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

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Pricipal Madina College of Pharmacy
The University of Faisalabad

Co-Chair Health Congress

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Department of Neurosurgery,
Karabuk University

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Dr. Marium Zafar

Head, Department of, Rehabilitation Sciences
The University of Faisalabad

November 2-4, 2026

In-person & Online

Congress Program

sponsor

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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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)
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)

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

ENGLISH ONLINE SESSION 1 / İNGİLİZCE ÇEVRİM 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 Qualıty 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

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ENGLISH ONLINE SESSION 2 / İNGİLİZCE ÇEVRİM 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/cCa9C2HCjhnfnc6cA

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)

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

ENGLISH ONLINE SESSION 3 / İNGİLİZCE ÇEVRİM 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/cCa9C2HCjhnfnc6cA

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

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TÜRKÇE ÇEVRİM İÇİ OTURUM 1/ TURKISH ONLINE SESSION 1

Sağlıkta Yapay Zekâ, Klinik Uygulamalar ve Halk Sağlığı

Pakistan / PKT 19:35–20:25 · TR 17:35–18:25

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 Üniversity)
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 Üniversity)*
47	**Atom-Level Molecular Graph Models for AI-Based Drug-Induced Liver Injury Prediction**
	Betül Karabudak (Karabük Üniversity); Tahera Jafari (Karabük Üniversity)
49	**Anestezi Onamında Dijital Dönüşüm: Literatüre Dayalı Tasarım İlkeleri ve Bir Dijital Anestezi Onam Sistemi Prototipi**
	Kenan Kart (Karabük Üniversitesi)

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TÜRKÇE ÇEVRİM İÇİ OTURUM 2/ TURKISH ONLINE SESSION 2

Klinik Araştırmalar, Halk Sağlığı ve Tıbbi Etik

Pakistan / PKT 20:30–21:20 · TR 18:30–19:20

Oturum Başkanı: Doç. Dr. Muhammed Kamil Turan

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 Universitesi)
39	Uluslararası Sağlık Tüzüğünün Değerlendirilmesi
	Ufuk Karadavut (Karabük Üniversitesi)*; Elif Gökçe Karadavut (Uluslararası Akademik Çalışmalar Derneği)
44	Aile Hekimliğinde Ateşli Çocuğa Yaklaşım
	Mehmet Murat Şahin (Karabuk 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 İndex of Plasma and The Nihss Score in Acute İschemic Stroke
	Yesim Eylev Akboga (University of Health Sciences, Sincan Training and Research Hospital)
48	Is Fear of Falling in Patients With Lumbar Spinal Stenosis Associated With Radiological Severity, Pain, and Mobility?
	Hikmet Demirkol (Karabük Medikar Hastanesi)
50	Is Fear of Falling İn Patients With Lumbar Spinal Stenosis Associated With Radiological Severity, Pain, and Mobility?
	Hikmet Demirkol (Özel Medikar Hastanesi))

Faysalabad 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
Faysalabad Üniversitesi

Sağlık Kongresi Eş Başkanı
Dr. Aydın Sinan Apaydın
Nöroşirürji Bölümü,
Karabük Üniversitesi

Sekreter
Dr. Marium Zafar
Rehabilitasyon Bilimleri Bölüm Başkanı
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2-4 Kasım 2026
Yüz Yüze ve Çevrimiçi

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