

# THE PUMHSW MAGAZINE

"WHERE SCRUBS MEETS SCRIBES"

EDITION:02



Insights of 2025  
Art Gallery  
Medical crossword  
Success Stories

**Exclusive**  
Fictional Stories,  
Poems, Articles,  
Autobiographies,  
Written by young  
authors of PUMHS

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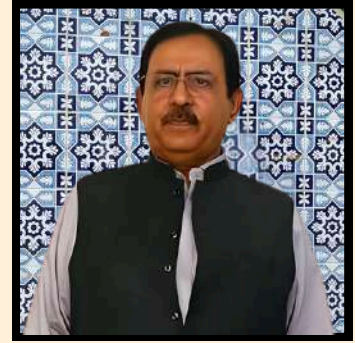
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# REFLECTIONS FROM THE EDITORIAL BOARD



# PROF. DR. GULSHAN ALI MEMON

## VICE CHANCELLOR, PUMHSW, SBA



As the Vice Chancellor of PUMHSW, SBA, my commitment is rooted in the belief that our faculty and students are the primary architects of our university's progress. My priority remains the enhancement of student services, creating a supportive ecosystem where every individual can thrive. To this end, I have championed the establishment of Student Society bylaws, ensuring our students have the structured platform they need to lead, innovate, and prepare for the complexities of their future careers.

It is a privilege to witness the immense talent within our institution. By nurturing this potential through strategic initiatives and a robust Alumni Association, we are building lasting connections that enrich our entire community. Together, we are fostering a legacy of excellence, providing the resources and opportunities necessary for our faculty and students to reach unprecedented heights.

# PROF.DR. MUHAMMAD SALEH KHASKHELI

PRO-VICE CHANCELLOR,  
PUMHSW, SBA



It is a great honor to be part of the Peoples University of Medical & Health Sciences, an institution dedicated to excellence in medical education. Our primary mission is to deliver quality education by highly skilled professionals, committed to imparting knowledge, training learners, and developing essential clinical skills.

With the guidance of our esteemed Vice Chancellor, Prof. Dr. Gulshan Ali Memon, we continue to strive to ensure our students are well-prepared to excel in a constantly evolving global healthcare system. We emphasise not only academic knowledge, but also leadership skills that empower our students to make a meaningful impact in healthcare.

We are immensely proud of our dedicated, talented undergraduate students, especially those in the Writing Society, whose creative side has helped reflect this message in the form of a magazine. I am confident that our students will continue to uphold the prestige of our institution with their hard work, passion, and leadership.

# MR. ABDUL QADIR MEMON REGISTRAR PUMHSW, SBA



It gives me great pride to greet prospective pupils with enthusiasm and extend my warm appreciation to our faculty, and readers as we present the 2<sup>nd</sup> edition of The PUMHSW Magazine 2025.

Over the past year, PUMHSW has witnessed remarkable growth—not only in academics but also in the strength of its student societies. These societies have emerged as powerful platforms for leadership, creativity, collaboration, and intellectual expression. Their progress reflects the confidence, vision, and dedication of our students, who continue to represent the true spirit of PUMHSW with excellence and responsibility.

I would like to commend the Magazine Committee and the PUMHSW Writing Society for their tireless efforts in bringing this edition to fruition. Their commitment to quality, discipline, and creative integrity deserves special recognition. I also acknowledge and appreciate all the students who contributed their talent to this publication. Your ideas, voices, and perspectives are vital to the academic and cultural identity of our institution. Through such endeavors, you are not only refining your skills but also strengthening the reputation of PUMHSW as a progressive and intellectually vibrant university. I encourage you to continue striving for excellence and to play your role in shaping PUMHSW into a leading modern institution of learning and innovation.

# DR. SHAHIDA BALOCH

## DIRECTOR STUDENT AFFAIRS PUMHSW, SBA



In my capacity as a General Surgeon and the Director of Student Affairs at Peoples University of Medical and Health Sciences, I am deeply committed to cultivating an environment where our students excel both in the operating room and in their personal growth. Throughout 2025, we significantly scaled our support systems, transforming the Office of Student Affairs into a proactive hub for academic mentorship and leadership development.

This past year was marked by a transformative focus on soft skills and structured professional development, initiatives that have further solidified our reputation as a leading institution in Pakistan. I firmly believe that clinical excellence must be paired with empathy and ethical integrity; therefore, our 2025 programs have doubled down on diversity and inclusivity to build a truly resilient campus community. As we look back on a year of substantial progress, the well-being of our students remains our highest priority, ensuring that every individual at PUMHS has the resources, support, and heart to flourish and lead in the modern healthcare landscape.

# PROF. DR. FARHEEN

# SHAIKH

## DIRECTOR QEC/ CHIEF HOSTEL

## PROVOST / FOCAL PERSON

## ALUMNI ASSOCIATION



As the Director of QEC, Focal Person of Alumni, and Chief Hostel Provost at PUMHS, I am honored to have contributed to the growth and development of our students. From establishing 17 societies and 5 clubs, to providing our students with opportunities to build their leadership and teamwork skills, we have done it all. It is a proud moment for me to see the bylaws for these societies and clubs approved by the syndicate, ensuring a structured platform for student engagement and amusement here at PUMHSW.

Through dedicated training in leadership, soft skills, and communication, I continue to strive to empower our students to build essential skills that will serve them well in their future careers. My commitment to their growth remains steadfast, and I am inspired daily by their resilience and ambition as they continue to excel both academically and professionally.

# HIRA ALI SHAH

## EDITOR-IN-CHIEF, PUMHSW MAGAZINE 2<sup>ND</sup> EDITION

### PRESIDENT, PUMHSW WRITING SOCIETY



**“Leave your comfort zone, or let it engulf you whole.”**

Being a leader is not merely about capabilities, it is a blend of being courageous, vocal, understanding, and efficient enough to lead the way. During my tenure as the President of writing society, I learned that it is less about authority and more about growth—both personal and collective. It demands the willingness to step forward, to listen, and to adapt when circumstances challenge you.

What I learned as one of the Editors-in-Chief of the PUMHSW Magazine 2<sup>nd</sup> edition will remain with me in the long run. This journey taught me how to communicate effectively and how to navigate situations I had never experienced before. Each challenge became an opportunity to grow, shaping not only my skills but also my confidence and perspective. I learnt that being a medical student does not mean pushing all other interests into a corner. That is not how life works.

Life is a combination of different perspectives—a reminder that a human being is far more complex and content than the mind often perceives. All it requires is acknowledgment and the courage to explore those interests, allowing them to coexist and enrich one another. Through this experience, I have come to believe that we are far more capable than we often allow ourselves to realize. Sometimes, all it takes is stepping outside familiarity to discover our true potential.

I sincerely appreciate all the members of Writing Society, specially the Core-Team for being generous, supportive, and consistently encouraging throughout this journey. I hope the Writing Society continues to be a space where voices are nurtured, ideas are given the freedom to grow, and creativity is met with purpose.

# SHAHMEEN NOOR QURESHI

EDITOR-IN-CHIEF, PUMHSW  
MAGAZINE 2<sup>ND</sup> EDITION

VICE-PRESIDENT, PUMHSW WRITING SOCIETY



## Dear Readers,

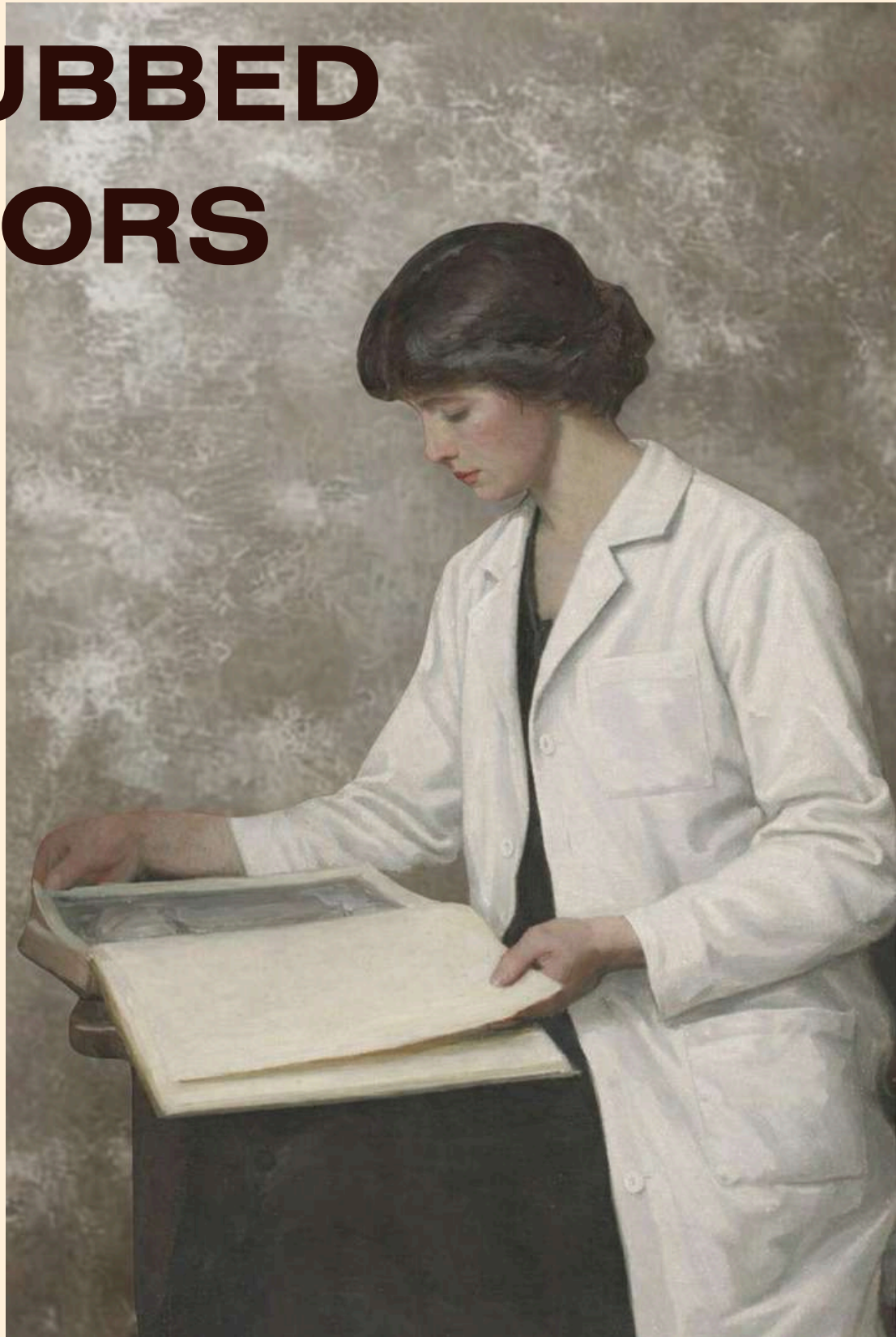
It is a matter of great pride and significance to present to you the second edition of The PUMHSW Magazine. This edition stands as a reflection of an eventful year—2025—which proved to be a turning point for student societies at PUMHSW. The enthusiasm, commitment, and collective spirit of our student body transformed challenges into milestones. From independently organizing society-based events to fostering meaningful collaborations, students ensured that the newly introduced societies not only continued but flourished, leaving behind a legacy of dedication, teamwork, and memorable achievements. This magazine serves as a record of those efforts and the vibrant student life that shaped this year.

For me, this year has been nothing short of extraordinary. Working alongside society presidents while being the only vice president in the organizing team for the Independence Day mega event was both an honor and a profound learning experience. Being part of the Women of Pakistan performance was deeply moving—it highlighted the remarkable contributions and struggles of women who shaped our history, while also revealing how little we often know about them. Each story of resilience strengthened my resolve to promote awareness and positivity through meaningful platforms. Organising the hosting and skit segments, for independence day provided a space where creativity met responsibility. From auditions and scripting to rehearsals and live performance, every step demanded discipline, focus, and passion. Watching ideas evolve from concepts into impactful performances was immensely rewarding.

As one of the Editors-in-Chief of the PUMHSW Magazine, the responsibility of scrutinizing and selecting content of a cherished standard was both challenging and enriching. What could have been an uphill task was made seamless by the sincere support of my editorial team, who, despite demanding academic schedules, dedicated their time and effort to shape this edition, along with the timely guidance of the Magazine Committee. I extend my high regards to the Director Student Affairs, Dr. Shahida Baloch—an exemplary personality whose guidance and moral support require no embellishment. I am equally grateful to our multifaceted student body for contributing work that reflects quality, creativity, and intellectual depth. My special thanks to our Vice Chancellor, Prof. Dr. Gulshan Ali Memon. His keen interest and encouragement were instrumental in bringing this edition to fruition.

It is my hope that this magazine not only documents the achievements of the past year but also inspires future contributors, leaders, and creatives to carry forward this spirit of excellence. I wish all our readers a future filled with growth, purpose, and success.

# SCRUBBED AUTHORS





# THE BARREN LANDS OF MY HEART

She sat on a greenish boulder beside the lake beneath a maple tree. Her soft little hands were trembling with the weight of the letter she was holding; a letter of goodbye from someone who once used to sit next to her on this same boulder, and with whom she used to compete on who could throw the farthest into the lake. In her mind, she was lost between a typhoon on a wrecked ship with no signs of shore. Tears kept running down her cheeks to her chin, later turning into white, shiny pearls dropping on the letter, blurring its words:

“My love, you are the sole beacon of fire, fervor of my life, elixir of my soul's obscurity. I forget how to breathe in your absence; I'm just a body whose soul is entrapped within yours. Each night I spend in this dugout staring at the stars, the brightest of them reminds me of you. The cold, dazzling wind in my ear whispers your name. I close my eyes and see you in my arms, as if Vega itself has landed on Earth. Sometimes fireballs land near the dugout. Every day feels as if it's going to be the last day. It does not unnerve me, for love of my soil steels my heart. If death finds me when we are apart, I promise to accompany you as the shelter of the maple tree beside the lake where we sit, play, and laugh; as the full moon, brightening your darkness; as the night jessamine, blossoming fragrance around you; as the rainbow that comes after rain; as the spring that comes after autumn; and as the melody of love that adds rhythm to your a cappella. If death takes me away from you, I shall return to you as my pamphlets of love.

And if my corpse is placed in front of you, just know I am standing right beside you, grasping your shoulder, holding you close to me, and like a brave lady, accept my keepsakes of valor with a smile.”

Amidst the typhoon on the wrecked ship, she was moving toward shore, but suddenly someone called her name. The shore disappeared. She began to drown. She screamed and struggled to reach the surface, but there was no help. She drowned deeper and deeper, but it wasn't merely an ocean—it was the oceans of her sorrow, which engulfed her world bit by bit, and in the end, her.

"Amber, Amber! They have... the ambulance is here! He kept his words—he came back," said her childhood friend Anne.

“ Fiza is a student at PUMHSW, a poet, and a writer who finds stories in the quiet corners of hospital wards. Her poetry captures the unheard voices of patients, blending medicine and emotions into art. She aspires to be a cardiothoracic surgeon and a published poet, with a deep love for history and literature.



**Fiza Amir**

*MBBS Batch of 27-28 / 2022-23*



# THE TREE WHO LISTENED!

I was dragging my feet, just to be destined. Sorry, I was just walking, looking for a place who won't judge what I am, what I have — a place that gives me hope for devastated loss, just a place saying, "It's you, that's enough for me."

Far from my sight, near to my vision, I saw an old barren tree. For me, it was a couch; it was trying to hold what I haven't broke.... Being barren, looking for goods in me. I sat on the ground and asked, "How many stories do you know?" Am I speaking to the tree, or to another personality of my own?

**Me:** .....

**Tree:** "Okay, let me tell you a story."

**Me:** "You are speaking to me, or am I speaking to me?"

**Tree:** "So the story goes like—"

**Me:** ..... shocked

**Tree:** "I'm not human, whom you need to be scared of. It's me — a TREE. Never learned to hurt anyone; from my seed to my trunk, I am me — just a tree."

**Me:** "But you still need human to water you, you prepare fruits for them and they cut you, engrave you according to their desires. But you never denied — whyyy? Don't you ever feel humans are something you can't understand?" — saying all in a breath.

**Tree:** "You know what true love is?"

**Me:** Breaking the convo ethics — "You know what true love is? Before thinking about others, just think about yourself. Not saying to be selfish, just remember — you helped yourself, not anyone else." And me — cleaning my tears.

**Tree:** "You don't know me, and you are crying in front of me — this is called soothing and love. Okay okay, there was one to help you, but why are you forgetting how it feels when you needed someone and no one was there?"

**Me:** "Do you think — ahmm, no no ohnmlllllll nooo — I don't want to feel that pain, that stab."

**Tree:** "Being human — if you can't save other humans from sadness, deprived feeling — what are you going to do?"

**Me:** "But why I need to be there?"

**Tree:** "Why you don't want to be there?" **Me:** Just rotating my eyes. **Bench:** "See, today I am someone for you — that is hearing you, assuring you. You are happy you have someone. Now tell me, how blessed they gonna feel having you?"

**Me:** "What 'bout those who always play with your kindness?"

**Tree:** "Just tell me — why are you worried 'bout what they did? Why not worried what you are capable of?"



**Tree:** “You don’t know me, and you are crying in front of me — this is called soothing and love. Okay okay, there was one to help you, but why are you forgetting how it feels when you needed someone and no one was there?”

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**Me:** “What ‘bout those who always play with your kindness?”

**Tree:** “Just tell me — why are you worried ‘bout what they did? Why not worried what you are capable of?”

**Me:** “You are saying this because you don’t know what I am feeling right now.”

**Tree:** “Once I was seed too — and see, here I am.”

**Me:** Putting hand on my face, avoiding the sunlight, rubbing so tight and exhaling the air as much as I can, and opening my eyes.

Yes — it was nothing but another personality in my mind, while actually I was just pulling the grass. And it’s in my thoughts — I was a seed too.

Just looking here and there, because nothing else I can. I am anxious — was I speaking to myself, or there was someone? Or a tree? Or air? Or it’s me and me.

I am trying to pick up myself, walking — I don’t know what I am doing, And just had a glance of a high school girl — She had the same pale, anxious face, worried about this world and people, as I was.

I don’t know how, but my feet are moving toward her, and my soul is saying —

This seed needs me.

**Because once, I was a seed too.  
Because once, I was a seed too.**



**Maseera Binte Shams Lakho**  
MBBS Batch of 26-27 / 2021-22



# SPEAKING UP IS NOT DISRESPECT; IT IS SELF-RESPECT: A CONVERSATION WE NEED TO HAVE

Universities are often described as safe spaces for intellectual growth, creativity, and personal development. They are meant to nurture confidence, curiosity, and critical thinking. Most teachers genuinely strive to fulfill this role, guiding students with patience and wisdom. Yet alongside overt misconduct—which is widely recognized and condemned—there exists a quieter, often overlooked form of discomfort within academic environments. It is subtle, normalized, and very often unintentional, but its impact on students can still be discouraging.

There are many examples of such experiences, including public ridicule followed by an expectation to remain silent; unexplained or repeated delays in academic facilitation—such as logbook signatures, assistance with research work, sharing lecture slides, or matters related to marks and attendance; or unintentionally belittling students for asking “basic” questions. These moments occur frequently in academic spaces, but how often do we truly recognize them?

**Ask yourself:**

When was the last time you witnessed such a situation and spoke up for a fellow student?

When was the last time it happened to you—and you spoke up for yourself?

When a teacher expects students to laugh at jokes that may not resonate with everyone, it can place students in an awkward position. Some may laugh not out of amusement, but out of fear of standing out, being judged, or being perceived negatively. What feels insignificant in the moment may quietly contribute to discomfort rather than engagement.

Another commonly experienced situation involves public remarks about a student’s question, accent, academic performance, or personality traits. Even when meant to be light-hearted or motivational, such comments can unintentionally embarrass students in front of their peers. Over time, this discourages participation and silences curiosity. Universities should be spaces where questions feel safe to ask and mistakes are treated as part of the learning process.



A subtle imbalance also arises when students feel they must quietly tolerate being spoken to harshly or dismissively because responding may be interpreted as disrespect. In such moments, silence becomes a survival strategy rather than a sign of understanding. A healthy learning environment is one where respect flows both ways and dignity is preserved on all sides.

Similarly, in administrative or clinical settings, some students experience a power dynamic where they feel compelled to excessively plead for attendance, marks, or logbook signatures. Often, this has little to do with merit and more to do with navigating authority. While structure and discipline are essential, empathy ensures that authority does not unintentionally become intimidating.

These behaviors are often inherited patterns—a cycle of giving and receiving trauma, learned and normalized over years of academic culture. Intent is rarely to harm, and many educators may not be aware of how these actions are perceived.

**The purpose of this conversation is not to accuse, but to invite reflection.**

If you are a faculty member reading this, take a moment to pause and view these moments from a student's perspective. A comment that feels casual to a teacher may linger in a student's mind long after the class ends. A remark meant as humor may feel like judgment to someone already struggling with confidence. Awareness of this difference in experience is where meaningful change begins.

We, the students of this generation, believe in our mentors. We believe that they are empathetic toward us, and that is why we trust they will understand, evolve, and create spaces rooted in mutual respect. When educators and students work together, academic environments become not only places of instruction but also spaces of encouragement and growth.

**Change does not belong only to the future—it begins with awareness today.**

Let us, students and teachers, come together for our sake and for future generations, break this cycle of unnoticed harassment, and make academic environments places where it feels safe to grow intellectually



At PUMHSW, students are encouraged to respectfully advocate for themselves. If something said or done in class feels discouraging or hurtful, it is reasonable to communicate this calmly, politely, and respectfully after the session. A simple statement such as:

***“I understand it may not have been intentional, but what happened during class made me feel uncomfortable or discouraged,”***

can open the door to understanding and resolution.

For more serious forms of harassment—whether by a doctor, faculty member, staff member, technician, receptionist, or anyone else—students should not remain silent. Such concerns should be reported to the on-campus **Anti-Harassment Cell**, which operates under the supervision of DSA.

**Because at PUMHSW, women are empowered to speak—because speaking up is not disrespect; it is self-respect.**

Communication is the foundation of trust, and trust is what allows healthy academic relationships to flourish. When students feel heard and educators remain open to reflection, universities become spaces where individuals are not only taught—but truly supported and empowered.



**Shahmeen Noor Qureshi**  
MBBS Batch of 26-27 / 2021-22



# THROUGH THE DREAD, I FOUND MYSELF

I always hated Sundays as a child. “Again school!”

The very thought used to strike me like a thunderbolt. Yet, I had no choice—my mother was strict, and school was never to be skipped. I dragged myself there even in times of illness, tears slipping down my cheeks like a heavy downpour. Until class 6, school was never a place of wonder for me. It felt more like a dungeon than a sanctuary of learning. But then came class 7—a turning point I never saw coming.

For the very first time, I was chosen as a prefect, after passing a nerve-racking interview. That single badge of responsibility sparked a change in me. I began making friends, finding my voice, and stepping into competitions where I showcased my talents. Each word of appreciation fueled my confidence. I studied with renewed determination, and for the first time in my life, I stood 2nd in my class. That moment felt like sunlight breaking through the darkest clouds—it was the beginning of a change I had never imagined for myself. By class 8, I secured another position, and my teachers began urging my parents to consider O-Levels for me. The decision wasn’t easy, but eventually, I took the leap.

To my surprise, college life turned out brighter than my expectations. Sundays no longer brought dread; instead, I awaited them with quiet impatience. Perhaps it was because I had already set my heart on becoming a doctor, and each Monday felt like a new step closer to that dream. I would stroll towards the library every morning, with books becoming my steadfast companions. I still remember my very first day in O-Levels. I wasn’t just nervous—I was petrified. Teachers kept reminding us: “O-Levels is harder. You won’t survive easily.” Those words echoed in my mind, but instead of breaking me, they drove me. I worked tirelessly, burning midnight oil, often neglecting my health.



Two years later, my name shone on the highest achievers' board. It was a moment of triumph—yet beneath my smile, a voice whispered: “Can I do this again?” Hopelessly but determined, I stepped into A-Levels. I worked even harder, pushing myself beyond limits.

Once again, my name appeared on the achievers' list. People congratulated me, praised me, but deep inside, I felt hollow. I had sacrificed too much—family gatherings, friendships, social connections. I deactivated my accounts, confined myself within four walls, and drowned myself in books. Soon after, I buried myself in preparation for the entrance exam. The endless hours of isolation bore fruit—I cleared the test with flying colors and secured admission in a public medical university, PUMHSW.SBA. College life had passed cheerfully, and Sundays no longer carried the same weight. But university brought with it an entirely new chapter—one I had not foreseen.

On my very first day, I awoke to the shrill ringing of an alarm. The clock read 4:30 a.m. “Only three hours of sleep,” I sighed, forcing myself up. I hurriedly packed my suitcase, dressed, and boarded the van bound for campus. The hostel felt like an entirely new world—filled with unfamiliar faces, each carrying its own untold story. Far from home, I found myself standing at the threshold of yet another beginning. But this time, I chose a different path. From the very first day of university, I promised myself that my journey wouldn't be confined to books or positions on a board. I wanted to live beyond grades—to meet people from distant places, to share stories, to laugh, to lose, to grow.

I wanted to find the version of myself that had always existed quietly behind the pages. Yet, hostel life wasn't the easy chapter I had imagined. It tests you in ways nothing else does. Some people watch you with judgment, some measure you as competition and others drift past without understanding the battles you fight within. You learn, often the hard way, that growth is a solitary climb—that while people may walk beside you, your real progress depends only on how firmly you keep moving forward. And in that moment, I understood—life has always been a series of transformations, each chapter shaping me, breaking me, and yet, beautifully making me who I am.



**Aliza Fatima**

*MBBS Batch of 27-28 / 2022-23*



# AN HONEST CONVERSATION TO SURVIVE & THRIVE MEDICAL SCHOOL

Meet Maryam who comes from a family where her clan does not allow higher education especially for girls but she worked hard and became the first one in her family to attend college - defying all the cultural norms. Being the first and that too in a college at a place 100s of kilometers from home brings its own challenges; with hard work and resilience she tried to manage everything but unnecessary stress was her continuous companion. Although Maryam has graduated and is a cardiology resident at MayoClinic now, looking back she wished she had someone to guide - a more mature figure who has been there and done that for it would have been much easier and fun to really enjoy what the medical school has to offer.

From the exhaustion of the night before exam to the overwhelm of managing relationships with friends and peers.

From pocket money hitting zero and desires reaching peaks of the Himalayas by the end of the month... to wishing everything happened effortlessly and realizing you don't even know HOW TO STUDY - Maryam, like most of us, has been through it all.

For this reason with curiosity and burning questions like Maryam, I went to every senior I could - to see how they managed to stay sane to reach the final year and with some even aching it.

## **Boundaries First...**

Whether you are a daughter of a wadera or a kisaan, you NEED to know your boundaries - things you can and cannot compromise on, from your religion to your region in a hostel room.

## “Boundaries have been the smartest thing I’ve done” one senior said.

It helped her to be in the company of people who align with her values, and don’t push her to compromise on the very principles that she abides by.

Another senior emphasized it's the first and foremost thing that needs to be done - just like you made a to-do list for your essentials to pack for college, make a list of your boundaries.

To be clear, *setting boundaries isn't about staying in your cocoon*. Rather, it is something that grounds you while you push the limits of your comfort zone

These are the anchors that will save you from second-guessing your choices when your friend has a pizza party at someone else’s place or has some plans with friends while you are staying in your room because you have an urgent task to attend to.

In the midst of all this as one senior said “*Don’t forget to respect others’ boundaries*”. You can definitely negotiate with respect without compromising on your principles

### Study Paradox...

Studying is something that you have to do anyhow - there is no bypass. *Everyone has their own strategy, own piece of advice and my dear junior, you too will have to develop your own*. Some choose textbooks and some video lectures while others choose to stay in between — what works for them might not work for you.

The questions arise, “Prhe kese”, What is the right way and where do I start? There is so much content and so little time - How do one manage everything?

Don’t worry I have got you covered because while interviewing seniors and with my own experience I identified a pattern. These are some time-tested principles:

**Starting small** (ideally with a high-yield short book) and building from there.

Next is **understanding** things and not just skimming over it because,ou don’t want to be someone who can regurgitate the steps of the cardiac cycle word for word but doesn't know the signs of how to spot one when there is a pathology.

The question of how to manage your time is actually much easier than you think.

Just Outline what you need to do in a Day, no fancy planners, no Google calendars, just a plain outline of topic you need to start or the random assignment in pathology practical and then as soon as you realize you have 1 hour here or 30 minutes ton your list and GO FOR IT , because lets face it, the college neither follows the timetable nor are there breaks in between like school.here, take out you

choose the top one on your list and GO FOR IT , because lets face it, the college neither follows the timetable nor are there breaks in between like school.

Lastly, the one that is going to make or break what you actually learn and retain, and sworn by many is

### CONSISTENCY,

30min or 3hrs a day, Its the only way to survive and thrive.

Trust Your Seniors on this because you don’t want to panic by the sheer amount of burden during the exam season

### Wards - The Gist of Medicine

Wards, although the most demanding part of medical school, are one hell of an opportunity to learn and grow as a doctor and human while enjoying the process. Unfortunately most of us are either not aware or realize quite late of how to study and work in wards. Sometimes, In first year especially, there’s so much content that you can’t see how it’ll connect to wards. Don’t worry,

**“The content at your level is enough”**, as one senior said.

Doing what you need at each level to the best of your abilities is the only way to be ahead.

The college and specifically wards are places where you will no longer be spoon-fed like high school.

You'll have to take history, examinations and everything on your own.

A lot residents realized that they'd honed their art of history-taking and diagnosis, but regretted not practicing more often and independently because after all

Exam akele dena hai, job bhi akele krni hai or clinic bhi akele hee chalana hai – no one is going to do it for you.

You'll see a lot of people saying “bedside techniques ratta lo” from cover to cover, but the truth is

It won't stick if you haven't performed it

Start by build your baseline.

### **“Do your first examination as soon as possible”**

– it doesn't matter whether you remember all the steps. Just do it anyway.

As for the procedure and minor skills: Ask the staff to teach you to place a foley, insert cannula or ask the surgeon if you can assist because,

Asking is the only way to get things - it will not be served on a silver platter.

Lastly, because you're in the wards now try to connect the info you are learning in wards to your classes. It's hard but definitely worth it.

### **Social Life...**

Universities are known for parties, sleepovers and hangouts – basically your chance to have a social life you never had up till now. There is one more thing it should be famous for – the heartbreaks. Not just romantic ones but the “Friendship” heartbreaks that are hard enough to pull you down on knees and to the Sujood. You decide to never open up but it keeps happening and you start wondering, “Am I the problem?”, “Are all people insincere and selfish”, or “Socializing is just not for me”.

Before you start having another breakdown, here's what seniors learned about navigating friendships in medical schools:

Accept that both the desire for genuine connection and superficiality of relationships exists. Your time here is valuable, and you can't control other people's actions and behaviours but you definitely have control over yours – from your beliefs to your conduct, you can choose and rectify where needed.

### **Knowing yourself**

is the best bet – whether you're negotiating with roommates or having difficult conversations about how hurt you were by your friend's words. It helps you grow as a person while developing less but meaningful connections.

So how do you know yourself? One senior put it in the best words: the answer to this complex question is relatively simple: Sit with yourself and ask questions – ask about what your insecurities, strengths, and weaknesses are. Explore what triggers you and what brings you peace – what are your belief systems? Know your boundaries while respecting others, and realize your worth is not dependent on your social standing or what someone else thinks or make of you.

Once you've developed a relationship, develop a learning mindset - make a habit to learn something from every conversation, Another senior told me.

The third one emphasized quality over quantity: your social life in med school is less about the number of people you're friends with and more about building a small, resilient support system that can handle the inevitable storms of medical training. Focus on being a good friend to yourself first, and the right people will gravitate towards you.

### **Managing Expenses**

Money is the area everyone struggles but no one talks about. Pocket money sounds like a lot until it runs out before even the month ends. your typical 20k to 25k is just for hostel basics and occasional treats—not the clothes from Sapphire sales or good skincare you need.

The strategy that worked for many was to set aside some amount at the start of each month. keep it in a separate bank account or the friend you trust, and forget it exists until you seriously need it.

Knowing this, you need to make your budget work. Pay out the fixed expenses – like mess, internet packages, and basic supplies. For bigger purchases – like new clothes or shoes – don't hesitate to ask your parents, that's what they're for after all.

Make a habit of saving - no matter how small as it goes a long way. For example, 1000 Rupees saved every month can get you that luxury product you have been eyeing for months.

If you need extra income, consider side gigs: tuitions, content writing, freelance work – Just don't let it consume your study time.

The bottom line: Set boundaries with your money like you do with your time. Stay disciplined but don't stress over small expenses. Keep it simple, and you'll manage.

### **Extracurriculars - Keeping you sane**

Medical school has a way of driving you crazy - from having to memorize kreb's cycle here and periodic table there in college to endless metabolisms and clinical features the content has just increased significantly. No wonder why most of us feel like we have NO LIFE by the end of the module and have become zombies by the end of the year. The medical school devours your time like a beast – making life outside medicine feels like a far-fetched idea. Unfortunately our seniors have faced it too

but luckily they are willing to help us reconcile with our passions and inner child. They suggest, Starting with baby steps. By choosing to sit with yourself for 10 minutes a day or week not scrolling, not conversing - just you with your thoughts.

if you have forgotten what you enjoyed in the rut of medical school, reconcile with what you used to love before medschool, before MDCAT that excited you or drove you - start from there; build slowly, setting aside some time in the weekend and keeping the weekdays strictly for the grind.

Participate in whatever interests you - be it debates or the sports or maybe volunteering at the non profit organizations.

You can also pick a topic and have thought provoking conversation with peers – from questioning your beliefs to finding a new interest you can find a lot along these lines. The idea after all is to, To be someone that you're proud of and

**Do something that makes you “YOU”**

### **Mental Health: The Aspect that Encompasses All**

The highly demanding nature of college – the academic pressure, expectations, people's behaviour, and the sheer amount of content often makes it hard to deal with. Consequently developing unhealthy patterns, unchecked emotions and unresolved trauma, deteriorating our mental health. Its crucial to recognize this because, your mental state directly impacts the patients' care. After all, as one senior puts it,

**“you cannot pour from a cup that is cracked”**

healing a patient while you are breaking is not heroism – it is a recipe for medical error.

The question of how to stay mentally fit often seems complex, and the online advice is too generic to help. So what works then? Here's what helped seniors to stay mentally sane – preventing burnouts and long breakdowns are:

#### ***Taking care of inner world***

Vent and cry when you need to – whether its over a bad grade you worked so hard for or losing a close friend. Another strategy is to reconnect with your faith. As one senior suggested, it calms you and gives you strength to move forward.

**Lean onto your support system**

Build it using the principles we talked about in the social aspect earlier. Parents and siblings are your go-to people. The boundaries you set at the start can save you enormous stress. Beyond people, optimize your environment to support not just your physical but emotional needs too.

**Plan lighthearted activities**

A movie night with the small group, painting session or a date with yourself - anything that makes you feel good (just don't scroll reels please). Setting and achieving smaller goals gives you confidence and is a support in itself.

**Seek professional help when needed**

Lastly, if a situation arises where the stresses and feelings are severe enough that it's hindering your productivity, "SEEK HELP". If your emotions — just take the leap and seek the help. Talk to a therapist, psychiatrist or both. (Please don't rely on ChatGPT - you need human help for this.)

**Shabiana Nauman***MBBS Batch of 26-27 / 2021-22*

# THE 2-AM TUTOR

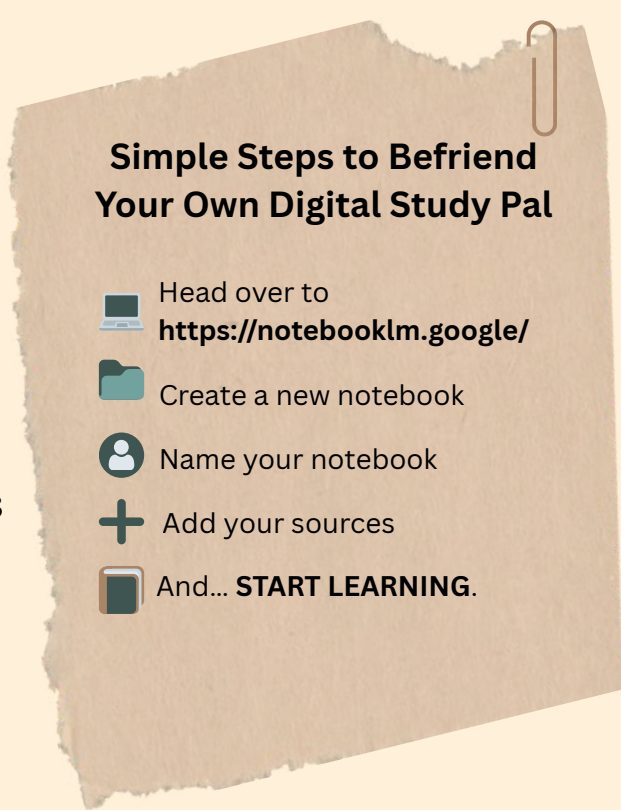







Imagine what it would look like if your textbooks could speak to you. What if Youtube videos could delve deeper beyond the 7min mark or create the flashcards straight from Priyanka Sachdev's lengthy lectures. What if you would understand complex concepts of automaticity in heart from Guyton or need help visualizing the rotations of primitive gut into full-fledged GIT from Langman... What if you had the support you need to satisfy your 2am curious mind.

## *Welcome to studying that sticks...*

Meet **NotebookLM** - an AI tool by Google that does everything a student needs – from study guides, mindmaps to quizzes and flashcards it does everything to help them achieve their learning goals and the best thing is that it does not rob you of your critical thinking.

### Simple Steps to Befriend Your Own Digital Study Pal



-  Head over to <https://notebooklm.google/>
-  Create a new notebook
-  Name your notebook
-  Add your sources
-  And... **START LEARNING.**

*Top Tip: Always assign a role and be specific about the task you want the Notebooklm to perform be it chatting with your sources or generating flashcards quiz or audios by clicking the 3 dots*



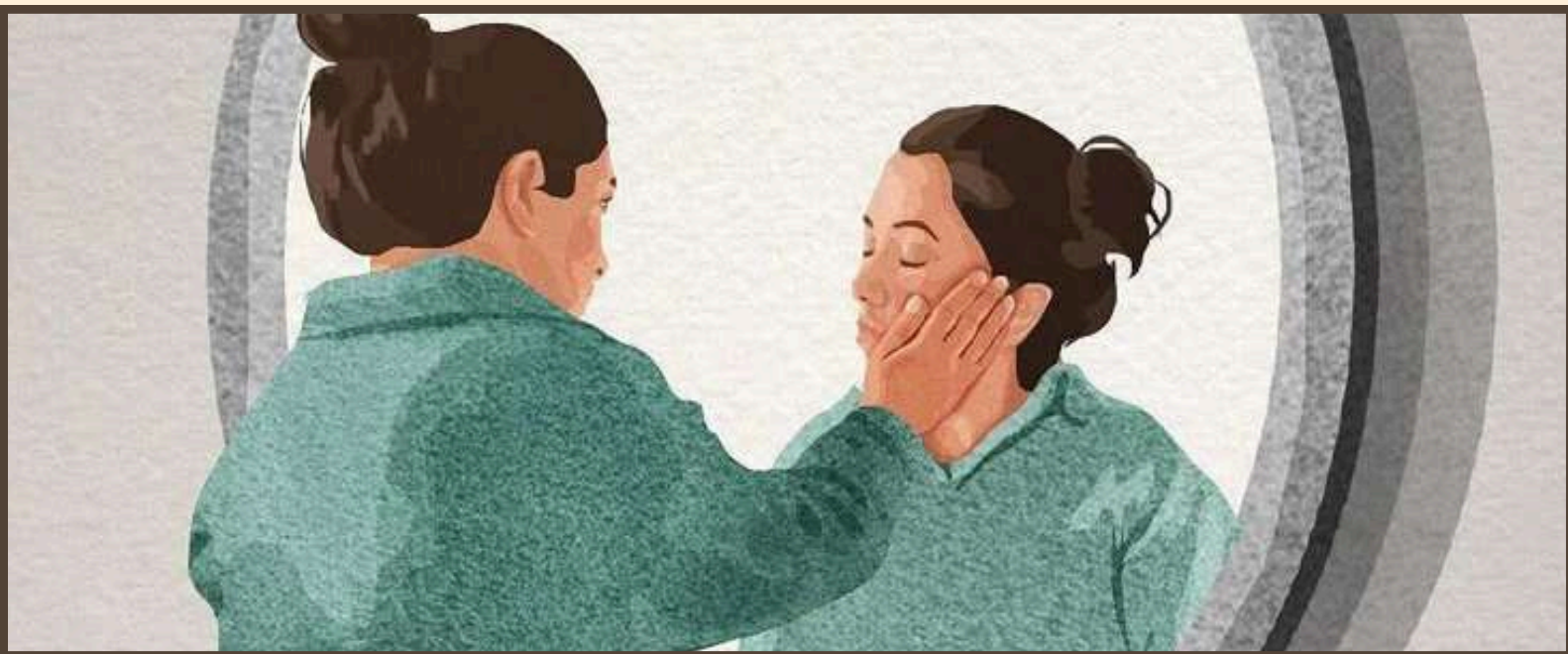
# MENTAL WELLBEING

From the lecture hall to the ward rounds, the medical school is a continuous chase of memorizing huge books or marking correct options, suturing with precision or making correct diagnoses. Beneath those white coats, the soul bears self-doubt, questions and a weight of responsibility. Medical books have taught us the complex anatomy of hearts and the whole body, but didn't help us understand the human beneath the skin suffering from anxiety, depression and struggling silently.

often the symptoms are neglected; sometimes they become so massive that they come on surface as OCD, anxiety or IBS. Why do we consciously treat physical health and neglect mental health? Why do we still see it as a sign of disrespect or weakness? Like an uncomfortable topic, why don't we give ourselves a little rest? When our body begs for it? Why don't we just take a break when we have reached our threshold? As a student being far from home, quarrels with loved ones, the environment of rooms with the stress of exams, due to all of this, we are affected psychologically. The medical journey is a marathon of infinity, and we are expected to be strong and able to absorb knowledge while healing others often it costs us our own wellbeing thus the mental health is important as physical one so, we need to understand ourselves, our feelings and support one another. We need to prioritize self care, take breaks, do things we love, and seek help in times of need. Only then we can we heal others and truly realise their pain. Some Scars remind us of our struggles, while some teach us to empathise with others.

In the lecture halls and in library corners, our minds ponder and try to grasp complex subjects like surgery and medicine and forget to maintain boundaries. thus the cost of neglect is visible in burnout and stress. How can we be healers until we aren't healed ourselves? The health of the doctor influences the health of the patient. If we are trained to diagnose and cure patients, we should be taught ways to heal ourselves as well.

A cross-sectional study was conducted at PUMHSW Nawabshah (Aug 2019-Feb 2020) to assess anxiety and depression prevalence among its medical students and their associated factors. It was found out the anxiety and depression was more common in females due to socio-economic factors and educational burden. One-third of students experienced it due to academic and non-academic factors like economy, psychiatric issues, residential problems, loss of family or friends(1).



So the Mental health of medical students is often neglected. Are we responsible for it? Or not? Do we sometimes overreact and sometimes underreact? And the biggest question: how?

Many students worry that admitting to stress and mental health struggles would affect their social life and jeopardize their future. Also being self-sufficient, and being independent or being strong feels noble. Being someone who handles stress and sleepless nights with long hours of fatigue makes a person more acceptable, but this often results in burnout and stops the person from asking for help when they really need it. We humans naturally seek connections in the form of family, friends, and loved ones. But busy schedules and exams leave a little time, we cut ties with our family and relatives, we don't call them on weekends, and how do we expect to be healed? It has been shown that sharing the problem takes away some of its stress. Another mistake that we students make is that we don't attend psychiatry classes because we think it's a minor class or minor wards. Although they have been added in our schedule since the 3rd year to the final year, and did we have we ever taken it seriously? Did we consult our problem in the OPDs?

There have been gaps in training. Many curricula provide limited mental health literacy, coping strategies, or support skills, leaving students unsure how to recognise their own needs or to respond accordingly. The webinars and workshops should be made compulsory to attend for every med-student, where basic knowledge about GAD (generalised anxiety disorder), OCD (obsessive compulsive disorder), and depressive disorders must be emphasised with basic coping strategies like muscle relaxation techniques and breathing exercises. There should be education about nutrition and mental health, and how it plays an important role in mental health. Good nutrition containing vitamin B6, B12, folate, omega-3 fatty acids and minerals like magnesium and zinc is vital for brain function and mood regulation.

In medical education, there should be a safe and supportive environment where students feel comfortable in seeking help. The medicine is not a degree where only physical symptoms are focused but we should also promote the mental well-being of both patients and healthcare professionals. To truly honour the mind as well as the body, we must create a culture that encourages openness about stress, burnout, and coping strategies. We should be comfortable with family friends and ready to approach a doctor when we are suffering. Let us strive to build a culture both inside our university and outside in our community that encourages vulnerability, openness, and support. And doesn't judge or mock someone with such issues. By doing so, we can ensure that mental health is not an afterthought, but a fundamental aspect of our pursuit of healing and wellness.

1. Arslan Ahmer<sup>1</sup> T. EVALUATION OF DEPRESSION AND ANXIETY AMONG THE MEDICAL STUDENTS OF PUMHSW NAWABSHAH. Journal of Peoples University of Medical & Health Sciences Nawabshah (JPUMHS) [Internet]. 2020 Sep 30 [cited 2026 Jan 9];10(3). Available from: <http://publication.pumhs.edu.pk/index.php/ojs/article/view/354>

**“ Often neglected, an aspect of health  
Sometimes looped thoughts cause of death  
With no startings or endings  
Only momentum of beginnings  
People seek stars out of reach  
They over think so they detach  
To achieve something far away  
Clouds of depression hovering their way  
Remain in minds, unnoticed  
Sometimes seen, sometimes neglected  
Why do we still see it as a disrespect?  
Why don't we give ourselves a little rest?  
Mental health is as important as physical one  
Why still hard to accept, for everyone  
Our youth is stressed and adults are depressed  
Is that the reason behind  
A silent killer like a worm in the mind. ”**



**Haleema Imran**

MBBS Batch of 25-26 / 2020-21

# تدبر قرآن

سورة الفاتحة  
بسم الله الرحمن الرحيم

سورت الفاتحہ جو ہم لوگ روز نماز میں کئی بار پڑھتے ہیں کیا آپ نے کبھی سوچا ہے کہ اس سورت کے کتنی گہری معنی ہیں یہ بھی ہو سکتا ہے کہ آپ میں سے بہت سے لوگوں کو اس کا ترجمہ زبانی یاد ہو لیکن کیا کبھی آپ نے گہرائی میں جا کر اس سورت کی معنی سمجھنے کی کوشش کی ہے یا نماز میں یہ سورت پڑھتے وقت دل سے اس کے معنی پر غور کیا ہے تو چلیے آج اس سورت کی پہلی آیت الحمد لله رب العالمین کو تھوڑا گہرائی میں جا کر سمجھتے

ہیں

فاتحہ فتح سے نکلا ہے جس کے معنی ہوتے ہیں کھولنا یعنی اوپننگ اور انڈیکس آف دی قرآن یا سمری آف دی قرآن اس سورت کے کئی دوسرے نام ہیں جیسے أم القرآن، أم الكتاب، السبع المثانی، الشفاء، الرقية، الصلاة، الحمد،

اس آیت کا پہلا لفظ ہے الحمد: الحمد عربی کا لفظ ہے جو حمد سے نکلا ہے جس کی دو معنی ہیں ایک تعریف کرنا اور دوسرا شکر کرنا یعنی الحمد لله کہتے وقت ہم صرف اللہ کی تعریف بیان نہیں کر رہے ہوتے بلکہ اپنی زندگی کی ہر اس نعمت کا جو اللہ نے ہمیں دی ہے ان کا شکر بھی ادا کر رہے ہوتے ہیں اب غور کیجئے تو یہاں پر لفظ اللہ اس لیے استعمال کیا گیا کہ اللہ تعالیٰ کے 99 ناموں میں سے جس نام کے اندر باقی سب ناموں کے معنی آجاتی ہیں وہ نام ہے اللہ



رب: یہ لفظ عربی زبان کا لفظ ہے جس کی پانچ معنی ہیں یعنی وہ پانچ نام ملا کر رب کا لفظ بنا ہے نمبر ایک مالک یعنی جس کے پاس اتھارٹی ہو نمبر دو سید یعنی سردار نمبر تین منعم یعنی تحفے دینے والا نمبر چار المرئی یعنی جو پودا اگا کر اس کی مکمل تربیت کرتا ہے اور اس کی نشوونما مکمل طور پر خیال رکھتا ہے نمبر پانچ القیم یعنی قائم رک العالمین: عالم سے نکلا ہے یہاں عالمین سے مراد تمام مخلوقات کے جہان ہیں، چاہے وہ مادی ہوں یا روحانی، زمین کے ہوں یا آسمان، اس سے پتہ چلتا ہے کہ عالم صرف دنیا نہیں بلکہ وجود کے درجوں کا مجموعہ ہے جو اپنے وجود سے خالق کی طرف اشارہ کرتا ہے۔

تو اس کا مطلب ہوا جب ہم الحمد للہ رب العالمین کہہ رہے ہوتے ہیں تو ہم اللہ سے مخاطب ہو کر اللہ کا شکر ادا کر رہے ہوتے ہیں اس کی تعریف بیان کر رہے ہوتے ہیں اور اسے اپنا مالک سید منعم مرئی اور قیم مان رہے ہوتے ہیں اور نہ ہی کہ صرف اپنا بلکہ پورے عالمین کا رب

اور جیسا کہ یہ قرآن کی اوپننگ سورت ہے تو جب کسی سے مخاطب ہوا جاتا ہے تو سب سے پہلے اپنا انٹروڈکشن کروایا جاتا ہے اسی لیے اللہ تعالیٰ نے اس سورت کی پہلی آیت الحمد للہ رب العالمین میں اپنا نام اللہ بتایا اور یہ نام بہت اہمیت رکھتا ہے کیونکہ اس کے علاوہ جو اللہ تعالیٰ کے باقی 99 نام ہیں وہ صفاتی نام ہے صرف یہ ایک نام ہے جس کے اندر سب صفات کے معنی آجاتی ہیں

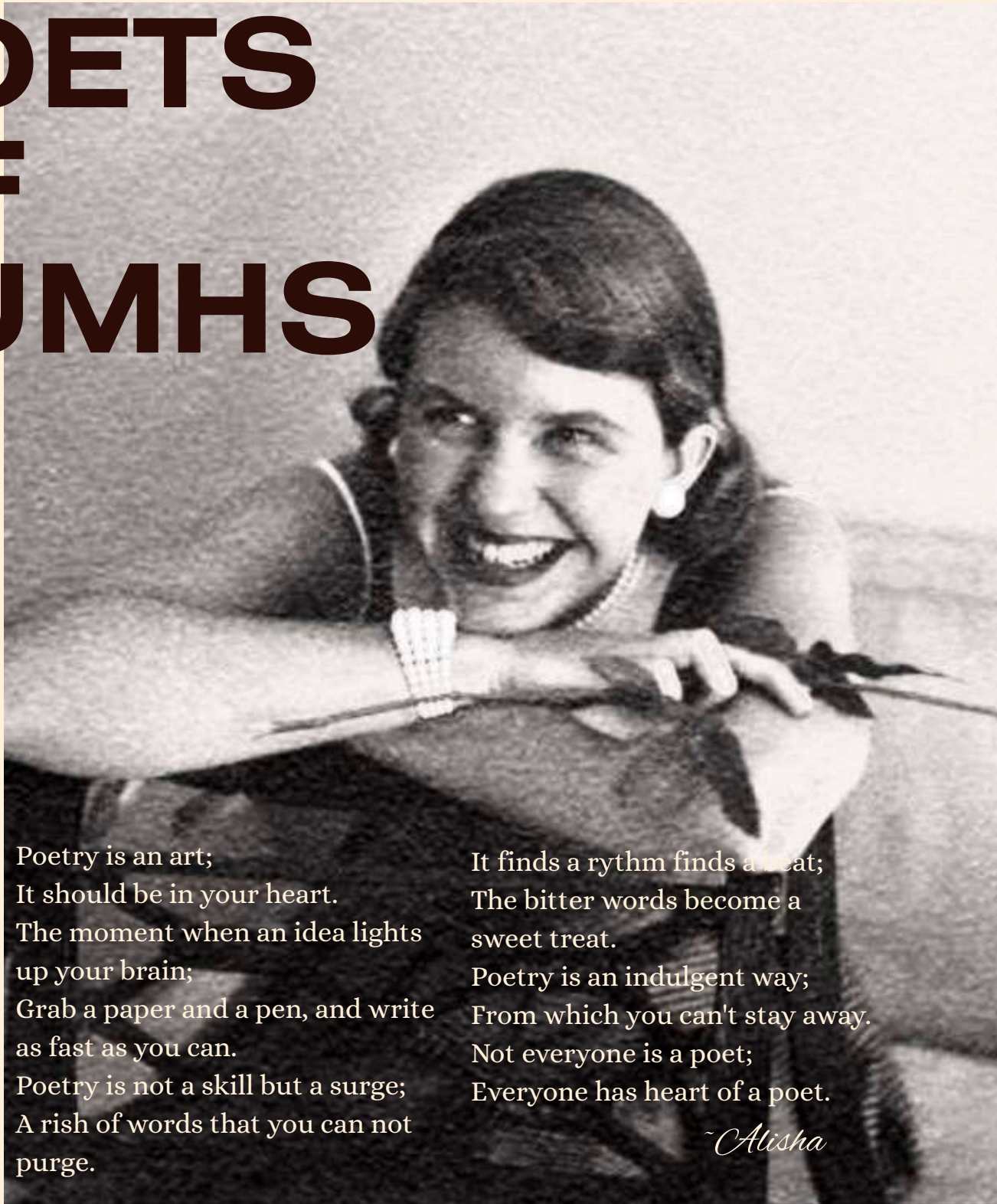
مجھے امید ہے کہ یہ پڑھ کر آپ کی معلومات میں اضافہ ہوا ہوگا اور اب آپ جب یہ سورت پڑھیں گے تو اس آیت پر دل سے غور ضرور کریں گے اور کوشش کریں گے کہ باقی سارے قرآن پاک کو بھی اسی طرح سمجھنے کی کوشش کریں اور چاہے بالکل تھوڑا ہی کیوں نہ ہو روز قرآن پاک ضرور پڑھیں گے انشاء اللہ. دعاؤں میں یاد رکھیے گا



Ramsha Amjad Ali

MBBS Batch of 26-27 / 2021-22

# POETS OF PUMHS



Poetry is an art;  
It should be in your heart.  
The moment when an idea lights  
up your brain;  
Grab a paper and a pen, and write  
as fast as you can.  
Poetry is not a skill but a surge;  
A rush of words that you can not  
purge.

It finds a rhythm finds a beat;  
The bitter words become a  
sweet treat.  
Poetry is an indulgent way;  
From which you can't stay away.  
Not everyone is a poet;  
Everyone has heart of a poet.

*~ Alisha*

# "علم شفا - انسانیت کا سفر"

یہ درسگاہ علم ہے، یہ نور کی زیں  
جہاں سے اٹھتی ہے دعاؤں کی روشنی،

یہاں کتابِ طب کے ہر ورق پ لکھا ہے  
خدمت کا جذبہ، ایثار کی کہانی

یہاں قلم نہیں، دل دعا بن جاتے ہیں،  
زخم دیکھ کر ہاتھ مرہم بن جاتے ہیں

یہی ہے فن طب، یہی عبادت کا رنگ  
یہی مسیحائی، یہی ایمان جنگ

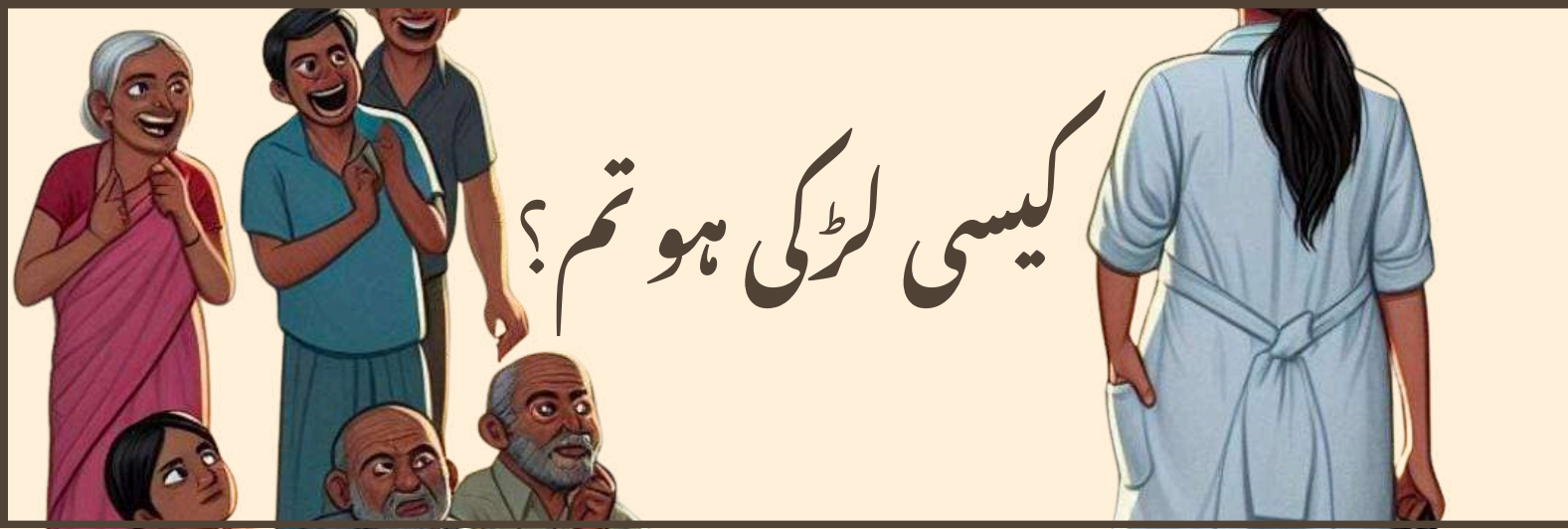
جہاں درد بانٹنا سکون بنتا ہے،  
جہاں شفا دینا جنون بنتا ہے،

اے PUMHSW، تو فخر وطن ہے،  
تو عورت کی قوت، علم کا چلمن ہے

تو وہ چراغ ہے جو بجھتا نہیں کبھی۔

**Fiza Rasheed**

MBBS Batch of 27-28 / 2022-23



نگاہیں جھکاؤ، قلم نہ اٹھاؤ،  
ورنہ زمانہ کہے گا کہ کیسی لڑکی ہو تم؟

علم دین و دنیا کا کافی نہیں ہے،  
اچھا کھانا نہ بناؤ تو کیسی لڑکی ہو تم؟

ادب کے تقاضے کرو لاکھ پورے،  
آواز حق کو اٹھاؤ تو کیسی لڑکی ہو تم؟

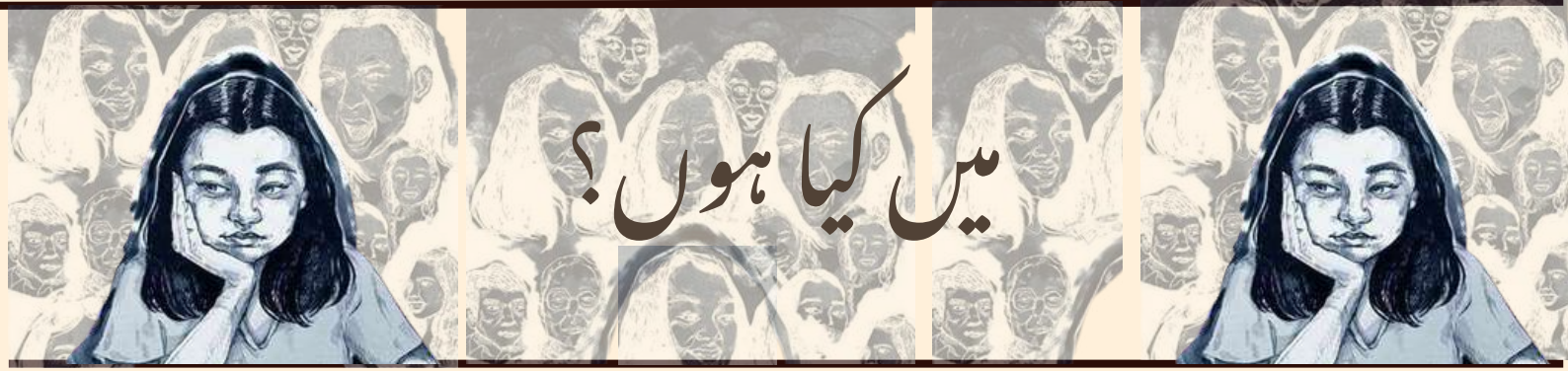
ڈانٹ ماں باپ کی بھی تو سن لیتی تھی نہ،  
دو تھپڑ خاوند کے نہ کھاؤ تو کیسی لڑکی ہو تم؟

سائنس، ریاضی کی یہ ڈگریاں کافی نہیں ہیں،  
گر جہیز تم نہ لاؤ تو کیسی لڑکی ہو تم؟

آنسو چھپاؤ، سسکیاں دباؤ،  
ورنہ زمانہ کہے گا کہ کیسی لڑکی ہو تم؟

**Misbah Saif**

MBBS Batch of 25-26 / 2020-21



## میں کیا ہوں؟

میں سوچتی ہوں، میں کیا ہوں؟  
 کبھی شوخ و چنچل، ایک آزاد چڑیا کی طرح  
 کبھی اداس، سنجیدہ، ایک قیدی کی طرح  
 کبھی ہر غم و فکر سے آزاد  
 کبھی سوچوں کے دریا میں ڈوبی ہوئی  
 کبھی ہستی ہوئی، کبھی مسکراتی ہوئی  
 کبھی دل ہی دل میں روتی ہوئی  
 کبھی اپنے رب کی یاد میں آنسو بہاتی ہوئی  
 کبھی اس دنیا کی کیف میں و مستی میں گم  
 میں سوچتی ہوں، میں کیا ہوں؟  
 یہ جو قوس قزح کے رنگ میں بھرتی ہوں، خود ہی کو بے رنگ  
 لگتی ہوں



## میں کیا ہوں؟

کبھی جو بہتے ہوئے چشمے میں بہ جاؤ، ٹھہرتی ہوئی سی لگتی ہوں  
 کبھی جو ٹھہر جاؤ، دلدل میں پھنسی ہوئی سی لگتی ہوں  
 خود کو مخلوق خدا سمجھتی ہوں  
 مقصدِ زندگی ڈھونڈتے ہوئے، گرتے ہوئے، سنہلے ہوئے،  
 بکھرتے ہوئے اور پھر سمٹے ہوئے  
 کبھی زخمی روح سی لگتی ہوں  
 نہ اپنی لگتی ہوں، نہ خدا کی لگتی ہوں  
 میں سوچتی ہوں، میں کیا ہوں؟

**Jannat Gul**

MBBS Batch of 29-30 / 2024-25



# GAZA, WHERE DEEP SORROWS TURNS INTO FAITH

**An enduring tale of patience**

Echoes of genocide, brutal and intense  
Whispers of pain, buried and lost

Bloodshed ignored, cruelty prevailed  
Justice crashed, but misery sailed

Hunger hunts the land, starving plates  
And hollow faces hold the pain

Yet the conscience of the world lies dead  
Political interests are prioritized instead

**Summaiya Ali**

*MBBS Batch of 29-30 / 2024-25*



# ROBBERY OF UNPRECEDENTED NATURE

Carrying belongings of her little beloved sister,  
Crying & sobbing, slowly walking downstairs with the wall's support,  
From afar, her screams and voice seemed soothing & melodious,  
I went closer & closer to her, through her eyes glanced into her soul,  
There was nothing but a disastrous river of pain & grief of loss,  
flooding her face.

Flooding the drought is of no use, when there's no more life, but  
merely the existence of a statue,

Driven by curiosity, I asked the other woman supporting her,  
Why there's a taste of sorrow in this bird's chirping?

She glanced at me & buried me then and there,  
There was a robbery of unprecedented nature yet so common,



There was a robbery of unprecedented nature yet so common,  
Slowly, death knocked at the door,  
Nobody heard, nobody saw,  
Yet it was felt by everyone.  
Scariest thief known to humans,  
Not only took someone's breath,  
But smile, & happiness of many.

“ **Background of this ward chronicle:** I got inspiration from a woman during my hospital rotation, it was first time for me to witness a death at hospital during my rotation. As class ended, I was about to leave, then heard a voice, thought someone was singing as the tone of song was something like Sindhi folk song, but when got closer to her near stairs, saw tears in her eyes and some blanket in her hand, I was shocked, something which I perceived as folk song was nothing but painful longing for a beloved. I asked the other woman who was supporting her, she told me her younger sister has passed away earlier in the morning due to thyroid cancer. My heart sank and I tried to put that incident into words.

**Fiza Amir**

*MBBS Batch of 27-28 / 2022-23*



# THE PRISONER WITHIN

Have you ever felt trapped?  
Not by a system. Not by someone else.  
But by a voice inside you, a voice you cannot silence.  
A voice that tells you to stop before you even begin.  
A master you cannot fight.  
A jailer you cannot see.  
I have... I was that prisoner.  
Not of fear, not of society, not of failure, but of my own will.  
It was my choices, my desires, my thoughts that held me captive.  
That soft whisper saying, "Don't try. Stay safe. Play small."  
That gentle lie, "One more scroll. One more nap. One more day."  
And that harsh command,  
"Work harder. Sleep less. Never be enough."  
And I obeyed them all...  
I remember the debate stage:  
the lights, the crowd, the silence that felt heavier than the air itself.  
I was ready. I had prepared for weeks.  
But just before I could speak, that inner voice whispered coldly,  
"Step down. You'll fail. You'll embarrass yourself."  
And I listened... I stepped back.  
I surrendered before I even fought.  
I gave away my power to the one person  
I should have trusted most: *myself*...

That was the moment I realized something painful:  
my biggest enemy lived within me.  
My will was not a strength. It was a master of disguise.  
It dressed fear as caution, indulgence as rest, ambition as purpose.  
And I believed every mask it wore.  
I traded my potential for laziness,  
my peace for approval, my future for temporary comfort.  
I kept chasing what felt easy, what felt good, what felt safe.  
Until I built a life that looked successful but felt empty.  
I had become a slave to my own will,  
trapped not by others, but by myself.  
Then I remembered something Tony Robbins once said:  
“It is in your moments of decision that your destiny is shaped.”  
And it struck me.  
The master only has power if I obey. The jailer only exists if I surrender.  
So I decided to choose differently. I chose courage over comfort.  
Discipline over indulgence. Purpose over procrastination.  
It started small... Choosing the book over the phone.  
The truth over the easy lie. The effort over the excuse.  
Each small choice became a rebellion.  
Each act of control is a quiet revolution.  
I learned that self-mastery is not about being perfect.  
It’s about being aware, catching yourself in that moment when your will  
whispers, “*Not today,*” and gently answering back, “*Yes, today.*”  
Mahatma Gandhi once said,  
“The best way to find yourself is to lose yourself in the service of  
others.”  
And I realized something:  
serving my future self is also an act of service.  
Every time I choose growth over comfort, I am building a version of  
myself I can be proud of.  
I was once a slave... But no longer...  
Today, I am the commander of my mind  
and the author of my destiny.  
I was trapped, but I have found the key.  
It was in my hand all along.  
And now, I have turned it.

**Hafsa Rasheed**

*MBBS Batch of 25-26 / 2020-21*



# JUDGING BIRDS BY HUMAN LAWS

*If among birds, parrots are the only ones who can speak,  
why were letters being dropped off by pigeons?*

*If falcons have a piercing gaze and swift flight,  
then why are we breeding finches?*

*Why are we fascinated by the peacock's dance and the  
sound of wings, when the bird of Athena was an owl?*

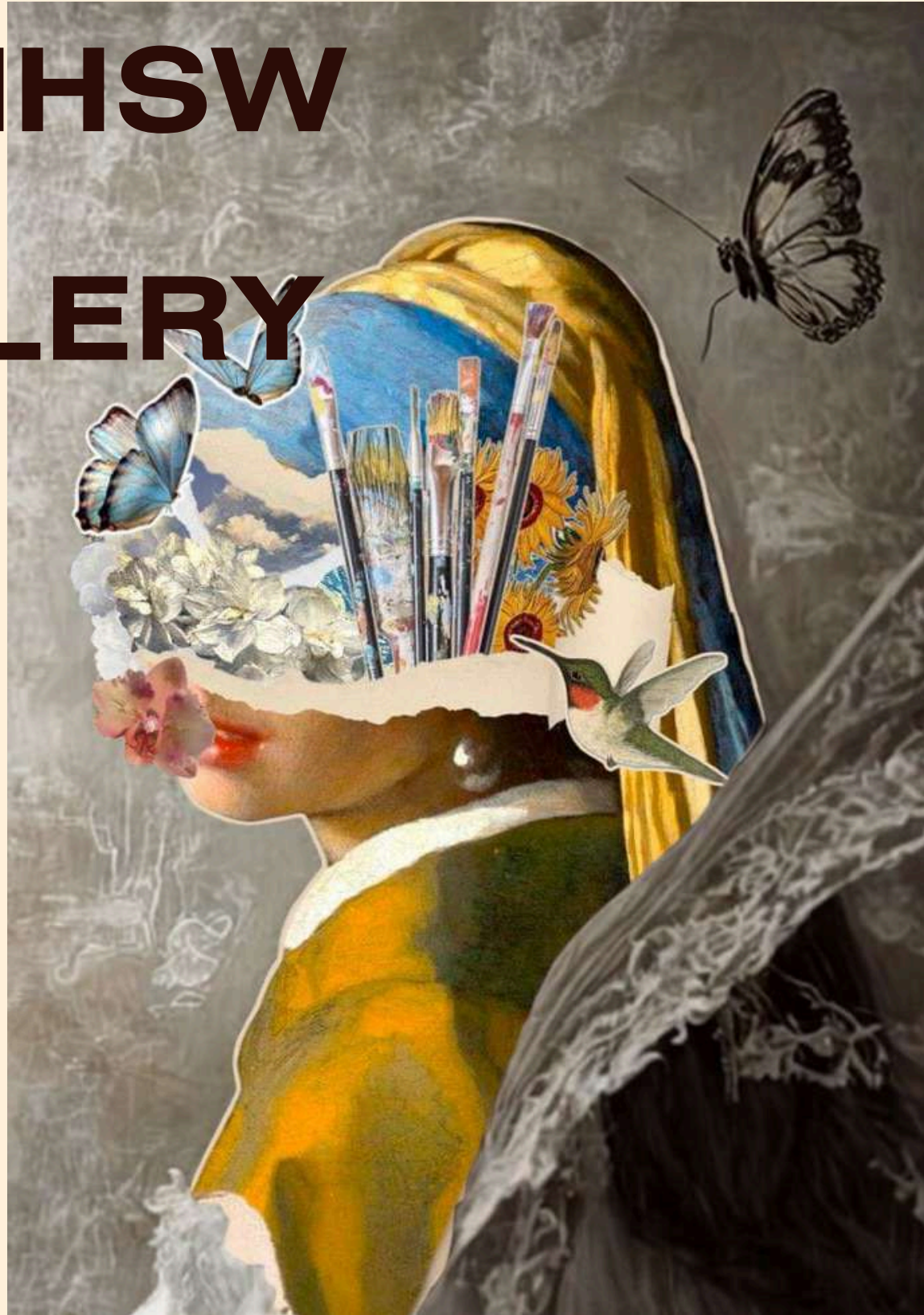
*Why were swans considered loyal, but flamingos were said  
to feed their young with their own blood?*

*A shrike can kill sparrows, yet why do we curse the cuckoo  
for laying its eggs, despite knowing it is the caller of rain?*

**Maseera binte Shams Lakho**

*MBBS Batch of 26-27 / 2021-22*

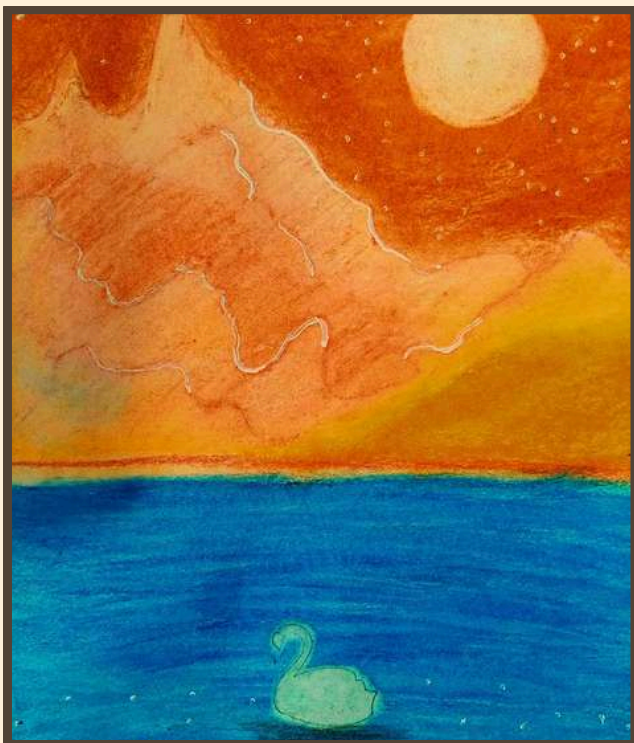
# PUMHSW ART GALLERY



# SERENE PAINTINGS



RITIKA



IQRA USMAN



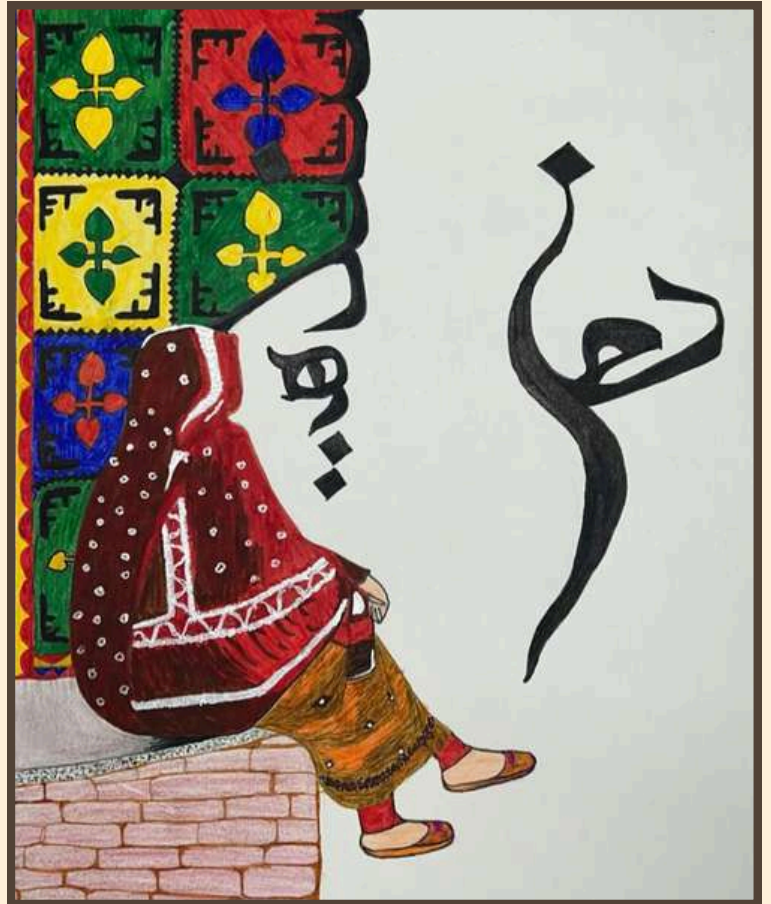
MARVI

# CAPTIVATING VISUALS

“EVERYTHING YOU CAN IMAGINE IS REAL.”  
— PABLO PICASSO



SOBHYA



USHA



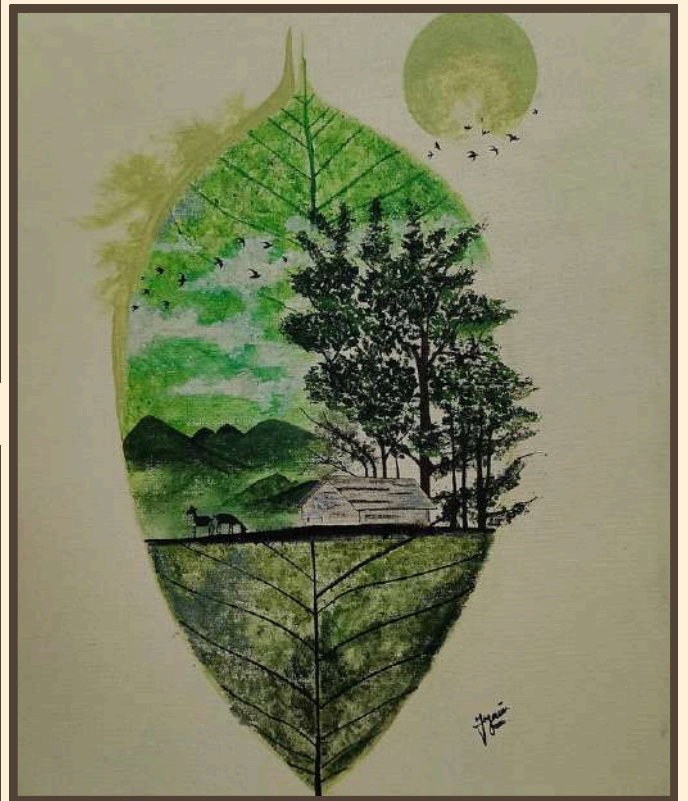
PRINKA

# SCENIC BEAUTY



SURAKSHA

"IF YOU ASK ME WHAT I CAME TO DO IN THIS WORLD, I, AN ARTIST, WILL ANSWER YOU: I AM HERE TO LIVE OUT LOUD."  
— ÉMILE ZOLA



JAVERIA NADEEM

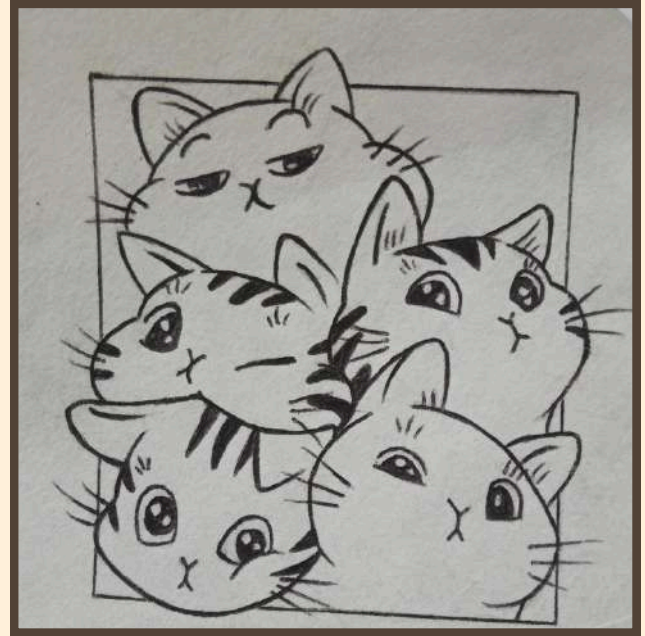


SAPNA

# BLACK & WHITE



FIZA & ASMAT



JAVERIA JAWED



HOORAIN



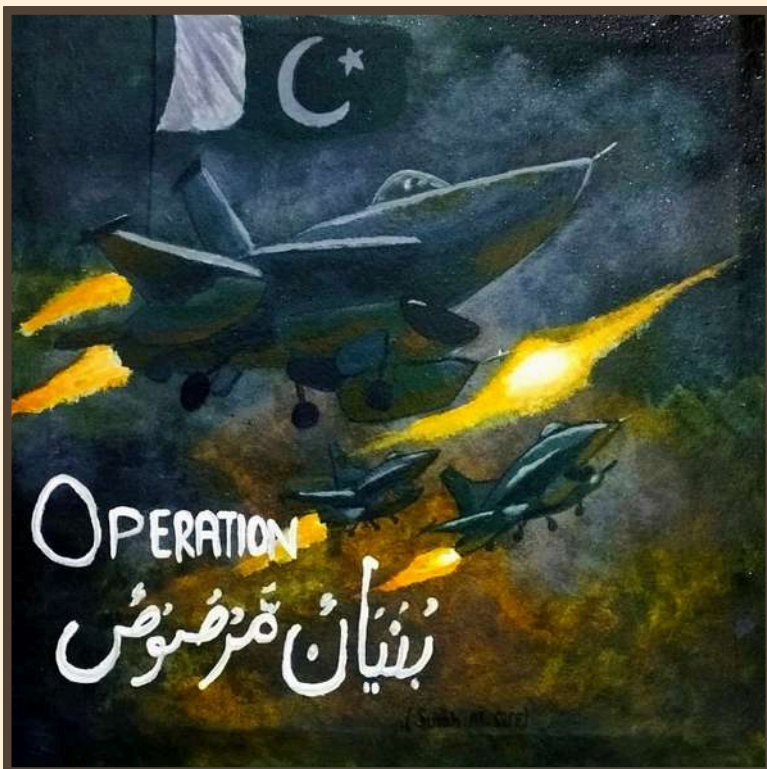
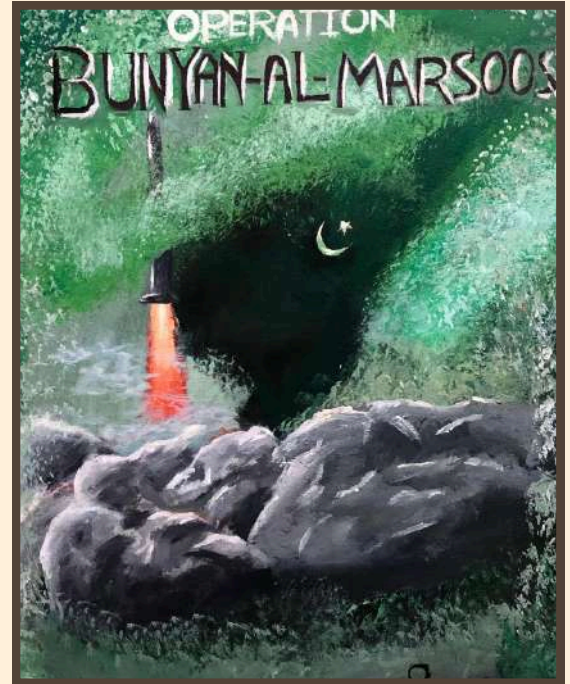
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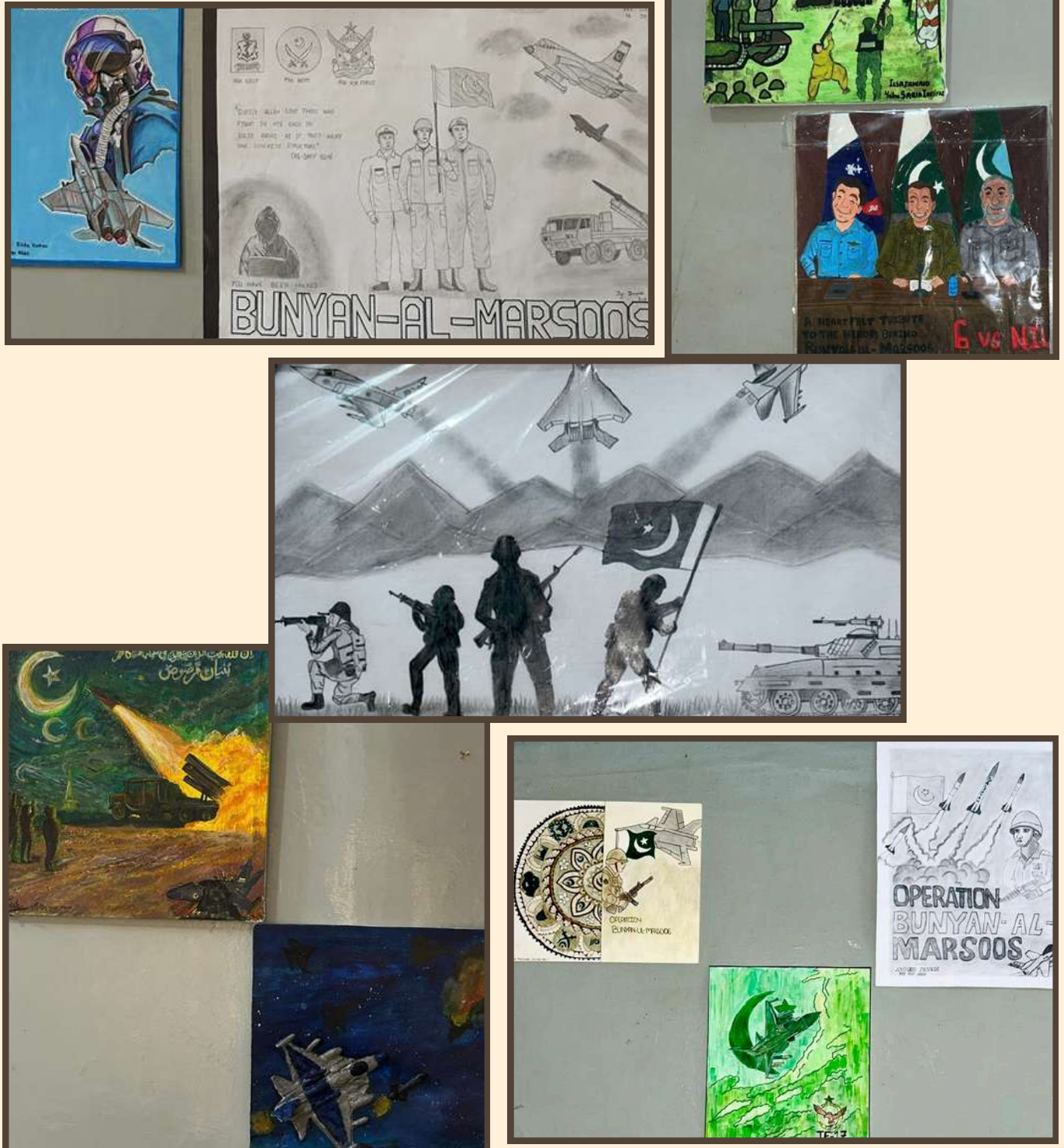
RABIA

# BUNYAN AL- MARSOOS

"WE STAND WITH OUR NATION AND OUR DEFENDERS – UNITED LIKE A SOLID WALL."



# BUNYAN AL- MARSOOS



# AWARD WINNING ESSAYS



Top 3 essays from the National Essay Writing Competition 2025, held in September-October on the theme, “Pakistan - Türkiye Relations: A Timeless Bond”

# PAKISTAN - TÜRKIYE RELATIONS: A TIMELESS BOND

## OUTLINE:

- 1) Introduction
- 2) Cultural and religious linkages
  - 2.1) Pakistan- Turkey agreement on cultural interactions from 1993 to 1996
  - 2.2) ISS and Ankara's Center for Strategic Studies in May 2003
  - 2.3) Followers of the same religion, Islam.
- 3) Historical ties and diplomatic relations
  - 3.1) Fall of the Ottoman Empire and support of Indian Muslims.
  - 3.2) Pakistan and Turkey as members of the Central Treaty Organization.
  - 3.3) Support of Turkey for Pakistan in the Kashmir conflict
  - 3.4) Development of HLSCC (High-level strategic cooperation council)
  - 3.5) Pakistan and Turkey as members of the Organization of Islamic Cooperation (OIC) and the Economic Cooperation Organization (ECO).
- 4) Economic and Military relations
  - 4.1) Trade agreement of August 2022
  - 4.2) Signing of the Free Trade Agreement (FTA) between Pakistan and Turkey
  - 4.3) Tourism in Pakistan and Kashmir.
  - 4.4) MILGEM Corvette Project.
  - 4.5) Military relations between Pakistan and Turkey.
  - 4.6) Trilateral military relations.
- 5) Educational exchanges
  - 5.1) Scholarship programs for students
  - 5.2) Research Institutions in collaboration with universities.
  - 5.3) Language understanding courses.
- 6) Political relations
  - 6.1) Exchange of visits by leaders
  - 6.2) Role of HLSCC in politics.
- 7) Aid exchange and recent developments
  - 7.1) Pakistan's support for Turkey during the 1999 and 2011 earthquakes
  - 7.2) Support of Turkey to Pakistan in times of flood and earthquake in Kashmir.
  - 7.3) Dual nationality initiatives.
- 8) Conclusion

Revisiting the past from 1919 to 1922, the Ottoman Empire, a powerful, multi-continental state which was founded by Turkish tribes in Anatolia around 1299 by Osman 1, was falling and was taking its last breaths after World War 1. At that time, Indian Muslims supported the Ottoman Turks in the form of pan-Islamic solidarity and the Khilafat movement. These movements fostered the unity of Muslims based on Islamic teachings, regardless of their ethnicity or nationality. These movements by the Indian Muslims led to the development of the deep, enduring connection between Muslims of Pakistan and Turkey. Since Pakistan's independence in 1947, the two countries have been establishing a strong connection, and bilateral relations are becoming stronger between the two nations. Enduring brotherhood and friendship, both countries have transformed their historic and unparalleled ties into an even stronger strategic partnership. With the passage of time, both countries have shown significant collaboration in almost every field. This essay will bring to light the story of the timeless bond between these two nations, forged through strong cultural and religious ties, investment and trade, and mutual agreements. Also, the support extended to each other during challenging times culminating in recent advancements and partnership, as a result of which the two countries have developed a cordial rapport and amicable cooperation. Pakistan and Turkey have enjoyed a long-standing and multifaceted bilateral relationship that spans various sectors. **This essay will talk about the cultural and religious linkages, historical ties, diplomatic relations, educational exchanges, economic and military relations, aid exchange, and recent developments between the two countries.**

The most important factors that bring one country closer to another are Culture and Religion. Both countries have historical, cultural, and religious ties and share common views on culture and religion. Understanding each other's culture facilitates the development of diplomacy and relations. The Pakistan-Turkey agreement on cultural interaction, which was in effect from 1993 to 1996, was signed by Pakistan's Minister Attaullah Tarar and Turkish Foreign Minister Hakan Fidan in November 1992. This agreement covers a range of cultural and artistic topics, including organizing traditional craft exchange exhibitions and the movement of discussion groups and artists. Cultural celebrations, festivals have increased familiarity with other traditions. A Cultural trip to Turkey for about 200 Pakistani students has been organized to further strengthen the cultural linkages by making students aware of their culture. Also, Mosques have been constructed in Pakistan in the Ottoman style by the Turkish Aid Organizations. The Pakistan Academy of Letters (PAL) and the Yunus Emre Institute are collaborating on joint Literacy Projects, including cultural events. The cultural cooperation agreement, signed in 1953, is implemented through cultural exchange programs as the Youth Cultural Exchange Program. The Islamabad Institute for Strategic Studies (ISS) and Ankara's Center for Strategic Studies signed the historic agreement in May 2003. This agreement facilitated the coordination of defence policies. The Turkish embassy in Islamabad is promoting visits by Turkish cultural figures to Pakistan to strengthen cultural ties. In this way, the two nations have promoted mutual respect and collaboration by leveraging their profound cultural and historical connections. Furthermore, the two countries share a profound bond rooted in their common religion, Islam, which significantly benefits the relationship between them. According to the Turkish government, about 99% of the population in Turkey is Muslim, and about 96% of the population in Pakistan is Muslim. Both draw inspiration from the teachings of the Quran and Sunnah. In the Holy Quran, Allah Almighty taught us in different places to be united as One and the importance of the unity of Muslims, like in Surah Al-E-Imran, verse 103, Allah Almighty says:

**"And hold firmly to the rope of Allah all together and do not become divided"**

The history shows that the Pakistan-Turk relationship has deep historical roots, starting before the independence of Pakistan, when Indian Muslims supported the Ottoman Empire. History provides a sound basis for the relationship between them; both have a common traditional legacy that is rooted in Islam.

After the independence of Pakistan in 1947, Turkey recognized and supported its membership in the United Nations. The two nations have always made diplomatic exchanges that have been characterized by a series of famous visits by high-ranking Officials, which have played a major role in expanding their bilateral relations. The founder of Pakistan, Quaid-e-Azam Muhammad Ali Jinnah, expressed a desire to develop Pakistan according to the Turkish model of modernity. Both countries became members of **CENTO(Central Treaty Organization)**, also known as the Baghdad Pact. CENTO was a Cold War Military Alliance, and both countries had the same position in the Cold War. Moreover, both countries have shown mutual diplomatic support to each other, thereby enhancing their collective influence, as Turkey has always supported Pakistan in the Kashmir issue at each forum. Turkish President Recep Tayyip Erdogan underlined the importance of the Kashmir issue, reiterating support to Pakistan, raised the issue at the United Nations General Assembly during the lockdown in Indian administered Jammu and Kashmir, and also declared India as the aggressor in the 1965 war. Likewise, Pakistan supported Turkey on Cyprus and acknowledged the Armenian genocide. The two nations have collaborated extensively in defense and strategic sectors, and they have developed an even stronger strategic partnership with the formation of the **High-level strategic cooperation council (HLSCC)** in 2010. It was established as a framework for consultations at the highest political level between the two sides. This council serves as the primary discussion platform for fostering bilateral relations in various fields. The 7<sup>th</sup> session of the HLSCC, held in Islamabad on February 13, 2025, further strengthened the partnership. Both countries are the pioneer members of the Organization of Islamic Cooperation (OIC) to strengthen Islamic solidarity and the Economic Cooperation Organization (ECO) to augment regional collaboration. Through the utilization of their historical connections and joint interests, both nations possess the capacity to prevail despite hardships, ensuring regional equilibrium and territorial balance.

In the economy, trade and investment are the main areas of focus. The two countries agreed on a strategic economic framework and action plan, which aims to enhance trade and investment bilaterally. Both countries import and export goods and are making efforts to increase their trade volume. At the Turkey-Pakistan Business forum held in the Pakistani capital Islamabad, Turkish Trade Minister Ruhsar Pekcan said that bilateral trade volume is expected to exceed \$1Billion in the short term, up from its current level of \$850 Million. In August 2022, Pakistan and Turkey signed a preferential Trade Agreement in which Turkey granted Pakistan concessions on 261 tariff lines, including the agriculture and industrial sectors. Pakistan, in turn, granted Turkey concessions on 130 tariff lines, which include food products and industrial raw materials, which is playing an immense role in deepening the strategic partnership between them. In recent years, Turkey has experienced a surge in Pakistani tourists, contributing to the growth of the tourism industry, which accounts for a small part of the country's economy. Turkey's 2024 tourism figures included approximately 135,000 Pakistani tourists. Tourism is one of the main sources of income for any country nowadays. The Pakistani and Turkish economies are taking advantage greatly from the economic ties between them. In 2006, a Landmark in the development of strengthening the commercial and economic ties was the signing of a free trade agreement(FTA) between Pakistan and Turkey. As an outcome of the FTA, access to the market has been easier, tariff barriers have been reduced, and bilateral trade has been enhanced. Moreover, Pakistan and Turkey are involved in various joint efforts within the defense sector, and Military relations have also been growing, with the Pakistan Air Force reportedly training Turkish pilots. Both countries recognize the importance of joint contributions and pooling efforts against terrorism and the maintenance of regional peace. Turkey has played a key role in providing defence equipment to Pakistan, encompassing the purchase of helicopters, maritime patrol aircraft, and various other military hardware. . The two countries are working together on different defense projects like the **MILGEM Corvette Project, KAN National Combat Aircraft Programme, and Drone Cooperation.**

The MILGEM Project was launched in July 2018, with a contract signed between the Ministry of defence of Pakistan and Turkey. This project has helped Pakistan in enhancing its Naval force capabilities and has minimized its reliance on foreign sources. In addition, there have been signs of a trilateral military alliance being formed between Turkey, Pakistan, and Azerbaijan, aimed at strengthening their defence ties and regional security. Through this alliance, the countries are showing joint military exercises, efforts to counter terrorism, and are working on defence projects. This alliance is also a source of providing economic benefits to the nations and new opportunities for a better future.

In today's world, where Education is most important for the development of nations, Pakistan and Turkey are bringing recent advancements in education, establishing academic connections, programmes for student exchange, and opportunities for scholarships are being provided in order to promote cooperative learning and to stimulate peer-to-peer learning. Turkey has provided almost 250 fully funded scholarships for Pakistani students to study in Turkey. The scholarships that are being provided include the Turkiye Bursları scholarship, Islamic Development Bank scholarship, Turkish Diyanet foundation scholarship, and Bilkent University scholarship. Turkish universities have extended a warm reception to Pakistani students, providing them with educational skills across multiple fields of study. In addition, the development of partnerships between universities and research institutions promotes collaborative research endeavors. Moreover, Turkish language courses are being conducted in institutions in Pakistan to give familiarity with the Turkish language, and similarly, Urdu language courses are being conducted for Turkish students in Turkey. These efforts in the education sector are being carried out for the youth of Pakistan and Turkey, since it is the youth who is responsible for the development of any country. By providing facilities and easy accessibility to education, the two countries are fostering their bond.

The political relations between Pakistan and Turkey have progressed significantly since the year 2000, demonstrating the presence of shared interests and collaborative efforts between the two countries. The political engagements between Pakistan and Turkey have been characterized by the exchange of visits by leaders from both nations. Recep Tayyip Erdogan visited Pakistan, and he showed great affection towards the people of Pakistan. The Pakistan-Turkey High-Level Strategic Cooperation Council (HLSCC) has emerged as a pivotal pact that has enhanced the political relations between the two nations. Established in 2009, the HLSCC functions as a forum for frequent high-level meetings involving senior officials from both countries to participate in discussions pertaining to political, economic, defense, and cultural issues, leading to an increased level of collaboration between Pakistan and Turkey. Hence, the political relations between the two nations are on the path towards the prosperity and betterment of both.

Not only the two nations stand on one platform in good times, but they have also proved their friendship in times of hardship and difficulties; both stood shoulder to shoulder in every situation, whether it was Pakistan's support for Turkey during the 1999 devastating earthquakes and in the 2011 van earthquake, or Turkey's aid to Pakistan during the floods. There is a commendable role of Turkey in providing rehabilitation to Pakistan. Like in 2005, after Kashmir's earthquake, Turkey gave 150 million dollars for rehabilitation to Pakistan. Both countries are standing with each other and are ready to provide any kind of financial or other support to each other. Highlighting the historic Pakistan and Turkey relationship, Member of Parliament Burhan Kayaturk stated that:

**“ Support from Muslims of the subcontinent, Pakistan, is still fresh in the minds and hearts of Turkish people; both countries have supported each other in good and difficult times.”**

Last but not least, there are recent developments in bilateral relationships between Pakistan and Turkey, which include advancements in military and defense cooperation, economic and strategic partnerships, dual nationality initiatives, joint stance on international issues like Kashmir and Northern Cyprus. In the area of economic and strategic partnership, High-Level Strategic Cooperation Council, co-chaired by President Erdogan and former Prime Minister Imran Khan, signed 13 memorandums of understanding, aimed at increasing the bilateral trade volume to \$5 billion by 2023. Also, these innovations are heading the two countries towards the prosperity and betterment in the future.

To sum up, Pakistan and Turkey are on the way to developing a strong relationship and a bond that deepens with time. Pakistan and Turkey have built a partnership in almost every sector to promote the cultural linkages, diplomatic relations, economic and military relations, political relations, and the educational sector. Both nations are also making efforts to combat terrorism. Pakistan and Turkey are standing under one platform and ensuring that they are ready to help each other in difficult times. Recently, efforts have been undertaken in multiple areas to further strengthen the bilateral relations, such as facilitating dual nationality for citizens of both countries. The citizens of both countries will have joint citizenship and dual passports in the near future, due to this initiative. Turkey's investments in Pakistan's energy infrastructure and in the textile sector are also growing. Their relationship is having a positive impact on Muslim unity, enabling them to address the challenges facing the Muslim countries. These cordial Pakistan-Turkey relations set an example for Muslim countries to enhance their ties. We can rise in power as one against the injustices and grievances of the Muslims. Likewise, by combined efforts, both countries can highlight the issues of the Muslim ummah, like Kashmir and Gaza. Together as Muslims, we can become powerful, which will restore not only our lost values of the past but also help maintain regional stability in this era of advancements and competition. As Prime Minister of Pakistan, Shahbaz Sharif said that;

**“Together we will work harder to make Pakistan and Turkish friendship a fraternal bond like two souls one heart.”**

May Allah Almighty continue to strengthen the bonds of friendship and cooperation between these two countries.



**Zainab Zulfiqar**

*MBBS Batch of 26-27 / 2021-22*

# PAKISTAN - TÜRKIYE RELATIONS: A TIMELESS BOND

## OUTLINE:

- INTRODUCTION
- SHARED HERITAGE, STRONGER TIES
- PAKISTAN & TÜRKIYE'S HISTORIC BOND WEAVES STRONGER
- DIPLOMATIC BRIDGES; STRENGTHENING PAKISTAN-TÜRKIYE'S RELATIONS
- PARTNERS IN GLOBAL PEACE & STABILITY
- STEEL BROTHERS, UNBREAKABLE DEFENSE BOND
- GROWING TIES, GROWING TRADE
- PAKISTAN & TÜRKIYE'S ACADEMIC PACT
- THREADS OF FRIENDSHIP
- UNITED FOR UMMAH: PAKISTAN & TÜRKIYE LEAD THE CHARGE
- CONCLUSION

## INTRODUCTION:

Pakistan and Türkiye are two important Muslim states. Pakistan being the only Muslim country that possesses nuclear power whereas Türkiye, besides having a strong army, is an emerging power in the Middle East. The friendship between Türkiye and Pakistan needs no introduction, the two countries have been tied in a fraternal bond for centuries. Türkiye's relations with Pakistan have evolved since the establishment of Pakistan as an independent state on 14th August 1947, the base has been close friendship and sense of brotherhood between the two Muslim countries. The strong fraternity has gained the two countries, the title of "Iron Arm Brothers". Following the establishment of Pakistan as an independent state, the bilateral relationship between the two countries has further been strengthened and has evolved into multifaceted bonds not just through strategic cooperation, but extending beyond diplomacy and closing in various other areas. Pakistan and Türkiye share a robust bond encompassing cultural, historical, diplomatic, defensive, economical and educational ties. Additionally people-to-people ties have also played a significant role in growing this bond even stronger.

## SHARED HERITAGE, STRONGER TIES:

The relations between Türkiye and Pakistan are mainly based on two factors; Religion and Culture, these two factors are very important to influence the bond between two Muslim majority countries. Both Countries have significant Muslim populations and their religious affinity has played a crucial role in nurturing their ties. The Turkish Embassy in Pakistan and the Pakistan Embassy in Ankara have been seen playing a significant role in bolstering the cultural heritage between both countries. As a result of their struggles, the bond has now become multidimensional whose future prospects seem very bright and hopeful.

An example of such fraternity was seen on 23rd March, 2012 when for the first time, a cultural week titled "Jeevay Jeevay Pakistan " was being organized by the Pakistan Embassy in Ankara. This cultural show had several activities including Qawalis, fashion shows and food stalls. The event was being sponsored by the Turkish media. In 2013, President Erdogan during his two-day visits in Pakistan, made an announcement of the establishment of a Turkish cultural center in Lahore, on that occasion, both countries affirmed to give more strength to the cultural and bilateral relations highlighting the cultural affinity between the two countries.

Both the countries have been influenced by Iranic, Hellenistic, Arab and Turco-Mongol cultures at certain points in history. Pakistan and Türkiye share common cultural influences spanning centuries, with roots in Central Asia. This is reflected in their clothing designs and food, such as kebabs, pilaf, and halva, although Pakistani cuisine has a distinct South Asian flavor profile.

The Popularity Of Turkish TV Shows such as "Ertugrul Ghazi" have also helped promoting the cultural bond and cultural resonance between Pakistan and Türkiye.

## PAKISTAN & TÜRKIYE'S HISTORIC BOND WEAVES STRONGER:

History plays a key role in determining relations between any two nations, Pakistan and Türkiye are no exception. Their fraternal bonds have been depicted well even when studying historical background dating back to the Ottoman Empire and the Khilafat Movement in India that demonstrated the solidarity of Indian Muslims for their Turkish brothers. A great example of Indian Muslims solidarity was seen at the occasion of Russo-Turkish war in 1877, when Indian Muslims collected subscriptions while being engaged in religious services and sent the aid to wounded Turkish soldiers. During the Balkans war, Indian Muslims also sent medical aid in support of Turkish people. This long-standing connection persisted even after Türkiye progressed to the Republic in 1923.

Türkiye has been quick to recognize Pakistan as a powerful state in 1947, showcasing this brotherly tie to be lasting since the foundation of Pakistan as an independent state. On 4th March, 1948, Mr. Muhammad Ali Jinnah, while admiring the support of Türkiye And expressing the gratitude said,

"Türkiye has been in our perspectives for long and has drawn our attention for the courage of your people and the manner by which your legislators, statesmen and pioneers have battled and battled practically untiringly against Europe for your opportunity and power which have been happily preserved. I can, in this way, guarantee that the Muslims of Pakistan engage feelings of respect, love and honor to your nation and presently Türkiye and Pakistan both as independent, free, sovereign and autonomous nations, can further build better ties increasingly more to ultimately benefit both."

On 2nd April 1954, Pakistan and Türkiye also signed a treaty of cooperation and friendship.

## DIPLOMATIC BRIDGES, STRENGTHENING PAKISTAN-TÜRKIYE RELATIONS:

The diplomatic ties between Pakistan and Türkiye date back to the Ottoman empire and can still be seen improving with the passage of time even after all these years. Despite suffering from diplomatic and political setbacks, the relation between the two countries never seemed to be affected adversely. Their relations have been strong since day one and were made stronger by certain pacts being signed such as Baghdad pact, aiming to improve the security and defense capabilities bringing the two countries together and the other pact was Regional Co-operation for Development ( RCD ) which later progressed into Economic Co-operation Organization. This organization was a result of Pakistan, Türkiye and Iran's disappointment with the cynicism of European countries.

In January 2004, under the presidency of President General Pervez Musharraf, an agreement was made between the two countries that aimed to fight against terrorism. In the current date, the diplomatic ties between Türkiye and Pakistan are at its peak because of their agreement to work together in good faith fostering a collaborative relationship. The collaboration between the two countries against terrorism and sectarianism is hoped to yield positive results.

### **PARTNERS IN GLOBAL PEACE & STABILITY:**

Türkiye and Pakistan have always been seen to promote both regional and global peace. Both countries have been members of the international community and have had a history of standing up against injustice, globally.

Pakistan's support in the case of Turkish Cypriots has been an example for its friendly bond with Türkiye. In 1954 and 1957, Pakistan insisted the world leaders at United Nations to fulfill the genuine desire of Turkish Cypriots besides ensuring their human rights.

Türkiye's position has been consistent over Kashmir's issue, supporting Pakistan's position on Kashmir and urging to resolve the issue through consideration on the basis of justice and equity rather than tyranny and conflict.

In December 1971, when war broke out between India and Pakistan, the then Prime Minister of Türkiye called India to draw back their troops. In 2019, when India abrogated Article 370, ending the autonomous status of Kashmir, Türkiye vehemently criticized the move of India.

During the meeting between Türkiye's President Recep Erdogan and Pakistan's Prime Minister in 2025, during which 24 memorandums were signed in Islamabad, Prime Minister Shahbaz in his address said, "Our position on Gaza is very clear, Türkiye has always supported Pakistan's position on the Kashmir issue, Pakistan will always support Türkiye's position on the Cyprus issue."

On May 10, 2025, when Pakistan launched Operation Bunyan-ul-Marsoos against India, Türkiye backed Pakistan showing its immense support. Türkiye also helped revamping the defensive capabilities of Pakistan. On that occasion, Pakistan's Prime Minister, Shehbaz Sharif expressed his heartfelt gratitude to Türkiye for being there in such a hard time and also praised the role of Türkiye for maintaining peace in South Asia.

### **STEEL BROTHERS, UNBREAKABLE DEFENSE BOND:**

For decades, Pakistan and Türkiye have been strengthening their defense systems through their partnership reflecting their shared interest, despite being demarcated from western suppliers, both nations seem to enhance autochthonous production capabilities beating down dependence on external sources. An example of such strong partnership can be seen in the aerospace sector, where Pakistan serves as a key market for its NATO-standard high tech defense and aerospace products, an example of that collaboration could be seen during Bunyan-ul-Marsoos. The partnership of Türkiye and Pakistan has doubled their defensive capabilities, showing immense support of both nations for each other in achieving self sufficiency in the defensive field, leading to progress in defense technology, co-production of military equipment and collaborative training and exercises.

Their defense cooperation is further solidified through high-level visits and agreements. For instance, Turkish Defence Minister Yaşar Güler and Pakistan's Defence Minister Khawaja Asif have reaffirmed their countries' commitment to a strong defense partnership, describing it as "two countries, one nation". This cooperation extends to counter-terrorism efforts, with both nations working together to address regional security challenges.

## GROWING TIES, GROWING TRADE:

Pakistan and Türkiye are also emerging market economies and the relation between the two has also been transforming into economic partnership. Türkiye has also helped Pakistan build mega projects like the Meta Bus System of Punjab, roads, hospitals and has even helped Pakistan train its human resources in various fields.

over the past 10 years, the trade between Pakistan and Türkiye has reached around \$10 billion. Several Turkish companies have invested in private sectors of Pakistan including Bayinder, Teksa and Enka.

In June 2003, President Erdogan visited Pakistan along with 110 businessmen, showcasing Türkiye's desire for boosting economic ties with Pakistan. In August 2022, After signing the Preferential Trade Agreement (PTA), also known as the Trade in Goods Pact, there was a boost in bilateral trade to \$5 billion, as envisioned by Pakistani Prime Minister Shehbaz Sharif and Turkish President Recep Tayyip Erdogan. Under the agreement, Türkiye granted Pakistan concessions on 261 tariff lines, encompassing key export items from both the agriculture and industrial sectors. Conversely, Pakistan extended concessions to Türkiye on 130 tariff lines, with immediate zero-duty access on 16 items and gradual reductions on others. As of 2024, the total number of Turkish investments in Pakistan is around \$2 billion. The republic of Türkiye is an emerging economy in Asia, Africa and Europe and has set an example for all emerging economies to liberalize the economy without compromising their traditions, therefore in terms of economy, both nations are likely to engage in increased collaboration.

The growing economic partnership between Pakistan and Türkiye is further evident in the increasing number of Pakistani tourists visiting Türkiye. In 2024, approximately 135,000 Pakistani tourists traveled to Türkiye, contributing to the country's tourism industry. Moreover, Pakistani investors have shown significant interest in Türkiye, investing in various sectors, including property. This investment not only fosters economic growth but also deepens the cultural and historical ties between the two nations.

## PAKISTAN & TÜRKIYE'S ACADEMIC PACT:

Academic cooperation, student exchange and joint research initiatives are also being promoted, enhancing the educational ties between Pakistan and Türkiye.

The agreement being signed in May 2003 between Islamabad and Center for Strategic Research Ankara, affirmed to establish more institutions in both countries. Pakistan and Türkiye's strategic partnership prioritizes education and youth development, aiming to empower students, boost universities, and drive innovation. This agreement, signed in Ankara, marks a significant milestone in regional academic cooperation, fostering long-term bilateral ties.

This agreement also demonstrates the flourishing commitment between the two nations to cultivate and cherish their hale partnership, enhancing the educational ties as key factors for progress. The most crucial elements of this partnership include youth development and empowering the bilateral ties between Pakistan and Türkiye, besides focusing on mutual cooperation through understanding and enhancing academic collaboration.

## THREADS OF FRIENDSHIP:

The people to people ties have displayed a greater sense of friendship between the two countries. Pakistanis have always had a tender heart towards their Turkish brothers and have always had reciprocation from them. The people of Türkiye and Pakistan have always stood by one another under the challenging times such as the times of natural disasters, that led to deepening of close relations between people.

An example could be seen when in July 2024, Pakistan National Management Disaster and Emergency Management Authority reached an agreement to focus on preparing for and responding to floods and earthquakes. In June 2025, When Türkiye faced wildfires due to soaring temperatures, Pakistan stood firm with Türkiye offering solidarity. The Fraternal ties are being nurtured by warmth, cordiality and common faith.

## UNITED FOR UMMAH: PAKISTAN & TÜRKIYE LEAD THE CHARGE:

Pakistan and Türkiye, being the leading countries of Muslim world, keep the capability and power to unite the Muslim countries to resolve their problems. Both countries even work together to sort out civil strife including internal conflicts, factions, regional instability and power struggle.

The Muslim world is confronting difficult situations, Jews are attempting to sabotage the Muslims, there is barbaric killing of innocent Muslims in Palestine. The Ummah is focused more on the roles of Pakistan and Türkiye.

At the Organization of Islamic Cooperation, Türkiye is a strong voice for Palestinian right of self determination. In July 2025, Information Minister Ataullah Tarar said, "Erdoğan is a global leader whose actions reflect deep moral commitment." He also highlighted Türkiye's historic bond with Pakistan especially during crises.

In August 2025, Türkiye President stated that Türkiye stood on the same line with Pakistan against this genocide, and that the two countries would continue to work in coordination.

Pakistan and Türkiye are two main powers that can tackle the issues being faced by the Muslims throughout the world. This is Also a reason why these two nations are primary targets of anti-Muslim sectors. Pakistan realizes the need to maintain close ties with Türkiye given that both sides have a similarity of vision for the Muslim world and can also bring the Muslim and West together. With their cooperation and enthusiasm these countries can contribute a greater part in creating stability and peace among other Muslim countries.

Together with Türkiye, Pakistan keeps the ardency to ensure peace and stability among Muslim countries. The climactic role played by Pakistan in collaboration with Türkiye gives hope to Muslim world, while facing challenging times. Türkiye's inwardness towards regional diplomacy along with geopolitical significance of Pakistan can serve as major factors for playing a part in cultivating stability and peace among Muslim countries. With ascendancy in their historical, political and cultural ties, both nations are capable of turning their hands to common problems faced by Muslim Ummah like political instability, economic under development and security threats.

Through the combined efforts of Pakistan and Türkiye, the chances of a stronger, resilient and united Muslim world grow higher, leading to progress in areas like counter-terrorism, economic development and humanitarian aid.

The collaboration of Türkiye and Pakistan can help Muslim nations to magnify and heighten their voices on global platforms, thus advocating for raising concerns of Muslim world at global level and leading to a more even-handed and non-partisan international order.

Regional conflicts and development projects of Muslim countries can be concentrated well through their partnership leading to enhancement of socio-economic well being of Muslim community worldwide.

The bond between Pakistan and Türkiye holds preeminent and unmitigated importance for the entire Muslim world. Both nations are focused on attaining their ultimate goals that includes, increasing the bilateral ties and mutual cooperation, also assisting each other in different areas. Their shared perspectives and expressions can frame the regional dynamics of the Muslim world.

**CONCLUSION:**

In conclusion, the bond between Pakistan and Türkiye is an exemplification to the imperium of shared values. President Erdogan's speech at Pakistan's Parliament indicates the importance of this bond, highlighting the solidarity between Pakistan and Türkiye, where he could be heard praying for the bond to be everlasting and stronger. Their partnership acts as a main component for global peace and stability. By expanding their collaboration in cultural, diplomatic, defensive, economical and educational ties, these two countries keep the power of unlocking doors to growth and inflation, not simply benefiting their own cause, but the broader region. This fostering partnership and friendship between Pakistan and Türkiye continues to exist and will keep preserving its value for an indefinite period of time.

**Iqra Usman***MBBS Batch of 26-27 / 2021-22*

# PAKISTAN - TÜRKIYE RELATIONS: A TIMELESS BOND

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10.3 Inspiration for Muslim world.

## CONCLUSION

### “WE WILL NOT REST UNTIL THE CALIPHATE IS RESTORED AND THE HONOR OF ISLAM IS UPHELD”

A wave front that shook the suffocated air of British colonization in the Indian subcontinent. A roar made following the command of Quran stated in Surah Al Imran (3:30) “And hold firmly to the rope of Allah all together and do not become divided.” This was the support given by the fore fathers of Pakistan long before it was born, to a distant Empire, an Empire they had never seen, yet deeply reversed. That empire was Ottoman Empire. That reverence was for Turkey and that bond forged in the fires of faith, sacrifice, became the heartbeat of a relationship that defies time. History provides ample evidence that in the vast tapestry of global alliances and shifting geopolitical dynamics, the pursuit of Unity and cooperation requires a relationship which is harmonious and has common values, shared faith and spiritual cohesion. “Bir millet, iki devlet”

(ONE NATION, TWO STATES) is the defining slogan of this ideology. Pak-Turk relations are the carriers of this legacy that predates passports and transcends borders. From historical binding routes of Khilafat movement to modern day support in Operation Bunyan um marsoos, the historical ties between the two countries is not merely a chapter in diplomatic archives but a living testament to shared sacrifice, spiritual kinships and ideological alignments. It is reflected in the admiration of Allama Iqbal for Atatürk, in the swift recognition of Pakistan by Turkey, and in the shared stance on global Muslim causes. Yet, this relationship crosses the necessities of politics and wars. It breathes through cultural exchanges, where literature, dramas, and art resonate deeply among the audiences of both countries, creating a sense of emotional familiarity across languages and borders. It progresses through educational collaborations, with Turkish scholarships opening doors for Pakistani students and joint institutions binding academic bridges. It strengthens in humanitarian gestures, as Turkey stood with Pakistan in times of natural disasters, just as Pakistan extended hands in Turkey’s moments of trial. This essay explores the historical trajectory of Pak Turk relations, tracing the cultural, emotional and ideological threads that have woven an unbreakable tapestry of friendship. In doing so, it seeks to illuminate how shared history has shaped a bond that transcends borders, politics and time itself.

This journey finds its earliest roots not in modern diplomacy but in shared religious identity and civilizational kinship that predates the birth of both nations. As early as 16th century, Mughal emperors especially Akbar and Aurangzeb believed in the symbolic authority of the Ottoman sultans and maintained respectful correspondence to them. By 19th century, this reverence was showed greatly in response to Balkan Wars and British Imperialism after World War I, culminating in the Khilafat movement (1919–1924), when Mustafa Kamal Ataturk led resistance against allied forces, Muslims of sub-continent raised financial aids, mounting protests and swearing allegiance for their Islamic brethren despite British colonial suppression. Centers for donations were set up in Lahore and Delhi but donations extended beyond the boundaries of urban and rural thus raising funds up to 60000 pounds sterling. These early ties served as the ideological basis for Pakistan's long-lasting affinity with Turkey, which was pure and in accordance to the teachings of Quran.

The intellectual and cultural ties between Turks and Muslims of the Subcontinent, the then known as the people of Pakistan, were significantly strengthened by Allama Iqbal's (the poet and philosopher of the East) intellectual admiration for the Turkish renaissance. Iqbal, who perceived Turkey's transition from a collapsing monarchy to a progressive one as a provocative display of Muslim agency, had closely followed Mustafa Kamal Atatürk's reforms. Iqbal wrote, "The reformation of Turkey is the first glimpse of hope for the Muslim world." In his lectures on "the reconstruction of religious thought in Islam," he praised Turkey for its bravery in reinterpreting Islamic principles to contemporary demands. He believed that the abolition of the caliphate, secular governance, and modernization of education were working the crucial elements of the Muslim revival. This admiration wasn't passive; it was demonstrated in his political vision, philosophy, and poetry. In TULU-E-ISLAM, he wrote, "the East awakes from its slumber, the crescent moon rises again." His philosophical concepts of KHUDI and IJTEHAAD

(independent reasoning) echoed the spirit of Islamic reform. As a voice of Pan-Islamic unity, Turkish intellectuals reciprocated this admiration, turning the two countries' emotional bonds into an ideological alliance that fueled Pakistan's own reform and resiliency efforts.

The highly demanding point of political solidarity was marked in 1947 when Turkey swiftly recognized Pakistan, reassuring their shared strategic interests and historical goodwill with Muslims of Pakistan. Being the first nation with a majority of Muslims to formally recognize Pakistan's sovereignty, Turkey's action carried enormous symbolic significance. Ankara supported Pakistan's stance on Kashmir and advocated for its inclusion in international Muslim forums. Erdogan continues to support Pakistan's position at the UN, saying that "The Kashmir issue must be resolved through dialogue and justice" (UNGA 2019 & 2025). In addition, Pakistan demonstrated its support for Cyprus when Prime Minister Shahbaz Sharif at 7th session of Pakistan Turkey High level strategic council at Islamabad, publicly stated that "Pakistan fully supports the cause of [Turkish Republic of] Northern Cyprus and fully stands by Turkey in this cause in an unwavering fashion" (February 13, 2025). All this helped both countries bond to be evolved into a strategic alliance rooted in trust and shared vision.

Formal diplomatic ties between Pakistan and Turkey began soon after Pakistan's independence when both nations exchanged ambassadors and established embassies, symbolizing a new chapter of state-level relations. Signing the 3 pivotal pacts in 1951, 1954 and 1955 namely "Pact of Friendship and co-operation with Turkey", "Pact of Economic Cooperation" and the "Baghdad Pact (CENTO) respectively, opened the doors towards strengthening ties between the two. This spirit matured into the formation of Regional Cooperation of Development (RCD), a trilateral initiative with Iran which later evolved into Economic Cooperation Organization which was then joined by Afghanistan and Central Asian countries which proved to be a testament to the expanding scope of Pak-Turk collaborations. By establishing the HLSCC, the bilateral ties were further formalized and strengthened between trade, education and defense. This relationship went beyond the bilateral framework, and both nations supported one another in multilateral forums like OIC and D-8, carrying on a tradition based on deep sense of global relevance and shared interest.

The economic and strategic cooperation has proved to be one of the most important pillars of Pakistan-Turkey relations, which has grown as a logical continuation of their long standing friendship and developed in to an extensive partnership in the contemporary era. Policy directions have remained in line with common interests via regular discussions between Ministerial Commissions, while the constant growth in mutual trade from 782 million to 5 billion in 2009 and still on, highlight the increasing interdependence across a wide range of sectors. Bilateral agreements and treaties,

ranging from memorandums of understanding (MOUs) and free trade agreements (FTAs) to landmark defense collaborations like the co-production of MILGEM-class corvettes, where Pakistan's navy received cutting-edge warships developed with Turkish expertise, strengthened this cooperation. This synergy has sparked a steady increase in economic development through joint ventures in fields of technology, energy and construction.

These initiatives not symbolize business dealings but encompass the economic strength that has developed in response to historical threads.

Education, media and youth connectivity form another vibrant dimension of Pak Turk relation, which illustrates how ties from the past are being carried forward into the future. The Inception of Maarif Foundation has paved the way towards a structured educational collaboration that facilitated academic growth as well as the exchange of ideas and knowledge. Beyond classrooms, Turkish media—particularly television dramas—has left a profound impact on Pakistani youth, inspiring a generation to return to its roots and strive for moral leadership while rekindling interest in Islamic heritage and shared cultural values. This idea is echoed by President Erdoğan's words: "Our youth are the architects of tomorrow's unity"—a unity that endures in classrooms, on screens, and in people's hearts. This cultural resonance has inspired a renewed sense of pride and belonging among the younger generation, turning soft power into a powerful connector. This cultural resonance has inspired a renewed sense of pride and belonging among the younger generation, turning soft power into a powerful connector. Above all this, these strategic initiatives have uplifted youth connections and have pour in them the essence of maintaining their cultural heritage which guarantees the nourishment of this timeless bond with renewed vigor in the decades to come.

Among all these dimensions, the color pallet of this chapter is the tradition of Islamic civilization, art, artist, architecture and the values, both the nations inherited. Both nations painted their legacy since the golden eras of Muslim rule—from the intellectual brilliance of the Abbasids to the architectural majesty of the Ottomans and Mughals. It finds expression in artistic and architectural parallels: domes, minarets, calligraphy, and geometric patterns that portray a common aesthetic of spiritual elegance. The Badshahi Mosque in Lahore and the Blue Mosque in Istanbul stand as majestic symbols of this shared heritage. Linguistically and culturally, Urdu and Turkish carry traces of Persian and Arabic influence and that's why Sufi saints like Jalaluddin Rumi whose verse are cherished in Pakistan, to the Urdu poetry of Allama Iqbal admired in Turkey, the exchange of thought has been profound. Shared cuisine, clothing styles and hospitality further strengthened this bond. This cultural communion has fostered a natural kinship, allowing the people of both nations to connect not just through policy, but through soul, so have portrayed the Hadith of Prophet Muhammad SAW, "Believers, in their mutual love, mercy and compassion are like one body." (Sahi Muslim)

This impact naturally flows into warm people-to-people relations, which made the heart of this relation to remain alive and young from dating back to pages of history to modern-day globalization. The affection between the two nations is often immortalized in symbolic gestures like the naming of roads, monuments, and public spaces after each other's national leaders, such as Ataturk Avenue in Islamabad, Ataturk Tower in Larkana, Istanbul chowk, Kadir Topbas and Abdullah Gul Interchange in Lahore, Recep Tayyip Erdoğan Hospital Trust in Muzaffargarh and Jinnah Street (Cinnah Caddesi) located in the heart of Ankara. Moreover, multiple addresses of Turkish leaders in Pakistan's parliament and Pakistan's unwavering support during Turkey's 2016 coup attempt exemplifies joint cohesion between the two states. Recep Tayyip Erdoğan, the president of Turkey, once said, "Pakistan's pain is our pain; its joy is our joy," perfectly capturing the essence of these endeavors. While Prime Minister Imran Khan emphasized that "Turkey and Pakistan share a bond that transcends diplomacy; it is a relationship of hearts."

It was this very bond of hearts that, when the winds of global change grew restless, became an anchor of resilience; guiding Pakistan and Turkey through shifting global uncertainties. For instance, Turkey's alignment with NATO or its relations with India pose occasional diplomatic tests. Similarly, Pakistan's balancing of ties with other Middle-Eastern powers require careful diplomacy. These shifting alliances, economic constraints and competing regional interests sometimes complicate cooperation but Pakistan and Turkey have dealt with such critical points of dilemmas, through high-level visits and strategic dialogues to sensibly resolve these issues of conflict. Along with this, their unwavering support for each other on international platforms; be it the United Nations, OIC, or during moments of regional crisis, reflects a rare bond that bypassed the tests of time. They also share identical view on International issues and strictly follow charter of UNO for resolution of political disputes between countries. They both condemned Soviet Intervention in Afghanistan, Iraqi occupation of Kuwait and Israeli aggression against Muslim nations especially Palestine when Prime Minister Shahbaz Sharif stated at an occasion while addressing about Gaza, "Pakistan and Turkey share a common vision for justice and humanitarian dignity." This groundsharing at national and global levels, rooted in historical brotherhood and Islamic unity, has positioned Pak-Turk relations as a beacon of hope and inspiration for the wider Muslim world. This gained support and appreciation from President of Azerbaijan, Emir of Qatar, Iranian and Saudi Foreign Minister and even Chinese Politburo Member, Wang Yi. One of the researcher and author associated with the Institute of Strategic Studies Islamabad (ISSI) mentioned in his article, "This partnership is a blueprint for Middle powered diplomacy in a fractured global order."

In a nutshell, the Pak-Turk bond is not merely the story of past to be inked on pages of history instead it is the mirror of today reflecting the cultural, emotional, and ideological threads that have woven a flawless fabric of togetherness between two kindred nations. Ranging from the correspondence between the Mughal emperor's and the Ottoman sultans to the exemplary support provided by the Muslims of Subcontinent during the Balkan War and Turkey's war of Independence, the earliest roots were cultivated in the nourished soil of faith and fraternity. These foundations laid the groundwork for a relationship that evolved into a multifaceted alliance, rich in both tactics and sentiments. This coherence was more than just sentiments rather it evolved into intellectual admiration, as seen in Allama Iqbal's respect for Mustafa Kemal Atatürk, and into political concurrence, when Turkey swiftly recognized Pakistan and consistently supported its stance on Kashmir, while Pakistan stood firmly by Turkey on the Cyprus issue. While strengthening their diplomatic relations formally via bilateral and multilateral pacts and establishing milestones in their journey, both the countries have also maintained and flourished their economic and strategic ties by exchanging and adapting various policies for the prosperity of each other. In addition to policy and defense, education, media, and youth connectivity have given this relationship a new vitality. The inspiring initiatives like the establishment of Maarif Foundation, scholarships, and cultural media exchanges have ensured that the younger generations continue this hierarchy of trust and respect, while the cultural affinities in art, architecture, and language keeps minds alive of their shared heritage. All these perspectives have added new dimensions to this relationship, ensuring that it is not only read as a chapter in textbooks of history but carried forward as a living partnership. Perhaps the most powerful among them is the depth of public sentiment and symbolic gestures that continue to breathe life into this union. The naming of roads and monuments after national leaders, and President Erdoğan's heartfelt description of Pakistan as "Pakistan is our second home and the love between our people is a legacy of history," demonstrate that this bond is not restricted to leaders only but lives in the hearts of ordinary people. Amidst the storms of shifting geopolitical tides, both the countries have surpassed all the tests of time with grace and dignity. Thus acting as a symbol of resilience, leadership and true Islamic brotherhood by following the Quran's advice, "Do not weaken and do not grieve and you will be superior if you are t

true believers.”

(Surah al Imran 3:139). Therefore, the historical journey of Pak-Turk relations is not merely a chronicle of past but is actively shaping the present and promises to influence the future in powerful ways with holding the bond of hearts, minds, and missions, destined to endure. The essence of this essay is quoted as:

FROM KHILAFAT TO CRESCENT,  
OUR HISTORIES ARE INTERTWINED.



**Javeria Nadeem**

*MBBS Batch of 26-27 / 2021-22*

# PAKISTAN - TÜRKIYE RELATIONS: A TIMELESS BOND

## INTRODUCTION

Pakistan and Türkiye have long been described as brothers separated by geography but united by faith, history, and values. Their relationship is not merely a product of diplomacy; it is rooted in centuries of shared experiences, cultural affinity, and enduring loyalty. From the Khilafat Movement to joint defence projects in the modern era, both nations have consistently stood by each other in times of crisis and opportunity. This essay explores the historical foundations, cultural links, people-to-people bonds, economic, and defence cooperation, as well as the challenges and future prospects of this unique bond.

## ISLAM SERVING AS ENDURING BINDING FORCE

Islam is the common religion of both countries, and this shared spiritual foundation has historically served as the most enduring binding force between Pakistan and Türkiye. Both nations are followers of the Prophet Muhammad (PBUH) and believe that the last messenger of God brought revelation to mankind, and both countries affirm their faith in the final book, the Holy Qur'an. These convictions are not only expressions of personal belief but also a collective identity that informs cultural traditions, moral values, and political aspirations. The principles of Islamic solidarity, justice, and fraternity have enabled Pakistan and Türkiye to see each other as natural allies within the Muslim world. In this sense, Islam functions not merely as a matter of faith but as a unifying civilizational framework that provides continuity and depth to their bilateral cooperation.

## HISTORICAL FOUNDATIONS OF SOLIDARITY

From 1911 to 1912, the All brothers and Indian Muslims actively raised funds to support the Turks during the Tripolitan and Balkan Wars. This laid the foundation of solidarity. This spirit of support intensified during 1919-1924, when the Khilafat Movement opposed the abolition of the Ottoman Caliphate. Funds were redirected to support Mustafa Kemal Atatürk's Turkish War of Independence. Inspired by these struggles, Allama Iqbal, in 1921, composed his famous poem, Tulu-e-Islam, celebrating the Turkish victory at the Battle of Sakarya and urging Muslims to follow their example. In one of its most evocative couplets, he proclaimed:

"Agar Usmaniyan par kob-e-gham toota to kya gham bai, Ke kboon-e-sad-bazar anjum se boti bai sabar paida."

("Even if the Ottomans were crushed beneath a mountain of sorrow, it matters not, for the dawn is always born from the blood of countless stars")

Through such verses, Iqbal not only celebrated the resilience of the Turkish nation but also inspired South Asian Muslims to persevere in their own struggle for freedom.

By 1924, the unused donations from Indian Muslims helped establish Türkiye's first National Bank, Türkiye Is Bankası, and later its first insurance company, Anadolu Sigorta, marking the financial legacy of this brotherhood. The bond continued to strengthen as Muslim women leaders such as Amjadi Bano Begum played a pivotal role, even helping draft the Pakistan Resolution of 1940, directly connecting the Khilafat struggle with Pakistan's own independence. Decades later, in 1974, Pakistan stood firmly by Turkey during the Cyprus crisis, offering military and medical support and voting against UN resolutions that undermined Turkish interests. The tradition of solidarity carried forward when Pakistan was one of the first countries to recognise Azerbaijan in 1991 and by 1993 co-sponsored UN

resolutions that undermined Turkish interests. The tradition of solidarity carried forward when Pakistan was one of the first countries to recognise Azerbaijan in 1991 and by 1993 co-sponsored UN resolutions with Türkiye to defend Azerbaijan in the Nagorno Karabakh conflict, while refusing to recognise Armenia to this day, manifesting the brotherhood. Meanwhile even during WW1, solidarity was already evident for instance, in 1951, the Singapore Mutiny saw hundreds of Muslim soldiers from present day Pakistan revolt rather than fight against the Ottomans, showing Pakistan and Türkiye relations are not incidental but deeply rooted in shared history, struggles and enduring loyalty.

#### TRAJECTORY OF PAKISTAN-TÜRKIYE RELATIONS IN POST-INDEPENDENCE ERA

The economic relations between Pakistan and Türkiye remarkably improved after a number of important diplomatic visits and trade agreements. The target was set at \$2 billion for trade between the two countries when the Turkish Prime Minister Recep Tayyip Erdoğan, visited Islamabad in 2009. The setting up of the High Level Cooperation Council (HLCC) in 2010 laid down the foundations for the economic growth of bilateral friendly relations with the increase in the volume of trade in 2011, which unfortunately, subsided on account of the imposition of anti-dumping duties. The Free Trade Agreement (FTA) negotiations started in 2015 and in 2016, the agreement was signed for the reduction of 85% of tariffs. The Turkish investments in Pakistan exceeded one billion dollars in 2017. The visit to Türkiye by Prime Minister, Imran Khan in 2018, introduced tourism collaboration. The adoption of Strategic Economic Framework (SEF) in 2019, laid the foundation for an important step towards the deepening of bilateral relations with respect to trade relations. The visit of President Recep Tayyip Erdoğan to Pakistan in 2020 further cemented the relations, with the signing of thirteen Memoranda of Understanding (MoUs) alongside the comprehensive action plan. In 2022, Prime Minister Shahbaz Sharif extended an invitation to Turkish enterprises to enhance their investments in Pakistan and the setting of mutual target for \$5 billion trade was set by the two sides within a brief time span of three years. The trade between Pakistan and Türkiye did grow steadily until 2021, a pretty noticeable slowdown was seen, even after the Trade-in-Goods Agreement came in 2023. This decline, kind of showed some bigger political and economical problems, but even so, it didn't really damage the real strength between them. In 2025, President Erdoğan came to Pakistan for the 7th High-Level Strategic Cooperation Council meeting (HLSCC); this visit showed that both sides really wanted to further enhance trade, and it also was a way of saying that their friendship wasn't just about money, but also about history, culture, and just normal people getting along.

#### DEFENCE AND SECURITY COOPERATION

Defence collaboration is actually one of the strongest pillars holding up Pakistan-Türkiye relations. The two countries have regularly conducted joint military exercises, naval training programs, and even counter-terrorism initiatives, as we see, Türkiye has played a vital role in modernizing the Pakistan's Navy, it's true, through the MILGEM warship project. Pakistan, in turn, has contributed to Türkiye's defence needs. This was done through technical expertise, of course. Agreements about the purchase of T129 ATAK helicopters, and also defence production partnerships, really showcase the depth of strategic trust that exists. Beyond equipment, both militaries have shared operational experience, which makes sense. The armed forces also have coordinated within NATO and UN peacekeeping missions. This close collaboration in defence and security, well it's played a significant role, and it helped strengthen the defence capabilities of both countries. The fostering of a collective response to shared challenges has happened, and it's great. This makes it all that much better. They're, like, showing off their solid friendship and how they're all about keeping the area peaceful and chill. This never-ending teamwork on defense and security is seriously highlighting how these countries can, like, make their friendship even better. It can turn good feelings and trust from the past into actual plans that'll keep this bilateral partnership going strong in the future.

## REGIONAL AND MULTILATERAL COOPERATION

The closeness between Türkiye and Pakistan shows itself in various cooperative engagements in the various international organizations. For instance, at the UN, OIC, ECO the countries have begun to produce and develop their own voice in support of each other within the organization's framework on the many important subjects which concern them both: climate, migrations, sustainable development etc. From amongst many examples, is the revival of the Islamabad-Tehran-Istanbul railway which serves not only to link the two countries, but which helps also in a speedy commercial travelling from region to region. The energy field is also one in which development has taken a big step together in 2025 when major agreements were signed enabling the Turkish Petroleum Corporation (TPAO), to join hands with important Pakistani companies in oil and gas, both onshore and offshore. The importance of these developments are not only economic, but the development of both a mutual respect and a mutual trust in their efforts to promote together a fuller understanding of each individual country, exemplifies far better the success and strength of their ties than any number of gestures of friendship. The future promise of Trade routes co-operation in Infrastructural Development, in Energy, in Technological progress and commercial pursuits all, indicate that both Türkiye and Pakistan are showing that their Friendship is not merely a passing one but coming to fruition in an active co-operation which serves a dual purpose of mutual economic growth and development for the present, and the future, and, last but not least, the maintenance of regional stability.

## DIPLOMATIC AND POLITICAL RELATIONS BETWEEN PAKISTAN AND TÜRKIYE

The relationship between Pakistan and Türkiye is frequently called a strong bond of brotherhood, and it is based in shared history, faith, and, cultural ties. Türkiye, actually, was one of the first countries that recognized Pakistan when it gained independence in 1947, and this started a really close relationship. Over the decades, the two countries have supported each other, on important political issues, and Türkiye has backed Pakistan's view on Kashmir while Pakistan supports Türkiye's view on Northern Cyprus. This, has been added too by defense cooperation, cultural events, and regular visits from important people. The creation of a High-Level Strategic Cooperation Council, or HLSC, has given a new structure to the relationship. Allowing for agreements in areas like trade, security, education, and technology. More recently the celebration of 75 years of diplomatic ties showed how strong this bond is.

## ECONOMIC DIMENSION OF PAKISTAN-TÜRKIYE RELATIONSHIP

The economic links connecting Pakistan with Türkiye have been slowly changing, and they've been molded by common strategic goals and working together in trade, investments, and also building projects. Their working relationship started with deals in the early years after Pakistan became independent, but it really took off after 2000, when both governments really tried hard to make their economic partnership stronger. High level visits to each other, along with business groups, opened doors for teamwork in areas like clothing, energy projects, transportation and technology, which increased the opportunities for common people. Turkish investments in Pakistan grew, and included stuff like wind power projects, metro bus lines, for example, when Arcelik bought Dawlance. Pakistan, meanwhile, urged Turkish companies to get involved in projects connected to the China Pakistan Economic Corridor (CPEC). The making of the High-Level Cooperation Council made economic coordination even better, and the Strategic Economic Framework broadened the policies on tourism, agriculture, the defense industry, and even cultural exchange. Despite the challenges, like tariffs and when one country sells more to the other than it buys, but both countries keep saying that they want to increase the amount of trade between them to several billion dollars. It reflects a vision of turning friendly history into a lasting and solid economic partnership, a partnership of open secrets.

## CULTURE AND EDUCATION

In 1953, cultural agreement opened the doors for Pakistan and Türkiye cultural cooperation. Later on, this was further strengthened when the Turkish President visited Pakistan in 1975 and that visit resulted in many meetings and cultural policies. After a few years in 1981 General Kenan Evren's visit to Pakistan gave fresh momentum to student exchanges and joint cultural initiatives. The relationship was further deepened in 1992, through a new cultural agreement that encouraged international conferences and exchange of handicrafts. Scholarships were offered to students in both Türkiye and Pakistan which also expanded the opportunities for many students for higher education and language programs were also introduced in Turkish studies in Pakistan and Urdu courses in Turkish universities. Scholarships offered to students further enhanced their opportunities in future prospects, this also created a sense of deep connection between peoples of Pakistan and Türkiye.

## TOURISM AND MEDIA INFLUENCE

Though it has recently seen that Pakistan and Türkiye have moved from simply praising their shared culture and now have started to showcase it in a more meaningful way through TV, tourism and joint cultural projects. On December 13-14 in 2024, Pakistan Federal Minister of information, broadcasting, national Heritage and culture Attaullah Tarar met with Professor Fahrettin Altun, head of communications at the Turkish Presidency during a visit to TRT world in Istanbul. Both sides agreed to produce joint media content which included dramas, documentaries, while also arranging the broadcast of popular Turkish series such as *Diriliş: Ertuğrul* on Pakistan Television (PTV) and this collaboration deepened on February 13, 2025 when Pakistan and Türkiye signed a series of Memoranda of understanding (MoUs) during the seventh session of Pakistan- Türkiye HLSC in Islamabad. These MoUs demonstrate that both countries are serious about using media and culture as tools for strengthening bilateral ties.

## A REFLECTION OF SHARED HERITAGE AND IDENTITY

Turkish architects have also worked on various important national projects, such as the Faisal Mosque, Lahore Westwater Treatment project and many more. While thousands of students benefited from long-term exchange programs that allowed them to study at top universities in both countries. Due to the Pak-Turk Researchers' Mobility Program, run jointly by CoHE Turkey and HEC Pakistan, research ties were strengthened. Turkish school established in Pakistan, later managed by the Maarif Foundation after 2016, provided international standard education to Pakistani students along with this vocational training programs and foreign service exchanges supported professional growth and also Turkish dramas and films were broadcasted in Pakistan which became an unexpected yet powerful means of showcasing cultural understanding and mutual appreciation.

## PROGRAMS AND EVENTS

Throughout many years both Pakistan and Türkiye have used cultural programs to bring people closer. Pakistan even hosted events such as the Izmir Trade Fair, the Turkish Industrial exhibition and the Turkish Week celebrations all of which highlighted Turkish culture for local audiences. Media links were also established by Pakistan television, which began working with the Turkish Broadcasting Corporation, marking an important step in cultural exchange. Even in the field of sports, diplomatic initiatives were introduced using athletics and training programs as a way to strengthen people to people connections.

## MUTUAL APPRECIATION OF CUISINE

Turkish food which is mostly celebrated for its flavour and taste has gained worldwide popularity and in Pakistan it is deeply enjoyed through the many Turkish restaurants and bakeries spread across the major cities each year, Turkish food festival is held in Pakistan. With the 2017 festival in Islamabad, standing out as a grand celebration of 70 years of diplomatic relations between the two nations. Cuisine is also appreciated in Türkiye with many restaurants serving Pakistani food and the immense popularity of biryani which holds a special place among Turkish locals and visitors. The culinary exchange continues to strengthen cultural ties. Pakistani food festivals have also been organised in Türkiye with the Pakistani Embassy in Ankara actively leading these events, offering the community a chance to experience the diverse and flavourful tradition, of Pakistani cuisine. This mutual appreciation for each other's food reflects not just the shared but a deeper sense of cultural appreciation and friendship between Pakistan and Türkiye.

## PEOPLE TO PEOPLE BONDS BETWEEN PAKISTAN AND TÜRKIYE

The bilateral partnership between Pakistan and Türkiye has manifested itself in the experiences of their citizens as cooperation extends beyond formal diplomacy into social and economic benefits. Educational exchange has always been at the centre, with many Pakistani students pursuing higher studies in Türkiye through Türkiye scholarships, maintaining the academic collaboration in both directions. Turkish investment in Pakistan construction energy and transport sectors has created employment and strengthened business linkages at the same time bilateral trade in textile, leather, rice and surgical instruments from Pakistan and machinery, chemicals and processed goods from Türkiye have contributed towards the economic growth. These exchanges not only enhance consumer choices but also professional opportunities to reinforce cultural familiarity and mutual trust. Significantly, such people-to-people bonds amplify the broader influence of Pakistan and Türkiye relations across the Muslim world. They project a shared commitment to fraternity and cooperation.

## CONTEMPORARY CHALLENGES AND FUTURE PROSPECTS

From the early 2000s, Pakistan and Türkiye have strengthened their bilateral relations in the aspects of geopolitical dynamics, economic cultural and defence cooperation. Consolidation was most notably reinforced by the signing of the Pakistan Turkey Free Trade Agreement (FTA) in 2016 which significantly increased the trade and investment flow, nevertheless challenges continue to test the resilience of this partnership including shifting political dynamics in the Middle East, global economic fluctuations and internal political and economic challenges, regional security concerns with respect to developments in Afghanistan and the broader South Asian-Middle Eastern nexus, further complicate their strategic alignment, despite these future prospects of Pakistan and Türkiye relations remain promising. Both nations share the deep rooted historical and cultural affinities and have consistently supported one another in global forums such as the United Nations and the organisation of Islamic Corporation (OIC) through these Pakistan and Türkiye are well positioned to transform their bilateral engagement into comprehensive strategic alliance that fosters regional stability, promotes sustainable economic growth and enhance their collective influence in global affairs. Pakistan believes that their relationship with Türkiye will continue to grow even further in the upcoming years not only in diplomatic and political relations, but also in broader terms of mutual respect and brotherhood. Pakistan will always stand alongside Türkiye in future as well, opening the doors for trade, technology, education and defence collaboration. Pakistan will always support Türkiye peace making decisions whether in the United Nations or at any other forum.

## CONCLUSION

In conclusion Pakistan and Türkiye relations represent a unique bond of historical solidarity, religious fraternity and strategic partnership and shared experiences from the Khilafat movement to the Turkish war of independence this bond has strengthened in aspects of political defence, economic, culture and education. The strength of this relationship goes beyond diplomacy but instead lies on people to people ties and shared civilizational identity despite many challenges based on the global economic shift, regional instability and internal pressure. Both countries have demonstrated a consistent commitment towards each other at various platforms such as OIC and the United Nations. Looking ahead Pakistan and Türkiye are well positioned to elevate their bilateral corporation into a fully integrated strategic alliance through investing in education, trade, defence and cultural diplomacy. Both countries not only safeguard but also enhance the positive attitude between their peoples, ultimately Pakistan and Türkiye relations stand as a model in the Muslim world to follow their example of enduring solidarity, fraternal cooperation, brotherhood and shared vision for peace and development.



**Iqra Shakeel**

*MBBS Batch of 26-27 / 2021-22*



# PUMHSW, GOLDEN JUBILEE

In december 2024, PUMHSW celebrated 50 years of its establishment in 1974. For five decades, our medical college remained rooted in as a center of learning, service, community & innovation. It has shaped thousands of women doctors compassionate about their careers, it has advanced medical knowledge & served the city of Nawabshah- the heart of Sindh with pride and dedication, demonstrating its legacy is subtly shaping the future of healthcare in Pakistan.



# GREEN YOUTH MOVEMENT

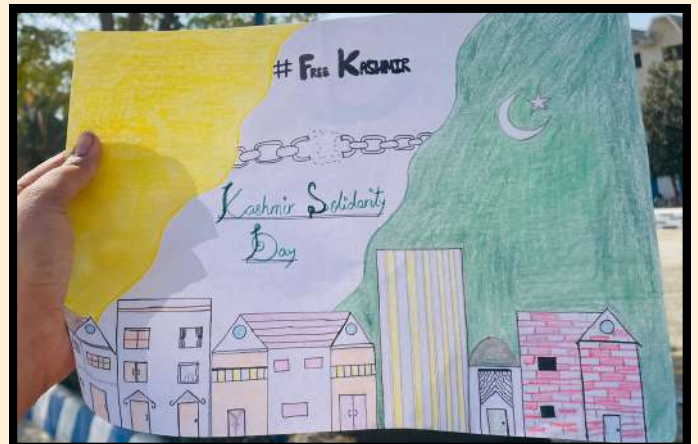
**“THE CREATION OF A THOUSAND FORESTS IS IN ONE ACORN.”**

The Green Youth Movement (GYM) at PUMHSW operates under the belief that today’s small actions will shape the future. We bear a significant responsibility, which will only grow for future generations if we start to act now. PUMHSW organized multiple Plantation Drives this year in both, main campus and the new campus . The future oriented student body of PUMHSW came in unison with the faculty of PUMHSW to plant trees at the University garden.



# KASHMIR DAY

Kashmir Day is observed at PUMHS with deep respect and a strong sense of solidarity on both 27th October and 5th February. On 27th October, students marked the occasion through a peaceful walk of solidarity, accompanied by thoughtful speeches that highlighted the ongoing struggles and resilience of the Kashmiri people. The observance on 5th February was equally impactful, with students organizing a rally to reaffirm their support. Adding a creative and meaningful touch, the PUMHS Writing Society, shared video messages of solidarity on their Instagram page with the name of the.wittywriters.of.pumhs and displayed expressive posters across the campus, using words as a powerful tool for awareness. Together, these activities reflected the students' collective voice, compassion, and commitment to standing with Kashmir, making the observance both meaningful and memorable.



# RANGO KA MELA 2025

Rango ka mela, the festival of colours, has been a cherished part of PUMHSW’s cultural life for many years. Celebrated with enthusiasm and warmth, this small yet meaningful event reflects the university’s commitment to unity and inclusivity. Although Holi is a Hindu festival, students from all communities, including Muslim students, come together and actively participate each year. The campus comes alive with vibrant colours, cheerful music, and shared laughter, creating an atmosphere of joy and togetherness. Beyond the colours, Holi symbolizes love, positivity, and harmony, values that resonate deeply within our diverse student body. By organizing such cultural festivals year after year, PUMHSW continues to strengthen bonds, celebrate relationships, and promote a spirit of mutual respect and Inclusivity that truly defines campus life.



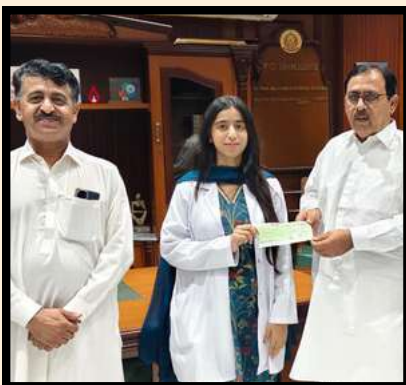
# THE ANNUAL CARNIVAL 2025

The Annual Carnival 2025 transformed the campus into a vibrant hub of student entrepreneurship, glowing with colour, creativity, and excitement, creating moments students will always cherish. Students came together with their heartfelt teamwork, and it was really inspiring to see faculty and higher authorities encouraging student entrepreneurship by actively exploring and purchasing from them.



# THE ANNUAL RESEARCH DAY 2025

The Annual Research Day 2025 brought fresh energy to PUMHS, featuring impressive poster presentations from 80+ students. Unlike previous years—when only postgraduates took part—this edition proudly welcomed undergraduates as well, reflecting a growing and vibrant research culture on campus. Five top performers were also honoured: **1st – Masooma Batool (Rs75,000)**, **2nd – Amima Naz (Rs50,000)**, **3rd – Saba Khan (Rs25,000)**, **4th – Ayesha (Gift Hamper)**, and **5th – Javeria Nadeem (Gift Hamper)**



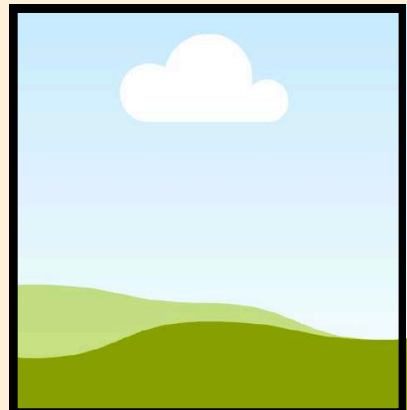
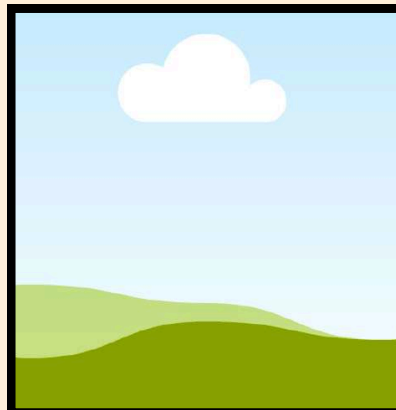
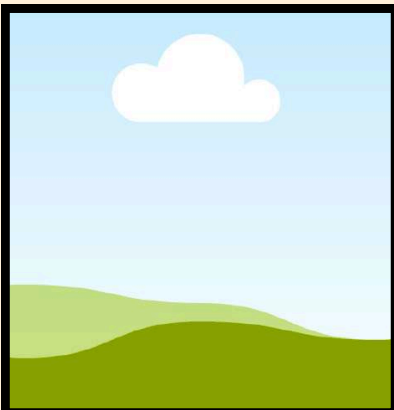
# RESEARCH WORKSHOPS

At PUMHS, this year research was not just celebrated but experienced. Several enlightening sessions were conducted, addressing students from 3rd year to final year MBBS, focusing on research basics and synopsis writing, thereby promoting a strong research culture at PUMHSW. These sessions, organized by **Dr. Anwar Ali Jamali**, provided hands-on experience to students interested in research. As a result of these successful workshops, more than 80 undergraduate students submitted their synopses for the Annual Research Day Poster Presentation Competition 2025 and secured to 5 positions.



# VOICES OF SOLIDARITY

At PUMHS, patriotism is something students express through action, not just words. This year, students have actively taken part in various rallies and solidarity walks to show unity on important national occasions. These included a rally held to raise awareness about concerns related to the **Indus Waters Treaty**, as well as a march held in remembrance of the sacrifices made during the **Indo-Pak war and Operation Bunyan al Marsoos**. On **Kashmir Day**, students came together to stand in support of the people of Kashmir, sending a clear message of hope and peace. A **Balochistan Solidarity walk** was also organized in response to recent developments in the region, reflecting the students' desire for stability, unity, and understanding. Through these activities, PUMHS continues to nurture a sense of responsibility, togetherness, and love for the country among its students, making campus life more aware and socially connected



# YOUM-E-TASHAKUR

Maian breezes witnessed when cowardly enemy initiated an attack under cover of darkness, the Shaheen of Pakistan's airspace not only conclusively neutralized it, but also culminated in a 6-0 advantage. Pakistani Armed forces defended every inch of the motherland. May 16 was nationwide celebrated as 'Youm-e-tashukar, highlighting that civil society of Pakistan stand side by side of the armed forces. PUMHSW observed a flag hoisting ceremony along with speeches and national songs full of patriotism and awareness session. Where students presented their views and celebrated the success of operation Bunyan Al Marsoos.



# OPERATION BUNYAN-AL-MARSOOS COMPETITIONS

From 7th to 14th August, PUMHSW celebrated one whole week of independence dedicated to operation Bunyan-al-Marsoos following HEC guidelines. Many events took place during this festival, including debates, seminars, panel discussions and art exhibitions, where our students displayed exceptional talent.

Every event witnessed potential and excellency of the students.

Among the position holders of different events were:

## Debate competition

- 1st Hadia Ibrar (2021-22, MBBS)
- 2nd Misbah Qamar (2021-22, MBBS)
- 3rd Aisha Waheed (2023-24, MBBS)

## Seminar

- 1st. Dilwash Saif (2021-22, MBBS)
- 2nd. Aisha Razzak (2022-23 pharm -D)
- 3rd. Diya (2021-22, MBBS)

## Panel Discussion

- 1st. Nimra (2023-24 MBBS) and Ruba Siyal (2023-24 MBBS)
- 2nd. Aisha Razzak (2022-23 pharm -D) And Muskan Shahid (2024-2025 BSPH)
- 3rd. Aiman Zubair (2021-22, BSPH) And Naila (2024-2025 BSPH)

## Essay writing

- 1st. Fiza Ali (2021-22, MBBS)
- 2nd. Javeria Nadeem (2021-22, MBBS)
- 3rd. Saria Memon (2021-22, MBBS)

## Poster and Art Exhibition

- 1st. Misbah Karim Bux (2023-24, MBBS)
- 2nd. Bibi Kalsoom (2024-25, BSN)
- 3rd. Sana Muneer (2024-25, BSN)

## Poetry Speech Contest

- 1st. Hadia Ibrar (2021-22, MBBS)
- 2nd. Aqeela Batool(2023-24, MBBS)
- 3rd. Aisha Waheed (2023-24, MBBS)

## Interactive Talk

- 1st. Fareeha Waseem (2021-22, MBBS)
- 2nd. Fiza Ali (2021-22 MBBS)
- 3rd. Lareb Ashraf (2022-23 BSN)

## Sports and games

- 1st. Team Shaheens
- 2nd. Team Ghazi



# INDEPENDENCE DAY

## BUNYAN-AL-MARSOOS MEGA EVENT

The Bunyan-Al-Marsoos Competitions Week concluded with a soul-provoking mega event celebrating Pakistan’s 78th Independence Day while paying tribute to the nation’s brave soldiers. The evening beautifully blended patriotism with purpose, highlighting women empowerment through a powerful military-themed tableau portraying the journey of a fictional army doctor, Zimal Tashfeen (played by Deepa Doltani, a 4th year MBBS student) who overcame hardships to join the Pakistan Army and excel in her field.

The program also featured a thought-provoking cultural performance tracing Pakistan’s evolution from a culturally rich land to a society increasingly divided by racism disguised as culture. A captivating cosplay segment honored the remarkable historical women of Pakistan who shaped the nation’s legacy, making the event both reflective and inspiring.



# A LANDMARK OF ACHIEVEMENT IN THE FIELD OF FORENSIC MEDICINE, 2025

Mid-September brought a moment of joy, pride, and a true pinnacle of excellence amid the cool, crisp winds of early autumn. A team of 3rd Year MBBS students from PUMHSW, outshined teams from medical universities across Pakistan by securing **3rd position** at the **National Forensic Poster Competition**, held at Liaquat National Hospital and Medical College (LNHMC), Karachi, on September 19, 2025. Among the shining stars:

- 1) **Farwa Abdul Shakoor:** When blood speaks without words: post mortem lividity unveiled.
- 2) **Bushra Abdul Karim:** Bruises: A forensic medicine perspective.
- 3) **Nuzhat Maheen:** Medicolegal Autopsy: Testimony from the final witness.
- 4) **Beenish Fatima:** Thanatology.
- 5) **Kashaf Fatima:** The body never lies: A rare case of triple asphyxia Homicide.
- 6) **Maria Abbasi:** Echoes from the rubble; Forensic analysis of Blast trauma in Gaza.
- 7) **Hafsa Saeed:** Unmasking the silent killer; asphyxia, from oxygen deprivation to medicolegal investigation.
- 8) **Almas Ali:** Chemical asphyxia.

This nationwide landmark achievement was made possible through the dedication and determination of the students, along with the unwavering support of the Faculty of the Department of Forensic Medicine, PUMHSW. Achievements like this highlight the immense potential of the women of Pakistan especially Sindh



# PAKISTAN TURKEY CELEBRATIONS

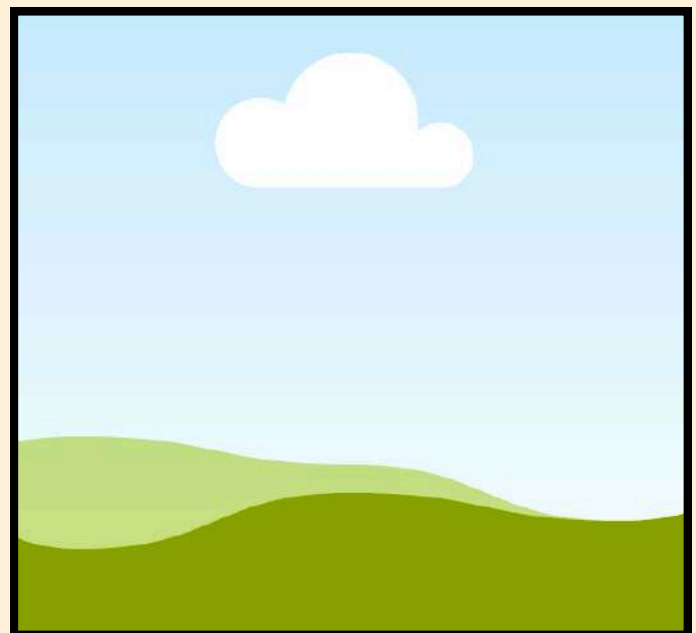
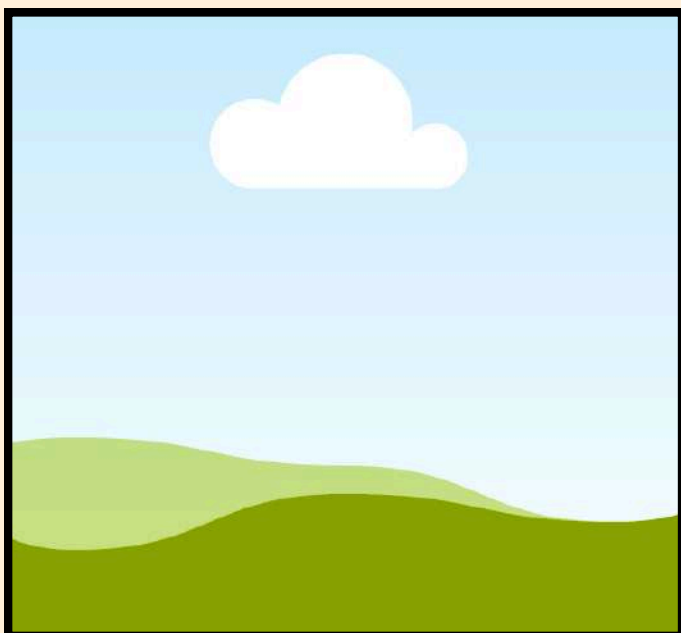
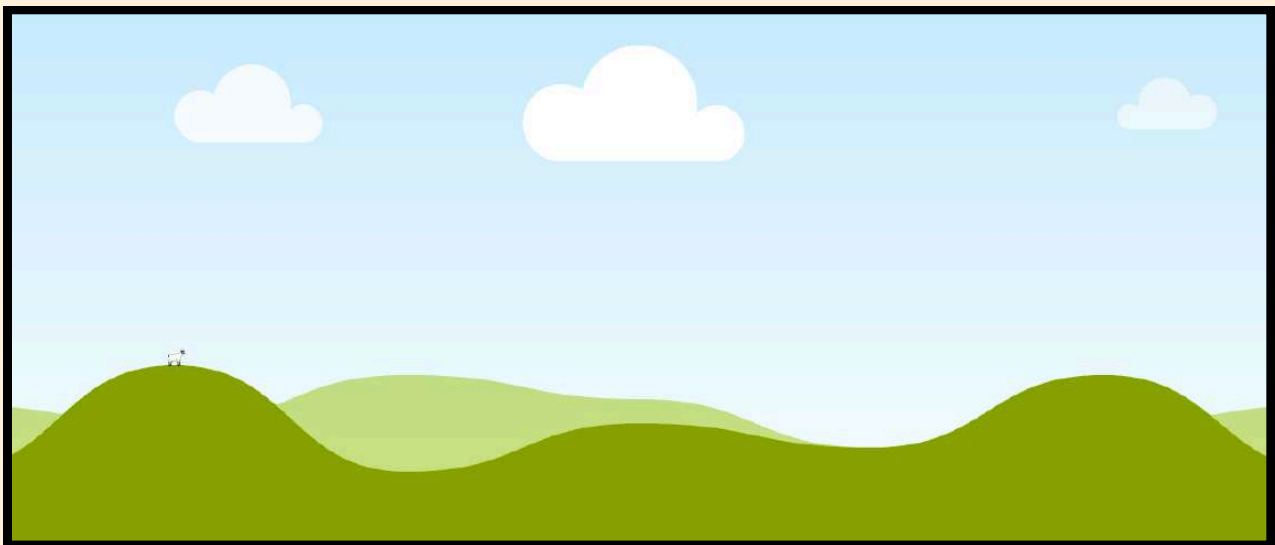
Pakistan and Turkiye have maintained unparalleled fraternal relations and deep sense of brotherhood dating back to the pre-independence era of Ottoman Empire. PUMHSW acknowledged their timeless bond and celebrated their close relations during our Annual Sports Week 2025 where students shed light on how this bond has helped economies of both countries and build strong cultural ties.

Another significant opportunity extended to the writing enthusiasts of PUMHSW was the National Essay Writing Competition 2025, titled Pakistan-Turkey Relations: A timeless bond, organised by the Turkish Embassy based in Islamabad and modulated on institute level by the PUMHS Writing Society. Top 3 essays from this competition got the honour of publishing their essay in the PUMHSW Magazine 2025 (pg no:50).



# DEMOCRACY BEGINS WITH AWARENESS

In an effort to promote civic awareness among students, PUMHS organized an informative session in collaboration with the Election Commission. The session was aimed at educating the youth, especially PUMHSians, about the importance of elections, the role of the Election Commission, and the value of democratic participation. Students were guided about their fundamental voting rights and how informed choices can shape the future of the country. The discussion encouraged young individuals to take an active interest in the democratic process and understand their responsibilities as citizens. Such sessions play a vital role in empowering students with knowledge and awareness, helping them become responsible, informed, and engaged members of society



# FIELD TRIP 2025

Each year, department of community Medicine holds a community field trip for the students of 4th year MBBS to experience healthcare system in underprivileged and far off towns in the district. It was the 2021-22 batch to gain that experience this year as they visited primary & secondary hospitals.

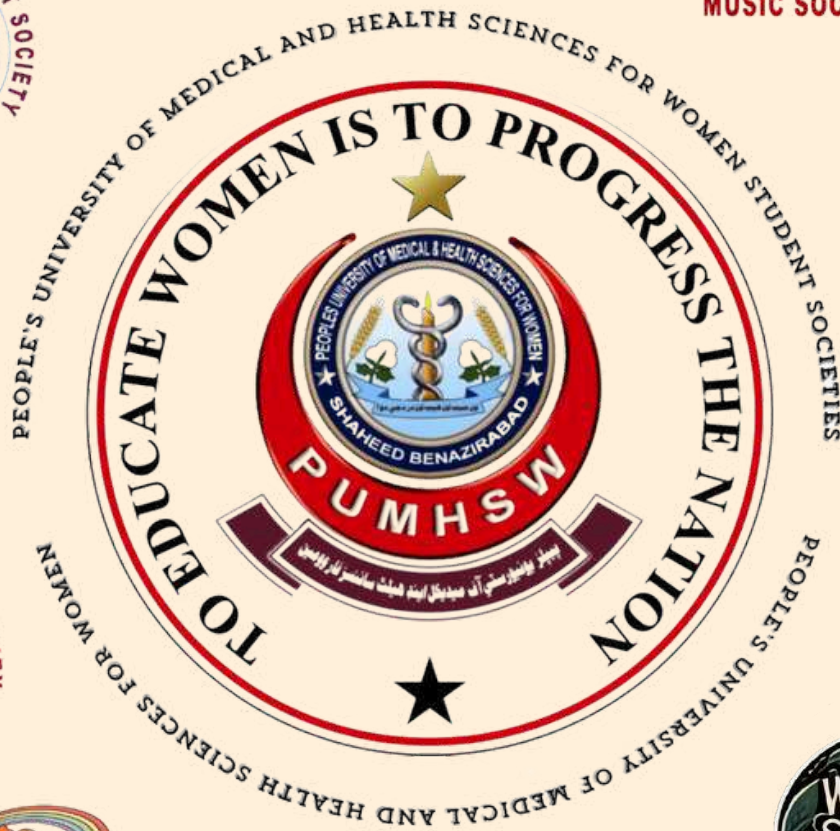
During the Field Trip 2025, the students visited:

- Taluqa Hospital Sakrand
- Rural Health Centre Punhal Khan Chandio
- Basic Health Unit Karam Jamali
- Rehabilitation Centre/Institute Nawabshah

Students interacted with the patients, observed these limited care facilities and made field reports. These field reports were submitted to PMDC to help implement necessary measures needed to improve these healthcare facilities.



# STUDENT SOCIETIES AND THIER ACCOMPLISHMENTS IN 2025



# WRITING SOCIETY

## TOUCHING HEARTS THROUGH WORDS

The year 2025 passed in quite a blur for the writing society. From showing solidarity with the nation on bunyan al marsoos mega event to practicing entrepreneurship and team work on carnival. Through words, the society made an effort to strike a chord in the best possible way it could.



In August to celebrate **Independence day**, every society at PUMHSW came together to make the event successful. The **hosting segment** was specifically led by the **President, Hira Ali Shah and Vice President, Shahmeen Noor Qureshi**. Besides hosting, the writing society contributed in the script writing for the **drama segments**. It provided an experience that lingered long after the audience's applause faded – a performance where creativity and responsibility intertwined. From weaving words into the script, to taking trials and guiding rehearsals to witnessing the imagination translate into performance, and at the same time preparing to stand before the audience – every moment demanded presence and precision. The event in itself served as empowerment for the women of our society.



But 2025 had more lessons in store for us—some arriving in the most unexpected packaging. The society put up a stall called **“Latte and literature”** which was nothing less than a profound learning experience. The fact that an act done for the “fun” representation of society will become a crash course in entrepreneurship was something we never anticipated. The activity proved to give us the hands on of how the business actually works in the real world.

From commerce to compilation, the writing society’s year continued to expand. For the **National Essay Writing Competition**, The President and Vice President of the society took charge at institute level organisation of the competition. It was an honour to have the opportunity to go through the diverse, thoughtful and well-put perceptions recieved from across our university.

The words weren't confined to pages or stages—they found their way to the field as well. At **Sports week opening and closing ceremonies**, the members fueled everyone with adrenaline by their words. From being in-charge for the **hosting segment**, to script writing, all the members participated thru and thru.

Earlier in the year, while everyone was settling into the routine the writing society chose to speak up. It started working on a **video** and **posters** to show **solidarity with Kashmiris**. Every member was involved in the process - from writing, direction and production everyone learned a valuable skill - bridging the gap between medicine and arts. While the tasks were divided, everyone carried the same message and passion which was nothing but the love and support for our Kashmiri brethren.

Beyond the spotlight events, the writing society held E-sessions on **CV and resume writing**, as well as **the Basics of fictional writing** that aided in improving the skill of presenting oneself and telling a story. The **regular posting on Instagram** serves as a platform for members and students of PUMHSW to share their voice.



So What began as a blur eventually resolved into something clearer: a year of voices—amplified, empowered, and finally heard.

# RESEARCH SEMINAR

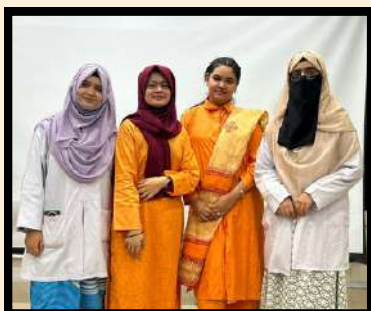
In today's fast-paced medical world, clinical decisions rely on evidence, making research central to practice. However, many medical students find research writing and publication daunting. To address this, the PUMHSW Research Society aimed to bridge the gap between curiosity and competence. In October 2025, the Research Society held an event to ignite interest and foster a research mindset among medical students. The event was a gateway for aspiring doctors to learn the basics of research and academic publishing.



The first segment featured a **Poster Presentation Competition** – designed to transform learning into action. Young researchers presented their work, gaining experience in scientific communication. The competition was judged by **Dr. Arslan Ahmed**, Assistant Professor, Faculty of Pharmaceutical Sciences, PUMHSW,SBA. He also mentored by providing feedback and guidance, helping students refine their research and presentation skills. All participants received certificates for their enthusiasm and dedication. The top three presenters – **Farwa Memon, Adeena Hussain, and Mahnoor Seher** – were honored with token of appreciation for their performance.

This momentum continued with the enlightening seminar **“Step into Research: Writing and Publishing.”** It served as a roadmap for beginners, introducing research methodology, manuscript writing, and journal submission. The session covered all crucial steps from research initiation to publication. This seminar was led by **PUMHSW Research Society President, Ms. Pakeezah Tabassum**, whose passion for research resonated throughout.

Through this thoughtful and inspiring effort, the PUMHSW Research Society successfully ignited a passion for research, empowering students to envision themselves as confident, evidence-driven, and impactful doctors of tomorrow.



# DEBATE COMPETITIONS

In addition to the on-campus festivities, students at PUMHSW excelled in external competitions as well. This year in the **HEC Parliamentary Debate Competition**, the English debate team featuring [Misbah Qamar (2021-22 MBBS), Aisha Waheed, and Ruba Siyal (2023-24 MBBS)] represented PUMHSW at the regional level in Karachi. The Urdu debate team, comprising [Tehreem Muzaffar (2023-24 DPT), Misbah Saif (2020-21 MBBS), and Hadia Ibrar (2021-22 MBBS)], achieved the 3rd position, qualifying for and attending the HEC National level competition in Islamabad held in October.

Furthermore, students participated in the **Model United Nations (MUN)** at Quaid-e-Awam University, where **Aisha Waheed** (2023-24 MBBS) was awarded the trophy for **'Best Diplomat'**.



# SEERAT-UN-NABI CONFERENCE

*"Verily, I was sent as a mercy." (Sahih Muslim).*

Prophet Muhammad (PBUH) transformed the world not through power, but through an overwhelming legacy of kindness and love. He remains the ultimate moral compass, guiding humanity with timeless benevolence.

Honouring this spirit, the Naat & Qirat Society hosted a soul-stirring Seerat-un-Nabi event, which created environment of deep spiritual solace and harmony. Many students participated with love and deep respect for our beloved prophet. Debate and Naat competitions was held. Among the shining stars were **Fiza Ghulam Hyder** with **1st position**, **Hadia Ibrar** begging the **2nd position** and **Muskan Sakina** **3rd Position** in Debate competition. In Naat competition, every participant mesmerized the audience with their soulful voices, creating an atmosphere of spiritual elevation and peace. However, **Ume-Rubab** secured **1st position**, **Yamna Khan** and **Sania Manzoor Hussain** shared **2nd position**, while **Rafeen Zehra** and **Nida Bibi Soomro** shared **3rd position**.

A special mention goes to Geeta who participated out of pure respect for Muslim culture, beautifully embodying the message of interfaith harmony and peace.



# SPORTS WEEK 2025



**Can a single week change the way you see yourself, your views and your dreams... ?**

For me sports week 2025 was not just an event-it was a movement of confidence, courage and change. As the Sports Representative of First Year MBBS and a sports enthusiast, my experience during Sports Week 2025 at PUMHSW was something beyond explanation. From the practice week, the opening to the closing ceremony, every aspect of the event was fabulous and flawlessly coordinated.

Before becoming a part of PUMHSW, I had never imagined that sports could flourish in such a safe, structured, and encouraging environment for girls. Here, sports are not viewed as a distraction but as a vital extension of personal growth. Our university has provided an atmosphere where students are motivated to balance academics with physical and social development, which left a lasting impression on me.

**This university fosters an environment where confidence is built on field and discipline is refined in the classroom, creating well-rounded future doctor.**

I nominated myself as the **Sports Class Representative** because I love to play—no matter what the game is. But beneath that love was something even stronger: the desire to belong. Coming from a completely different province, I wanted more than lectures and attendance sheets. I wanted connection, laughter, shared victories, and a place within my batch that felt like home.

The moment I stepped forward, doubts began to echo around me. I was warned that managing sports alongside studies would be too much. I was told students would not show up, that no one would come to play, that this was a medical university where girls had no time for sports, did not know the games, and had no one to teach them. During my interview, I was asked if I could truly handle team formation, captain selection, and constant presence on the ground. My answer was simple, but it came from conviction:

**"If the work is my responsibility, then I must do it. I don't have any other choice."**

When I was finally elected as Sports CR, excitement and fear arrived together. Sports Week was not just another event—it was our moment. A stage where our batch could be seen, tested, and remembered. I lay awake wondering how teams would be formed, whether students would participate, and if belief would rise stronger than doubt.



Then Sports Week began—and everything changed. One call was all it took. My classmates arrived on the ground with energy, confidence, and determination. A moment that still gives me chills was during volleyball selection: by morning, I had not a single player; by evening, I had more players than required. In that instant, fear turned into faith.



Just as momentum was building, I faced a setback—a leg injury during the week. Yet even pain could not slow the spirit around me. My batchmates surrounded me on the ground, bringing water, medicines, and encouragement with smiles and concern. Their presence spoke louder than words. I realized then that leadership is not about standing at the front—it is about never standing alone.

Behind the scenes, guidance flowed generously. President Nurulain stood beside me through every decision, every challenge, and every event. Fatima from Fourth Year helped tirelessly with team selection and game preparation, while the in-charges and co-in-charges ensured smooth coordination on the ground. What once seemed overwhelming now felt powerful—because it was shared. Sports Week taught me that courage begins with one step forward—but victory is born when many hearts move together.

PUMHSW has provided a platform where women were able to express their talent and leadership qualities without any societal barrier. This sports week was also such an event. A major pillar behind this well-managed event was the leadership of the Sports Society. The vision, dedication, and guidance provided at the top played a vital role in shaping a positive and inclusive sports environment at PUMHSW. As shared by the President of the Sports Society:

**“As the President of the Sports Society, I learned so much throughout this journey. This was my first chance to truly explore and showcase my leadership qualities, and I am sincerely grateful for being given this opportunity. It has been an enriching experience that shaped my confidence, teamwork, and sense of responsibility. I strongly encourage all our juniors to participate wholeheartedly in such activities. These moments become the most thrilling and memorable parts of our university life. Beyond academics, extracurricular activities play a vital role in building character, broadening horizons, and helping you discover your hidden strengths.**

**In the end, success is not just about reaching goals—it’s also about the courage to step forward, take part, and grow along the way.”**

**– Nurulain, President Sports Society**



The true heartbeat of Sports Week, however, was my batch—the First Year MBBS students—who demonstrated extraordinary commitment, discipline, and sportsmanship. Their unity transformed individual effort into collective achievement. This spirit of teamwork reached its peak on the football field, where our first-year team competed fearlessly against senior batches



And finally the moment came when FIRST YEAR MBBS was lifting the football champion trophy. Leading this historic run was our football captain, whose experience perfectly captured the intensity and reward of the journey. As expressed;

“Leading a football team as a captain , specially being first years and playing for the first time with all senior teams was very overwhelming and challenging as well, but the reward was immense when we swept all the matches , including a triumphant final. This victory achieved in our first year was definitely a rare triumph for us where the whole team worked hard and showed true sportsmanship . This sports week made me realize that women can ace the sports even with the exam clock ticking on the head . It really showed our talents and fostering teamwork that helped us to build the confidence and encourage us more to push beyond our limits. It was challenging, fun , thrilling, heart pounding and the cheers from the audience was cherry on the top.”

– Deepa Rokaya, Football Captain, 1st Year MBBS



Lifting the Football Champion Trophy was not merely about winning a title. It symbolized unity, resilience, and belief. Sports Week 2025 taught us that a medical student can be academically strong and physically active, disciplined and joyful, competitive and compassionate. In last few lines I want to acknowledge my football team i.e **Deepa kumari, Karuna Pandey, Neelam thappa, Samira Warsame, Sandhya Malhi, Maryam Shakeel, Aaysha, Areeza Batool and Malaika Ishaq** for their remarkable performance.

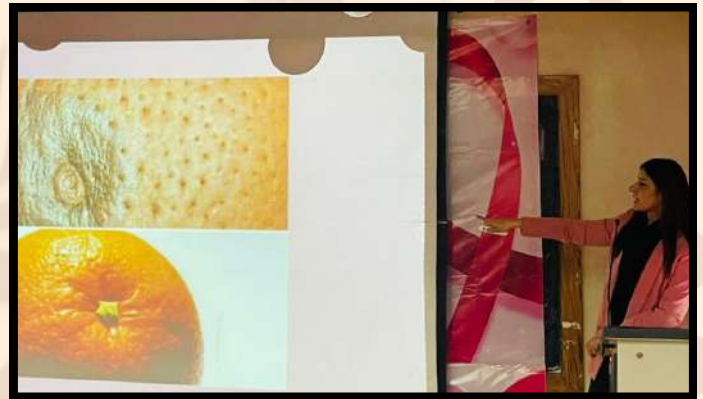
This journey strengthened my belief that success is never achieved alone—it is built through guidance, unity, and the courage to step forward. Sports Week 2025 will always remain a cherished chapter of my life at PUMHSW, reminding me that sometimes the most powerful lessons are learned beyond the classroom walls.



– Malaika Ishaq  
Sports Representative  
MBBS Batch of 29-30 / 2024-25

# Breast Cancer Awareness Session

Using the pink ribbon as their emblem, PUMHSW Women Empowerment Society conducted a session on breast cancer awareness. Upon entering the hall, a wave of solidarity formed as volunteers pinned pink ribbons on every attendee. The seminar opened with an eye-opening video emphasizing the importance of early detection, followed by a vital practical demonstration by **Dr. Shahida Baloch**, a General Surgeon and Director of Student Affairs at PUMHSW, on how to perform breast self-examinations. The event concluded with the distribution of educational booklets on breast and cervical cancer, ensuring every women left equipped with the knowledge to prioritize their health.



# BLOOD DONATION AND AWARENESS SESSION

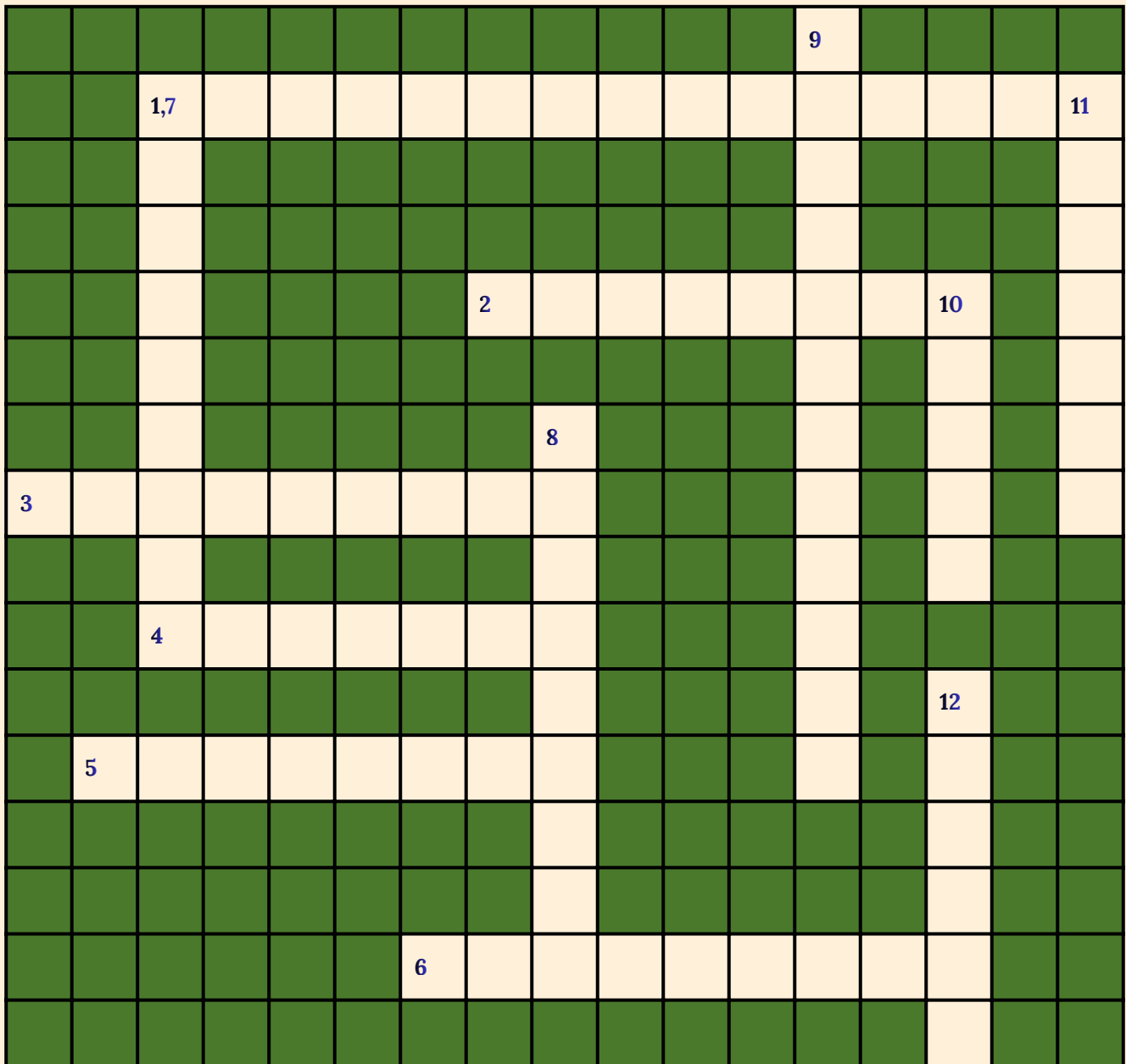
The Blood Donation and Awareness Session was held at PUMHSW by the collective effort of the Blood Donating Society and the Department of Community Medicine PUMHSW. The main speaker of the event was **Sanj Ramani, President, Blood Donation Society**. The seminar was initiated by **Dr. Imran Mallah**. This session focused on educating future doctors about the importance of blood donation, its effectiveness in saving lives, and explaining its simple procedure. The speaker also dispelled the myths regarding blood donation in society and elaborated on its positive effects on human health, encouraging the students to participate in blood donation events. President Sanj Ramani is also an active worker in the blood donation campaign. she has her own network, linking donors to recipients and arranging blood donating events for hospitals and thalassemia centre. This session ended, leaving a powerful impact on students minds, enabling them to play an active role as doctors in future.



# ANTI DRUG ABUSE AND DELINQUENCY SESSION

Another session regarding Anti Drug Abuse And Delinquency was held in PUMHSW. This session was supervised and lead by the **President Anti-Drug Abuse Society, Zuhra Muskan Afridi**. In this session, the main aim was to highlight the negative traits of drug abuse in our society and measures to reduce these effects. The speaker began by explaining the causes behind the high ratio of drug abuse in the society, she elaborated the risk factors including age, easy availability of drugs and unawareness in certain society for high drug usage. The session also focused on the drug abuse and its effects on individual's health and on the society as a whole. The session ended, explaining the measures to reduce the rate of drugs abuse in society such as seeking psychiatric aid instead of random drug usage and the law and order involve regarding drug abuse and its punishment. This session was successful in educating the audience about drug abuse awareness and its effects on the society.

# MEDICAL CROSSWORD



<u>Across</u>	<u>Down</u>
1. Hardening of arteries 2. Yellow discoloration of skin due to bilirubin 3. Difficulty falling or staying asleep 4. Bluish discoloration of skin due to lack of oxygen 5. Double vision 6. Medical term for difficulty swallowing	7. Drug for relieving pain 8. Medical term for nosebleed 9. First pregnancy 10. Swelling due to fluid accumulation 11. Temporary loss of consciousness 12. Valve between left atrium & left ventricle


**Masooma Batool**  
 MBBS Batch of 26-27 / 2021-22

# THE PUMHSW MAGAZINE

EDITION:02



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