

E-NEWSLETTER

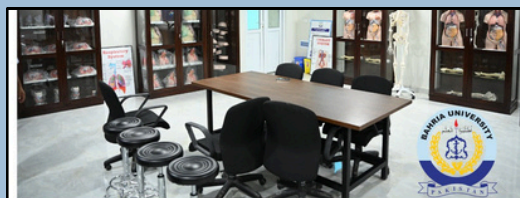
Bahria University College of Medicine (upcoming)

BUHSCI

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BUCM AT A GLANCE

The concept for this campus was envisioned in 2018 with the goal of establishing a "Center of Excellence in Medical Education." Building on the success of the Karachi medical campus, Bahria University set out to create a similar institution in Islamabad to meet societal needs. Spanning 185,000 square feet and comprising five floors, the college provides an advanced educational setting. The campus infrastructure is designed to fully support MBBS students, fostering an active learning environment. Additionally, the medical equipment and safety standards are on par with top-tier medical institutions in the country.

**PATRON IN CHIEF:**

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Khaliq HI(M), Rector,
Bahria University
Islamabad

PATRON:

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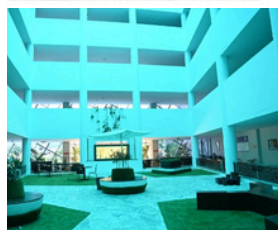
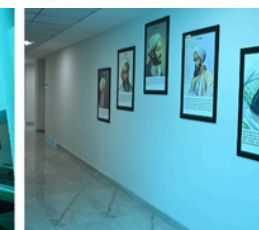
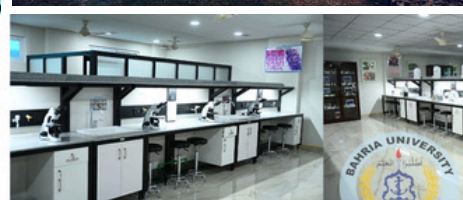
The campus houses all essential basic medical science departments, which include faculty offices, five lecture halls with 150-student capacity each, labs, museums, tutorial rooms, and departmental libraries. For student well-being, there are also a gym, cafeteria, sports ground, and common rooms. Clinical training is conducted at PNS HAFEEZ and KRL hospitals, offering a combined bed strength of 573. BUCM's faculty has dedicated extensive effort to developing an integrated curriculum aligned with PM&DC and World Federation of Medical Education standards. Our advanced Skills Lab, Research Cell, and Learning Resource Center equip students with the competencies required to meet the seven-star doctor standards as defined by PM&DC.



Bahria University College of Medicine



GROUND FLOOR	FIRST FLOOR	SECOND FLOOR	THIRD FLOOR	FOURTH FLOOR	FIFTH FLOOR
Rector / DG Office	Auditorium	Pathology Department	Pharmacology Department	Community Medicine & Public Health Department	Boys Gymnasium
Principal Office	Forensic Medicine & Toxicology Department	Pathology Laboratory	Pharmacology Laboratory	Community Medicine & Public Health Museum	Boys Cafeteria
Vice Principal Office	Forensic Medicine Museum	Pathology Museum	Medical Biochemistry Department	Counselling Cell	Girls Gymnasium
Director Office	Histology Lab	Histopathology Laboratory	Medical Biochemistry Laboratory	Physiology Department	Girls Cafeteria
Main Conference Room	Lecture Hall - 1	Lecture Hall - 2	Lecture Hall - 3-4	Lecture Hall 5-6	Common Room
Admin Staff Offices	Clinical Faculty Offices	Library	Clinical Faculty Offices	Physiology Laboratory	
Anatomy Department		Research Cell	Day Care	Skill Lab	
Sick Bay					



CAMPUS INAUGURATION



The Chief of the Naval Staff also shared a few words, expressing his appreciation for the institution's vision and commitment to medical education.

He was then taken on a guided tour of the campus, visiting the various departments and laboratories. The day also included a tree plantation ceremony and a dua for the success of the new facility. The event concluded with light refreshments and a group photo, symbolizing a momentous beginning for Bahria University College of Medicine.



On October 3rd, 2024, Bahria University College of Medicine, Islamabad, proudly inaugurated its state-of-the-art campus. The event was graced by Chief of the Naval Staff, who served as the chief guest. Upon his arrival, the chief guest was welcomed and led to the venue, where the Project Director delivered an insightful presentation on the new building's design and features. Following the presentation, a speech was given by the Rector of the Health Sciences Campus, highlighting the vision and goals of the institution, following which the chief guest was presented with a commemorative souvenir.

PMDC INSPECTION



The Pakistan Medical and Dental Council (PMDC) conducted a two-day inspection of Bahria University College of Medicine on Tuesday and Wednesday, November 19th and 20th, 2024. The inspection team thoroughly evaluated the college's academic and clinical facilities.



On the first day, the team inspected the college campus, including lecture halls, state-of-the-art laboratories, museums, and other teaching spaces. They also visited PNS Hafeez Hospital, one of the college's affiliated healthcare institutions, to assess its facilities and equipment.

The second day was dedicated to KRL Hospital, another affiliated teaching hospital, where the team reviewed its modern infrastructure and medical services.

The inspection concluded on a positive note, reflecting the college's commitment to maintaining high academic and clinical standards.

BREAST CANCER AWARENESS SESSION

On October 22, 2024, the Manager Student Support Centre Miss Iram Arshad, in collaboration with the Department of Surgery and Community Medicine & Public Health at BUCM, organized a Breast Cancer Awareness session for all female faculty and staff members. Honorable Principal Maj Gen @ Prof. Dr. Irfan Ali Mirza HI(M) at BUCM addressed the audience, emphasizing the importance of Breast Cancer Awareness and encouraging female staff to seek medical advice without hesitation if needed.



Keynote speaker Prof. Dr. Shazia Jehan (MBBS, FCPS, Surgery Department BUCM) shared essential insights on breast cancer awareness and prevention. She stressed the importance of monthly self-exams, demonstrated through a video, and highlighted how a healthy lifestyle and regular exercise can reduce health risks. The session concluded with a Q&A, empowering attendees with practical knowledge for early detection and prevention.

WORLD MENTAL HEALTH DAY

The theme of World Mental Health Day 2024, "Prioritizing Mental Health at Work," highlights the impact of workplace stress on mental well-being.



Employers and employees must work together to create supportive environments. Flexible work arrangements, mental health resources, and open communication are essential. By prioritizing mental health, we can boost productivity and overall well-being. Healthy workplaces benefit everyone. Together, we can build a world where mental health is valued and supported. Let's break the silence and promote mental well-being for all.



FIRE DRILL



A fire drill was conducted at Bahria University College of Medicine, where fire alarms were activated, and the building was evacuated. People gathered at designated assembly areas, received safety instructions, and observed a fire extinguisher demonstration for emergency preparedness.



TRAIN THE TRAINERS WORKSHOP



An academic leadership workshop was held at Bahria University College of Medicine, led by Prof. Dr. Raheela Yasmin. The workshop focused on enhancing leadership skills in academia, providing valuable insights and strategies for effective educational management and leadership along with helping senior faculty explore ways to inspire and mentor future healthcare leaders.



Lesson Planning Workshop was conducted by Vice Principal Dr. Ghulam Mustafa Lodhi. The workshop was organized for Associate Professors and Assistant Professors across all clinical and basic departments. The session equipped faculty with strategies for effective lesson design, enhancing teaching quality and student engagement.



The **"Mastering the Art of MCQs"** workshop provided hands-on techniques for designing effective MCQs aimed at fostering critical thinking skills. Participants learned to create well-structured questions that go beyond rote memorization, encouraging deeper understanding and analytical thinking among students.



The **Basics in Medical Research** workshop, held on July 4th, 2024, introduced faculty to essential research principles, covering study designs, literature reviews, data analysis, and effective communication of findings.



Faculty Training Workshop on "Workplace Based Assessments" was conducted on 4th Sep 2024 in the auditorium of KRL Hospital by Dept of Gyne & Obs (BUCM).



COMMUNITY OUTREACH PROGRAM



In September, the Community Medicine and Public Health Department - BUCM, led an extensive outreach program, conducting interactive awareness sessions at Islamabad Model School for Girls Dhaliyala (I-IX) and Bahria College, Naval Anchorage.



The sessions focused on proper handwashing techniques, underscoring its role in preventing communicable diseases. Additionally, the importance of addressing nutritional anemia was emphasized, with a focus on balanced diets and iron-rich foods, particularly for young girls.

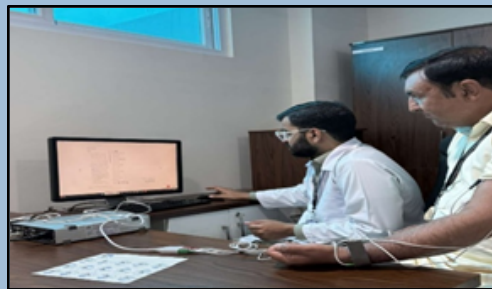


The awareness session on Mpox with support staff at BUCM, covered its symptoms and preventive measures, promoting early detection and good hygiene practices. This initiative sought to equip the local community with essential health knowledge and encourage healthier lifestyle choices.

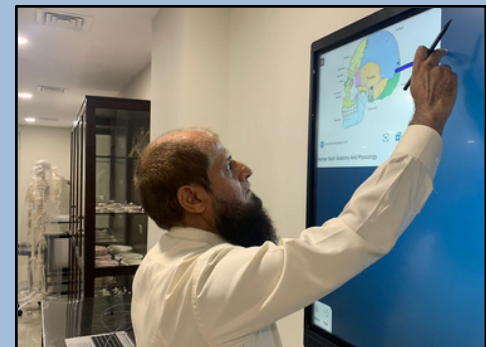
TRAINING SESSIONS



**PATHOLOGY DEPARTMENT
TRAINING ON LAB SAFETY
AND COMPLIANCE**



**PHYSIOLOGY POWERLAB
TRAINING**



**CYBERANATOMY
TRAINING**



FACULTY REPRESENTATION IN AN INTERNATIONAL CONFERENCE OF MEDICAL EDUCATION IN MALAYSIA

At the International Medical Education Conference in Kuala Lumpur, Prof. Dr. Tahira Sadiq from our college contributed valuable insights on integrating Lifestyle Medicine into medical education. In the symposium, "One Health, Holistic Care," she defined Lifestyle Medicine as a critical approach for managing chronic diseases and advocated for the incorporation of lifestyle interventions in medical training through innovative pedagogical strategies, including case-based learning and community engagement.

