

## MENTAL HEALTH AWARENESS SEMINAR

Shifa International Hospital Faisalabad and MediQ organized a Mental Health Awareness Seminar at Serena Hotel.

Dr. Tooba Obeer (Psychiatrist), discussed mental health crisis and stigma. Ms. Arooj Rauf (Nutritionist), highlighted nutrition's role in mental well-being.

The seminar promoted emotional wellness and awareness. It emphasized the link between mental health, diet, and lifestyle. Experts shared valuable insights to foster a supportive community.

The event aimed to break stigmas surrounding mental health. Overall, it was a successful step towards promoting mental wellness.



## Welcome To Shifa Family

**DR. MUHAMMAD SAAD**

MBBS, FCPS (Internal Medicine),

Fellowship in Clinical Hematology

Medical Specialist / Clinical Hematology





## INTERNATIONAL NURSES DAY 2025

Shifa International Hospital Faisalabad celebrated International Nurses Day 2025 with great enthusiasm and appreciation for the nursing staff. As part of the celebration, a cake-cutting ceremony was held to honor the dedication, compassion, and tireless efforts of the nursing team. The event served as a token of gratitude and recognition for the pivotal role nurses play in delivering quality healthcare. Staff members from various departments participated in the celebration, creating a warm and appreciative atmosphere. The management extended their heartfelt thanks to all nurses for their continued commitment to patient care and excellence.



# Congratulations...



## HOW TO PREVENT Heat Stroke



- ✓ Drink Plenty of Fluids
- ✓ Wear Loosefitting Clothing
- ✓ Avoid Unnecessary Outdoor Work
- ✓ Avoid Prolonged Stay in Cars
- ✓ Protect Against Sunburn
- ✓ Use Sunblock at least SPF 60

- ✓ Book Online Appointments
- ✓ View Online Lab Reports
- ✓ Submit Online Feedbacks

Visit our Website

[www.shifafsd.com.pk](http://www.shifafsd.com.pk)



# Congratulations...

Warmest congratulations to Mr. Muhammad Arslan Asghar on successfully completing the LEADS Program 2025! Your achievement is a testament to your hard work, dedication, and leadership excellence. Wishing you continued success in your future endeavors!



## STAR EMPLOYEES OF THE MONTH



**SONIA JAMIL**

**Emergency Department**



**MUHAMMAD ISHAQ**

**Food & Nutrition Services  
Department**



**Home Nursing Services**



**Home Pharmacy Services**



**Home Rehabilitation Services**



**Home Laboratory Services**

051-111-111-567

[www.eshifa.org](http://www.eshifa.org)



**Faisalabad**

**eShifa**

رکھے آپ کے پیاروں کا خیال  
آپ کے گھر پر!





# SPECIALTIES & CONSULTANTS

<div>GASTROENTEROLOGY</div> <div><div>DR. M. ILYAS SHAKIR</div><div>MBBS, Diplomate American Board of Internal Medicine, Member of American College of Gastroenterology, FACP</div></div> <div><div>DR. SHAHID RASOOL</div><div>MBBS, FCPS (Med), FCPS (Gastro), FRCP (Edin, UK)</div><div>Member of American College of Gastroenterology</div></div>		<div>GYNECOLOGY &amp; OBSTETRICS</div> <div><div>DR. ALIYA HAFEEZ</div><div>MBBS, FCPS</div><div>DR. BUSHRA SADIQ</div><div>MBBS, FCPS</div><div>DR. KANEEZ FATIMA</div><div>MBBS, MCPS, FCPS</div><div>DR. MARIA TAYYAB</div><div>MBBS, FCPS</div><div>DR. SHAISTA TALIB</div><div>MBBS, FCPS, MRCOG (UK)</div></div>		<div>NEUROLOGY</div> <div><div>DR. NAYYIR WASEEM</div><div>MBBS, DCN London, MPHIL Neuro (UK), FEBN Board of Neurology</div></div> <div><div>DR. MARYAM TAHIR</div><div>MBBS, FCPS ,MRCP</div></div>	
<div>EAR, NOSE, THROAT</div> <div><div>DR. ZAHID RAFIQ GILL</div><div>MBBS, FCPS</div></div>	<div>NEPHROLOGY</div> <div><div>DR. KASHIF RAFIQUE</div><div>MBBS, FCPS</div></div>	<div>FOOD &amp; NUTRITION</div> <div><div>AROJ RAUF</div><div>MPHIL Human Nutrition &amp; Dietetics</div></div>	<div>PULMONOLOGY</div> <div><div>DR. SHAUKAT JAVED</div><div>MBBS, FCPS</div></div>		
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