



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,
Karabuk University

Secretary

Dr. Mariam Zafar

Head, Department of, Rehabilitation Sciences
The University of Faisalabad



November 2-4, 2026

In-person & Online



**Congress
Program**

sponsor



UNIKA
SAĞLIK BİLİMLERİ
DERGİSİ
UNIKA JOURNAL OF HEALTH SCIENCE



EPAT
Emergency Physicians
Association of Turkey



The Agricultural
ECONOMIST
LEADING AGRICULTURAL
ECONOMICS MAGAZINE



UNIVERSITY
SWABI



MENTIS

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

sponsor



IHSC 2026 · CONGRESS PROGRAMME

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

DAY 1 · MONDAY, 2 NOVEMBER 2026

ENGLISH IN-PERSON SESSION 1 / İNGİLİZCE YÜZ YÜZE 1. OTURUM

Rehabilitation Sciences and Quality of Life

Pakistan / PKT 13:00–14:00 · Türkiye / TR 11:00–12:00

Session Chair: Dr. Sidra Majeed

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	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 / İNGİLİZCE YÜZ YÜZE 2. OTURUM

Pharmacy, Pharmaceutical Sciences, and Patient Safety

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

Session Chair: Doç. Dr. Muhammed Kamil Turan

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

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

sponsor



ENGLISH ONLINE SESSION 1 / İNGİLİZCE ÇEVİRİM İÇİ 1. OTURUM

Public Health, Nutrition, and Student Well-Being

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

Session Chair: Dr. Rabiyya Noor

Online Session Link: <https://calendar.app.google/cCa9C2HCjhnfnc6cA>

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)

15 dakika ara / 15-minute break • PKT 14:30–14:45 • TR 12:30–12:45

sponsor



ENGLISH ONLINE SESSION 2 / İNGİLİZCE ÇEVİRİM İÇİ 2. OTURUM

Rehabilitation, Oral Health, and Evidence-Based Clinical Practices

Pakistan / PKT 14:45–16:15 • Türkiye / TR 12:45–14:15

Session Chair: Dr. Salman Bashir

Online Session Link: <https://calendar.app.google/cCa9C2HCjhnfn6cA>

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 İlkey Güner (Gaziantep University)

15 dakika ara / 15-minute break • PKT 16:15–16:30 • TR 14:15–14:30

sponsor



ENGLISH ONLINE SESSION 3 / İNGİLİZCE ÇEVİRİM İÇİ 3. OTURUM

Pharmaceutical Sciences, Digital Health, and Psychological Well-Being

Pakistan / PKT 16:30–17:45 • Türkiye / TR 14:30–15:45

Session Chair: Dr. Rhido Islamie

Online Session Link: <https://calendar.app.google/cCa9C2HCjhnfn6cA>

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)
42	Comparative Effects of PNF (Rhythmic Stabilization with Stabilizing Reversal) and NDT (Facilitatory Techniques) on Trunk Control in Sub-Acute Stroke Sana Arshad (The University of Faisalabad)
31	Artificial Intelligence in Healthcare: Opportunities, Risks, and Prospects for Implementation Madinabonu Nematova (KUAB); Nilufar Madaminova (KUAB)

15 dakika ara / 15-minute break • PKT 17:45–18:00 • TR 15:45–16:00

sponsor



TÜRKÇE ÇEVİRİM İÇİ OTURUM 1/ TURKISH ONLINE SESSION 1

Sağlıkta Yapay Zekâ, Klinik Uygulamalar ve Halk Sağlığı

Pakistan / PKT 18:00–19:30 • Türkiye / TR 16:00–17:30

Oturum Başkanı: Prof. Dr. Ufuk Karadavut

Çevrim içi bağlantı / Online session link: <https://calendar.app.google/T6Agdm7wEcG6tMKfA>

Paper ID	Paper Title and Authors
16	Sağlık Alanında Yapay Zekâ Kullanım Alanları Üzerine Nitel Bir Çalışma Ufuk Karadavut (Karabük Üniversitesi); Aşır Genç (Necmettin Erbakan Üniversitesi)
15	Biyoeşdeğerlik Çalışmalarında Aykırı Değerler Sonucu Nasıl Etkiler? Ufuk Karadavut (Karabük Üniversitesi); Aşır Genç (Necmettin Erbakan Üniversitesi)
32	An Ethical and Regulatory Roadmap for Artificial Intelligence in Healthcare: Global Perspectives and Policy Recommendations Seçil Ergül (İstanbul Beykent 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)
36	AI-Supported Regulatory Knowledge Network for Molecular and Genetic Diagnostic Processes in Medical Laboratories in Türkiye: A Model Proposal Seda Bulut (İstanbul Beykent University)*
47	Atom-Level Molecular Graph Models for AI-Based Drug-Induced Liver Injury Prediction Betül Karabudak (Karabük University); Tahera Jafari (Karabük University)
49	Anestezi Onamında Dijital Dönüşüm: Literatüre Dayalı Tasarım İlkeleri ve Bir Dijital Anestezi Onam Sistemi Prototipi Kenan Kart (Karabük Üniversitesi)

sponsor



TÜRKÇE ÇEVİRİM İÇİ OTURUM 2/ TURKISH ONLINE SESSION 2

Klinik Araştırmalar, Halk Sağlığı ve Tıbbi Etik

Pakistan / PKT 18:00–19:30 • Türkiye / TR 16:00–17:30

Oturum Başkanı: Dr. Öğr. Üyesi Ferhat Bozduman

Çevrim içi bağlantı / Online session link: <https://calendar.app.google/T6Agdm7wEcg6tMKfA>

Paper ID	Paper Title and Authors
18	Association Between Nocturnal Hypertension Determined by 24-Hour Ambulatory Blood Pressure Monitoring and Cardiovascular Risk Factors Esma Ateş Ceyhun (ESAC)*
25	C-Kollu Skopi ile Çalışan Hemşire ve Teknisyenlerde Mesleki Radyasyon Maruziyeti: Periyodik Sağlık Gözetimi ve Korunma Uygulamalarına İlişkin Bir Değerlendirme Canberk Demirel (Bandırma Onyedi Eylül Üniversitesi)*; Muhammed Ali Nalbant (Bandırma Onyedi Eylül Üniversitesi)
39	Uluslararası Sağlık Tüzüğü'nün Değerlendirilmesi Ufuk Karadavut (Karabük Üniversitesi)*; Elif Gökçe Karadavut (Uluslararası Akademik Çalışmalar Derneği)
44	Aile Hekimliğinde Ateşli Çocuğa Yaklaşım Mehmet Murat Şahin (Karabük University); Ufuk Karadavut (Karabük Üniversitesi)*
45	Lipödem Tedavisinde Güncel Diyet Yaklaşımları Merve Öztürk (Koşuyolu Yüksek İhtisas Eğitim ve Araştırma Hastanesi)
46	The Association Between The Atherogenic Index of Plasma and The Nihss Score in Acute Ischemic Stroke Yesim Eylev Akboga (University of Health Sciences)
48	Is Fear of Falling in Patients With Lumbar Spinal Stenosis Associated With Radiological Severity, Pain, and Mobility? Hikmet Demirkol (Karabük Medika Hastanesi)

sponsor





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

sponsor



UNIK
SAĞLIK BİLİMLERİ
DERGİSİ
UNIK JOURNAL OF HEALTH SCIENCE



The Agricultural
ECONOMIST
LEADING AGRICULTURAL
ECONOMICS MAGAZINE



UNIVERSITY
SWABI

