



ARY DIGITAL - GOOD MORNING PAKISTAN LANDMARK DISCUSSION ON OBESITY AWARENESS IN PAKISTAN!

Dr. Muhammad Saleem Khan with Nida Yasir on ARY Digital covered everything from the causes of obesity to the latest treatment options.
A must-watch for anyone concerned about weight, diabetes, and overall health.



— SESSION ON OBESITY TREATMENT —

Talk by Dr. Muhammad Saleem Khan - Endocrinologist on Obesity treatment during Cardiometabolic conference in Larkana. Honored to be invited as a speaker at the Cardio-Metabolic Conference held at Chandka Medical College, Larkana, where I had the privilege of representing LUMHS University Jamshoro. I discussed the pharmacological management of Obesity and shared insights alongside esteemed speakers including Dr. Fawad Farooq, Dr. Farzana Farooq, Dr. Feroz Memon, and others.



WORLD DIABETES DAY

— 19th November 2025 —

World Diabetes Day Celebrated at the Department of Endocrinology & Diabetes, LUMHS Jamshoro. The event was graced by the Honourable Vice Chancellor, Prof: Ikram Din Ujjan LUMHS, whose presence added great value to the occasion.



FREE MEDICAL CAMP

A free Medical Camp for needy communities of Manchhar Lake near Sehwan. Organized by LUMHS in collaboration with Health Deptt, PPHI and local organizations. Special counter for Testing Blood Sugar, Diabetes Assessment and consultation was established by SIED.



MINI SYMPOSIUM

Department of Endocrinology LUMHS Jamshoro's in Collaboration with Pakistan Endocrine Society Conducted Mini Symposium on Approach to Endocrine Disorder on October 10 2025: Speaker Vice President Pakistan Endocrine Society Dr. Azra Rizwan (Aga Khan University Hospital Karachi) Assistant Prof: Dr Muhammad Saleem Liaquat University of Medical & Health Sciences, Jamshoro, and Prof: Dr Zaman Sheikh (Sir Syed Medical College)

DAWN
NEWS

بکھرے دنیا

chaitaur toast

HOST

A refreshing morning conversation with inspiring personalities.

GUEST

Dr. Muhammad Saleem Khan
Consultant Endocrinologist &
Assistant Professor of Endocrinology
LUMHS, Jamshoro

ONLY ON
DAWN
NEWS

Good Morning, Pakistan



DIABETES RISING

DAWN News Diabetes is rising rapidly and it's affecting younger lives more than ever. In my recent interview on Dawn News, I discussed:

- * Why diabetes occurs in children
- * Who is responsible—genes, lifestyle, or both
- * And most importantly, how parents and children can prevent it

Healthy habits start at home. Balanced diet, regular physical activity, and awareness can make a lifelong difference.



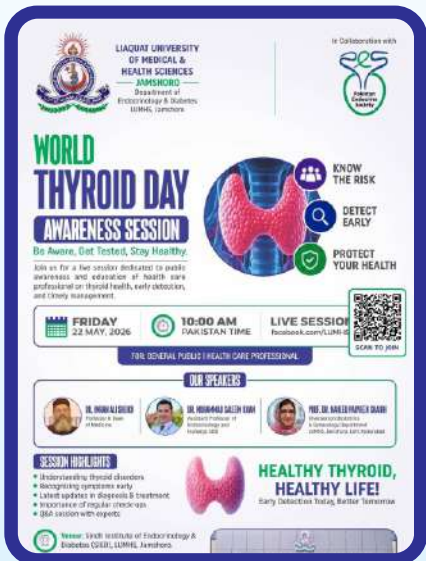
HAJJ & DIABETES

LUMHS FM 96.6 Radio , Public awareness program on “Hajj & Diabetes” educating diabetic pilgrims on safe diabetes management before and during Hajj.



PUBLIC AWARENESS

Diabetes Awareness Program, LUMHS FM 96.6 Radio (November 2025) Public awareness session on diabetes prevention and management.



WORLD THYROID DAY AWARENESS SESSION

Celebrated world thyroid Day at the Department of Endocrinology
Dr. Muhammad Saleem, Dr Naheed parveen , Dr Imran Ali Sheikh



— INAUGURATION OF OBESITY CLINIC —

Inauguration of Obesity Clinic at the Sindh Institute of Endocrinology & Diabetes Jamshoro by Worthy Vice Chancellor Prof: Dr. Ikram Din Ujjan on 19h November



Special Supplement on 23rd Annual PES Conference 2025. Karachi



Dr Azra Rizwan

Vice President, Pakistan Endocrine Society, Sindh Chapter



It has indeed been a great honour and pleasure to have been conferred the position of Vice President, Pakistan Endocrine Society (PES), Sind Chapter, a role that I have truly enjoyed from the January 2024 till date. It has been an awesome experience working alongside a team dedicated to strengthen the cause of Endocrinology across the Nation and beyond. I have had the pleasure of helping to disseminate the guidelines for diabetes management developed by the PES, speaking at national and international forums on topics such as Polycystic Ovary Syndrome, Obesity, Metabolic-Dysfunction Associated Fatty Liver Disease and thyroid disorders.

We have organized educational sessions to enhance public awareness, as well as continued medical education (CME) to update the knowledge of our community of health care professionals. The mini-symposium conducted in Hyderabad on the 9TH of October 2025 was followed by a tour of a centre dedicated to Diabetes and Endocrinology (the Sindh

Institute of Endocrinology and Diabetes), affiliated with the Liaquat University of Medical and Health Sciences (LUMHS), Jamshoro. This is being established by a valued member of the PES, Doctor Muhammad Saleem, the first Endocrine –certified consultant at LUMHS. Obesity management being particularly close to my heart led to directing a pre-symposium workshop on Obesity, October 11th 2025, Karachi.

The aim of the workshop was to move away from simply identifying the problem, to deepening the understanding of obesity and formulate realistic, practical approaches to address the condition in our patients.

A school health initiative, Child Health and Activity Management Programme for Diabetes Prevention (CHAMPS) saw its first session on November 13th 2024, Karachi. School children are being educated on healthy lifestyles through engaging modalities that would resonate with the youngsters.

I would like to end by thanking all the cabinet members, PES family for their continued support in making the tenure fruitful and wish our esteemed society the best in all future endeavours.



DR. AZRA RIZWAN FACULTY VISIT

Faculty from Agha Khan Hospital & University **DR. AZRA RIZWAN** Voice President Pakistan Endocrine Society Visited Sindh Institute of Endocrinology and Diabetes LUMHS Jamshoro and appreciated department affords and academic activities

