



# CKD PHARMA COMMUNITY NEWSLETTER

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## WELCOME

Ramadan Mubarak to all our esteemed readers! May Allah accept our fasting and prayers during this holy month. In this month's newsletter, apart from our regular features, we cover the Saakh Group annual dinner which was held on February 9, 2026.

## QUOTE OF THE MONTH

"Fasting is the first principle of medicine; fast and see the strength of the spirit reveal itself." — **Rumi**

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# GLOBAL PHARMA UPDATES



- The global pharmaceutical industry is currently defined by a high-stakes "obesity drug war," major regulatory shifts in the U.S., and a surge in multi-billion dollar oncology acquisitions. As of February 2026, Eli Lilly has become the first pharmaceutical company to reach a \$1 trillion valuation, solidifying its lead in the weight-loss market over rival Novo Nordisk.
- Merck is restructuring its pharmaceutical unit to create a separate cancer division, preparing for the upcoming patent loss of its blockbuster drug Keytruda.
- Lilly and NVIDIA have partnered to launch an AI co-innovation lab in San Francisco to accelerate drug discovery.



# KEY TIPS FOR SUHOOR AND IFTAR

## SUHOOR

- **Focus on Complex Carbs:** Choose slow-release energy sources like oats, whole-wheat bread, or brown rice.
- **Include Lean Protein:** Eggs, yogurt, or legumes (like lentils and beans) help you feel full longer.
- **What to Avoid:** Skip salty foods (pickles, processed cheese), fried pastries, and excessive caffeine, as these cause dehydration and energy crashes.

## IFTAR

- **Start with Dates and Water:** Dates provide an instant sugar boost for the brain and nervous system. Their fiber also helps prepare your stomach for heavier food.
- **Balance the Plate:** Fill half your plate with vegetables, one quarter with lean protein (grilled chicken/fish), and one quarter with complex carbs.
- **What to Avoid:** Limit deep-fried "iftari" items like pakoras or samosas to one or two pieces. Avoid fizzy drinks, which can cause bloating and do not provide real hydration.

# ANNUAL DINNER

The Saakh Group hosted its third annual dinner at the beautiful garden of our Chairman, Mr. Naim Farooqui, on February 9, 2026 in which all the staff of CKD Pharma also participated with great enthusiasm.

On this occasion, management addressed the staff and congratulated them on their achievements during the year and laid out the future vision of the group. This was followed by award ceremony for the high performers of all the group entities. The evening ended with a delicious dinner which was appreciated by all.







**CKD  
PHARMA**

# THAT FIRST SIP HITS DIFFERENT

AFTER A LONG FAST GIVE YOUR BODY MORE THAN JUST WATER.

CKD Sudolyt – because rehydration matters.  
Balance your electrolytes with CKD ka sudolyt

