



**OFFICE OF THE VICE CHANCELLOR
NISHTAR MEDICAL UNIVERSITY, MULTAN**

Ph. No. 061-9200238, Fax No. 061-9200227

e-mail: vc@nmu.edu.pk

No: 1556 /NMU

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POLICY FOR CO-CURRICULAR ACTIVITIES

**Postgraduate Programs
Nishtar Medical University, Multan**

1. Policy Title

Policy on Co-Curricular Activities and Professional Development Opportunities for Postgraduate Students

2. Policy Statement

Nishtar Medical University (NMU) recognizes that postgraduate medical education extends beyond clinical and academic training. Structured co-curricular activities are essential for developing leadership, research competence, ethical practice, communication skills, and community engagement.

This policy ensures that all postgraduate trainees are provided equitable, structured, and monitored opportunities for participation in approved co-curricular activities.

3. Purpose

This policy aims to:

- Promote holistic professional development
- Strengthen research culture
- Enhance leadership and communication skills
- Foster ethical and socially responsible physicians
- Align with accreditation standards of Pakistan Medical and Dental Council

4. Scope

This policy applies to:

- All postgraduate trainees (MD, MS, MDS, FCPS training slots, MPhil, PhD)
- All affiliated teaching hospitals
- Academic departments and postgraduate training committees

5. Definitions

Co-curricular activities refer to structured activities that complement formal curriculum but are not part of core academic credit requirements.

These include academic, research, leadership, community, and professional development activities.

6. Categories of Approved Co-Curricular Activities

6.1 Academic & Research Activities

- Presentation at national/international conferences
- Research workshops (biostatistics, research methodology)
- Journal clubs beyond departmental requirements
- Participation in clinical audits
- Publication in indexed journals
- Poster presentations
- CME/CPD workshops

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6.2 Leadership & Governance

- Membership of university committees
- Representation in postgraduate committees
- Organizing scientific events
- Serving as chief resident (where applicable)

6.3 Community & Public Health Engagement

- Health camps
- Public awareness campaigns
- Disaster response participation
- School/community health education sessions

6.4 Professional Development

- Communication skills workshops
- Medical ethics seminars
- Teaching skills training
- Stress management and wellness sessions
- Simulation-based training

6.5 Sports & Wellness (Optional but Encouraged)

- Participation in university sports events
- Interdepartmental competitions
- Wellness programs

7. Minimum Participation Requirement

Each postgraduate trainee shall:

- Participate in at least two approved co-curricular activities per academic year
- Present at least one academic or research activity during training period
- Maintain documented evidence in training portfolio/logbook

8. Documentation & Monitoring

All activities must be documented in the trainee's portfolio/logbook:

- Departmental heads shall verify participation.
- The Postgraduate Medical Education (PGME) Office shall maintain annual records.
- Participation may be reviewed during internal audits and PMDC inspections.

9. Approval Mechanism

Activities must be approved by:

- Head of Department (HOD), and
- Director/Dean Postgraduate Medical Education (PGME)
- External events require prior administrative permission

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10. Funding & Support

NMU may:

- Provide partial financial support for conference presentations (subject to budget availability)
- Facilitate study leave for approved academic activities
- Encourage departments to allocate research funds where available
- Priority shall be given to trainees presenting original research.

11. Ethical Considerations

All activities must adhere to:

- University Code of Conduct
- Research Ethics Committee approval (where applicable)
- Hospital patient confidentiality policies

12. Roles & Responsibilities

12.1 Postgraduate Trainees

- Actively seek participation opportunities
- Maintain professional conduct
- Submit documentation timely

12.2 Heads of Department

- Ensure equitable opportunities
- Encourage research and leadership engagement
- Verify records

12.3 PGME Office

- Monitor compliance
- Report during accreditation visits
- Maintain central record

13. Compliance & Review

- Compliance will be reviewed annually by the Postgraduate Curriculum Committee.
- This policy shall be reviewed every three years or earlier if required by regulatory changes from PMDC.

Mehnaz Khatun

VICE CHANCELLOR
NISHTAR MEDICAL UNIVERSITY
MULTAN

No. / /NMU Multan dated Multan the _____ 2026

Copy forwarded for information and necessary action to: -

1. The Registrar Nishtar Medical University, Multan

Mehnaz Khatun

VICE CHANCELLOR
NISHTAR MEDICAL UNIVERSITY
MULTAN