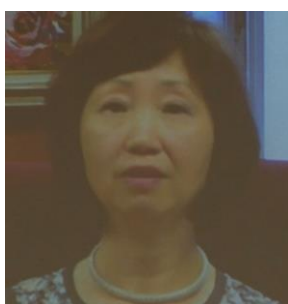


SAAP VI & PPS 16 CON 2018, Pakistan

hosted by The University of Lahore, Lahore

Organizing Secretary Prof. Dr. Samina Malik, Lahore: The inauguration of Pre-conference workshop day 12th December'2018 started in the name of Allah. It was followed by welcome address by Dr. Mahwish Arooj (PhD Physiology & MHPE), Vice Principal University College of Medicine (UCM), University of Lahore (UOL) and currently nominated Vice President SAAP.

One of the two plenary lectures was conducted by Dr. Mei Ling Tsai Co-chair International Union of Physiological Sciences (IUPS), and Council member in Federation of Asian and Oceania Physiological Societies (FAOPS) from Taiwan on “Teaching and Learning in 21st century” and the other one by Dr. M. Tariq, Director Medical Education from Aga Khan University on “Flipped Classroom: a blended learning instructional strategy to enhance student engagement”. President of IUPS, Dr. Julie Chan from Taiwan congratulated the organizers of SAAP VI and UOL for holding this conference and Physiology teaching workshop in order to promote research and education in South Asia, in her video talk and wished them success. She elaborated the richness of the subject of Physiology by saying: “The boundary of Physiology becomes blur to accommodate Molecular and Cell Biology, Biochemistry, Immunology and even Bacteriology”. She further emphasized that “integrated research in Physiology and biomedical field must be brought to the forefront through such platforms”.



Dr. Julie Chan



Dr. Robert G. Carroll



Dr. Mei Ling Tsai



Dr. M. Tariq

Dr. Robert G. Carroll, Chair Education Committee, International Union of Physiological Sciences from USA, addressed in his video-lecture to the faculty of Physiology, before the panel discussion on Physiology curriculum and its future challenges. He highlighted that the medical school curriculum must evolve to match the changes in clinical practice. Foundational science instruction occurs most frequently in student centered, integrated educational

encounters. The goal of instruction is "How to best prepare students for the clinical clerkships", which is the next phase of their training. Evaluation of the foundational sciences confirms that physiology is highly valued by the medical students. In a 2018 survey of all US medical school graduates, pathophysiology was ranked highest of the 14 courses surveyed, followed by clinical skills, and then physiology, with neuroscience in position number six. Medical student appreciation of the importance of physiology remains strong, and this appreciation can be further enhanced by making sure that physiology instruction emphasizes illustrations of clinical relevance and by aligning physiology instructional content with the clinical expectations.

“Pakistan needs to enhance its capacity in the field of medicine & research. Research forms the backbone of advancement in any field, however, our aims would be easier to attain if South Asian Countries collaborate with each other. In the face of current geo-political conditions, SAARC countries can promote academic friendship to excel and compete with international standards”. These were the words of Dr. Mohammad Nizamuddin (S.I.), Chairman Punjab Higher Education Commission, during his address at the recently held 6th Biennial South Asian Association of Physiologists (SAAP) & 16th Biennial Pakistan Physiological Society (PPS) Conference and Pre-Conference Workshops hosted by The University of Lahore from 12th-15th December, 2018. This South-Asian event has come back to Pakistan after 10 years of completing its first rotation in South Asian member countries with developed National Physiological Societies.



Chief guest at conference inaugural session:
*Dr. Mohammad Nizamuddin (S.I.),
Chairman Punjab Higher Education Commission*



SAAP Flag holding Ceremony with national anthems:
*Left to right: Dr. Samina Malik Organizing Secretary SAAP VI,
Dr. Arif Siddiqui Chair SAAP VI, Rector UOL, Dr. Rita Khadka
President SAAP V, Chief guest, Dr. Zafar Tanveer President PPS 15,
Dr. M. Ayub Chairman PPS 16, Pro-Rector UOL & Dr. Danish Islam*

This conference was based on the theme of “Enhancing Academic and Research Collaboration in South Asia”. It featured 25 plenary talks from foreign (11) as well as national (14) invited speakers. The event also included 3 parallel pre-conference teaching workshops along with 4 sessions on vertical integration of physiology.



Dr. Samina Malik & Dr. Mei Ling Tsai co-facilitating a workshop

The subject of Physiology forms the foundation of clinical sciences, and hence it becomes a fundamental constituent of medical curriculum. Lecturers in South-Asian region are eager to spell-out knowledge instead of focusing on the experience of students during their lectures. When concepts of students are not challenged by critical questioning, learning achieved is short-term. Role plays have often been designed to help students visualize the events of a physiological mechanism. The active involvement promotes learning and retention. This was highlighted by Dr. Samina Malik (University of Lahore) and Dr. Mei Ling Tsai, Co-chair of International Union of Physiological Sciences, (Taiwan), while facilitating the workshop on “Lecturing at a Higher Cognitive Level, involving Critical Thinking and Role play”.



Preconference Workshop on Digital storytelling: Facilitators, organizers and participants

Digital storytelling, an engaging e-learning strategy, can be defined as the application of varied software techniques to illustrate a topic in multimedia format including aural narration, pictures, script and background music. Although around for decades, its use has become more

relevant to today's millennial learner, and it incorporates many pedagogic styles of learning and assessment. This was narrated during the workshop on "The Use of Digital Story Telling in Physiology Teaching", by Dr. Muhammad Adnan Kanpurwala (Karachi Institute of Medical Sciences, CMH Karachi) and Dr. Alamgir Khan (Army Medical College, National University of Medical Sciences, Rawalpindi).



From right: Dr. Alam Sher Malik, Dr. B H Paudel, Dr. Karma Tenzin (facilitators) & Dr. Saman Ansari (organizer)

Characteristics of different types of Multiple-Choice Questions and construction of reliable and valid EMQs were thoroughly discussed & practiced in the workshop on "Making Extended Matching Questions (EMQs) – An Assessment Tool", facilitated by Dr. Alam Sher Malik (Kuala-Lumpur, Malaysia) and co-facilitated by Dr. Karma Tenzin (Bhutan) and Dr. Bishnu H. Paudel (Nepal).



Dr. Farida Munawar (rapporteur)

The rapporteur, Dr. Farida Munawar, Assistant Director Medical Education, Shalamar Medical & Dental College, Lahore presented recommendations achieved through these workshops. She said "According to John Cowan, teaching is about purposeful creation of situations from which motivated learners should not be able to escape without learning or developing. We may have to adopt blended learning which is any learning that is enhanced by use of technology, but again the queries are: What is the best use of valuable face to face time? How can we use technology to improve students' learning? Pedagogical explanations are to help students to

learn effectively specially to research a subject and how to work collaboratively. Our work should not end here. We all need to continue working together. We should carry on the dialogue among all of us so that we can learn from each other”.

The vertical integration of physiology program was well-conceptualized in 8 plenary talks and 4 parallel workshops by renowned clinicians. The themes of the talks were Clinical Neuro-Endocrinology, Healing and Trauma, Stress Physiology and its Clinical outcomes. Talks were presented by Dr. Waseem Iqbal (Clinical Physiologist, Peshawar), Dr. Ahsan Noman (Neurophysician, Lahore), Dr. Khalid Mahmood (Neurosurgeon, Lahore), Dr. Shahzad ul Haq (Endocrinologist, Lahore), Dr. Farrukh Iqbal (Medical Specialist, Lahore), Dr. M. Arshad Cheema (General Surgeon, Lahore) and Dr. Sadaf Ahmed (Psycho-physiologist, Karachi). The workshops included “Pre-diabetes and Diabetes Management, A guide to the right approach towards treatment”, facilitated by Dr. Shahzad ul Haq, “1st course on Golden Hour Trauma Management: What a physician should do in the first hour to manage trauma?” facilitated by Dr. Muhammad Arshad Cheema and co-facilitated by Dr. Haroon Ghous, Dr. Abul Fazal, & Dr. Mansab Ali, “Stress Management for the prevention of Hypertension, Diabetes Mellitus and Renal failure”, facilitated by Dr. Sadaf Ahmed and “Synopsis Writing in Physiology”, facilitated by Dr. Muhammad Hassan.

Scenes from dinner at Poet Cafe Restaurant hosted by Dr. Mahwish Arooj (VP SAAP)



Cart-ride towards resolution of social, academic & research collaboration in South Asia





Father of SAAP Dr. Arif Siddiqui holding the staff of leadership



Dr. Arif Siddiqui

During the inauguration of scientific sessions, Chairman SAAP VI, Dr. Arif Siddiqui, the newly nominated President SAAP 2018-2020 highlighted the need of ethical teaching by a Physiology Educator. He stated that ethical underpinnings of professional activities appropriately cover many faculty activities i.e. research, publication and clinical ethics. Teachers are the greatest assets of any education system. They stand in the interface of transmission of knowledge, skills and values. However, it is not that easy to become an ‘ethical medical teacher’ as there are very few guidelines or rules that are available which may be followed as principles on ethical teaching.



Dr. Rita Khadka

Dr. Rita Khadka (Nepal), President SAAP, elaborated on the role of SAAP by declaring it as a unique platform for interaction and sharing of knowledge and skills among national and international scientists/physiologists/educationists and for help in the advancement of physiological research and medical education in the region. She presented her study on cardiovascular & respiratory adjustments in high altitude dwellers in which she expressed that more than 140 Million people in the world live at high altitude. The major indigenous high-altitude populations live on the Andean, Himalayan, Tibetan, and East-African plateau between

3000 m and 4000 m, where atmospheric oxygen level is low, therefore, in mountain dwellers, time dependent changes occur in cardiovascular and respiratory adjustments and other physiological changes that make body capable to live and work at high altitude.



Dr. Bishnu Hari Paudel

Dr. Bishnu Hari Paudel, an eminent Physiologist from B.P. Koirala Institute of Health Sciences, Nepal shared his research study in domain of neurophysiology, on Establishing Electroencephalographic Cognitive Marker N400 as a Diagnostic Tool, in which he was able to obtain statistically significant event related potential amplitudes in students in response to incongruous sentence reading.



Dr. M. Arslan

In a plenary lecture by Dr. M. Arslan, IMBB, University of Lahore, he highlighted the role of genetics in the current dilemma of obesity and stated that other than environmental factors and lifestyles, strategic use of advanced technologies for next generation sequencing including GWAS, WGS and WES, shall aid in unravelling the missing heritability of obesity and hence of new molecular pathways affecting energy homeostasis. He mentioned his novel gene

discovery of ADCY3 in Pakistani population responsible for obesity, which is recently published in a high impact factor journal, “Nature”.



Dr. M. Aslam

Dr. M. Aslam, Co-chair SAAP VI, Pro-Vice Chancellor National University of Medical Sciences, Islamabad and former VC University of Health Sciences, Lahore in his talk, stated that healthcare is considered one of the fundamental rights of every individual. In South Asia, healthcare system is beset by preventable and treatable diseases such as maternal mortality, diabetes and high blood pressure which have shockingly high incidence. To tackle the worsening healthcare conditions, South Asian countries must formulate a platform to outline the role of physiologists in order to enhance the standard of health. Only enhancing the healthcare finance will not help the healthcare system but the policies made on the ground realities can make the required change.



Dr. Sharaine Fernando

To mitigate the effects of environmental pollution on human reproduction, one of the keynote speakers Dr. Sharaine Fernando, associated with National Coordinating Committee for Research on Human Reproduction in Sri Lanka, discussed the effects of environmental

toxicants on selected aspects of reproduction and the possible sources of exposure to toxicants. She elaborated by saying that physiologists in the region should champion environmental justice meaning fair treatment and meaningful involvement of all, in development, implementation and enforcement of laws, regulations and policies related to exposure to toxicants. Other than SAARC representatives, this conference was also honoured by two participants from France.



Dr. Sadia Saeed

Dr. Sadia Saeed, Research scientist, Faculty of Medicine, University of Lille, France, while highlighting the genetic & molecular mechanisms underlying obesity stated that a high prevalence of obesity associated pathogenic mutations in this population, compared to 3-5% reported in outbred populations, underscores the importance of comprehensive genetic screening of inbred populations to unravel new genes and signalling pathways modulating energy balance and, thus providing leads to innovative pharmacologic targets for precision medicine in context of obesity pathogenesis.



Dr. Martin Vaxilliere

Dr. Martin Vaxilliere, Research Director, European Genomics Institute of Diabetes, France, discussed the many challenges of an early etiological genetic diagnosis in young-onset diabetic patients, as well as some striking examples of proof-of-concept of genomic medicine enabling

to provide the most efficient, less straitening and cost-effective treatment (in place of daily insulin injections) for an improved quality of life.



Dr. Alamgir Khan

Dr. Alamgir Khan, Deputy Director Medical Education, Army Medical College, National University of Medical Sciences, Rawalpindi highlighted the role of self-directed learning by saying that generally, after acquiring postgraduate qualification especially in Basic Medical Sciences, people stop learning and ultimately perish intellectually. The solution is not the condemnation of the stronger forces but self-improvement to the point where our existence becomes indispensable.

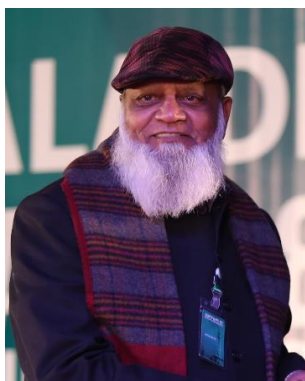


Dr. Mohammad Fahim

Dr. Mohammad Fahim, Vice President Chest Institute, University of Delhi, India, elaborated on how Tadalafil inhibits hypoxia induced pulmonary hypertension and suggested that effect of tadalafil on inflammation was more marked than that of tempol, as tadalafil possesses antioxidant as well as anti-inflammatory action in addition to its vasodilatory property.

Dr. HR Ahmad from Aga Khan University, Karachi in his plenary lecture discussed the life history of atheroma of a coronary artery tree and stated that it shows an exponential curve with

three distinct stages of atheroma, plaque and thrombus formation; the clinical manifestations vary according to the stage of atheroma.



Dr. Saadat Ali Khan

Dr. Saadat Ali Khan, SI (M) from Multan Medical and Dental College, Multan in his plenary talk, declared osmoregulation to possess a mysterious human behaviour. He presented his research study in which 152 males and females from Lodhran City & suburbs were included and a significant difference in serum & urine osmolarity status of dehydrated-state and after-management state was found.

Dr. Muhammad Ashraf, one of the most cited researcher and Pro-Rector Institute of Molecular Biology and Biotechnology, University of Lahore, in his plenary talk, highlighted the role of oxidative defence system in stress tolerance by saying that various cellular redox buffers such as tocopherols, ascorbate, carotenoids, glutathione (GSH), flavonoids, osmolyte such as proline and other phenolic compounds serve as non-enzymatic antioxidant defence system. So, a detailed insight into the complex network of ROS as well as antioxidants and their interplay at cellular level should further be elucidated using advanced genomic, metabolomics and proteomic approaches.



Dr. Aamer Qazi

Dr. Aamer Qazi from Centre for Research in Molecular Medicine, University of Lahore shared his genome wide association studies (GWAS) which revealed novel colorectal cancer genes expressed by immune cells. According to him, this study hopes to help in diagnosis of cancer and can be used as CRC specific biomarker and to design therapeutic drugs based on these novel molecules.



Dr. Sunil Dhungel

Dr. Sunil Dhungel, President Neurosciences Society of Nepal and clinical physiologist, presented his study on the role of neuropeptides and steroids in regulation of social behaviour. He stated that in view of the well-known physiological roles of nitric oxide as a vasodilator, in attenuating responsiveness to vasopressors and increasing utero-placental blood flow, an upregulation of the placental and maternal NO regulated by HIF-1 and VEGF system during pregnancy and decrease with preeclampsia is empirically expected.



Dr. Hamid Javaid Qureshi

Dr. Hamid Javaid Qureshi, Principal Akhter Saeed Medical and Dental College (Lahore) delivered his plenary talk on circulatory readjustments at birth and elaborated the changes taking place at that critical time in a newborn's life.

Dr. Touqeer Ahmed, Post-doc neuroscientist from National University of Sciences and Technology (Islamabad), in his plenary talk unravelled the mysteries of metal exposure on brain functions by declaring that Aluminium (Al) and copper (Cu) are strongly associated with the cognitive impairment & therefore, we must decrease metal exposure to humans from environment, food and industries.



Dr. Amar K Chandra

Dr. Amar K. Chandra, Gen. Secretary SAAP (India) highlighted the goitrogenic/ antithyroidal potential of commonly consumed Indian cyanogenic plant foods and stated that Iodine deficiency does not always cause endemic goitre and Iodine supplementation does not always result in complete eradication of goitre; conversely there are epidemiological and experimental evidences that concomitant exposure to other naturally occurring antithyroid agents magnify the severity of goitre. In such scenario, Indian Cyanogenic plant foods assume much importance.



Dr. Mahwish Arooj

Dr. Mahwish Arooj (Lahore), Vice Principal of host institution, shared her experience regarding 0formal mentoring programme which was initiated in University College of Medicine & Dentistry in 2014 with 1:12 mentor-mentees ratio. It has proved to be of much

help in addressing common issues faced by students. It is enabling them to cope with stressors and to evolve as problem solvers rather than only problem spotters.



Dr. Moghees Baig

Dr. Moghees Baig, Principal University College of Medicine (Lahore) emphasized on the significance of integrated modular curriculum & discussed its advantages and disadvantages. He elaborated that as there is a change in the definition of disease from an anatomical alteration of the organ to its multi-causality and influence on lifestyle, affecting social, cultural and biological parameters, so it's teaching and learning process also needs to be a multi sprout approach, incorporating socio-humanistic and population health sciences.



Panel Discussion on Experimental Physiology. From right: Dr. Samina Malik (concluding discussant), Dr. Qasim Janjua (moderator), Dr. Ambreen Asad (Islamabad), Dr. Sharaine Fernando (Sri-Lanka), Dr. Abdul Azeem (Karachi), Dr. Rita Khadka (Nepal) and Dr. Urooj Bhatti (Jamshoro)

Some fruitful recommendations obtained from the panel discussion on “Experimental Physiology”, concluded by Dr. Samina Malik (Lahore) were:

As our outcome is not to produce technicians but to develop clinicians, medical teachers and researchers, so our focus should be on interpretation of experimental observations instead of practicing the technique. Furthermore, students should be trained to relate different physiological parameters in routine experiments, e.g., instead of the conventional practical title “Count your own White blood cells”, students can be given the task to “Compare stress levels on DASS scale with Total Leukocyte Count, gender, fever and stressors in the cohort of first year medical students” or instead of “Count your own Red blood cells”, students can be asked to “Compare hemoglobin levels with gender, Body Mass Index, menstrual history, diet and hematinic intake”. Animal experiments are inevitable in Physiology curriculum, especially where patients are not available to understand the pathophysiology, properties of cardiac muscle, gut motility, nerve-muscle preparation and fatigue. Use of power Lab with expertise is important in obtaining research data with publishable graphs. In case of non-availability of Power-Lab, Kymograph may be used to understand mechanisms like muscle fatigue, tetanization etc.

New experiments to be introduced in Endocrinology like interpretation of diabetic profile, thyroid function tests and Adrenal function tests. Also General Physical examination relevant to GIT and examination of gastrointestinal system may be introduced in practical Physiology curriculum along with interpretation of Liver Function Tests. PCR demonstration may also be included as the basis of future research on DNA. Autonomic function tests, EEG, EMG, Resting metabolic rate and mechanical efficiency may be incorporated. Practical on diet-framing for normal and pregnant female can be added in GIT practical curriculum under nutrition physiology. High altitude Physiology research may be incorporated under supervision of relevant research centres in South Asian countries like Nepal.



Panel discussion on “Evaluating Physiology Curriculum to meet future challenges”, Right to Left: Dr. Humera Wyne (concluding discussant), Dr. Adnan Kanpurwala (moderator), Dr. M. Jabran Javaid Sidhu (postgraduate student), Dr. M. Tariq (Karachi), Dr. Savi Wimalsekera (Sri Lanka), Dr. Jyotsna Rimal (Nepal), Dr. M. Ayub (Muzaffarabad), Dr. Mehrun Nisa (Lahore), Dr. Hamayun Ikram (Multan) and Dr. Chaman Nasrullah (postgraduate student).

Dr. Adnan Kanpurwala (Karachi Institute of Medical Sciences, CMH Karachi) moderated it after projecting a video-lecture by Dr. Robert Carroll (USA) as a stimulus to generate and orientate discussion.

During the panel discussion that followed, postgraduate Physiology student Dr. Jibrán from Akhter Saeed Medical & Dental College (ASMDC) Lahore said it is not about what we teach but how we teach, that is to be focused. Students must be understood at their level. Critical thinking should be promoted as explained by Dr. Samina Malik in her workshop.

Postgraduate Physiology student Dr. Chaman from ASMDC, Lahore expressed that problem is with the teaching methodology. Flip classroom is a good concept. Learning should be learner-focused and interactive. A good teacher makes a non-compliant student into compliant one by motivating and eventually into a critical thinker as emphasized by Dr. Samina Malik in her workshop. Teachers should be entrusted in delivering lectures and their own compliance is also important. Regular teacher training workshops are important. Medical education degree is important and involvement of PM&DC in accomplishment of this training is much needed. Practical time should be increased for long term memory and students should be exposed to patients with anemia, cyanosis, tachycardia etc. by taking them to hospital setting.

Dr. Mehrun Nisa, Professor and head of Physiology from Allama Iqbal Medical College, Lahore raised the point that Problem Based Learning and Case Based Learning are learner-based which must replace the traditional teacher-centered methodology. Integration of physiology in clinical and final year is important. Holistic approach is to be developed.

Dr. M. Tariq, a clinician and medical educationist from AKU, Karachi emphasized that Physiology is the backbone of medicine. Critical thinking should be developed in initial years along with introduction to concept of clinical competencies. Curriculum committees of basic sciences should include clinical people and vice versa, for more collaboration and integration. Cognition load to be reduced.

Dr. Samina Malik (Organizing Secretary SAAP VI), Professor and head of Physiology from University College of Medicine and Dentistry, University of Lahore added that medical teachers should not feel threatened from incorporation of clinicians in basic science departments, rather they should equip themselves with updated clinical knowledge.

D. Savi Wimalsekera (newly elected General Secretary SAAP) shared that first 2 years of curriculum involve Physiology, Anatomy and Biochemistry in 9 Medical schools of Sri Lanka

followed by vertical integration. In final year, students forget the basic sciences, so integration of basic sciences is needed again. Coaching should be provided to South Asian students with English as 2nd language in order to improve scientific writing.

Dr. Jyotsna Rimal, Professor and head of Oral Medicine & Radiology, College of Dental Surgery, Co-ordinator, HPE core group, Health Professions Education Department from Nepal informed that at BP Koirala Institute of Health Sciences, during phase 1, along with basic sciences, student go to community to understand social and health issues and conduct door to door surveys which is a wonderful student-based activity. Learning in field also takes place to attend real problems and stages of disease. Different families are assessed periodically on health issues. Such activities should be promoted by cutting down lectures. Faculty development is also important. We don't need teachers to teach the content. They are needed for the process and assessment of learning. Evidence generation is important. Innovation in teaching must be measured. We are only quantifying grades by testing only recall knowledge. All competencies should be tested in assessment. We only emphasize on theory exam. Thinking and reflection is needed to refine the curriculum.

Dr. Hamayun Ikram, Professor and Dean Basic Sciences, Multan Medical & Dental College, Multan, stressed that 5 year curriculum plan should be handed over at the time of admission, with defined time for each academic activity. The traditional PMDC syllabus mentions only the topics and lacks the specific Learning Outcomes. It is important to mention as paper is formulated from the specific LOs. Faculty training is important for the curriculum introduction and implementation, leading to quality of product. The product should not decline due to exhaustion of faculty or shortcuts by students. Innovation is needed at that time by PBL, mentorship and integration.

Dr. M. Ayub (Chairman PPS 16), Professor and head of Physiology from Muzaffarabad, quoted that Community oriented curriculum (1995) has been partly implemented at AJK medical college, where integrated curriculum is being practiced as per WFME guidelines and a total of 2 batches have passed out. University of Health Sciences examined the product with 96% and 97.5% result in last two years. Papers are set and checked by external examiners. Students are assessed by 6 internals and 6 externals from basic as well as clinical sciences. Six out of nineteen passed FCPS and two passed USMLE. So, it's not a failure but a success. There are written LOs in module and real life problems (not theoretical) are discussed. Clinical practice is incorporated in summer break with letter for nearest hospital to allow them to work in

different departments of hospital. PM&DC does not dictate the mode of delivery / implementation but only prescribe the content. Students are taught in large and small groups in interactive sessions. Students are given Directed Self Learning task to keep them on the track.

Dr. Paudel from Nepal added that delivery of content is more important to engage the mind of student. Primary need is to be creative in the class in setting a learning environment and engaging in role play. Students' learning during the lecture must be focused upon. Body language enhances imagination and understanding. If our South Asian students were eligible to practice in our country at the time of graduation, but not passing in first attempt in international exams, we need to evaluate our curriculum.

Dr. Alamgir Khan from AMC, Rawalpindi added that despite grades, students may not be satisfied, so we need to build the capacity as teachers.

Dr. Rita Khadka (immediate past President SAAP) from Nepal suggested that when students cannot see physically, what they study in Physiology, it becomes irrelevant and does not convey the real understanding. Students are not being coached to practice MCQs. They study from online Q-bank instead. Patients are not shown along with the courses, so students lose interest. From day one, bed-side exposure is important.

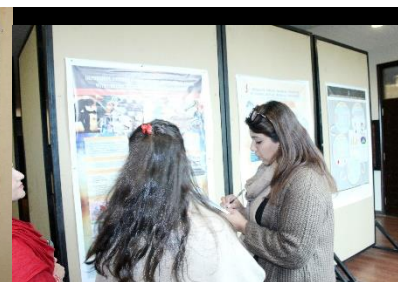
Dr. Humera Wyne, Professor and head of Physiology from Central Park Medical College, Lahore concluded that there is disconnect between clinical and pre-clinical years. Didactic lectures, still provide cognitive domain. OSPE covers psychomotor and affective domain. Basic Physiology knowledge needs to be applied to clinical sessions to be a good physician / medical teacher. Consensus was on early exposure to patients. It will have better acceptance by students. Proper allocation of man power and time is needed. Primary to tertiary healthcare to be included. All sciences must be integrated in early years. It involves faculty development by seminars, small group discussions and analysis, student evaluation and teaching videos etc. Discussing and sharing experience which connect teaching and research is much needed.



Dr. Farrukh Iqbal (Principal UCM & Dr. L S Kaththiriarachchi from Sri Lanka (Best oral presenter; theme stress)



Principal UCM & Dr. Munir Saleemi HOD Comm. Med. awarding certificate

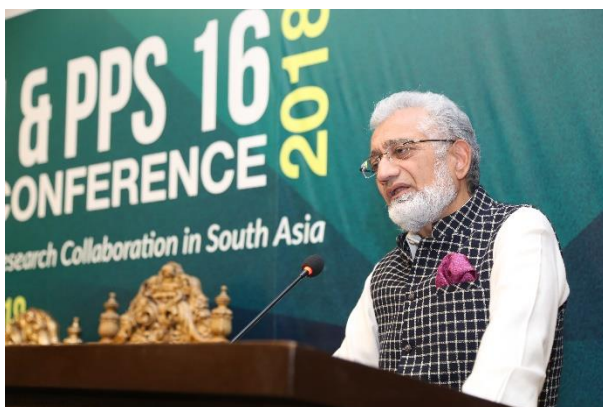


Dr. Tayyaba Azhar coordinator curriculum judging the posters

There were 47 oral papers presented on 8 scientific themes (in 3 parallel sessions) and 75 poster presentations (distributed over 3 consecutive days) that were selected by double-blind review (out of more than 150 submitted abstracts) conducted by Scientific Committee under the chairperson Dr. Rehana Rehman, Vice Chair Research and Graduate Sciences, Aga Khan University. Presentations were evaluated and winners were announced. Best oral paper was awarded for each theme and the winners included Dr. L S Kaththiriarachchi from University of Sri Jayewardenepura, Nugegoda, Sri Lanka (MSK / Special Senses, Renal & Other), Dr. Ambreen Tauseef from CMH Lahore Medical College & Institute of Dentistry (Cardio-respiratory), Dr. Qanita Mahmud from University College of Medicine & Dentistry, University of Lahore (Curriculum Development), Dr. Fareena Bilwani from Aga Khan Medical University (Cell Biology / Genetics), Dr. Syeda Sadia Fatima from Aga Khan Medical University (Endocrine / reproduction), Dr. Hamid Habib from Khyber Medical University, Peshawar (Neurosciences), Maheen Qutab from Al-Aleem Medical College, Lahore (Teaching & Learning and Research) and Dr. Kevin Joseph Jerome Borges from Zia-ud-Din University, Karachi (Gastrointestinal and Renal).

Different sets of posters were displayed on 3 days and best poster of the day was awarded to 3 winners: Dr. Huma Bugti (University of Karachi), Dr. Shazo Sana (Fatima Jinnah Medical University, Lahore) and Dr. Shafaq Javed (University of Karachi). All the abstracts of oral and poster presentations were published in the abstract book as well as on the conference website:

<https://sites2.uol.edu.pk/SAAP-PPSCON2018/>



Dr. Javed Akram

Dr. Javed Akram (Vice Chancellor, University of Health Sciences) was the chief guest for the closing ceremony. He too commended the efforts of organizers for arranging a successful

event. Some other distinguished guests included Dr. Saqib Nasir (Pakistan Science Foundation) & Dr. Salma Kundi (President, Pakistan Medical Association).



Some organizing committee members of SAAP VI & PPS 16 from Department of Physiology, UCMD, UOL



Closing ceremony of SAAP VI & PPS 16. From right: Dr. Samina Malik (Organizing secretary SAAP VI), Dr. M Aslam (Co-chair SAAP VI), Dr. Shahid Malik (Patron SAAP VI), Dr. Javed Akram (chief guest), Dr. Salma Kundi (distinguished guest) and Dr. Farrukh Iqbal (Principal, University College of Medicine, UOL)

Finally, the conference was concluded by prize distribution and a note of thanks from the Organizing Secretary SAAP VI, Dr. Samina Malik. “I am speechless to see the whole-hearted participation of physiologists and clinicians from PPS, SAAP and beyond to promote Physiology teaching and research. Pakistan needs to collaborate with other SAARC countries to meet health challenges faced by South Asia. A lot of improvement in the field of research & health education is required to explore the emerging trends and to face the new challenges with full throttle”, she claimed.



Ready to go for city tour



Dinner at City Restaurant, DHA Lahore



Prof. Hamayun Ikram (Multan) & Prof. Nasir Afzal (Canada)



Prof. Dr. Savi (Sri Lanka) Gen. Sec. SAAP

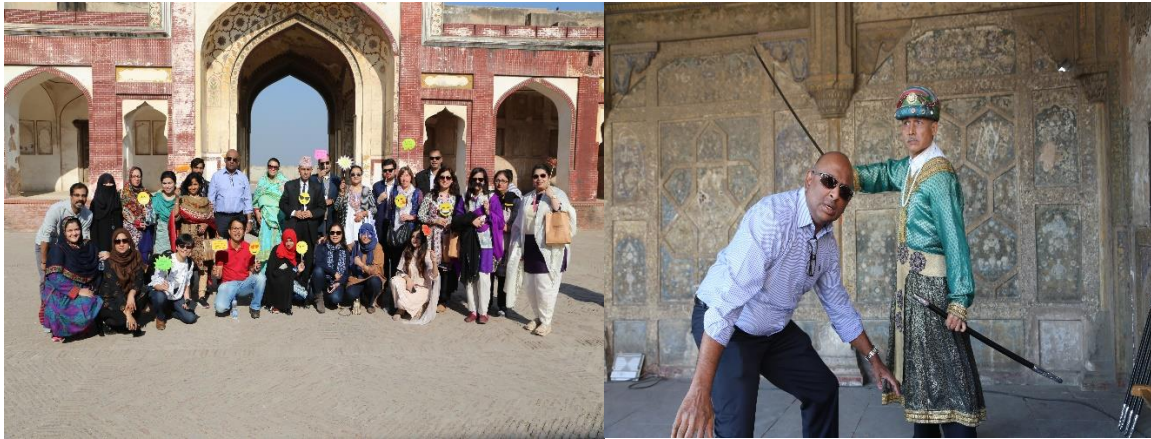


Prof. Dr. Tehseen Iqbal (Gen. Secretary PPS)



Students' Task force with some senior faculty members





Delegates of SAAP VI & PPS 16 visiting Badshahi Mosque as a part of Lahore city tour

A special feature of this conference was getting together of 9 international delegates from France, India, Sri Lanka, Nepal, Taiwan and Bhutan in offering congregational Zuhar prayer with Pakistani delegates at Badshahi Mosque, Lahore and recording of their experience in individual interviews.



UOL Music & Cultural Societies performing at Gala night



Students from University of Karachi receiving award from chief guest Youth Minister “Mr. Rai Taimoor Khan” for best role-play among South-Asian medical students explaining a physiological phenomenon. They also received 20,000 Rupees cash prize and certificate for maximum participation from the Organizing Secretary SAAP VI, Dr. Samina Malik.



Life-time achievement award was given to 3 eminent Physiologists from Pakistan: Dr. Arif Siddiqui, Dr. HR Ahmad and Dr. Mumtaz Ali Memon (Left to Right)



Patron in Chief UOL awarding shield to chairperson scientific committee Dr. Rehana Rehman from AKU



Rising Star Maham Waqar at Gala night



UOL student playing rhabarab at Gala night



Dr. Sharaine Fernando (Sri Lanka) & Dr. Jyoshna Rimal (Nepal) enjoying music at Gala night

