



PUBLIC HEALTH NEWSLETTER



Bahria University
Islamabad
Theme: Climate Change and Health

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Editor-in-Chief
Dr. Sidra Shahid

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Gul E Fatimah Jahangeer

Editor's Note

Dear Readers,

It is with great pride that I present this edition of the BSPH Newsletter, which reflects the remarkable journey, achievements, and impact of our BSPH community. Our alumni continue to excel across diverse public health domains, making meaningful contributions in healthcare systems, research, policy, and community development—both nationally and internationally. Their accomplishments stand as a testament to the strong academic foundation and values nurtured within our program.

Equally inspiring are the vibrant activities and community engagement sessions led by our students and faculty. From health awareness campaigns and outreach initiatives to capacity-building workshops and collaborative projects, these efforts highlight our collective commitment to improving population health and promoting social responsibility. This newsletter celebrates not only achievements but also the spirit of service, leadership, and innovation that defines the BSPH program. I extend my sincere appreciation to everyone who has contributed to making these successes possible and look forward to many more milestones ahead.

Warm regards,

Dr. Sidra Shahid

Editor-in-Chief

Public Health Newsletter



EVENT HIGHLIGHTS



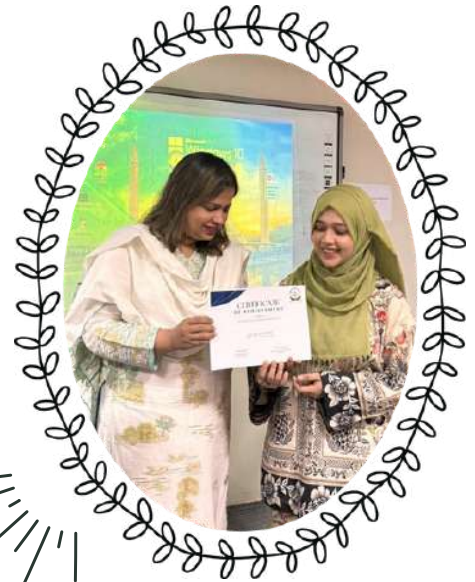
Career Counselling Session

As part of our ongoing commitment to student development, a comprehensive Career Counselling Session was organized to guide students on diverse career pathways after public health education. Esteemed experts from the United Nations, Clinical Trials, Hospital Management, and Quality Management in Healthcare were invited to share their professional journeys and insights.

The session provided students with valuable exposure to global health careers, research opportunities, healthcare administration, and quality assurance roles. Through interactive discussions, the speakers offered practical guidance, skills requirements, and future prospects, enabling students to make informed decisions about their professional growth.



Public Health Idea Competition Theme: Climate Change and Health



Winners:

- Muhammad Hassan
1st Position
- Mahnoor, Hamna,
Simran 2nd Position
- Mnnah Hafeez 3rd
position



Awareness Sessions

AMR Awareness Session at Rawalpindi School

An awareness session on Antimicrobial Resistance (AMR) was conducted at a school in Rawalpindi.

Students were educated about the responsible use of antimicrobials and the growing public health concern of resistance.

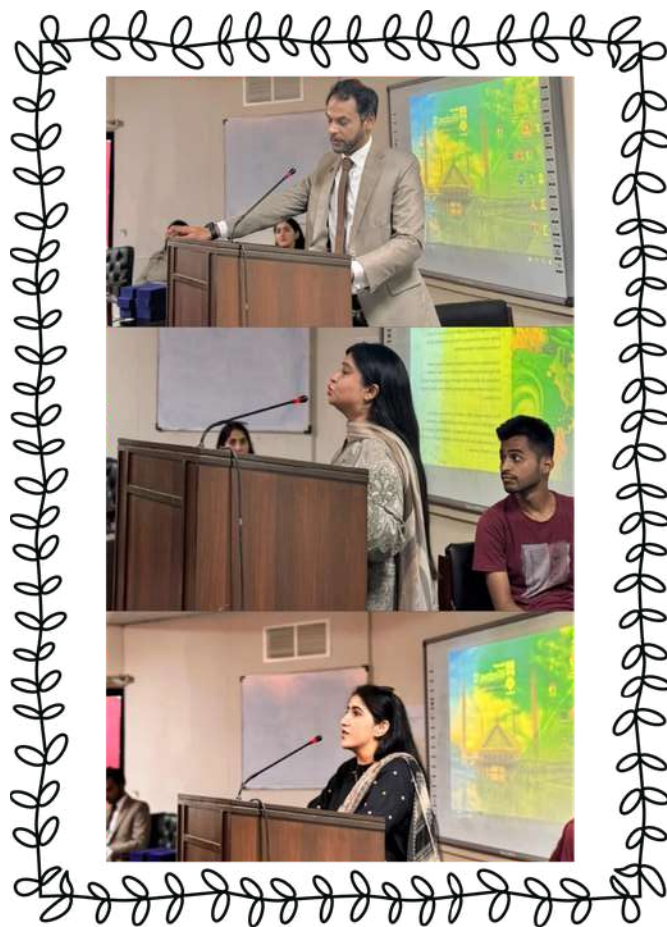


Breast Cancer Awareness Session at OPF School and College

A breast cancer awareness session was conducted at OPF School and College to promote knowledge about breast cancer and the importance of awareness. The activity reflected the students' efforts toward community health education.

National Dialogue of Climate Change and Health

A National Dialogue was held to discuss the relationship between climate change and health. The event highlighted key public health challenges and the importance of collaborative action.



World Immunization Day

World Immunization Day was observed to highlight the importance of vaccines in preventing diseases and protecting communities. The event emphasized awareness and the role of immunization in public health.

Health Camp - 2025

A health camp was organized to promote health awareness and provide community-focused healthcare services. The initiative reflected the students' commitment to community engagement and public health.



Essay Competition on One Health

An essay competition was organized around the One Health concept, highlighting the interconnectedness of human, animal, and environmental health. Students were encouraged to explore public health issues through this integrated approach.



International Webinar on Dietary Breakthrough in Cardiac Disease Management

An international webinar focused on emerging dietary approaches in cardiac disease management. The session provided students with insights into the role of nutrition and dietary strategies in cardiovascular health.

White Coat Ceremony

The White Coat Ceremony marked an important milestone for students entering their professional journey in healthcare. The ceremony celebrated their commitment to learning, professionalism, and service.



Visit to NIH

Students visited the National Institutes of Health (NIH) to gain practical exposure to public health and healthcare-related work. The visit provided an opportunity to connect classroom learning with real-world practice.



Entomology Lab, Arid University

Students visited the Entomology Lab at Arid University to gain practical insight into the study of insects and their relevance to public health. The visit helped connect academic knowledge with field-based learning.

Visit to Amson Pharmaceuticals

Students visited a pharmaceutical facility to gain exposure to the pharmaceutical sector and its role in healthcare. The visit provided practical learning beyond the classroom.



Visit to BHU, Kotha Kallan

Students visited the Basic Health Unit (BHU) at Kotha Kallan to observe community-level healthcare services. The visit provided practical exposure to primary healthcare delivery.



Name of Medicines	
Cap. Amoxicillin/Ampicillin	OCF
Syp. Amoxicillin/Ampicillin	IV Infusions
Tab. Ceftriaxone/Cefixime	Syp. Ceftriaxone
Tab. Metronidazole	Syp. Metronidazole
Syp. Paracetamol/Paracetamol	Tab. Chloroquine
Tab. Bifidobacterium/Probiotics	tg. Bismuth
Syp. Amlodipine	tg. Bismuth
Tab. Iron/Folic Acid	tg. Angiotensin
ORS (Packets)	Syp. Salbutamol



Visit to PIMS, Infectious Disease Department

Students visited the Infectious Disease Department at PIMS to gain practical insight into the management and prevention of infectious diseases. The experience strengthened their understanding of public health practice.



Distinguished Alumni

We are proud to celebrate our exceptional graduates who are making significant strides in public health practice and advanced academics worldwide. From strengthening community healthcare to pursuing higher degrees at top international institutions, their accomplishments demonstrate the strength of our program and inspire the next generation of healthcare leaders.



Kashmala Faisal

BSPH Fall 2020 – Spring 2024

Pursuing an MSc in Public Health and Policy at Queen Mary University of London, UK, while working as a Stop Smoking Advisor at a Queen Mary University clinic.



Wazir Yazdan Khalil

BSPH Fall 2020 – Spring 2024

Serving as a District Public Health Officer at the Aga Khan Rural Support Programme (AKRSP).



Muhammad Ali Shuaib

BSPH Fall 2020 – Spring 2024

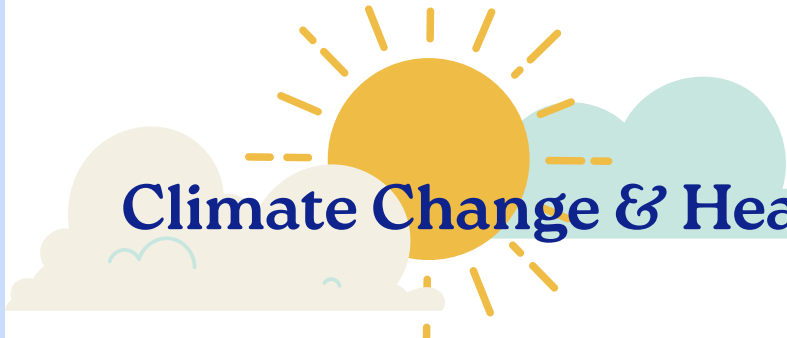
Graduated with a Master of Public Health (MPH) from the University of New Haven, USA.



Aliza Bano

BSPH Fall 2020 – Spring 2024

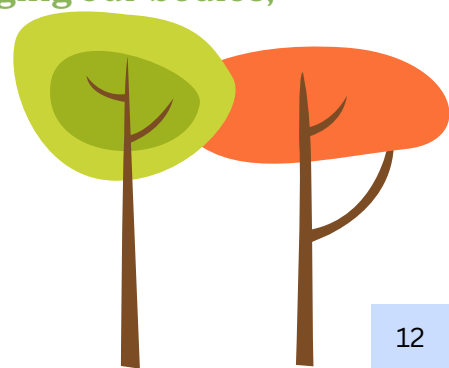
Pursuing her Master's in Medical Sciences, majoring in Global Health, at Karolinska Institute, Sweden.



Climate Change & Health - Interesting Facts

1. 🧠 **Did you know?** A heatwave can make it harder to think clearly, concentrate and make quick decisions—your brain feels the heat too!
2. 😴 **Did you know?** Hotter nights can steal your sleep, leaving your body with less time to rest and recover.
3. 🦟 **Surprising fact:** A warmer climate can help mosquitoes develop faster, potentially changing how diseases spread.
4. 🌸 **Did you know?** Climate change can make allergy seasons longer, meaning more sneezing, watery eyes and asthma flare-ups.
5. 💊 **Here's something unexpected:** Extreme heat can affect how some medicines are stored and remain stable.
6. 🧑 **Did you know?** Working for hours in extreme heat can repeatedly strain the kidneys, making climate change an occupational health issue too.
7. 🏙️ **Plot twist:** Your city can be hotter than nearby rural areas because concrete and buildings trap heat, this is called the urban heat-island effect.
8. 🌊 **Did you know?** The health effects of a flood don't always disappear when the water does, stress and trauma can last for years.
9. 🤰 **A little-known fact:** Extreme heat during pregnancy has been linked with certain risks for both mother and baby.
10. 💧 **Think dehydration is temporary?** Repeated dehydration during extreme heat can place serious long-term stress on the kidneys.
11. 🗺️ **Did you know?** As the climate changes, the map of disease can change too—some infections may appear in places where they were once uncommon.

**Climate change isn't just changing our planet, it's changing our bodies,
minds and communities too!**





Climate change and its impact on health. What can be done???

Climate change threatens health by increasing heat-related illnesses, respiratory diseases, and infections. We can help by reducing pollution, using clean energy, protecting green spaces, and strengthening healthcare systems.



1 The Beginning

You can improve lives and build a healthier future!



Curious minds today, changemakers tomorrow.

2 The Grind



Learning. Analyzing. Understanding. Every step counts.

3 The Turning Point



Real people. Real impact. This is why it matters.

4 The Path I Chose

CHOOSE PUBLIC HEALTH
BUILDING A HEALTHIER, FAIRER, STRONGER WORLD.



Different path. Same purpose.



Bahria University
Discovering Knowledge



Contact Us

We aim to provide you with valuable and updated information through this newsletter. Your feedback is important to us. We welcome your comments and suggestions to improve future editions.

For an e-copy of the newsletter or to share your feedback, please reach out at:

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