

Quarterly NEWSLETTER SHIFA PULSE

Volume 12 | April- June | 2025

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.





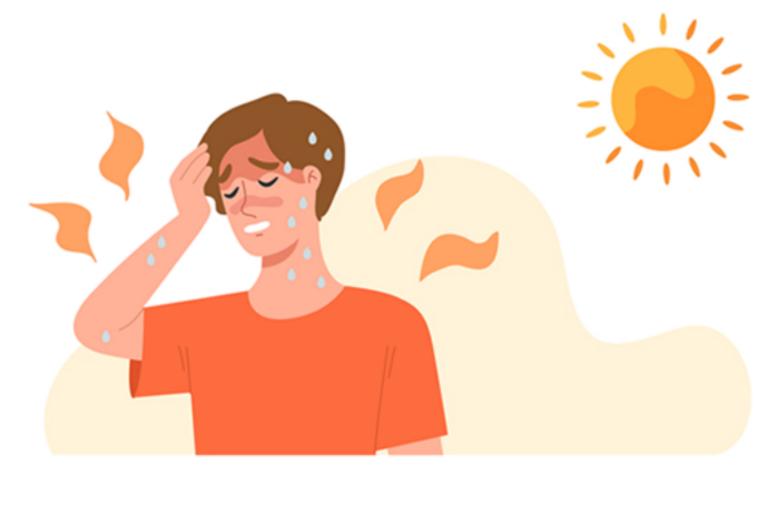


Congratulations...



HOW TO PREVENT

Heat Stroke



- Orink 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

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

eShifa

رکھے آپ کے پیاروں کا خیال آپ کے گھر پر!



www.eshifa.org



Faisalabad



SPECIALTIES & CONSULTANTS

GASTROENTEROLOGY

DR. M. ILYAS SHAKIR

MBBS, Diplomate American Board of Internal Medicine, Member of American College of Gastroenterology, FACP

DR. SHAHID RASOOL

MBBS, FCPS (Med), FCPS (Gastro), FRCP (Edin, Uk) Member of American College of Gastroenterology

GYNECOLOGY & OBSTETRICS

DR. ALIYA HAFEEZ

MBBS, FCPS

DR. BUSHRA SADIQ MBBS, FCPS

DR. KANEEZ FATIMA

MBBS, MCPS, FCPS

DR. MARIA TAYYAB

MBBS, FCPS

DR. SHAISTA TALIB

MBBS, FCPS, MRCOG (UK)

NEUROLOGY

DR. NAYYIR WASEEM

MBBS, DCN London, MPHIL Neuro (UK), FEBN Board of Neurology

DR. MARYAM TAHIR

MBBS, FCPS, MRCP

EAR, NOSE, THROAT

DR. ZAHID RAFIQ GILL

MBBS, FCPS

NEPHROLOGY

DR. KASHIF RAFIQUE MBBS, FCPS

FOOD & NUTRITION

AROOJ RAUF

MPHIL Human Nutrition & Dietetics

PULMONOLOGY

DR. SHAUKAT JAVED

MBBS, FCPS

NEUROSURGERY

DR. TAIMOOR ANWAR

MBBS, AMC, FCPS, FACS (USA)

PSYCHIATRY

DR. TOOBA OBEER

MBBS, FCPS

UROLOGY

DR. M. IMRAN JAMIL

MBBS, FCPS

PLASTIC SURGERY

DR. SHUMAILA YOUSAF MBBS, MD, FCPS

PHYSICAL THERAPY &

PEDIATRICS

DR. TARIQ MAHMOOD

MBBS, MCPS

DR. HAROON HAFEEZ

MBBS, FCPS

CARDIOLOGY

DR. OMER QADEER

MBBS, MD, FCPS American board certified in Echocardiography

RADIOLOGY

DR. M. SHAHID SALEEM

MBBS, MCPS, FCPS

DR. ADEELA ABID MBBS, FCPS

REHABILITATION

MAIRA SHAHZAD

Head Practitioner Physical Therapist

DPT, MS-OMPT **PGD Pain Management**

INTERNAL MEDICINE

DR. ABDULLAH SHAHID

MBBS, FCPS

DR. M. SHOAIB FAROOQ

MBBS, FCPS

ANESTHESIA

DR. MUZAMMIL RAUF ALVI

MBBS, FCPS

DR. SAHIR SHAFIQ

MBBS, FCPS

GENERAL SURGERY

DR. M. AWAIS ASHRAF

MBBS, FCPS

DR. M. UMAIR AFZAL

MBBS, FCPS

DR. AFIFA SAADIA

MBBS, FCPS

DR. IJAZ TANVEER HUSNAIN

MBBS, FCPS

ORTHOPEDIC

DR. USAMA BIN SAEED

MBBS, MD, FCPS, FICS, FACS, FIOTA, MRCPS, POA

DR. JAWAD MUSTAFA

MBBS, FCPS

DR. ZOHAIB NADEEM SIAL

MBBS | MD | FCPS (Tr & Orth) | FPAS Advance Hip & Knee Replacement specialist

HEMATOLOGY

DR. M. JAVAID IQBAL

MBBS | MPHIL Hematology

DR. MUHAMMAD SAAD

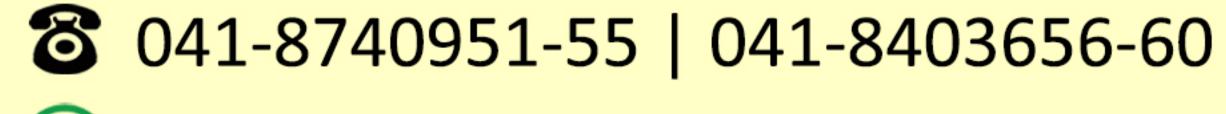
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Write to us: If you have any questions, comments or any other suggestions, Please email us at marketing.fsd@shifa.com.pk

