

Mélange

UNITY IN DIVERSITY

جامعة الخليج الطبية
GULF MEDICAL UNIVERSITY

Happy 47th UAE NATIONAL DAY



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Editor's Letter



To start with, wishing everyone a very happy 47th UAE National Day! Hope everyone enjoyed the long weekend and had fun being a part of the various national day celebrations!

I must say, that these past two months have been quite eventful with students participating in different inter-university competitions ranging from MUNs, to public speaking to sports tournaments and intra-university activities like breast cancer awareness, Flag day celebrations, cooking club and heritage club meetings, etc. however, the most important occasion being the 15th Convocation ceremony which took place on 26th November '18. His Highness Sheik Humaid Bin Rashid Al Nuaimi, Member of the Supreme Council, UAE and Ruler of Ajman recognized and honored the achievement of 177 GMU students! Many congratulations to all the graduates!

GMU, without doubt has one of the most talented set of students, able to multitask between medical studies and extra-curriculars like arts/sports/ singing or even running their own business! Keeping this in mind we did a short cover on some very creative students who shared their Insta-Story with us. To know more about what exactly I'm talking about turn to page 12

As the End Semesters are approaching, I hope that everyone's doing well trying to cope with the gradually escalating exam pressure. Being university students, there are a variety of challenges that we experience daily, apart from academic stressors and the self created compulsion to do things 'perfectly'. On page 11 find some honest and handy advice by a few students on their strategies to deal with such pressurizing situations and staying calm while at it.

Eniola Raheem, a GMU alumna, who recently graduated with an MBBS degree has written an interesting piece narrating about a small incident post his medical school. Check out his article on page 2 where he touches the issue of imposter syndrome that some students might face after graduation. That's all for now and hope the year 2018 was a great one for all! A Happy New Year to everyone in advance! :)

Signing off,
Engila Khan-Editor in Chief | (2017bm12)

WOWNEWS



A coverage from GMU student newsletter Melange has been published in the recent November 2018 edition of QS WOW NEWS. Congrats to the GMU newsletter committee!



GMU Annual Global Alumni Summit 2018



GMU Convocation Ceremony 2018

Training Wheels OFF!

Article by Dr.Eniola Raheem Ibiroga (MBBS graduate, batch 2013)



It's only been a little over seven months since my last official day as a med student. I don't remember much of the past few months to be honest but I do remember May 10, 2018, my last day. I can't recall my exact emotions or thoughts but I know the one thing my friends and I had (and still have) in common

was the fear of letting go of our "student bubble". This fear connects us till this day as we each experience and explore our new challenges. It's the only reason I spend several hours a week on the phone with my old friends and colleagues trying to better understand our new reality. I got an email this morning that read:

"Dear Eniola,

I am sending you a copy of a frame work that I think could work for your project. I thought you might like to see it and modify it if necessary. I still have a bit of work to do on this, but once you have an opportunity to review it, let me know what you think."

Hold up, hold up, hold up...let's back up real quick

Someone wants **ME** to review a frame work for **MY** project and would like to know **WHAT I THINK** ????

This is how I interpreted the email as it sent a cold chill down my spine.

"ME": an individual who is capable and competent enough to have ideas, thoughts and opinions.

"MY project": Something that I am responsible for and potentially, have a significant impact on its success.

"What I think": my unbiased well thought out opinion that will contribute to an overall outcome.

Sometimes I feel like I'm a total fraud and my whole life is all fake because why else would someone think so highly of me? I struggle with my fair share of self-doubt from time to time but this is different (I'm okay, I promise) but I just really miss being a med student.

I miss being supervised and having someone to report back to, someone to double-check my work and analyze my opinions or ideas for me and then tell me what I think.

I miss my safety net...my training wheels

and the funniest thing is, we all saw it coming! My friends and I would talk about days like these towards the end of med school. Sometimes, it inspired and motivate us and other times, well, let's just say there may have been some comfort eating involved too.

I started at my new job about 14 weeks ago and I could not be happier with the people I get work with, the projects I'm working on and the readily available support but it has also been quite the transition. I am both honored and terrified that I am now considered and treated like an individual and I get to navigate my day to day challenges as such. It's hard to explain but every fresh graduate (in whatever field) knows what I'm talking about.

I must say, the first time I received an email like this one, I almost had a heart attack but today, I simply replied,

"Of course, I'll have a look and get back to you"

...and then proceeded to write this (see, I'm making some progress!).

I do believe that I'll be fine and everything will work out in the end. I choose to be hopeful and to be honest, all you can really do is show up, learn, grow, freak out a little (maybe get some ice cream while you're at it) and repeat because, either way, these training wheels are coming off!

For now, I need to "review" this proposed frame work for MY project and provide MY feedback.



FLAG DAY 2018

GMU celebrated flag day on the 2nd of November; a day to celebrate the great nation, united under one flag.

The flag day celebration began in front of the library with the Emirati students starting off the event with balloons coloured as that of the UAE flag. Sofia Alfalasi, a first year MBBS student gave a riveting speech on the importance of the flag and its significance to the stability and strength of the nation. "All Emiratis and other nationalities celebrate flag day to show appreciation of Emirati culture and traditions. It is also to express unity and loyalty to the UAE and its great leaders", she reiterated. She also emphasized on the meaning of each color on the flag and how it symbolizes the history of this great nation. "The UAE flag represents justice, peace, tolerance, power and moderation. The red color symbolizes the sacrifices of those who laid the foundations for the union. Green symbolizes growth, prosperity and cultural renaissance. White displays charitable contributions and support for security and peace in the world. While, black reflects the strength of Emiratis, and their rejection of injustice and extremism".

The speech was followed by a pledge where the Emirati students promised to uphold the values of their leaders and strengthen their country. Flags were given to other students and the national anthem was played. Flag Day is an important occasion for us to look back with pride at UAE's many milestones over the past years.

By Nadhir Rehman (2018m066)

Medical & Scientific Exhibition in GMU

Gulf medical university had recently hosted the annual inter school Medical and Scientific Exhibition on the 24th and 25th of October. MASE is a platform for budding students to interact and display their scientific prowess through model making and projects with more than 5000 students in attendance. Students from all parts of UAE took part in this exhibition and the participation was immense.

The GMU library was decked with paintings from students in grade 5 all the way to grade 12. The paintings were admired and praised for their beauty and detail. Model making was also a big event with many students bringing in working models which illustrated their scientific knowledge and skill. The students did a great job explaining the mechanisms and scientific aspects of their projects ranging from systems found in the human body to efficient energy use in cities. Prospective students got a chance to visit the different laboratories on campus and view the specimens on display. In the years to come, some of them might have the opportunity to study in these very laboratories at GMU.

In retrospect, MASE was a successful event which pushed scientific boundaries and instilled the desire to learn. The event showcased GMU's large strides in education and its push for better healthcare.

By Nadhir Rehman (2018m066)





October & November Events 2018

**1st
Oct**

Nigerian Independence Day



Oct-Cooking club meeting

**3rd
Oct**

**4th
Oct**

An orientation of early patient contact (EPC) to first year MBBS students was conducted



World Smile Day 2018

**7th
Oct**

**8th
Oct**

World Obesity Day 2018





October & November Events 2018

11th
Oct



GMU dormitory students recognized breast cancer awareness month with healthy meal boxes sponsored by Terrace restaurant



A workshop on 'surveillance of antimicrobial resistance' attended by 6 final year BBMS students



Zumba class hosted in body and soul

14th
Oct

Visit to the Sharjah Art Gallery

15th
Oct



Global hand washing day



World food day sponsored by Terrace Restaurant

16th
Oct

17th
Oct

World Bhangra day in body and soul health club





October & November Events 2018

18th
Oct

African heritage club
held their first meeting



MBBS FRESHERS
PARTY



College of nursing celebrated
breast cancer awareness day



China Education Expo,
Beijing

"I helped run the stand designated for GMU, during which I met and discussed potential opportunities with agents and delegates who were interested in initiating collaborations with GMU. I've also had the opportunity to introduce GMU and the programs it provides to students who are eager to study in the UAE."
Mariyam Dairawan (2017m057)



20th
Oct

24-25th
Oct

12th annual inter-school
medical and science
exhibition (GMU MASE)



Group case presentation on Cardiac Arrest as part
of the inter-professional education activity.

30th
Oct



31st
Oct

Halloween celebration
at GMU

Students who dressed up spooky for the celebration
received vouchers for Haircut from Body and Soul
Club and free coffee from Blends and Brews cafe!





October & November Events 2018

01st
Nov

Students at GMU celebrated Flag Day



AUD MUN : 7 students from GMU participated as delegates at the American university Dubai model United Nations for 3 days.

1st-3rd
Nov

2nd-3rd
Nov

NYAUD public health think tank conference 2018: 7 students from GMU represented the university at the NYUAD public health Think tank conference



Annual conference of the international society for Evidence based healthcare and Student Cultural program

1st, 3rd - 7th
Nov

5th
Nov

Gulf Medical University celebrated its 20th anniversary



1st year MBBS students commemorated the 'world stroke day'

5th
Nov

06th
Nov

Gulf medical university signs MOU with military medical academy Egypt for collaborative efforts in Academia and Research





October & November Events 2018



1st year ADPCS students visit the Ajman museum

6th
Nov

8th
Nov

Students celebrated Diwali with sweets, candles and rangoli



8th
Nov

RAKMHSU sports festival



Congratulations to the girls team who came 3rd and the boy's team who came 2nd place in Basketball
And congrats to girl's team who came 2nd in badminton

11th
Nov

GEMS-GMU future scientists of UAE meet for another exciting day at the Thumbay Research Institute for Precision Medicine to learn about confocal microscopy and its application to solving diseases such as cancer



Cooking club meets to make Korean crepes in preparation for the student educational and sightseeing trip to South Korea over the winter break

13th
Nov

14th
Nov

Students at GMU observed world diabetes day
Students from different majors and batches collaborated to raise awareness for world diabetes day.



Students from GMU visited Global Village

22nd
Nov



October & November Events 2018



26th
Nov

Omani National Day celebrations

EEG public speaking competition

28th
Nov



Sharjah Art Museum Reflection Paper

By Fathima Sheik | 2018ph10



As a Spare-time Artist and an art enthusiast myself, I have always enjoyed visiting Art Galleries, since it ignites creativity and new ideas in me. This visit was even better. The Art Gallery where Mr. Will Yaya's artworks were displayed, gave me a new perception, that artworks need not just be made through your conventional paper, paint etc., since anything can serve as your medium of expression. Those simple wires would not have occurred to me to provide any artistic value, but reflecting back to my experience in the art gallery, I have realized that there are countless new ways we can showcase our inner thoughts and imaginations. It was also truly relaxing to discuss the art pieces showcased there with my friends, it gave us a reason to have memorable and meaningful conversations.

The link that exists between Arts and Medicine.

It is evident that there is a strong link that exists between Arts and not just Medicine, but all branches of sciences.

How else would Da Vinci, a renowned artist of his time and beyond, create absolute and accurate drawings of the Human Anatomy? His study of nature and anatomy emerged in his stunningly realistic paintings, and his dissections of the human body paved the way for remarkably accurate figures.

It should also be noted that, when an artist makes a penetrating observation, it often foreshadows a more formal one by a physician, and when someone related to medicine completes a convincing demonstration, it can have the same aesthetic appeal as a work of art. Problem solving, which is absolutely necessary in both Arts and Medicine, is a further aspect that brings both of these elements together.

A Physician and former Deputy Editor of the Journal of the American Medical Association— Therese Southgate, may give the final word to my conclusion: "Medicine and art have a common goal: to complete what nature cannot bring to a finish, to reach the idea, to heal creation. This is done by paying attention. The physician attends the patient; the artist attends nature. If we are attentive in looking, in listening and in waiting, then sooner or later something in the depths of ourselves will respond. Art, like medicine, is not an arrival; it's a search. This is why, perhaps, we call medicine itself an art."

The Withering Flower

An article about breast cancer

Breast cancer is the most commonly detected tumor in females and one of the leading causes of cancer-related death among women in the World. 9% of reported cancers in the UAE are breast cancer making it the most common cancer among females in the middle east. Most women diagnosed with breast cancer are over the age of 50, but about one eight women in general are diagnosed with breast cancer during their lifetime.

The true incidence of breast cancer is hard to report because the majority of the population of the UAE is migratory, however it is reported that Arab women develop breast cancer a decade before their western counterparts- majorly due to genetic predisposition and various lifestyle choices.

Breast cancer is characterized by discharge from the nipples (sometimes streaked with blood), significant change in shape and/or size of the nipples, a lump on the breast, sinking-in of the nipple amongst others. It is majorly diagnosed by doing a biopsy or mammogram. It's treatment includes a combination of surgery, chemotherapy, radiotherapy. Treatment plans may differ depending on the stage of the cancer as well as what type of breast cancer it is and whether the patient has undergone menopause at all.

When treating breast cancer, surgery is usually the first step. It's done to either remove the lump (tumour) i.e a breast-conserving surgery or a mastectomy (remove the whole breast). In some cases, both procedures are done. Radiotherapy as we know, uses controlled doses of radiation to kill cancer cells. It usually begins about a month after surgery and the type of radiotherapy you have depends on the nature or severity of the cancer. Some types of surgeries for breast cancer are;

☒ breast radiotherapy – after breast-conserving surgery, radiation is applied to the whole of the remaining breast tissue

- chest wall radiotherapy – after a mastectomy, radiotherapy is applied to the chest wall

☒ breast boost – some women may be offered a boost of high-dose radiotherapy in the area where the cancer was removed; however, the boost may affect the appearance of the breast, particularly if you have large breasts, and can sometimes have other side effects, including hardening of the breast tissue (fibrosis)

- Radiotherapy to the lymph nodes – where radiotherapy is aimed at the armpit (axilla) and the surrounding area to kill any cancer that may be present in the lymph nodes.

Women should be observant and cautious of its symptoms as it is the third leading cause of death on the UAE accounting for 16% of the total deaths

Recent studies* in mammary tissue have indicated functionally distinct cell populations. It has indicated that on quantification of a protein CD90(Thy 1) in human breast cancer samples by tissue microarray showed that its high expression positively correlates with the cell transformation(metastasis) and worse prognosis(/poor patient survival) in basal-like breast cancer tumors.

The functional genetic approach, by overexpression in the CD90 cDNA (complementary DNA) in a basal-like normal mammary cell line (MCF 10A, the MCF 10A cell line is a non-tumorigenic epithelial cell line) and knockdown in a highly malignant cell line (Hs578T), enabled the researchers to deduce and demonstrate that CD90 is involved with several cellular processes that lead to malignant transformation, such as: morphological change, increased cell proliferation, invasiveness, metastasis and activation of the EGFR pathway.

Research on breast cancer is also ongoing at the Thumbay Research Institute for Precision Medicine. Here research is focused on the molecular mechanisms underlying immune-resistance. Tools including confocal laser microscopy and genetic expression studies combined with molecular and cell biological techniques help researchers identify novel pathways that regulate cancer cell behavior.

*High CD90 (THY-1) expression positively correlates with cell transformation and worse prognosis in basal-like breast cancer tumors (authors- Aline Ramos Maia Lobba, Ana Claudia Oliveira Carreira ,Otto Luiz Dutra Cerqueira, André Fujita, Carlos DeOcesano-Pereira, Cynthia Aparecida Bueno Osorio, Fernando Augusto Soares, Pranela Rameshwar, Mari Cleide Sogayar)

By Yasser Zakari (2017ph31)

A HEART TO HEART: HOW TO DEAL WITH STRESS AND NEGATIVITY?

Zohra Nizami (2016bm01),
Fathima Sheik (2018ph10),
Vaneezeh Khamisani (2018bm15)

“MY HIGHEST AMBITION
IS TO CRAWL OUT
FROM UNDER THE ASH
AND LAUGH
AT ALL THE THINGS
THAT THOUGHT
THEY COULD BURY ME”
-RUDY FRANCISCO



We are in a phase of our life where everything points in one direction, stress. In middle school we all fantasized about how good life would be when we are older. But no one ever prepared us for the workload of university, peer pressure, social pressure, identity crises, self-esteem issues that just showered down as we hit our twenties: after all when it rains, it pours. And perhaps the worst part of it all is the loneliness and fear. We feel that we are the only ones who have it hard, or the thought that others have it harder. And in this paradox of human emotions, we need to know some ways to deal with stress and negativity and take a few steps towards peace and self-love.

ADVICE FROM A STRONG AND AMBITIOUS PERSON: The worst thing that people do is stuff their stress and pretend it doesn't exist. It just creates more frustration, since the pretend-play won't last forever. I instead try to learn what the problem is, scrutinize it and then slowly work towards solving it. It is also crucial to never put yourself down – strive to love yourself. When we are our only motivators, every combat becomes easy, because in the end of the day only we can help ourselves. Lastly, I think taking up a new hobby takes our attention of negativity and at the same time helps us calm down and deal better with life in general.

ADVICE FROM A PERSON WHO BELIEVES IN HOPE: I try to be optimistic in stressful situations. I always try to smile and turn the situations around and ask myself "what can I learn from this experience?". For me, asking myself this rids all the negative thoughts which were clouding my mind. I also think that talking to a person who you can trust, a family member, a friend, and just letting it out all, venting about whatever what bottled up, helps you feel so much better. It actually takes a load of you and you always get a different opinion and can see the situation in a new light.

ADVICE FROM A PRETENDING TO BE TOUGH PERSON: When stuff gets too much to handle, I take a breath. I just stop doing everything and just listen to a playlist, read a book, watch a movie/show, go to the beach, grab a bite or just sleep. I give myself time to just slow down and catch up with myself. The negativity part is much harder because as much as we try to deny it, most of our negativity comes from within than outside. It's about accepting yourself and I think the best way to start on that journey is to surround yourself with people who care and call you out on your self-hate/self-pity/self-guilt sessions.

RESPONSE

If I'm ever placed in a negative or stressful situation, the first thing that I usually do is eat gummy candies and chocolates. Then I isolate myself from the negative scenario for a while by going to the beach for a calming and peaceful effect. Lastly I also watch some motivational videos and try to remind myself of my main goal that I want to achieve in life and write it down then stick it on my desk.

Omnia Ali, 2016M025

Laughter is something which I believe does wonders as a stress-relieving factor. Then comes negativity, your biggest enemy. Firstly, negativity within you has to be eliminated. Mostly, it depends on the circle of friends you are with. Luckily, I have a set of friends who never let me down and encourage me with full hope and positivity to look forward.

Ummu Zainab Muhammed Ashraff, 2018bm13

Out of many, an effective way of getting rid of stress and negativity is to have a break. Meaning, whenever you're occupied with stress or negative thoughts, tell yourself that it will continue thinking about it after I have a chocolate or a glass of water atleast. By the time, you are done with eating or drinking, it is more likely that you no longer want to be stressed or think negatively. Enjoy being optimistic.

Rigza Razzaq, 2018bm11

INSTAGRAM

STORY

Philocaly meaning 'the love of beauty' is a business instagram page run by two very talented GMU students- Fathima (Dentistry 4th Year) and Sareera Sathar (Anesthesia Graduate 2018). These self taught artists as they would like to call themselves have been doing an amazing business of arts and craft work, creating beautiful calligraphy writing/ gifts for your loved ones! Read further to know more about their work and journey so far!

What lead to the idea of of Philocaly?

"Both of us met during my first year in GMU through mutual friends and soon realized our common passion for DIY's/drawing etc. We used to always share and discuss with each other about the artwork/ calligraphy we did.

"We didn't know much about how business is done, making a page for it and all. But then many of our cousins/school friends had their own Instagram business page for different merchandise like scarves/ calligraphy writing so we decided to start our own small business (UAE based) too!"

"Our friends were a constant form of support and motivation for us! They encouraged us to go forward with the whole Philocaly idea and were the first ones to place orders."

How long has your business been running and whats the progress been like?

"Philocaly officially started last



year- November 28th! We have met with an amazing response over the past year and didn't expect the progress to be this great!"

Their first work-

"our first project together was this huge explosion box we created for our friend's birthday!"

"It took us one weeks time to make it...we used to sit in the library and spend quite some time making the box... it was then that we realized we want to include arts & craft work too apart from just calligraphy writing!"

Major Challenge-

"Delivering packages/products to far off places like Al-Ain / Ras Al Khaimah gets quite difficult for us. We tried sending orders by courier but it turned out to be more than our budget!"

"Then even from India we get plenty of orders, but unfortunately it's not possible for us to send orders over there... Right now we are only UAE based.

And at the moment this issue is what we are working on."

Name and logo idea?

laughing "We had made 100 and 100s of logos before finally agreeing to one design!"

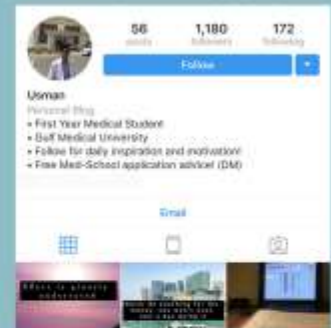
"As for the name we were looking for words that meant 'love' and 'beautiful' and Philocaly perfectly captured this essence!"



Other great entries that we received - do check out their pages and follow them on Instagram for some amazing content



Singer Aishwarya Nair's page (@a_shwarya)



Usman's Personal blog (@medicmade)



Fauzan's Instagram Page (@i know, what, you, know)

EXPRESSIONS

HOME

To the city I call home
Your roads are filled with silhouettes
of my past
And, hopefully figures of my future .
Your trees have witnessed me weep
Your streets fill up with my laugh
Corner of buildings where I've been
torn apart,
Inside the hall, I've been given a
throne.
Near the garden , I've lost a friend
Beside the lamppost , I found a love

To the city I call home
You are me ,
A constellation of my memories
A history embedded in your bridges
Of someone I used to be ,
A prediction , written in your lights
Of who I will become,
But most of all
Carved into your walls
Is who I am and where I belong
And that is
To the city I call home .

2018pcs27/ Ayisha Muskan

HUMANITY

According to me and anyone in this life who thinks that God is capable of giving and taking a soul- the day everyone starts fighting with each and there'll be no peace anymore- the very essence of humanity will disappear.
No one likes to be hated, torched, have their hearts broken or live life in fear, yet people make mistakes, hurting either themselves or others present around them. They will resort to killing or violence for a variety of reasons or for no reason at all. Such people can be categorized into different types. First type of perpetrators are those who are victims of abuse themselves and are in need of psychological therapy. Second type are those who kill to protect their family from physical/mental violence and for safety. Third and the final type are the brainwashed group of people- who kill or get involved in mob lynching and public humiliation of a person for no reason, they appear normal like you and me, yet they are murderers. People who terrorize and kill in the name of religion also fall in the same category, example is the continuous war/ fight that's happening in places like Iraq, Syria etc. In the end though, there will come a time when people will finally realise that all of this violence and thoughtless fighting is wrong, however by then it will be too late to regret anything.

Sara Mudher Alkium / 2014ph27

Quick and Rich Dessert Recipe

Dorayaki

Japanese Sweet Filled Pancake Recipe



Ingredients –

- 2 large or 3 small eggs
- 2/3 cup sugar
- 1/2 teaspoon baking soda
- 3 tablespoons water (or milk)
- 1 cup all-purpose flour, sifted
- 3/4 pound anko (sweet azuki bean paste)
- Vegetable oil for frying

Tips -

- For thicker pancakes- add less water (or milk).
- Can use kuri chestnuts for dorayaki filling.
- For a luxurious azuki cream filling- mix 150 g prepared azuki beans with 200 ml whipping cream.

Steps -

- Put eggs and sugar in a bowl and whisk very well.
- Dissolve baking soda in water.
- Add the water into the egg mixture.
- Add sifted flour into the egg mixture gradually.
- Heat a skillet or hot plate and lightly oil it.
- Pour a scoop of the batter into the skillet and make a small pancake. (About 3-4 inches in diameter.)
- Turn over when bubbles appear on the surface
- Repeat this process to make 8-10 pancakes.
- Cool the pancakes.
- Make pairs of pancakes and put a scoop of anko sweet beans between them.

by Batool Mumtaaz | 2017M083

Meet The Team

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