

The PUMHSW Magazine

“ WHERE SCRUBS
MEET SCRIBES

EDITION #1

ART GALLERY

INSIGHTS OF 2024

SUCCESS
STORIES

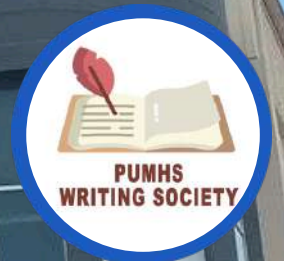
EXCLUSIVE

FICTIONAL STORIES,
POEMS, ARTICLES,
AUTOBIOGRAPHIES,
WRITTEN BY YOUNG
AUTHORS OF
PUMHSW

MEDICAL CROSS
WORD PUZZLE

PUMHSW

YEARLY HIGHLIGHTS



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Authority's Message

Prof. Dr. Gulshan Ali Memon
Vice Chancellor,
PUMHSW, SBA



As the Vice Chancellor of PUMHSW, SBA, I am deeply committed to supporting both our faculty and students, as they are the foundation of our university's growth and development. My priority has always been to strengthen student services, enabling each individual to thrive in a supportive environment. I have actively advocated for the establishment and approval of Student Society bylaws to ensure student leadership and involvement in university events, recognizing that these experiences are essential for fostering leadership qualities that will empower our students to excel in their future careers.

It is a privilege to witness the dedication and talent within our university, and I am committed to nurturing these qualities through meaningful initiatives. I also value the role of our Alumni Association, as I believe in creating lasting connections that enrich our community and pave the way for collective success. Together, we are building a legacy of excellence, where both students and faculty have the resources and opportunities needed to reach new heights.

**Prof. Dr. Muhammad Saleh
Khaskheli.
Pro-Vice Chancellor**



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

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

We are immensely proud of our bright, talented undergraduate students, especially those in the Writing Society, whose creativity and dedication have brought this message to life. I am confident that our students will continue to uphold and elevate the prestige of our institution with their hard work, passion, and leadership.

Prof. Dr. Qurban Ali Rahu. Registrar



Welcome to the People University of Medical and Health Sciences. I greet prospective pupils with enthusiasm. through acquiring knowledge, making discoveries, and conquering challenges. We will welcome you as top-tier experts and stand with you. Despite the fact that the university is new, it was refurbished in 2011, and its staff is made up of highly qualified individuals who have been instructing and educating medical students for decades. I want to emphasize that working hard will help you with the skills necessary to meet future health care needs.

With the help of its knowledgeable PUMHSW faculty, the school has become a force to be reckoned with in terms of creativity, modernity, and depth of knowledge. We see our students as Pakistan's ambassadors. They may always rely on the ageless knowledge of our professors to help them along this path of achievement. You will be expected to serve the human race with compassion and care, as well as exceptional abilities and conduct. I hope you will return the favor by dedicating yourself to making PUMHSW the greatest modern educational faculty.

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 contribute to the growth and development of our students. Starting from scratch, I have worked to establish 17 societies and 5 clubs, each designed to provide our students with opportunities to build their leadership and teamwork skills. It was a proud moment to see the bylaws for these societies and clubs approved by the syndicate, ensuring a structured platform for student engagement.

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

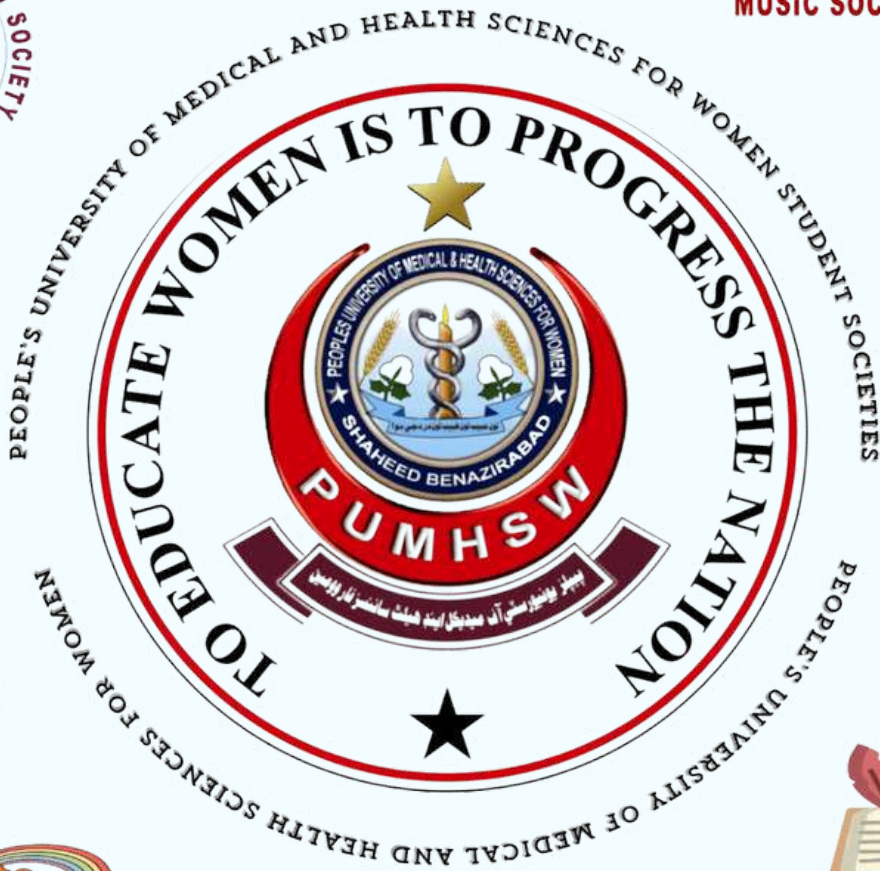
**Dr. Shahida Baloch.
Additional Director
Student Affairs and
General Surgeon.**

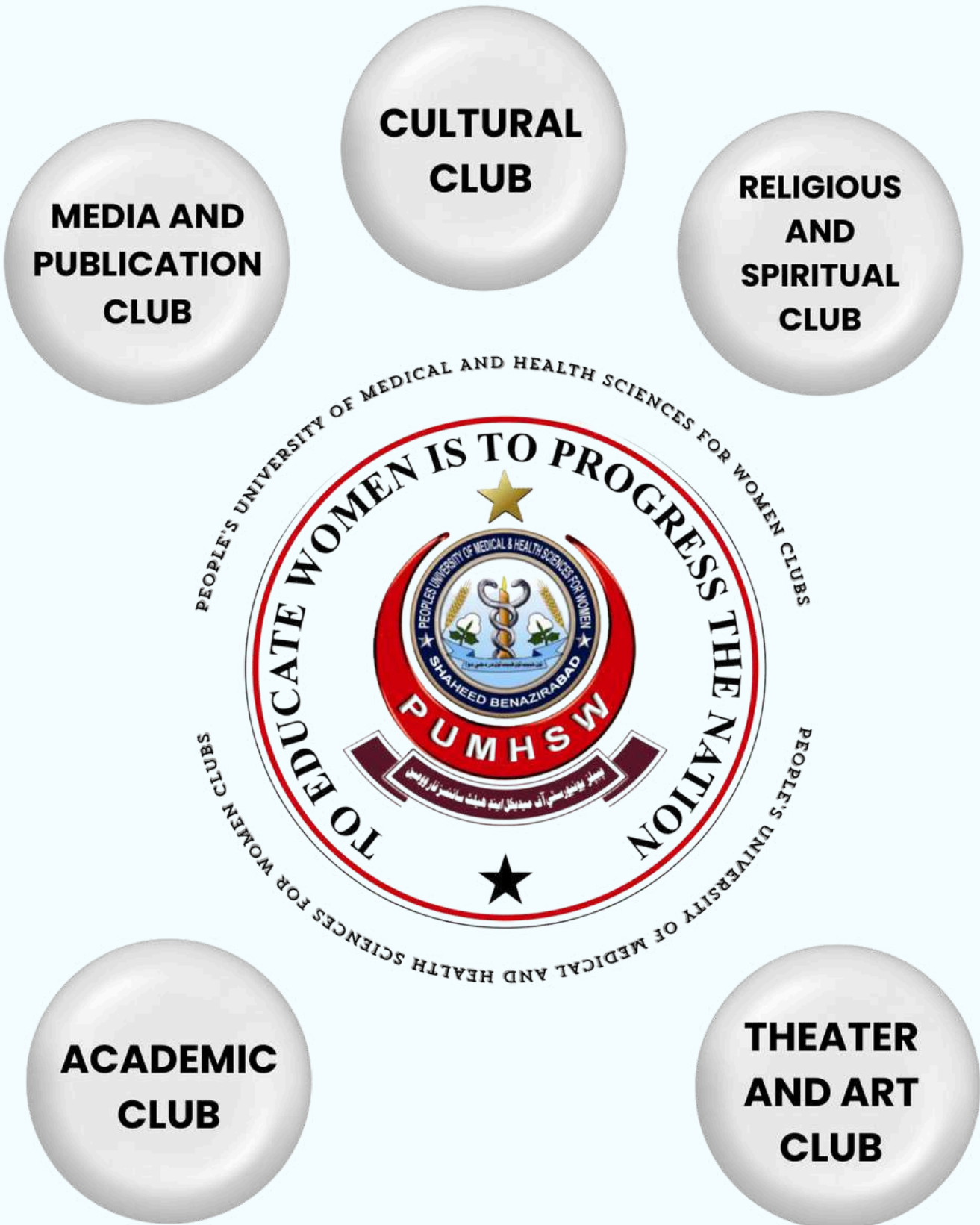


As the Additional Director of Student Affairs and a General Surgeon at Peoples University of Medical and Health Sciences, I am fully dedicated to creating a nurturing environment where my students can flourish academically and personally. Our relentless support system in my office provides students with academic guidance, resources, and assistance in extracurricular activities, fostering critical leadership skills and active community engagement.

We prioritize empowering students through comprehensive training in soft skills. Our professional development programs and mentorship initiatives have cemented our reputation as a leading institution in Pakistan. I firmly believe that respect, dedication, and empathy are foundational attributes for building resilient institutions, and our university upholds moral and ethical principles alongside promoting diversity and inclusivity.

The well-being of our students is our utmost concern, and by working together, we can cultivate a supportive and enriching community where everyone has the chance to thrive.







Highlights of 2024



THE PUMHSW SOCIETIES ELECTION

“ STUDENT SOCIETIES ELECTION HELD IN PUMHSW FOR THE FIRST TIME ”

The People’s University for Medical and Health Sciences for Women (PUMHSW-SBA) held elections for numerous societies under student support services on February 21, 2024, in which students voted for their favorite candidate, and the students who received the most votes became society presidents. The elections were conducted fairly, and the winning candidates were given the positions they deserved. Art, Environment, Sports, Naat and Qirat societies, among others, participated in the election. Our Noble Vice Chancellor declared the election results and handed the contestants the positions they were promised.



THE PUMHSW SOUVENIR SHOP

“ THE ENTREPRENEURSHIP SOCIETY DURING THE TENURE OF 2024 WORKED ON THE PUMHSW SOUVENIR SHOP ”

It was first launched as a small stall during the Convocation event of 2024 and is now being converted into a proper shop on the G Block Hall, ground floor with the approval of the worthy Vice Chancellor.

The shop offers a variety of products such as tote bags, pencil holders, mugs, and keychains along with our very own perfume at reasonable prices. Most of the products were ordered from the student businesses.

The aim of the shop is to support students who run small businesses all over the university.



DEFENCE DAY CELEBRATION

“ PUMHSW COMMEMORATED AN EVENT IN REMEMBRANCE OF MARTYRS OF 1965, THE DEFENCE DAY ”

PUMHSW commemorated The Defense Day, paying accolade to our brave soldiers, guardians of our freedom, whose unwavering determination has made Pakistan a beacon of hope in the world. During this commemorative event, students paid accolades in the form of heartfelt poetry, thought-provoking speeches, melodic national songs, and sentimental tableaus. Students also participated and won prizes in the art competition and quiz segment specially organized by the university in regard to the defense day.



SUCCESS STORIES

“ THE SHINING STARS OF PUMHSW, WHO REPRESENTED OUR UNIVERSITY AT VARIOUS PLATFORMS. ”

PUMHSW was represented by our students in the Karachi parliamentary debate competition and in the national first round, where they placed second and received prize money.

Hajira Soomro secured the **1st** Position . **Javeria Nadeem** and **Surkhuwab Munawar** both finished in **2nd** place, ea. **Misbah Shaikh**, who came in **3rd**, they were all awarded with prize money in Defense day art competition.

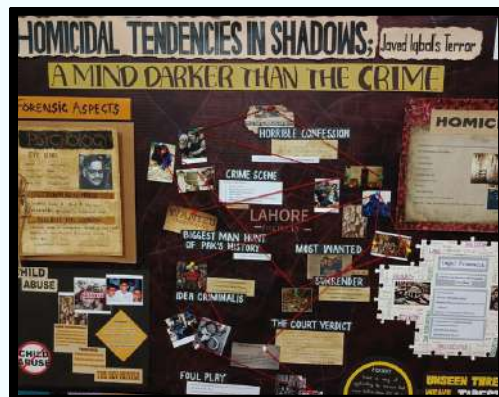
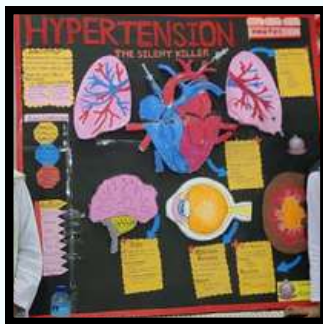
Shukar alhamdulillah Students of final prof. PHARM.D. got 1st position in the model competition of ISRA University Pharmacist Day.



POSTER PRESENTATION COMPETITION

“ STUDENTS DEMONSTRATE COMPLEX CONCEPTS AND PRESENT THEM IN THE FORM OF A PRESENTATION ”

Each year, between their first and third years, students conduct thorough research on various topics related to pathology, pharmacology, biochemistry, physiology, anatomy, and forensic medicine. This research helps them broaden their perspectives, think creatively, and stay updated on the latest developments in the medical field. This year, students put significant effort into creating posters, models, and presentations to showcase their ideas and foster creativity. The concepts they presented amazed our judges, highlighting the students’ originality and talent. Throughout this process, our teachers provided continuous academic support to their students.



TRAINING SESSION

“ MICRO SKILLS TRAINING SESSION FOR MENTAL HEALTH SUPPORT ”

In order to address the mental health and wellbeing of students, Dr. Moti Ram was asked to lead a program. Several girls received free therapy sessions from him. Parents and pupils were also taught about the delicate side of mental health. to motivate patient assistance. Since the therapy sessions are free of charge, the girls have undoubtedly profited from them. The majority of pupils report feeling less stressed and having considerably improved ability to carry out everyday tasks. Services of the psychiatry department at PUMHSW are available to all students.



SUSTAINABLE DEVELOPMENTAL GOALS AWARENESS SESSION

“ TO IMPROVE OUR COMPREHENSION OF SDGS, THE QUALITY ENHANCEMENT CELL ARRANGED THE SESSION. ”

The seminar had a substantial impact on the Times Higher Education (THE) ranking. Both faculty members and students attended this insightful session, which further strengthened PUMHSW's commitment to achieving sustainable goals. The SDGs society, which encompasses 17 distinct goals, assigns each goal to a different student, ensuring comprehensive engagement. With the support and collaboration of the Higher Education Commission (HEC), we are actively participating in this vital United Nations project. This involvement is particularly crucial for us as a medical university, emphasizing our dedication to global sustainability efforts.



GREEN YOUTH MOVEMENT (GYM) AT PUMHSW

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

The Green Youth Movement (GYM) at PUMHSW-SBA 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 fail to act now. On the morning of 14th September 2024, GYM PUMHSW-SBA organized a Plantation Drive at PUMHSW-SBA under a Higher Education Commission (HEC Pakistan) Awareness Campaign. The outstanding members of societies at PUMHSW-SBA came in unison with the Director of QEC and Chief Provost Dr. Farheen Shaikh to plant trees at the University's Main Campus. This was one of the many Plantation Drives that GYM PUMHSW-SBA has conducted and continues to conduct.



SOFT SKILLS SESSIONS

“ SIR BADAL SUCCESSFULLY CONDUCTED SOFT SKILL SESSION IN PUMHSW BASED ON CV AND RESUME WRITING ”

Under the auspices of the HESSA project, an enlightening session was inaugurated, bringing together students from various societies to refine their skills in crafting CVs and Resumes—an indispensable aspect of forging a robust career path. Sir Badal imparted invaluable wisdom on how to present oneself impeccably during interviews and create a memorable first impression. The students lauded the program, offering stellar feedback and expressing their gratitude. This initiative not only aimed to enhance their professional documentation but also sought to bolster their confidence and preparedness for future career opportunities.



BREAST CANCER AWARENESS SESSION

“ USING THE PINK RIBBON AS OUR EMBLEM, WE CONDUCTED A SESSION ON BREAST CANCER AWARENESS. ”

On this day of Breast Cancer Awareness Month, we organized a variety of activities. Our rallying cry was “Join the Fight, Wear Pink!” We marched through our university with placards, followed by an enlightening lecture on breast cancer by Dr. Shahida Baloch, a general surgeon. The lecture was highly informative, significantly enhancing students’ awareness. We also raised funds to support the construction of Pakistan’s first breast cancer hospital, the Pink Ribbon Breast Cancer Trust Hospital. Additionally, we set up a ticket booth to distribute pamphlets on breast carcinoma. Our event received substantial support from the authorities and was sponsored by the Higher Education Commission.



HESSA'S INTERNATIONAL SUMMIT

“ PUMHSW SHINES AT THE STAGE OF HESSA'S INTERNATIONAL SUMMIT ABOUT SHAPING THE FUTURE OF HIGHER EDUCATION IN PAKISTAN, HELD BY USAID ON 10TH OF JULY 2024 ”



A student from People's University of Medical and Health Sciences for Women (PUMHSW-SBA) made their mark on the global stage by participating in the prestigious HESSA's International Summit, organized by the United States Agency for International Development (USAID). Held on July 10, 2024, The student joined a distinguished panel discussion during the inauguration ceremony, sharing insights alongside global experts. This experience strengthens PUMHSW's global presence and commitment to advancing medical education and healthcare. They have been associated with pumhs since three years ago, and the Hessa team visited them. We discussed the activities on campus during the team's meeting with the president of the society.





PUMHSW: A PLATFORM FOR STUDENT TALENT



Introduction

Have you ever dreamed of a university where not only your academic talents flourish, but your other multifaceted abilities as well? That’s exactly what PUMHSW offers! People’s University of Medical and Health Sciences for Women (PUMHSW-SBA), a renowned women’s university dedicated to healthcare education in Nawab Shah, Sindh, PUMHSW fosters a vibrant environment that extends beyond academics to the diverse talents held by individuals.

PUMHSW implements various initiatives to cultivate and showcase these talents, empowering young women to thrive in various fields. Whether through workshops, seminars, sessions, or symposiums, PUMHSW strives to nurture young talent, firmly believing that educating women means educating an entire generation.

Our mission goes beyond mere education; it aims to empower women to extend, expand, and excel in their incredible abilities—whether academic or non-academic. From debates and sports to entrepreneurship and more, PUMHSW encourages students to explore their full potential.



PUMHSW provides an incredible setting, offering a safe and secure environment for women to showcase their talents. At PUMHSW, we view you not only as future healthcare professionals but also as unique individuals with diverse capabilities. We believe in grooming both your academic and personal skills, enabling you to contribute wherever your passion lies—whether in arts, research, competitive gaming, social welfare, work, or any other pursuit.

CULTURAL DIVERSITY IN PUMHSW

PUMHSW is a Kaleidoscope of Cultures. It is a vibrant tapestry of diverse cultures. The campus plays a unique role in promoting a rich cultural miscellany, welcoming students from all corners of Pakistan and beyond. Among our student body, we have Pakhtuns, Balochis, Sindhis, Kashmiris, Gilgitis, and more, all working under the same roof. Notably, we also have foreign students, including Sri-Lankans and those from Indian-Occupied Kashmir.



Diversity, Equity, and Inclusion are the Pillars of Education At PUMHSW, diversity, equity, and inclusion form the bedrock of our educational philosophy. We proudly offer an MBBS course for both overseas Pakistanis and foreign nationals. In each batch. Our commitment to equal opportunity ensures that all students thrive and learn.

Our faculty members are skilled in various languages, enabling effective communication with students. They address student issues humbly and reciprocally, fostering a supportive environment. Foreign students receive a warm welcome, complete with accommodation in separate hostel blocks. They live in close-knit communities, forging connections with their peers.



PUMHSW is not only an ethnic melting pot but also a haven of religious diversity. Hindus, Sikhs, and Muslims coexist, celebrating their respective festivals. Diwali and Holi are joyously arranged for students each year. Remarkably, there has never been a case of discord among students from different ethnic backgrounds. Minorities feel valued and included, contributing to our harmonious campus atmosphere.

The university's diversity offers a wealth of perspectives. Students learn from their peers, gaining insights that extend beyond textbooks. Exposure to varied cultures sharpens critical thinking, problem-solving skills, and written expression.

PUMHSW Research Program

People's University of Medical and Health Sciences for Women (PUMHSW-SBA) has an excellent faculty that is directed towards fostering interest in clinical research among medical students.

Training medical students to conduct clinical research not only helps advance their professional skills but also has a huge role in documenting community data that would ultimately help better understand the healthcare problems of the community and work for an appropriate solution. Furthermore, making research work mandatory and part of academic syllabus in fourth and final year of medicine and allied sciences helps make sure that medical students actively participate in research and add to the scientific literature.

One such research conducted by the medical students involved the effects of social media on students of PUMHSW and the results revealed insightful information.

It was found that social media is an integral part of the lives of the majority of students, regardless of their study year and a substantial number of students reported that for them, social media serves as a coping mechanism and offers an escape from their personal problems. The research data also revealed that a significant proportion of students acknowledged that their use of social media caused problems in their relationships with friends, family, and significant others.

This is just one of many examples where students brought forward data that helped discern and understand various issues of the community which is the first step towards the betterment of our society. It can be said that PUMHSW faculty is not only training students to become excellent doctors but is also training them to be analytical thinkers thus, paving a path for them to be the pioneers of the future of medicine.



PUMHSW Elevating Student Talent

The initiative to organize the symposiums is a good way to enhance the interaction and awareness in the medical community. Spreading awareness is the first step towards the betterment of society and the interaction between different sectors of health enhances the quality of providing health services. Different symposiums are being held every year which include pediatric, gynaecology etc. Students are also encouraged to participate in extracurricular activities which are effective in building confidence and competency in them. In 2022 Inter- University competition was arranged by NAB at the Institute of Business Administration, Sukkur in which students of PUMHSW secured 1st position in the English speech competition and 2nd in the Urdu speech competition, In 2024 the Inter-University competition held by HEC at their quarter in Karachi many universities all over Sindh participated in which students of PUMHSW secured 2nd position in Debate competition, that shows how passionate and talented students are being provided with opportunities.



Society formation is a big step taken by the authorities to provide a platform for students to polish their hidden talents to create a friendly and calm environment in the university. Poster presentation is a recently added activity in all departments for the growth of student's capabilities. The poster presentation was held in December 2023 in the Pharm-D department at PUMHSW one of them was a formulation of Anti-anxiolytic perfume named R & LARZ presented in the exhibition and was praised by the authorities. After that, Some Higher Authorities and Vice-Chancellor Professor Dr Gulshan Ali Memon decided to pass the institutional grant so that students could launch their formulation and currently they are working on their formulation on a small scale to proceed commercially.

Campus Life at PUMHSW

There is no other perfect word to sum up the extravaganza of campus life at the PUMHSW than **VIBRANT**. No day is spent without the vibrant sparks of passionate energy at the PUMHSW. From academic determination to extracurricular mastery, each aspect of student life shines brightly at PUMHSW's campus. Our students engage themselves in curricular and extracurriculars, excelling at both and bringing pride to our establishment. Our faculty is available around the clock to facilitate students in their endeavors making sure that our students have all the resources required to radiate their fervor.



Conclusion: Cultivating a better future

By actively promoting student talents, PUMHSW fosters a vibrant and supportive environment where individuals can bloom. These initiatives not only empower students to showcase their abilities but also contribute to their personal and professional growth. As PUMHSW continues to recognize and celebrate the diverse talents within its student body, it paves the way for a brighter future filled with innovation, creativity, and impactful contributions to the world.



Written by Javeria Zahoor (MBBS 2019-2020), Shahmeen Noor Qureshi (MBBS 2021-2022),
Amna Muhammad Yousif (MBBS 2021-2022), Saba Khan (MBBS 2020-2021),
Hira Shah (MBBS 2020-2021)



SECOND TO NONE – CHAMPIONS IN OUR OWN LEAGUE

Success isn't given. It's earned. On the track, on the field, and in the gym. With blood, sweat and the occasional tear - an emblem set in stone, rolling off ever so smoothly from the tongue of every girl at PUMHSW. We are girls with dreams, never afraid of ambitions because we learn to dream as we step foot in PUMHSW. People's University of Medical and Health Sciences for Women (PUMHSW-SBA) is a beacon of hope.



Women from all across Pakistan and abroad, of diverse ethnicities, cultures, ages, and backgrounds, both stereotypical and economical, come under one umbrella in PUMHSW. The umbrella of unwavering support. Annual Sports Week is an event happening at PUMHSW scrupulously. It is a week filled with resolute competitiveness, undying resolve, gaiety and triumphs. It is not a matter of victories or losses; it is a tour de force. The Annual Sports Week as the title suggests encompasses a wide array of competitions occurring, throughout a week, amongst teams from batches across all disciplines. We do not come short on sports, from football to cricket, triathlons to indoor competitions, basketball to badminton, throwball to handball, you say the name, and we have it.

“PUMHSW is a place that hosts dreams of incredible youth from all over Pakistan and works to expand their horizons. Women empowerment is a virtue that is instilled in the core values of PUMHSW and through events such as the Annual Sports Week we provide pathway for women empowerment to flourish. I, as the Director of Student Affairs at PUMHSW always stand by the virtue of women empowerment and equip young talent from PUMHSW with the necessary platforms required. I believe that empowering women is what truly progresses the nation and we at PUMHSW will continue to do so” - **Dr. Shahida Baloch, Director of Student Affairs, PUMHSW.**



The Annual Sports Week commences with an official opening ceremony filled with performances and acts prepared fervently by the students honored by the presence of Vice Chancellor Prof: Dr. Gulshan Ali Memon and the faculty. The Annual Sports Week is not only a celebration of sports but also a celebration of the uniqueness of the students at PUMHSW. The students are involved in every aspect of it, from planning to execution, everything comes under the discretion of students. Event management is a unique skill, not enough opportunities are available for females in universities to shine a light on their talents. Not at PUMHSW though, females at PUMHSW

are equipped through and through with this talent through events such as the Annual Sports Week.

“The Annual Sports Week is the most exciting event that happens at PUMHSW, one that we all eagerly wait for the whole year. As the President of the Sports Society at PUMHSW I have the utmost responsibility to withhold the expectations of my university fellows. Being a leader is not an easy feat; you have to respect everyone’s opinions whilst also reaching a common ground and not let anything influence your final decision. PUMHSW. These opportunities let us



venture and allows for the world to see that women are equally capable of handling leadership positions if they are provided with the right chances” - **Amna Suhail, President of Sports Society, Annual Sports Week 2024.**



We have fun traditions to hold up as well, for each batch and discipline, we have a representation, through their insignia imprinted on their batch t-shirts and their distinct graffiti wall in the university’s gym along with their victory song. The first years (MBBS) are dolphins, second year (MBBS) are snakes, third year (MBBS) are alligators, fourth year (MBBS) are eagles, final year (MBBS) are lions, and the allied sciences are dragons.

After each match ends, students from the winning batch come together in a circle and just run, hand in hand. The losing team and batch also join in congratulating them wholeheartedly without any hostile feelings, showing an alluring display of sportsmanship. If that does not speak unity, I do not know what does.

The Annual Sports Week is a time for students at the university to relax, enjoy and be zealous. From 3:00 pm up till midnight there are cheers, roars and sparkles echoing throughout university gates. The fervor that we witness during the Annual Sports Week is truly unmatched. The whole ambiance of PUMHSW-SBA gets changed within a matter of seconds, from the tryouts to official team selections we witness incredible talent shining through and getting the recognition and appreciation that is deserved. PUMHSW-SBA becomes truly alive during the Annual Sports Week. **It is as ablaze as a phoenix.**

The Annual Sports Week is not only a period of fun for students but also a period of ardent competition for the faculty. The faculty comes together for a teacher's match on the last days, cheered on by the students. Students witness the noteworthy competition between the opposing teams and cheer for both, not pertaining to one. The teacher's match is truly a delight to observe as it clearly shows where the students get their competitiveness from. That's right, our teachers. **The faculty at PUMHSW-SBA does not come slow!** Regardless of what team is on the podium, the vibrating cheers do not stop, they roar loud and clear.

The greatest excitement that we spectate is from the first-year students, their applause is exhilarating. For most of them, the Annual Sports Week is the first prominent, sports-based event of their lives, that they get to watch, participate, cheer and engage in. Their valor is truly unmatched, from building posters to selecting their batch representative songs, they give their all. The highlight though, is the new talent that other batches get to see. It is always a surprise, and everyone looks forward to the first match between the pioneering batches and the first year. The nerves are real but the support from seniors is always there. The seniors were also once first-years, and they make sure to help first-years navigate the Annual Sports Week steadily. Broadcasting a phenomenal relationship between juniors and seniors.

“Being a captain, I had challenges, but it was all worth it in the end when we clinched the championship! We snagged the champion trophy in our first year it was such a thrilling moment. Being a part of Sports Week, I realized it empowers women by showcasing their talents and promoting leadership skills. It breaks stereotypes,



promotes resilience and encourages women to push their limits. Through sports, we gain confidence, mental and physical well-being, strength and inspiration to excel in all aspects of life” - **Sohana Khanzada, Football Captain, MBBS 2021-22, Football Championship Winners, Annual Sports Week 2022.**





The week of zeal, ardor and enthusiasm comes to an end with an official closing ceremony that is accompanied with prize distribution, concerts and wise messages from the faculty.

The Annual Sports Week is a true symbol of women empowerment. At People's University of Medical and Health Sciences for Women (PUMHSW-SBA) there are no empty words, **we walk the actual walk**. Women empowerment is an undaunted principle instilled in the core values of People's University of Medical and Health Sciences (PUMHSW-SBA) vision and through events such as the Annual Sports Week we represent women empowerment.



At People's University of Medical and Health Sciences for Women, we stand by one motto:

TO EDUCATE WOMEN IS TO PROGRESS THE NATION!

By education, we not only mean empowering women in academics but making them into well-rounded individuals who excel in every field.



At PUMHSW-SBA, our students are the torchbearers of empowerment and through them, we propel to progress Pakistan.

Written By: Amna Muhammad Yousif (MBBS 2021-2022)

05

Art Gallery



Painting



Sketches

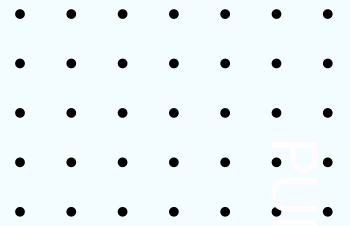


Calligraphy



Defence Day Displays

PAINTING



pumhs
magazine



Love of Beauty is Taste,
the Creation of Beauty is
Art - Ralph Waldo
Emerson

Marvi Hanif



Fiza Shaikh

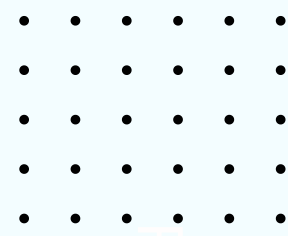


Javeria Jawed

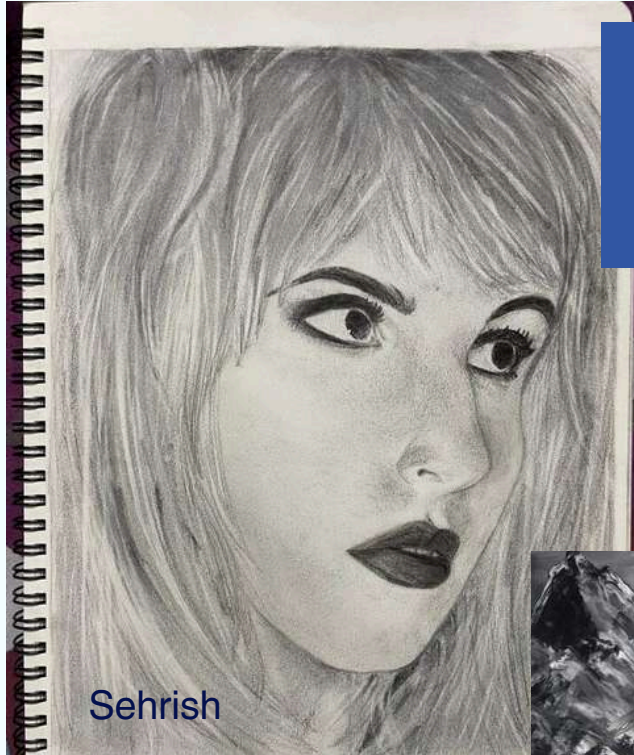


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SKETCHES



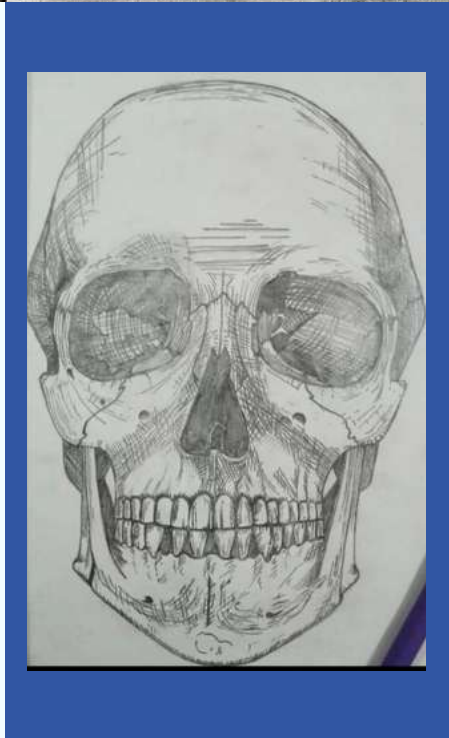
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Sehrish

ART IS NOT WHAT YOU SEE, BUT WHAT YOU MAKE OTHERS SEE - EDGER DEGAS

Sehrish



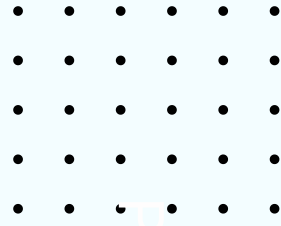
Javeria Zulfikar



Hajira Nizamani

Hajira Nizamani

CALLIGRAPHY



PUMHSW Magazine



CALLIGRAPHY
IS ART OF
WRITING BY
HANDS

Sobia

Neha Ali



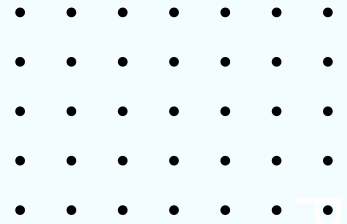
Tanzeela Hussain



Zainab Burdi

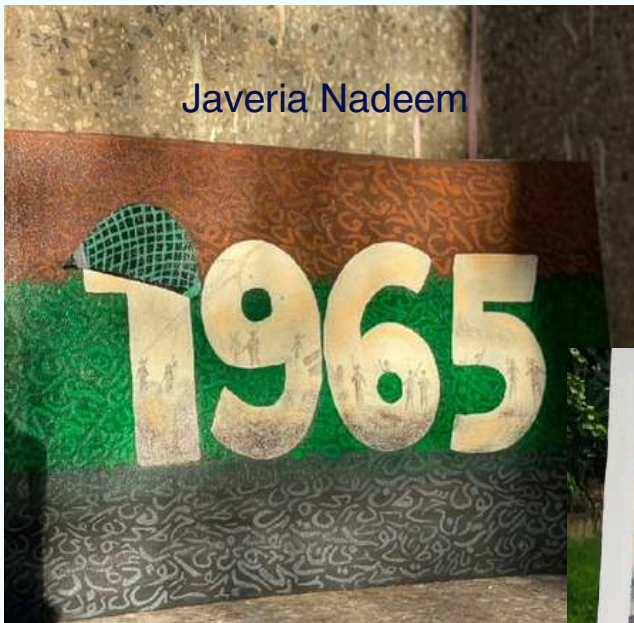
Zainab Burdi

DEFENCE DAY



A SALUTATION TO
OUR NATIONAL
HEROS

PUMHSW Magazine



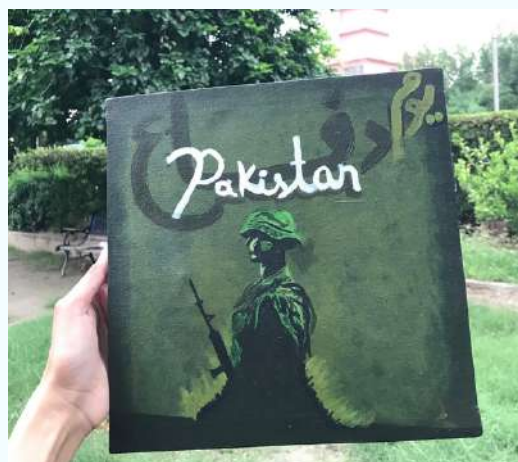
Javeria Nadeem



Hajira Soomro



Arooj Mehmood



Surkhuwab Munawar

Surkhuwab Munawar

06

POEMS

Dreams

Lines

حاصل

بہت محنت کر کے
ایا ہوں

Dreams

by **Maanta Devi Dhomeja**
MBBS 2021-22

Another day, another predicament
Another attack, it's effect permanent
A world where people are chastised for believing
They make it seem futile, the mere escape of dreaming
A puppet controlled by the strings of fate
A cascade of confliction, a storm of hate
Hope hides in the shadow, her presence an alluring promise
of suffocation
Her aura dauntingly beautiful, her reputation debatable
I pick up the shattered shards of my dreams and I learn to
hide them under my pillow
I start to build a new me, resilient like a willow
But occasionally when being strong wears me out
and when I lie on my bed at night wanting a break, no space
for doubt
When there's a veil separating me from logic,
I look under my pillow for a speck of magic to revisit the
dreams that whispered "just another day"
The dreams that made me desperately want to stay

Lines

by Sijal Rana
MBBS 2019-20

when a heart becomes so wounded that even the inflictor begins to pity it
that is when the line between good and evil becomes blurred

when actions finally begin to reflect the truth concealed in the heart
that is when the line between saints and sinners becomes blurred

when the turmoil that had you trapped becomes your comfort
the lines between light and darkness becomes blurred

when ideas and thoughts become mingled and loose difference
that is when the line between insanity and creativity becomes blurred

when paltering or truthful lies become a tool
the lines between morality and immorality becomes blurred

when life begins to smother, and death becomes a distraction
that is when the line between life and death becomes blurred

when a corrupt creator sets out with his tainted creations
the line between creation and destruction blurs

when the thing that makes you better is the one thing you can't have
the line between growth and decay becomes blurred

when the thing that hurts you is the only thing that makes
you feel alive

The line between pain and pleasure becomes blurred

The paradox of not wanting to leave and not being able to
escape is why,

the line between love and fear is blurred

lines, lines we've created to keep things apart

Pointless!

Everything is one and the same

Everything is linked, things exist in harmony.

one cannot exist without the other so why separate them.

For adore one half only to neglect the other?

Even though they are not so different,

our need to categorize is what causes conflict

we draw lines deemed permanent and forget about them

so that when we have to cross them for our own reasons

we can always walk back and feel better about ourselves

But one side does not simply disappear because the other
side exists.

Things are not so black and white.

There is always a grey area which is overlooked.

But the truth is, the human mind is the grey area.

حاصل

by Sindhiya Panwar
MBBS 2020-21

نکلی تھی سمندر کی تلاش میں
ملا مہز قطرہ مجھے
پانا چاہتی تھی چاند کو
ملا مہز ستارہ مجھے
جب تھک کر بیٹھی تو سوچا
قطرے کے بغیر سمندر نہیں
تاروں کے بغیر تو چاند بھی اکیلا ہے
پھر کیوں من میں خواہشوں کا میلا ہے
یہی سوچتی ہوں میں ہر دم کہ
کیسے لوگ ہیں ہم
جتنا بھی ملے لگتا ہے کم
پھر کیسے مٹیں گے سارے غم
جب ملے سارے سوالوں کے جواب
تو رہ گیا بس ایک ہی خواب
میں قطرے سے سمندر بنا دوں
چاند تاروں سے آسمان چمکا دوں
بن جاؤں اس قابل کہ
خوش رہوں اس میں جو ہو حاصل

بہت محنت کر کے آیا ہوں

by Saba Iram
MBBS 2022-23

بہت محنت کر کے آیا ہوں
اب نہ لوٹ کر واپس جانا ہے
ہر مشکل کے بعد آسانی ہے
یہی سوچ کر آگے بڑھتے جانا ہے
کسی کے لیے ڈاکٹر، تو کسی کے لیے فرشتہ یا مسیحا ہوں میں
میری خوش قسمتی میں لوگوں کی جان بچانا ہے
اپنے عظم سے مجھے کامیابی کا راستہ چننا ہے
ہوا کی اوٹ لے کر بھی چراغ کو جلانا ہے
دنیا کی کوئی طاقت روک سکے تو روکے مجھے
ٹھہرنا نہیں اب مجھ کو آگے بڑھتے جانا ہے
بہت محنت کر کے آیا ہوں
اب نہ لوٹ کر واپس جانا ہے

07

**Scrubbed
Author's Creations**



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SUICIDE OR MURDER?

The scenario in front of me left me in utter shock. I couldn't believe what I saw today. I hoped it's not true; what I'm thinking is wrong. Akbar didn't do anything; it was just a co-incident.

IS AKBAR THE DARK SHADOW?

Akbar confronting students for walking over. Hearing the news that two more freshly mopped floors was nothing new, but students of my university were found this time it wasn't just words; it was venom dead today that too, just a few hours coming out of his mouth. His eyes shot red with after their fight with Akbar, about anger and hatred. For me, Akbar was a humble which only I knew. Is Akbar the dark man, apparently content with his life. shadow?

ARE WE AT FAULT?



Half a year ago, everybody thought of Akbar as an ordinary janitor, but nobody knew he was more than that. He was a shadow, a silent observer, a man whose existence was often overlooked. But beneath the quiet exterior, a storm was brewing.

For years, Akbar had been a cannabis abuser. The drug had become his solace, a way to escape the monotony of his job, the disrespect from the students and faculty's eyes looking

down at him, treating him like their personal servant. Over time, the drug's effects began to take a toll on his mental health. He started experiencing paranoia, hallucinations, and a growing sense of animosity towards those he perceived as enemies. Then came the incident that changed everything. A group of students had carelessly tracked mud into the freshly mopped hallway. Fueled by a rage he couldn't control; Akbar confronted the students.

"Ayyyy!" he yelled, his face flushed with anger. "You guys are blind, or what? Can't you see it's still wet? I just mopped the floor, not for you all to bring mud in. I am not a robot. But no, you guys think of me as if I am your personal servant, whose only job is to keep cleaning after you all day long. Why didn't you use the other hallway?" The students exchanged nervous glances. "Relax, Akbar bhai," one of them said, trying to defuse the situation. "It's not that dirty." "Sorry, Akbar bhai," another added. "We will watch it next time." "It's the rainy season," a third student chimed in. "What can we do?"



Saleem, the most arrogant student on the campus, couldn't resist taking a jab. "Why are you guys saying sorry? It's his job. He is getting paid for it. He has to clean it even if we keep dragging mud all day."

Little did he know what he was saying could fuel Akbar's rage to this extent. A rage he couldn't control. The confrontation escalated, and in a moment of madness, Akbar had struck Saleem!

AKBAR HAD STRUCK SALEEM!

Luckily Saleem wasn't seriously injured, so the incident was brushed aside as a one-time occurrence, but it was only the beginning.

Akbar's descent into insanity had just begun. He started to believe that the world was conspiring against him and that everyone was out to get him. His paranoia grew, and his anger became a constant companion. Driven by his twisted sense of justice, Akbar began to target those he believed had wronged him. He would stalk his victims, waiting for the perfect moment to strike. His methods were brutal, always involving pushing from the top floor from the blind spot where no CCTV cameras were present. His murders always looked like suicides, and since it was a university, many of us assumed that victims were committing suicide due to academic stress. But police believed there was more to this story. It's not as simple as it seems to be. How could so many deaths occur on the same spot

CO-INCIDENCE OR PLANNED MURDERS?

The police were puzzled. Despite their best efforts, they couldn't connect the dots. Their suspicions got fueled when two people were found dead on the same spot at the same time. According to the victim's friends, they went on the top floor to get some pictures clicked.

This news escalated on campus like a wildfire. The existence of a dark shadow was confirmed. A serial killer haunting the university's corridors, following you from behind just like a companion whose blood lusting intentions nobody knew about. Students started fearing the top floor.

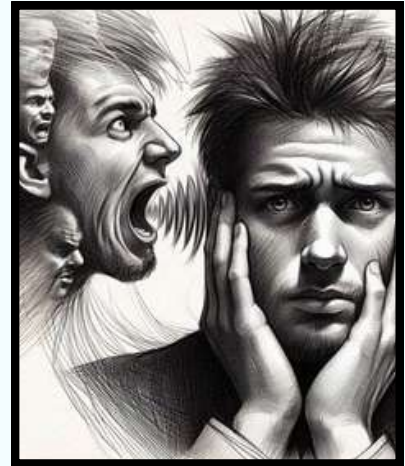
Finally, the police caught a break. A witness had seen Akbar arguing with one of those two victims shortly before their murder. That witness was me! The police questioned Akbar, and to their surprise, he confessed!

The police questioned Akbar, and to their surprise, he confessed! He spoke of his descent into madness, of the voices in his head that had driven him to kill. He told them about the extreme urge to take revenge. It was the run-amok phenomenon that had consumed him.

RUN-AMOK PHENOMENON?

Before the police could take him into custody, Akbar reached into his pocket and pulled out a small vial. He drank its contents (a potent poison) that he had been saving for this moment. With a final, chilling smile, he collapsed to the ground, dead.

The case of Akbar, the janitor who turned into a serial killer, sent shockwaves throughout the university campus. It was a stark reminder of the dangers of drug abuse and the devastating consequences it could have on mental health.



Author: Shahmeen Noor Qureshi (MBBS 2021-2022)



Yellow!

Laughing loud, alone in halls.
They don't know, I have
friends in walls.

*A not so special
morning!*

Partially hidden behind the tree branches, the blue sky looked quite chilly as I stared at it lying on the cold grass. Although sun was quite bubbly, shining so warmly. I smiled, closing my eyes and popped my lungs up with the flower scented breeze.

There were so many noises all around, of course, I was lying in university's garden. Everything felt nice to touch, the grass, the breeze. I was totally absorbed in the environment, when

"Here you are again." I heard a ruffle beside me and knew she had laid down by my side. I kinda had been waiting for her. We meet around the same time each day, 11:00 am.

"Mm." Acknowledging her presence, I turned toward her but my eyes stayed close. I was in a lazy relaxed mood.

"What are you doing?" She asked after a moment of silence.

"Nothing.. just taking in the air and breathing it out. Just.. being human.

"Ah.. I see.." She said chuckling.

"Why are you here?" I asked her.

"Was bored.. so came to you to get more bored!" She exclaimed sighing.

"Well.. sorry to disappoint you but I'm having fun." I muttered under my breathe smiling.

We laid there in silence for some time before she asked me. "So.. what's on your mind?"

To be honest, there was a lot but I wasn't really thinking about anything. "Nothing.. I'm not really thinking about anything."

"Mmhm. So exactly what are you doing here?"

"Soaking in the sunlight. Absorbing in surroundings. Waiting for you to disturb my peaceful meditation." Sighing I opened eyes to look at her. "Am doing a lot."

"Aah! My dear must be very tired then." And she started tickling me. "Lemme massage my master!" She said chuckling.

"Stop! Stop! Your fingers are poking holes in my sides!" I said laughing. "I'm all refreshed my servant, no need to worry!"

Saira

Her name is Saira. You can easily recognize her if you ever see her, she has doll like features and porcelain skin. Very dark eyes and she is always smiling. She and I have been besties for our whole lives. I have social anxiety and do not really feel like getting close to anyone, but with her I am myself so much that sometimes she feels like me.

She is someone who makes my existence true and complete, she is that kind of a friend. A friend who cherishes and supports me. Someone who never gets disappointed in me because I am not the perfect ideal human. She accepts me for who I am and loves me for it. She fills my lonely silence with her loud laughter and jokes.

We laid there giggling and chucking, talking about studies, classes and teachers and girls and idols and tv serials and ideas and season and food and blah blah blah and for after some time we lost track of everything, so busy staring at the sky.

Lying on grass and not encountering grass monsters? Impossible!

"Bugs!" She cried suddenly and got up jumping all over the garden to get it off of her. Looking at her I couldn't stop laughing.

"Help me what are you laughing for!!"

"I can't even see the bug how do I help you!" I said laughing.

"It's here! Look at my sleeve! Take it off of me Izzah!" She cried and I finally got up to help her.



"Oh GOSH!" It was a wasp stuck in her sleeve. She was getting teary. "I got it! I got it!" I comforted her but after looking at it for a second I exclaimed; "I don't know what to do! How do I get it off?"

"I don't know too!" And she started crying. Tears falling boundlessly on her porcelain skin. "Don't panic! I'll do something!" I told her. After battling with the wasp for some terrible minutes, we finally propose to me today!" Saira exclaimed in a shaky voice.

I started laughing, patting her to calm down.

"No one's coming to propose ya, chill."

At that moment I felt some footsteps and my laughter died down but Saira kept laughing.

The untrue truth; Some best friends live with you~

"Gosh what's wrong with her, laughing alone in a garden rolling on the grass!" I heard someone said.

"I heard she is possessed! Is it true?" Another person asked.

"I don't know, she is all crazy. Talking and laughing to own self. Some say she talks to ghosts. They say a girl died in the campus and her ghost still wanders these buildings. Apparently, garden was her favorite place."

"Oh my GOD! Don't scare me!"

The other started laughing.

"Anyways, her porcelain skin is going to burn away at this rate."

"Does she not eat or what? I always see her rolling in grass."

"Gosh, I don't know, nor do I care. Let's just leave here quickly." They sighed and soon enough the only sounds audible were of birds, breeze, insects and our breathings.

No one said anything for some minutes. And then we started talking again. Giggling to ourselves. The sky was getting more and more pretty as the day was coming to an end. The golden warrior of the day was setting down on one knee accepting the beautiful defeat in hands of the silver queen of the night. Colors of joy were all over the sky making it so mesmerizing to take eyes away. But I had to.

It was night time and Saira had to go home. Her sister was here to pick her up. They don't reside on the campus.

"See you tomorrow, Izzah." She said before leaving.

"See you tomorrow, Saira." I said smiling, but my heart was saddened.

It left with her, but she doesn't know.



Author: Zainab Naqvi (MBBS 2019-2020)



Home Coming Silence!

‘Assalam Alaikum ami, I’m back’, Ansa entered the TV lounge with greetings. ‘Walaekum salam ansa, you are back’. Her mother replied with a smile, welcoming her home after a long week in the hostel.

Ansa is back home!

Ansa quickly washed up and went to the kitchen to help her mother serve lunch at the dining table. As everyone gathered at the table, including her father and sisters, they all started having the food. While doing the lunch, Ansa felt an awkward silence across the table, but she noticed it is usually this silent while eating, especially when her father is around.

Cracks beneath the surface

‘You never listen to my instructions’, Ansa woke up startled by loud shouts from his father. She quickly got up and went to the door to overhear the argument between her father and mother. ‘Why do you have to be so slow and useless?

You never clean the dishes properly, even though you know how much I hate greasy dishes.’ Another yell was heard by Ansa as she was eavesdropping at the door. ‘I always try my best to never get such a complaint from you, but sometimes it happens unconsciously. I cannot always be the best.’ Her mother said woefully. ‘Just get out of here. I don’t want to talk right now.’ Father ordered. Her mother came out of the room woefully startled to see her daughter at the door. Ansa followed her mother to her room and sat next to her. ‘What happened, Ami? Why was Baba so worked up about such a small thing?’ ‘Don’t you think you should have confronted him about this?’ Ansa said, looking at her mother’s teary eyes. ‘I can’t help it; he doesn’t let me speak.’ What do you mean by that, Ami? You have to speak up for yourself; after all the years you have been with him, and he still treats you like no one; he still invalidates your feelings. Ansa protested emotionally. Her mother remained silent for some time and ended the conversation by saying, ‘Just let it be Ansa.’



She helped her mother clean up and then went to rest for a bit. After lying in bed just for a few minutes, she dozed off, as her tiredness was always at its peak whenever she returned home from the hostel.



Behind the closed doors

'What is this, Ansa', Ansa's father asked her with the file of the psychiatrist appointment. 'It's nothing, baba', she said, trying to take the file back from his hand. 'Tell me, Ansa. Why have you been seeing a psychiatrist? Why are you hiding this from me? I don't think you should be hiding such a thing from me. Why do you keep all of this to yourself? Her father yelled with an expression of betrayal and loss. 'You should have been open about it so I could have helped you. I thought I had a relationship with you in which you could share everything with me without hesitation, but you still have not bothered to keep me aware of this issue.'

Words left unsaid

'What are you talking about, Baba? How can you expect to have a good relationship with me if you can't even make my mother feel secure and respected after all those years she has been with you?' Even after this many years of relationship with her, you have never validated her feeling or made her feel loved, heard, and respected, so can you question me?'

'You have no right to demand this from me. I will always love you as my father but can never forgive you as husband of my mother'. Ansa finally uttered the harsh words and left the scene with tears. Her father watched her leave blankly, taken aback by her words.

Bridging the gap

Later that gloomy night, Ansa's mother entered the room as she saw her husband upset. She sat next to him with concern, but before she could say anything, he started, 'Forgive me for not understanding your emotions and not being able to make you feel the love you deserved.'

Psychiatrist?

'You need to take your meds and visit for a counseling session', 'Sure, doctor. And I'm also facing panic attacks; I hope you can help me with that as well'. 'Yes, sure, we will work that out; you don't have to worry about it'. Ansa's father overheard her conversation with someone who felt like a psychiatrist. He tried to dig into the matter to find out what exactly had been the problem with her doctor, and he was shocked to find out that she had been suffering from anxiety and panic attacks for a month.

You have always been there for me and did such a great job upbringing my kids. I cannot bring the hard past back, but please, believe me, I will try my best to give the most beautiful future.' He uttered every single word as if it were coming directly from his heart. 'It's okay. It's okay, his wife said with tearful eyes and patted his back. The following day, Ansa's father woke up too early to arrive on time for the train; as of today, she was leaving for a hostel. Both father and daughter were silent throughout the car ride. As they reached the station, her father carried her luggage to the waiting lounge. 'sorry baba'. Ansa started the conversation as both were waiting on a bench for the train. 'I was quite harsh before; I shouldn't have been this rude to you. You always tried to provide us with the best; I'm extremely sorry.' 'You don't have to be. But I hope you can forgive your father for his shortcomings. I wish I could rewind the time back and never let those traumas enter your brain.' Her father pledged her. 'It's okay, baby. I appreciate it.' She replied with a long, warm hug.

Author: Areeba Sehar (MBBS 2022-2023)



IN THE MIND OF ANXIETY, LIES THE SEED OF GREATNESS

I say unto you: one must still have chaos in oneself to be able to give birth to a dancing star. I say unto you: you still have chaos in yourselves - Friedrich Nietzsche

INTRODUCTION

In today's culture, anxiety is frequently viewed as an evil or negative emotion, something to be ashamed of, a weakness, or a failing. What we fail to see is how this internal chaos may be harnessed into something beautiful. If we want to escape the monotony, mediocrity, and stagnation of life, we must first recognize our worry and understand what is generating it.



DIFFERENCE BETWEEN ANXIETY AND ANXIETY DISORDERS?

Anxiety may be defined as apprehension, tension, and uneasiness that stems from the anticipation of danger, which may be internal or external (Diagnostic and Statistical Manual of Mental Disorders). Anxiety becomes a clinical anxiety disorder when its frequency and intensity increase, interfering with your routine activities and showing physical symptoms beyond one's control. When unpleasant symptoms such as irritability, restlessness, palpitations, feeling fatigued easily, trouble sleeping, excessive fear, and panic attacks occur, it is advised to visit a doctor.

Anxiety is a normal reaction to stress. Mild anxiety is beneficial in coping with upcoming challenges as it increases our alertness. When facing adversity, we feel anxious and disturbed; it's a normal response that helps us plan a strategy. We need to rethink the role of anxiety in our lives. This angst isn't something to shy away from. The stigma around this is due to the ongoing perspective of toxic positivity, which advocates that we need to feel positive, content, and peaceful all the time. Remember, Nero was at peace when Rome went up in flames. Our avoidance of feeling and processing negative emotions, such as anxiety, has led us to more anxiety. There is a reason why this generation is called "The Anxious Generation."



Miyamoto Musashi was a Japanese master swordsman and author of “The Book of Five Rings.” He explained that when we are restless, it is a sign that our internal energy is guiding us toward achieving our goals. It is a heightened emotional response to perceived threats. It can bring out the best in you if you harness it in the right direction. We frequently wonder why certain situations make us uncomfortable and cause internal anguish. It is because the journey of self-discovery and self-transcendence is not an easy process. One must experience inner turmoil to undergo self-transformation and discover our authentic selves, which we may have lost connection to either in childhood or adolescence.

HOW TO ACHIEVE GREATNESS?

Hard times shape a great man. Your ease is the adversary of your expertise. Greatness necessitates persistent toil, sacrifice, and obsession. When you’re insanely passionate about your aspirations, it’s your anxiety that keeps you focused and determined. The path to greatness and excellence is terrifying, hard, and ugly. No one has ever achieved greatness by playing it safe; you need to break your chains, and for that, you need intense emotion within yourself that will keep you focused, alert, and persistent. Another recognized benefit of anxiety is that it aids memory formation. When we are anxious about anything, such as a celebration or an event, we create powerful memories that last our entire lives. This tendency leads to increased performance before a major event.

PRICE OF NEGLECTING EMOTIONS

The mistake we make in understanding this emotion leads to further anxiety disorders. If you contemplate that your feelings also have a purpose, they have the power to make you take action. We often neglect our emotions by calling them irrational and unreasonable, ignoring their importance. However, when you have a groundbreaking idea, you still need ambition and passion to turn it into reality; otherwise, it is of no use to you or mankind. When you know everything has a purpose, your internal anxiety can be converted into calmness. In every success story, emotion is the driving force; your anxiety is your speeding gear. Even if you have specific goals, you cannot accomplish greatness unless you are driven by passion, ambition, obsession, and devotion. To ignore worldly distractions and remain concentrated, you must have a strong emotional drive.

Now that you understand its importance, you must listen to it if you want to harness its energy in the right direction. Get up and start learning if you are anxious about your exams. This feeling shouldn't be bottled up. It will lead to procrastination and a delay in the process, which needs to be urgent. Be anxious, because anxiety increases your focus, and focus cultivates persistence and perseverance. You will achieve excellence and greatness through your continuous toil; this is where magic happens.

As soon as Charlie Parker, the most influential jazz player, was humiliated on stage by the judges, he practiced endlessly for months; whenever he felt demotivated, a certain uneasy feeling helped him get back on track. He played one of the greatest jazz solos in history after months of practice.

SOREN KIERKAGAARD

ON ANXIETY

The Concept of Anxiety is an excellent book that provides valuable insight into understanding anxiety. It was written by the eminent philosopher Soren Kierkegaard. I urge that you read that book to comprehend it and make the most of this emotion; after reading, you will no longer fear it but rather see it as a blessing. And whenever you experience it, you are reminded that you have the freedom to choose what you want to do with your life.



Author: Javeria Zahoor (MBBS 2019-2020)



Home Away From Home

“In the heart of the university, amidst the bustling halls and quiet libraries, I found not just an education, but a second home”.

GETTING INTO PUMHSW

University and university life.. truly a wild goose chase. You are no longer bound by rules and regulations of school and college, you decide everything on your own. Free. That may be the best word to describe this chase. But the course comes crashing in no time as this field is medical, well name is enough no need to elaborate any further. In university, you are more responsible for your learning than the academic team of doctors teaching you. Medical students are bound to have dark circles, hunched backs and sleepless nights. Yes, one do become a night owl but that isn't all to it. I absolutely love my university



MY LIFE AT CAMPUS

I'm a student of forth year MBBS and this makes me somewhat sad that I'll be leaving this incredible place in a year. Honestly, all these years I spend here where a whirlwind of all emotions one can feel. It was fun, joyous, exciting, sad, raging and self realizing experience, yes.. full of expectations for my future as well. I met wonderful people I can truly called friends and just a look, one can tell they are life long sisters of mine. I got to build and grow with them

and other people emotionally, mentally, physically, philosophically and socially. Well, memories are magical and precious and so are hopes and university is a famous infamous place of learning and enlightenment. I got to learn how the world works which honestly was not some pleasant experience but I believe one's time at university can be an incredibly transformative and memorable period. Student life is one of the most memorable phases of a person's life. The phase of student life builds the foundation of our life. In student life, we do not just learn from books but every person you meet teaches you a new lesson of life.

Nawabshah is big enough to fit one's palm truly, and people here are obviously, hence, well acquaintances of each other. Living in a small town where everyone knows you, yeah, may be irritating at times, but when I was submitting forms of universities back in 2020, I realized how well protected I was here and chose to study at the People's University of Medical and Health Sciences for Women. Yes, Pakistan's first girl's medical institute. PUMHS was a place I had heard a lot of people had gossiped about



this place in both good and bad regards, but seeing was believing. And what I saw was something beyond words. The people, environment, studies—everything took a troll at first, but as I learned the art of adaptation, the fun part kicked in. The university has a plethora of extracurricular activities: sports, debates, so many colorful fun clubs and societies, magazine columns, research works, symposiums, conferences, seminars, workshops, and other events and contests. Then canteen and mess. Oh, I love food here; it's not just safe but also delicious (all hail to the cooks), and almost twenty percent of my time is spent in the canteen. Eating with friends, sometimes playing something, sometimes discussing the topics of up coming tests

Fifty percent, you'll find me in the library and LRC. They are my favorite places to be, and the rest is in the garden, apart from classes and hospital postings. The process of adaptation led me to have many skills too. All the class presentations, assignments, weekly class tests with monthly evaluation tests, and the exams at the end of the year—this may sound like a study nightmare, but it was not just helpful academically but also taught a lazy human like me the time-management skills

WALKING TALES.

Joining clubs and organizations and doing volunteer work, I found a sense of belonging and purpose outside the classroom. These activities not only helped me develop important life skills like leadership and teamwork. The shared experiences, late-night study sessions, and camaraderie of navigating the ups and downs of academic life have created deep bonds. The vibrant campus life was this life's highlight. Whether it was attending football games, hanging out in the campus library, or simply enjoying the beauty of the campus, these experiences created lasting memories. We got the convenience of having everything we needed within the university campus, from libraries and cafeterias to gyms and recreational facilities.



Even the hostels are under the university premises, which makes it more safe and secure. If I really have to describe it in one word, well, it'll definitely be home-like. Yes. That's how PUMHS is. It's like a nest; we are taught to fly for five years, and then we take our final flights away, toward our own destinations. Spending so many years here, I saw how the university and the academics grew. From its establishment in 1974 as a medical college to its transformation into a university in 2009, and along the journey so many allied courses were developed that it took a whole new huge campus to house them, and now as we have stepped in the spring of 2024, a Ph.D. program is also about to be started.

PUMHS has HESSA collaboration and is working with USaid. The many scholarship programs have made thousands of dreams of being a doctor come true. The senior authorities are also trying to make this institute international, as PUMHS accepts overseas students too. Each year as the hospital receives house officers, M.S.s, and PGRs, so does it receive a number of undergrad interneers. I can't think of or ever came across any objectives that weren't facilitated by PUMHS. Yes, the building may be old, and the main part of campus may not seem very pulling, but the doctors and experts who reside here are one of their kind. It's easy to judge the institute due to being in a small city, but the skilled professionals it produces every year—well, I'm going to be one of those skilled professionals soon, and that makes me excited already.

PLANS AHEAD.

I'm planning on continuing my further studies abroad, and I'm not afraid of the competition I'll face, as the very underrated academic team of doctors has been producing many fine doctors for decades now who are well recognized by other countries and are working at ease. I may have had doubts about the system and campus before being a part of it, but after living and studying here, I know the value of my degree and the opportunities it brings to me for my career. I'm really going to miss this wonderful place a lot in my life. Every brick not only has its own story and memory to reminisce about, but this is also the place that gave me such magnificent wings.



Author: Syeda Fizza Naqvi (MBBS 2020-2021)

08

**PUMHSW Student
Societies**

Writing Society

Poet Society

**Entrepreneurship
Society**

**Environmental
Society**

Sports Society

Debate Society

Social Welfare Society

**Art and Craft
Society**

**Women Empowerment
Society**

Alumni Society

**Anti-Drug Abuse
Society**

Blood Donation Society

Meet The Presidents of PUMHSW Student Societies



Find that one great purpose in your life for which you can live and perish, and don't be scared to sacrifice your sanity for it.

Javeria Zahoor, President Writing Society



I spent 13 years of my life writing poetry. It was a solitary path, and I found few like me; with this society, I hoped to change that. I wanted to create a safe space for the kids who only ever felt safe in books.

Sijal Rana, President Poet Society



My presidency taught me the power of self-discovery. I urge you to step outside your comfort zone: join a society, attend an event, and apply for that role. Don't fear the first step; it leads to growth. For young women, self-sufficiency, new experiences, and skills empower confidence. Embrace university life fully!

Bakhtawar Mushtaq, President Entrepreneur society



'Let's come together to celebrate the beauty of Naat! Through melodious recitations and heartfelt praises, let's spread love, peace, and spirituality. Join us in honoring the Prophet (PBUH) through our voices and hearts!

Naila Hanif Lakho, President naat and qirat society.



This generation is facing a lot of environmental challenges, and it is our responsibility to provide an environment to our future generations in which they can flourish. Keep environment clean and green.

Aasia, President environment society



Life is full of opportunities; grab them and don't hesitate to take risks because when there is nothing at stake, there is nothing to gain. Don't let anyone tell you what you can and cannot do, and most importantly, always believe your instincts because your instincts are never wrong.

Hafsa wajid, President debating society



"Empowering Lives, One Pint at a Time" Be the change, donate blood! As President, I challenge you to join our movement. Your selfless act can save lives and inspire others. Let's make a difference together!"

Iqra Fatima, President Blood donation society



Empower women, empower women. In my insecure teenage years, my parents gave me a lesson: "You are smart, resilient, and beautiful. KNOW YOUR WORTH." To all the women out there, it's not the policies or laws that will bring about a difference—it's me. It's you. It's the women themselves.

Romana Chambeli, President Women Empowerment Society



I'm thrilled to share my vision, and I'm honored to be the president of the arts society. It was really a memorable and enriching experience. Our university has always been a hub for creative expression. It was so fulfilling to see students express themselves through various art. Let's empower each other to create, innovate, and inspire.

Tanzeela Hussain, President Art and craft society



Every form of addiction is bad, no matter whether the narcotic is alcohol, morphine, or idealism. It's very important to sensitize our youth on the subject of drugs. The use of drugs is making their lives vulnerable and prone to destruction. Therefore, it becomes very important to raise awareness about it amongst our youth.

Sumaiya Bhatti, President anti-drug abuse society



It's difficult finding your place at university; you're at that age where you're just finding out who you are. Being part of a community and amongst like-minded people makes the process easier. Become a part of something bigger, make a change, and find yourself in the process, like I did as president of the Alumni Society.

Nabeela Aftab, President Alumni society



Just believe in yourself. Even if you don't pretend that you do and at some point, you will. If something stands between you and your success, move it. Never be denied!

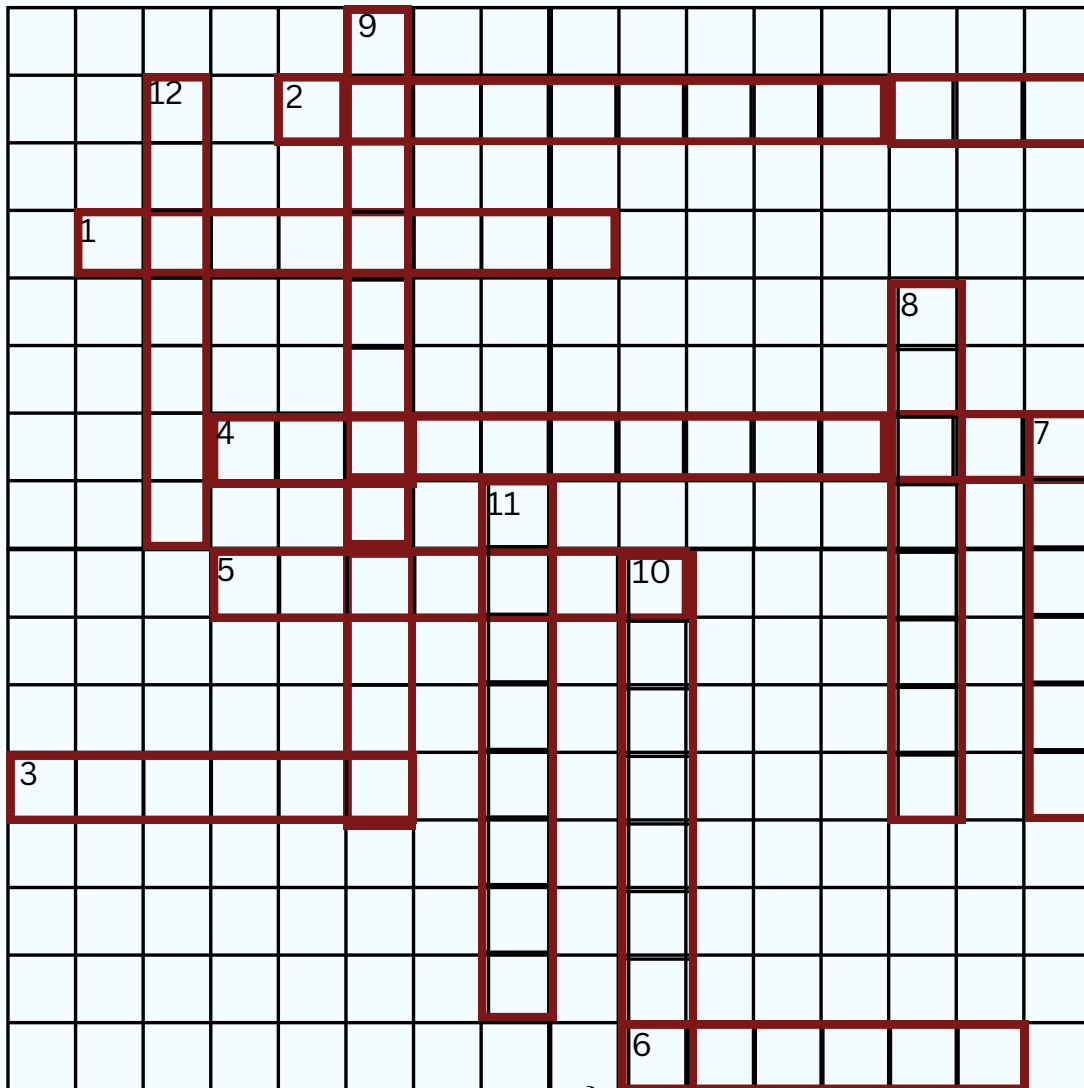
Amna Suhail, President sports society



My goal is to educate and inspire others about the significance of social welfare. I believe that when we help others, we discover the true meaning of life. Through our society, I aim to spread this message and foster a community that values compassion, support, and service to others.

Sibga Fawad, President Social Welfare society

CROSSWORD



Across	Down
<p>1. Medical term for broken bone</p> <p>2. High blood pressure</p> <p>3. Disease due to deficiency of Vitamin C</p> <p>4. Lymphatic Filariasis commonly known as</p> <p>5. Beningn tumour of bone</p> <p>6. Nerve located on spiral groove of humerus</p>	<p>7. Graveyard of RBCs</p> <p>8. Inflammation of bladder</p> <p>9. Surgical removal of uterus</p> <p>10. Neurological disorder that affect memory</p> <p>11. Nerve that carries auditory information to brain</p> <p>12. Medical term for fever</p>

Made by : Masooma Batool (MBBS 2021-22)