**1st Journal Club Opening Speech**

Ladies and gentlemen,

ٱلسَّلَامُ عَلَيْكُم وَرَحْمَةُ ٱللَّٰهِ وَبَرَكَاتُهُ‎

**Welcome** to the **first Journal Club Program** hosted by **Al Nafees Medical College in collaboration with Pakistan Physiological Society & SAAP (South Asian Association of Physiologists)**.

We're excited to have you all here today for our discussion on a **really interesting topic**: *"Urine concentration impairment in sickle cell anemia: genuine nephrogenic diabetes insipidus or osmotic diuresis?" I am sure everyone has* ***come prepared.***

As described in the last webinar by **Prof Gen Muhammad Aslam**, I wish toHighlight once again the **importance of physiology** as its ***crucial role in advancing healthcare, biomedical research, and education***, And The **importance of the Journal Club** to help us ***look carefully & critically at scientific papers,*** ***talk*** about them, ***share*** what we know, and ***meet*** ***new*** ***people*** in our field.

This **topic is about** how people with sickle cell anemia might have trouble concentrating their urine. It's **important** because it connects **three areas of study**: blood diseases, hormonal functions of Brain, and kidney function.

I want to say a **big thank** to **Prof Umar Ali (Past President & PRO VC) and Prof Munazza (HOD & Associate Dean)** for putting this event together. They are working hard to make it today happen, and we're **grateful for their efforts**.

As we talk about this topic today, **let's all share our ideas and questions**. We're here to **learn from each other and understand more** about how the body works.

**In the end** we would like to encourage **other institutes and members to organize similar academic and research activities**. These events **help us grow as professionals and strengthen our community**. So, if you're thinking about starting something like this at your institute, go for it! We're all here to **support you in true spirit**.

**Thanks to all for being here, and let's have a great discussion!**