CME LECTURE
ON
STRESS AND TIME MANAGEMENT

Speakers
Dr. Muhammad Irfan Ashraf
Director
Professional Development Centre
Jinnah Sindh Medical University, Karachi.

Guest Speaker
Dr. Nosheen Sheikh
Consultant Psychiatrist
MBBS (Pak), MMed (Psych. MEDUNSA-South Africa)
Adult Psychiatrist – Mid Central District Health Board, New Zealand

Venue: Khawaja Moin Lecture Hall
Sindh Medical College, Karachi.

Time: 01:30 pm to 02:30 pm

Date: 14th January, 2015

ELIGIBILITY:
* Recommended for all Faculty Members.
* All MBBS & D-Pharmacy Students of JSMU.

Dr. Muhammad Irfan Ashraf
MBBS, MCPS, FCPS
Director
Professional Development Centre
Jinnah Sindh Medical University, Karachi

Copy to,
1. The Vice Chancellor, Jinnah Sindh Medical University, Karachi.
2. The Registrar, Jinnah Sindh Medical University, Karachi.
3. The Dean, Basic Medical Sciences, JSMU, Karachi.
4. The Dean, APPNA Institute of Health Management, JSMU, Karachi.
5. The Dean, Institute of Pharmaceutical, JSMU, Karachi.
6. The Principal, Sindh Medical College, Karachi.
7. All H.O.Ds, Sindh Medical College, Karachi.