

Mélange

UNITY IN DIVERSITY



CONGRATULATIONS TO THE WINNERS



**VIRTUAL
GLOBAL
DAY 2021** ANNUAL ETHNIC & CULTURAL FESTIVAL



**1ST PLACE
PAKISTAN**

**2ND PLACE:
NIGERIA**

**3RD PLACE:
INDIA**



**National Attire
NIGERIA**

**Singing/Dancing Performance
NIGERIA**

**Speech/ Poem/ Storytelling
PAKISTAN**

**Arts: drawing, sketching,
painting, calligraphy,
handcrafts and embroidery
UNITED ARAB EMIRATES**

**National Food Presentation
PAKISTAN**



EDITORIAL LETTER

Dear readers,

I hope you all had a great start to the second semester and are coping well with all the academics.

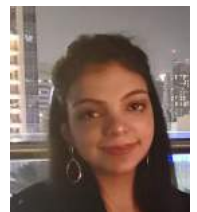
The last few months have been very exciting here at GMU especially because of the preparations for the virtual global day, COVID science week and much more!

In this issue of melange we bring to you a special edition on women's day where some of our very own doctors talk about the challenges women still face to date in healthcare professions. Apart from this we debunk some myths on medications. Find out whether fiction can actually turn into a reality with our new section on fantasy and medicine where we discuss the creation of inter species and do check out what exciting and fun plans your friends are looking forward to this spring break!

I hope you all enjoy this issue of Melange and any feedback would be highly appreciated!

Wishing you all an amazing spring break and best of luck for your upcoming exams!

You got this!



Vaneezeh Khamisani
(2018bm15)

Medicine and Research: Peto's Paradox.

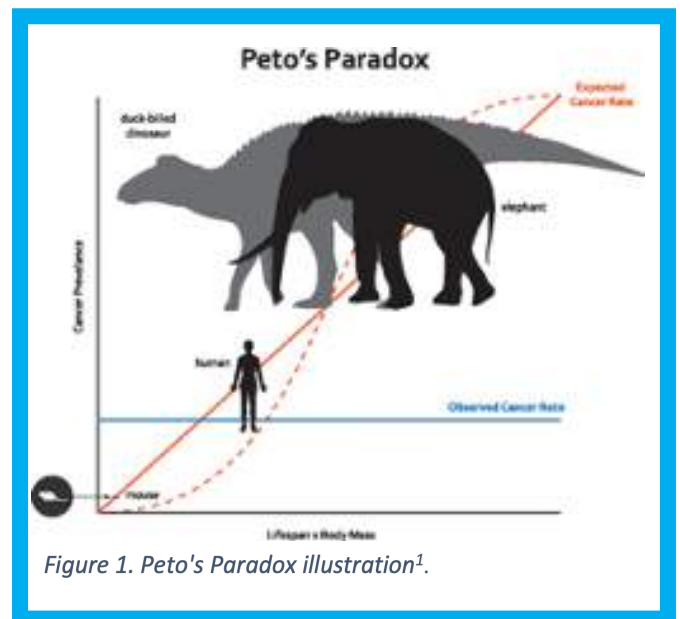
By Dana M. Louai Al Akhras (2020bm06)

Have you ever wondered why enormous animals – such as the magnificent Blue Whale or the African Bush Elephant – seem to never get affected by cancer? Logically, you would expect that a larger animal would be at a higher risk of developing cancer since the huge number of cells correlates to a greater probability of cancerous mutations. Ironically, the likelihood of cancer development in organisms proves to be independent of body mass, and this exceptional phenomenon is what is referred to as the Peto Paradox.

To understand how this happens, we should look deeper into the pathophysiology of cancer. In multicellular organisms, cells must undergo mitosis to divide for growth and repair, and during this process, the genetic material must be replicated for every division. Mistakes, or somatic mutations, are bound to affect any step in the genetic pathways that control how the cells develop and deal with abnormalities. These mutations could, in turn, obstruct the surveillance on oncogenesis. As a result, cancerous cells eventually evade apoptosis and the immune system, proliferate, and form malignant tumours.

Large animals with a long life-span are not essentially “immune” to cancer, but rather appear to be more resistant to the drastic effects that cancer development poses on the body. After a study was conducted on zoo mammals in 2015, the results showed that instead of seeing more vigorous cancers in the larger mammals, they had fewer cancers in comparison to those with reduced body masses². This observation supported the paradox, which left a radical impact on our theoretical understanding of cancer and created a sense of curiosity around how such a peculiar prodigy of nature has come to be.

Two hypotheses have been offered to explain Peto's Paradox: evolution, and hyper tumours. The evolution principle is very straight-forward: as animals evolved from unicellular to multicellular organisms, they had to come up with ways to protect themselves from cancer to survive and reproduce. Those who weren't able to do so died, and those who managed lived to carry their advantageous genes onto their offspring. It was also discovered that tumour



suppressor genes, which counteract the actions of mutated proto-oncogenes, exist in greater quantities in big organisms, and are more effective in cancelling out malignancy³. This could explain how evolution resulted in cancer “immunity” in these animals.

Hyper tumours, on the other hand, operate in a fascinating mechanism. They are neoplasms that spread on other tumours and are formed when a cell from the cancerous cell line further mutates and decides to start forming its own cell colony. This creates a different tumour, which starts competing with the original tumour for nutrients and resources, killing it in the process⁴. So, you can think of it as “cancer killing cancer”, which is pretty bizarre! Besides, hyper tumours occur in larger quantities in big animals because the preceding tumour takes longer to reach the stage where it can start affecting the health of these organisms, and by then multiple hyper tumours would have started developing over time, eliminating the original cancers. Alternatively, cancerous tumours cause quicker harm in smaller animals, as these tumours make up a much greater percentage of their body mass, making the occurrence of hyper tumours super rare due to the short period before the animal succumbs to the disease.



Although both postulates provide sensible reasoning, they might not be the actual explanation for Peto's Paradox. All we know is that the existence of such a miraculous possibility to escape cancer's ramifications has inspired us to look for other treatment methods, and perhaps even try to figure out what could be done to avert the onset of this deleterious disease once and for all.

Resources

1 BMC Biology (2017). Figure 1. Peto's Paradox illustration. BMC Biology. Available at: <https://bmcbiol.biomedcentral.com/articles/10.1186/s12915-017-0401-7>.

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MISCONCEPTIONS ABOUT MEDICATIONS AND DISEASES

By: Khadija Ahmad Tukur (2016ph27) and Sayesha Taneja (2020pcs18)

“Medicine knows no limit, especially on its own.” - Gerhard Kocher

The use of medications has significantly evolved over the years and with more medications have come more misconceptions. There are numerous misinterpretations that disseminate among people regarding therapeutics and ailments.

- The first and the foremost myth is “if the pharmacy sells, it is safe to take.” Our local pharmacies have tons of products that are handy. However, medicines are fabricated in a very specific way and may not suit every individual. Hence, it is important to consult our healthcare provider before we consume any medication.
- Second, we all think if we missed a dose, we can double the next one. It may seem quite logical to us to do that but, in many situations a double dose of anti-seizure medication could result in severe dizziness, shakiness and vomiting. For safety, it is crucial to ask the doctor what to do if we miss a dose.
- We all generally think that once we have started feeling better we can stop taking medicines. Although it may be enticing to discontinue our prescribed antibiotics once the symptoms start to disappear. Nonetheless one should never stop the dosage midway as abruptly discontinuing medications can have serious consequences such as sweating, stomach complaints and confusion.
- “It's best to keep medicines accessible in the bathroom or kitchen sink. Placing medicines where we can see them everyday seems to be an agreeable idea and the best way to remember them but, when medicines are out in common areas they can be damaged by both dampness and light which can cause problems in their mechanism of action. Hence, store them in the original safety built container or in a pill box that can't be opened by little hands.
- Nowadays, a lot of people suffer from dry eyes whose cause is falsely related to lack of tears. In the past, dry eyes were thought to be merely caused by aqueous tear insufficiency. However, now it has been found that is caused by a lack of adequate tears rather than lack of tears!
- we all are under the impression that receiving a flu shot can give us the flu. Although people may feel ill after receiving a flu shot, it is impossible for a flu vaccination to cause the flu. Also it is important to remember that the vaccination we receive, protects us from particular virus strains.



“Medications are no good after expiry?” Well, think again. ‘The expiration date is the date when the manufacturer still guarantees 90% potency, and companies have very little motivation to extend it, a physician explained. An analysis of data from the federal Shelf Life Extension Program, published in May 2006 by the Journal of Pharmaceutical Sciences, found that 88% of 122 drugs from 3,005 lots had 90% or more potency one year past the expiration date, with an average extension of more than five years’. Now we don’t advise you to go devour your expired medicine cabinet but if you find yourself in a zombie apocalypse scenario...this would come in handy.



Next is the age old myth that won’t go away. “Chewing Gum stays in your stomach for 7 years” to some this might sound silly but best be sure people still believe this, well it probably isn’t their fault. Some of this false information was fed to us since we were kids. ‘Although it is true that many of the ingredients in gum such as elastomers, resins and waxes are indigestible, that does not mean they hang out in your guts for seven years. Plenty of what you eat, even things you are recommended to eat, such as fiber is indigestible. But the digestive system is an amazing piece of organic machinery, and anything it can’t absorb, it moves along. Despite the stickiness and strange consistency of gum, “it passes right through your digestive tract and into the toilet,” said a physician.

We only use 10% of our brains? That was what I always thought but an article I read begged to differ, it said ‘Motivational speakers and other self-help gurus have been promoting this one since as early as 1907, as a way to encourage people to tap into some latent capacity. But these people were not basing the proclamation on sound science. Today, scientists can look at any brain scan, measuring activity at any given time, and have a big laugh at this myth. “You just don’t see big dormant areas,” doctor Vreeman said. The idea lingers in popular culture because “we want to think we haven’t reached our full potential,” well, this might seem like a downer, but look at the bright side this information doesn’t mean you won’t be amazing no? The world is our oyster ;)

Coming to the end of this segment we hope you enjoyed these myth “busters” that we have selected and also would like to commend you for pulling thought with the scary looking paragraphs.



CAN DOCTORS HAVE EMOTIONAL RELATIONSHIPS WITH THEIR PATIENTS OR SHOULD IT STRICTLY BE PROFESSIONAL?

Although the idea is perceived as unethical, I believe physicians can have emotional relationships with their patients. The ultimate goal of the physician is to treat their patient and having an emotional relationship with them has mostly only positive effects on this goal. When emotionally involved with a patient, why wouldn't you (a doctor) want to see them get better?

A mutual emotional relationship between a physician and his patient makes it more likely that the patient follows the doctor's health advice. If the relationship is more than just a professional one, trust and compliance is easily achieved.

I think an emotional relationship makes communication between the physician and patient potentially beneficial in the whole health care process from diagnosis to treatment. Not only is it easier for the physician to make a diagnosis but also allows for a well informed view on the process.

In my opinion, a doctor can have an emotional relationship with a patient as I do not see how it would affect professionalism.

-Good day readers, I am here to add my own ideology to the mix and hopefully I give enough points to convince you of its veraciousness. I believe doctors are to have a professional relationship with their patients rather than emotional. Why, you might ask? Well, I would say professionalism is what anyone would hope for in a physician. This is of course not indicating that I am opposing the second motion completely, but one cannot simply be emotionally invested in a patient, for I believe that limits the possibility of therapy for that patient. Now I am not saying one has to be cold and heartless like one would with a science experiment, because there is a degree of humanity one has to show to a fellow human to achieve optimum compliance and also

to get the best results of therapy. Also being professional doesn't mean you do not take account of the patients' feelings; it simply means a manner in which one has to act when taking the role of a care provider. It is no news that emotions are known to hinder rational decision making when it comes to treatment, but also being too attached to a patient might bring up personal issues that shouldn't be brought up in the medical setting. It is not a surprise that professionalism is what is always advised when encountering a patient because this act protects not only the patient but the physician's values and reinforced respect on both sides. On the other hand, it goes without saying that patients that require more emotional aid would be given a different approach where he/she would be handled in a manner that best maximizes therapy results. With that I would end my rant by saying emotional attachment to patients happens but that doesn't mean some aren't unnecessary and might be a possible drawback in efficient therapy. (2016ph27)

As the saying goes, "We may be the master of our thoughts, but we are the slaves of our emotions. The oldest and the strongest emotion of mankind is fear and the oldest and the strongest fear is the fear of the unknown."

Every patient entrusts themselves to their doctors. As doctors, one should be able to make practical judgments and decisions on the safety and the life of their patients. In my opinion having a very emotional relationship with a patient clouds the critical judgment and thus the decision making leading to irrecoverable consequences.

When doctors build emotional relationships with their patients, they will struggle to keep within their professional boundaries. It becomes difficult to keep the patient's health and well-being as a prior-



ity. Doctors tend to take up undue responsibility of helping them beyond their line of expertise like prescribing medicines out of their expert level, leading to wrong decisions.

Emotional attachment leads to constant worry to help or save their patient which will lead to the deterioration of the doctor's health mentally and physically thus leading to unproductive cases. It will

scar their personal relationships at home as well. In my opinion, patient care focusing on strategic solutions and treatments in coherence with higher expertise should be the priority. Emotional connection should be farther at bay keeping in mind the quality of treatment for the patient and the quality of life the patient would have in the future.

Zavia Evangeline Kitherian (2019bm36)



One of the most important roles as a doctor is the type of relationship developed with a patient. I say this because as humans, we are inclined to trust those that are far more knowledgeable than us, especially when it comes to matters of life and death. We trust that they will be able to make decisions that we are far too uninformed to make. Hence, to

develop a relationship that is personal and not professional will hinder their decision making skills and may cloud their judgment. The very reason doctors are not allowed to treat family members is the very same reason they should refrain from forming emotional relationships with their patients.

Fathima Leila (2018bm16)



Chimeras - a fictional fantasy traversing into scientific reality.



By: Maha Hassan (2020bm34)

Chimeras, which date back to Greek mythology, are widely depicted in pop-culture works present today. The overall consensus of how they're illustrated is based on an animal made up of various animal parts. From the Harry Potter and Teen Wolf series, to Ben 10 and My Little Pony; these mythical creatures exemplify the idiosyncratic nature of characters. While some works use this to instill the discriminatory concept of "other" and portray them as antagonists, more recent oeuvres use their uniqueness to encourage the overall theme of tolerance and open-mindedness. Chimeras are nothing new to the world of fiction, but they are evolving as a very present reality in the scientific realm, and this is instigating ethical questions which we never thought we'd encounter.

In the world of biomedical research, chimeric organisms are those made up of more than one genotype or zygote, typically from different species¹. For instance, a chimera might have goat cells as well as cow cells in its body. Chimeras are not the same as hybrids, who have half the genetic material of each parent in all cells. Surprisingly, there have been medical cases of human chimeras, however both sets of genes were from humans. As the field of regenerative medicine has witnessed rapid development in recent years, researchers have found ways to create different-species-chimeras through the employment of embryonic stem (ES) cells². These are unspecialized cells that can differentiate into any type of cell in the body, and are extracted from

the inner cell mass of blastocysts after they've been fertilized in vitro³.

Research has shown that if ES cells from, for instance, a rat, are placed inside a mouse blastocyst, then implanted, the developed organism would be part-rat-part-mouse. However, what would happen if human ES cells were added to a mouse blastocyst? Many scientists believe that human/nonhuman chimeras could serve as useful testing environments for drugs and therapies⁴. They would also be highly beneficial in creating models for diseases in vivo. Many advocates for chimeric research also believe that such organisms could be used for organ production and subsequent transplantation into human patients who need it. This would eliminate the need for long waiting periods on transplant lists.

Nonetheless, this is chiefly where many of the ethical concerns arise. As an example, let's assume a human/cow chimera was created. What criteria would have to be met to determine if this creature was part human? Does it have to be more than 50% human, or would classification be based on if the brain was developed from human cells? Would they also have human rights? At what point does butchering for food turn into murder? What are the religious implications of creating chimeras? Moreover, if fiction has taught us anything, it's that these chimeras would be no strangers to discrimination and societal ostracism. Thus, is it even our right for us to decide whether it's okay to subject them to such a fate?



These are only a fraction of the ethical concerns that need to be raised before approaching human/non-human chimera investigations. Nevertheless, these debates regarding medical ethics should not be discouraging for researchers. Rather, traversing through such discussions should empower us to continue exploring all the myriad of possibilities that chimeric research has opened the doors to. Acknowledgement: this article was mainly inspired by the Coursera online course “The Science of Stem Cells”, which I highly recommend for anyone interested in learning more about stem cells and regenerative medicine.

Sources:

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GMU STUDENTS PLANS FOR SPRING BREAK

By: Sumaiya Abdulkadir Saleh
(2018pt44)

Hello, my name is Navana Hemanth, first year MBBS student. So I'm excited to share my views on the plans of the upcoming spring as every other student. I've been waiting for this break more than anything else as it's the only time I can get some rest and be as listless as I want. As of now my only plans for spring are to get an adequate amount of sleep, play my violin, take my dog out for a picnic or a day out, finish watching all my pending shows as well as going for some sight-seeing, which would most likely be very minimal due to the pandemic situation. I would also indulge my-self in cooking as its one of my hobbies and I have not had the opportunity to do it ever since university started. so in this way I will be able to make time for myself as well as my family and pet which would result into a balanced break.

WISHING YOU ALL A NICE BREAK AND BE SAFE.



BY: NAVANA HEMANTH
2020M114



BY: FATIMA SHAMIM
(2020BM33)

Hey, my name is Fatima Shamim. I am a first year BBMS student. I have always heard that one doesn't get breaks when they are in university, and this is exactly what I will be experiencing this year. With my midterms right after the spring breaks, the only thing that's highlighted in my 'to-do list' is to “PREPARE FOR MIDS” but as I live away from my family i will be visiting them for a minimum of 1 one-week, and I highly doubt that my siblings will let me study. Honestly speaking, after a whole year gap with nothing to do, I am really looking forward to spending my first university spring break with my nose buried in my books!

Best of luck to everyone who has their mids right after the break!!

Hi, my name is Gift, I am from Nigeria, a first-year nursing student. As a result of the pandemic, I won't be doing much for this upcoming spring break as I will be avoiding large social gatherings. The plans for this break will mostly be based on resting and relaxing as that's the main aim of the break. I will also focus on my mental health, as well as do things that I love such as creating and posting You-Tube videos, catching up on shows, having my “ME TIME” and most importantly concentrating and preparing for the remaining part of my semester.

I HOPE YOU ALL HAVE A NICE SPRING BREAK AND STAY SAFE



BY GIFT BENJAMIN
(2020NS01)





A look into the minds of our the female professors

By: Danya Iqbal Khan (2020bm21) and
Zavia Evangeline Kitherian (2019bm36)

“There is no limit to what we, as women, can accomplish”
Michelle Obama.

International Women's Day is celebrated every year on the 8th of March. It's the day when people all around the world, dedicated to all the women in their lives. On this day, women are recognized, appreciated and celebrated. Women have a fierce and robust spirit, which makes them excel in every sphere of life.

This year, we decided to pick some of the many influential women on and about in our university, to share their thoughts, roles and experiences being women.



Dr. Preetha Shetty

Associate Professor in the department of
Biomedical Sciences.

What does International Women's Day mean to you?

For me it's a day that's flashing everywhere. However all 365 days of a week should be celebrated as women's day because a woman is a great entity. You can see her in various forms, like a mother, a daughter, a sister, a wife. Even though it is a non-living thing, like a daughter nuclei. I feel honoured, blessed and privileged to be a woman.

Do you have a female role model in your life?

Yes, my mother. She is the reason I am where I am today. She is my strength and I have always looked up to her. She was also my PhD guide. She is a very powerful woman who empowers girls to do more in their life and she has been an inspiration throughout my life.

What is your favourite thing about being a woman?

Everything. There is nothing that I don't like about being a woman. If there is a belief that there is a

second life, I would want to be born as a woman again.

In the healthcare sector, what are the challenges / hardships women or you personally have faced?

Personally, I haven't faced any challenges as I have always set my own terms and conditions.

I feel like we are in part with the other gender. I don't think being a woman is a challenge, but professionally there are many challenges women face.

Could you share your experience or wisdom to the upcoming female generation?

They are already empowered and if given the chance they will do much better. The mindset has changed. I don't think anybody feels now that being a woman is less, they always feel empowered the day a girl child is born, she is welcomed to the world with more happiness these days.





Dr. Janita Pinto

Assistant Professor in the department of Biomedical Sciences.

What does International Women's Day mean to you?

On this day, everyone recognizes women for their contributions to their homes and the society. Personally, I don't think that there should be only one day for celebrating women. Women must be celebrated everyday of the year.

When we are talking about International Women's day, my mind goes out to those women who don't get the respect and support they deserve.

One aspect about celebrating life as a woman, is to be able to reach out and bring about a change in them.

Do you have a female role model in your life?

I have several female role models in my life.

My mother struggled to look after the six of us. She was always working hard to support us. The one thing I admire about her is her calm and gentle nature.

I am the youngest in my family. My oldest sister is 14 years older than me and I have always looked up to her. She completed her PhD in Mathematics when I was in school, which in those days was considered an amazing feat. .

I also admired my school and college teachers. I admire the position they have reached and state of being content with themselves.

What is your favourite thing about being a woman?

I find this question difficult to answer as I have not considered myself any different from a man.

I like the way I look and the way I am able to carry myself. I have reached the level of satisfaction with my personal and professional life. One experience that is unique only to a woman is childbirth. The experience of a child growing within you is truly a wonderful experience.

In the healthcare sector, what are the challenges / hardships women face?

The challenges women face in the healthcare sector, purely depends on the environment. Some women may be fortunate enough to be surrounded by colleagues who support them; while others may not be as fortunate. Women face sexual harassment and/or no promotion or recognition simply because they are a woman.

The background of the women are also an important factor. Many women are privileged to have a family who supports their decisions. They have led revolutionary lives despite their background. However, there are women who don't have the support and are unable to express themselves either due to their culture, family or society.

Could you share your experience or wisdom to the upcoming female generation?

Any change we want to make to society begins at home. To all the mothers, my advice would be to treat both boys and girls equally. Teach them the importance of respecting each other. Respect and love go hand in hand. Don't have education for the sake of education but try to become a better person to bring about a change to society.



Dr. Radhika Taroor

Associate Professor of Behavioral Science and Student Counsellor.

What does International Women's Day mean to you?

Women are the essence of all living beings as they are the ones who give birth and nurture the children. She is the embodiment of strength and the progress of any country. So, this International Women's Day is about acknowledging, respecting and providing empowerment to women in all fields of their lives.

Do you have a female role model in your life?

Of course, my mother. Despite being a busy entrepreneur, she took good care of us. She carried all her roles and responsibilities in a smooth manner. There are many qualities I learnt from my mother. Patience, tolerance, being flexible and adaptive and sharing her wisdom to name a few.



What is your favourite thing about being a woman?

My favourite thing about being a woman is childbirth. I believe that the best gift God has given a woman is procreation.

In the healthcare sector, what are the challenges / hardships women face?

Health equity is the ethical practice where everyone is given equal treatment and access to healthcare. In some developing areas of India, women suffering from leprosy or AIDS have to face the harsh remarks and assumptions made about them by the healthcare professionals themselves. Men on the other hand, aren't seen responsible for their illnesses.

Could you share your experience or wisdom to the upcoming female generation?

The thought process of the new generation is different to what we had. The upcoming generation is very sensitive to certain topics and has a low tolerance level. My advice to the future generation

of female healthcare professionals would be to make themselves mentally and emotionally strong so that they can face their adversaries (like no job opportunities or suppressed human rights) head on. The second advice I would like to share is to speak about your feelings with someone who you trust. Take good care of your health and live a good Quality of Life.

So, **HAPPY WOMEN'S DAY.** It shouldn't be celebrated only on 8th March but throughout your life. Every day there may be downs or ups in your life but life is a circle be a man or woman and I don't think there's any difference. Honestly we should stop celebrating 8th March, every day should be a woman's day. I feel like this day is just a marketing strategy, the people who celebrate women's day are those who don't celebrate women. Respecting women should be a constant practice throughout.



Dr. Eman M. El-labbad

College of Pharmacy, Student Happiness Center Coordinator
Assistant Professor Pharmaceutical Chemistry,
Department of Pharmaceutical Sciences,
College of Pharmacy, Gulf Medical University

What does International Women's Day mean to you?

I perceive international Women's Day as a day I revisit my life purpose, achievements, and happiness. It is time to ask myself few questions. Am I following the path that makes me reach my goals? Is what I am doing now will help me achieve my life purpose? Am I happy?

On the other way, International Women's Day is a day for reassurance and support Reassure all ladies out there, the path is not easy but we still can do it! To all gentlemen out there, continue your support! Support ladies around you either your sister, daughter, mum, wife, student, or colleague. Support

them in finding their life purpose and contribute to society hand in hand.

Above all, it is a day where I acknowledge and thank all people who guided and supported me including my mother, father, brothers, husband, colleagues, and supervisors. I was lucky to be surrounded by their support. Without them, I would stop at the first fall and did not continue.

Do you have a female role model in your life?

My life-long female role model is my mother. Since I was a young girl, I have been seeing her as a hard-working mom. Balancing her work, family needs,



and personal life. She is a great model to follow. She is still supporting me and guiding me to this moment.

What is your favorite thing about being a woman?

This is a hard question, there are many things. This has been changing over the years. But at this moment is “caring”. The ability to providing care and support to people around me.

In the healthcare sector, what are the challenges/hardships women face?



Rania Zaarour Ph.D.

Assistant Professor of Cell Biology and Researcher
Thumbay Research Institute for Precision Medicine – TRIPM
Department of Biomedical Sciences – College of Medicine

What does International Women's Day mean to you?

International women's day is a day to remember and highlight achievements of women. With the purpose of encouraging all women to pursue their dreams.

Do you have a female role model in your life?

My mother and grandmother are two of many examples of wonder women that inspire me. My grandmother had to ride a donkey through the snowy mountains of Lebanon to teach in neighboring villages. That I find amusing and awe generating at the same time. My mother endured immigrating to a new country with her three children, as a result was separated from her husband and her parents. She learned a new language and started a successful business on her own. All that, whilst making sure that me and my siblings had no stress and remained focused on our studies. In addition to her physical strength, during her youth, of being able to crack open an apple in two pieces with her bare hands. I strive to become as strong as she is.

In my view, it is the life-work balance. I will refer again here to support. Supportive family and supportive work culture is really important to overcome this challenge.

Could you share your experience or wisdom with the upcoming female generation?

- Start by knowing yourself. Define your “own” life purpose. Decide what “you” want to do? What will make “you” happy?
- Surround your- self with a supportive shield of family, friends, partner, and mentors and start your journey.
- Be consistent, success doesn't come from what you do occasionally, but what you do consistently.

What is your favourite thing about being a woman?

This is a difficult question to answer, because I do not attribute what I love in myself as being due to being a woman. Nevertheless, I suppose the fact that I have compassion, that, outside of my official work duties, I can participate in events that promote children's wellbeing make me most happy.

In the healthcare sector, what are the challenges / hardships women face?

In the healthcare sector, as in many sectors, we often see a trend where most leadership roles are held by men. This I find discouraging – I can only imagine what other women feel seeing this.

Could you share your experience or wisdom to the upcoming female generation?

To eliminate any type of prejudice and discrimination of any sort, we must have the courage to point them out immediately when we see them. I say stay courageous and do not underestimate your potential.



MEET
THE TEAM

MEET
THE TEAM

MEET THE TEAM

Editor-In-Chief

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