

STUDENTS' RESEARCH CONFERENCE 2026

ADVANCING HEALTHCARE

THROUGH INQUIRY AND
INNOVATION



RESEARCH



DISCOVERY



COLLABORATION



INNOVATION



THE AGA KHAN UNIVERSITY



Liaquat National Hospital
and Medical College





In the Name of Allah,
The Most Beneficent, The Most Merciful

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About Students' Research Conference-2026

Fazaia Ruth Pfau Medical College is organizing this conference as part of its commitment to academic excellence, evidence-based medicine, and the development of a vibrant research culture among medical students and young researchers. Inspired by the legacy of Dr. Ruth Pfau, a symbol of service, compassion, and dedication to public health, the college seeks to nurture scientific curiosity, critical thinking, and innovation in the next generation of healthcare professionals. By providing this platform, FRPMC aims to bridge the gap between classroom learning and meaningful research, encourage interdisciplinary collaboration, and empower students to contribute to healthcare challenges locally and globally. The conference reflects the college's mission to produce competent, ethical, and socially responsible physicians and researchers who will serve both the profession and the community. More than a presentation exercise, the conference builds confidence, sharpens critical thinking, and opens doors to future research and career opportunities.



About Fazaia Ruth Pfau Medical College



Established in February 2019 as a constituent institution of Air University, Islamabad, a public sector university chartered in 2002 under the governance of the Pakistan Air Force, FRPMC has now successfully completed nearly six years of outstanding academic service. In this short span, the college has proudly graduated its second batch of medical professionals, solidifying its reputation as a premier institution for medical training in the country.

True to its mission, the college trains future physicians through a holistic, community-oriented lens rather than a purely disease-oriented one. Evidence-based practice and interdisciplinary research in clinical decision-making remain the cornerstones of its educational strategy. To further strengthen its academic framework, the college has commenced a Certificate Programme in Health Professions Education, equipping faculty and practitioners with modern pedagogical skills.

FRPMC's commitment to international standards has earned it prestigious accreditations from the world's most respected regulatory bodies. The college holds formal recognition from the Pakistan Medical and Dental Council (PM&DC) and is accredited under the World Federation for Medical Education (WFME) framework. The college is listed in the World Directory of Medical Schools (WDOMS), the joint WFME-FAIMER global register, and its MBBS programme meets the Intealth Recognized Accreditation Policy.

These standing carries direct benefits for graduates: degrees conferred by FRPMC are accepted by provincial and territorial medical regulatory authorities across Canada, and graduates are eligible to pursue registration with the General Medical Council (GMC), UK, via the United Kingdom Medical Licensing Assessment (UKMLA) pathway.

Message from the Vice Chancellor, Air University



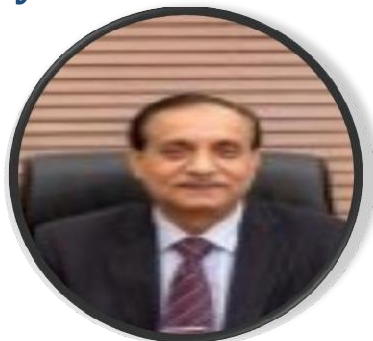
Air Marshal (R) Abdul Moeed Khan, HI (M)

It is my pleasure to welcome the participants of the Students' Research Conference being held today at Fazaia Ruth Pfau Medical College, Karachi. This conference represents the very heartbeat of our academic mission. While the lecture halls and clinical wards provide the foundation of medical knowledge, it is through research that we push the boundaries of what is possible. At Air University, we believe that research is the engine of progress. The work you are about to present represents a bridge between the theoretical knowledge gained in the classroom and the real-world impact we aim to make in our communities and beyond.

I encourage you to take pride in your achievements. The journey of research from identifying a problem to presenting a conclusion, is a critical part of your development as a medical professional. It teaches resilience, humility, and the importance of objective truth. I congratulate the faculty and the Principal of FRPMC for organizing this conference and supporting the next generation of innovators.

Let this conference be a reminder that we are all lifelong learners, united by a common goal: to improve human health. I wish you all an enlightening and successful conference.

Message from the Dean Faculty of Health Sciences Air University Islamabad



Maj Gen Prof. Muhammad Tahir Khadim, HI (M) Retd.

MBBS, MCPS, FCPS, FRCP, PhD, MHPE

It is a matter of great pride and pleasure to welcome all participants to the Students' Research Conference at Fazaia Ruth Pfau Medical College and to present this collection of scholarly abstracts.

Medicine advances when curiosity is transformed into questions, questions into evidence, and evidence into better care. Research is therefore not an activity separate from medical education; it is an essential part of becoming a thoughtful, innovative, and responsible physician.

This conference represents FRPMC's commitment to nurturing a culture of inquiry, innovation, and evidence-based practice among our students. By engaging in research students work collaboratively, and develop solutions to the complex health challenges of our communities.

The abstracts presented in this book are a reflection of the enthusiasm, creativity, and intellectual potential of our young researchers. They also represent the invaluable mentorship and encouragement provided by FRPMC faculty and research supervisors. I encourage our students to look beyond the completion of a research project. Let this experience be the beginning of a lifelong journey of discovery, innovation, and service. May you continue to ask meaningful questions, pursue rigorous evidence, embrace interdisciplinary collaboration, and translate your discoveries into improvements in healthcare and society.

I congratulate all students, mentors, faculty members, organizing team and the leadership for creating this platform for academic excellence.

Message from the Director General Medical Services, Pakistan Air Force



Air Vice Marshal Sohail Akbar, SI (M)

It is a distinct privilege to extend a warm welcome to all participants of the Students' Research Conference, organized by FRPMC, today.

Research capacity building is not a peripheral academic exercise but a strategic national necessity. At individual level research inculcates several important qualities such as critical thinking, scientific reasoning, intellectual honesty, and evidence-based decision-making. This in turn would help you in becoming an accomplished physician or surgeon.

To improve the quality of research we need to motivate our students to undertake original work. We also need to equip them with skills in systematic review and meta-analysis. It would help them in producing good quality evidence-based research. By scrutinizing clinical outcomes, analyzing public health trends, or evaluating operational efficiencies in a structured manner you will be able to positively contribute toward the medical science. Remember research generates new knowledge and evidence and it is one of the principal foundations of every innovation.

I applaud the hard work of the faculty and Principal of the Fazaia Ruth Pfau Medical College for their efforts in unfolding the research potential of the students and organizing this Conference. I am sure that this conference would serve as a catalyst for high-quality research and stronger contribution towards medical literature.

Wishing you all a productive and insightful conference.

Message from the Principal, Fazaia Ruth Pfau Medical College



Prof. Dr. Masood Ahmed

MBBS, MPhil, PhD.

Dear Students, Faculty, and Guests,

Welcome to the Student Research Conference, hosted with great pride by Fazaia Ruth Pfau Medical College, Karachi.

This conference represents everything we value most in medical education: curiosity, perseverance, and the courage to push beyond the textbook. As Principal, I am immensely proud to see our students take center stage, presenting original work that contributes meaningfully to the body of medical knowledge. This becomes more significant when I look at the timeline of the FRPMC. Since our inauguration in 2020, we have been advancing steadily, trying to set vibrant academic and research culture as a strategy to develop the skill of exploring the critical gap, evidence and real-world practice in our students.

Well done presenters. You have made your institution proud. Thank you, faculty for your tireless mentorship. I hope the attendees will leave this conference inspired by the talent and dedication of the young researchers they witness here today.

May this event reaffirm your passion for lifelong learning and evidence-based practice.

Warm regards,

Message from the Chair & Co-Chair



Prof. Asad Ali Khan Afridi

Professor of Community Medicine
MBBS, FCPS, CHPE



Prof. Tahir Ansari

Professor of Medicine & Director,
Medical Education Department
MBBS, MCPS, FCPS, MCPS-HPE, MRCP FRCP

It gives us immense pleasure to welcome our students, faculty members, doctors, researchers, mentors, and distinguished guests to the Students' Research Conference 2026 at Fazaia Ruth Pfau Medical College (FRPMC). This abstract book reflects the curiosity, discipline, and dedication of our students as they ask meaningful questions and pursue evidence-based answers.

This conference is more than a platform for presenting research; it is an opportunity to think beyond textbooks, challenge assumptions, and learn from one another through discussion and constructive feedback. For our students, presenting research helps build the confidence to communicate evidence, defend ideas, accept constructive criticism, and contribute meaningfully to medical science.

The work gathered here spans public health; non-communicable and infectious diseases; maternal and child health; health equity; digital health; mental health; health systems; nutrition; and healthy ageing. These interconnected areas collectively shape patient care and population health. The true value of this work lies in its potential to improve how we understand disease, educate future doctors, and care for our patients.

We encourage every participant to approach this conference with a desire to learn, connect, and contribute, not simply to win a prize. We are especially grateful to our Honorable Principal, Prof. Dr. Masood Ahmed; our faculty mentors and supervisors, whose guidance transforms ideas into structured research; and our reviewers, committee members, and volunteers, whose dedicated efforts have made this conference possible.

We warmly invite you all to participate with enthusiasm, integrity, and an open mind. Let SRC 2026 be a celebration of curiosity, scholarship, and discovery.

CONFERENCE PROGRAM

Times	Activity
08:30 – 09:30 AM	Registration and seating
09:30 – 09:40 AM	Recitation, National Anthem and welcome
09:40 – 09:45 AM	Opening remarks by Prof. Asad Afridi – Chair of the Conference
09:45 – 09:50 AM	Address by Principal – Prof. Masood Ahmed, Fazaia Ruth Pfau Medical College (FRPMC)
09:50 – 10:00 AM	Address by Vice Chancellor, Air University - Air Marshal (R) Abdul Moeed Khan, HI(M)
10:00 – 10:20 AM	Keynote Speaker – Prof. Ather Enam (Professor of Neuroscience & Neurosurgery, AKU Karachi) MD, PhD, FRCSI, FRCSC, FRCS, FRCSCG, FACS
10:20 – 11:15 AM	Oral Paper Presentations – Session 1
11:15 – 11:35 AM	Poster Evaluation + Tea Break
11:35 – 12:00 PM	Keynote Speaker – Prof. Abdul Basit (Professor of Endocrinology, Indus Health & Hospital Network Karachi)- MBBS, MRCP, FRCP
12:00 – 12:50 PM	Oral Paper Presentations – Session 2
12:50 – 01:10 PM	Keynote Speaker – Prof. M. Fareeduddin (Professor & Head of Paediatrics Department, Indus Hospital Karachi) MBBS, FCPS & CHPE
01:10 – 02:00 PM	Oral Paper Presentations – Session 3
02:00 – 02:40 PM	Panel Discussion – Mr. Shaukat Ali Jawaid & Dr. Fatema Jawad (Purpose, Impact & Publication: How student research becomes a contribution)
02:40 – 02:50 PM	Announcement of Poster & Oral Presentation Results and Prize Distribution
02:50 – 03:00 PM	Vote of Thanks – Prof. Tahir Ansari, Co-chair of conference
03:00 Onwards	Group photo & lunch

Conference Organizing Committee Members

 Prof. Masood Ahmed Principal, FRPMC	 Dr. Muhammad Ahmed Director, Skills Lab Department	 Prof. Asad Ali Khan Afridi HOD, Community Medicine Department	 Prof. Tahir Ansari HOD, Medicine Department
 Prof. Asghar Mehdi HOD, Pharmacology Department	 Prof. Erum Imran HOD, Physiology Department	 Prof. Sama Ul Haque Professor, Anatomy Department	 Prof. Yousuf Lakdawala HOD, General Surgery Department
 Prof. Faisal Ghani Siddiqui Professor, General Surgery Department	 Prof. Shireen Qassim Bham HOD, Paediatrics Department	 Prof. Zahid Akhtar Rao HOD, Anaesthesiology Department	 Prof. Saeeda Baig Professor, Biochemistry Department
 Prof. Muhammad Jawed HOD, Biochemistry Department	 Prof. Saira Tahir Bugti HOD, Pathology Department	 Dr. Sagheera Anjum Munawer Assoc. Professor, Gynae Department	 Dr. Shah Jabeen Assoc. Professor, Physiology Department

 Dr. Syed Ishtiaq Ahmed Fatmi Assoc. Professor, Community Medicine	 Dr. Rubina Khan HOD, Cardiology Department	 Dr. Nadira Hameed Asst. Professor, Gynae Department	 Dr. Sana Kashif Asst. Professor, Physiology Department
 Dr. Neelum Jamal Asst. Professor, Community Medicine	 Dr. Rida Kainat Asst. Professor, Biochemistry Department	 Dr. Saima Moin Lecturer, Anatomy Department	 Dr. Shumaila Rehmani Lecturer, Community Medicine
 Dr. Abdul Aziz Ayub Lecturer, Physiology Department	 Dr. Mizhgan Ovais Khan Lecturer, Pharmacology Department	 Dr. Zil E Huma Soomro Lecturer, Anatomy Department	 Dr. Maryam Tanweer Lecturer, Medical Education Department
 Dr. Sabahat Asim Demonstrator, Community Medicine	 Dr. Atekah Alam Demonstrator, Community Medicine	 Dr. Shabina Salahuddin Demonstrator, Community Medicine	 Dr. Uroosa Rasheed Demonstrator, Physiology Department
 Ms. Mahjabeen Publication Officer, QEC			

Prof. Syed Ather Enam (S.I)

MD, PhD, FRCSI, FRCSC, FRCS, FRCSG, FACS

Professor of Neuroscience and Neurosurgery, AKU, Karachi



Keynote Speaker

Dr. Ather Enam is a U.S. Board-certified Neurosurgeon, Professor of Neurosurgery, Director of Centre of Regenerative Medicine and Stem Cell Research at Aga Khan University, Karachi, Pakistan. He has an FRCS in Neurosurgery from Canada, an FRCS from Ireland, an FRCS from Glasgow (U.K.), and a Fellowship of the American College of Surgeons.

He is the Founding President of the Pakistan Society of Basic and Applied Neuroscience, the Founding President of the Pakistan Society of Neuro-Oncology, Founder of the Pakistan Academy of Neurological Surgery.

Dr. Enam has a strong interest in basic science research with a Ph.D. in Neuroscience from Northwestern University Institute of Neuroscience, USA. He has been awarded several accolades and honors for his work in the USA and Pakistan, He has earned many honors, including the Physician of the year medallion, Master Surgeon Award, AKU Award of Distinction, Excellence in Neurosurgery Award, and the presidential award, Sitara-e-Imtiaz.

He has authored over 300 manuscripts, chapters, abstracts, editorials, and articles. He is editor and author of a few books including Essentials of Neuroscience. His primary focus is on promoting Neuroscience and Neuro-Oncology in Pakistan.

Prof. Dr. Abdul Basit

MBBS, MRCP, FRCP

Professor of Endocrinology, Indus Health & Hospital Network Karachi



Keynote Speaker

Professor Dr. Abdul Basit is a preeminent endocrinologist and global health strategist, currently serving as Secretary General of the Diabetic Association of Pakistan and Head of the WHO Collaborating Centre for Treatment, Education & Research in Diabetic Pregnancies. A graduate of Dow Medical College (1988), he obtained his MRCP from London (1993) and was subsequently awarded dual FRCP Fellowships from the Royal Colleges of Physicians of London (2000) and Edinburgh (2017). Upon returning to Pakistan, he founded the Baqai Institute of Diabetology and Endocrinology and introduced the country's pioneering diploma in Diabetology. As the founding member of the Pakistan Endocrine Society & National Association of Diabetes Educators, and the Health Promotion Foundation, he has been instrumental in structuring the nation's diabetes management framework. His past international leadership roles include, President of the Diabetes in Asia Study Group, Chair of the International diabetes federation MENA Region, and Editor of the Journal of Diabetology. Currently, he serves as the founding Director of the Diabetes and Endocrine Centre at Indus Hospital & Health Network, Karachi. To his credit are over 250 peer-reviewed publications, 25,500 citations and an h-index of 46 with more than 90 publications in Science Direct Journals. He has been included among the Top 2% Scientist of the world by Stanford University and has been ranked 4th highest published researcher in Pakistan.

Prof. Dr. Muhammad Fareeduddin

MBBS, DCH, MCPS, FCPS & CHPE

Professor & Head of Paediatrics Department, Indus Hospital Karachi



Keynote Speaker

Dr. Muhammad Fareeduddin is a leading pediatrician and a pioneer in advancing Cystic Fibrosis care in Pakistan. A graduate of Baqai Medical College, whose passion is driven by a commitment to improve pediatric healthcare standards and advancing care for children.

Through his dedication and relentless efforts, he has helped establish and strengthen comprehensive Cystic Fibrosis services, improve diagnosis and access to modern treatment, and connect Pakistan with the international Cystic Fibrosis community.

Most importantly, he has been instrumental in bringing Trikafta to Pakistan, making access to this life-changing Cystic Fibrosis treatment possible for patients who previously had very limited options.

His vision, commitment, and years of service have given hope to countless Cystic Fibrosis patients and families and helping them not just survive, but dream, live, and look forward to a better future

Dr. Muhammad Fareeduddin, currently serving as the Consultant and Section Head of the Department of Pediatric Medicine at Indus Hospital & Health Network Karachi.

He strengthened national CF services, improved diagnostic capabilities, and secured critical connections with the international medical community. Most decisively, he spearheaded the introduction of Trikafta into Pakistan, single-handedly changing the odds for patients who previously faced a future without options. As Consultant and Section Head of Pediatric Medicine at Indus Hospital & Health Network, Karachi, his work is a testament to the power of perseverance, ensuring that for Cystic fibrosis patients, survival is just the beginning, and a life of hope and possibility is now the standard.

Panelists



Dr. Fatema Jawad

Dr. Fatema Jawad Graduate of the Dow Medical College, 1959. She is a trained Diabetologist. She joined JPMA in 1975 and holding the responsibility of the Editor-in-Chief since 2004. With a great interest in research writing, she has been a Facilitator and Organizer of workshops on medical writing on the PMA platform and as an invited speaker and facilitator for such workshops in other cities of the country and abroad.

She is the Founder member and Life Member of the Pakistan Association of Medical Editors (**PAME**). The Journal of Pakistan Medical Association (JPMA) is the oldest and first Medical Research Journal of Pakistan.

It has been among the three Pakistani medical journals that received an impact factor.

She acquired the membership of Committee of Publication Ethics (COPE) and International Committee of Medical Journal Editors (ICMJE) since 2006 and 2009 respectively. She is privileged to be a co-author of the **WAME eLearning Program**.



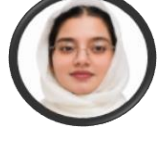
Shaukat Ali Jawaaid

Shaukat Ali Jawaaid is a senior medical journalist with over five decades of experience in medical journalism and scholarly publishing. He is a member of the World Association of Medical Editors (WAME), a founder member of both the Eastern Mediterranean Association of Medical Editors (EMAME) and the Pakistan Association of Medical Editors (PAME), and a member of the British Medical Journalists' Association. He serves as an Advisor to the University of Health Sciences, Lahore, where he has been involved in organizing certified courses in Medical Journalism since 2019, and is also an Advisor to the Rector of the University of Lahore for Academic and Scientific Writing.

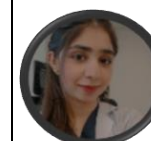
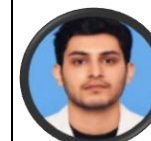
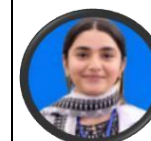
He has authored 113 papers published in peer-reviewed journals in Pakistan and internationally, conducted over two hundred workshops on medical writing and publication ethics across the WHO Eastern Mediterranean Region, and written twenty-six books on topics including scientific writing, medical history, and ethics. As Chief Editor, he provides strategic editorial leadership and ensures the integrity, quality, and transparency of the journal's publishing process. Under his leadership, PJMS has become the highest impact factor Journal of Pakistan.

Oral Presentations

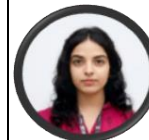
Title	Presenter(s)	Institution
Geriatric-Friendly Services in Primary Healthcare Facilities of Multan District, Pakistan	Abdullah Abbas	Fazaia Ruth Pfau Medical College, Karachi
Association of Family Support and Psychological Resilience with Quality of Life Among Type 2 Diabetic Patients	Ayesha Liaqat	Fazaia Ruth Pfau Medical College, Karachi
Machine Learning Models Predicting Mortality in Sepsis-Associated Acute Kidney Injury: An Updated Systematic Review and Meta-Analysis	Syeda Sabika Zehra	Dow Medical College, Karachi
Trends in Hematological and Liver Function Parameters Among Malaria-Positive Patients: A Half-Decade Retrospective Study	Laiba Nazir	Baqai Medical University, Karachi
Seasonal Variation of HbA1c Levels in Diabetic and Non-Diabetic Individuals: Evidence of a Dual-Peak Pattern in Karachi, Pakistan	Ayesha Imtiaz	Baqai Medical University, Karachi
Circadian Rhythm Disruption and Student Mental Health	Zia-Ur-Rehman	Liaquat Institute of Medical Health Sciences, Thatta
Awareness and Use of Nicotine Pouches Among Medical Students in Pakistan: A Multicenter Cross-Sectional Study	Manahil Haleem	Fazaia Ruth Pfau Medical College, Karachi



Title	Presenter(s)	Institution
Association Between Severity of Malnutrition and Developmental Delay Among Children Aged 12-60 Months Presenting at Two Tertiary Care Hospitals in Karachi	Mariam Anwar	Fazaia Ruth Pfau Medical College, Karachi
Awareness, Risk Factors, Nutritional and Lifestyle Determinants, and Knowledge of Bone Loss and DEXA Scanning among Medical Students at FRPMC	Muhammad Aaliyan Raza	Fazaia Ruth Pfau Medical College, Karachi
Impact of Intermittent Fasting on Quality of Life of Medical Students; A Cross-Sectional Study	Muhammad Abdul Majid	Fazaia Ruth Pfau Medical College, Karachi
Barriers To Healthcare Access Among Transgender People in Karachi	Hassan Javed	Fazaia Ruth Pfau Medical College, Karachi
Knowledge, Attitude and Practices Related to Cervical Cancer and Perspective Towards HPV Vaccine Among Mothers of Young Females in Islamabad	Naba Taufique	Fazaia Medical College, Islamabad
The Impact of Body Dysmorphia, Social Media on Mental Health and Academic Among Medical Students	Syeda Masooma Fatima	United College of Physical Therapy, Karachi
Efficacy of Nutritional Intervention in Adult Patients with Heart Failure: An Updated Systematic Review and Meta Analysis	Nikhil Doseja	Karachi Metropolitan University



Title	Presenter(s)	Institution
Academic Burnout and Neurocardiovascular Dysregulation in 1st and 2nd Year MBBS Students of LIMHS, Thatta	Kiran Ratnani	Liaquat Institute of Medical Health Sciences, Thatta
The relationship between reduced child spacing and depression in mothers: a cross-sectional study in Karachi, Pakistan.	Sameen Nasir	Aga Khan University, Karachi
Patterns & Practices of Self-Medication in Episodic Tension-Type Headache Among the General Public of Karachi, Pakistan: A Cross-Sectional Study	Dua Niaz	Fazaia Ruth Pfau Medical College, Karachi

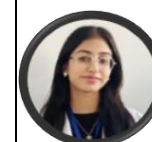
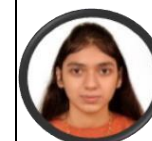
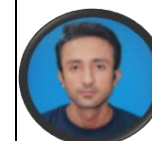


Poster Presentations

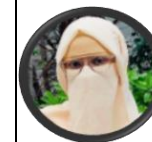
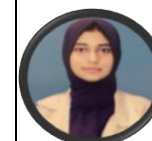
Title	Presenter(s)	Institution
Effect of Mobile Phone Usage Before Bedtime on Sleep Quality Among Undergraduate Medical Students	Abdul Ahad	Liaquat Institute of Medical and Health Sciences, Thatta
Knowledge and Practical Application of First Aid Among Adults in Karachi, Pakistan	Abdul Hanan	Fazaia Ruth Pfau Medical College, Karachi
Efficacy Of Nigella Sativa (Black Seed) for Osteoarthritis in Adults: A Systematic Review and Meta-Analysis of Randomized Controlled Trials	Abdul Wasay	Karachi Metropolitan University
Impact of ADRB2 Gene Polymorphisms and Environmental Factors Exposure on Asthma Control in Adolescents from Pakistan	Adab Hussain	Shaheed Mohtarma Benazir Bhutto Medical University, Larkana
The Clinical Understanding and Utilization of the Otago Exercise Program for Fall Prevention in Older Adults: Insights from Karachi's Physiotherapists	Aleeha Shahi	Bahria University Health Sciences Campus Karachi
Impact of Maternal Education and their Cultural Beliefs on Child Health in Febrile Seizure Management.	Ammarah	Karachi Metropolitan University
Assessment of Learning Resources/Methods and Their Effectiveness Among Medical Students of Fazaia Ruth Pfau Medical College	Anza Zahid	Fazaia Ruth Pfau Medical College, Karachi



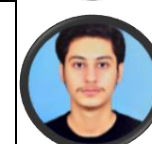
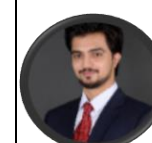
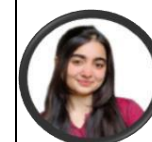
Title	Presenter(s)	Institution
Self-Reported Awareness and Preparedness Regarding Basic Life Support and First Aid Among Clinical-Phase Medical Students at Two Campuses in Pakistan: A Cross-Sectional Study	Aqib Shehzad Awan	Dow University of Health Sciences, Karachi
Perceived Effects of Recreational Activities on Mental Health of University Students	Areeba Umer	Ziauddin College of Occupational Therapy, Ziauddin University, Karachi
Effects Of Structured Exercise and CGM-Guided Exercise Timing on Glycemic Control in Adults with Type 2 Diabetes: Systematic Review and Meta-Analysis	Asad Mukhtar	Bahria University Health Science's Campus Karachi
Association Between Perceived Stress and Menstrual Health Among Female Undergraduate Medical Students: A Cross-Sectional Study	Bakhtawar Shaikh	Liaquat University of Medical & Health Sciences, Hyderabad
Assessment of Quality of Life Among Elderly People Visiting DUHS and Its Affiliated Institute	Shahzad Ali	Dow University of Health Sciences, Karachi
Evaluating The Common Effects of Stress on Bowel Habit Functions Among MBBS Students, Liaquat Institute of Medical and Health Sciences, Thatta.	Duresham Ali	Liaquat Institute of Medical and Health Sciences, Thatta
Effect Of Night Study on Melatonin Cycle	Heera	Liaquat Institute of Medical and Health Sciences, Thatta
Association of Hepatitis B and C with Community Transmission Practices, Vaccination Awareness, and Physiological Dysfunction Across Diverse Districts of Sindh	Falak Masood	Liaquat Institute of Medical and Health Sciences, Thatta



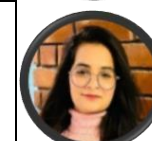
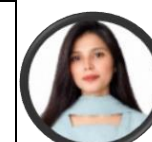
Title	Presenter(s)	Institution
Efficacy and Safety of Mitapivat, A Pyruvate Kinase Activator, in Hereditary Hemolytic Anemias: A Systematic Review and Meta-Analysis	Fatima Asghar	Liaquat National Medical College, Karachi
Effective Nurse-Patient Communication and its Impact on Patient Satisfaction, A Cross-Sectional Study	Hafsa	Fazaia Ruth Pfau Medical College, Karachi
Frequency of Occupational Accidents and Associated Factors Among Health Care Janitorial Staff in Tertiary Care Hospitals in Karachi (A Cross-Sectional Study)	Hamna Tariq	Fazaia Ruth Pfau Medical College, Karachi
Efficacy and Safety of Dopamine D1 Receptor Agonists in Parkinson's Disease: A Systematic Review and Meta-Analysis of Randomized Controlled Trials	Idrees Shabbir	Karachi Metropolitan University
Awareness of Hypertension Among Adults Attending Rural Clinics in Tehsil Chagharzi District Buner	Inam Ullah	Liaquat College Of Medicine and Dentistry, Karachi
National Organ Donation Registry for Pakistan: A Systematic Review of Barriers, International Comparators, and Implementation Strategies	Iqra Saleem	Jinnah Sindh Medical University, Karachi
Changing Perception of Childbearing Aged Women: Is It C-Section?	Jameel Ahmed Iqbal	Karachi Institute of Medical Sciences
Prevalence of Depression and its Association with Perfectionism and Personality Traits Among Medical Students of Fazaia Ruth Pfau Medical College, Karachi, Pakistan	Kashaf Nadeem Khan	Fazaia Ruth Pfau Medical College, Karachi



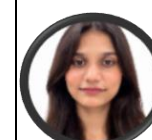
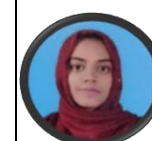
Title	Presenter(s)	Institution
Climate Change and Health	Kashmir Khan	Liaquat Institute of Medical and Health Sciences, Thatta
Levosimendan In Adults with Cardiogenic Shock Supported by VA-ECMO	Khansa	Karachi Metropolitan University
Perceived Effectiveness of Art Therapy in Reducing Anxiety Among Students	Laiha Asif	Ziauddin College of Occupational Therapy, Ziauddin University, Karachi
Medical Students' Perceptions of Pharmacology Education: Curriculum Content, Teaching Strategies, Learning Resources, and Assessment Practices	Marium Khan	Karachi Institute of Medical Sciences, Karachi
Frequency And Factors Related to Anemia Among Cancer Patients Undergoing Chemotherapy at Tertiary Care Hospital in Karachi, Pakistan.	Muhammad Abdullah Khan	Dow University of Health Sciences, Karachi
Factors Associated with Parental Stress Among Caregivers of Children with Nocturnal Enuresis: A Multicenter Cross-Sectional Study in Karachi, Pakistan	Muhammad Bashir	Fazaia Ruth Pfau Medical College, Karachi
Efficacy of Combined Virtual Reality and Robot-Assisted Gait Training in Stroke Survivors: A Systematic Review and Meta-Analysis	Muhammad Hashir	Karachi Metropolitan University
Assessment of Physiological Risk Factors and Awareness of Oral Cancer Among Patients at Civil Hospital Liaquat Institute of Medical and Health Sciences, Thatta	Muhammad Haziq	Liaquat Institute of Medical and Health Sciences, Thatta



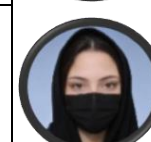
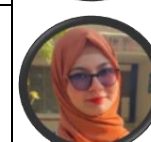
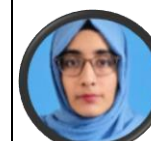
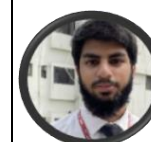
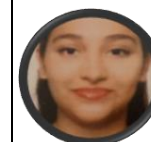
Title	Presenter(s)	Institution
AI assisted Multimodal Image Screening for Early Anemia Detection and Community Triage	Muhammad Sabeeh Imran	Karachi Metropolitan University
Nurses Perceived Barriers to Therapeutic Care of Patients with Schizophrenia in a Tertiary Care Hospital in Karachi: A Qualitative Study	Nafees Fatima	Indus University of Health Sciences, Karachi
Role of Ki-67 Index in Grading Astrocytoma's of Brain	Nafisa Azhar	Liaquat National Medical College, Karachi
Case Study: Early CKD Complications in a Young Adult with Polycystic Kidney disease	Preeti	Sindh Institute of Medical Sciences, SIUT, Karachi
Maternal Metabolic and Hematological Predictors of Neonatal Birth Weight: A Registry-Based Analytical Cross-Sectional Study	Preina Kessrani	United Medical and Dental College, Karachi
Poly endocrine Metabolic Ovary Syndrome: Oocyte maturation Factors and Success after Assisted Reproductive Techniques	Ramiz Salman	Aga Khan University, Karachi
Association of Metabolic Dysfunction with Risk of Breast Cancer Among Female Patients Attending OPD at Civil Hospital Liaquat Institute of Medical and Health Sciences, Thatta	Salahuddin	Liaquat Institute of Medical and Health Sciences, Thatta
Temporal Trends and Demographic Disparities in Mortality Involving Septicemia and Obesity in the United States: A CDC Wonder Analysis, 1999–2024.	Sana Faisal Paracha	Sir Syed College of Medical Sciences for Girls, Karachi



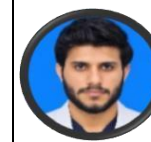
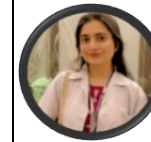
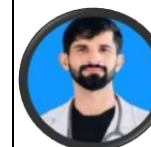
Title	Presenter(s)	Institution
Normalization of Menstrual Symptoms and Delayed Healthcare Seeking Among Female University Students in Karachi	Sara Zahid	Indus University of Health Sciences, Karachi
Relationship Between Stress and Migraine Among Medical Students	Sawera Shoro	Liaquat Institute of Medical and Health Sciences, Thatta
Model-Informed Precision Dosing or AUC-Guided Therapeutic Drug Monitoring Versus Conventional Vancomycin Dosing in Neonates and Children: A Systematic Review and Meta-Analysis	Shifa Saleem	Jinnah Sindh Medical University, Karachi
Algorithm vs. Experience: A Cross-Domain Comparative Analysis of AI Hallucinations and Expert Clinical Judgment in Medical Diagnosis	Suneela Saeed	Karachi Metropolitan University
Relationship Between Occupational Balance and Sleep Quality Among Parents of Children with Autism Spectrum Disorder	Syeda Keheff Zehra	Ziauddin College Of Occupational Therapy, Ziauddin University, Karachi
Prevalence of Fear of Missing Out (FOMO) and Its Impact on Academic Performance Among Liaquat Institute of Medical and Health Sciences (LIMHS) Students	Syeda Ukasha Mati	Liaquat Institute of Medical and Health Sciences, Thatta
Peripheral Blood Inflammatory Biomarkers as Predictors of Neurocognitive Disorders (NCDs) and Disease Progression: A Narrative Review	Wajeeha Ahmed Khan	Karachi Metropolitan University
Prevalence of Insomnia and Psychological Parameters in Patients with Cirrhosis and Their Correlation with Liver Function Tests and Inflammatory Markers: A Cross-Sectional Analysis	Huda Faisal	Karachi Metropolitan University



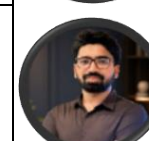
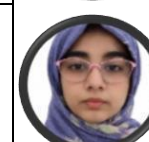
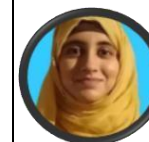
Title	Presenter(s)	Institution
Trends and Disparities in Cardiac Arrhythmia-Related Mortality Among Adults with Chronic Kidney Disease in the United States, 1999-2024	Abdullah Hashmi	Liaquat National Medical College, Karachi
The Forensic Dynamic of COVID-19 Pandemic in the metropolis of Karachi, changing trends in mortality, incident reporting and medico-legal practices.	Abeeha Usman	Dow International Medical College
Assessment of Maternal Awareness Regarding Autism Spectrum Disorder from a Tertiary Care Hospital in Karachi, Pakistan	Ammar Samiullah	Liaquat National Medical College, Karachi
Future of Physiology: Artificial Intelligence (AI) and ROBOTICS among undergraduate MBBS students	Asad Ali	Liaquat Institute of Medical and Health Sciences, Thatta
Frequency and Factors Related to Belonephobia and the Role of Distraction Techniques and Parental Support in Reducing Needle Fear Among Infants and Children Up to 5 Years at Civil Hospital, Karachi	Ayesha Ehsan	Dow Medical College, Dow University of Health Sciences, Karachi
"Behind the Yawn: Exploring Prevalence and Patterns of Excessive Daytime Sleepiness Among Individuals in Karachi-A Qualitative Cross-Sectional Study."	Basra Mumtaz	Liaquat College of Medicine and Dentistry, Karachi
Screen Time as a Contributor to Depression Among Undergraduate Students of Baqai Medical University, Karachi	Duaa	Baqai Medical University, Karachi
Effect of Screen Time on Sleep Disruption Among Medical Students	Laraib Jamil	Baqai Medical University, Karachi



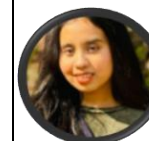
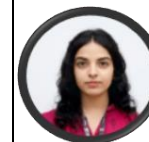
Title	Presenter(s)	Institution
Correlation Between Disordered Eating Behaviors, Perceived Stress, and Sleep Quality During Academic Exams Among RMU Medical Undergraduates in Pakistan: Cross-Sectional Study. (*Rawalpindi Medical University)	Liaqat Kareem	Fazaia Ruth Pfau Medical College, Karachi
Blood Donation Among Medical Undergraduates at FRPMC: Knowledge, Misconceptions and Donation Practices	Mehma Urooj	Fazaia Ruth Pfau Medical College, Karachi
Association of Circadian Eating Habits and Sleep Quality among Hostel Residents and Day scholars	Mir Mazhar Ali Jandan	Liaquat Institute of Medical and Health Sciences, Thatta
Dengue Fever Perception and Knowledge for Endemicity Control among University Students of Karachi	Muhammad Shayan	Karachi Institute of Medical Sciences, Karachi
Assessment of Knowledge and Attitudes Regarding Testicular Cancer among Undergraduate Male MBBS Students: A Cross-Sectional Study	Muneer Ahmed	Liaquat Institute of Medical and Health Sciences, Thatta
Relationship Between Maternal Stress and Infant Developmental Outcomes	Navira Iqbal	Ziauddin College of Occupational Therapy, Ziauddin University, Karachi
Attitudes Toward Mental Health and Help-Seeking Behavior Among Healthcare Workers in Tertiary Care Hospitals in Karachi: A Cross-Sectional Study	Muhammad Abid	Fazaia Ruth Pfau Medical College, Karachi



Title	Presenter(s)	Institution
Exploring Research Perspectives among Undergraduate Medical Students in Pakistan: Understanding Motivation, Self-Efficacy, Curiosity, and Barriers	Noman Ayaz	Karachi institute of Medical Sciences, Karachi
Knowledge, Attitude and Practices Regarding Breast Self-Examination Among Female Undergraduate Students at Baqai Medical University	Omama Syed	Baqai Medical University, Karachi
Impact of Lifestyle and Health Factors on Academic Performance and Satisfaction: A cross-sectional study on Undergraduate Medical Students	Rafia Arshad	Baqai Medical University, Karachi
Robot-Assisted versus Video-Assisted Minimally Invasive Esophagectomy for Esophageal Cancer: An Updated Meta-Analysis	Samreen Shahid	Karachi Metropolitan University
Knowledge, Attitudes and Perceptions of Personalized Medicine among MBBS students; A cross-sectional study.	Sirajuddin	Liaquat Institute of Medical and Health Sciences, Thatta
Endometriosis In an Unmarried Young Female	Zainab Jahanzaib	Sindh Institute of Medical Sciences, SIUT, Karachi
Association of Cervical and Lower Back Pain with Academic Stress and Physical Activity among Medical Students	Zulifiqar Kamran	Fazaia Ruth Pfau Medical College, Karachi
Parental Knowledge and Attitude towards HPV Vaccination	Muhammad Shahzad Qasim	Fazaia Ruth Pfau Medical College, Karachi



Title	Presenter(s)	Institution
A Phytoactive Gel for Melasma Management: An Alternative Approach	Fizza Fatima	Jinnah University for Women, Karachi
Perceived Mental Health Stigma Associated with Suicidal Ideation Among Medical Students in Pakistan. A Cross-Sectional Study	Dua Niaz	Fazaia Ruth Pfau Medical College, Karachi
Comparative Analysis of Adverse Effects in Single Vs Combination Therapy for Hypertension: A Cross-Sectional Study	Suhaiba Moin	Liaquat National Medical College, Karachi
Nursing Care of a Patient Undergoing Maintenance Hemodialysis	Rubab Nasir	Sindh Institute of Medical Sciences, SIUT, Karachi
Frequency Of Antibiotic Resistance in the Most Common Uropathogen, Escherichia Coli, at a Tertiary Care Hospital in Karachi	Mohammad Ahmer Zahid	Fazaia Ruth Pfau Medical College, Karachi
Burnout and Socio-cultural Stressors Among Medical College Faculty in Karachi: A Cross-Sectional Study	Rayan Masood	Fazaia Ruth Pfau Medical College, Karachi



Title	Presenter(s)	Institution
Physical Activity Levels and Their Relationship to Resting Heart Rate	Imran Ali	Fazaia Ruth Pfau Medical College, Karachi
Ovarian Clear Cell Carcinoma Presenting as a Large Complex Adnexal Mass Complicated by Early Postoperative Acute Kidney Injury: A Case Report	Aliza Faisal Rathod	Karachi Metropolitan University
Risk Factors of Hypomagnesemia Among Adults in a Tertiary Care Hospital	Alizeh Agha	Liaquat National Medical College, Karachi
Prevalence and Frequency of Stress-Induced Use of Nicotine Products and Its Effects on Cognitive Performance Among Medical Students Living in Different Environments	Jamal Hamid	Baqai Medical University, Karachi
Academic Stress and Hair Loss Among Medical and Allied Health Sciences Students	Muhammad Saad	Baqai Medical University, Karachi
Self-Medication With Antibiotics: A Study of Knowledge, Attitude, and Practices Among Undergraduate Medical and Allied Health Students	Rumaisa Murad Baloch	Baqai Medical University, Karachi
Prevalence And Morphological Patterns of Anemia: A Five-Year Retrospective Analysis from Karachi, Pakistan	Syed Bilal Hasnain Zaidi	Baqai Medical University, Karachi
Early Identification of Neurocognitive and Peripheral Nerve Complications Among Hyperglycemic Diabetic Patient A Case Control Study	Taha Noor	Jinnah Sindh Medical University Institute of Nursing and Midwifery

Title	Presenter(s)	Institution
The Acne Vulgaris Epidemic Among White Coats in Karachi: A Cross-Sectional Study of Lifestyle, Psychosocial Impact, And Treatment Practices	Tooba Salman	Baqai Medical University, Karachi
Perceived Obstetric Gaslighting During Caesarean Decision-Making Among Pregnant Women: A Preliminary Cross-Sectional Study	Kamran Ahmed Siddiqui	Liaquat College of Medicine and Dentistry, Karachi
Determinants, Patterns and Public Health Impacts of Cesarean Deliveries in Pakistan: A Nation-Wide Perspective	Muhammad Shoaib Khan	Hamdard Medical and Dental College, Karachi
Occupational morbidities and Health & Safety practices among Kiln workers in Southern Punjab	Ismail Khan	Hamdard College of Medicine & Dentistry, Karachi

Abstracts for Oral Presentations

Title: Trends in Hematological and Liver Function Parameters Among Malaria-Positive Patients: A Half-Decade Retrospective Study.

Author Name: Laiba Nazir, Baqai Medical University, Karachi

Malaria remains a major public health problem in Pakistan, causing hematological abnormalities and liver dysfunction. Limited local evidence is available regarding laboratory differences among Plasmodium species. This study aimed to evaluate hematological and liver function parameters among malaria-positive patients and compare laboratory findings across Plasmodium species.

Title: Machine Learning Models Predicting Mortality in Sepsis-Associated Acute Kidney Injury: An Updated Systematic Review and Meta-Analysis.

Author Name: Syeda Sabika Zehra, Dow Medical College, Karachi

Machine learning (ML) models have become promising tools for predicting mortality, potentially outperforming traditional clinical severity scores. A prior systematic review and meta-analysis conducted by Lv et al. (2024) assessed ML-based mortality predictions in S-AKI; however, a significant number of additional studies have been published since then, with many focusing on external validation. We therefore conducted an updated systematic review and meta-analysis to integrate the new evidence, focusing specifically on the external validation and generalizability of ML models in predicting mortality for S-AKI.

Title: Seasonal Variation of HbA1c Levels in Diabetic and Non-Diabetic Individuals: Evidence of a Dual-Peak Pattern in Karachi, Pakistan.

Author Name: Ayesha Imtiaz, Naheed Imtiaz, Baqai Medical University, Karachi

Seasonal variation in glycemic control has been reported globally, with HbA1c commonly increasing during winter in temperate regions. However, evidence from South Asia remains limited, despite its distinct climatic and cultural patterns. This study evaluated seasonal variation in HbA1c levels among diabetic and non-diabetic individuals in Karachi, Pakistan, and explored its implications for diabetes management.

Title: Barriers to Healthcare Access Among Transgender People in Karachi a Cross-Sectional Study.

Author Name: Hassan Javed, Fariha, Fazaia Ruth Pfau Medical College, Karachi

Transgender is an umbrella term for individuals whose gender identity does not correspond to the sex assigned at birth. Transgender people often delay medical care due to discrimination, mistreatment, financial issues, and denial of services. Disrespect, lack of privacy, and poor understanding of transgender health needs lead to mistrust of healthcare systems. Despite official recognition as Pakistani citizens in 2009, discrimination remains common.

Title: Circadian Rhythm Disruption and Student Mental Health.

Author Name: Fahmida Gul, Laraib Ayaz, Zia Ur Rehman (Group Representative), Abdullah Khalid, Liaquat Institute of Medical Health Sciences, Thatta

Medical education imposes rigorous academic demands, prolonged study schedules, and high levels of evening screen time. These behavioral patterns disrupt circadian rhythms, impair sleep quality, and elevate psychological vulnerability among medical students.

Title: Association Between Severity of Malnutrition and Developmental Delay Among Children Aged 12-60 Months Presenting at Tertiary Care Hospitals in Karachi, Pakistan.

Author Name: Mariam Anwar, M. Usman Waheed, Arsh-e-Saeed, M. Hamza Ahsan, Turab Hyder, Dr. Shireen Qassim Bham, Fazaia Ruth Pfau Medical College, Karachi

Childhood malnutrition remains a major public health challenge in low- and middle-income countries and has been associated with impaired physical growth and neurodevelopment. The first five years of life are crucial for brain growth, making adequate nutrition essential for normal developmental progress. However, evidence on the association between malnutrition severity and developmental delay among Pakistani children is limited.

Title: Knowledge, Attitudes, and Practices Related to Cervical Cancer and Perspectives Toward HPV Vaccination Among Mothers of Young Females in Islamabad

Author Name: Naba Taufique, Iman Amin, Maryam Abrar, Tasneem Fatima, Fazaia Medical College, Islamabad

Cervical cancer is the fourth most common cancer among women globally and the third most frequent in Pakistan. Previous studies have shown poor knowledge, low screening rates, and attitude towards cervical cancer among Pakistani women. Barriers include lack of information, myths about fertility, fear of side effects, high cost, and limited screening facilities. This study assessed mother's knowledge, attitudes and practices regarding cervical cancer and their perspectives toward HPV vaccination in Islamabad.

Title: Impact of Body Dysmorphia and Social Media on Mental Health and Academic Performance Among Medical Students

Author Name: Syeda Masooma Fatima, United College of Physical Therapy, Karachi

People suffer from Body Dysmorphic Disorder (BDD) focus too much on their perceived imperfections in physical appearance that may or may not actually exist in reality. Social media's representation of perfect bodies creates body dissatisfaction and a subsequent negative impact upon psychological well-being, which could have implications for one's academic performance as well. Medical Students represent an interesting cohort because they are under extreme academic stress, are continually subjected to push for excellent performance, and will be continually exposed to ideals of perfection.

Title: Awareness and Use of Nicotine Pouches Among Medical Students in Pakistan: A Multicenter Cross-Sectional Study.

Author Name: Manahil Haleem, Shees Ahmed, Fatima Aamir, Zuha Pervaiz, Faizan Sultan, Muhammad Ahmad Saleem, Fazaia Ruth Pfau Medical College, Karachi

Nicotine pouches are tobacco-free nicotine products that are increasingly popular among young adults because of their discreet use, appealing flavors, and perceived reduced harm. Despite their growing availability in Pakistan, evidence regarding their awareness and use among medical students remains limited.

Title: Assessment of Bone Health Awareness, Osteoporosis Risk Factors, and Dual-Energy X-Ray Absorptiometry (DXA) Knowledge Among FRPMC Medical Students: A Cross-Sectional Study.

Author Name: M. Aaliyan Raza, Affan Ahmed, Mohsin Jabbar, M. Abdul Samad, M. Haris Imtiaz, Wasif Waseem, Fazaia Ruth Pfau Medical College, Karachi

Osteoporosis is a systemic skeletal disorder characterized by compromised bone density and microarchitectural deterioration, predisposing individuals to an increased risk of fragility fractures. Early identification of modifiable risk factors and the appropriate utilization of diagnostic modalities, such as dual-energy X-ray absorptiometry (DXA), are pivotal for effective prevention and clinical management. Medical students, as future frontline clinicians, must possess robust knowledge of bone health determinants, including nutritional, lifestyle, and diagnostic parameters.

Title: Association of Family Support and Psychological Resilience with Quality of Life among Patients with Type 2 Diabetes Mellitus.

Author Name: Ayesha Liaquat, Fazaia Ruth Pfau Medical College, Karachi

Type 2 Diabetes Mellitus (T2DM) is a major global health concern, affecting millions worldwide. Patients with T2DM often face physical and psychological challenges that can reduce quality of life (QoL). Beyond medical treatments, psychosocial factors like psychological resilience and family support play vital roles in managing chronic illness. Psychological resilience, the ability to adapt positively to adversity, enables individuals to cope effectively with stress and sustain treatment adherence, while family support, through emotional encouragement and practical help, promotes better self-care and mental wellbeing. In Pakistan, where family structures are deeply integrated into social life, these factors may strongly influence how diabetic patients manage their condition. However, little research has explored these relationships locally. This study aims to assess the association between family support, psychological resilience, and QoL among Type-2 diabetic patients in the Islamabad/Rawalpindi region.

Title: Impact of Intermittent Fasting on Quality of Life Among Medical Students: A Multi-Center Cross-Sectional Study in Karachi and Islamabad.

Author Name: Muhammad Abdul Majid, Neelum Jamal, Maria Uzair Marfiah Farheen, Zoha Javed, Ayesha Mehmood, Fazaia Ruth Pfau Medical College, Karachi

Intermittent fasting (IF) has gained global attention for its metabolic and psychological benefits, yet its impact on the quality of life (QoL) of medical students, a population marked by high academic stress and irregular eating habits, remains underexplored in South Asian settings.

Title: Efficacy of Nutritional Intervention in Adult Patients with Heart Failure: An Updated Systematic Review and Meta Analysis.

Author Name: Nikhil Duseja, Tehreem Rasheed, Muhammad Salman Mustafa, Muniba Abrar, Muhammad Sameer Khan, Muazma Batool, Aleena Ihtasham, Karachi Metropolitan University

Approximately 50% of Heart Failure (HF) patients are malnourished and have a doubled mortality rate; however, interventional evidence is limited. Habaybeh et al. (2021) showed a slight weight improvement by means of nutrition interventions; however, inclusion criteria were limited to only malnourished/cachectic subjects (5 studies, n=275). This present review attempts to provide an update on broader HF population.

Title: Academic Burnout and Neurocardiovascular Dysregulation in 1st and 2nd Year MBBS Students of LIMHS, Thatta.

Author Name: Kiran Ratnani, Priyanka, Pirya Chohan, Osha Bai, Liaquat Institute of Medical Health Sciences, Thatta

Academic burnout is a chronic psychophysiological syndrome characterized by emotional exhaustion, cynicism, and diminished academic efficacy, with rising prevalence documented among health professions students globally. Its physiological correlates, particularly autonomic cardiovascular dysregulation as reflected by heart rate variability (HRV), remain uninvestigated in Pakistani medical students using laboratory-grade measurement. This study aimed to determine the association between academic burnout and autonomic cardiovascular indices including HRV parameters, resting heart rate, and blood pressure in first and second year MBBS students at LIMHS, Thatta Sindh, Pakistan.

Title: Geriatric-Friendly Services in Primary Healthcare Facilities of Multan District, Pakistan.

Author Name: Abdullah Abbas, Nimra Shoukat, Manahil Haleem, Ehtisham, Abdullah Abid, Fazaia Ruth Pfau Medical College, Karachi

Accessible and affordable health care is a fundamental human right and a core responsibility of the state. In alignment with the UN Decade of Healthy Ageing 2021–2030, Pakistan strengthened its policy framework through the Senior Citizens Act 2021, which calls for comprehensive, free-of-cost health-care services for older people through dedicated OPD counters across the country. However, a substantial gap persists between policy and implementation, with geriatric OPD services remaining virtually non-existent across Pakistan.

Title: Patterns & Practices of Self-Medication in Episodic Tension-Type Headache Among the General Public of Karachi, Pakistan: A Cross-Sectional Study.

Author Name: Dua Niaz, Umer Farooq Ali, Safa, Alleza Rizwan, Sabawoon Zaman, Fazaia Ruth Pfau Medical College, Karachi

Episodic tension-type headache (ETTH) is globally prevalent yet catastrophically under-examined in Pakistan, where self-medication reaches 84% nationally and 69.8% in Sindh, with no prior ICHD-3 anchored study characterizing self-medication within ETTH in Karachi's general public

Title: The relationship between reduced child spacing and depression in mothers: A cross-sectional study in Karachi, Pakistan.

Author Name: Syed Abbas Moazzam Kazmi, Muhammad Mushahid Hussain Rizvi, Sameen Nasir, Shahnoor Ahmed, Hawra Hussain, Haleema Sadia, et al. Aga Khan University, Karachi

Short inter-birth intervals may increase maternal psychological stress and have been hypothesized to contribute to depressive symptoms.



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