

Mélange

UNITY IN DIVERSITY



WELCOME BACK!



WHITE COAT CEREMONY



CHIEF EDITOR'S MESSAGE:



Zavla Evangeline Kitherian
(2019bm36)
Editor in Chief

Hey readers! Welcome back! Did you all have a fun and relaxing vacation? Well, I sure did. To all the freshmen, we are swelling with pride in your decision to join us and we warmly welcome you to our esteemed university. We hope that you will have an amazing experience here with us.

It has almost been two years since WHO announced Covid a global pandemic and we have been focusing on Covid in itself. But, it's time to move on with a positive mind and look forward to the events of the upcoming year. The new students are bursting with excitement as they share their motivation and rationale for joining GMU. Our seniors share their experiences and sincere advice to their juniors about university life. Not only do we have new students this year, but we also have new professors who have joined the faculty team at different colleges. Their experience with GMU so far has been shared as well. You can also read about our student-powered channel, the GMU campus TV and learn more about our clubs.

This is an endearing effort of many heads. We hope you enjoy reading every bit. We are always open to constructive suggestions to make every edition a power packed newsletter.

An illustration on a dark blue background featuring several light blue, spiky virus particles. Two syringes, one at the top and one at the bottom, are shown with their needles pointing towards a central virus particle that is being shattered or destroyed, with small blue fragments flying out. The title 'Updates on COVID-19' is written in large, bold, white sans-serif font on the right side.

Updates on COVID-19

By

*Dana M. Louai Al Akhras (2020bm06) and
Jaelyne Tauro (2019bm12)*

On the 31st of December, 2019, the WHO identified the first cases of pneumonia that were subsequently linked to the novel corona virus SARS-Cov-2; declaring a global pandemic. Ever since then, we've all been adapting to the "new normal", where masks have become parts of our outfits, words like 'social distancing' and 'quarantine' have made their way into our vocabulary, and meetings and gatherings have taken to virtual platforms. In many ways, our lives were drastically altered to cope with the posing threat right outside our doors. But now, after so much loss and endurance, the world is gradually healing, and while several changes that we made had permanently embedded themselves into our daily lives, many of the crucial precautions that had to be employed to handle this menacing affliction are soon going to be a thing of the past as we move onto a refined future.

What has changed since 2020?

Comparing the start of 2020 with that of 2021, several things deserve to be mentioned. For starters, by January of 2020, the world was reeling from the disease and all its ramifications; there was almost no information on the virus, and its high transmissibility put countless infected people in the ICUs, which in turn overwhelmed hospital staff and resources. There was a shortage of products, all forms of travel were put to a halt, and many economies suffered. Everybody was in a panic; chaos barged in and disrupted the calm. But about a year later, the world has accustomed itself to its inevitable situation. Various vaccines with different mechanisms of action had been developed over a year – thanks to the urgency of the situation – such as the mRNA vaccines, protein subunit vaccines and vector vaccines. As a result, by December of 2020, the first doses were given to healthy volunteers, sparking a flicker of hope that it is possible to rid the world of this gruesome illness once and for all.

Perhaps the most conspicuous change that millions of people had to adjust to last year was remote work and education. However, this approach has started to be gradually abandoned as offices, schools, universities, and other institutions decided to open their doors again. There is no doubt that online learning and work from home have subjected the public to a considerable amount of psychological and emotional stress, and personally, it brings me so much relief to finally be able to experience all that comes with the physical presence in a classroom after so many hours spent behind my laptop screen.

What can we expect this year?

Several variants of the virus have emerged throughout the pandemic; some disappearing, some persisting. The current variants of concern are the alpha, beta, gamma and delta variants. Life had begun to return to normalcy earlier this year, only to go back to square one when the delta variant brought over a new wave of cases. This forecasts that while we thought the pandemic could come to an end with the arrival of the new year, it might take much more time and discipline to arrive at the same conclusion.

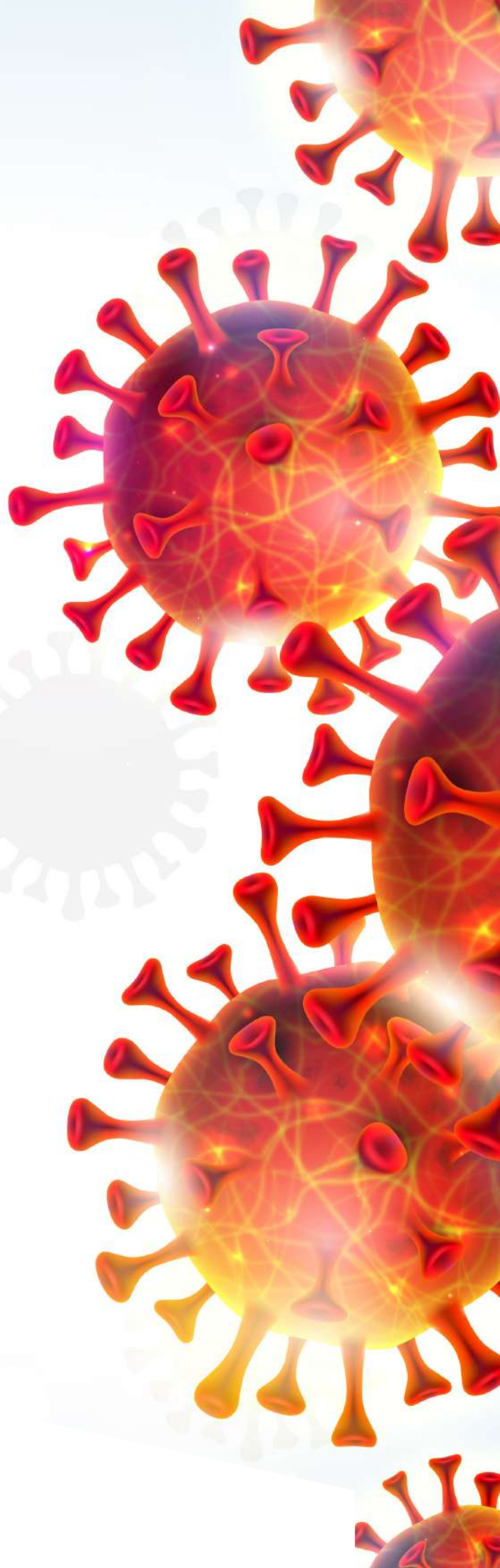
In a few months, we will experience the second winter in the presence of the pandemic. With the winter months approaching, and people returning to their normal routines, outbreaks may occur. Nevertheless, many people have developed a strong sense of responsibility to maintain their roles as reliable global citizens by wearing masks when others are around, washing their hands frequently, and insisting to adhere to lock down restrictions even after they are lifted. At the end of the day, it's those small – but persistent – measures that matter the most and that can contribute to a rapid, worldwide recuperation.

How is the university tackling the pandemic this academic year?

The UAE was one of the leading countries that dealt with the pandemic safely and swiftly to ensure the welfare of its residents. It saved no expenses when it came to the distribution of the vaccines and was recorded to have one of the highest percentages of fully vaccinated individuals. Therefore, it comes as no surprise when this meticulousness stems into establishments that reside within the country's territory, including our GMU. And so, as representatives of the healthcare system that strives to put an end to the spreading of the virus, Gulf Medical University's staff and students have pledged to abide by the following guidelines:

- Submission of vaccination records (with at least two doses) to respective college representatives before the commencement of classes.
- Presenting a negative PCR test result at the start of the academic year.
- Wearing face masks at all times that cover the mouth and the nose.
- Maintaining social distancing of not less than two meters at all times.
- Following hand hygiene by washing hands frequently with soap and water or with hand sanitizer.
- Presenting a 'Green Pass' status on the 'Al Hosn' app upon daily entry to the campus.
- Conforming to mandatory temperature check-ups at every entrance.
- Being compassionate, sensitive, and helpful to everyone in the community.
- Staying at home, self-quarantining, consulting a physician and informing the university in case symptoms arise.
- Self-reporting if a positive test result for COVID-19 was received at the hot-line number (06) 70303677.

By following these safeguards, we ensure that our campus and surrounding premises are safe places to learn and interact with our teachers and colleagues. It is our duty, first as healthcare professionals, and second as faithful citizens of the UAE, to do our best to take care of ourselves and each other during these hard times. And as always, stay safe.



Interviews with the new faculty members

(By: [Sayesha Taneja](#), Husna, Leila, Rigza)

Dr. Rahul Pratap Kotian

(Assistant Professor Department of Medical Imaging Sciences)

1. What excites you the most while teaching students?

When it comes to teaching students, it is much more than just a way to get a paycheck at the end of the month. I believe teaching should make a vast difference in the lives of aspiring budding students and shape them into their professional adult world where they'll become with lessons that will last a lifetime. This feeling of moulding a student in his/her professional career excites me the most while teaching students.

2. How are you managing to adapt to the new environment around you? Would you like to give any tips or tricks to your colleagues and students?

Initially, during the early days of the dreadful COVID-19 pandemic, the atmosphere at work was intense and difficult. However, it's the beauty of humans to adapt and find solutions for every difficult situation in their life. The pandemic has taught us certain lessons of life which cannot be ever learnt through theory education. The new working environment has had its positives and negatives. My advice to my colleagues and students would be to embrace all the positives of this new working environment and learn well from the negatives and implement it for the further future learning of our students.

Dr. Sana Fathima

(Lecturer - Pathology in Department of Biomedical Sciences)

1. Would you please introduce yourself?

I'm Dr. Sana Fathima. I'm from India but I've done my schooling in UAE and went back to India for my higher studies. I then moved back here and joined GMU as a lecturer in pathology. I like the work atmosphere and the students, it's a different experience from India and I'm learning a lot. I look forward to getting along with the students, I hope they find me approachable and I hope to be part of GMU for a while.

2. Would you like to share a little bit about a current research project you are working on or anything that you've worked on recently?

I have published two papers already. One is a case study and one is a case report. The case report was about renal cell carcinomas in a horseshoe kidney. The case study was on the differences between oral squamous cell carcinomas in young and adult populations and their clinicopathological variations, which have been published in the journal of clinical research and diagnosis. My third one is on its way to get published and I'm currently working on my fourth one

Mr. Abid Khader

(Secretary- Student Affairs)

1. How has your experience been so far in GMU?

I am enjoying working here. Although I am new to this institution, I am not new to the education sector. My experience is helping me a lot. The students and the staff members are very supportive and cooperative here.

2. How are you managing to adapt to the new environment around you?

Well, I am getting pretty used to this new environment. The positive vibes around campus bring in new enthusiasm and zeal every day. Even in the pandemic situation, we are trying our best to keep going and that no work gets hampered in any way.

Dr. Sherif Aly Sadek

(Associate Professor - Prosthodontics in College of Dentistry)

1. How long have you been in GMU?

It has been about a month now. I started on the 6th of September.

2. What do you think is the best quality in a good doctor?

I think any good doctor should be precise.

Dr. Lubna Mahmoud Abdel Jawad

(Lecturer - Innovation technology in College of Healthcare Management and Economics)

1. Since how long have you been pursuing this field and what motivates you?

I have been in this field for over 15 years and I am motivated because it is the field of the future. AI and data science are now affecting our day-to-day activities and it is expected to increase in the next few years.

2. According to you, which one important quality makes anyone a good doctoral candidate?

To be a good faculty member, you need to be a subject matter expert in your field plus have the abilities and skills to teach. Teaching requires skills that require a lot of faculty development, which I am witnessing happening now in GMU. Furthermore, you need to have soft skills that are likable to communicate, collaborate and work in a team.

Dr. Mohammed Askandar Iqbal

(Assistant Professor- Cancer Biology in TRIPM)

1. Would you please introduce yourself?

I'm Askandar Iqbal and I'm from India. I joined TRIPM in mid-September. I have also been teaching molecular diagnostics for undergraduate students and I will be teaching PG and master's students as well.

What is one piece of advice you would like to share with all the students at GMU as a teacher?

"Be well informed. Know why you're here. Know your prospects and what you want from life. Where do you see yourself five years down the line, ten years down the line, and accordingly prepare. The world out there is highly competitive, you need to be aware. I believe self-motivation is the key. You need to be self-motivated to excel, not to be average or at par. You need to have that clarity about what you want and what you need to get there. And if you are in science, you need to be conceptually strong, you need to understand it to be able to apply it in the real world. Information shouldn't be crammed, it should be understood and appreciated."

Dr. Amin El Kholly

(Associate Professor of Practice in College of Healthcare Management & Economics)

1. How long have you been pursuing this field?

I have been working in finance and management for about 24 years now so, coming to the academic position has been through practice for me. It is interesting that the college is bringing the broader knowledge of finance and business, and applying it specifically in the context of healthcare.

2. What excites you most about the students?

My students, who have mostly been the Executive Master Students so far, bring as much to the classroom discussions as we, the faculty do. They learn from us and each other plus we also learn from them. I will be attending the happiness committee as well so I will be getting more time to interact with the students. My colleagues are great and I look forward to meeting the undergraduate students as well.

Dr. Ahmed El Ouweini

(Clinical Lecturer - Pharmacy Practice in College of Pharmacy)

1. How long have you been in GMU?

I have been teaching at GMU for a month now.

2. How are you adjusting to the new environment and what has your experience been with the students so far?

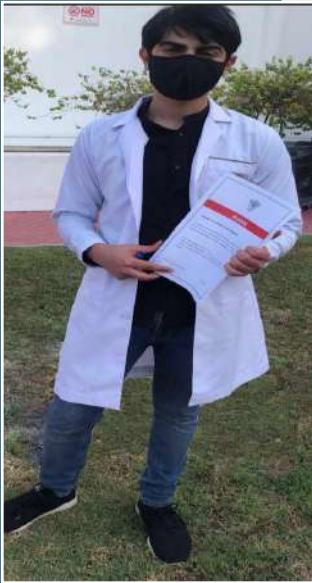
The teaching systems here are different from the ones we used there (in Lebanon) but adjusting has not been a problem. I'd say it is going well so far and the students are very engaged and interested in what they are learning. It is exciting for me to know that I am preparing them for the careers they are going to pursue later on.

Interviewing New Students

By: Maha, Sumaiya,
Manal, Maryam and Diya

The halls of GMU have been buzzing with simmering excitement and bewilderment, as a wave of new freshers hits campus! Perhaps the prominent curiosity and determination set in their eyes are nostalgic for many of us - we're all familiar with the 'new school, new me' jazz. Nonetheless, new energy must be absorbed with open minds. Thus, our interviewers at Melange spoke to some of the freshers to learn about their expectations from the university.

Question 1: How did you come to know about your program, and why did you choose it?



Malek Hamza (2021pt19)

Physical Therapy

"I came to know about physiotherapy from family members who were treated by health-care professionals in physiotherapy rehabilitation centers. I was intrigued by the process of treatment, and it got me to do my own research on the world of physical therapy and all the modalities and techniques involved with it. Becoming a physiotherapist meant I can treat patients from all age groups to help improve their physical health, wellbeing and help them gain back their quality of life. I have always seen myself as a caregiver, and as a physiotherapist, I would be in contact with patients first hand and provide them with the proper help and treatment they need."

Haseena Parveen (2021bm09)

Biomedical Sciences

"Towards the end of my high school years, I grew interested in microbiology and microorganisms. I became fascinated with the field and began researching biomedical sciences. Later, I began asking my friends, acquaintances, and seniors who had taken this degree at different universities, and GMU was one of them. After hearing positive feedback about the course and the university, including the supportive atmosphere of GMU and the people, faculty, and contests they organized before the pandemics, I became even more interested and aware of the course, and applied for it at GMU."





Bhavika Vankayla (2021pcs)

ADPCS

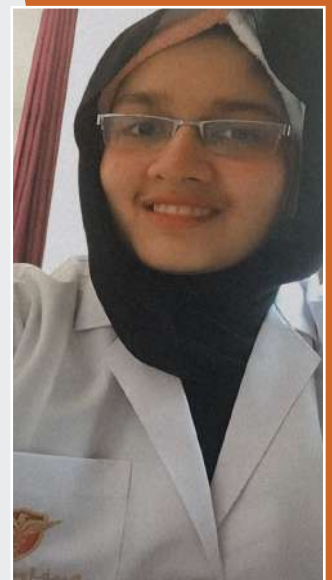
"It's a 3-year + 3-year course; that's 3 years of pre-clinical and 3 years of clinical sciences. You get to choose where to study abroad after you're done with your 3 years of pre-clinical sciences at GMU. I've chosen the Medical University of Lublin; it is one of the top 5 universities in Poland, and I think that it's a great opportunity for me to excel in the clinical sciences.

I believe this medical program is such a very beautiful one to pursue because it involves providing services to help others and a lot of hard work simultaneously. I think a key part of this career path is the relationship and trust you build with patients, it's very beautiful. I can't wait to complete all 6 years and help my patients in the future."

Aasiyah Daymakumar (2021hme09)

Healthcare Management & Economics

"I chose GMU as it's an accredited university, it is well-known, it seemed to match with how I want my professional academic life to go. Through the GMU website, when I went through the courses, I felt as if this is the thing I want to learn about and do in life. The people here make me feel at home. My batch mates are friendly, it doesn't even feel like I'm in a different learning environment right now."



Question 2: If you could give any advice to your juniors, what would it be?

Ferdous Salem Sayahy (2020pt36)

Physical Therapy

"The only advice I have for them is to not miss any lessons unless there is a good cause for doing so, and I would also advise them to study every day and never leave the room with even a slight doubt. Always seek assistance from professors, who will gladly assist you in resolving your questions."

Asma Khan (2020m042)

Medicine

"My advice to my juniors is to enjoy their first year, not to stress themselves out, and not to put off doing their work on time because I had a bad experience in my first year with not finishing my work, which made it difficult for me to finish at the last minute, and to study regularly as well as go out and have fun."





Fahmi Said (2020ns31)

Nursing

"My biggest mistake would be getting too comfortable with the extended deadlines professors provide for some assignments. My advice is to focus on time management and organize your effort; [be consistent in] the amount of effort you put into the assignments you're given, so that your deadlines don't stress you out, and the pressure doesn't build up all at once. Organize your time and efforts for each assignment, each day, so that you finish them sooner. Things get easier for you. Also, take advantage of textbooks, and do any extracurricular activities that can improve your studies."

Ghenwa Ghayad (2020ph18)

Pharmacy

"I would advise them to pay attention and concentrate during their lectures and gain knowledge not just for the good marks. Marks might fade over some time but knowledge will stay forever. Also, engage yourself in community activities and different clubs at the college."

We hope all the freshers have an exciting year ahead, filled with memories, and hopefully some new knowledge you won't completely forget over the summer break! From getting lost and making friends along the way, to exploring the campus they'll call their second home in the coming years, embrace it all!



GMU Student Clubs

Do you like to play football, volleyball or maybe tennis? What about reading different types of books? Or maybe something else? Each year, there are more than 10 active student clubs in GMU which are open for all the students. Student clubs are an amazing way to develop your social, educational, leadership skills and foster shared interests.



Benefits of Student clubs

The students club allows you to meet a diverse group of students from different countries allowing you to share interests and learn at the same time. Also, the students' club helps to develop your personality, social skills, organization and management skills and much more!

Check the categories below to find the right club for you! If you don't see a club that takes your interest, why not set one up? The club policies and leader's contact information are available at the student affairs department on the notice board.

(Layla Jameel - 2019bm28)



One of the most exciting things on Campus that we have started looking forward to is a forum prepared for the students, By the students. In GMU campus TV, we believe in student expression from all over the university !! The pilot episode airing last year, where a team of our students comprising of presenters, writers, directors and editors put forward an impeccable show where we interviewed our founder, Dr. Thumbay Moideen, had fun interviews with students around campus about our summer break and celebrated the various achievements our fellow students had accomplished over the past year.

That's not all though, GMU campus TV plans to air every month, where we will be coming up with new and refreshing ideas and updates on what's happening around campus. We are constantly looking for ideas and content and it would be a pleasure if you would pitch in!

Don't forget to catch up on our pilot episode aired on our official youtube Channel till the next!

(Danya khan -2020Bm21)

MEET
THE TEAM

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