



Hosted by the University of Faisalabad

2nd International Health Sciences Congress

THE NEW HEALTH ECOSYSTEM

Digital Health, Psychological Well-being and Clinical Innovations

IHSC - 2026

Chair of Health Congress

Dr. Aamna Habib

Principal Madina College of Pharmacy
The University of Faisalabad

Co-Chair Health Congress

Dr. Aydın Sinan Apaydın

Department of Neurosurgery,
Karabük University

Secretary

Dr. Mariam Zafar

Head, Department of, Rehabilitation Sciences
The University of Faisalabad



Congress
Program



November 2-4, 2026

In-person & Online

sponsor



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ECONOMICS MAGAZINE



UNIVERSITY
SWABI



IHSC 2026 · CONGRESS PROGRAMME

2nd International Health Studies Congress

DAY 1 · MONDAY, 2 NOVEMBER 2026

The University of Faisalabad, Pakistan

Pakistan Time (PKT, UTC+5) · Türkiye Time (TR, UTC+3)

11:00–12:00 PKT / 09:00–10:00 TR · OPENING PROGRAMME

12:00–13:00 PKT / 10:00–11:00 TR · IN-PERSON LUNCH BREAK

Time (PKT)	Programme
09:00–10:00	Registration and arrival of participants
10:00–11:00	General opening of IHSC sessions (welcome and inauguration)
11:00	AI-Driven Future Organizations and Societies: Women's Role, Challenges and the Way Forward
11:00–11:10	Opening ceremony of IHSC: Tilawat-e-Quran, Naat-e-Rasool (SAW) and National Anthem (10 minutes in total)
12:00–13:00	Lunch and prayer break
13:00–15:15	Congress sessions (detailed programme below)
15:45–16:00	Closing remarks and vote of thanks

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DAILY SCHEDULE

Pakistan / PKT	Türkiye Time and Programme
11:00–12:00	09:00–10:00 TR · Opening Programme
12:00–13:00	10:00–11:00 TR · In-Person Lunch Break
13:00–14:15	11:00–12:15 TR · In-Person 1 · Rehabilitation Sciences and Quality of Life (5 papers)
14:30–15:15	12:30–13:15 TR · In-Person 2 · Pharmacy, Pharmaceutical Sciences, and Patient Safety (3 papers)
15:45–16:00	13:45–14:00 TR · Closing remarks and vote of thanks
13:00–14:30	11:00–12:30 TR · English Online 1 · Public Health, Nutrition, and Student Well-Being (6 papers)
14:45–16:30	12:45–14:30 TR · English Online 2 · Rehabilitation, Oral Health, and Evidence-Based Clinical Practices (7 papers)
16:45–18:00	14:45–16:00 TR · English Online 3 · Pharmaceutical Sciences, Digital Health, and Psychological Well-Being (5 papers)
18:15–20:15	16:15–18:15 TR · Turkish Online · Artificial Intelligence in Healthcare, Clinical Practices, and Public Health (8 papers)

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ENGLISH IN-PERSON SESSION 1

Rehabilitation Sciences and Quality of Life

Pakistan / PKT 13:00–14:15 • Türkiye / TR 11:00–12:15 • 5 papers

Session Chair: Dr. Salman Bashir

Online Session Link:

Paper ID	Paper Title and Authors
3	Comparative Effects of Gong's Mobilization and Maitland Cervical Mobilization on Pain, Range of Motion, and Muscle Strength in Patients with Cervical Spondylosis Ghulam Fatima (The university of faisalabad)
5	Comparative Effects of Stabilization Exercises and Corrective Exercises on Pain, Respiratory Function, and Postural Alignment in Administrative Staff with Upper Cross Syndrome Kashaff Sarfraz (The university of faisalabad)
23	The Prevalence of Vestibulo-Ocular Reflex Conflict among Forward Head Posture individuals in Allied Health Sciences students and its association with Screen Time Areej Fatima (The university of faisalabad, Amin campus)
27–28	Prevalence of Altered Foot Posture and their Association with Achilles Tendinopathy in Amateur Runners Eman Imtiaz (The university of Faisalabad); Adeera Azam (The university of Faisalabad); Mahin Shahbaz (The university of faisalabad (amin campus))
40	Association between Sleep Quality and Academic Performance Among Undergraduate Medical Students in Faisalabad: A Cross-Sectional Study Sunila Ikram (Aziz Fatimah Medical and Dental College, Faisalabad)

BREAK • 14:15–14:30 PKT / 12:15–12:30 TR

ENGLISH IN-PERSON SESSION 2

Pharmacy, Pharmaceutical Sciences, and Patient Safety

Pakistan / PKT 14:30–15:15 · Türkiye / TR 12:30–13:15 · 3 papers

Session Chair: Dr. Kamil Turan

Online Session Link:

Paper ID	Paper Title and Authors
19	Promethazine off-label and misuse in Punjab, Pakistan: Assessment of Knowledge, Attitude and Practices of Community Pharmacists Muhammad Nafees (Madina College of Pharmacy The University of Faisalabad)
24	Predictors Of Oral Antibiotic Adherence (MMAS-8), Adverse Drug Reaction Profiles, and Antimicrobial Stewardship Knowledge Among Clinical Outpatients: A Multicenter Cross-Sectional Study Misbah Rasool (The University of Faisalabad); Dr. Aamna Habib (The University of Faisalabad)
26	Antibiotic Self-Medication, Knowledge, Attitudes, and Practices among University Students and the General Community: A Comparative Cross-Sectional Study Misbah Rasool (The University of Faisalabad)

15:45–16:00 PKT / 13:45–14:00 TR · CLOSING REMARKS AND VOTE OF THANKS

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ENGLISH ONLINE SESSION 1

Public Health, Nutrition, and Student Well-Being

Pakistan / PKT 13:00–14:30 • Türkiye / TR 11:00–12:30 • 6 papers

Session Chair: Dr. Rabiyya Noor

Online Session Link:

Paper ID	Paper Title and Authors
7	Dietary Habits, Lifestyle Practices, and Preventive Health Policy Implications for University Students in District Faisalabad: A Sociological Perspective Maha Arush (University of Agriculture Faisalabad)
8	Dietary Habits, Sleep, and Social Support as Predictors of Psychological Distress Among University Students in Faisalabad, Pakistan Maha Arush (University of Agriculture Faisalabad)
9	The Influence of Physical Activity and Sleep Quality on University Students' Well-Being Maha Arush (University of Agriculture Faisalabad)
10	University Students' Nutrition, Sleep, and Physical Activity: A Multivariate Analysis Maha Arush (University of Agriculture Faisalabad)
14	Spatial Variation in Diet Quality and its Association With Anaemia Among School Adolescents in Tanzania Mainland: Using 2021 Tanzania School Malaria And Nutrition Survey Rahma Sheshe (Nzega district council)
29	The Effectiveness of E-Book Media, Animated Videos, and Peer Groups on Increasing Adolescent Literacy About Premarital Sex Sriyana Herman (Universitas Megarezky)

BREAK • 14:30–14:45 PKT / 12:30–12:45 TR

ENGLISH ONLINE SESSION 2

Rehabilitation, Oral Health, and Evidence-Based Clinical Practices

Pakistan / PKT 14:45–16:30 • Türkiye / TR 12:45–14:30 • 7 papers

Session Chair: Dr. Salman Bashir

Online Session Link:

Paper ID	Paper Title and Authors
2	Combined Effects of Sprinter and Skater Synergy Training on Pain, Muscle Activation and Postural Alignment in Individuals with Text Neck Syndrome Palvascha Naz (The university of faisalabad)
22	Effect of Exteroceptive Stimulation on Facial Symmetry in Post-Stroke Facial Palsy: A Double-Blind Randomized Clinical Trial Marium Zafar (The University of Faisalabad)
30	The Ecological Concept of Caries Aetiopathogenesis: Interaction of Biofilm, Sugars and Host Factors Sherzodbek Ruziev (Kokand University Andijan branch)
33	Mechanisms of Action of Fluoride Agents in Caries Prevention and Their Evidence-Based Use Sherzodbek Ruziev (Kokand University Andijan branch)
34	Dentine Hypersensitivity: Aetiology, Diagnosis and Effectiveness of Treatment Methods Sherzodbek Ruziev (Kokand University Andijan branch)
35	Platelet-Rich Fibrin and Its Regenerative Potential in Oral Surgery Sherzodbek Ruziev (Kokand University Andijan branch)
37	Endotracheal Tube Cuff Pressure Management in Intensive Care Units and the Pathophysiology of Post-Extubation Hoarseness: A Literature Review Aysun Özdemir (Gaziantep University); Volkan Vural (Gaziantep University); Şükriye İlkay Güner (Gaziantep University)

BREAK • 16:30–16:45 PKT / 14:30–14:45 TR

ENGLISH ONLINE SESSION 3

Pharmaceutical Sciences, Digital Health, and Psychological Well-Being

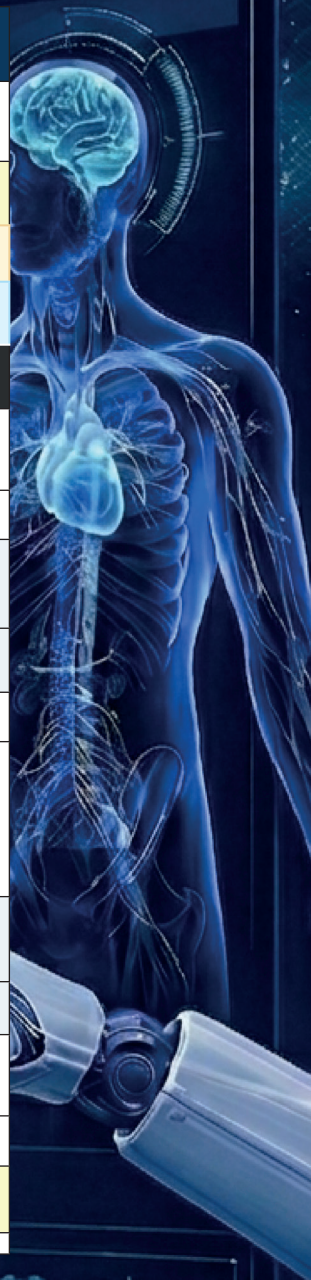
Pakistan / PKT 16:45–18:00 · Türkiye / TR 14:45–16:00 · 5 papers

Session Chair: Dr. Zohaib Shahid

Online Session Link:

Paper ID	Paper Title and Authors
11	Correlates of Drug Use Among Youth in Pakistan: A Structured Review of the Evidence Base and Its Gaps, 2019–2026 Sheraz Mehmood (GCUF)
13	Hepatoprotective Potential of Chitosan Loaded p-Coumaric Acid Nanoparticles: Formulation, Characterization and In Vivo Evaluation Ayesha Sarwar (The University of Faisalabad)
20	Botanical Traceability of Ayurvedic Herbs Using Blockchain Technology Prasad Zoman (JSPM Rajarshi Shahu College Of Engineering , Tathawade); Parth Mirajkar (JSPM Rajarshi Shahu College Of Engineering , Tathawade); Rupali Umbare (JSPM Rajarshi Shahu College Of Engineering , Tathawade); Kuldeep Khartude (JSPM Rajarshi Shahu College Of Engineering , Tathawade)
12	Algorithmic Fairness in AI-Enabled Performance Appraisal and Its Impact on Healthcare Professionals' Psychological Well-being Anam Arshad (The University of Faisalabad)
31	Artificial Intelligence in Healthcare: Opportunities, Risks, and Prospects for Implementation Madinabonu Nematova (KUAB); Nilufar Madaminova (KUAB)

BREAK · 18:00–18:15 PKT / 16:00–16:15 TR



TURKISH ONLINE SESSION

Artificial Intelligence in Healthcare, Clinical Practices, and Public Health

Pakistan / PKT 18:15–20:15 · Türkiye / TR 16:15–18:15 · 8 papers

Session Chair: Prof. Dr. Ufuk Karadavut

Online Session Link:

Paper ID	Paper Title and Authors
16	A Qualitative Study on the Applications of Artificial Intelligence in Healthcare
	Ufuk Karadavut (Karabük University); Aşır Genç (Necmettin Erbakan University)
15	How Do Outliers Affect Results in Bioequivalence Studies?
	Ufuk Karadavut (Karabük University); Aşır Genç (Necmettin Erbakan University)
38	Informed Consent: An Ethical Right or a Bureaucratic Formality?
	Ufuk Karadavut (Karabük University); Yasemin Seyhan (Karabük University, Graduate School, Department of Health Informatics)
39	Healthcare Professionals' and Trainees' Attitudes towards Medical Errors and Barriers to Reporting: An Interdisciplinary Analysis
	Ufuk Karadavut (Karabük University); Yasemin Seyhan (Karabük University, Health Informatics Programme)
32	An Ethical and Regulatory Roadmap for Artificial Intelligence in Healthcare: Global Perspectives and Policy Recommendations
	Seçil Ergül (Istanbul Beykent University)
36	AI-Supported Regulatory Knowledge Network for Molecular and Genetic Diagnostic Processes in Medical Laboratories in Türkiye: A Model Proposal
	Seda Bulut (Istanbul Beykent University)
18	Association Between Nocturnal Hypertension Determined by 24-Hour Ambulatory Blood Pressure Monitoring and Cardiovascular Risk Factors
	Esmâ Ateş Ceyhun (ESAC)
25	Occupational Radiation Exposure among Nurses and Technicians Working with C-Arm Fluoroscopy: An Evaluation of Periodic Health Surveillance and Protective Practices
	Canberk Demirel (Bandırma Onyedi Eylül University); Muhammed Ali Nalbant (Bandırma Onyedi Eylül University)



Faisalabad Üniversitesi ev sahipliğinde

2. Uluslararası Sağlık Bilimleri Kongresi

YENİ SAĞLIK EKOSİSTEMİ

Dijital Sağlık, Psikolojik İyi Oluş ve Klinik Yenilikler

IHSC - 2026

Sağlık Kongresi Başkanı

Dr. Aamna Habib

Madina Eczacılık Fakültesi Müdürü
Faisalabad Üniversitesi

Sağlık Kongresi Eş Başkanı

Dr. Aydın Sinan Apaydın

Nöroşirürji Bölümü,
Karabük Üniversitesi

Sekreter

Dr. Marium Zafar

Rehabilitasyon Bilimleri Bölüm Başkanı
Faisalabad Üniversitesi



2-4 Kasım 2026

Yüz Yüze ve Çevrimiçi



Kongre Programı

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