitation Services by Vice Chancellor Prof. Dr. Nazli Hossain.

An Awareness Seminar highlighted preventive measures and lifestyle changes for better heart health, followed by the distribution of exercise gadgets. A Free Screening Camp assessed cardiovascular risks, and the event concluded with a fruit-based cake-cutting ceremony promoting healthy eating.



International Day Against Drug Abuse and Illicit Trafficking

26 June 2025

Dr. A. Q. Khan Center – Institute of Behavioral Sciences (IBS) marked the International Day Against Drug Abuse and Illicit Trafficking with an engaging awareness event.

The program included insightful lectures focusing on the early signs of substance use and the importance of timely intervention. BS Psychology students also conducted more than 50 psychological screenings and facilitated a range of interactive activities designed to inform, educate, and involve participants in meaningful discussions.



DOWLAB Grows Stronger: New Centers to Serve You Better

DOWLAB has expanded its diagnostic network with the opening of five new branches.



In Karachi, new branches at Shoe Market, Nishter Road (1), Gulistan-e-Johar (2), and Nagan Chorangi (1) further expand DOWLAB's presence, ensuring easier and more convenient access to reliable diagnostic services across the city.

A new branch in Sukkur (1) further extends DOWLAB's reach, ensuring reliable and affordable diagnostic services for communities beyond Karachi.

DOWLAB now operates a network of over 100 laboratories across Sindh and Balochistan.

Inauguration of Multidisciplinary Diabetic Foot Clinic at NIDE, DUHS

The National Institute of Diabetes and Endocrinology (NIDE), Dow University of Health Sciences (DUHS), marked a significant milestone in comprehensive diabetes care with the inauguration of its Multidisciplinary Diabetic Foot Clinic.

62,000+ registered patients

NIDE Specialized Clinics and Services

- Type 2 Diabetes Clinic
- Type 1 Diabetes Clinic
- Gestational Diabetes Clinic
- Diabetic Foot Clinic
- Obesity Management Clinic
- Diet & Nutrition Clinic
- Diabetes Education Services
- Telehelpline Service
- Thyroid Clinic
- Pcos and Infertility clinic
- Growth Disorders

Choose NIDE for reliable, compassionate and specialized endocrine healthcare.



Dow Institute of Radiology Introduces Advanced Mammography Services



Dow Institute of Radiology now offers state-of-the-art 3D and 2D mammography systems designed to provide clearer and more accurate breast imaging. These advanced technologies are particularly beneficial for women with dense breast tissue, allowing for improved detection and enhanced diagnostic confidence.

Services Offered

- 3D Mammography (Tomosynthesis)
- 2D Digital Mammography
- Contrast-Enhanced Mammography
- Stereotactic Wire Localization
- Stereotactic Clip Insertion
- Stereotactic Breast Biopsy

DUHS Blood Center





The Blood Center at Dow University of Health Sciences stands as a national leader in blood safety, quality, and affordability. It is the first fully ISO/IEC 15189:2022 accredited public-sector blood center in Pakistan, demonstrating full compliance with international benchmarks of quality and patient safety. Equipped with advanced NAT/-NAAT and CLIA-based testing systems, the center ensures maximum accuracy in screening transfusion-transmissible infections. In the last year alone, around 50,000 NAAT-screened blood products were issued, reflecting its high service volume.



Advanced Lympho-Venous Anastomosis Performed at Dow University Hospital

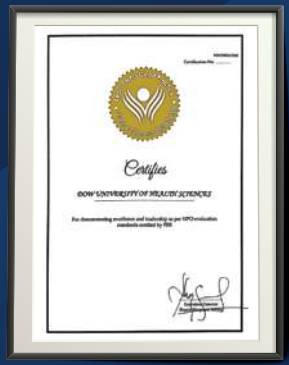
The Department of Plastic Surgery at Dow University Hospital has successfully performed Lympho-Venous Anastomosis (LVA), an advanced microsurgical procedure used in the treatment of lymphedema.

Conducted under 20x magnification with extremely fine 10/0 sutures, the procedure connects lymphatic vessels to tiny veins, helping restore natural lymphatic drainage.

LVA offers a minimally invasive option for patients, reducing swelling, improving mobility, and significantly enhancing overall quality of life.

WE ARE PROUD TO ANNOUNCE

Dow University of Health Sciences has been officially certified as a Non Profit Organization (NPO) by the Pakistan Centre for Philanthropy (PCP) under the prestigious Seal of Good Practice



PCP Certificate



Shariah Audit Certificate



Tax Exemption Certificate

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IBAN: PK19MEZN0099110105245404

Zakat Meezan Bank Ltd.
Account Title: Dow University Hospital - Zakat
Account Number: 9911 0105 239359
IBAN: PK80MEZN0099110105239359

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Account No: 000246871343
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Submit your contributions to
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and join us in this professional endeavor to celebrate and showcase our milestones.

DOW UNIVERSITY OF HEALTH SCIENCES

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