



NEWSLETTER

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6th BUHSC National Conference Calls for Urgent Action on Climate Change and Health



BUHSC hosted the 6th National Conference on Climate Change & Health: Emerging Challenges & Solutions on December 16, 2024, gathering professionals, researchers, international climate change leads academics,



policymakers, faculty-BUHSC and students from Pakistan and abroad to address the urgent health impacts of climate change. In his welcome address, Vice Admiral (R) Athar Mukhtar HI(M), DG- BUHSC, emphasized the need for collaborative action and the integration of environmental policies with public health strategies. Maj. Gen. (R) Prof. Dr. Shehla M. Baqai, Dean of Health Sciences, set the stage for the conference, stressing the urgency of addressing the climate change and health nexus through innovation and global collaboration. The chief guest, Professor Dr. Mohammed Saeed Quraishy, VC-DUHS, stressed the collective responsibility of stakeholders in tackling these health impacts.

Keynote speakers included Professor Dr Mehtab Karim, Professor Emeritus at Aga Khan University and Senior Fellow at George Mason University, addressed on the repercussions of climate change on global health, highlighted the 3 sustainable development goals (SDGs), Professor Dr. Zulfiqar Bhutta shared insights on child and maternal health challenges. Maj. Gen. (R) Prof. Dr. Shehla M. Baqai discussed mitigation and adaptation Strategies to improve reproductive and neonatal outcomes. Prof. Dr. Farid Midhet emphasized the critical effects of rising temperatures and mitigation strategies. Prof Dr. Zafar Fatimi spoke about the growing concern of increased temperatures. Dr. Zaib-un-Nisa Dahar highlighted strengthening the public health system through gender equity and digital health solutions

The panel discussion featured a diverse group of experts, including Maj. Gen. (R) Prof. Dr. Shehla M. Baqai, Prof. Dr. Farid Midhet, Prof. Jahan Ara, Dr. Aziz Rab (CEO, Green star marketing), Dr. Zakiuddin Ahmed digital health innovator together suggested practical solutions and strategies to ignite dialogue and drive bold action on the urgent climate-health challenge

The event wrapped up with a student research session and a poster competition, awarding prizes for the top three students posters and the two best oral presentations. It underscored the critical need for unified efforts among all stakeholders.

BUHSCK Shines at International Menopause Society Conference- Melbourne, Australia

BUHSCK proudly acclaims Major General Prof. Dr. Shehla Baqai's recognition at the International Menopause Society conference in Melbourne, Australia held on 19-22 October 2024. Her poster, "Unveiling the Silent Transition: Perimenopausal Challenges and Health-Seeking Behavior in Pakistani Women," was honored as one of the top five out of 585 submissions. This achievement enhances BUHSCK's reputation on the global stage and highlights Pakistan's dedication to advancing women's health research.



BUHSCK Delegation Visits Aga Khan University Nursing College



On December 2, 2024, a distinguished team including DG-BUHSCK, Vice Admiral (R) Ather Mukhtar HI(M), Dean -BUHS, Maj. Gen. (R) Prof. Dr. Shehla M. Baqai HI(M) and Vice Principal, PNNC, Sr. ASP. Abida Razzaq visited the Aga Khan University School of Nursing and Midwifery. The visit focused on exploring innovative curricula and teaching methods to align BUHSCK's nursing education with international standards, reinforcing commitment to excellence in healthcare training.

Dean BUHSCK Promotes Maternal Health Awareness at FIGO LDI Event

BUHSCK engaged in health awareness initiatives in November and December 2024. Dean -BUHSCK, Maj. Gen. (R) Prof. Dr. Shehla M. Baqai HI(M), delivered keynote addresses at Lady Dufferin Hospital and Chiniot General Hospital, focusing on maternal healthcare access through FIGO's Leadership Development Initiative (LDI) and the latest strategies for management and prevention of postpartum hemorrhage (PPH), promoting "Say No to Maternal Mortality."



BUHSCK Represents at IRC RCOG Pakistan -2025

Representing BUHSCK at the IRC RCOG Pakistan summit 14-16 January 2025 Maj.Gen (R). Prof. Dr. Shehla M Baqai, Dean and Principal BUHSCK, met with top RCOG leaders, including the President and CEO, to foster BUHSCK collaboration and enhance future liaison with Royal College of Obstetricians and Gynecologists (RCOG).



BUHSCK's Women's Health Vision Takes Center Stage at Craft conference on human reproductive health-2024



Experts gathered in Lahore (Sept 20-22, 2024) for the Conference on Human Reproductive Health (SHRH). BUHSCK Dean, Maj. Gen(R). Prof. Dr. Shehla Baqai, presented a keynote on managing subfertile women with low AMH, showcasing BUHSCK's commitment to women's health.

BUHSCK Welcomes New Generation of Healthcare Professionals with White Coat Ceremonies

Aspiring doctors, physical therapists, and nurses at BUHSCK were honored with White Coat Ceremonies in January and February 2025. The ceremonies, led by Vice Admiral (R) Ather Mukhtar DG-BUHSCK and Maj. Gen. Prof. Dr. Shehla Baqai, Dean and Principal BUHSCK, marked a significant step in their academic journeys and were celebrated with esteemed faculty and proud families.



Emphasizing Prevention: BUHSCK Cervical Cancer Seminar Highlights Early Intervention

With the recitation of the Holy Quran, a landmark cervical carcinoma seminar commenced at BUHSCK on 18th February 2025. Vice Admiral (R) Ather Mukhtar, DG-BUHSCK, graced the event as chief guest. Maj. Gen. (R) Prof. Dr. Shehla Baqai, Dean and Principal BUHSCK, highlighted prevention and advanced screening techniques, while Surgeon Commander Mohammed Umair discussed treatment. A panel of experts, including Maj. Gen. (R) Prof. Dr. Shehla Baqai Dean BUHSCK, Prof. Farid Midhat, Surgeon Captain Naila Mumtaz (PNS Shifa), Surgeon Captain Muhammad Umair (PNS Shifa), Prof. Dr. Shahid Pervaiz (AKUH), and Prof. Ahmed Nadeem Abbasi (AKUH), engaged in a dynamic discussion. BUHSCK and PNS Shifa faculty, students and residents actively participated, with solidifying their knowledge through an interactive quiz.



BUHSCK 3rd Year MBBS students participated 8th LNH Symposium Forensic Medicine Quiz Competition 2025

On January 12, 2025, a group of third-year medical students from BUHSCK had the privilege of participating in the Forensic Medicine Quiz Competition held during the Liaquat National Medical College 8th Symposium, with ten teams of reputed medical institutes of Karachi from across the region taken part. Despite the challenging questions, our students shown remarkable performance by maintaining second position in first two rounds and concluded overall on good position & obtained certificates for same in the competition through their excellent performance. We extend our gratitude to the Dean of our institution Maj. Gen. Prof. Dr. Shahla Baqai for her unwavering support in approving and facilitating student's participation in this quiz. This achievement reflects the hard work and dedication of our faculty towards the subject.



BUHSCK & Afzaal Memorial Thalassemia Foundation Sign MOU for Thalassemia Research

BUHSCK and the Afzaal Memorial Thalassemia Foundation (AMTF) signed a MOU on February 25, 2025, to enhance collaboration in thalassemia research. Organized by Professor Dr. Daud Mirza, the focal person for the Thalassemia project. Vice Admiral (R) Ather Mukhtar and Dr. Qidwai signed the MOU, witnessed by Maj. Gen. (R) Prof. Dr. Shehla Baqai-Dean BUHSCK & Principal BUMC and AMTF President Syed Ahmed us Zaman, marking a significant step in advancing thalassemia solutions. Vice Admiral (R) Ather Mukhtar, Director General of BUHSCK, delivered closing remarks emphasizing the robust collaboration aimed at advancing healthcare solutions and raising thalassemia awareness.



Prenatal Diagnostic Skills Enhanced at BUHSCK-PNS SHIFA Workshop

On February 21, 2025, the Department of Obstetrics & Gynecology, BUHSCK-PNS SHIFA hosted a workshop on Prenatal Diagnosis and Transabdominal Chorionic Villus Sampling (TA-CVS), emphasizing early detection of fetal abnormalities. Lectures by Prof. Shehla M. Baqai and Maj. Gen. Suhaib Ahmed, followed by live demonstrations and hands-on training, improved participants' expertise in this crucial technique. This workshop directly contributes to improved patient outcomes through enhanced prenatal diagnostic capabilities.



BUHSC Participated In NUST Olympiad 2024



Bahria University Health Sciences, Campus Karachi students Sabiha Lagari & Hamza participated in the NUST Olympiad 2024 which was held on 4th-8th December 2024 at National University of Sciences and Technology (NUST) University Karachi Campus. Both students won the silver medal in the badminton tournament.

Mentoring Workshop at BUHSCK



A workshop on mentoring was organized by Director Campus Capt. (R) Noman Imam in the Conference room at BUHSCK. This session was held on 18th-19th December 2024. Dr. Sharjeel, Dr. Prem Lata, and Dr. Hajra attended the session from BUCPT. Dr. Khalid Aziz (Principal) distributed the certificates to the participants.