

Mélange

UNITY IN DIVERSITY



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From the Editor's Desk..



I begin this letter by congratulating our University for accomplishing a great feat at the Higher Education Awards 2019 - being recognized as the 'BEST MEDICAL UNIVERSITY IN THE REGION' by Forbes! For GMU this is just another accolade out of its myriad accomplishments. The past month has been quite full of different activities & events, one such was the Learning Together for Working Together Project on CRSIPR & Genome editing (pg 5). The month long project was a great success with students from various colleges participating with immense enthusiasm and vigor. On a different note, the editorial team had organized an event too- celebrating body positivity on the 23rd of April; check out our team members- Zohra's and Fathima's take on this topic (pg 6).

We have all finally reached that point of the year where most of us are experiencing conflicting feelings; the nervousness and anxiety for the approaching End Sem Exams and the excitement for the summer vacation that follows it. So I wish everyone all the best for their exams & a relaxing holiday.

Hope you all have a blessed & prosperous Ramadan! Don't forget to attend the annual students' Iftar organized by the university!

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



**FORBES RECOGNIZES
GULF MEDICAL UNIVERSITY AS
'BEST MEDICAL UNIVERSITY IN THE REGION'
AT HIGHER EDUCATION AWARDS 2019**

APRIL~MAY EVENTS



April 6th- On the eve of World Health Day- 2019, Final year PharmD students organized a community engagement activity, focusing on health promotion, health screening, and health education activities, at Kenz Hypermarket, Al Hamidiya. These services were availed by over 140 participants from the public.

April 7th- College of Dentistry-Career Counseling Program



April 8th- The first year medical students of College of Medicine commemorated the 'World Autism Awareness Day

April 9th- Dr. Lisa Brennan, Assistant Professor, Wingate University School of Pharmacy, USA and Dr. Sally Arif, Associate Professor, Midwestern University, Chicago, visited GMU with a team of their students.



April 11th & 12th Gulf Medical University Annual Dental Conference organized by College of Dentistry



April 11th & 12th 7th Annual GMU Conference on ENDOCRINOLOGY & DIABETES organized at Holiday INN Dubai UAE





April 15th- Faculty members and students of the Medical Imaging Sciences Department, College of Health Sciences, Gulf Medical University attended the 8th Medical Imaging Seminar titled at Sharjah University

April 16th- Gulf Medical University students observed World Hemophilia Day at GMU campus. #WorldHemophiliaDay is an international awareness day for hemophilia and other bleeding disorders.



18th April- GMU is very proud of Christy Vinod. She won the first place for western singing-solo at the Bits Pilani GOO Music CLUB!

19th April- 8th Annual Conference on Latest Trends in Cardiology from Diagnosis to Therapy



20th April- GETEX

April- GMU in Saudi Arabia meeting prospective students



21st April - Students celebrated Hag al laila at GMU campus

April 23rd- College of Medicine students observed World Immunization Week.



April 25th-Department of Community Medicine- Gulf Medical University in collaboration with Thumbay Hospital Ajman Observed World Health Day



April 28th- A Group Case Presentation on "Drug induced 1st Degree Heart Block" as part of Inter-professional Education Activity



April 29th- GMU "Cooking Club" meeting - making dips for chips



April 29th- GMU students observed 'world malaria day'



April 30th- GMU students volunteered at Tree Plantation event at the Habitat School



May 1st-GMU TEDX



May 2nd- Farewell of Biomedical Science graduating batch organized by year 3 students.



LEARNING TOGETHER FOR WORKING TOGETHER (LTWT) INTER EDUCATIONAL PROJECT ON CRISPR & GENOME EDITING

LTWT project on CRISPR and Gene Editing commenced on 28th February 2019 with the aim of interprofessional education. Students from across the different colleges actively participated in it. It was a truly fun-learning experience where students got the chance to interact with people from other professions and learned a variety of new things through activities that included a tour of the TRIPM lab, confocal microscopy explanation, reviewing a scientific article to finally making their own scientific posters. Students were continuously tested and challenged over the one month period either through online quiz / oral presentations / short essay writing competition, etc. making them well versed on the topic and aware of the ethical and legal issues that arise following the discovery of such technologies.

SHORT ESSAY WRITING COMPETITION WINNERS:

1st- Stephanie Kersi | 2017bm30)



2nd - Engila Khan | 2017bm12



3rd - Fatima Abdulla | 2017bm10



PARTICIPATING GROUPS:



ORAL PRESENTATION WINNER:



WINNERS OF THE POSTER PRESENTATION

1st



2nd



3rd



Our take on Body Positivity

Zohra Nizami (2016BM01) & Fathima Sheikh (2018PH10)

Zohra: Self-love for me like most has been a roller coaster ride, and one of the epicenters of this turmoil has been issues with body image. As a teenager, my coping mechanisms were self-destructive, but as an adult learning to navigate through life, I see myself realizing that the issues that I have with 'how I look', how others think I look, and so on, are a product of social brainwashing. But that is an issue for another day; our society needs to change but that can only happen if individuals make the collective change.



Body positivity is a movement that I connect to on a spiritual level. It's something that needs to be loud and outspoken because everyone struggles with it; "You are too fat", "you are too short", "you are too skinny", "you look like a log", and so many more versions of those. When I think of body positivity, I think of acceptance, of myself and others, in every shape, size and form. No one but I have rights over my body, rights to have an opinion about my body and what I want to do with it.

If loving yourself means losing weight, go for it, or if it means accepting yourself for how you are in that moment, go for it, or if it means changing a physical aspect of you, go for it.

I have a motto that I am trying to live by, "I want to grow sunflowers and not maggots on my scars".

Fathima: Body positivity, to me is self-acceptance and truly loving yourself. Finding ways to love your body that is being given to you, for once and only once. But the love that I have for my body can also transcend in many ways. It may help me exercise, eat healthy and or do anything else that might help create a better body image for me. Body positivity is accepting your friends for who they are, and letting them decide on what they want to do with their own body. I view body positivity as something that shouldn't be judged by anyone else but you. You get to choose what is best for your



body, and act upon it. Your loved ones only get to support you or give opinions, but they can't expect you to act upon their whims. Your body is not the only thing that defines you, but it's a part of a whole, and that gives you full autonomy over what you want for you.

Learning to love yourself is a long, long journey. Sometimes when you are down, you may feel like you are contradicting yourself about your self-love. But conquering your own depreciating self and fighting to love yourself is the biggest quest of all, and every day it's a liberating experience. Fight your own demons.



Celebrating Body Positivity



Some messages from you:
"Great things come in small packages"
"Be brave and respect yourself"
"It's great to work hard and sweat for every goal"
"You are beautiful in your own way"
Your skin color is perfect"



A Piece of Advice From Your Seniors:

COLLEGE OF PHARMACY



Your journey has just begun!

Spending five years of your life to get a pharmacy degree can be stressful and overwhelming. Look at every situation as an opportunity to learn something new. Challenge yourself and learn from your failures. Failing a class test or an exam is not the end of the world. You are the future of the pharmacy progress. In UAE, the pharmacy profession is growing very fast, there are opportunities waiting for you. All you need is to make the one STEP forward

(Abdeen – 2014PH06)

COLLEGE OF HEALTH SCIENCES

Medical Imaging

Medical Imaging Sciences is a field of diagnosis where we are imaging the patients with the help of different modalities like Xrays , Ultrasound, CT or MRI. It is a very practical course where along with theory classes, you get the opportunity to do clinicals in the hospital since your first year itself, unlike other courses. Since it's all about skills and techniques, whoever opted for it will definitely enjoy the course!

Amna Bukhari (2015MI04)

Medical Laboratory Science

I advise every student not to rely on others and to study with a view to understand and not with the aim to get the marks only because marks without information is unhelpful, to develop a study plan and set a goal. Be social and cooperative because it helps learning from others and ..not comparing oneself to one .. because every human being has special energy and abilities .. I wish everyone success in any field or specialty they love



Jod al Herafi (2015ML04)

COLLEGE OF MEDICINE

ADPCS

The ADPCS program has been intricately structured for us to gain as much knowledge as possible here in the UAE, preparing us to further our knowledge and clinical skills, especially, abroad in Poland or Ghana. Before you know it, you're in your final year here as time moves so quickly. Enjoy Gulf Medical University, cherish every moment and prepare yourself for the next chapter, it's one experience to look forward to.



Anadele Mouafo
(2017pcs01)

Biomedical Science

The brilliance of Biomedical Science lies in its efficiency of integrating medical diagnostics along with immense knowledge and practice in research. As a biomedical science student, it is crucial to know about the goals of your course. Match them with your interests and explore them throughout the semesters. Utilise your time to finalize your field of interest by the end of course. Keep yourself updated about the trends in biomedical field and grab the opportunities that expose you to



any advanced learning. Attend workshops, summer trainings, inspiring talks at conferences and aspire yourself to be a Biomedical Scientist

The 3 Ls - Life Long Learning has to be the motto for any medical student.

Banasin Majeed
2015BM14

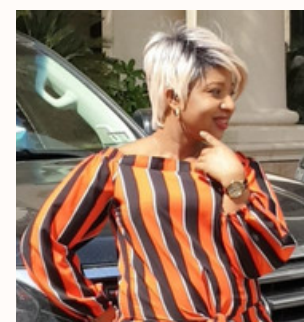
MBBS

I've thoroughly enjoyed the MBBS program and have found that you can excel in the course by staying up-to-date with the topics taught each day. It's a good idea to study for an hour everyday instead of cramming at the end of the semester. Try to complete assignments and coursework as soon as possible otherwise they may build up. As always, feel free to approach the respected faculty as they can be very friendly and helpful in discussing queries



Mohammed Qasim
Khalid Rauf
(2014M062)

COLLEGE OF NURSING



Dear nursing students, this message is just a wake up alarm and a call to raise your esteem. This profession is a huge one, it's far beyond its rating in the society simply because very many of us are not defending it. We are not specialist in any area like the physicians, we are specialist in all. Nursing, is more of a humanitarian job, we serve patients from the point of entrance to the hospital till their exit. You must know what u are doing, when we go wrong we mislead the doctors and guess what? The patient suffers. For your clinical postings, try to be curious, follow up the sisters and try to learn no matter their discouragement, yes they will discourage you but never mind them, it's

all part of your success stories. You will be going out there to care for people in need, you need to have that love, passion and right attitude for this selfless job. A lot lies in our hand when it has to do with patient's care, be ready!

Truly yours, Sandra, your joint secretary, college of nursing.

Ms Sandra Chidimma Chijieze
2016NS05



SUMMER 2019!



What are you up to this summer?

Talking about your plans...

Hitting the beach, hanging out with your friends, visiting your home country or just having a boring staycation in this sandpit?

Here is a list of a few things you might be interested to try this summer

1 Elective training



2 Volunteering



3 Internships



4 Part time Jobs such as babysitting or tutoring school students

5 Take your friends and go on GMU's educational tour abroad to Greece this July!



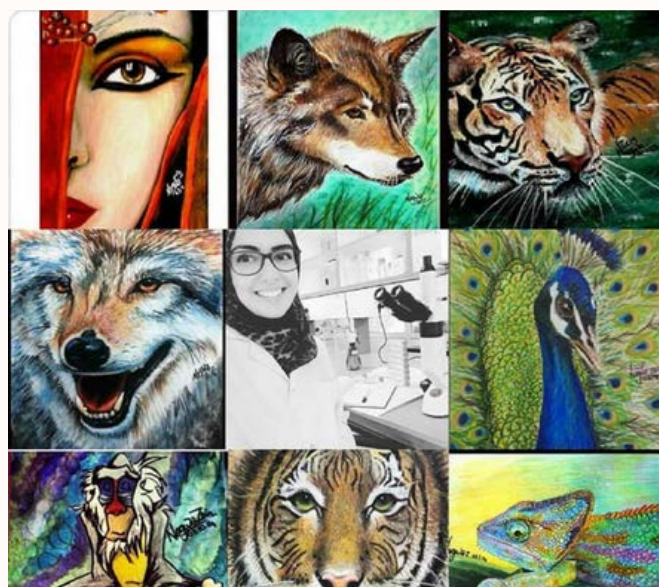
But in the midst of all this, don't also forget to ...
BE A COUCH POTATO ALL SUMMER LONG!!



A RESEARCHER BY PROFESSION, AN ARTIST AT HEART...

Meet Najwa Zeinelabdin (Research Assistant at Thumbay Research Institute for Precision Medicine)

"I have been painting since I was 6 and was growing up planning to study Arts in college until I fell in love with biology and discovered my strong passion for science which completely changed my life plans and led me to working in cancer research now. I have never studied Art but it has always been my escape and my way to de-stress that's why I will always hold on to my two very different kinds of passions that make me very happy: being an artist as well as a scientist!"



Meet The Team

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