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Director General, BUHSC

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Independence Day Celebration at BUHSC



On August 14, 2023, the Bahria University Health Sciences Campus Karachi commemorated Independence Day. The Director General, Vice Admiral (R) Ather Mukhtar HI (M), conducted the flag-hoisting ceremony at 9:00 am, followed by a cake-cutting event. This occasion principals, faculty members, administrative staff, and selected students were present. The Director General emphasized the significance of active youth participation in advancing the nation's progress. He also inaugurated a tree-planting campaign by personally planting a tree in the campus. The celebration culminated with BUHSC students singing heartfelt national songs, fostering a spirit of togetherness and patriotic fervor.



Jashan-e-Azadi Badminton Tournament

In August 2023, the Bahria University Health Sciences Campus Karachi organized a friendly Badminton tournament, aimed at promoting a culture of healthy sports activities within the campus. Numerous matches were held, involving participants from various disciplines among the faculty and staff.

Recognizing the accomplishments, Prof. Dr. Khalid Mustafa VP Medical Section, Dr. Samia Ghulam Muhammad, and DD (A&C) Cdr (R) Abid Shahbaz. Major General (R) Shehla M Baqai HI(M), the esteemed Dean of Health Sciences, distributed awards to the winners. This initiative not only encourages physical well-being but also fosters sporting spirit among the campus community.



Promotion of Dr. Shama Asghar as Vice Principal BUDC



Bahria University Dental College, is proud to announce the promotion of Dr. Shama Asghar to the esteemed position of Vice Principal. Dr. Shama Asghar served as the Head of the Department of Operative Dentistry for over a decade. As a prolific researcher, she authored more than 40 publications. In 2018, she received the “Distinguished Teacher Award”. Furthermore, her commitment to professional growth led to her selection for the esteemed Erasmus Teacher Exchange Program, where she represented Bahria University Dental College at Altinbas University in Turkey. This experience further enriched her teaching abilities and fostered international collaboration. Her appointment as Vice Principal marks an exciting chapter in the institution's journey toward continued excellence in education and research.

Activities of BUCPT



- ✓ A Sports tournament was organized by BUCPT from 23rd to 29th May 2023. Certificates to winners were distributed by DG and Dean BUHSCK.
- ✓ A blood donation drive in collaboration with Saylani welfare was arranged and organized in BUHSCK on 21st June, 2023.
- ✓ A lecture was organized by Dr. Ghousia and Dr. Tahniyat regarding “How to record video lecture on Power Point” dated 6th June 2023. Faculty members of BUCPT attended the session.

Advance Life Support in Obstetrics (ALSO) at CPSP



Major Gen. Prof. Dr. Shehla Baqai conducted Advance Life Support in Obstetrics (ALSO), an evidence based educational program designed to assist health professionals in developing and maintaining the knowledge and skills needed to effectively manage the emergencies at College of Physician and Surgeons Pakistan (CPSP) as the course director. This course is designed and owned by American Association of Family Physicians (AAFP) & CPSP has been granted license to run both its provider and instructor courses.

Oral Health Day Celebration



A field visit to perform an oral health examination was arranged on 7th March 2023 as part of the Periodontology Departmental activity in a school. The BUDC, BUHSCK Health Care Professional team participated in the activity. The team comprised Prof. Dr. Farzeen Tanwir (Head of the Periodontology Department), Dr. Ahmed Bin Khalid (Assistant Professor), Dr. Natasha Zaidi (Senior Registrar) along with a team of House officers. Dr. Mohsin Haider (Senior Lecturer) very kindly accompanied us from Community Dentistry Department BUDC.

The oral health lecture was delivered by Dr. Farzeen Tanwir followed by an Oral Health video by Colgate. The Dental checkup was carried out by house officers supervised by faculty members.

Tooth Carving Competition



The Department of Oral Biology, BUDC under the supervision of Head of the Department Dr. Beenish Fatima Alam instigated the idea of a carving competition among the students of 1st year BDS on 14th June 2023 using the soap bars.

The students were divided in 10 groups and different projects for each group. Prof. Dr. Daud Mirza, and Associate Dr. Afsheen Masood, Dept. of Oral Pathology, were invited to serve as Judges. The first position was secured by the group who made the model of “Harry Potter theme garden”, whilst 2nd and 3rd Runner-ups were the groups who prepared the models of “Aquarium” and “Lake side view”.



Presentation Competition amongst Third Year and Final Year BDS Students

The Department of Operative Dentistry organized a presentation competition amongst the students of Third and Final Year BDS as part of their rotational activity on April 10, 2023 in Phantom Head Lab. The event was organized under the patronage of the Head of Department of Operative Dentistry, Prof. Dr. Shama Asghar. Dr. Imtiaz ul Haq and Dr. Umeed Javaid were supervisors of third year presentations, while Final Year Students were supervised by Dr. Ayesha Zafar and Dr. Syed Adeel Ahmed. Dr. Maleeha (SR Paedodontics) and Dr. Aneeqa (AP Paedodontics) were invited as judges to the competition. The winners of the competition from both years were awarded certificates and the event ended on a note of encouragement for all participants from Prof Dr. Shama Asghar.

CHPE Course At BUHSCK

The Certificate in Health Professions Education at Bahria University Health Sciences Campus offers healthcare professionals a transformative opportunity to refine their skills and excel in the art of teaching and training within the dynamic field of healthcare. The first contact session of the second batch of CHPE with thirty eight participants was conducted from 21st to 25th of August. This comprehensive program encompasses a diverse range of topics, centering on teaching, learning, and assessment within the healthcare profession. By utilizing a case-based pedagogy, participants will acquire a robust skill set, enabling them to develop highly effective instructional strategies, design and implement impactful academic and research programs, and adeptly evaluate student performance. Throughout the program, participants will delve into vital concepts related to research and education, fostering a deep understanding of learning theories, curriculum design, instructional methods, grant proposal development, and the effective presentation of research findings. Hands-on experience will be gained through various practical activities, empowering students to create compelling lesson plans, deliver engaging presentations, and design and implement innovative assessments.



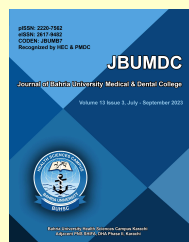
Workshop On “Atraumatic Tooth Extraction”

A clinical hands on work shop was organized by Periodontology Department under the umbrella of “5th International Conference held at Bahria University of Health Sciences”, Karachi. The workshop titled, “A-traumatic tooth extraction-anti microbial socket preservation & augmentation” executed on 5th June 2023. By keeping this in mind, a basic surgical skills workshop was conducted for house officers and lecturers of Bahria University of Medical and Dental College. House Officers and faculty of other colleges also participated in the workshop under direct supervision of Prof. Dr Farzeen Tanwir HOD of Periodontology Department, Dr. Tauqeer Bibi, Assistant Professor Dr Ahmed Bin Khalid and Senior Registrar Dr. Natasha Zaidi.

Participation in World Congress of Basic and Clinical Pharmacology 2023



Dr. Shizma Junejo, senior lecturer Department of Pharmacology, MPhil student Batch 5, attended World Congress Of Basic And Clinical Pharmacology 2023, arranged by British Pharmacology Society UK, held in Galsgow, Scotland, United Kingdom, in July 2023. Altogether 2000 participants from all over the world attended the event. Dr.Shizma Junejo was also one of the privileged participant and presented research poster on 5th July 2023, titled “Impact of Vitamin C as an Adjuvant Agent on Glycemic Indices in Type 2 Diabetes Mellitus: Randomized Clinical Trial.



HEC Recognizes JBUMDC For The Year 2023-24

The HEC Journal Recognition System (HJRS) has granted recognition upon the Journal of Bahria University Medical & Dental College (JBUMDC) for the duration spanning 2023-24. Functioning on an annual cycle, the HJRS undertakes the task of identifying commendable research journals. Notably, JBUMDC has consistently merited placement within the distinguished "Y" category of the HJRS, a status diligently maintained for last three years. This achievement highlights the enduring commitment of JBUMDC to upholding scholarly excellence and contributing to the advancement of academics.

Our Alumni: Our pride



DR. SHAHMEER KHAN: After completing his bachelors from Bahria University Medical & Dental College, Karachi. Shahmeer joined The Aga Khan University Hospital for internship in 2014, subsequently after completing FCPS part 1 he trained at Dow University and Aga Khan University in Diagnostic Radiology and qualified FCPS in 2020. Post FCPS he worked as Consultant Radiologist at Aga Khan University (14 months) and Ziauddin Hospital Clifton (6months) before moving to Kuwait. Currently he is working as a Specialist Radiology at Ministry of Health Kuwait and Tele-radiologist for Mars Health care network.

Guest Speaker Lecture at BUHSCK

Two inspiring guest lectures were delivered with the objective of career counseling for students and advancements in the field of cardiovascular diseases by our guest speaker on 18th of August 2023. Dr. Anum Akbar Waheed who in a short span of nine & half year post MBBS certified six American Boards and is currently working as a board certified cardiologist at Harvard medical School. She delivered her talk on the topics of “Imaging Modalities in Cardio Vascular Disorders and Career Counseling - Road to Residency”.



Style Italiano Workshop

A work shop was organized on June 19, 2023 titled “Style Italiano Aesthetic Restorations” by the Department of Operative Dentistry, under the supervision of Prof. Shama Asghar, at Bahria University Dental College. Style Italiano is an international forum with members all around the world and are renowned for aesthetic restorative practices and methods. Dr. Haroon Shah, a certified Style Italiano trainer and a well-established clinician, conducted the workshop in an effective manner.



Activities of Anatomy Department

1. Department of Anatomy had organized a workshop on “Hands-on Basic Dissection Techniques”. The main facilitator was Dr. Loung Ummedani.
2. Dr. Ayesha Saba Naz and Dr. Ambreen Surti presented their research posters in the Poster Competition of BUHSCK International Conference “Contemporary trends in Quality Health care 2023”.
3. Dr. Ayesha Saba Naz was heading the “Announcements Committee for International Conference 2023 of BUHSCK”.

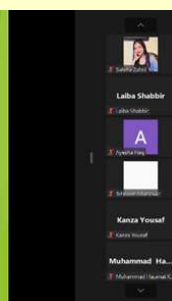


Activities of Physiology Department

An online workshop was organized by MSA-Pakistan's Capacity Building Festival on 8th July 2023, on the topic of basic of research methodology and techniques. It was conducted by Prof. Dr. Shazia Shakoor, HOD Physiology, BUHSCK. Students from various medical colleges participated and were enlightened with step wise process for conducting basic research. The session was highly interactive involving active participation by students.

CHARACTERISTICS OF RESEARCH

1. It demands a **clear statement** of the problem.
2. It requires **clear objectives** and a plan
▶ (it is not aimlessly looking for something in the hope that you will come across a solution).
3. It builds on **existing data**, using both positive and negative findings.
4. New data should be **systematically** collected and analyzed to answer the original research objectives.



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Meet
Our
Team