



**Abdul-Waheed Institute of Allied Health Sciences
Avicenna Medical & Dental College
Workshop Planner 2026**

Title	Date	Remarks
World Nutrition Day	28 th May	<ul style="list-style-type: none"> ✓ Follow International theme. ✓ Delivery of concerned faculty research work ✓ A Lecture by concerned guest speakers ✓ Students activities (posters/walk/competitions/quizzes)
World Physiotherapy Day	08 th Sept	
Allied Health Professional Day	14 th Oct	
World Radiology Day	08 th Nov	

Workshops for 2026

Sr	Title	Expected Date	Department	Speaker
1	Convex–Concave Rule and Its Clinical Application in Manual Therapy.	28th January 2026	Physiotherapy	Internal (Dr. Umer Arshad – PT)
2	Effects of Corrective Exercises Training for Improving Neuropathic Pain and Function in Knee Osteoarthritis	4 th February 2026	Physiotherapy	Internal (Dr. Misbah Waris)
3	Research analysis for Integrating Lifestyle Management into Nutrition Care	18 th February 2026	Human Nutrition & Dietetics	Internal (Dt. Shanawer Hayat)
4	Evidence based research engines & its implementations	March	Physiotherapy	External (Dr. Tehreem Adnan)
5	Effect of Plant proteins & antioxidant capacity to regulate hormone therapy	April	Human Nutrition & Dietetics	Internal (Dr. Syed Muneeb Gilani)
6	Awareness campaign through research analysis regarding PCOS increasing rate among females of Central Punjab	June	Medical Imaging Technology	Internal (Mr. Salman Farsi)
7	Workshop for Therapeutic Nutrition of Bed ridden/ICU/Surgical Inpatient OR Maternal, Infant & Adolescent Nutrition – 2026 Priorities	October	Human Nutrition & Dietetics	External (Dr. Majida Umar)
8	Hands-on Ultrasound Physics Workshop	November	MIT	Internal (Mr. Faisal Nazir)



9	Work shop for NCP of Emerging/Recent epidemiological needs in Pakistan OR Nutrition Entrepreneurship & Digital Practice	November	HND	Internal (Dr. Syed Muneeb Gilani)
---	---	----------	-----	--------------------------------------