



NEWSLETTER

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BUHSC organized the Seventh International Conference
“Lifestyle Medicine – A Paradigm Shift in Healthcare”



The 7th BUHSC International Conference was organized on May 29, 2025, at BUHSC. The event centered on the theme of integrating lifestyle medicine into routine medical practice as a "Paradigm Shift in Healthcare." The conference commenced with the arrival of its esteemed Chief Guest, Professor Dr. Jahan Ara Hasan, Vice Chancellor of DUHS. Vice Admiral (R) Ather Mukhtar HI(M), DG-BUHSC, delivered a welcome address, accentuating the profound impact of lifestyle medicine. The conference featured scientific sessions, series of engaging pre-conference workshops and a research poster competition.

The event featured distinguished international and national speakers, including Dr. Ioannis Arkadianos, a European Lifestyle Medicine expert; Malaysian nutritionist Dr. Zahara Abdul Manaf; UK-based Dr. Zainab Waseem and Dr. Jane Hislop; Indonesian specialist Dr. Inge Rachman; Professor Dr. Shagufta Feroz, a lifestyle medicine expert; and Major General (R) Professor Dr. Shehla M. Baqai HI(M), a women's health expert. The core message stressed the vital role of implementing lifestyle medicine in preventing, managing, and reversing various diseases.

A vibrant panel discussion featuring Prof. Dr. Shagufta Feroz (Lifestyle Medicine specialist), Prof. Dr. Shehla M. Baqai, HI(M) (Women's Health Expert),



Mr. Zaki Uddin Ahmed (Telehealth Expert), Prof. Dr. Abdul Basit (Consultant Physician), and Surg. Cdr. Atif Ahmed Khan (Rehabilitation Specialist) brought together these experts to emphasize lifestyle medicine as a holistic approach, highlighting its positive impact on overall well-being. In her concluding remarks, Major General (R) Prof. Dr. Shehla Baqai HI(M), Dean Health Sciences and Principal BUMC, exhorted the importance of Lifestyle Medicine. She urged the inclusion of Lifestyle Medicine in medical curricula to prioritize prevention and holistic well-being, advocating for collective action and recommending that policymakers adopt these insights



Prevention to Reversal: Preconference Workshops Focused Lifestyle Medicine

From May 22nd to May 27th, BUHSCK conducted a series of impactful pre-conference workshops, expertly led by Maj. Gen. (R) Prof. Dr. Shehla Baqai HI(M), Dean Health Sciences -BU and Principal BUMC, in collaboration with healthcare professionals and the Tabba Heart Institute. These dynamic sessions centered on integrating Lifestyle Medicine into clinical practice, covering vital topics such as "Integrating Lifestyle Medicine to Clinical Practice," "Culinary Medicine - Eating for Health," "Stress Resilience & Mental Well-being," and "Lifestyle for Cardiac Health." The workshops emphasized practical application through hands-on activities focused on fostering stress-resilient mental health, promoting heart-healthy living, and mastering culinary medicine. By bringing together healthcare professionals and faculty in an interactive environment, these workshops empowered participants with valuable, preventive strategies for holistic care and the reversal of chronic diseases.



BUHSCK Holds 11th Convocation Ceremony

BUHSCK held its 11th convocation, conferring degrees across various disciplines. The event included families, faculty, and healthcare sector members. Chief guests Prof. Dr. Mohammad Shoaib Shafi and Dr. Mukhtar Ahmed urged graduates to uphold integrity and leadership. Vice Admiral (R) Ather Mukhtar emphasized compassion, collaboration, and innovation in healthcare, while Major General Prof. Dr. Shehla M. Baqai conducted the oath-taking ceremony.



Dr. Kerr Matthew Delivered Lecture on Chronic Wound Management

On April 28, 2025, Dr. Kerr Matthews from Robert Gordon University delivered a lecture on chronic wound management at BUHSCK, engaging faculty and students in meaningful discussions. The Vice Admiral (R) Ather Mukhtar HI (M), DG-BUHSCK, presented him with a token of thanks, highlighting the vibrant academic atmosphere of the event.



SOGP Karachi Conference-2025: BUHSCK Led Women's Health Advocacy

Invited talk by Maj. Gen (R) Prof. Dr. Shehla M. Baqai, Dean Health Sciences BU & principal BUMC, at the SOGP National Conference in Karachi (April 18-20, 2025), Led a critical climate change dialogue underscoring the implications for reproductive, maternal, and neonatal health", with slightly different nuances:, highlighting the urgent need for mitigation strategies and resilience in healthcare systems.



CHPE Certification Ceremony

On April 25, 2025, Vice Admiral (R) Ather Mukhtar, HI(M), Director General BUHSCK, was awarded the certificates. Participants praised the program's impactful teaching strategies and shared that it offered valuable insights improving teaching; they wished they had gained earlier in their careers.



BUHSCK and IHHN Signed MoU for Strategic Academic Alliance



On February 25th, a landmark MoU was signed between Indus Hospital and Health Network (IHHN) and Bahria University Health Sciences Campus Karachi (BUHSCK) at IHHN. The signing was attended by Vice Admiral (Retd.) Ather Mukhtar HI (M), Director General BUHSCK; Prof. Dr. Syed Zafar Zaidi, CEO IHHN; and Maj. Gen. (R) Prof. Dr. Shehla M. Baqai HI (M), Dean BUHS. This strategic alliance aims to strengthen academic collaboration and drive joint initiatives for healthcare and community welfare.

Mufti Tariq Masood Inspired Students to Uphold Ramadan Values

A session titled "Beyond Ramadan: Carrying the Light Forward" with guest speaker Mufti Tariq Masood was held at BUHSCK on March 19, 2024, encouraging students to uphold positive values beyond Ramadan.



BUCPT Student Won Badminton Gold at AKU Olympiad

BUCPT student Sabiha Laghari triumphed in Women's Singles Badminton at the AKU on April 27, 2025 - Olympiad, earning the gold medal with support from DG-BUHSCK



Blood Donation & Thalassemia Awareness Drive

A successful Blood Donation Drive and Thalassemia Awareness event was held at BUHSCK on May 8th, 2025. Inaugurated by Vice Admiral (R) Ather Mukhtar, DG-BUHSCK and organized in collaboration with Saylani Welfare International Trust, the event aimed to promote student engagement in social responsibility.



Surgery Department: Advanced Emergency Skills Workshop

BUHSCK Surgery Department conducted a surgical skills course starting April 28, followed by a 2-day First Response Initiative Pakistan (FRIP) workshop and a BLS/ATLS trauma course. These programs strengthened participants' practical skills and readiness to handle emergency and trauma situations effectively.



ENT-Department Celebrated World Hearing Day 2025 at PNS Shifa Hospital

On March 4th, 2025, PNS Shifa's ENT Head and Neck Surgery department proudly celebrated World Hearing Day. This event focused on raising awareness about hearing loss, its causes, prevention, and early intervention. The comprehensive program successfully engaged both students and faculty, fostering a greater understanding of hearing health. Aligned with the global theme, the observance at PNS Shifa advocated for proactive ear and hearing care.



ENT Department Conducted Landmark Live Rhinoplasty Event

The ENT Department recently marked a significant milestone by hosting its first-ever live rhinoplasty surgery and lecture, featuring the highly acclaimed Dr. Arafat Jawaid, a leading rhinoplasty surgeon. This pivotal educational opportunity garnered enthusiastic participation from key figures within the medical community. Commandant PNS Shifa Fowad Khurshid Imami graced the event with their presence, alongside esteemed professors from the ENT department. Dr. Arafat Jawaid's live surgical demonstration and subsequent lecture offered invaluable insights into cutting-edge rhinoplasty techniques, significantly enhancing the attendees' understanding of this complex procedure. The event fostered a rich learning environment and underscored the ENT department's unwavering commitment to advancing medical knowledge and practice.



BUCPT Hosted Expert on AI in Concussion Care

On May 16, 2025 – BUCPT-BUHSCK welcomed Dr. Rana Siddiqui, a prominent concussion management specialist and WHO advisor from Ontario, for a talk on AI's role in concussion care, with the goal of enhancing healthcare practices. Principal Dr. Khalid Aziz of BUCPT presented her with a token of appreciation



Vibrant Mushaira Held at BUHSCK

BUHSCK hosted a vibrant Mehfil-e-Mushaira on April 30th, 2025, featuring poets Ramzi Asim and Ammar. The captivating Urdu poetry was embraced and enjoyed by DG BUHSC, alongside faculty and students. The event highlighted the university's rich literary culture in Karachi.



BUHSCK Faculty participated ASOMP 2025 International Conference

Dr. Muhammad Shahrulkh Khan Sadiq, Assistant Professor of Oral Pathology at Bahria University Dental College, BUHSCK, recently presented his research at the prestigious Asian Society of Oral and Maxillofacial Pathology (ASOMP) Conference 2025 in Kuala Lumpur, Malaysia. His research poster was ranked among the top five presentations in Asia, making him the sole representative from Pakistan



Thrilling Sports Gala Celebrated at BUHSCK

Bahria University Karachi recently held its vibrant Sports Gala 2025, fostering unity through diverse competitions. The Director General embraced the event, awarding medals and trophies; 5th Year MBBS emerged as the "Champion of Athleticon 2025," with 4th Year MBBS as runner-up. Faculty actively participated alongside students in the spirited three-day celebration.



BUHSCK Team Secured 2nd Prize at Public Health Conference, JSMU

The study titled "Has Pakistan progressed toward universal coverage of family planning services?" by Asst. Prof. Dr. Ferrukh Zehravi, Maj. Gen. Prof. Dr. Shehla Baqai, Prof. Dr. Farid Midhet, and Asst. Prof. Dr. Muhammad Talha Khan, BUHSCK, secured 2nd prize in the poster competition at the 3rd Public Health Conference held on February 25, 2025, at APPNA Institute of Public Health, JSMU Karachi, recognizing their important research on the progress of family planning services coverage in Pakistan



Pakistan Medical and Dental Council inspected BUHS-PGI Karachi

On April 22, 2025, PMDC conducted an inspection of BUHS-PGI Karachi to grant recognition for the MPhil programs in Physiology and Biochemistry, as well as to approve the continuation and increase in seats for the MPhil programs in Anatomy, Pathology, and Pharmacology. The BUHS-PGI and departmental teams professionally provided all required information to the PMDC team.



Poster Competition in 7th BUHSCK International Conference

7th BUHSCK International Conference was conducted on Thursday, 29th May 2025. Poster competition was one of the events of this conference. Postgraduate faculty of Pharmacology department bagged the 1st & 2nd positions. First position was earned by Dr. Syeda Hafiza Afsheen Nazar with title of poster *Coriandrum sativum: A natural therapeutic agent for neurological and physiological disorders* and second position was secured by Dr. Shizma Junejo with poster titled *Use of nutritional supplements amongst individuals exercising in gymnasium*. Director General BUHSCK distributed the certificates among the winners.

