



NEWSLETTER

Quarterly



Bahria University Health Sciences Campus Karachi

June 2023 Vol. 1 No. 2

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Maj. Gen. (R) Prof. Dr. Shehla M Baqai HI(M) Resumes Charge as Dean HS & Principal BUMC



Maj. Gen. (R) Prof. Dr. Shehla M Baqai HI(M) is the first gynecologist ever in the history of Pakistan to reach the coveted rank of Major General. She is also a certified medical educationalist. She has now taken up the charge as Dean Health Sciences and Principal (BUMC) and HoD Obstetrics and Gynecology at BUHSC. She has over 30 years of teaching experience. She has more than 108 publications, vast number of national and international presentations, member of editorial board of JCPSP, PAFMJ and journal of RMC. She is a CPSP accredited Supervisor since 1998, examiner and paper setter since 1999 for various disciplines and Facilitator for CPSP Supervisor Workshops since 2000. Prof. Dr. Shehla M Baqai has written the first ever "National guidelines for Hyperglycemia and Hypertensive pregnancy disorders and prevention of pre-term birth". More than 126 gynecologists fellows had trained under her supervision. In recognition of her esteemed services she has been honored Tamgha Intiaz Military in 2003, Madre Millat Gold Medal 2004 and Hilal e Intiaz (M) in 2021.

5th BUHSC International Conference

5th BUHSC International conference organized from 1st-11th June, 2023 at BUHSC on theme 'Contemporary Trends in Quality Healthcare'. The aim of the conference was to provide platform for healthcare professionals to present emerging problems, their research based solutions and dissemination of exciting and cutting-edge findings. Prof. Dr. Khalid Masood Gondal, Tamgha-e-Intiaz, PhD in Medical Education, recipient of Presidential Award for Academic Excellence and President CPSP Pakistan was the chief guest of occasion. Vice Admiral (R) Ather Mukhtar HI(M), DG-BUHSC gave his welcome address by admiring presence of renowned scholars from the country and abroad reflecting their priority of sharing the advances in research and providing an opportunity in exchange of knowledge. Dr. Palitha Gunarathna Mahipala, WHO Country Director, Pakistan, delivered the Plenary Session of the Conference on the topic "WHO Key Programs & Targets in Pakistan for Quality Health care." In addition, he highlighted the importance of research and need to stay updated. Maj. Gen. (R) Shehla M Baqai HI (M), Dean Health Sciences & Principal BUMDC provided an overview of the conference. She further highlighted the importance of research and evidence based practices.

The conference consisted of scientific paper presentations, invited talks by distinguished speakers, workshops and panel discussions. The conference was attended by the notable national and international speakers mainly; Dr. Muhammad Zaki (Pakistan), Dr. Ghalib Janjua (United Kingdom), Dr. Ayca Dogan Mollaoglu (Turkey), Dr. Arzu Temizyurek (Turkey), Oliver Nathan (Australia), Prof. Dr. Mehmet Dincer Bilgin (Turkey), Dr. Amir Khan (United Kingdom) and Dr. Nader Hamdan (Qatar). Pre-conference workshops were conducted from 1-7 June.

Two pre-conference seminars in morning and afternoon sessions were held on 8th & 9th June.

- Bariatric and Cyber Knife surgery with guest speakers Prof. Dr. Shahid Rasool and Prof. Dr. Tariq Mehmood
 - Robotic Surgery with guest speakers Maj. Gen. Prof. Dr. Wasim Ahmed Khan and Prof. Dr. Khalida Nasreen
 - Gene Therapy & Stem Cell Therapy with guest speakers Dr. Salman Kirmani and Maj. Gen. (Retd) Prof. Dr. Tariq Mahmood Satti
 - Academic Burn Out Of Students: Coping Strategies with guest speaker Maj. Gen. (R) Prof. Dr. Shehla Baqai
- Vice Admiral (R) Ather Mukhtar HI(M), Director General, BUHSC, Karachi presented the Memento as a token of appreciation to the Chief Guest Prof. Dr. Khalid Masood Gondal (TI) and WHO Country Director, Pakistan, Dr. Palitha Gunarathna Mahipala for gracing the occasion with his presence.



9th Convocation of BUHSCK

The 9th Convocation of Bahria University Health Sciences Campus Karachi was held on 13th May 2023. 291 students of M.Phil, MBBS, BDS, DPT, BS Nursing and BS Medical Lab Technology received their degrees. The honorable Rector of the Bahria University Vice Admiral (R) Asif Khaliq HI(M), was the Chief Guest of the event which was organized in the Ibn-e-Sina auditorium of the campus. This year Convocation was held in two sessions.



Commencement Day MBBS, BDS & Allied Health Sciences

The white coat ceremonies of MBBS Batch 2022-2027 was held on 6th February, for 11th batch of BDS on 1st March and on 16th February for Allied health sciences DPT Batch -VII, BS(MLT), BS(Biotechnology) & BS(Nursing) at Bahria University Health Sciences. The chief guest of all the ceremonies was distinguished Director General BUHS, Vice Admiral (R) Ather Mukhtar HI (M). The occasions were attended by Dean Health Sciences & Principal Medical Section, Commandant PNS Shifa, Principal Dental Section, Director Campus, Vice Principal Medical Section, Vice Principal Dental Section, Vice Principal DPT and all heads of departments. This was succeeded by "Student White Coat Distribution Ceremony", group photography, and refreshments.

Gold and Silver Award Winners in 9th Convocation



Urwa Naseem Akhtar
Gold Medalist
M.Phil Pharmacology



Izrum Shafi Rajput
Silver Medalist
M.Phil Pharmacology



Syed Wajahat Hasib
Gold Medalist
M.Phil Anatomy



Zarmina Ali
Gold Medalist
MBBS



Fariha Ghaffar
Silver Medalist
MBBS



Zobia Batool
Gold Medalist
BDS



Hafiza Amna Khalid
Silver Medalist
BDS



Rameesha Khalid
Gold Medalist
MLT



Sheema Siddiqui
Silver Medalist
MLT



Muskaan Sheikh
Gold Medalist
DPT



Hiba Muhammad Ahmed
Silver Medalist
DPT



Sana Laiq
Gold Medalist
Nursing



Samavia Tarique
Silver Medalist
Nursing



Prize Distribution Ceremony by ENT Department

Department of ENT has organized a prize distribution ceremony for the position holders of 3rd professional MBBS examination 2022. This ceremony was held on 22nd February 2023 at Ibn-e-Sina auditorium, in collaboration with Paramount Books (Pvt.) Ltd. It was attended by large number of 3rd and 4th year students along with Professors and faculty members. Dean Health Sciences BU, distributed a set of 5 books among the first three position holders. In addition, a lucky draw was also arranged and 15 students were given books. Different HODs and professors gave these books to the winner students. Prof. Dr. Iqbal Hussain Udaipurwala, HOD ENT in his concluding speech paid tribute and acknowledged Paramount Books (Pvt.) Ltd. for sponsoring this event and also the efforts they are doing in the field of medical writing. He also congratulated all position holders of the class and winners of the lucky draw.



Dr. Muhammad Shahruxh Khan Sadiq, from Department of Oral Pathology, Bahria University Dental College, was awarded second prize in the oral presentation competition for presenting his research work titled 'Establishment of an *in-vitro* Preclinical Model of Oral Submucous Fibrosis' at the 2nd International Oral Pathology & Aesthetic Dentistry Conference, Islamabad.



Poster Competition

The poster competition was held on 9th June 2023 in the 5th International Conference "Contemporary trends in Quality Healthcare-2023" at BUHSCK. The competition was attended by several medical colleges like Agha Khan University Hospital, Jinnah Sindh Medical University (JSMU), Dow Medical College (DMC), Ziauddin Medical University and even by an international University Mammonides New York USA.



Pre-conference Workshops of 5th International Conference at BUHSCK

The 5th International Conference at BUHSCK, "Contemporary trends in Quality Healthcare" also consisted of several pre-conference workshops. One of the most appreciated ones were "PPH Bundle Approach Management" and "Management of students in difficulty", "Measuring your impact HEC Journal Recognition System HJRS", "Art of breaking bad news", "Neonatal resuscitation program", "Latest trends in clinical management of Chronic Hepatitis B & C" and "Hands on basic dissection techniques". Encouraging feedback of the workshops proved them to be very beneficial to the participants.



Certificate Course in Health Professional Education at BUHSCK

The first batch of CHPE was inducted on 14th November 2022. Total of twenty six participants qualified to join the course. Most of the course participants were senior faculty members of BUHSCK. The course aims to create a better equipped community of educators who would engage in improving teaching and assessment practices, and are able to apply the basic principles, and concepts of research and program evaluation in medical education. CHPE program provides an opportunity for medical and allied faculty to learn basics of health professions education, that are required to make them effective teachers through introducing the basic concepts about teaching and learning, curriculum design, and assessment. The program is intended for doctors, nurses, and allied health professionals involved in teaching and learning in medical, dental, nursing, and allied health institutes. The Department of Medical Education is planning to provide more flexible learning experience, through providing online teaching and learning option in upcoming courses to connect with people of similar interests.

Applications are invited for 2nd batch that will commence from 15th July 2023. This course will be of six months duration with face to face component of 5 weeks. The last date for application is 23rd Jun 2023.



Our Alumni: Our Pride



Dr. Faiza Hashim Soomro: An excellent General surgeon now, pioneer of BUHSC MBBS, she completed her foundation year training at the FGPC polyclinic hospital Islamabad. She did her training in GS from Shifa International hospital Islamabad, during that period; she was the academic CR, team leader, rota coordinator and Bariatric MDT coordinator. She was awarded scholarship by CPSP to undertake advanced general surgical training at Russells hall hospital. Miss Soomro battled with neuroendocrine tumor of stomach herself and it fueled her passion leading her to complete her second fellowship in HPB surgery from King's college London. She passed her membership exam of the Royal College of surgeons Edinburgh. Currently she is working as a surgical trainee at Ninewells hospital, NHS Tayside and holds an honorary lecturer post at the University of Dundee. She is also the first trainee member of the EDI committee at the association of upper gastrointestinal surgery of Great Britain and Ireland. She is a named mentor with British oncology network for undergraduate societies in association with Roux group. She is also a member of NGO at Islamabad. She will soon be joining the operation Hernia Shorland Hosking fellowship in Ghana. Her journey is absolutely an inspiration for many.



Dr. Rizwan Akbar, BUHSCK graduated from the pioneer batch of MBBS, had observer-ship experience in radiology before starting his house job at PIMS (Pakistan Institute of Medical sciences) and as Medical officer in Quaid-e-Azam hospital Islamabad. He joined LRH as trainee in general surgery, afterwards, he completed his training as Orthopedic from HMC and passed his FCPS 2 in orthopedics. After joining the post of medical officer (BPS-17) in Peshawar, he later moved to Mardan. Now he is all set to join Queen Elizabeth hospital in Birmingham for his fellowship in trauma and orthopedics. Dr. Rizwan dedicates all his success to his family & teachers for facilitation and prayers. His message for fellow juniors is to "Never get disappointed if you fell down, learn from it and come back stronger, always respect your teachers and learn positives from everyone"

BUHSCK Students Participated in 1st International Student Research Conference at AKU



BUHSCK students showcased their research prowess at the ISRC at Aga Khan University. The conference was attended by 400+ undergraduate students both in person and online, along with receiving 250+ abstract submissions from 66 different universities across 35+ cities from Pakistan, the Middle East, Africa and beyond!

Muhammad Raza Sarfraz, Ghulam Fareed Awan, Yumna Shariff, and Anusha Khattak made their mark with impressive research papers, earning recognition for their exceptional contributions. Muhammad Raza Sarfraz, co-author Dr. Sadia Rehman (Principal Investigator) received the "Best Basic Science Poster Presentation" award for their research on IGF-I levels and infertility outcomes. Ghulam Fareed Awan, co-author Dr. Sadia Rehman (Principal Investigator), and Muhammad Raza Sarfraz were recognized with the "Award for Originality" for their study on L-Carnitine supplementation and intradialytic hypotension in hemodialysis patients.



Job fair and Education Expo 2023

On Thursday, May 4, 2023, the Pakistan Hindu Council (PHC) in collaboration with The Higher Education Commission (HEC) organized a Job and Education Expo at the Expo Center, Karachi. Bahria University Health Sciences Campus Karachi (BUHSCK) participated in the event by sending its team represented by Dr. S. H. Afsheen Nazar along with the students from different graduating batches.



Dawn Education Expo

The 18th Dawn Education Expo was held on 4th & 5th February 2023 at Pearl Continental Hotel, Karachi. Dr. S. H. Afsheen Nazar & Dr. Lalarukh from BUHSCK campus along with the other participants from Karachi campus represented Bahria University. The organizers presented the team with souvenir and appreciated for their time and efforts in promoting awareness regarding various courses and professional options.



Jinnah Post-graduate Medical Center (JPMC) Karachi organized first Post-graduate Research Conference 2023 on 21st March 2023 and invited editors of different well renowned medical journals of Karachi. As the editor of Journal of Bahria University Medical and Dental College (JBUMDC), they invited Prof. Dr. Iqbal Hussain Udaipurwala as 'Guest of Honour' in the inaugural session. Some of the other editors present on this occasion were from JPMA, JCPSP and PJMS etc.

World Oral Health Day

The theme for World Oral Health Day 2023 is "Be Proud of Your Mouth" and on this occasion AKUH arranged a symposium, on 20th March 2023. Prof. Dr. Farzeen Tanwir was one of the invited speakers of the main session from BUHSCK and her topic was "A-traumatic Tooth Extraction - Anti Microbial Socket Preservation & Augmentation".



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Our
Team