

E-NEWSLETTER

Bahria University College of Medicine

BUHSCI

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CLINICAL ELECTIVES: EXPANDING LEARNING BEYOND THE CLASSROOM



During the Summer Vacations 2026, Clinical Electives were organized for second-year MBBS students in collaboration with the Armed Forces Institute of Cardiology (AFIC), Pakistan Emirates Military Hospital (PEMH), and Rawalpindi Institute of Cardiology (RIC). A total of 35 students participated in this enriching clinical experience, which provided valuable exposure to real-life healthcare settings under the supervision of experienced clinicians. The electives enabled students to observe patient care, develop basic clinical skills, and gain first-hand insight into hospital practices across various specialties. Most importantly, the experience helped them integrate the theoretical knowledge acquired during the first and second years of MBBS with its practical application in clinical medicine, fostering clinical reasoning, professionalism, and a deeper appreciation of patient-centered care. Encouraged by the success of this initiative, the institution plans to further strengthen the Clinical Electives Program by establishing collaborations with additional reputable national and international hospitals and academic institutions in future sessions, thereby expanding students' opportunities for high-quality clinical learning and global exposure.

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TABLE TENNIS TOURNAMENT

The Co-Curricular Activities Committee (Sports Club) of Bahria University College of Medicine (BUCM), Bahria University Health Sciences Campus Islamabad (BUHSCI), successfully organized the BUCM Table Tennis Tournament on 10 July 2026. The tournament provided an excellent platform for students to demonstrate teamwork, discipline, competitive excellence, and exemplary sportsmanship.

Girls' Doubles Final

Finalists: Rohat & Haya vs. Ayesha & Roomessa

Champions: Ayesha & Roomessa

Boys' Doubles Final

Finalists: Zaid & Umar Khan vs. Abdullah & Majid

Champions: Abdullah & Majid.



BLS: BUILDING LIFESAVING SKILLS



A Basic Life Support (BLS) Workshop was successfully conducted by Department of Surgery and BLS team on 16 July 2026 for the senior administrative staff of Bahria University College of Medicine (BUCM). The workshop aimed to equip participants with essential life-saving knowledge and hands-on skills in recognizing and responding to medical emergencies, including high-quality CPR and the use of an Automated External Defibrillator (AED).



TREASURE HUNT

The Adventure Club successfully organized BUCM's first-ever Treasure Hunt on 20 July with 100 students participating in an exciting campus-wide challenge. Participants were divided into 9 groups and followed a chain of clues, with each clue leading to the next across all five floors of the campus. Hidden cash envelopes added an extra layer of excitement and reward throughout the hunt. The event promoted teamwork, problem-solving, and healthy competition, making it a fun and memorable experience for everyone involved.



OPENING NEW HORIZONS: BOOK CLUB INAUGURATION CEREMONY

The Co-Curricular Activities Committee & SSC, in collaboration with the Debates and Literature Club, successfully inaugurated the BUCM Book Club on 28th July 2026 at the College Auditorium.

The session introduced the club's vision of promoting reading and reflective learning, featuring its first book, "Am I a Great Doctor?" by Dr. Shahzad Younas. The program included a book introduction, synopsis presentation, and concluded with closing remarks by the Principal, who encouraged everyone to embrace reading as a lifelong habit.

The event was open to all students and faculty, marking the beginning of a vibrant reading community at BUCM.



MASTERING EMOTIONAL INTELLIGENCE: SKILLS FOR SUCCESS



A workshop titled "Mastering Emotional Intelligence: Skills for Success" was held on 28th July 2026 at Old Campus, Rawalpindi Medical University, in collaboration with the Department of Obstetrics & Gynaecology, Bahria University College of Medicine, Islamabad. The session focused on enhancing emotional intelligence skills essential for effective communication, leadership, teamwork, and personal well-being. The workshop was facilitated by Prof. Dr. Saima Qamar, Dr. Faizania Shabir, and Dr. Muhammad Hassan and attended by MHPE scholars, medical educators, and curriculum coordinators. The participants highly appreciated the engaging and interactive nature of the workshop and thoroughly enjoyed the practical activities and thought-provoking discussions. The session provided an enriching learning experience, with participants expressing enthusiasm and positive feedback about the skills and insights gained.

STRENGTHENING PEDIATRIC EMERGENCY CARE THROUGH HANDS-ON TRAINING

Bahria University College of Medicine (BUCM) organized a hands-on workshop on “Top 10 Paediatric Emergencies” at the BUCM Skills Lab. The workshop brought together healthcare professionals and medical educators to enhance their skills in the recognition and management of critical paediatric emergencies through interactive lectures, case-based discussions, and simulation-based training. Faculty members from the Department of Paediatrics delivered evidence-based sessions on common emergencies, including status epilepticus, shock, diabetic ketoacidosis, anaphylaxis, and severe dehydration. The workshop reaffirmed BUCM’s commitment to excellence in medical education and strengthening emergency care competencies among healthcare professionals.



PRE MEDICAL LAUNCH PAD

The Pre-Med Launchpad Internship 2026 was successfully conducted at BUHSCI from 20–24 July 2026, providing aspiring pre-medical A level and FSc students with an engaging introduction to healthcare through career guidance, Basic Life Support (BLS), clinical skills observation in health & wellness clinic, learning through gamification, research, stress management, and professionalism.

The program was organized by Prof. Dr. Shazia Jehan under the kind supervision of the worthy Principal, Maj Gen (R) Prof. Shazia Nisar, in collaboration with the Departments of Surgery, Psychiatry, Physiology, Anatomy, the Skills Lab, BLS Team, and Research Cell BUCM. The internship received an excellent response and offered participants a valuable insight into the medical profession.



BRUSHSTROKE ANATOMY: WHERE ANATOMY MEETS ART

The Department of Anatomy organized two innovative learning activities for second-year MBBS students to promote active and experiential learning. The Brushstroke Anatomy – Face Painting Session enabled students to creatively explore facial anatomy by illustrating muscles, cranial nerves, and sensory distributions, reinforcing key anatomical concepts and their clinical relevance. The Prosencephalon Blind Board Game further enhanced learning through an interactive gamification exercise that strengthened students' understanding of forebrain anatomy using teamwork and problem-solving.



EXPLORING RESPIRATORY ANATOMY THROUGH VIRTUAL REALITY

The Department of Medicine organized a Virtual Reality Respiratory System Workshop, introducing immersive technology to enhance medical education. Attended by over 30 faculty members, including the Director Campus, Principal, Vice Principal, and Heads of Departments, the workshop provided hands-on experience with interactive 3D respiratory system simulations. The session highlighted the potential of virtual reality to enrich anatomical understanding, promote innovative teaching, and support the digital transformation of medical education.



PRE-CONFERENCE WORKSHOP – 16TH PAKISTAN CHEST SOCIETY CONFERENCE

Bahria University College of Medicine (BUCM), Islamabad, successfully hosted a pre-conference workshop for the 16th Pakistan Chest Society Conference. The workshop featured expert sessions by Prof. Col. Muhammad Amir, Dr. Abida Matin Ansari, and Prof. Javaid A. Khan (online), and was attended by 30 faculty members from various medical institutions. Interactive discussions, case-based learning, and certificate distribution highlighted the event, fostering academic collaboration and professional development.

