



Breast Cancer Awareness Month

Bike Distribution Ceremony

Diabetes Awareness Session

Cricket Gala

Health Gala at Telenor Headquarter

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+92-51-8449944 📞 +92-51-8090200 📞

alimedical.org 🌐

info@alimedical.org ✉️

www.alimedical.org 🌐

Kohistan Road, F-8 Markaz, Islamabad. 📍

Breast Cancer Awareness Month



October is **Breast Cancer Awareness** Month. At **Ali Medical** we do our part by organizing an event focusing on self examination and early detection with the help of mammograms.

Our dedicated medical consultants and staff emphasized the role of early detection and prevention in controlling the spread of this deadly disease.

We are thankful to all who participated and contributed to the success of this event.



Bike Distribution Ceremony

The **Human Resource & Development Department** hosted a **Bike Distribution Ceremony** in October 2024, awarding **12 Atlas Honda Bikes** to eligible employees. This initiative highlights the organization's commitment to supporting staff and easing their daily commutes.



Employee of the Quarter (July - September)

The **Human Resource & Development Department** hosts the '**Employee of the Quarter**' program each quarter to recognize outstanding employees from all departments. These individuals exemplify excellence through their unwavering dedication, collaborative spirit, and commitment to our core values. We are sincerely grateful for their hard work and passion, which are vital to driving our mission forward.



Awareness Session at PTA

Ali Medical Centre organized an informative session at the Pakistan Telecommunication Authority (PTA) Headquarters to raise **awareness about diabetes mellitus and dengue**. The session, led by **Dr. Ahmed Rasheed** a **Medical Specialist**, provided valuable insights into managing diabetes through proper medication, dietary adjustments, and lifestyle modifications. **Dr. Ahmed Rasheed** also emphasized critical dengue prevention strategies, alongside discussing effective medical interventions to manage the disease.

This collaborative initiative aimed to empower participants with essential knowledge to make informed health decisions amidst these pressing health challenges. Ali Medical Centre remains committed to fostering awareness and promoting healthier communities.



Diabetes Awareness Session

Ali Medical marked **World Diabetes Day** with a **Diabetes Awareness Session and Walk**. The event underscored the increasing prevalence of diabetes in Pakistan, particularly Type 2 diabetes, which impacts millions nationwide.

Renowned healthcare professionals, including **Dr. Sarwar Malik (Medical Specialists and Endocrinologists)**, **Dr. Ali Arif (Medical Specialists)**, **Dr. Abdul Momin (Nutritionist)** and **Dr. Jahanzaib Zafar (Head of Physiotherapy)**, spoke at the session. They highlighted the need for improved dietary habits and regular physical activity to address the growing diabetes crisis.

The event was graced by the presence of **IHRA Board Chairman Dr. Riaz Shahbaz Janjua**, and **CEO Dr. Bilal Arshed Butt** who expressed their dedication to supporting diabetes awareness and prevention initiatives.

To further commemorate **World Diabetes Day**, Ali Medical offered exclusive discounts on OPD consultations with medical specialists and endocrinologists, as well as diagnostic tests, throughout November. This initiative is part of the Centre's ongoing efforts to promote health and wellness in the community.

Participants enthusiastically joined the **"Walk to Empower"** initiative, an inspiring event aimed at promoting diabetes awareness and encouraging proactive measures to combat this prevalent public health challenge. Walking together in solidarity, they carried a banner that underscored the importance of community engagement and collective action in addressing diabetes. The vibrant energy of the participants and their shared determination to make a difference created a positive and empowering atmosphere throughout the event.



The initiative served as a powerful reminder of the role that awareness and education play in preventing and managing diabetes. It highlighted the need for individuals, families, and communities to work together in fostering healthier lifestyles and making informed choices. Beyond the walk, the event also provided an opportunity for participants to exchange information, share personal experiences, and strengthen their commitment to fighting this disease.

The **Human Resources & Development Department** of **Ali Medical Centre** organized the **Annual AMC Cricket Gala – Season IX** on November 17th, 2024, at F-10 Markaz (**Punjab Cricket Club Ground**).

The competition featured six teams. The **AMC Dragons** dominated the evening, claiming first place, while **AMC Zalmi** were declared the runners-up of the event.

The post-match ceremony and prize distribution were graced by the **Honorable Chief Guest, Mr. Syed Naveed Ur Rehman**, Deputy Director General (Admin), **Pakistan Sports Board**, along with esteemed guests **Mr. Ali Umar Alvie** (Managing Director) and **Dr. Bilal Arshed Butt** (CEO).

The **Man of the Tournament** and **Most Liked Player** awards were presented to **Mr. Hamza Zameer** from AMC Dragons. The **Best Player Consultant/Doctor** award went to **Dr. Jibran**, while the **Most Participating Department** award was given to the **Nursing Department**. Certificates for the **Supporting Departments of the Event** were awarded to **Bosch, Food & Nutrition Services, Supply Chain Management, Pharmacy, Corporate Affairs & Marketing, and Human Resources & Development**.

The **Shield for Event Organizer** was presented to **Mr. Hassaan Ahmed Khan**, Head of HR&D. The **Chief Guest Shield** was awarded to **Mr. Syed Naveed Ur Rehman** (Deputy Director General Admin, Pakistan Sports Board), and the **Guest of Honor Shield** was presented to **Mr. Anjum** and **Dr. Bilal Arshed Butt** (CEO).



Health Gala at Telenor Headquater

Ali Medical Centre, in collaboration with **Askari General Insurance Co. Ltd.** and **Telenor Pakistan**, participated in a Health Gala organized for Telenor's dedicated employees at their headquarters in Gulberg Green, Islamabad.

Renowned consultants from **Ali Medical Centre** provided expert advice and introduced exclusive, customized diagnostic packages designed to promote comprehensive healthcare. The event concluded with recognition shields awarded to participants for their active engagement.

Telenor's higher management emphasized the value of such medical camps in raising health awareness and extending outreach to employees.

Initiatives like these play a pivotal role in fostering well-being, delivering expert healthcare insights, and encouraging the practice of regular health check-ups for a healthier future.



Awareness Session at GHPL

Ali Medical Centre conducted an awareness session on 12th December at **Government Holding Private Limited, G-5/2 Islamabad**, to mark **International Universal Health Coverage Day**.

Dr. Ahmed Rasheed Ghani (Consultant Medical Specialist) and **Dr. Abdul Momin (Consultant Nutritionist)** discussed the importance of universal health coverage, shared key health statistics, and provided valuable tips on:

- Boosting immunity and preventing common illnesses through proper nutrition and hydration.
- Managing seasonal mental health challenges effectively and staying active every day.
- Enhancing workplace productivity through better health.
- Ensuring maximum safety during winter outdoor activities with proper precautions.



Christmas Celebration

As the festive season unfolds, we take a moment to reflect on the true spirit of Christmas—caring for those who need us most and to cherish peace & goodwill.

This year, we marked Christmas with a special cake-cutting ceremony, bringing joy and unity to our celebrations. We also extended our thoughts and compassion to the sick and disabled, reaffirming our commitment to making everyone feel included in the festivities.



Innovations in Medical Equipment

Over the past decade, **Ali Medical** has made significant strides in upgrading and enhancing its medical equipment to provide the best possible care for patients. Under the leadership of management, we have successfully implemented numerous advancements across various departments.

In the **Operating Theatre (OT)**, we upgraded to a top-of-the-line **C-arm** and **laparoscopic towers**, installed **LED OT lights**, and purchased new OT tables to ensure greater efficiency and comfort during procedures. Additionally, we introduced advanced **anesthesia machines** and **cardiac monitors** to streamline operations, reduce OT downtime, and make it easier for surgeons to perform complex cases.

In the **Dialysis Unit**, we added state-of-the-art machines to provide faster and more efficient dialysis treatments for patients. On the **IPD floors**, all beds were upgraded with patient comfort in mind, creating a more pleasant and accommodating hospital stay. In the **ICU**, we installed advanced **ventilators** and new **ICU beds**, significantly enhancing our critical care capabilities.

Previously, **Ali Medical** had only two ultrasound machines; now, **Alhamdulillah**, we have five state-of-the-art **ultrasound machines**. Recently, we also upgraded our **X-ray** and **fluoroscopy** equipment to reduce radiation exposure while maintaining high-quality imaging for patients. Furthermore, **CT scan** and **D.R. upgrades** are currently in progress.

We have also added cutting-edge **Spirolab machines** for accurate monitoring of lung function and cutting-edge **HD vision endoscopy machines** enhance our diagnosis of lung conditions. With these ongoing upgrades, Ali Medical continues to advance with the latest medical equipment to provide quicker treatments, more accurate diagnoses, and enhanced patient care with minimal discomfort.

To ensure all of this equipment remains up to date and in optimal condition, our dedicated **Biomedical Team** operates 24/7, ensuring everything runs smoothly.



Hassan Ilyas

Manager Biomedical Engineering Dept

Patients' Feedback



I would like to share my experience of being admitted to Ali Medical. All the departments have highly experienced and professional staff. I am especially grateful to the **OT staff**—Samia, Nadra, Tahir, and Amjad—for their exceptional support. The **ward staff**, including Saeed, Abbas, Moez, and Sarafeen, were extremely cooperative and helpful throughout my stay. I would also like to extend my gratitude to the **URS team**, particularly **Shumail, Asghar**, and their **staff**, for their invaluable assistance. The ER staff also provided tremendous help, and I deeply appreciate their efforts.

Kinza

All the staff are very good, especially **Zahid Bangash**, who is a very nice person. Everyone is professional in their work and knows how to deal with clients politely.

Khadija Bibi

I have been offered treatment by ER department at AMC. I wanted to appreciate the professionalism of **Mr. Zahid** who has always been very diligent and accommodative.

Basit Khan

I want to express my sincere appreciation for the excellent service I received at Ali Medical Centre. The entire team was professional, kind, and attentive, and I am extremely happy with the successful outcome and treatment. Thank you for making the experience so positive. I'll gladly recommend Ali Medical Centre.

Riaz Ahmad

The staff has been very kind and cooperative. Great job—keep it up!

Syed Muhammad Ahmed

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