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UNITY IN DIVERSITY



ENCOURAGING, ENGAGING AND ENERGETIC A NEW ACADEMIC YEAR



White Coat Ceremony 2022-23



CHIEF EDITOR'S MESSAGE:



Zavia Evangeline Kitherian
(2019bm36)
Editor in Chief

Well, it's that time of the year again – our first newsletter of the year 2022-23. Motivated, dauntless, dedicated and a never give up attitude are the forefront qualities for the success of any individual. Late nights and early dawns are always the success stories.

The newsletter team was awe stricken at some of the achievements of our students, when we gradually started compiling the content for the same. 'WOW' is all that we felt. We have come a long way. This newsletter features the Orientation and the White Coat Ceremony, an induction ceremony of the new students into our reputed university.

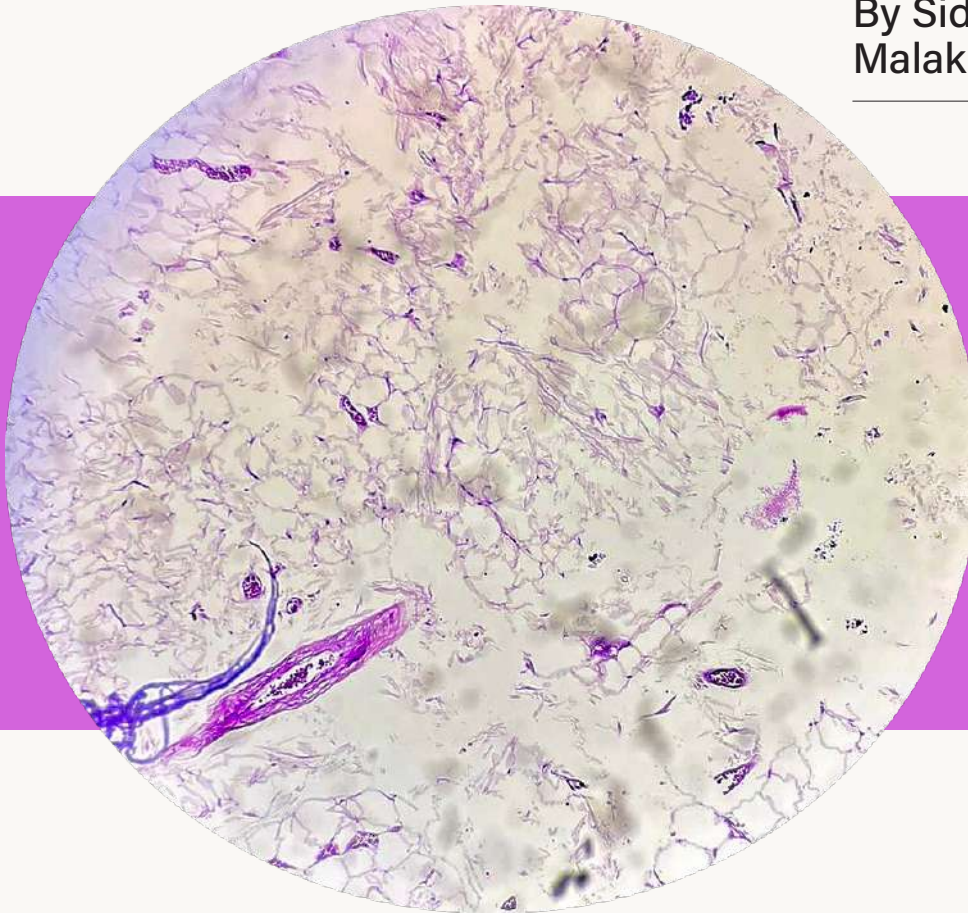
It not only portrays articles by our student go-getters but also testimonials and interviews with our student achievers who have moved forward to other universities for their internship and PhD. Kudos to these students who want to make a big difference in the world.

The resolve of our students is evident in their feature stories. This issue also highlights student researchers whose passion for discovery has taken them to unexplored places.

We hope you enjoy the multifaceted read.

JOURNEY OF HISTOPATHOLOGICAL SLIDE

By Sidra Huda Khan and
Malak Embaby



"This photomicrograph shows a lipoma composed of mature adipose tissue with a pushy margin and homogenous appearance with adipocytes exhibiting roughly the same size. They have small & bland nuclei compressed to the periphery of the cell."

Oh, how could I talk about my journey, but I will! I shall let you know how difficult my journey was, and how hard my path was to get where I am today. A stunning colored slide. Well just so you don't find hard to refer me, you can call me slidie!

That's right, to begin with my adventure started in a dissection hall, where I was found under the light of my amazing creators after they had extracted me from a cadaver. From there, they investigated, experimented with, and came to know me better. Me being very well featured and rebellious, I made sure I didn't reveal who I was to them, not so easily, I mean how could I? That's right, this was the point in my voyage where things really started to pick up. This is where I get to explain to you how I was laboriously brought into the world. When I was originally discovered, I was put in a cassette with a window and drowned in a solution. To be honest, I don't like that solution but I don't mind it either, because it makes me stronger and more intact so that I can be a better slidie. I was then soaked in varying concentrations of ethanol, which helped in the removal of water. However, despite the fact that it made me drowsy, Xylene assisted me in removing the alcohol from my system and this allowed me to shape into a wax block. That's correct, a wax block by the method of embedding. Who would have thought that I would be cut into a ribbon using a microtome to create a flawless segment? Oh my God, I was exhausted, but the greatest part is that after this, I got a warm, relaxing bath. This is the best process of all, and after I was dried off, I was stained with these gorgeous colors, which made me appear like a pinky slide. And I totally think it made me look cool. Now I was a perfect slidie, and Finally, when I was done, I was examined under a microscope, and they discovered that I was a lipoma by seeing through me.

Special thanks to Dr. Liju Mathew and Dr. Sana Fathima.

Humanity's Worst Viral Assassins

By Dana M. Louai Al Akhras
and Sarwat Ali

In 1892, a Russian botanist conducted an experiment where he passed an infected Tobacco plant's leaf sap through a Chamberland filter-candle; a filter that completely removes all bacteria and other cells from a liquid suspension. He then reapplied the filtered extract on healthy leaves and watched as the infection manifested into mosaic-like patterns on the leaves' laminae. That was the moment Dmitri Ivanowsky discovered that something other than bacteria was capable of acting as an infectious agent. It wasn't until 1898 when Martinus Beijerinck – a Dutch microbiologist – demonstrated that this inciting "filterable pathogen" was able to migrate through agar gel, proving that it is a *Contagium vivum fluidum* – a contagious living fluid – and denominated it as the Tobacco Mosaic virus. For his elaboration, Beijerinck was credited with the discovery of viruses, marking the emergence of the field of virology.

Throughout the 20th century, scientists have worked relentlessly to understand what a virus is and what makes it so unique and intriguing. The fact reminded that, unlike the rest of our known pathogens, viruses are considered to be non-living entities which can only multiply and act "alive" when they infect a host cell. Although they are much simpler in structure than living cells – basically nucleic material surrounded by a protein coat – they have proven over the decades that they could be one of the most vicious threats humanity has ever had to face.

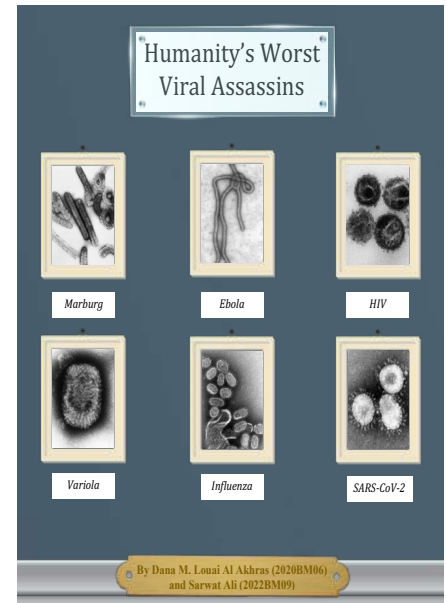
Starting with the worst of them all, Marburg and Ebola are both lethal viruses that belong to the Filoviridae family. Although rare, Marburg and Ebola have independently caused devastating and deadly outbreaks in Africa, with a death toll reaching up to 11,308 out of the 28,610 (39% fatality rate) cases that occurred in the worst Zaire Ebola virus outbreak in West Africa, circa 2014. The reason why we are so terrified of Marburg and Ebola is that they are both incurable haemorrhagic viruses that ravage and destroy the body from the inside out in a matter of a couple of days. Moreover, although these viruses possess an average fatality rate of 50%, they have achieved 100% fatality in several localised outbreaks around the world.

Human immunodeficiency virus (HIV), which is associated with acquired immunodeficiency disorder (AIDS), brought about the terrible HIV/AIDS pandemic that has killed more than 36 million people since 1981, reaching a peak between 2005 and 2012. Being as deadly as it is, HIV can be greatly managed and prevented. Therefore, efforts are always focused on raising awareness around the virus' modes of transmission to educate people on how to avoid contracting the infection. This has already shown success as the annual global deaths from HIV/AIDS dropped from 2.2 million to 1.6 million during the pandemic's peak period.

Smallpox, caused by the variola virus, was one of the most horrid diseases known to mankind that led to millions of fatalities before it was successfully eradicated in 1980, becoming the first and only contagious disease to receive this status. Nevertheless, this is not the only distinctive aspect of smallpox. This is because, in 1796, Edward Jenner was able to develop the first successful vaccine against smallpox after he had observed that milkmaids who had already contracted a cowpox infection "miraculously" evaded smallpox, and by doing so he paved the way for the concept of immunisation.

The most lethal influenza pandemic – The Spanish Flu – began in 1918, claiming up to fifty million lives all over the world and affecting around 40% of the world's population. What distinguished this pandemic from all the other flu pandemics was that – unlike the victims of the latter – the 1918 pandemic peculiarly targeted healthy, young adults while sparing the elderly and the immunocompromised children. Because influenza is a seasonal infection which can lead to life-threatening conditions in certain cases, it is advised to receive the flu vaccine annually to eliminate any dire complications of the infection.

Lastly, the most recent, lethal virus to emerge is SARS-CoV-2 – the causative agent of COVID-19 – which is a novel virus that belongs to the large coronavirus family. First identified in December 2019, SARS-CoV-2 originated in Wuhan, China and spread all around the globe, leading to the first global outbreak since the 2009 H1N1 Swine Flu pandemic. To date, COVID-19 has infected 618 million and claimed the lives of 6.55 million people around the world. Having said that, after almost three years of global endurance, the world has finally entered its recuperation period. Nevertheless, it would still be a healthy reminder to acknowledge that – although the world might heal and move on – the viruses and pathogens often stick around. With old epidemics and pandemics gone, new ones are always lurking in the shadows, peering around the corner, and waiting for an opportunity to strike.



Interview

with Graduates

Shariq Khan MBBS (By Janet)

What interested you to take up the degree you finished? Also, did you think you could make it to the end?

When I was in high school, one night, I woke up with severe shooting pain going down my right leg, so severe that I had to go to the emergency department. My pain was misdiagnosed for four years until finally a doctor carried out the appropriate diagnostic methods and discovered that the pain was due to a bone tumor where surgery was done. At the time, I was already in the process of completing my Bachelor of Science degree, but the experience made me realize how many people suffer due to physician negligence and many people have lost their lives due to poor physician practices so I wanted to break this chain by I decided to become the best physician ever. When I set my mind to it, I knew I could achieve this goal and make it to the end.

What were some of the challenges you faced that no one warned you about in your course, or isn't talked about often?

Honestly, I did not face many significant challenges. I had set a plan before joining GMU that helped me to balance my studies and extracurricular activities. One particular thing I felt was challenging was transitioning from a theory to a practical setting when transitioning from Year 3 to Year 4, but it became pretty simple once I spent time in the hospital environment and learnt how it functions.

Could you share 3 tips and tricks for current and future students?

- **FOCUS IN CLASS!** When you focus on the lecture given by a professor, you are learning the material ten times better than if you do it by yourselves. Come home and review it the same day so the newly learned information has a better chance of being stored in your long-term memory, and you will be able to study that topic efficiently for the exam, and it won't leave your brain!
- **Don't forget your main goal!** It is necessary to realize that the main reason you are at GMU is to complete your program and receive appropriate training to be able to practice and have a career. Let's face it, the programs are not easy, but they are tailored to make you great healthcare professionals. If anything is interfering with your study time, it's not worth it.
- **Don't study to pass the exam; study to make yourself an excellent health professional.** A massive misconception that studying is meant to be done to pass exams. Although that may be true for many occupational fields, it is not valid for the field of health. We have another human being's life and well-being in our hands, and I don't mean only MBBS or MDs. This applies to everyone working in the field of healthcare.

What do you think came first, the chicken or the egg?

Humor: I just ordered a chicken and egg from Talabat. Let's see what comes first!

Professional: I believe it's the egg because if there were no chicken, then who would lay the egg?

What are your expectations from your internship? (Good luck by the way! And congratulations!)

In my internship year, I hope to be exposed to many kinds of cases and learn how to deal with them with the utmost professionalism. I also expect to become well-rehearsed in standard procedures and diagnostic methods so that I may be ready for my residency in General Surgery next year.



Interview

with Graduates

Dalia Al Saeedy PHARMACY
(By Jaelyne)



What interested you to take up the degree you finished? Also, did you think you could make it to the end?

I always knew I wanted to pursue a career in research and academia, but I also knew I needed more research experience before I could qualify for applying to a PhD program, so getting a master's degree seemed like the natural thing to do. There were definitely a couple of moments where I felt like the end would never come, but thankfully those moments were short-lived.

What were some of the challenges you faced that no one warned you about in your course, or isn't talked about often?

The classes you take in your undergraduate may significantly impact your eligibility for postgraduate programs, even if it's in the same/similar field. You should plan far ahead, you can never plan far ahead enough.

What was something that you loved doing, or being a part of, during your time in the university?

I loved learning new things and having a structured, routine schedule. It forces you to learn how to organize your days into manageable sections to stay on track with your studying, sleeping, and recreation habits.

What do you think came first, the chicken or the egg?

Well, if you want to be scientific about it, the egg came first. According to Darwinian principles, the first hard-shelled egg that could be laid on land appeared millions of years ago, while domesticated chickens evolved from their ancestors likely around thousands of years ago.

Could you share 3 tips and tricks for current and future students?

- Stay organized. We live in the age of technology so use it to your advantage. Set calendars, reminders, to do lists; whatever works for you, but make sure you use the resources at your disposal to stay organized.
- Sleep. You will not be able to function at your best without sufficient rest, and if you think you can get away without getting a good night's worth of sleep, it will come around and get you.
- Last but not least, take breaks! It's easy to get swept up in all the work and forget to take breaks and relax.

Interview

With Returning Students on how they spent their summer vacation

By Danya, Nusrat



Asma Khan

How was your summer vacation? Pick three words to describe your summer.

Summer 2022 was the best summer ever for me. I traveled to New York and stayed there for 2 months and went out almost everyday. We took countless road trips and subways trains and had so many amazing adventures along the way, I don't think I'll ever forget it. My summer was lovely, fun and adventurous.

What was your most memorable moment of the summer?

It definitely has to be my trip to Niagara Falls when we went to "cave of the winds", you basically get to feel the falls and stand underneath it. One thing I can tell you is that the poncho will not help and you will definitely end up getting wet!

What are some things you want to accomplish this academic year?

Firstly I would like to complete the researches I have been working on and then hopefully I can pass my phase 2 exams and start clinical trainings and do what I like the most and along the way I would like to take part in as many extra curricular activities as I can.

How did you change/grow over summer?

I met so many new and different people which made me see the world in a whole different perspective and that is one thing I love about traveling, you get to speak to people around the world and it shows you how different life is around the globe which is truly fascinating.

Aysha Saman

How was your summer vacation? Pick three words to describe your summer.

Unlike previous years, this summer I haven't traveled anywhere and stayed back in UAE. Spent most of the summer having quality time with my family and friends. So, I would say it was neither bad nor amazing it was a neutral summer. In 3 words my summer was - Long, humid and air conditioning.



What was your most memorable moment of the summer?

The most memorable moment of my summer was meeting my high school friends, who were also here in the UAE during summer. Hence it was an amazing time catching up with them, same goes for my relatives who came here for their vacation.

What are some things you want to accomplish this academic year?

I would love to participate in as many extracurricular activities and events as possible, and try to interact with many more people. I would also like to establish a good routine to manage my time and set specific goals for myself.

How did you change/grow over summer?

I don't know about changes, but I think I have grown more patient towards a lot of things, taken up the habit of reading, involving myself in volunteering activities, engaging in family activities and going for long drives which helped me practice my driving skills. Also, my overall outlook towards a lot of things has changed in general.



Tanvi Prem Kumar

How was your summer vacation? Pick three words to describe your summer.

Summers in UAE are quite unbearable hence, traveling back to my home country is a must. The weather in Bangalore is astounding. There's a huge difference in the way people live in UAE vs India. It's a change of environment there, which is refreshing in its own way. Pleasant, enjoyable and detoxing

What was your most memorable moment of the summer?

For me the traveling is enjoyable, I love the journey, so a road trip or a plane journey is what I love the most. I did quite a bit of that this summer. Was able to cherish it more this time as this was my first time traveling post COVID.

What are some things you want to accomplish this academic year?

The same as always, I wanna be a better student overall by putting efforts into not only studying but also by participating in extracurricular activities such as community engagement, being more vocal and social. It would help me grow as an individual and also expose me to a variety of opportunities and people.

How did you change/grow over summer?

This summer gave me a whole range of new things to experience such as volunteering opportunities, community engagement, traveling, rejuvenation, etc. Each one of them taught me a different thing and definitely gave me a good break from the stress a student faces.



Diya Thakur

How was your summer vacation? Pick three words to describe your summer.

My summer vacation was AWESOME. Three words - Reconnecting, Stunning and Peaceful.

What was your most memorable moment of the summer?

I happened to visit an ancient temple on a little mountain, climbing over 10,000 stairs. But the sights on the way, and all the fun I had with my family - cousins I hasn't seen in countless years - and the peace of being so high above the world

surrounded by scenery beyond imagination, that even a picture fails to capture, was hands down the best moment.

What are some things you want to accomplish this academic year?

This academic year, I hope to - of course - score better than last year and learn as much as I can. I also look forward to expanding my opportunities and volunteering as much as I can.

How did you change/grow over summer?

Having not been back to India for a long time, not being back home for a long time, I felt so disconnected from myself. The essence of me, that was back in the mountains, with the greenery, the innumerable stars in the night, the smell of smoke from the earthen stove, the love of my grandparents - it was where I truly belonged, and visiting home made me more myself. I didn't change, I undid the changes I had gone through, to reconnect to myself.

Interview With New Students

Tanvi and Layla Jameel

What are your expectations from GMU?

My expectations regarding GMU are high since I've constantly heard about its studies, services, and offers, which lured me to apply and register. I was informed of how GMU treated its students and it occurred to me how much they care and value their students along with their physical and mental health. Fortunately, my expectations are in its place and my expectations have become higher as I predict a bright and successful future.

How is the experience of transitioning from high school to university like?

Personally, my transition from high school to university was intense and incredibly massive because it was a turning point in my life and a great opportunity to strive for myself and enhance my knowledge to focus on my studies and succeed in my new chapter of my life.

Souma Omar

What are your expectations from GMU?

For GMU's MD program, at the beginning, I didn't know what to expect as we were starting a course new even to the school. From the first orientation onwards, my anticipation to study here has skyrocketed, as the quality of education provided here was far above what I expected. I am genuinely eager to delve into what is being taught and I expect that by the end of the course I will be a highly qualified physician

How is the experience of transitioning from high school to university like?

At first, it was jarring, as the level of comfort I had with my high school friends was missing. This was to be expected, as the friendships I had there were gained from years of close contact, and I'm hoping that connections like those can be made here as well. The transition in the study material has so far been very smooth, as the teaching guides given to us allow us to anticipate what lessons are to come and we can then prepare ahead for what comes next.

Fahad Mohammad

What are your expectations from GMU?

My expectations from choosing nursing is that it is easy as the way I had expected it from childhood. It was my dream to study this course and so far everything is perfect and easy.

How is the experience of transitioning from high school to university like?

My experience of transitioning from high school to Gulf Medical University was very interesting. It was a combination of excitement, culture, and so many other things. I also found everything different than high school like the rules and relationship with the doctors and friends was amazing.

Shada Ghayad

What are your expectations from GMU?

I hope that by taking this course I get a deep understanding of the internal body without which health professionals cannot truly evaluate, diagnose and treat illnesses. It's an important subject that's essential to improving the health of the world's population. I also hope it helps me make meaningful contributions to human health in the future.

How is the experience of transitioning from high school to university like?

I think the main transitioning part from high school to uni is letting go of your friends with whom we've spent almost our entire lives with and in my case actually it wasn't that hard because I think as a student who went through on-line learning for over 2 years, we found ways to keep in contact with each other during the pandemic but what did feel overwhelming to me was entering a new environment where there are lesser restrictions and a whole new population to get acquainted with. Overall it is a mix of emotions but there is no regret.

Sumayyah Subakathulla

Georgia Trip Interview

Manal, Emaan and Maram



Eymane Goulamabasse

How was the trip to Georgia overall? Was this your first international trip with your friends?

Yes, it was my first international trip with my friends. We had an amazing experience and visited a lot of historical as well as tourist sites. The nature and greenery were beautiful to see.

Did you find any difficulties in communicating with the locals of Georgia?

Most of our communication with the locals was through a tour guide. When we tried to communicate on our own, it went alright.

Was the trip an educational experience and how? How was the Hospital tour?

The hospital tour was great as we got to see how the Georgian healthcare system works and how different it is from ours. We also learned about the biomedical machinery they use to carry out their research.

How would you describe the similarities between the UAE and Georgia in terms of healthcare?

Honestly, I didn't find many similarities as their healthcare seemed predominantly aimed at the public sector instead of the private one and was government based.

Zeeshan Zulfikar Ali

How was the trip to Georgia overall? Was this your first international trip with your friends?

It was an amazing experience! The trip was much needed after the long and tiring year. We stayed in 2 different cities; Batumi and Tbilisi which is the capital of the country. No, I've had international trips earlier with my friends.

What was the main aim of the visit?

We mainly went to visit the Tbilisi State Medical University and the teaching hospital.

What are some new facts you might have picked up on your visit about the Georgian culture?

Georgians love to have salty and greasy food, which might be one of the reasons for the prevalence of CVD in Georgia being high. Georgia is also very much influenced by Christian beliefs and ethics.

If you visit Georgia again, what would you do differently?

I would spend more time in Batumi rather than Tbilisi as the weather is much better in Batumi, and the atmosphere is livelier. Georgia has other beautiful cities as well, and on my next visit, I will make sure I visit those cities.



WINTER BREAK 2023
WE ARE GOING TO PARIS, FRANCE...

Events



Orientation Week



World Organ Donation Day



World Patient Safety Day



Bio-Bake Competition



Onam Celebration



World Pharmacists' Day



Iraqi Independence Day



World Rabies Day

JOIN ALL THE STUDENT CLUBS

Netflix and Chill Club | Iraqi Club | Animal Club | Chess Club | French Club | Arts Club | N Vitamin Club
Health and Sports Club | Nigerian Club | Emirati Club | Speaking Club | Indian Club | Pakistani Club
Music Club | Academic Integrity Club | Content Creation Club | Environmental Club | Biomedical Science Society
Sudoku Club | Gardening Club | Egypt Club | Vivid Dance Club | Picturesque Club | Book Club
Anthropology Club | Filipino Club | Beauty Club | Sudan Club | Yemen Club | Maghreb Club | K. S(e)oul Club

MEET
THE TEAM

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