Central Park Medical College will continue to develop as a widely recognized leader in medical education through research, innovation and excellence. It will produce highly-trained, competent and exemplary professionals, capable to deliver on a wide range of clinical settings.

MISSION

To provide quality education to our students in the best academic environment along with personality grooming, confidence building and inculcation of a sense of responsibility, devotion and dedication towards the profession.
The Health and Education Foundation (HEF) Lahore was established in 2008 with the objective to bring excellence in the medical education and health care delivery at par with international standards. The HEF, in fact, is an umbrella organization for three educational institutions viz., Central Park Medical College, Central Park Nursing College and Central Park College of Allied Health Sciences alongwith two health care facilities i.e., Central Park Teaching Hospital and Bhatti International Teaching Hospital. Our foundation is, therefore, not only striving to produce top class doctors and paramedical staff but at the same time, we are catering to the health care needs of a rather underprivileged population of the southern part of Lahore as well as District Kasur.

Central Park Medical College is located in a beautifully developed Central Park Housing Scheme at Ferozepur Road, Lahore. It is the first venture of Health and Education Foundation. Its purpose-built campus consists of approximately 26 acres on the southern periphery of Lahore. The purpose built campus provides a conducive learning environment with lecture theatres equipped with audio-visual aids, laboratories and a library. A spacious cafeteria of CPMC provides catering services to the students. Separate hostel accommodation is available for boys and girls within the secure environment of the campus.

The college admissions are carried out purely on merit in accordance with the criteria laid down by the Pakistan Medical and Dental Council Islamabad. The students of Central Park Medical College have consistently given outstanding performance under the able guidance of highly qualified and experienced faculty.

Central Park Medical College has two affiliated hospitals; Central Park Teaching Hospital (CPTH) and Bhatti International Teaching Hospital (BITH). Both hospitals are recognized for house job training and are also accredited for FCPS training in all major specialities. Both hospitals are providing an excellent environment for clinical training which is an essential aspect of the academic life of a medical student.

We welcome you to this world of distinction and excellence.
The motivation behind foundation of Central Park Medical College was that we are in the middle of a biomedical revolution which is more profound and far-reaching than the industrial and digital revolutions that made it possible. Over the past three decades medical profession has grown exponentially, giving us new insights into how life works. Our integrated vision of education and patient care caters to the need of the underprivileged community of Northern Lahore and Kasur district.

I am a businessman and although I am only indirectly related to the medical profession through Central Park Medical College but it gives me a sense of gratification that I am contributing in a humble way for the welfare of the destitute community through the graduates of this medical college.

The Directors, the dean and the faculty have supported my vision from the time of its establishment as well as with ongoing progression of our project. We have just one goal in our mind and that is to impart high quality education, character building of future doctors and set the highest standard of professional conduct to deliver compassionate care and treatment to the patients.
The study of medicine is a powerful integration of science, technologies, experience and experiment that enables its students to alleviate human pain and sufferings wherever in the world it may occur. That is why it is the most exciting, challenging and rewarding profession in the world. At its finest, it is a quest to improve the human conditions.

Central Park Medical College will prepare you to excel in the rapidly changing landscape of modern medicine. We emphasize on applying scientific knowledge and analytical thinking to cope with the revolutionary changes taking place in this field. Here you can pursue your individual interests, find your calling, and discover how you can change the fabric of medicine, science and society. It is about being inspired by a history of achievement to transform your potential into achievements that can make a difference to our world.

Since its inception the board of directors, the chairman and the faculty desire to produce not only well trained doctors who are devoted to medical profession but are also exceptional human beings who can take up leadership role in this field.
The aim of undergraduate education is to produce competent doctors who will have knowledge, skills and the right attitude to meet the fast changing challenges of the 21st century in the field of health care.

In order to achieve this aim, Central Park Medical College has devised a progressive MBBS curriculum which shall conform to the standards as laid down by PMDC and at the same time will use most innovative developments in the medical education. It will have features like problem based learning, integrated learning and students’ selected and facilitated modules. The education program will be patient centered right from the beginning of the course and will have an element of exposure to the patient in both primary and secondary health care delivery settings. The other salient feature of this program is to get regular contributions of teachers from teaching institutions of United Kingdom who have international reputation in medical education. Apart from the visits of these teachers from abroad, we will be using the Video Teleconference Technology as part of distant teaching and learning.

The clinical placement of the students during their clinical year will have the option of sometime spent in the teaching hospitals in the United Kingdom. These include Hull York Medical School (HYMS) and University of Leeds Medical School, at appropriate time within their training schedule.
Recognized & Registered by the Pakistan Medical & Dental Council, Islamabad.
Affiliated with the University of Health Sciences, Lahore.
Recognized by the College of Physicians and Surgeons, Pakistan (CPSP).
Approved by Ministry of Health, Government of Pakistan.
Included in the WHO Avicenna Directory of Medical Schools.
Included in the International Medical Education Directory by FAIMER.
FACILITIES

- LECTURE HALLS
- LABORATORIES
- COMPUTER LAB
- HOSTELS
- TRANSPORT
- MOSQUE
- MUSEUMS
- LIBRARY
- CAFETERIA
- BOOKSHOP
The purpose built lecture halls with 100 plus seating capacity are fully equipped with the latest teaching aids like multimedia, sound system and overhead projector.
The departmental museums of Central Park Medical College are well equipped with the latest specimens and mannequins for the training of students.
The laboratories in all basic sciences departments are well equipped with the latest teaching aids, multimedia etc. All are well furnished and equipped with the modern apparatus for training of the students.
The library is a great learning resource for the students and faculty. It is located on the 1st floor of admin block of the college. It houses latest editions of the textbooks and reference books. Medical journals and health magazines are also available in the library.
The college computer lab is administrated by the IT department. It is located on the second floor of admin block. It has high-speed internet and Wi-Fi connectivity.
Separate hostel facilities are available for female and male students on campus. The hostel facility is given to the students on strict and transparent criteria based on the merit. A private accommodation facility is also available for students.
The College has a beautiful, spacious and well-furnished cafeteria for faculty members and students. It provides quality food and refreshments at competitive rates.
MASJID, TRANSPORT & BOOKSHOP
BEST GRADUATE SESSION 2010-15

Miss Javaria Abid Lodhi is the best graduate of third batch of Central Park Medical College (Session 2010-15). She was an outstanding and well-mannered student. She secured 1st Position in the First Professional Examinations Part-I, Part -II and Final Professional Examinations and stood 2nd in Second and Third Professional Examinations.

CPMC ALUMNI

Three batches have graduated from Central Park Medical College so far and we are very proud to share with you that the majority of our students are actively pursuing the medical profession. About 80% graduates from our first batch have passed FCPS – Part-I in various fields and a good number have passed USMLE (USA) and PLAB (UK). Few of our graduates have joined the civil service after CSS and some are now serving in the Pakistan Army. All the graduates are proving their mettle in every possible way.
Anatomy is the soul of clinical sciences and forms the axis and an integral component of medicine at both undergraduate and postgraduate level. The department is equipped with histology laboratory, dissection hall, museum and demonstration rooms. The histology laboratory is equipped with a microscope, stereo-microscope with a camera and all the tools used for preparing microscopic slides including microtome, automatic tissue processor, hotplates, warm plates, paraffin embedding station, tissue floating bath and oven. The dissection hall has enough number of cadavers to ensure the development of anatomical concepts of the students. Its museum is harbouring an overwhelming number of models, portions of cadavers and imported articulated skeletons.
The department of Biochemistry is providing a rich educational environment to the medical students. It is the study of the molecular / chemical basis of life. Principles of Biochemistry are applied in the study of all branches of medicine. The department has a fully equipped biochemistry laboratory. The department also conducts diversified scientific sessions such as biochemistry, biophysics and genetics, genomics, developmental and cell biology, immunology, neurobiology and structural biology. The department follows an efficient and results-oriented teaching methodology which includes formal lectures followed by small group discussions and practicum.
The department of Physiology has fundamental importance in the basic sciences because it paves the way for the future understanding of clinical subjects. Physiology is the science and art about the functioning of an organism. In fact, it deals with the normal functions of living organisms and their parts, e.g. gross, system, organ, tissue and molecular level. The department has its own spacious, well equipped air-conditioned laboratory, where Physiology, haematology, cardiovascular system, respiration, special senses, nerve and muscle experimental facilities exist. Training of various clinical examinations is also conducted in this department.
Pharmacology is an essential component of the modern undergraduate medical curriculum. The use of medicines is one of the principal ways of combating the disease. Antibacterial medicines, anticancer drugs, antimigraine agents and drugs used for the treatment of asthma and cardiovascular diseases are few vital medicines. The importance of pharmacology was increased during the middle years of the 20th century; it was observed that many diseases could be tackled effectively with drug therapy. Pharmacology is all about “finding out how drugs work”. It is concerned with the effects of drugs on living organisms and their components such as cell membranes, organelles, enzymes and DNA. Pharmacology affects us all, almost every day.
The subject of Forensic Medicine is taught in the third year of MBBS. Forensic Medicine is the medical knowledge supportive to the investigation of crimes, particularly in establishing the causes of injury or death. The importance of Forensic Medicine and Forensic Sciences has increased due to the use of modern technology and increasing ratio of medicolegal issues. The museum of Forensic Medicine houses variety of teaching materials, numerous models showing various forms of violence, the weapon of assault, autopsy instruments, poisons, charts, skeletons, mountings, specimens and radiographs highlighting various medicolegal aspects essential for medical education and training.
Pathology diagnostic services are the backbone of any hospital. Precise and accurate laboratory results help clinicians in making the diagnosis. The laboratories of both hospitals comprise of various sections. All these sections are equipped with the latest equipment and supervised by highly qualified and experienced consultants / specialists in their respective fields. The pathology department runs hi-tech labs and a museum. Faculty of Pathology department is also involved in supervision and clinical activities related to the laboratories of both hospitals. Students are introduced to sub-specialties such as chemical pathology, haematology, microbiology, histopathology and immunology. Students are also encouraged to involve in departmental research work.
Community Medicine is a branch of medicine dealing with health care issues affecting communities as a whole. The objective of community health sciences is to prevent the disease before it occurs and to promote health awareness and wellbeing of the community. The department enables the students to apprehend disease not only in human beings individually but also its dynamics in the community. The students are also taught the importance of maternal and child health, social determinants of health and disease and the health systems of Pakistan. Students are involved in research work; learn survey methodologies and determinants of health in the community. On the whole, the functions of the department include teaching, training, research, development of communities and integration with other governmental and non-governmental sectors. The departmental efforts are underway to get the accreditation for postgraduate studies in public health.
Psychiatry is the study of mental disorders and behavioral sciences includes the study of psychological, social, racial and cultural factors in disease cautions. Behavioral Sciences emphasises on the need to be kind-hearted and polite towards the patients. The students study the subject of behavioral sciences in first three years of MBBS and the subject of psychiatry in the final year. The key role of behavioral sciences is to enhance the training of medical students in the areas of medical ethics and character building. The department provides mental health services six days a week, with regular out-patient clinics along with in-patient services. The department is in the process of setting up Drug Rehabilitation services.
The department of Medical Education plays a key role in the quality of medical education at any teaching institute. The Department of Medical Education of Central Park Medical College is responsible to provide the professional educational services to support and enhance the faculty role at par with international standards. The department works on need analysis, conducting workshops, provide educational information, advise and facilitate the implementation of internationally credible educational practice. The department plans activities in the areas of curriculum planning, teaching, learning and assessment. Methods of teaching practice are evolving rapidly in response to changes in the traditional learning environment and educational technology. The department also has close liaison with the faculty of the University of Leeds School of Medicine (UK) and University of Sheffield School of Medicine (UK) for critical analysis of teaching methodologies and scope. Lectures by the foreign faculty and national scholars are a regular feature of this institute.
The department of General and Laparoscopic Surgery of Central Park Teaching Hospital and Bhatti International Teaching Hospital is serving as a referral centre for the last many years. All major and minor surgical procedures (elective and emergency) are being performed. Laparoscopic surgery e.g. cholecystectomy, appendicectomy and diagnostic laparoscopy are routinely done. Major surgeries performed at the hospital include Oesophagectomy, Gastrectomy, Cholecystectomy, Common Bile Duct Exploration, Colectomy, Abdominoperineal resection, Mastectomy, Thyroidectomy etc. The department of General Surgery is recognized for FCPS training in Surgery.
The department of Medicine at Central Park Teaching Hospital and Bhatti International Teaching Hospital is responsible for providing efficient medical and health care facilities to the local population as well as to the people from the outskirts of southern Lahore and district Kasur. The medical unit comprises of a team of highly qualified and well trained medical doctors and nursing staff. It has ICU, CCU and Endoscopy suites. The Outpatient facility includes General Medicine, Psychiatry and Dermatology. The Gastroenterology Unit has well equipped Endoscopy suites where a wide range of diagnostic and therapeutic procedures are performed on daily basis. The Pulmonology Unit works in close collaboration with the ICU team. The 5 bedded CCU has the modern equipment necessary for managing all sorts of cardiovascular emergencies.
The Department of Obstetrics and Gynaecology caters to all kinds of Obstetrics and Gynaecological cases and provide quality and compassionate treatment facilities to the females from adolescence through adulthood, childbearing, menopause and beyond. Outpatient clinics are conducted by the senior faculty members, including Infertility, Antenatal, Postnatal, General Gynaecology, Menopausal and Family Planning Clinics. Vaccination facilities for mothers and babies, counselling and onsite ultrasound services are also provided. The delivery suites are well equipped (to handle obstetric emergencies) with operation theatres which are fully functional. 24 hours operative deliveries services with all types of minor and major surgeries are provided to the obstetrics and gynaecological patients.

**Academic Activities:**
- Journal Club Meeting on a monthly basis.
- Intra-departmental maternal morbidity and mortality meetings.
- Perinatal morbidity and mortality meetings in collaboration with the paediatric department.

There is an on-going teaching program for postgraduate trainees of FCPS in this department. Weekly academic sessions are conducted while clinical training continues round the clock. Currently 16 trainees are registered for training in Obs & Gynae.
The Department of Paediatrics at Central Park Teaching Hospital and Bhatti International Teaching Hospital consists of the following subunits:
- Children ward
- Neonatal Intensive Care Unit (NICU)
- Paediatric outpatient clinic
- Well Baby Clinic
- Immunization Centre
- Neonatal Resuscitation Room / Labour Ward
- Paediatrics Intensive Care Unit

The department is recognized for FCPS training in Paediatrics. It is a 4-year structured training program for the post-graduate residents, according to the criteria laid down by the College of Physicians and Surgeons Pakistan.
The Ophthalmology Department of both hospitals is providing comprehensive facilities to treat every kind of eye disease. It provides emergency cover 24 hours a day and outdoor consultation six days a week. The Ophthalmology Department is equipped with the modern diagnostic as well as surgical facilities for anterior segment (phacoemulsification), posterior segment (vitrectomy, RAS etc.) and endoscopic DCR. Major surgical procedures are carried out on a daily basis, which comprise of 60 to 70 cases per month. The busy outdoors and indoors provide students an ample chance to examine the maximum number of cases and participate actively in the management of ophthalmology diseases.
Otorhinolaryngology is an essential domain of undergraduate learning as the students are likely to come across diseases of ear, nose and throat frequently, in their clinical practice. The busy outpatient clinic of ENT Department in both hospitals provides the excellent opportunity for undergraduate students to acquire hands-on psychomotor and clinical skills in this speciality. Students are also encouraged to attend the operation theatre directly observing a wide variety of common surgical procedures like tonsillectomy, adenoidectomy, mastoidectomy and correction of deviated nasal septum. Operation theatre of the department is also equipped with the latest paraphernalia and expertise in endoscopic sinus surgeries.
Urology is a surgical speciality covering the diagnosis and treatment of disorders of the kidneys, ureters, bladder, prostate and male reproductive organs.

The department offers the highest quality Urologic patient care e.g., prostate cancer diagnosis and treatment, care of Reno-vascular hypertension, urinary tract infections and obstruction, urinary incontinence, and genitourinary oncology. In addition to this strong clinical program the department is actively involved in Urologic research.
The department of Orthopaedic Surgery is providing the excellent patient care and the best education for students dedicatedly. The department provides expert treatment for all aspects of musculoskeletal injuries including inpatient and outpatient surgical care, rehabilitation, orthotics and prosthetics as well as subspecialties such as adult reconstruction and joint replacement, sports medicine, spine surgery, surgery of the hand and wrist, surgery of the shoulder and elbow, surgery of the foot and ankle, musculoskeletal tumour surgery, Orthopaedic Trauma Surgery, Paediatric Orthopaedics, and physical medicine and rehabilitation.

The faculty is recognized as excellent clinicians, providing comprehensive care for the most difficult problems in Orthopaedic surgery.
The department of Dermatology is offering easily accessible and efficient specialist service covering the consultative, investigational and procedural dermatology. The department also provides inpatient services to patients who are admitted with severe skin disease and on a consultative basis to patients under the care of other units. The department is active in the development, delivery and assessment of education programs directed at undergraduate medical students, general practitioners and nurses.
The Department of Anaesthesia started working since the establishment of Central Park Teaching Hospital and Bhatti International Teaching Hospital. It has developed to meet the demands of surgical and medical departments. The department of Anaesthesia provides full-time cover in all the theatres to meet the needs of surgical, Gynaecological, urological, orthopaedics and ENT Units. Accident & Emergency patients are provided Anaesthesia cover round the clock. Both hospitals have state-of-Art intensive care units having 5 beds at Central Park Teaching Hospital and 10 beds at Bhatti International Teaching hospital.

The post-operative patients are taken care in the high dependency unit. Patients requiring critical care for medical and surgical emergencies are also entertained. Department of Anaesthesia runs the pain clinic and provides pain management to the patients suffering from chronic pain.
The Cardiology Department of Central Park Teaching Hospital and Bhatti International Teaching Hospital has recently been established. Both hospitals are providing the best cardiology services to the patients. We have recently established a 5 bedded cardiac unit equipped with high end monitoring services in both hospitals.

For diagnostic purposes we are equipped with ECG, Echocardiography machine, and ambulatory BP monitoring. Outpatient services for consultation are provided by the specialists 6 days a week in OPD.
The Radiology Department of Central Park Teaching Hospital and Bhatti International Teaching Hospital is one of the busiest department equipped with all kinds of conventional and modern radiological equipment, including CT-Scanner and Colour Doppler etc. The department provides services round the clock under the supervision of highly skilled and eminent radiologists. The Radiological invasive procedures are routine at the department.
EXTRA CURRICULAR ACTIVITIES
EXTRA CURRICULAR ACTIVITIES
A teaching hospital is not only an integral part of a medical college but unlike other educational institutions, only 30% of the teaching is done in the college while the rest is done in the attached hospitals. The learning of medicine is a skill and like any other skill e.g., swimming or cycling, it cannot be learned from a book or by having formal lectures alone, but as a matter of fact, what you need is a teaching material which in this particular case is a patient. Therefore if we wish to produce quality doctors we need to have enough number and variety of patients in our attached hospitals to provide ample learning opportunities to our students. We at Central Park Medical College are quite aware of this fact and therefore we have established two teaching hospitals, Central Park Teaching Hospital, having 150 beds and Bhatti International Teaching Hospital, having 350 beds, attached to our college. The overall bed occupancy in these hospitals is more than 70% which means that we have enough patients in our wards for the teaching of the students. In addition, we are going to add another 350 bedded block (construction of which has already been started) at Central Park which will be a state of the art hospital at its own.

We at Central Park & Bhatti International Teaching Hospitals have all the major clinical departments including General Medicine, General Surgery, Obstetrics & Gynaecology, Orthopaedics, Paediatrics, Urology, ENT, Anaesthesiology, Cardiology, Ophthalmology, Psychiatry, Dermatology, Clinical Radiology and Pathology. Our clinical faculty comprises of highly qualified teachers having vast clinical experience in Pakistan as well as abroad. In addition to history taking and examination of the patients, we encourage our students to learn all the basic clinical procedures including taking blood pressure of the patients, giving I/V injections and management of acutely injured patients in our busy accident and emergency department and conducting normal deliveries in the labour room. In this connection, we regularly conduct workshops and demonstrations like BLS & ATLS in which we teach our students the different life saving procedures including maintenance of airway breathing and circulation (ABC). We also teach our students some minor surgical procedures such as stitching of the wounds and application of plasters on patients having fractures. We feel proud that the doctors we are producing at Central Park are comparable, if not better than graduates of any other medical college in Pakistan.
It is the motive of Health and Education Foundation to respond to human comfort and patient satisfaction with a highly skilled and experienced medical staff. The establishment of Nursing College is one of the many steps taken in this direction.

The College is determined to work towards providing quality medical education to nurses and groom them to become a valuable addition to our national lot of health care professionals. At present, the college is offering the Licensed Practicing Nurse Programm. The students utilise the facilities of Central Park Teaching Hospital and Bhatti International Teaching Hospital during their clinical practicum.

The aim of the Health and Education Foundation is to provide diversified career opportunities with advanced healthcare delivery and improve people’s lives by inspiring the students to be successful in their lifelong careers and communities. The Central Park School of Allied Health Sciences is accredited by the Punjab Medical Faculty. Highly qualified and competent faculty disburse the academic and theoretical knowledge to the students of allied health sciences. The students have full access to use library, skills lab and the computer lab of Central Park Medical College. They are also provided full training opportunities in laboratories, wards, radiology and clinical departments of Central Park Teaching Hospital and Bhatti International Teaching Hospital. At present Central Park School of Allied Health Sciences offers the following paramedical courses:

- Dispenser
- Medical Lab Technician
- Operation Theatre Technologist
- Radiographer
CODE OF CONDUCT

Every student is required to attend lectures, practical classes, ward teaching and ward duties punctually. To become eligible to appear in the professional examination at least 90% attendance and the passing of send up / yearly assessments is essential.

In the classroom, mobile phones should be kept on silent / vibration mode or switched off.

No student is allowed to leave the lecture room without permission of teacher until the class is over.

Students will be responsible for purchasing of the prescribed books.

A student, who is absent without leave continuously for a period of four weeks, will be struck off from the college roll.

Sick leave less than 3 days may be obtained on application by the student. If it exceeds 3 days it must be supported by a medical certificate which must specify the nature of the illness and the period/dates with effect from leave was recommended.

Any student breaking or damaging any college property (Books, Furniture etc.) will be required to replace them or to pay their cost.

All students must be properly dressed and avoid dressing that is not suitable for a professional doctor. Shorts, Three-quarter trousers and Capri is not permitted.

Students are expected to be well mannered, well behaved and courteous towards colleagues & faculty. Anyone attempting to violate the college discipline by using vulgar/abusive language or involved in violence will be penalized.

The breach of discipline in college, hostel or hospital premises is referred to the college disciplinary committee. After considering the recommendations of the college disciplinary committee, the Dean of the college may impose one or more of following punishments/penalties:-

- The student may be asked to tender an apology, verbal or written.
- A student may be fined up to Rs. 20,000/-
- The scholarship may be suspended or stopped.
- A student may be placed on probation for a period up to 3 months & if during this period he/she fails to improve his/her conduct, he/she may be expelled from the college.

The students will not keep in their possession firearms and other weapons of offence in the premises of college, hostels and attached hospitals.

Smoking is an offence under the state law and college regulations. It is punishable through:-

- Suspension from classes.
- Expulsion if found smoking at repeated occasions.

Use of narcotics is completely banned and violation in this regard may lead to expulsion from college.

Students are required to take care of their cash or other belongings. College administration is not responsible for any loss/theft.

The Dean is competent to impose and remit fines and the verdict of Dean in all cases will be considered as final.

All the college, hostel and mess dues must be paid within the due date.

Dean, Professors and other staff is accessible at specified time for listening to the difficulties and grievances of students.
CENTRAL PARK MEDICAL COLLEGE
Central Park Housing Scheme, 31-Km Ferozpur Road, Kahna Nau, Lahore-Pakistan.
Tel: 042 3613 5989, 3593 5334 Fax: 042-3593 5340, Email: me@cmcollege.edu.pk, Web: www.cmcollege.edu.pk