

4th Year MBBS
Community Medicine
List of Research Groups Class of 2015

Group No	Topic Name	Supervisor Name
Group 1	Association between dietary habits and menstrual irregularity among university girls	Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 2	Association of breakfast consumption with nutritional status among university students of Islamabad	Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 3	Assess the nutritional status of students living away from home	Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 4	Maternal Malnutrition due to Un-Spaced Pregnancy in Islamabad.	Dr. Arshia Bilal Dr. Asifa Afzal
Group 5	Congenital Cardiac Defects in Infants and its Association with Gestational Diabetes.	Dr. Arshia Bilal Dr. Asifa Afzal
Group 6	Cognitive Development in Breastfed and Bottle-fed Children up to 02 years of Age.	Dr. Arshia Bilal Dr. Asifa Afzal
Group 7	Factors Preventing Exclusive Breast Feeding Among Working Women and Housewives.	Dr. Zille Huma
Group 8	Assessment of Nutritional Status in School Going Children of Different Socio-Economic Groups.	Dr. Zille Huma
Group 9	Prevalence of diabetes in people above 35 years of age and its association with their life style	Dr. Juwayria Omar Dr. Sumeria
Group 10	Detection of Acutely Malnourished Children less than 5 years of age Missed through current WHO Guidelines using MUAC and WHZ."	Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 11	Energy drinks consumption and eating habits among th Air University students	Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 12	Consumption of caffeine among Air University students and its effect on academic performance	Dr. Arshia Bilal Dr. Asifa Afzal
Group 13	Association of Postpartum Depression with Pre and Post-natal iron supplementation in women of reproductive age in Islamabad.	Dr. Arshia Bilal Dr. Asifa Afzal
Group 14	Effects of Diet in Management of Diabetes Mellitus Patients and its Complications.	Dr. Zille Huma
Group 15	Association Between Breakfast and Academic Performance among Medical Students.	Dr. Zille Huma
Group 16	Relationship of Diarrheal Attack in Breastfed Vs Bottle-fed Babies.	Dr. Juwayria Omar Dr. Sumeria
Group 17	Malnutrition in students of Air University and its association with odd timings of food intake	Dr. Juwayria Omar Dr. Sumeria
Group 18	Association of depression and anxiety in students of Air University and their dietary intake	Dr. Juwayria Omar Dr. Sumeria

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Group No	Topic Name	Supervisor Name
Group 1	Assessment of breast cancer awareness and attitude among young female students	Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 2	Knowledge about effective breast feeding techniques of associated factors among women attending PAF hospital.	Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 3	Frequency of self-medication in medical vs non-medical university Students.	Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 4	Association between obstructive sleep apnea and atrial fibrillation: A window of opportunity"	Dr. Arshia Bilal Dr. Asifa Afzal
Group 5	Knowledge and attitude cervical cancer screening Among women of reproductive age in Islamabad	Dr. Arshia Bilal Dr. Asifa Afzal
Group 6	Factors responsible for lack of compliance for treatment among tuberculosis patients	Dr. Juwayria Omar Dr. Sumeria
Group 7	Patient satisfaction level and adherence to their treatment in relation with their communication/ Interaction with health professionals.	Dr. Juwayria Omar Dr. Sumeria
Group 8	Factor causing perinatal depression & its association with child birth "	Dr. Juwayria Omar Dr. Sumeria
Group 9	Awareness about health hazards & use of personal protective equipment & biosafety among laboratory technicians in hospital of Islamabad.	Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 10	Barriers in the use of contraceptive among named women of child bearing age visiting PAF hospital Islamabad	Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 11	Awareness about prevention of Hepatitis B among health care providers of PAF hospital Islamabad.	Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 12	Association of stress & menstrual irregularities among undergraduate students of Air university	Dr. Arshia Bilal Dr. Asifa Afzal
Group 13	Association of post- traumatic stress disorder (PTSD) with Pre-mature myocardial infraction: twin cities, twin problems	Dr. Arshia Bilal Dr. Asifa Afzal
Group 14	Counselling improves the knowledge attitude & practices regarding hand hygiene among medical professionals An international study in Islamabad	Dr. Arshia Bilal Dr. Asifa Afzal
Group 15	Development of allergies in children & its association with birth weight, mode of delivery & perinatal allergies	Dr. Juwayria Omar Dr. Sumeria
Group 16	Development of different health problem associated with increase screen time in different gadget in Air University students	Dr. Juwayria Omar Dr. Sumeria

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Group #	Topic Name	Supervisor Name
Group 1	Pre- Pandemic to Post- Pandemic Tracking screen time among students & its association with eye strain sleep disturbances & health care.	Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 2	Knowledge attitude & practice of cancer screening among adult population of twin cities, Pakistan	Dr. Arshia Bilal Dr. Asifa Afzal
Group 3	Perspective of students and parents towards online learning in times of COVID - 19.	Dr. Juwayria Omar Dr. Nida Khaliq
Group 4	Knowledge, attitude and acceptance of COVID19 vaccine among undergraduate students of Air University Islamabad.	Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 5	Neck pain, its Predisposing factors and association with study grades among Air University students, islamabad.	Dr. Arshia Bilal Dr. Asifa Afzal
Group 6	Knowledge & attitude about HIV among undergraduate student of Air University Islamabad.	Dr. Juwayria Omar Dr. Nida Khaliq
Group 7	Knowledge, Risk factors & effects on the life style of scabies in a rural siting of Gujrat.	Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 8	Ascertaining the out turn on emotional health with deprivation of morning stretch in students.	Dr. Arshia Bilal Dr. Asifa Afzal
Group 9	Transgender Discrimination health care system.	Dr. Juwayria Omar Dr. Nida Khaliq
Group 10	Reasons for current increase in tobacco smoking among teenagers.	Dr. Zille Huma Mustehsan
Group 11	Effect of cosmetic agents on skin of young adults in university of twin cities.	Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 12	Psychosocial effect of increased traffic load. A study on traffic wardens of twin cities.	Dr. Arshia Bilal Dr. Asifa Afzal
Group 13	Happiness index of undergraduate students of Air University Islamabad.	Dr. Juwayria Omar Dr. Nida Khaliq
Group 14	Awareness & perception of drug abuse among university students of Islamabad.	Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 15	Seasonal allergic rhinitis among students of Air university Islamabad. Epidemiology & effects on quality of life.	Dr. Arshia Bilal Dr. Asifa Afzal
Group 16	Musculoskeletal pains school bag associated with in children and adolescents.	Dr. Juwayria Omar Dr. Nida Khaliq
Group 17	Knowledge, Attitude and Practices towards Osteoporosis among Postmenopausal Women in Islamabad	Dr. Zille Huma Mustehsan
Group 18	Knowledge, Awareness, and Perceptions Regarding Autism among parents in Islamabad	Dr. Zille Huma Mustehsan

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List of Research Groups Class of 2018

Group #	Topic Name	Supervisor Name
Group 1	Questionnaire – based for polycystic ovary syndrome (PCOS) and its associations in students of ICG F-6/2, Islamabad.	Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 2	A retrospective study on physician burnout in PAF Hospital, Islamabad.	Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 3	Insomnia and its effects in mental health and academic progress of undergraduate students of Air University, Islamabad.	Dr. Arshia Bilal Dr. Asifa Afzal
Group 4	Physical exercise and its association with depression in undergraduate students of Islamabad.	Dr. Arshia Bilal Dr. Asifa Afzal
Group 5	Unmet needs of contraception in the population of Shah Allah Ditta, Islamabad	Dr. Arshia Bilal Dr. Asifa Afzal
Group 6	Obsessive compulsive disorder in students of FMC: An analytical cross-sectional study	Dr. Juwayria Omar Dr. Nida Khaliq
Group 7	Artificial Intelligence in HRCT of COVID patients: its efficiency vs conventional reporting.	Dr. Juwayria Omar Dr. Nida Khaliq
Group 8	Knowledge, attitude and practice of pre-marital screening for thalassemia among adults residing in Islamabad.	Dr. Zille Huma Dr Iffat
Group 9	Assessment of physical and mental health of children living in orphanages.	Dr. Zille Huma Dr Iffat
Group 10	Iron deficiency anemia among children under five and its associated risk factors.	Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 11	Understanding the effectiveness of face, arm, speech, time (FAST) stroke awareness educational intervention in non-medical Pakistani students of AU.	Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 12	Relationship between hydration status and migraines in university students of twin cities.	Dr. Arshia Bilal Dr. Asifa Afzal
Group 13	Patients perspective in maintenance of confidentiality and privacy in health care systems.	Dr. Arshia Bilal Dr. Asifa Afzal
Group 14	A Comparative study of health & quality of life between elders residing in old homes vs those living with their families at home in Islamabad Pakistan	Dr. Juwayria Omar Dr. Nida Khaliq
Group 15	Depression in thalassemia patients in different age groups.	Dr. Juwayria Omer Dr. Nida Khaliq
Group 16	Maternal nutrition knowledge and its relation to childhood stunting and obesity.	Dr. Zille Huma Dr Iffat
Group 17	Educational problems faced by hearing impaired children.	Dr. Zille Huma Dr Iffat
Group 18	Frequency and risk factors of peripartum depression in women of Islamabad.	Dr. Zille Huma Dr Iffat

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List of Students Research Groups Class of 2019

Group #	Topic Name	Supervisor Name
Group 1	Digital screening & assessment of Post – COVID – 19 cognitive impairments: A comparative cross – sectional study in the twin cities of Pakistan	Prof. Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 2	A comparison between the pregnancy outcome in women with and without threatened abortion	Prof. Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 3	Fostering digital health in Pakistan: An interventional study regarding awareness of telemedicine among the residents of Shah Allah Ditta	Dr. Arshia Bilal Dr. Asifa Afzal
Group 4	Fostering digital health in Pakistan: An interventional study regarding awareness of telemedicine among the residents of Shah Allah Ditta	Dr. Arshia Bilal Dr. Asifa Afzal
Group 5	Gastroesophageal reflux disease (GERD) among hostilities and non-hostilities students of Islamabad and Rawalpindi and its association with lifestyle factors	Dr. Arshia Bilal Dr. Asifa Afzal
Group 6	Risk stratification and early artificial intelligence (AI) based detection of carcinoma of prostate, a cross sectional study	Dr. Juwayria Omar
Group 7	Effectiveness of digital intervention Vs conventional counselling for better antenatal and postnatal care and its effects on pregnancy outcomes	Dr. Juwayria Omar
Group 8	Effectiveness of Artificial intelligence application (AI Apps) to help control stress among medical students - an interventional study	Dr. Zille Huma Mustehsan Dr. Iffat Noreen
Group 9	Knowledge, Attitude and Practices towards the use of antibiotics among mothers for their children living in Islamabad- A cross sectional survey	Dr. Zille Huma Mustehsan Dr. Iffat Noreen
Group 10	Motivational factors, potential barriers, perceived physiological and psychological effects of blood donation on blood donors of twin city	Prof. Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 11	Consequences of stress, stigma and social support on the life, and coping strategies by the families bearing autism spectrum disorder child	Prof. Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 12	Use of digital application to improve anomic aphasia in post- stroke patients with depression: A non – randomized trail	Prof. Dr. Rukhsana Khan Dr. Mahwish Akhtar
Group 13	Polarization of health services quality in public vs private tertiary care hospitals of twin cities of Pakistan: A comparative study	Dr. Arshia Bilal Dr. Asifa Afzal
Group 14	Stigmatization and discrimination as predictors of self-esteem of people living with AIDS and HIV. (Exploratory Study)”	Dr. Arshia Bilal Dr. Asifa Afzal
Group 15	AI based interventional study to determine the quality of water and frequency of water borne disease in suburban and slum areas of ICT	Dr. Juwayria Omar
Group 16	Importance of counselling related to anxiety and stress in elective and emergency surgical patients: An interventional study	Dr. Juwayria Omar
Group 17	Effect of screen time on health of school going children in Islamabad. A cross sectional survey	Dr. Zille Huma Mustehsan Dr. Iffat Noreen
Group 18	Occupational health issues among marble factory workers in Islamabad - A cross sectional survey	Dr. Zille Huma Mustehsan Dr. Iffat Noreen

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List of Research Groups Class of 2020

Group #	Topic Name	Supervisor Name
Group 1	Ethical dilemmas face by doctors of PAF hospital Islamabad: Finding a way out.	Dr. Arshia Bilal Dr. Armin Bilquis
Group 2	Determining the accuracy of artificial Intelligence App (Medgic) in diagnosing Dermatological Lesions; A comparative Study	Prof. Dr. Rukhsana Khan Dr. Saleha Afridi Dr. Asifa Afzal
Group 3	Satisfaction level of Women with maternity services at PAF Hospital Islamabad	Prof. Dr. Rukhsana Khan Dr. Saleha Afridi Dr. Asifa Afzal
Group 4	Early detection of diabetic retinopathy to prevent irreversible visual loss amongst patients visiting diabetic center Barakahu.	Dr. Mahwish Akhtar
Group 5	Identifying and overcoming challenges faced by patients of Islamabad in seeking tele-rehabilitation	Dr. Arshia Bilal Dr. Armin Bilquis
Group 6	Disparities in knowledge and practices among health care workers of Islamabad regarding guidelines for nosocomial infection prevention.	Dr. Arshia Bilal Dr. Armin Bilquis
Group 7	Association of medication adherence and lifestyle modification with quality of life in post angioplasty patients visiting PAF Hospital, Islamabad	Prof. Dr. Rukhsana Khan Dr. Saleha Afridi Dr. Asifa Afzal
Group 8	Impact of pregnancy induced body changes on maternal mental and physical health.	Dr. Juwayria Omar Dr. Inzamam Khalil
Group 9	Assessing the quality of life among post-surgical cataract patients at PAF hospital, Islamabad A - Comparative study	Dr. Juwayria Omar Dr. Inzamam Khalil
Group 10	Cataract surgery : outcomes and effects on quality of life in post-surgical patients	Prof. Dr. Rukhsana Khan Dr. Saleha Afridi Dr. Asifa Afzal
Group 11	Raising awareness about HPV vaccination and cervical cancer empowering prevention: an interventional study	Dr. Juwayria Omar Dr. Inzamam Khalil
Group 12	Digitization of diabetes management with an AI based App : An interventional study	Dr. Juwayria Omar Dr. Inzamam Khalil
Group 13	Challenges faced by Shah Allah Ditta community on solid waste disposal and health hygiene.	Dr. Mahwish Akhtar
Group 14	Utilization of maternal and child healthcare services among the mothers of children under 5 years living in Shah Allah Ditta, Islamabad	Prof. Dr. Rukhsana Khan Dr. Saleha Afridi Dr. Asifa Afzal
Group 15	Challenges and coping strategies among the care givers of children with Thalassemia.	Prof. Dr. Rukhsana Khan Dr. Saleha Afridi Dr. Asifa Afzal
Group 16	Evaluating an App-based intervention for Mental health disorders in University students of Islamabad	Dr. Arshia Bilal Dr. Armin Bilquis
Group 17	Adherence to WHO's Access, Watch and Reserve (AWaRe) classification of antibiotic prescription by doctors of Islamabad	Dr. Arshia Bilal Dr. Armin Bilquis

4th Year MBBS
Community Medicine
List of Ongoing Research Groups Class of 2021

Group #	Topic Name	Supervisor Name
Group 1	Compliance of WHO recommended elements of Kangaroo mother care among postnatal mothers of low birth weight babies	Prof. Dr. Rukhsana Khan Dr. Iffat Noreen
Group 2	Reasons for delayed presentation of women of Rawalpindi / Islamabad with breast cancer.	Dr. Arshia Bilal Dr. Inzamam Khalil
Group 3	Digital rehab/ management of stroke related Dysphagia.	Dr. Juwayria Omar Dr. Zaryab Haider
Group 4	Effect of Gamification on Patients undergoing surgical intervention	Dr. Saleha Afridi Dr. Armin Bilquis
Group 5	The relationship between self-esteem and quality of life in individuals using prosthetics after limb amputation	Prof. Dr. Rukhsana Khan Dr. Iffat Noreen
Group 6	Exploring the Psychosocial Drivers Behind Adolescent Vaping Behavior	Dr. Arshia Bilal Dr. Inzamam Khalil
Group 7	The Risk of infection and other blood borne infections in sweepers handling contaminated waste.	Dr. Juwayria Omar Dr. Zaryab Haider
Group 8	Effect of montelukast on sleep pattern of children.	Dr. Saleha Afridi Dr. Armin Bilquis
Group 9	Psychosocial Impact of Acne Vulgaris: Investigating the emotional and psychological effects of acne, including its effect on self-esteem, self-confidence, and anxiety depression	Dr. Mahwish Akhtar
Group 10	Effect of Cupping Therapy on Biochemical and Hematological Parameters	Prof. Dr. Rukhsana Khan Dr. Iffat Noreen
Group 11	Prevalence of genital tract infections in women who have access to menstrual hygiene products vs those who do not or in women who use disposable menstrual hygiene products vs those who use reusable menstrual hygiene products	Dr. Juwayria Omar Dr. Zaryab Haider
Group 12	Comparative study between influence of joint family system or nuclear family on postpartum mental health	Dr. Saleha Afridi Dr. Armin Bilquis
Group 13	Myths and misconceptions about HPV and its vaccine.	Prof. Dr. Rukhsana Khan Dr. Iffat Noreen
Group 14	Effectiveness of ChatGPT in delivering cognitive behavioral therapy to medical students of twin cities suffering from anxiety	Dr. Arshia Bilal Dr. Inzamam Khalil
Group 15	Digitalization in Burn Severity Assessment and Personalized Treatment Plans	Dr. Juwayria Omar Dr. Zaryab Haider
Group 16	Comparative study between simulated and real time patients in medical education.	Dr. Saleha Afridi Dr. Armin Bilquis
Group 17	Assess the relationship between social media addiction and mental health among students of degree college Mohanpura.	Dr. Mahwish Akhtar
Group 18	Effect of Mentorship Programs on Medical Student Development in students	Prof. Dr. Rukhsana Khan Dr. Iffat Noreen
Group 19	To study about the post ACL reconstruction surgery complications + Patient satisfaction	Dr. Arshia Bilal Dr. Inzamam Khalil
Group 20	Effect of menopause on quality of life of working VS non-working women.	Dr. Juwayria Omar Dr. Zaryab Haider
Group 21	The impact of IQ and EQ on student's Psychological wellbeing.	Dr. Saleha Afridi

		Dr. Armin Bilquis
Group 22	Biomedical project on hospital waste management.	Prof. Dr. Rukhsana Khan Dr. Iffat Noreen
Group 23	Effect of video games on the upbringing of Gen alpha.	Dr. Mahwish Akhtar
Group 24	Awareness and practices regarding vector-Borne disease (e.g. Dengue, Malaria)	Prof. Dr. Rukhsana Khan Dr. Iffat Noreen