E-NEWSLETTER

Bahria University College of Medicine

BUHSCI

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FREE MEDICAL CAMP IN BUCM

The medical camp organized by Bahria University College of Medicine (BUCM), Islamabad, on 24th January was a great success, with 100+ patients receiving medical care. We are grateful to Dr. Huma Bashir (Pediatrics), Dr. Ali (Cardiology), Dr. Farrukh Hayat Khan (Psychiatry), Dr Abida,Dr. Khizar, Dr. Arslan, and Dr. Afreen for their valuable services. Special thanks to our Principal Maj General (Retd) Dr. Shazia Nisar and Vice Principal Prof. Dr. Ghulam Mustafa for their guidance, and to the student volunteers whose dedication made this camp possible.

PATRON IN CHIEF:
Vice Admiral (R) Abid Hameed HI(M), Rector, Bahria University Islamabad

PATRON:
Rear Admiral (R) Abdul Basit Butt HI(M), DG Campus, BUHSCI

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Dr. Nimra Waqar
Dr. Barira Tabassum

Bahria University College of Medicine, Bahria University Health Sciences Campus Islamabad, Naval Anchorage Road, Islamabad, Email: newsletterbucm.buhsci@bahria.edu.pk

DIGITAL FLUENCY FOR MEDICAL TEACHERS: ENHANCING TEACHING THROUGH AI TOOLS

The Department of Health Professions Education successfully conducted a CPSP Preconference workshop on 20 January 2026 titled "Digital Fluency for Medical Teachers: Enhancing Teaching through AI tools" The workshop engaged 29 participants from multiple institutes and focused on practical skill development. The interactive session equipped medical teachers with contemporary digital and AI-enabled strategies to enhance teaching and learning in health professions education.

INTRODUCTION AND DETAILED OVERVIEW OF IBGE

A Research Spotlight Session on "Introduction and Detailed Overview of IBGE" was held on 29 January 2026, highlighting recent advances in biomedical and genetic engineering through expert talks on infectious diseases, regenerative medicine, and human amniotic membrane applications.

From Stress to strategy: Integrating well being and resilience into Medical Education

HEAL YOURSELF FIRST: SELF-PRESCRIPTION IN LIFESTYLE MEDICINE FOR HEALTH CARE PROFESSIONALS

CERVICAL CANCER AWARENESS WALK

BUCM observed Cervical Cancer Awareness Month in January 2026 with a month-long campaign, culminating in a Guest Speaker Talk and Awareness Walk highlighting the importance of early detection and HPV vaccination for cervical cancer prevention.The keynote address was delivered by Dr. Soofia Yunus, Director Programmes, Ministry of National Health Services, Regulations & Coordination, who highlighted the importance of early detection and HPV vaccination in preventing cervical cancer.

WHITE COAT CEREMONY 2026

The White Coat Ceremony of BUHSCI MBBS Batch 2030 and Public Health Batch 2029, held on 10th February 2026, marked a proud and memorable beginning to the journey of future physicians and public health professionals.

Inspiring addresses by the honorable Principal and the respected Director General Rear Admiral Abdul Basit Butt, HI (M) guided the students towards the value of medicine and the vital role of public health in advancing community well-being and preventive care.

Culminating in the solemn Oath, taken by the Vice Principal officially welcomed students into the noble professions of medicine and public health dedicated to healing individuals and safeguarding populations. A day filled with pride, purpose and promise.

FIRST-YEAR MBBS STUDENTS OF BAHRIA UNIVERSITY COLLEGE OF MEDICINE ORIENTATION VISIT TO PNS HAFEEZ HOSPITAL EARLY CLINICAL EXPOSURE PROGRAM

First-year MBBS students of Bahria University College of Medicine were taken for an orientation visit to PNS Hafeez Hospital, E-8 Campus, PNS Complex. The students were given a comprehensive tour of the medical, surgical, and allied wards, as well as the OPDs, and were introduced to both the old and new hospital facilities. The visit aimed to familiarize students with the clinical environment and enhance their early exposure to hospital-based learning.

DIETARY RECOMMENDATIONS IN RAMADAN

The Department of Community Medicine & Public Health at Bahria University College of Medicine, Bahria University Health Sciences Campus Islamabad organized a lecture on “Dietary Recommendations in the Holy Month of Ramadan” for administrative staff on 17 February 2026 in Lecture Hall 3. The session was delivered by Dr. Tahira Sadiq, who highlighted balanced nutrition, hydration, and healthy fasting practices to promote well-being during Ramadan. The lecture was informative and well received by the participants

BARAKAH OF RAMADAN

A lecture titled “Barakah of Ramadan” was held at Bahria University College of Medicine, Bahria University Health Sciences Campus Islamabad on 17 February 2026. The session was delivered by Dr. Kanwal Kaisser.

The SSC Community Support Club at BUHSCI organized a compassionate Iftar Drive on 14th March 2026 aimed at supporting underprivileged communities during the holy month of Ramadan.

KASHMIR DAY

A Kashmir Solidarity Day was observed on 3rd February 2026 at Bahria University College of Medicine, Islamabad. Faculty members and students participated while observing the dress code of black to express unity and support with the people of Kashmir. The activity was organized by the Co-Curricular Activities Committee and concluded successfully.

PRE CONFERENCE WORKSHOPS

As part of the 8th International Scientific Conference, RMU collaborated with DHPE BUCM on 16th February 2026, to conduct the pre-conference workshop titled "Facilitating Facilitators of the Digital Age."

The pre-conference workshop "Bridging Disciplines: Designing and Conducting Joint Sessions" was successfully conducted on 18th February 26 at the NUST School of Health Sciences during the International Health Conference.

A Spotlight Session on “Reimagining Medical Education and Healthcare Delivery Using Artificial Intelligence

VISIT TO ORPHANAGE

The Community Support Club organized an outreach visit in which students of MBBS and BS Public Health visited the Noreen Zindagi Trust orphanage.

SHARING SMILES, SPREADING HOPE

WORLD EARTH DAY 2026

World Leprosy Day

The Department of Community Medicine and Public Health at Bahria University Medical College (BUCM) organized a guest lecture on leprosy on 7th April 2026. The session was delivered by Dr Chris Schmotzer, who shared valuable insights on the diagnosis and management of leprosy. The lecture provided an informative and enriching learning experience for students and faculty.

Students of BUCM, along with Associate Professor Dr. Noreen Farid, visited Rawalpindi Leprosy Hospital on 30 April 2026 for a detailed and informative interview with its Medical Director, Dr. Chris Schmotzer.

ADOPT A TREE!

The Environmental Club of BUCM organized an "Adopt a Tree" initiative on 15th April 2026 to promote environmental responsibility and a greener future. Participants adopted plants and pledged to care for them, turning a simple act into a lasting commitment.

AUTISM AWARENESS DAY SYMPOSIUM 2026

Organized by the Department of Paediatrics on 14th April 2026.The symposium featured distinguished speakers including Col. Dr. Sheraz (Child Psychiatrist), Ms. Anmol (Clinical Psychologist), Dr. Manal (Child Psychiatrist from Los Angeles, USA), and Mr. Umair bin Tahir, who runs autism centres in Rawalpindi and Islamabad.

IQBAL DAY

The Co-Curricular Activities Committee (Literary & Debates Club) in collaboration with the Student Support Center at Bahria University College of Medicine organized an insightful session on Iqbaliyat (Iqbal Day) on 7th May 2026 at Lecture Hall 1, BUCM. Faculty members and students actively participated in the session.

BUNYAN-UL-MARSOOS — ITTIHAD KI QUWWAT, HAQ KI FATAH

The Co-Curricular Activities Committee of Bahria University College of Medicine organized a commemorative session on 6th May 2026 to mark Marka-e-Haq & Operation Bunyan-un-Marsoos. The event aimed to highlight the significance of this day and foster awareness among students and faculty. The program commenced with flag hoisting and prayer outside the main entrance, followed by the main event held in Lecture Hall 3. Faculty members and students from MBBS and BS Public Health actively participated in the session.

PAKISTAN–CHINA FRIENDSHIP DAY STRENGTHENING BONDS, SHAPING THE FUTURE

Students and faculty of Bahria University Health Sciences Campus Islamabad enthusiastically celebrated Pak-China Friendship Day 2026 on 14th May 2026 at the campus cafeteria. The event highlighted the strong bond of friendship, cooperation, and cultural harmony between Pakistan and China. The program commenced with the inauguration ceremony by DG Rear Admiral Abdul Basit Butt HI (M) and was attended by faculty members, followed by visits to various stalls showcasing cultural displays and student activities.

The celebration concluded successfully with active participation from students and faculty, reflecting the spirit of unity and mutual respect between the two nations.

CHPE BATCH 2 STARTS — LEARNING, GROWING, LEADING

The 2nd Batch of AI Driven Certificate Course in Health Professions Education (CHPE), which is being successfully conducted to build the capacity of healthcare professionals in modern educational practices. The program focuses on developing competencies in teaching and learning strategies, assessment methods, curriculum design, leadership, and research in medical education.

BEYOND POINTS & BADGES: THE NEW ANATOMY OF GAMIFICATION

The Anatomy Department at BUCM advanced active learning through gamification, KUB development exercises, and role-play sessions on spinal cord lesions, boosting student engagement, critical thinking, and clinical reasoning.

WHERE WORDS WIN!

BUCM proudly celebrates the remarkable achievement of its students at the "Irtiqaa" Declamation Contest held at UET Taxila on 11th May 2026. Five selected students represented the institution with confidence and enthusiasm. Among them, our exceptional 1st Year MBBS student, **Urooj Fatima**, secured the Overall 3rd Position in the English Declamation category.

"NATIONAL INITIATIVE REGARDING CARDIOVASCULAR AWARENESS IN YOUNG

BUCM under the banner of Sarwar Shahida Trust. The session featured renowned Consultant Cardiologist Dr. Shoaib Sarwar Hashmi as the guest speaker, highlighting the importance of cardiovascular awareness, preventive strategies, and community health initiatives among the youth. All faculty members were requested to kindly ensure their presence and be seated by 11:50 AM. Attendance of all available faculty was mandatory.

World Health Day

Dr. Tahira Sadiq, Senior Professor and Head of Department (CMPH), and Vice President of PALM , was honored to participate as a Guest of honour at the World Health Day 2026 Awareness Seminar organized in collaboration with the Islamabad Chamber of Commerce and Industry along with the Founders Lions Club.

MOU SIGN BETWEEN ICCI & BUCM

Bahria University College of Medicine (BUCM), Bahria University Health Sciences Campus Islamabad, and the Islamabad Chamber of Commerce & Industry (ICCI) signed an MOU on 18th May 2026 to promote workplace health, occupational safety, community health awareness, research, and capacity building through joint training programs, health camps, seminars, and academic–industry engagement initiatives.

FACULTY MEDIA SPOTLIGHT: PROF. DR. TAHIRA SADIQ ON PTV'S WORLD THIS MORNING AND SUCH SAWERA, SUCH TV

QUIT SMOKING TODAY, BREATHE BETTER TOMORROW

Pre-ChestCon 2026 workshop organised by Department of Medicine under the theme "Healthy Lungs, Healthy Nations," this program focused on advancing knowledge and practical skills in smoking cessation.

LEARN BLS, SAVE A LIFE

As part of the mandatory staff development program at BUHSCI a BLS workshop organised by Department of Surgery was held. So far,