



CKD PHARMA COMMUNITY NEWSLETTER

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ISSUE NO 3

WELCOME

Welcome to the third edition of our newsletter. As we approach the holy month of Ramadan, we are sharing important tips for maintaining a healthy lifestyle while fasting

QUOTE OF THE MONTH

"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear ." —
Gautama Buddha

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CEKAMOL

CONTACT US

info@ckdpharma.com

+92 332 3755835

PAKISTAN PHARMA UPDATES



- Pakistan's pharmaceutical sector is undergoing significant transformation in 2026, driven by drug price deregulation for non-essential medicines, which has alleviated shortages and spurred investment.
- Exports have hit over two-decade highs (\$457m in 2025), with firms achieving WHO and PIC/S certifications to enter high-end markets.
- Key focus areas include local production of biologics and increasing generic exports, with projected market revenue of US\$1.93bn in 2026.



KEY TIPS FOR A HEALTHY RAMADAN

- Hydration: Drink 2-3 litres of fluids daily, including water, milk, and soups, to prevent dehydration. Avoid caffeine (coffee, tea, cola) as it can cause fluid loss.
- Suhoor (Pre-dawn Meal): Never skip this meal, as it provides energy for the day. Focus on complex carbohydrates (oats, whole grains), protein, and fibers to stay full longer.
- Iftar (Breaking the Fast): Break the fast with dates and water, which provide a quick, natural energy boost. Opt for nutritious, balanced meals rather than large, greasy, or deep-fried feasts.
- Nutritional Choices: Incorporate fruits, vegetables, lentils, and lean proteins (chicken, fish) for a balanced diet. Avoid excessive salt to prevent thirst, and reduce intake of sugary items.
- Lifestyle: Exercise moderately, such as light walking, and maintain consistent sleep patterns to manage energy levels.

JOB OPPORTUNITIES IN MALAYSIA FOR PAKISTANI DOCTORS

Key Requirements & Process:

- **Recognition:** Your medical degree must be from an institution recognized by the MMC.
- **Work Permit/Visa:** The hiring Malaysian healthcare facility sponsors your work permit application with immigration.
- **Qualifications:** Proof of your MBBS/MD and registration with relevant medical bodies (like PMDC in Pakistan) is essential.

Where to Find Jobs:

- **Jobstreet (Malaysia):** Lists numerous roles like Medical Officer, Resident Doctor, GP.
- **Indeed (Malaysia):** Features roles from various clinics and hospitals.
- **Glassdoor:** Shows physician and medical advisor positions.
- **Doctor Jobs Today:** A platform for medical professionals in Malaysia.

Popular Locations:

Kuala Lumpur

Selangor

Penang

Johor

Kota Kinabalu.



پاکستان کا پہلا اینٹی پیراسیٹامول

Cekamol
Tablet 500mg



Paracetamol
Tablets B.P. 500 mg

بخار اور درد کو کم کریں، راحت کا انتخاب کریں
سیکامول کے ساتھ بے فکر لمحات

بخار میں کمی



درد میں آرام



جلد اثر



محفوظ استعمال



Manufactured By:
CKD Pharmaceuticals
PAKISTAN (PVT.) LIMITED
50/28, Korangi Ind. Area, Karachi