

# NEWSLETTER BS PUBLIC HEALTH



DEPARTMENT OF HUMANITIES & SOCIAL SCIENCES, BAHRIA UNIVERSITY,  
ISLAMABAD



## 2023 IN RETROSPECT

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## HIGHLIGHTS

- Health For All Camp*
- Women's Day*
- First CAC Meeting of Public Health*
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- BLS Training Seminar*
- Guest lecture*
- Research Proposal Defense*
- Students' Achievements*

# EDITOR'S NOTE

*Dear Public Health Enthusiasts,*

*Welcome to the inaugural edition of our Public Health Newsletter! We are thrilled to embark on this journey with you, dedicated to promoting health and well-being within our community.*

*As we navigate the dynamic landscape of Public Health, this newsletter aims to be a beacon of information, inspiration, and collaboration.*

*Inside, you'll find insightful details and updates from the last tremendous year of the BS Public Health program and some brilliant stories from our students. We believe that through shared knowledge and experiences, we can foster a vibrant community that thrives on the principles of public health.*

*Our commitment to creating a healthier, more equitable world starts here, with each one of you. Let this newsletter be a platform for dialogue, innovation, and the exchange of ideas. Together, we can make a lasting impact on the well-being of individuals and communities alike.*

*Thank you for joining us on this exciting journey. Here's to a future where public health is not just a course but a way of life.*

*Warm regards,*

*Dr. Sidra Shahid*



# INSIGHTS FROM WITHIN

## Navigating Program Through Student's Perspective

Embarking on the journey of the BSPH program at Bahria University has been an enlightening experience. Despite the initial challenges during the first two online semesters, where the experimental nature of our batch hindered our engagement in potential future events, the program gradually evolved into a platform of rich learning. Our resilience shone through as we successfully organized impactful initiatives like the Health for All campaign and the Pink Ribbon event. These accomplishments not only underscored our adaptability but also highlighted the program's commitment to fostering a sense of social responsibility. The increasing enrollment in BSPH reflects the growing recognition of its futuristic scope, affirming Bahria University's role as a beacon for those aspiring to make a meaningful impact in public health.

***Muhammad Ali Jasra, Semester 8***

I have quite wholesome experience while studying in department of public health. I have enhanced my knowledge and skills in the field of public health through the practical work with the help of my university mentors and professors.

***Minayal Sadiq, Semester 7***

I have had quite a happening experience so far and learned to gain knowledge through the diverse resources at the institute. The faculty's expertise has significantly contributed to my academic growth. Engaging in practical projects with collaboration of senior batch mates has enhanced my understanding of real-world health problems.

***Hassan, Semester 3***

Being a Public Health student at Bahria University has provided me a lot of opportunities to present myself as a helper to deprived ones, engaging in a curriculum that has heightened my awareness for global health challenges and instilled in me a passion for making a positive impact on public. Cooperative and helpful behavior exhibited by my senior peers and faculty has significantly facilitated my experience enhancing my various capabilities. The learning environment at Bahria University hosts a lot of learning opportunities, fosters collaborations pushing me to think critically.

***Iqra Rasheed, Semester 2***





# THE “HEALTH FOR ALL CAMP”

JANUARY

## From Learning to Leadership: Promoting Health For All on Campus:

The passionate students of the BS Public Health program successfully organized the *Health For All Camp* on January 12, 2023. This event, a culmination of dedicated efforts of all public health students, aimed to raise awareness about health and nutrition within the campus community. The Health For All Camp featured a multifaceted approach to health education and promotion. Throughout the day, public health students carried out various activities, showcasing their commitment to promote a healthier lifestyle among the campus community.



## Community Nutrition: Body Mass Index and Diet Analysis:

Senior public health students set up the Body Mass Index (BMI) calculation and Diet Analysis – Healthy Eating desks, which became hubs for disseminating vital health and nutrition information. Using their knowledge gained from the Community Nutrition course taught by Dr. Sidra Shahid, public health students made BMI calculations for students, faculty and staff after taking their weight and height measurements using a weighing machine and a stadiometer, respectively and then assigned to them a category based on the WHO’s BMI Classification (Underweight, Normal Weight, Overweight or Obese). Based on the BMI category, individuals were next referred to the diet analysis and healthy eating desk. The public health students educated fellow students and teachers about what BMI is,

the healthy BMI range, the health implications of an unhealthy body mass index and positive lifestyle modifications.

## Infectious Diseases’ Awareness Walk Around Campus

All BS Public Health students and faculty members participated in the Health Awareness Walk, carrying informative brochures and posters which they had created to increase awareness about common infectious diseases’ symptoms, prevention and control. The walk covered topics such as waterborne diseases (dengue, malaria), airborne diseases (COVID-19, influenza), skin diseases (mumps), and sexually transmitted diseases (HIV). The goal was to enhance knowledge about the transmission and prevention of infectious diseases, encouraging a proactive approach to disease prevention.

## Healthy Food Stalls And Fun Games:

To complement the educational initiatives, the camp featured healthy food stalls offering yummy salads and cold sandwiches, promoting nutritious choices. Fun games were also a part of the camp.

## Informative Brochures To Raise Awareness

The collective efforts of the students were not confined to the event day – prior to the camp, the students developed and distributed informative brochures and Information, Education, and Communication (IEC) materials to enhance understanding of nutrition, lifestyle and health.





# EMPOWERING WOMEN: A CELEBRATION OF STRENGTH, PROGRESS, AND HOPE

MARCH



The Department of Humanities & Social Sciences (Public Health) hosted a remarkable event, "Women's Day 2023: Awareness to Educate and Empower," which unfolded as a tribute to the resilience and achievements of women. The gathering commenced with a warm welcome, setting the tone for an enlightening and empowering journey. Special recognition was accorded to the guest speakers, **Dr. Erum Najeeb**, **Ms. Zia Hasan**, and **Ms. Tahira Anwar**, whose insights promised to enrich the discourse.

With the recitation of verses from the Holy Quran, the event invoked blessings and guidance, marking the beginning of an inspiring dialogue. Against the backdrop of International Women's Day, the theme of "Awareness to Educate and Empower" underscored the importance of collective action in advancing gender equality and promoting health awareness.



Throughout the event, attendees were treated to enlightening presentations by the esteemed speakers. Dr. Erum Najeeb emphasized the critical role of early detection and prevention in combating breast cancer, while Ms. Zia Hasan shared her expertise in entrepreneurship and community building. Ms. Tahira Anwar's poignant journey as a cancer survivor and entrepreneur served as a testament to resilience and hope.

As the event drew to a close, gratitude was extended to all participants, speakers, and organizers for their invaluable contributions. The profound lessons learned and connections forged underscored the commitment to championing women's empowerment and fostering a more equitable society.

In reflection, the event served as a powerful reminder of the transformative impact of education, awareness, and collective action in advancing the rights and well-being of women worldwide. As attendees departed, they carried with them a renewed sense of purpose and a commitment to continue the journey towards gender equality and empowerment.

# FIRST CORPORATE ADVISORY COMMITTEE (CAC) MEETING OF PUBLIC HEALTH

## MARCH

The Department of Humanities and Social Sciences (Public Health), Bahria University, Islamabad successfully organized its first-ever Corporate Advisory Committee (CAC) meeting for the Public Health program in March 2023. Headed by **Dr. Adam Saud**, Principal of the HSS department, and attended by **Dr. Irfan Qaisrani**, the HOD, the meeting gathered an esteemed panel of experts, shaping the trajectory of Public Health education at the university.

The panel featured luminaries such as **Dr. Saeed Anwar**, a renowned Public Health Educator and Director at Prime Institute of Public Health, and **Dr. Afreenish Amir**, a distinguished Medical Microbiologist and Public Health Specialist. **Dr. Zainab Hafeez**, a Family Medicine Consultant advocating for Reproductive Health Rights, and **Dr. Ayaz Ahmed**, WHO's Area Coordinator in Polio Eradication Initiative, specializing in Emergency Management, provided their visionary insights.

Enriching the discussions were **Dr. Mohsin Khan**, a Health Systems Specialist with 27 years of expertise, and **Dr. Nadia Noreen**, a Technical Lead in Border Health Services focusing on Epidemiology. **Dr. Saima Akram**, representing the Health Department in Azad Kashmir, and **Dr. Saleem Abbasi**, an Epidemiologist and Data Analyst at PIMS Hospital Islamabad, contributed valuable regional and analytical perspectives.

The panel also included **Dr. Saeed Ahmed**, Public Health Coordinator (Flood Response/International Health Regulations); **Dr. Faisal Imtiaz**, a Public Health Professional with over 7 years of hands-on experience; and **Dr. Ahmed Abidullah**, an Associate Professor of Public Health in Health Services Academy with over 10 years of teaching experience and active involvement in public health knowledge dissemination.

Together, these experts engaged in discussions to integrate innovative approaches into Bahria University's Public Health curriculum. This collaborative effort ensures a dynamic and responsive education model for aspiring Public Health professionals, promising a transformative impact on the future of Public Health education at Bahria University.





# A VISIT TO PIMS HOSPITAL

JUNE

During our first insightful field trip to PIMS Hospital as Public Health Students, organized by **Dr. Sidra Shahid**, we explored various facets of healthcare. **Saleem Abbasi**, the Senior Epidemiologist and Data analyst at PIMS, gave us the round of the hospital and guided us through various departments.

The visit to the OPD provided a firsthand understanding of patient care and the challenges faced in outpatient settings. The Infection Prevention and Control Department highlighted the crucial measures in place to ensure a sterile environment, emphasizing the significance of hygiene in healthcare.

Touring the Incineration Plant shed light on the hospital's waste management practices.

The visit to the Children's Ward was impactful, showcasing the compassionate care provided to children.

This opportunity has been instrumental in broadening our understanding of the practical aspects of our field and has provided us with real-life exposure to the challenges and rewards of working in a healthcare setting.



# BASIC LIFE SUPPORT TRAINING SEMINAR

OCTOBER

On the 11th of October, 2023, Bahria University Islamabad hosted an impactful Basic Life Support (BLS) seminar, bringing essential emergency medical skills to the forefront of its educational agenda. The event, featuring esteemed medical professionals **Dr. Naveed Ullah Khan** and **Dr. Usman** from Polyclinic Hospital, Islamabad, was a deep dive into life-saving techniques such as CPR and the use of AEDs. The seminar's practical, hands-on approach allowed attendees to experience real-life simulations, bridging the gap between theoretical learning and practical application. The training underscored the crucial role individuals play in emergency healthcare, going beyond technical skills to inspire a sense of

responsibility and readiness in facing emergency situations. The attendees appreciated the opportunity to learn life-saving skills, and the seminar emphasized the importance of individual roles in emergency healthcare.

The success of this event in October 2023 has not only set a high standard for future sessions but also reinforced Bahria University's commitment to nurturing a health-aware and responsive community. Plans for subsequent workshops are underway, further demonstrating the university's dedication to fostering crucial emergency response skills among its community members.





# GUEST LECTURES

## Dr. Muhammad Saim Bin Saeed

The Department of Social Sciences & Humanities (Public Health) at Bahria University, Islamabad, hosted a guest lecture on "Disease Prevention and Health Promotion- Foundations of Public Health Impact". The lecture was delivered by Dr. Muhammad Saim Bin Saeed, a highly qualified professional with impressive credentials, including MBBS, MPH, MD-USA, and Director ER, Hospital Administrator at Bahria International Hospital, Islamabad.



Dr. Saim delved into the critical importance of disease prevention and health promotion within the realm of public health. Touching upon essential topics such as vaccinations, proper nutrition, physical activity, and the significance of regular health check-ups, he provided a comprehensive overview to the audience, consisting of both students and faculty.

The lecture sparked engaging discussions and questions from attendees, who sought guidance on navigating career paths within public health. Dr. Saim seized the opportunity to underscore the burgeoning demand for skilled professionals in Pakistan and abroad, urging students to explore higher education and research opportunities on a global scale.

By emphasizing the potential impact of public health initiatives and the need for dedicated professionals, Dr. Saim's presentation left a lasting impression on the audience, enriching their understanding of the field's significance. The success of the event is attributed to the collaborative efforts of the Department of Social Sciences & Humanities (Public Health) and Dr. Saim's enlightening contribution.

## Dr. Saeed Ahmad

The Department of Humanities and Social Sciences (Public Health) welcomed Dr. Saeed Ahmad, a seasoned Public Health Coordinator (Flood Response/ International Health Regulations). Dr. Saeed's expertise provided valuable insights during the guest lecture hosted by the department.

Dr. Saeed shared key perspectives on various aspects of public health, offering students and faculty a deeper understanding of the field's complexities and importance and enriching the audience's knowledge and inspiring future endeavors in public health.



# RESEARCH PROPOSAL DEFENSE FOR 1ST BATCH OF BS PUBLIC HEALTH

## DECEMBER

We are thrilled to share a momentous achievement in the academic journey of the 1st batch of BS Public Health students at Bahria University, Islamabad. The Research Proposal Defense marked a significant milestone in their pursuit of knowledge and excellence. It was a remarkable event showcasing the dedication, hard work, and intellectual prowess of students. The occasion provided a platform for them to present their research proposals before a panel of esteemed faculty members and experts, **Dr. Sidra Shahid, Dr. Latafat Aziz, Dr. Asim Muneeb, Dr. Ghulam Hussain, Ms. Asiya Ashfaq, Ms. Palwasha Ahmed, and Ms. Sohima Anzak.**

### KEY HIGHLIGHTS:

**Diverse Research Topics:** The students presented a wide array of research topics, reflecting the diversity of interests within the field of Public Health including, Epidemiology, Sociology, Nutrition, Educational and Occupational Health, Communicable diseases and Non Communicable disease.

**In-depth Analysis:** Each proposal demonstrated a thorough understanding of the chosen subject, with a focus on addressing real-world health challenges.

**Interactive Sessions:** Engaging discussions and Q&A sessions allowed for constructive feedback, fostering a collaborative learning environment.

**Acknowledging Excellence:** We extend our heartfelt congratulations to the students for their outstanding performance during the Research Proposal Defense. Their commitment to advancing knowledge in the field of Public Health is truly commendable.

As we celebrate this accomplishment, let us look forward to witnessing the continued growth and success of our students as they embark on the next phase of their research journey. We encourage the academic community to support and engage with these budding researchers as they contribute to the advancement of Public Health knowledge. We express our gratitude to the faculty members, experts, and everyone who contributed to the success of the Research Proposal Defense. Your guidance and support have been invaluable in shaping the future of these aspiring researchers.





# BS PUBLIC HEALTH STUDENT'S ACHIEVEMENTS



**Tooba Mukhtar**, a sixth-semester BS Public Health student, recently made headlines as the youngest delegate representing Pakistan at the annual conference of the Asia Pacific Malaria Elimination Network (APMEN). Her noteworthy achievement stems from her authorship of an annual report shedding light on Pakistan's malaria and dengue situation post-flood, highlighting the shift in vector mosquitoes and the emergence of new ones. Accepted with acclaim, her report secured her a fully funded participation in the conference, where she shared insights alongside governmental epidemiologists and directors of malaria and dengue control programs from 21 countries, cementing her role as a promising voice in public health advocacy.



**Sami Ullah Baig**, a dedicated fifth-semester BS Public Health student, is among the contributors to AMR Insights, a prominent information platform dedicated to antimicrobial resistance (AMR), established in 2017 following an extensive feasibility study. Headquartered in the heart of Amsterdam, Netherlands, AMR Insights operates as a network-based organization engaging professionals across various sectors, including human and veterinary health, agri-food, and the environment, encompassing private companies, academia, governmental authorities, and NGOs worldwide. Currently immersed in a research project titled "KAP of Healthcare Providers Regarding Antimicrobial Resistance in Rawalpindi and Islamabad," Sami aspires to combat AMR through the implementation of robust public health initiatives, striving towards a world free of antimicrobial resistance.



**Muniba Pervaiz Malik**, a fourth-semester BS Public Health student, has been appointed as the delegate of Istanbul International Model United Nations, slated to take place in Istanbul, Turkey, from February 29th to March 3rd, 2024, by the organizing committee Neoterican LLC. This prestigious event will bring together esteemed individuals, including social activists and policymakers, fostering a platform for global discourse and idea exchange. Engaging with the cosmopolitan Neoterican community in addressing international affairs promises to be an unparalleled experience.



# FUN HEALTH FACTS & GLOBAL INDICATORS

As we wrap up this edition of our Public Health Newsletter, let's dive into some intriguing health facts and global indicators that highlight the fascinating world of public health.

## DID YOU KNOW?



### Laughing is Healthy:

Believe it or not, just 15 minutes of laughter daily can burn calories equivalent to a small chocolate bar! Not to mention, it's a fantastic immune booster and stress reliever.

### Not all fats are bad:

Fat has a bad reputation, but you need some fat for heart and brain health. Unsaturated fats, including omega-3 fats, are a vital part of a healthy diet, but unsaturated fats can have negative health implications.



### Your nose has a superpower:

The average human nose can remember 50,000 different smells!

### Your brain is powerful:

The brain operates on 12 to 25 watts, which is enough power to light an LED light bulb!

**Sleep Significance:** Don't underestimate the power of a good night's sleep! Research shows that adults who snooze for fewer than 7 hours a night are more likely to report health issues like heart problems and depression.

### Mindful Connections:

Hugs aren't just gestures of affection, they're also powerful health boosters. The act of hugging releases oxytocin, a hormone that promotes bonding and reduces stress.



## GLOBAL HEALTH INDICATORS:

### Life Expectancy:

Here's some good news—our global average life expectancy has risen by over 6 years since 2000, now standing at an impressive 72.6 years!

### Obesity Epidemic:

Obesity rates have surged dramatically since 1975, affecting over 650 million adults globally. Addressing this epidemic requires multifaceted strategies to promote healthier lifestyles and combat obesity-related illnesses.

### Physical Activity:

Time to get moving! Surprisingly, about 25% of adults worldwide aren't meeting the global recommendations for physical activity. Let's lace up those sneakers and get active for a healthier future!

### Vaccine Victory:

Immunization stands as a stalwart defender, averting 2-3 million deaths annually. Nonetheless, nearly 20 million children globally remain devoid of essential vaccines.

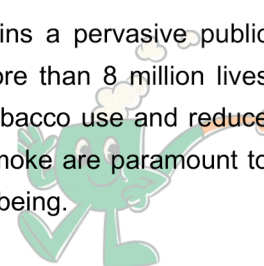


### Childhood Nutrition:

Unfortunately, approximately 22% of children under 5 are stunted due to chronic malnutrition. Let's work together to ensure every child has access to nourishing food.

### Tobacco Consumption:

Tobacco consumption remains a pervasive public health concern, claiming more than 8 million lives each year. Efforts to curb tobacco use and reduce exposure to second-hand smoke are paramount to save lives and promote well-being.





# Bahria University

Discovering Knowledge

## Contact us

We want to bring to you some valuable and updated information through this newsletter.

However, we seek your feedback in the form of some comments or suggestions.

Contact us to get an E-copy of the newsletter or to give any suggestions/comments at

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