

E-NEWSLETTER

Bahria University College of Medicine

BUHSCI

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INDEPENDENCE DAY: A TRIBUTE TO PAKISTAN



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Bahria University College of Medicine, Islamabad, celebrated Independence Day 2026 on 10 August at the University Auditorium. The ceremony featured Tilawat-e-Quran, patriotic songs, speeches, a documentary, and the National Anthem, fostering patriotism, unity, and love for Pakistan among students and faculty.

BEYOND RESEARCH: BUILDING EXPERTISE IN SYSTEMATIC ANALYSIS

BUCM successfully organized a two-day workshop on Cochrane Systematic Review & Meta-Analysis: Knowledge Synthesis and Translation on 3rd-4th August 2026, organized by Prof. Dr. Wafa Omer, Brig. Dr. Muhammad Babar Khan, and Dr. Saira Karimi. The workshop featured NUMS master trainers. Dr. Nesheman Huma, as a participant, presented her assigned homework on PICO formulation and search strategy, demonstrating the practical application of evidence-synthesis methods.



REDISCOVERING THE SEERAH IN THE GEN Z ERA



On August 31, 2026, the Islamic Club, Bahria University College of Medicine, organized an enlightening session titled "Between Trends and Truth: Rediscovering the Seerah in the Gen Z Era." Distinguished guest speaker Dr. Sohaib Zafar Malik delivered an insightful talk highlighting the relevance of Seerah in contemporary life. The session was highly engaging and thought-provoking for students and faculty.

WHEN EVERY SECOND COUNTS: STOP THE BLEED

The Department of Forensic Medicine organized the "Stop the Bleed: A Forensic Perspective on Road Traffic Accidents" workshop on 6 August 2026. Featuring expert sessions on roadside trauma management and road traffic injuries. The workshop provided students with valuable practical learning under the supervision of faculty and certified trainers.



EMPOWERING YOUNG WOMEN, INSPIRING HEALTHY LEADERSHIP

Prof. Dr. Tahira Sadiq facilitated an interactive session on Lifestyle Medicine for Young Girls at the National Youth Leadership Summit 4.0, Murree, on 24 August 2026. The session promoted healthy lifestyle choices, self-care, well-being, and leadership, empowering young women to become healthier and more confident future leaders.



A JOURNEY INTO COMMUNITY HEALTH: BHU GAGRI VISIT



The Department of Community Medicine and Public Health organized a field visit to BHU Gagri on 6–7 August 2026 for first-year MBBS students. Students observed MCH services, EPI workflows, drug dispensary management, disease surveillance, and primary prevention, bridging classroom learning with practical public health experience.



SPREADING AWARENESS, PREVENTING DENGUE

The Department of Community Medicine & Public Health organized a Dengue Awareness Session on 25 August 2026 for administrative and support staff. Dr. Shahab Ali discussed dengue transmission, symptoms, prevention, and precautionary measures. An educational video and interactive discussion reinforced key public health messages and promoted community awareness.



PMS INTERNATIONAL CONFERENCE

Pakistan Menopause Society (PMS) International Conference 2026 was held 22nd–23rd August 2026, at the Mövenpick Hotel, Islamabad, with the theme “Embrace the Change: Empowering Women Through Menopause.” Prof. Dr. Saima Qamar attended as Chair for session themed “Workplace and Social Challenges at Menopause.” Prof. Dr. Beenish Khurram served as Moderator for session themed “Oral Free Papers,” featuring research presentations on various aspects of menopause and women’s health.



AWARENESS AND INNOVATION: A STEP TOWARDS SMA CARE

The Department of Obstetrics and Gynaecology organized an SMA Awareness Session 2026 on 27 August, in collaboration with the STRIVE Foundation. The session highlighted Spinal Muscular Atrophy, focusing on early recognition, diagnosis, management, recent treatment advances, patient support, advocacy, and the importance of awareness and compassionate care.



FROM PORTFOLIO TO PROGRESS: EMPOWERING MENTORSHIP THROUGH E-PORTFOLIO

A faculty development workshop titled “From Portfolio to Progress: ePortfolio as a Tool for Mentoring, Reflection and Feedback in Medical Education” was held on 25 Aug 2026 by DHPE. Mentors explored how ePortfolio can be helpful for continuous professional development of undergraduate medical students.



The FCPS IMM Medicine TOACS Mock Examination was held on 20 August 2026 at KRL Hospital, Islamabad, with 20 postgraduate trainees from seven institutions. The 18-station examination assessed clinical, diagnostic, communication, and emergency management skills, providing valuable hands-on experience and strengthening trainees' clinical reasoning and examination competencies.



STRENGTHENING GLOBAL ACADEMIC PARTNERSHIPS



A delegation from the University of Leicester, UK, visited Bahria University College of Medicine on 19 August 2026. The visit featured an informative presentation on epidemiology and clinical respiratory research, followed by an interactive Q&A. The engagement fostered academic exchange, research collaboration, and stronger institutional linkages.

VISION 2047: A CALL TO PATRIOTISM AND PURPOSE

An interactive motivational session on "VISION 2047" was delivered by Cdr Khawaja Asif (Retd) to MBBS students at BUHSCI on 18 August 2026. The session inspired patriotism, national responsibility, and personal ownership, encouraging future professionals to contribute meaningfully towards building a stronger, progressive, and prosperous Pakistan.

