

Society for Literature & Arts

Riphah International University, Peshawar Campus



SOCIETY FOR LITERATURE & ARTS (LS)

“Humanities studies are the hormones that act as a catalyst for thinking and humanize the practice of medicine”

Sir William Osler

Dear students and faculty members,

Books, the written words, spoken narratives, painted ideas and emotions have remained a valuable wealth of our human heritage. Literature in its various shades and dimensions gives us the opportunity to express our potential in elaborative, imaginative and beautiful ways. Its purpose is to capture the limits of human imagination, creativity, ingenuity, wisdom, abstraction and the beauty of life and the universe. As health care professionals we are consumers of medical literature- literature that the health care professionals created to meet the need for research and evidence-based practice. This literature is very focused at disease prevention, treatment and health promotion. Besides medical literature, as health care professionals (HCPs) we need the energy of literature and arts to improve ourselves as human beings and to make the practice of our profession relatable for the society. Because of this very essential need for HCPs to study literature and to produce it, we see many HCPs among the giants of literature like Anton Chekhov, Arthur Conan Doyle, Oliver Wendell Holmes, Robin Cook, W. Somerset Maugham, Walker Percy and John Keats. Reading and creating literary works enables one to delve into introspection, reflect on human experiences, analyse various perspectives of this experience and better understand ourselves, others and the purpose of life. A physician is expected to conduct 160,000-300,000 interviews in the span of his professional life, deal with situations of life and death, witness perils of social injustice and inequality and uphold professional values against all adversity. Within this context HCPs are bound to benefit from the study of literature. We therefore see conscious efforts by educators to introduce humanities in our HCPs curricula with an aim to learn from

patients' narratives, develop empathy through deeper understanding of their perspective of illness, debate viable options, understand and express their own emotions better and genuinely relate to the perspective of the community. Steps like establishment of the chair of literature at the College of Medicine at the Pennsylvania State University, introduction of the journal of Literature and Medicine and inclusion of the section on "Arts and Medicine" by JAMA seem to pave the way for what Fitzgerald (2015) declared, " Medicine, the greatest of humanities".

It is an irrevocable fact that medical studies be it of nursing, medicine or allied health care professionals - have humangious curricula. Any naive attempt at including literary elements in curriculum could end up as an unmangeable burden for the students and the faculty. Therefore, for decades educationists have introduced the flavours of literature as part of the co-curricular domain because in this realm the students are not pressurised for securing good grades and can enjoy the various shades of literaure and arts to explore it further as they choose, without any academic stress.

Literary society is establsihed at the campus level, thereby adding the benfit of interprofessional collaboration and learning. It is introduced as a movement to; gain awareness of the self, purpose of life, success in life; appreciate the beauty of diversity; develop skills for coping with stress and emotional turmoil and to better understand the perspective of others.

Students and faculty members are invited to become members of this movement and enrich their litrary, self-awareness and self-management skills.

Prof Ayesha S. Abdullah
Vice Dean & Faculty Chair for LS

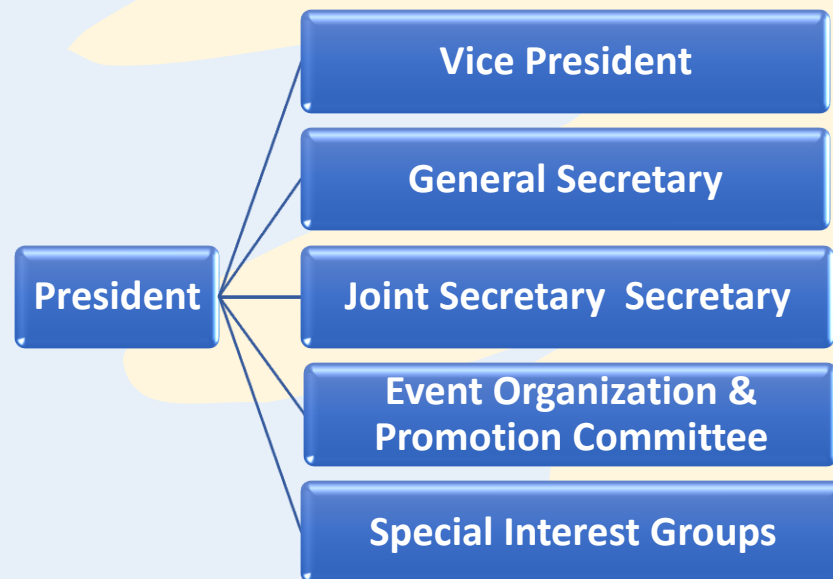
AIM OF LS

To produce creative, conscientious, self-accountable and reflective health care professionals with a wholesome personality rooted in the rich culture of Islam and the medical profession.

We believe the development of literary skills can compliment the formal curriculum in achieving this highly aspired goal. We strive to cultivate and nurture the seeds of literature, humanities and arts in the minds of our students and empower them with the skills to define their own perspective of life, personal and professional goals and to strive for them with perseverance. Our work ethics is centered around collaborative work with other student-lead societies, activities and curricular strategies. Through these efforts we expect to improve the intra-personal, interpersonal and professional outlook of life for the students and the faculty.

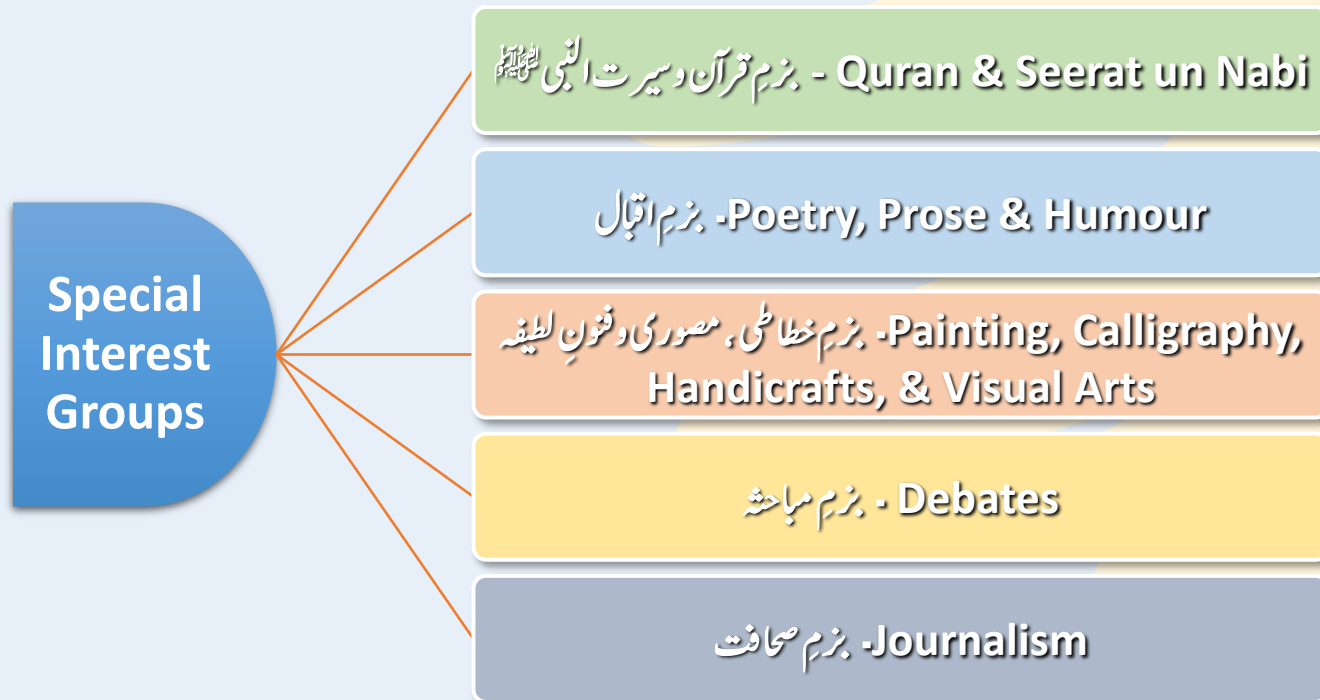
The following section provides an outline of the working framework of the society. Besides the main cabinet headed by the president, we have special interest groups (SIG) for students to explore their individual areas of interests. Each SIG has its own organizational structure lead by their president.

LS Structure with Separate Women's and Men's Wings



What are Special Interest Groups (SIGs)?

To cater for the diversity of students' interests in various domains of arts and literature, we have included Special Interest Groups (SIGs) as part of the main structure of the society. Each SIG is led by their own president, supported by the vice president and secretary. The SIGs are open for membership to all the students of the campus. Each group would be supported by teachers and professionals who have an established reputation in the area of expertise of the respective SIG. Brief outline of the SIGs is as follows.



SIGs	The purpose of the SIGs is to:
1) بزم قرآن Quran وسیرت النبی ﷺ Seerat un Nabi	• Develop a deeper understanding of Quran with the intention to practice its teachings and spread its message. • Incite the inspiration for regular recitation of Quran and to excel in it. • Provide the students an opportunity to deepen and widen their study of Seerah and practice it in their own lives. • Revive the Sunnah of the Prophet ﷺ • Provide the students an opportunity to write about the Seerah ﷺ • Develop the Naat recitation and writing skills of the students. • Develop the skills of public speaking on Seerah ﷺ
2) بزم اقبال Creative Writing- Poetry, Prose & Humour	• Enable students to develop understanding of the relationship of poetry with the development of soft skills, intellect and its contribution to the development of nations. • Harness the skills of writing poetry for students who have an aptitude for writing poetry. • Develop and promote creative writing skills of the students. • Gain deeper and broader understanding of the role & responsibilities of quality humour in the development and sustenance of societal norms and standards. • Provide opportunities for students who wish to develop literary skills of writing humours poetry or prose

SIGs	The purpose of the SIGs is to:
3) بزمِ خطاطی، مصوری و فنونِ لطیفہ Painting, Calligraphy, Handicrafts, & Visual Arts (Photography & videography)	• Practice and polish their painting, calligraphy, photography and videography skills within the premise of Islamic principles. • Develop cognizance of the contribution of these skills to the expression of self, societies and "Afaq".
4) بزمِ مباحثہ Debates	• Develop the skill of communicating effectively with peers, faculty, friends, family and general public. • Develop oratory skills and public speaking. • Communicate their point of view effectively with dignity and professionalism in situations of disagreement. • Develop a broader and deeper insight of national, international and professional current affairs.
5) بزمِ صحافت Journalism	• Develop the skills of factual and quality reporting of events & incidences. • Develop insight into the process and ethics of conscientious journalism and identify exemplary role models. • Gain insight into the consequences of bad, unprofessional journalism in real life and virtual environments.

**Editorial Board
College Magazine**

Chief Editor

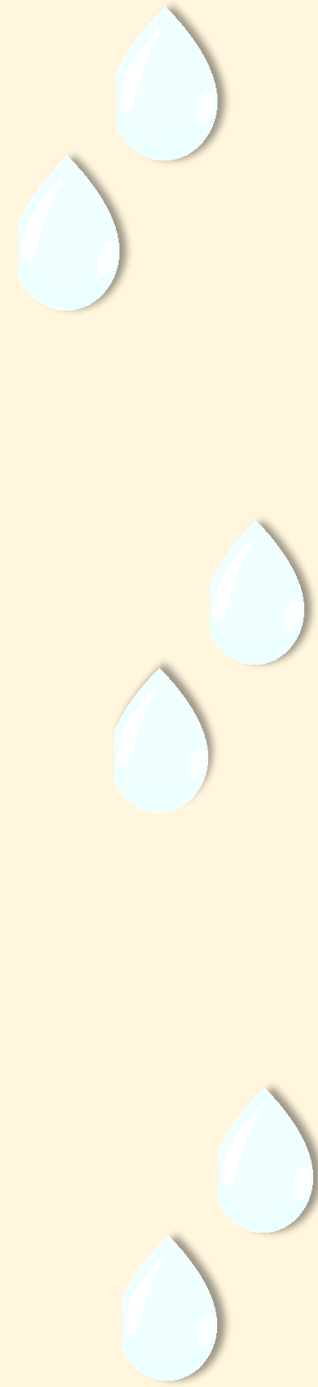
Editor Urdu

Editor English

Editor Pushtu

**Editor Events &
Activities**

Editor Special theme
(Specifically identified for each
issue of the magazine)



A glimpse of LS Events and Activities

Events organized by the previous LS and activities in which the members participated outside the campus

Organized by LS-2025- 26

Falah Day at PMC though joint collaboration of all student societies

Labaika ya Aqsa Programme and Gaza March at PMC

Seerat-un-Nabi Week at PMC

Independence Day at PMC

1. 3rd Hayya al- Falah Day, 18th Dec 2025
 2. Labaika ya Aqsa March, 8th Oct 2025
- 10th to 17th Sep 2025
1. Calligraphy Competition 10th Sept
 2. Qiraat Competition (Boys) 11th Sept
 3. Naat Competition (Boys) 11th Sept
 4. Speech Competition (Boys) 11th Sept
 5. Azan Competition (Boys) 11th Sept
 6. Qiraat Competition (Girls) 12th Sept
 7. Naat Competition (Girls) 12th Sept
 8. Speech Competition (Girls) 12th Sept
 9. Essay Writing Competition 13th Sept
 10. Naat Writing Competition 13th Sept
 11. Quiz Competition 17th Sept
- 19th to 21st Aug 2025
12. Painting competition: 16th to 20th August
 13. Essay competition: 19th August 2025
 14. Poetry competition: 19th August 2025
 15. Photography/ videography competition: 19th August 2025
 16. National Anthems: 19th August, 2025
 17. Speech competition: 21st August, 2025
 18. Panel Discussion: 21st August, 2025
 19. Guest Talk: 21st August 2025
 20. Cultural Exhibition: 21st August 2025 (cultural. historical. & Literacy Artefacts)

Participation Events 2025-26

1. SIMUN 2026, Shifa international model united nation by Shifa Tameer-e- Millat University. 20th , 21st June 2026
2. Rahman Medical College (RMC) Literacy society FLARE 2026. 11th -13th May 2026
3. 3rd all Pakistan Declamation contest by RMC. 7th May 2026
4. Essay Writing competition: Pakistan of the modern era and the Quaid e Azam's vision of faith, unity and discipline by Pakistan Institute of development economics (PIDE). 18th March 2026
5. Provincial inter- college and University Peshawar Naat and Qirat Competition by Brains institute, Peshawar. 13th March 2026
6. World Glaucoma week, Painting competition by Pakistan Institute of Community Ophthalmology. 11th March, 2026
7. The Beacon student expo 2026, Painting, speech, other competitions. 7th Feb 2026
8. SIST conference by Shifa Tameer-e—Millat University. 26th -28th September 2025, delegate of 70 participants from PMC and overall winner



Cultural Exhibition, Independence Day Programme, 2025



Seerah Week-2025- Quiz and closing ceremony

Seerah Week-2025- Prize Distribution Ceremony



Seerah Exhibition- Miraj Station



Seerah Exhibition- Uhud Station



Seerah Exhibition- The Last Sermon Station



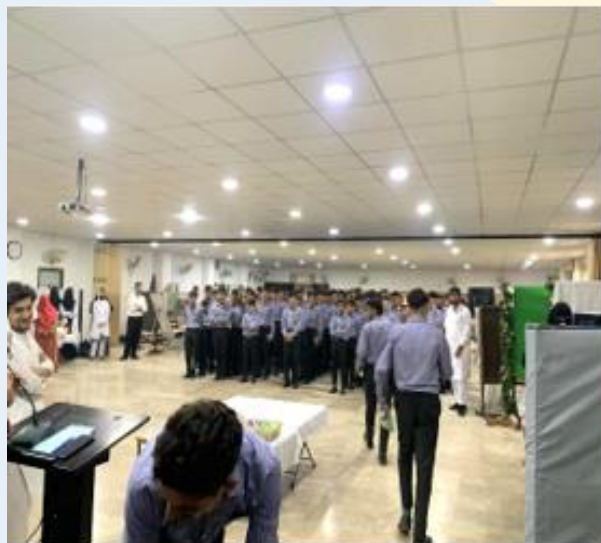
Seerah Exhibition- Treaty of Hudaibiyah



Seerah Exhibition- Hijrat-e-Madinah



Seerah Exhibition- Boycott of Banu-Hashim



Seerah 2025- Seerah Exhibition for children of School of Leadership, Mercy Educational Complex



Quiz Competition-Seerah Week 2025



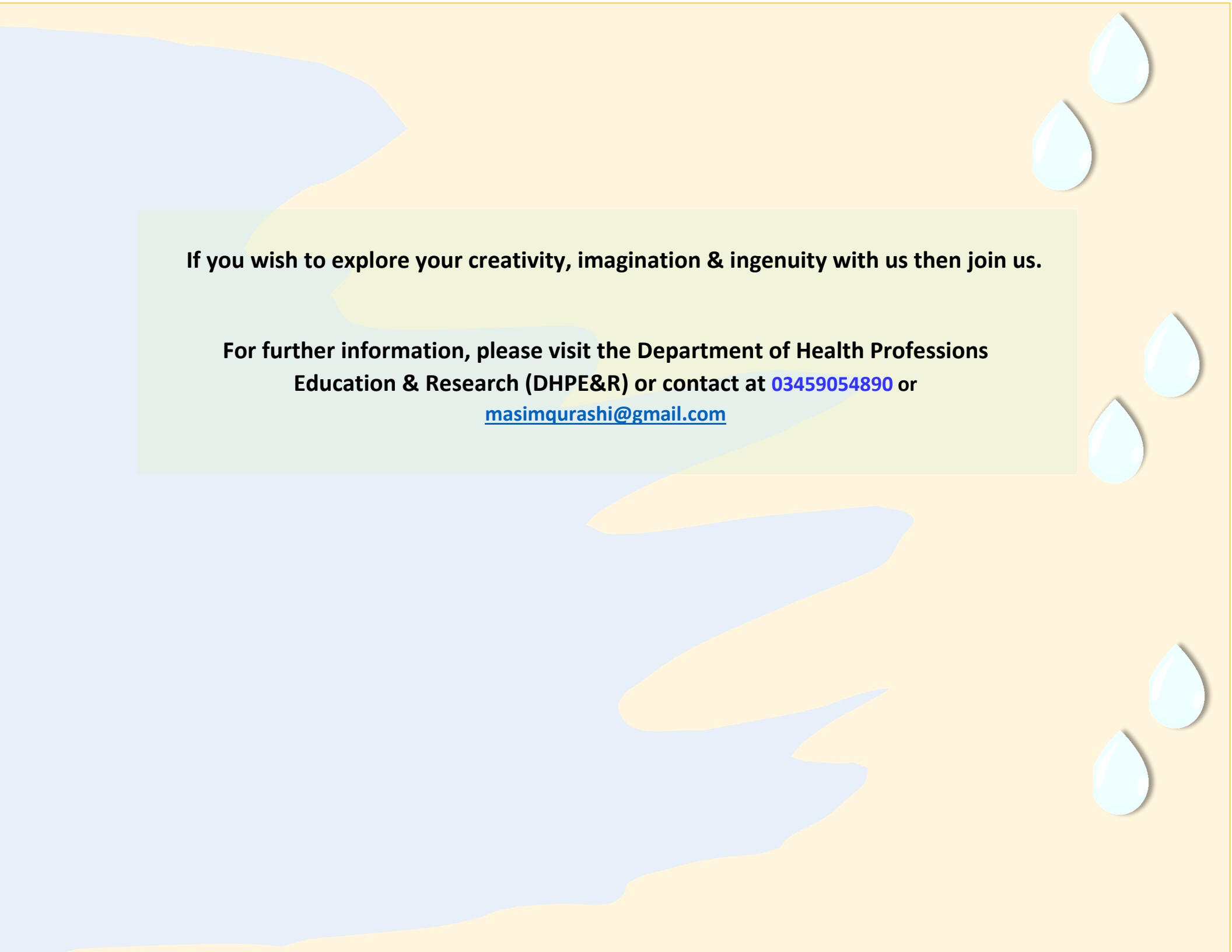
Falah Day, 2025- With Shining Stars of Al-Khidmat Foundation



Falah Day, 2025- With Shining Stars of Al-Khidmat Foundation



Winners of the National SIST 2025 Tournament



If you wish to explore your creativity, imagination & ingenuity with us then join us.

**For further information, please visit the Department of Health Professions
Education & Research (DHPE&R) or contact at [03459054890](tel:03459054890) or
masimqurashi@gmail.com**