

Mélange

UNITY IN DIVERSITY



WELCOME TO YOUR SECOND HOME!



EDITORIAL LETTER

Welcome back dear readers and all the freshmen of the year 2020-21. Hope you all had a refreshing summer holiday amidst the covid-19 pandemic. I am sure you all must have been very eager to come back to the campus to study and meet your friends after a few dull months of quarantine. The newsletter committee brings to you the 14th edition of melange where you will get to meet the executive board of 2020-21 and the very excited freshmen and see how their experience in the college has been so far whether that's online or on campus. Read about how your athletic friends have managed to play sports during this time and check out the latest revolutionary careers in health professions and so much more!

I sincerely hope you all enjoy this issue and as always happy reading!



► **Vaneezeh Khamisani**
(2018bm15)

WHAT'S INSIDE?

- 1) University Special Moments...
 - Meet the Student Council Executive Board
 - E-Club list
 - White Coat Ceremony
- 2) Student Experiences
- 3) Student Expressions
- 4) Science and Research
- 5) Sports and Medicine
- 6) Medical Health Professionals



جامعة الخليج الطبية
GULF MEDICAL UNIVERSITY
ACADEMIC HEALTH CENTER

SPECIAL MOMENTS...

WHITE COAT CEREMONY



BREAST AND LUNG CANCER AWARENESS MONTH



EXECUTIVE BOARD 2020-2021



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ASSOCIATE GENERAL SECRETARY

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College of Pharmacy

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E-CLUBS 2020-2021

Netflix Club

Volunteer Club

Motivational Club

Dance Club

Mental Health Club

Photography Club

Saudi Cultural Club

Video Making Club

Bahraini Club

Cooking Club

Anime Club

Animals Club

Emirati Club

Music Club

Iraqi Club

Art Club

Nesmah Club

Bahraini Club

Sewing Club

Language Club

FIFA Club

Chess Club

Islamic Club

Calligraphy Club

Women Empowerment Club

Debate Club

JOIN OVER 25 GMU E-CLUBS AND STAY ACTIVE NOW!
STUDENT AFFAIRS DEPARTMENT

ISLAMIC CLUB
Anyone interested in joining the language club pls contact 0522990821 or @gmxl_x
And yess we do learn sign language too

Video Making CLUB
video-making-club.gmu@gmail.com

Language CLUB

NETFLIX CLUB
Join the fun!

SEWING CLUB

CALLIGRAPHY CLUB

COOKING CLUB

ANIME CLUB
Follow anime lovers! weeks
Contact: Dora peach
Or Message 054105370 on WhatsApp
For more info

CHESS CLUB

PHOTOGRAPHY CLUB

FIFA CLUB

GOLF CLUB

IRAQI CLUB
شؤونكم الغامض
Iraqi or not you are welcome to join we would love to have you here! Let's have fun!
To join contact 051 155 2912 on WhatsApp or @iraqiclub_GMU on Insta

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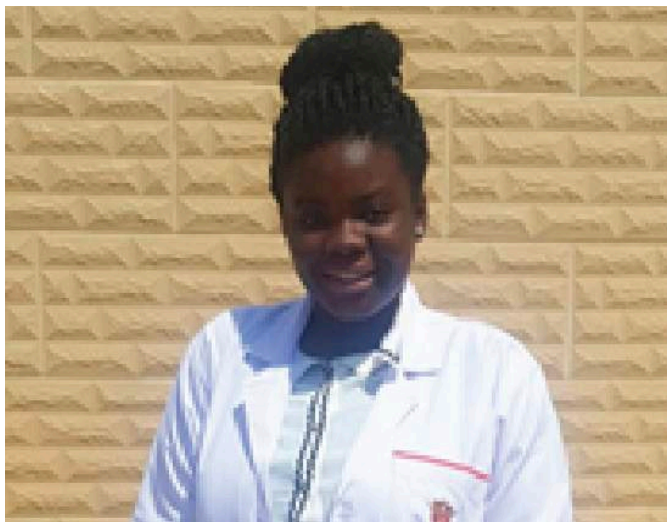


BLENDDED LEARNING AND UNIVERSITY EXPERIENCE

By: Sumaiya Abdulkadir Saleh(2018ph44)

1. What is your name and registration number?

My name is Gift Benjamin 2020ns01



2. Why did you choose this course?

I chose the nursing program because it has always been my passion to help people around, support them as well as make a difference in their life to the best of my ability as I've been inspired by a lot of nurses. This profession offers a great opportunity to come into direct contact with patients and to support them.

3. how are you finding the course and the learning system (online and on campus studies)?

The learning process of the course is going well. The professors and doctors are kind and ready to help which is amazing.

The online classes are okay, and the professors are trying their best but most times there are technical issues. Personally, I prefer classes on campus because I can concentrate more but I understand that there's a pandemic.

4. How do you find the university environment and its people?

Everyone is nice and friendly; the environment is conducive to learning

5. Where do you see yourself in the upcoming years after completion?

God willing, In the next few years, I see myself working as a registered nurse preparing for further studies and building my career.



2. Why did you choose this course?

I chose biomedical science as it is a core of medicine and it had a lot of factors that led me to it. It has quite a flexible career since it involves anything starting with artificial muscle from cells to treating and diagnosis to neuroscience. Throughout the years of examining biomedical science, I get the opportunity to develop other long-lasting skills for life, such as researching, analyzing, lab skills, etc.

3. How are you finding the course and the learning system (online and on campus studies)?

The course is very interesting as I get to learn new methods constantly, not only from lectures but also from the conversations that I have daily with the professors. The learning system is very flexible and simple. I, myself as a student do not face any hardships learning whether it's online or on-campus.

4. How do you find the university environment and its people?

The university has such a genuine and vulnerable mood. Students and Professors have a connection that is not necessarily formal all the time. Students from different majors actively communicate and tend to become friends with time.

5. Where do you see yourself in the upcoming years after completion?

Later in the upcoming years, I imagine myself continuing my studies in neuroscience (Masters in the UK). Since our university supports us even after completion. I do believe my future will be open and bright.

1. What is your name and registration number?

Jana AlAhmad 2020bm30



1. What is your name and registration number?

I am Ghenwa Ghayad, a first year PharmD student (2020ph18)



2. Tell us something about yourself in brief and the reason why you chose this course

I am a self-starter and an independent student who likes seeking new challenges in life. I am a quick learner and believe in learning from my mistakes, for I strongly feel that this virtue will take me ahead in life and in my career. Since childhood, I've been always fascinated with the medical profession, and the most interesting part of the profession is how drugs heal different ailments. The reason why I chose "PharmD" program specifically over the other health care professions is my love and passion for medicine paired with the opportunity to make a positive impact on patient care and I have always wanted to be within the health care field.

3. How are you finding the course and the learning system (online and on campus studies)?

Whether I am studying online or on-campus, I am not facing any difficulties with the courses in addition to having access to the course materials, recorded lectures, assignments, and discussion boards from any device. Therefore, I would like to say that the education system is very effective and organized as I have never faced any difficulty communicating with the doctors to ask for help or clarification of an assignment.

4. How did you find the university environment and its people?

What I really like about the university is the community spirit that connects both students of all ages and the faculty. The atmosphere is friendly; there is no bitter environment or hostility between anybody. It is a very warm and welcoming place where everyone gets along and where most students are willing to help each other. The sense of community is strong, and the whole faculty is thoroughly supportive

5. Tell us about the best spot that you love being in most of the time in the university

Ever since I was a high school student, I have always loved chemistry, working in chemistry labs, and mixing chemicals. So, I would say that chemistry labs are my favorite and coolest spots for now in this college. It is these kinds of places where I feel I can connect with them the most.

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PHARMACY STUDENT EXCHANGE PROGRAM



Nourhan Khaled Hassan -2015PH35.

It's a student exchange program between college of pharmacy Gulf Medical university and school of pharmacy university of Saint Joseph. The program is divided into two parts. The first part was for a duration of 5 weeks where I had two courses each carrying 2 credits. The first course is a Pre-APPE practice Integration course and the second course is advanced self care.

The two courses helped me to understand the healthcare system in the United States.

In addition to that they helped me to stay on track during my clinical training. The second part was for a duration of 5 weeks as well. I had my third APPE rotation ,Acute adult care rotation at Middlesex hospital, Middletown, Connecticut. During my rotations, I participated in daily clinical rounds with the attending, case workup, developing SBAR notes, screening for drug-drug interactions, case presentations, journal club, and interacting with

other students and faculty at different places by having an online session to discuss different cases and sharing opinions. I liked the way the program was organized.

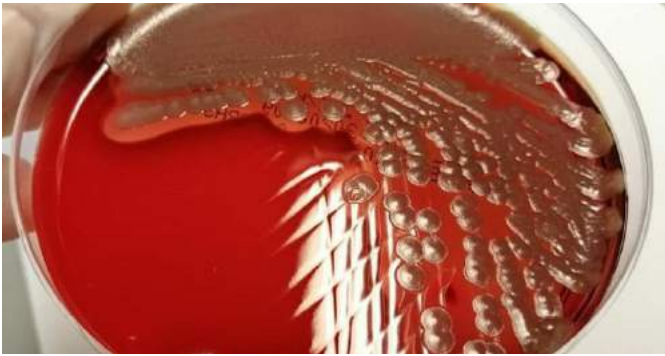
The variety of activities in the program. The experience of getting the exposure to different environments is great.

In addition to meeting and interacting with new and great people. Due to the diverse nature of the daily rounding team, I was able to enhance my knowledge in regards to why certain laboratory tests or physical assessments are done and in understanding the roles of other health professionals in the team. I would encourage more student exchange programs, as it is an eye-opener, not only in team building and independence but also in clearly differentiating between various aspects of healthcare systems between different countries.

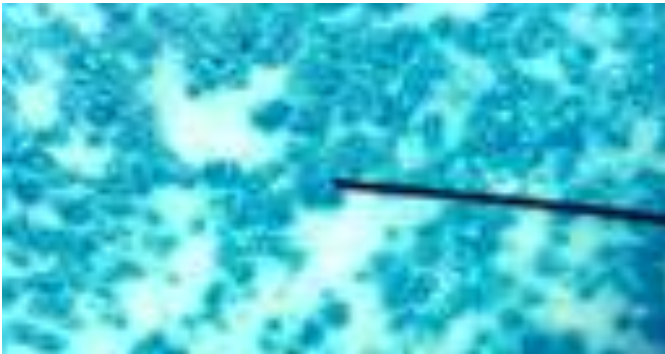


CAPTURING EXQUISITE MEDICAL SCIENCE

Aiman Fatima 2018ph17



Bacillus Cereus on COL agar Ammonium manganese pyrophosphate



Streptococcus Pneumoniae gram stain



Samar Amjad 2019ml13



ZAVIA 2019bm36

1. Reaction with monosaccharides - Molisch Test for glucose and fructose.
2. Layers formed by blood with and without clotting (plasma and serum) after centrifugation.



Biochemistry Practicals



Yaazhine Amuthan (2017bm14)



SCIENCE AND RESEARCH

NOBEL PRIZE AWARDS FOR PHYSIOLOGY AND CHEMISTRY

CRISPR genome editing gets 2020 Nobel Prize in Chemistry

Professors Emmanuelle Charpentier and Jennifer Doudna are jointly awarded the prize for their work in developing a method for genome editing.

These two researchers have discovered one of gene technology's sharpest tools: the CRISPR/Cas9 genetic scissors. Using these, researchers can change the DNA of animals, plants and microorganisms with extremely high precision. This technology has had a revolutionary impact on the life sciences, is contributing to new cancer therapies and may make the dream of curing inherited diseases come true.

The Nobel Assembly at Karolinska Institutet has decided to award the 2020 Nobel Prize in Physiology or Medicine jointly to Harvey J. Alter, Michael Houghton and Charles M. Rice "for the discovery of Hepatitis C virus."

This year's Nobel Prize is awarded to three scientists who have made a decisive contribution to the fight against blood-borne hepatitis, a major global health problem that causes cirrhosis and liver cancer in people around the world.



References: <https://www.nobelprize.org/>



SPORTS AND MEDICINE

“The race for excellence has no finish line” - Sheikh Mohammed bin Rashid Al Maktoum

THE SPORTS SPIRIT OF GMU:

By: Naba Khan (2019bm19), Zavia Evangeline Kitherian (2019bm36) and Vaneezeh Khamisani (2018bm15)



Naseem Shaji (2018m019)

1. How has playing badminton changed or influenced other aspects of your life?

Badminton has been a huge influence in my life and continues to mould all aspects of it. It is an active game that keeps you on your feet and requires a lot of focus, thus keeping my body and mind healthy. It is a fun and social game that I get to play with my friends and family, which keeps me connected to them. I have made a couple of friends too, thus feeding my social skills as well. On the whole, it is a huge stress buster which has helped me physically, mentally and socially.

2. How has the pandemic affected you, in terms of playing badminton?

The pandemic has affected my sports routine and all inter-college tournaments are kept on hold. Yet, I occasionally make time to practice and keep in touch and form.



Isra Shakir(2019bm11)

1.What advice would you give to someone who decides to play Table Tennis?

Let it be any sport, it requires a lot of practise, just knowing the rules of the game and having the skill, does not mean you know how to play, you need to practise a lot. Never stop practising, you're never ready for a match.

3. As a Table Tennis player can you describe yourself in one word?

I'd say I'm enthusiastic. I never think that I'm the best in the sport, I always think that I have to keep practising and reach new heights. There is no end. I make sure to play with people better than me. I don't think myself to be a failure, because they are better players than me, rather I take it as a challenge to become better than them.



Abida Shaukat Hussain Ali (2019bm35)

1. What made you choose throwball?

I started playing throwball when I was 15 years old. Nothing drove me to play this sport. Most of my friend played throwball, so they recommended it for me. As I started playing, I enjoyed the process. It was a little tiring and very simple to play. Hence, I chose it to be one of my favorite outdoor sports to play.

2. What emotions do you go through during the game?

I get an adrenaline rush which makes me more excited than normal. I like to be positive if I know we're doing well. However, if we're playing against a very strong team, then I'd get super anxious. If the game doesn't go well, I get frustrated and angry easily. This is not healthy because once the anger settles in, I vent it out on the game. Overall I have a mix of emotions depending on how the game is going.





Burhan Hussaini Syed Mohammad (2018m017)

1. What do you think are the three qualities a sports player must have?

The first quality would be a competitive spirit. He / she must have a strong drive to win and be passionate about it. The player must also be disciplined by showing integrity and respect towards the sport. Lastly and most importantly, a team player must put the team's achievements before his own.

2. How do you and your teammates make cricket practice fun?

Well, we usually try to mix things up. Sometimes, we train in the nets while other times we play matches amongst ourselves. Additionally, we try to have some sort of a challenging competition each training session. It could simply mean, "Who gets out the least number of times in the nets?" or "Who takes the most catches during fielding practice?" This competitiveness drives everyone to train harder and top up their game, while at the same time enjoy themselves as they train.



Ahmed Mohammed Altayeb (2017bm16)

1) How long has it been since you've been playing football?

Football has always been my favorite sport. I've been playing this game for 14 years and my love for it keeps increasing as the years pass.

2) How has Covid-19 impacted your passion for playing football?

In the beginning, due to restrictions and lockdown, I wasn't able to play football. Now, the team and I are slowly getting back into the sport. We are working on our stamina. We hope that we can play in tournaments soon.

We play till we reach the stars...



Medical Health Profession

FUTURE HEALTHCARE PROFESSIONALS

By: Fatima Leila (2018bm16)

To say that healthcare is revolutionizing is an understatement. It is important, as healthcare workers especially, to understand how major technological shifts to the healthcare industry will reinvent the jobs we have today. The idea that some of these jobs will become obsolete in the near future is a good reminder to help us assess skills that we already possess and compare them with skills that will become imperative in the years to come. This will allow us, the future workforce, to be prepared to make the transition. The transition being moving to jobs that are novel and without precedent, and will hence require substantial training.

The purpose of this article is to bring awareness to future occupations that researchers have deemed will be amongst the most common. An interesting point to note is that some of these jobs already exist.

1. Epigenetic counsellors

How epigenetic counsellors differ from genetic counsellors is that they focus not only on changes in DNA structure that lead to disease but also on epigenetic factors that have an effect on disease causation. As it becomes increasingly known that epigenetic factors play a vital role in the development of disease, the need for epigenetic counsellors will also rise to help educate patients and their families so that they may make more informed decisions.

2. Medical roboticist

Those with a passion for both physics and medicine will find that this can be an enthralling career for them. Being a medical roboticist includes developing and creating intelligent tools that can be used to assist physicians. These can be ones that either help to streamline surgery by being more precise, or they may be invaluable diagnostic tools that can be used to detect ailment.

3. Cryopreservation specialist

This may seem a little premature to have a conversation about because of the fact that a lot of research is yet to be done on cryopreservation of complex tissues and organs, but what is fascinating to point out is that it is increasingly becoming a trend. So whether or not recovery of these organs is actually possible, preservation of these organs will still take place. Additionally, cryopreservation already exists in the world of IVF as it is the primary method used for freezing embryos and chilling eggs and sperm.

4. Tele-surgeon

Tele-surgeons are physicians who operate on their patients from remote sites. Although a few surgeries have been performed in this way it is still not widely practiced. However, its importance lies in the fact that when systems are perfected and economically feasible, tele-surgeries may be conducted on for example, soldiers or astronauts without physically being in the same location. Additionally, it seems like an achievable method of providing healthcare for patients living in rural areas of developing countries where skilled surgeons are few in number.

5. Diagnostic sonographer

As the name suggests, a diagnostic sonographer is a healthcare professional who uses sonography to detect heart conditions, cancer, pregnancy, etc. The demand for diagnostic sonographers stems from the growing baby boomer population who require regular diagnostic care. Furthermore, one can specialize in various fields such as vascular, breast and paediatrics through training and further associate degrees.



MEET
THE TEAM

MEET
THE TEAM

MEET THE TEAM

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