



**3RD ANNUAL
WORLD CONGRESS**
9-11 September 2026
Copenhagen, Denmark

PRESIDENT:

Prof Dr Muhammad Al-Fareed Zafar

Chairman Continental Medical College, Lahore, Pakistan

GUEST OF HONOR:

Prof Assoc. Dr Stefan Gress

Plastic & Aesthetic Surgeon, PRAXIS Munich, Germany

Faculty Aston Baker New York, USA

CHIEF GUEST:

Prof Dr Shaheena Asif

Head of Dept. Ob/Gyn, Surgimed Hospital, Lahore, Pakistan

DATE:

9-11 September 2026

TIME:

09:00 AM – 16:00 AM (including lunch
and coffee breaks)

VENUE:

Scandic Sydhaven Copenhagen,
Denmark

AGENDA SUMMARY 9,10,11 SEPTEMBER 2026

DAY 1

**ARRIVAL, REGISTRATION
AND SCIENTIFIC
COMMITTEE MEETING**

DAY 2

**INAUGURAL AND
INTRODUCTORY SESSION**

SCIENTIFIC SESSION 01 :

GENERAL MEDICINE AND
FUTURE OF PRIMARY CARE

SCIENTIFIC SESSION 02 :

COSMETOLOGY AND
SURGICAL PRACTICES

DAY 3:

SCIENTIFIC SESSION 03 :

UPDATES IN OBS AND
GYNAE

SCIENTIFIC SESSION 02 :

ADVANCES IN MEDICAL,
CARIO-PULMONARY AND
ORTHOPEDIC DISCIPLINES

Day 01: 09 September 2026

Arrival and Committee Meeting

14:00 - 16:00: Arrival and welcome tea

16:00 – 18:00: Meeting of scientific and organizing committee members (Meeting room)

18:00 - 19:30: Inaugural dinner

19:30 - 22:00: Inaugural speech (Conference Hall)

Day 02: 10 September 2026

Conference Day 01

INAUGURAL AND INTRODUCTORY SESSION

09:00 - 09:05: Welcome tea and recitation of Holy Quran

09:05 - 09:10: Founder's vision speech - Prof Saqib Siddiq | Patron FHC360

09:10 - 09:15: Welcome address and inaugural speech - Prof Al-Fareed Zafar | President FHC360

09:15 - 09:25: Company and Linxara Profile: Dr Syeda Saba Aslam, Acumen Pharma Pvt Ltd

SCIENTIFIC SESSION 01 : ADVANCES IN GENERAL MEDICINE AND FUTURE OF PRIMARY CARE

09:25 - 09:45: Lecture 01 with Q/A: Prof Dr Aftab Mohsin Global perspectives in internal medicine

09:45 - 10:15: COFFEE BREAK

10:15 - 10:45: Lecture 02 with Q/A: Prof Al-Fareed Zafar New roles of GnRH Antagonists (Prostate Cancer)

10:45 - 11:15: Lecture 03 with Q/A: Prof Ghazala Nathu Blood transfusions in medical emergencies

11:15 - 12:05: Lecture 04 With Q/A: Prof Dr Shabeen Naz Improving Patient Outcomes Through Early Iron Repletion

12:00 - 13:00: LUNCH AND PRAYER BREAK

SCIENTIFIC SESSION 02 : ADVANCES IN COSMETOLOGY AND SURGICAL PRACTICES

13:00 – 13:45: Lecture 05 WITH Q/A: Prof Lilo Mettler Updates on Laproscopic Surgery

13:45 – 14:30: Lecture 06 with Q/A: Dr Jakub Kunkiewicz Contemporary Approaches to Labiaplasty special focus on de-epithelization labiaplasty

14:30 – 15:15: Lecture 08 with Q/A: Prof Arshad Chohan Surgical advances in Myomectomy

15:15 – 15:45: Interactive hands on workshop session : Dr Erum Saba Yummy Mummy Makeover via Cosmetology

15:45 – 16:00: Closing remarks of Day 01: Prof Dr Stefan Gress | Guest of Honor

Day 03: 11 September 2026

Conference Day 02

09:00 - 09:05: Welcome speech: **Dr Saima Zubair** | General Secretary FHC360

SCIENTIFIC SESSION 03 : LATEST ADVANCES AND UPDATES IN OBS AND GYNAE

09:05 - 09:20: Lecture 09 with Q/A: **Prof Mohammad Tayyab** Endometriosis – Latest updates and guidelines

09:20 – 09:40: Lecture 10 with Q/A: **Prof Dr Jahan Ara** Dysfunctional Uterine Bleeding

09:40 - 10:00: Lecture 11 with Q/A: **Prof Dr Naseem Saba** Gestational diabetes

10:00 - 10:30: **COFFEE BREAK**

10:30 - 10:50: Lecture 12 with Q/A **Prof Saqib Siddiq** IVF, Infertility and GnRH Antagonists

10:50 - 11:15: Lecture 13 with Q/A: **Prof Dr Hani Fawzi** Progesterone Across the Reproductive Lifespan

11:15 - 12:00: Lecture 14 with Q/A: **Prof Dr Shahid Rao** Emerging Role of Inositol in PMOS Management

12:00 - 13:00: **LUNCH BREAK**

SCIENTIFIC SESSION 04 : ADVANCES IN CARIOPULMONARY, ORTHOPEDIC AND MEDICAL DISCIPLINES

13:00 - 13:45: Lecture 15 with Q/A **Prof Dr Asad Akbar Khan** Alarming trends of cardiometabolic shift in elderly health

13:45 - 15:00: Lecture 16 with Q/A: **Prof Dr Muhammad Ahmed Saeed** Arthritis management in lifespan guidelines

15:00 - 15:30: Lecture 17 with Q/A **Prof. Dr. Aftab Mohsin** Latest guidelines on hypertension

15:30 – 15:45: Closing remarks : **Prof Dr Shaheena Asif** | Chief Guest

15:45 – 16:00: Vote of Thanks – **Dr Azam Khan** | CEO Acumen Pharma