The 8th RAKMHSU Student’s Scientific Conference was organized by the Office of Student Affairs on 9th May, 2017. This annual full-day event addresses the recent challenging developments in the fields of medical and health sciences with special emphasis on the common health problems in UAE. It provides the students a unique opportunity to showcase their research studies and meet renowned international and regional speakers.

The conference showcased more than 35 student research projects, presented as oral/poster presentations, in addition to a video competition. The program also featured a special session showcasing the innovative projects of our creative students, in line with the “Innovation Week” initiative launched under the visionary leadership of HH. Sheikh Khalifa bin Zayed Al Nahyan the President of UAE and HH. Sheikh Mohammed bin Rashid Al Maktoum, Prime Minister and Ruler of Dubai.

The keynote speakers at the conference were Dr. Kamal Khazanehdari Ph.D., Director of Molecular Biology and Genetics Laboratory (MBG Lab), Dubai, UAE, Dr. Satish Chandra, Senior Specialist and Director of Medical Research at Tawam Hospital in affiliation with John Hopkins Medicine International, USA, Vice Chair of the Ethics Committee for the Eastern Region, and Associate Professor at the College of Medicine, UAE University, Al Ain, UAE, and Dr. Jung-Gi Im, MD. PhD. Consultant, Department of Radiology, SKSH Professor Emeritus, Seoul National University College of Medicine.

Sheikh Hamdan bin Rashid Al Maktoum Award for Medical Sciences generously sponsored the conference awards.

"I congratulate the entire team of the Student Affairs, the Deans, faculty and students for the success of 8th Student’s Scientific Research Conference"

VC RAKMHSU
10th Anniversary of RAKMHSU - Inauguration & Felicitations

The academic block is built on an area of 96,000 square feet housing the RAK College of Nursing and RAK College of Pharmaceutical Sciences, in addition to well-equipped research and computer labs. With this new facility in place RAKMHSU will be able to conduct the online examinations. The research lab is fully furnished to foster academic research. The multi-disciplinary sports complex has a gymnasium (male, female separate) in addition to the facility for playing football, volleyball, basketball, table tennis, cricket and many more. The sports complex is a very good addition for the overall development of the students.

The 10th Anniversary of RAKMHSU was marked by another feather in the University's cap, a new block! His Highness Sheikh Khalid bin Saud Al Qasimi, Chairman, Marjan Island and Vice-Chairman, Investment & Development Office, inaugurated the new academic block and a multi-disciplinary sports complex at RAKMHSU at on 27th April, 2017. The Sheikh was given a tour of the new building and its facilities.

On this auspicious occasion 19 members from faculty and staff who had completed 10 years or more with RAKMHSU were honored with mementos and certificates.

Indywood Educational Excellence Awards

The Vice Chancellor RAKMHSU, Dr. Gurumadhva Rao, is the proud recipient of the Hall Of Fame Award at the Indywood Educational Excellence Awards- UAE Chapter 2017. The ceremony was held on 28th March, 2017, at Sharjah. This award was given to honor our stalwart VC for his valuable contribution to higher education in health sciences. Dr. S. Gurumadhva Rao received the award from Mrs. Sumathi Vasudev, from Consulate of India- Dubai, in presence of Mr. Sohan Roy, Founder Director of Project Indywood.
RAKMHSU boasts of a student body of more than 40 nationalities and faculty from more than 20 countries. What better way to exhibit the multicultural environment than to hold a Cultural Day! The Office of Student Affairs, with the support of the Student Council, organized the 8th University Cultural Day on 1st March, 2017. The day was spent amidst dazzling performances, costumes and delicious delicacies from all over the world. Majority of RAKMHSU family members from students, faculty and staff participated enthusiastically in the cross cultural dances, songs and skits. It was a day of captivating events and shared joy.
The Middle East Education Leadership Award

Dr. Debadatta Panigrahi, Chief Academic Officer, RAKMHSU, received the Education Leadership Award on 5th October, 2016 in Dubai, UAE. The Middle East Education Leadership Awards are presented by the Asian Confederation of Businesses with CMO Asia as its strategic partner and Stars of the Industry Group as a research partner. These awards of high stature are presented to individuals who are building their institutions through leadership, innovation, academic and industry interface, with the prime objective of creating future leaders.

Mededdxb 2017

Dr. Debadatta Panigrahi, CAO, RAKMHSU participated in a Panel Discussion on the Future Trends on Postgraduate Medical Education in U.A.E. The panel discussion was a part of the proceedings during the MedEdDXB 2017, a medical education conference conducted at Mohammad Bin Rashid University, School of Medicine. This was a very interactive, informative and visionary session. The other dignitaries on the panel were Deans from Medical Schools at UAEU, Oman, and senior officials from DHA AND HAAD.

Peer Assisted Smoking Cessation

Dr. Rasha A. Salama Professor and Chairperson Community Medicine Department assisted by Dr Nikhil Hawal, Assistant professor, Dr Manar Akas, Instructor Community Medicine Department and a group of year 4 and 5 MBBS students organized a comprehensive tri-phased training program on Peer Assisted Smoking Cessation at RAKMHSU on 27-28 Nov, 2016. The program was a part of UAE Innovation Week that was launched by UAE Government in November, 2016. The training program was held twice to accommodate students from both English and Arabic high schools. The aim of the program was to train high school students to be volunteer peer-mentors. The training sessions involved interactive presentations during which students learned to provide motivational techniques to assist their peers in quitting smoking.

Collaboration Between RAKMHSU and Family Medicine Arab Board

A comprehensive two days course on “Evidence Based Medicine”, for Arab Board residents in Family Medicine, was conducted in RAKMHSU on 1-2 February, 2017. The course was provided to 15 residents in different years of postgraduate studies by Dr. Rasha A. Salama, Professor and Chairperson Community Medicine Department and Dr. Nikhil Hawal, Assistant Professor Community Medicine, College of Medicine.
Molecular Biology Conference and Workshop
Department of Medical Microbiology & Immunology, Thermofisher and Integrated Gulf Biosystem collaborated to organize a Molecular Biology workshop on 19th April, 2017. Almost 60 participants from 12 different institutes across the UAE took part in the event. Dr. Hafiz Ahmad – Assistant professor of Microbiology and organizing secretary of the conference welcomed the guests and invited the honorable speakers onstage. Dr. G.M. Rao, VC RAKMHSU gave the inaugural address. Principal investigators, faculty members, researchers and scientists from Dubai Medical College, Al-Ain University, Gulf Medical University, Ajman, Sharjah Police Forensic Labs and others made the event successful by their participation. The talks were well appreciated and workshop session on Real Time PCR & Next Gen Sequencing was highly appreciated. Prof. Debadatta Panigrahi concluded the ceremony.

Summit in Uk
Dr Godfred A. Menezes Assistant Professor, Microbiology attended the 10th Annual Medical Microbiology Summit & Expo held in London, U.K. on June 21-22, 2017. He was an organizing committee member and also chaired a session. He presented his work titled, ‘Evaluation of Synergistic Activity of Lactoferrin with Antibiotics against Drug Resistant Bacterial Pathogens’.

Poster Presentation
Dr Amina Unis Associate Professor of Pharmacology presented her research as a poster titled “Green coffee bean extract attenuates gentamicin induced acute nephrotoxicity in rats” at the 2017 ASN Highlights and Second SEHA Nephrology in Primary Care Conference in the Middle East, held in Abu Dhabi on 14-15 April, 2017.

Publications of RAKCOMS
Depression: Let’s Talk

Psychiatry Department, RAKCOMS, RAKMHSU in collaboration with Ministry of Health (MOH), UAE and Primary Health Centre, RAK Medical District organized a Mental Health Awareness Week, from 9-15 April, 2017 for the World Health Day themed, “Depression: Let’s Talk”. The occasion was graced with the presence of the Honorable Undersecretary, MOH and other officials from MOH Dubai. Participation was witnessed from the various sectors of the community including Arab schools, Police Department, women welfare and primary health care sectors. The CME was organized on 10th April, 2017 and was accredited by the MOH for 2 CME credit hours.) Dr. Mehnaz Zafar, Organizing Chairperson for the event and Associate Professor, Psychiatry Department, RAKMHSU gave a lecture on women mental health and depression emphasizing the fact that “Depression is an illness and not a weakness of mind”. The community program, aimed to support mental health awareness and combat the silent epidemic, depression, was conducted by senior medical students from RAKMHSU under supervision of Dr. Mehnaz, in RAK Mall.

Dr. Sid Solomons Visits RAKCods

Dr. Sid Solomon visited RAKCods on 24th April, 2017. During his visit he gave a comprehensive lecture followed by a discussion session on the topic “Temporomandibular Joint (TMJ) Dysfunction: Proper Diagnosis and Optimal Treatment Methods”.

Californian Doctor Visits RAKCods

RAKCods conducted a symposium titled “Temporo-Mandibular Joint –Diagnosis, Management and Follow-up”. The program was held on May 13th, 2017 at RAKCods. The speaker of the session was Dr. Jeffery L. Brown, who is a TMJ and Sleep Apnea Specialist from USA. Faculty members from RAKMHSU, University of Sharjah and Ajman University, students and local dentists of RAK were among the participants.
Center of Excellence in Leadership, Innovation & Quality (Cliq) Inaugurated

RAK College of Dental Sciences, RAKMHSU hosted the inauguration of CLIQ on 04th March, 2017. Medical Professionals & Dignitaries from UAE, Europe, and Pakistan gathered together to attend the inauguration. Honorable guests Prof. Dr. Fadil Çitaku CEO, Academy of Leadership Sciences Switzerland, Dr. Jean Marc Gauer, CEO RAK Hospital United Arab Emirates, Dr. Soohyun Jeon, Director of Research, Sheikh Saud Bin Saqr Al Qasimi, Dr. Jeong Hee Lee, Quality and Innovation Director Sheikh Khalifa Specialty Hospital RAK along with important personalities from RAKMHSU and Medical Education were present in the inauguration ceremony. Prof. Fadil Çitaku, presented his popular Çitaku’s Leadership Competency Model for Medical Education.

Free Dental Check-up by RAKCods at Getex

The Gulf Education & Training Exhibition (GETEX) is the leading student recruitment event in the region and an effective platform for all education providers to achieve their student admission targets and enrollment quotas. This year it was held from 13-15 April at the Dubai International Convention and Exhibition Center. In this event RAKCods provided free dental check-up and oral health education to the visitors. Under the Umbrella of community engagement program of RAKCods, a team of faculty and internee doctors provided dental check-up and oral health awareness to more than 150 participants.
RAKCOPS Wins Prizes at Duphat Again !!

DUPHAT – Dubai International Pharmaceuticals and Technologies Conference and Exhibition has evolved to be one of the most important annual pharmaceutical events, since its inception in 1995. DUPHAT serves as the convergence point for pharmacists, physicians, scientists, researchers, paramedical professionals, drug developers, manufacturers, distributors, medical representatives, clinicians, pharmaceutical analysts & consultants, product specialists, key decision makers, pharmacy practitioners, trade visitors & academia.

DUPHAT is a much awaited annual event that was held in Dubai from 7-9 March, 2017. This occasion witnessed enthusiastic participation from faculty and students of RAKCOPS in a series of poster and oral presentations. The students made RAKCOPS & RAKMHSU proud by winning four awards in the innovation, presentation, quality and professional categories. DUPHAT is a premier Pharmaceutical Technology event in the Middle East. In its 22nd edition it attracted around 4000 registered delegates, over 18,000 visitors & participants from more than 73 countries. RAKCOPS thanks the Vice Chancellor for the support & encouragement offered to students & faculty for DUPHAT 2017 participation.

<table>
<thead>
<tr>
<th>Title</th>
<th>Winners</th>
<th>Faculty Supervisor</th>
<th>Category</th>
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<tr>
<td>The use of Sepacore® X10 and X50 flash chromatography system in advanced phytochemical analysis of Yerba Mate (Ilex paraguayensis)</td>
<td>Mohammed Bassam Toka Almokdad Tasneem M. Ghassan</td>
<td>Dr. Amad Al Azzawi</td>
<td>Innovation- 3rd Place</td>
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<td>Knowledge and attitude of future healthcare providers towards Down syndrome</td>
<td>Mohammed Sariah Fatema Ali Hasan Ghaya Abdulrahman</td>
<td>Dr. Syed Arman Rabbani</td>
<td>Presentation- 5th Place</td>
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<td>Patient care through tele pharmacy - Current status and future implications</td>
<td>Alaa Nihad Raghad Zain Alaa Khalid</td>
<td>Dr. Sathvik B. Sridhar</td>
<td>Quality- 9th Place</td>
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<tr>
<td>Isolation, Quantification and Identification of Secondary Metabolites Present in Aqueous Extract of Tecoma Stans using Reveleris X2 Flash Chromatography System.</td>
<td>Abdullah Khalid. Al Dibsawi (MS Pharmaceutical Chemistry)</td>
<td>Dr. Amad Al-Azzawi</td>
<td>Professional- 14th Place</td>
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</table>
Evidence Based Medicine in Pharmacy Practice: Challenges Ahead

Department of Clinical Pharmacy & Pharmacology, RAKCOPS conducted a one-day international symposium on Evidence Based Medicine in Pharmacy Practice January 19, 2017. The goal of the symposium was to update pharmacists & health care professionals on advances in evidence based medicine. Delegates from pharmacy colleges of UAE and Pharm D students from Midwestern University, Chicago, USA along with the health care professionals from hospitals, participated in the symposium. Dr. Sally A. Arif, Associate Professor of Pharmacy Practice, Midwestern University, Chicago, USA gave an address on the “Best Practices of Applying Evidence Based Medicine to Clinical Decision Making”. Dr. Frank May, Honorary Reader, School of Pharmacy, University of Queensland, Australia delivered a lecture on ‘Academic Detailing: getting evidence into customary practice’. Dr. Tasma Wagner, chief pharmacist/specialist clinical pharmacist (nephrology), Port Augusta Hospital Pharmacy Department, Central South Australia spoke on “Considerations in Pharmacotherapeutic Decision Making in a Remote Dialysis Setting of South Australia”.

Midwestern University, Usa Pharmacy Students Visit RAKCOPS

As a part of international student exchange program with College of Pharmacy, Midwestern University, Chicago, USA, a team of Final year Pharm. D students along with one faculty from Dept. of Pharmacy Practice visited RAKCOPS from 17th January to 3rd February, 2017. During this period the students underwent two weeks of Hospital and Industry attachment at Ibrahim Bin Obaidallah Hospital and at Zulphar Pharmaceutical Industry, Ras Al Khaimah. A series of events such as, case presentations, seminars and social activities were organized for the visiting students.

Campus Interviews For B. Pharm Alumni

Campus interviews were held for the final year B. Pharm students on 25th April, 2017. A marketing consultant organization, Primemark DMCC expressed interest in recruiting B. Pharm graduates. Primemark deals with various healthcare, beauty and wellness products. The visiting members of the company expressed satisfaction with the knowledge and communication skills of the six students that day selected. Dr. Venkat Ramesh, Professor, Chairperson of Dept. of Pharmaceutics, Dr. Omar Sarheed Associate Professor, Ms. Fasiha Shah, Senior Lecturer, coordinated the interviews.
Guest Lectures by Faculty of RAKCOPS

1. Dr. Sathvik B. Sridhar, Associate Professor, Dept. of Clinical Pharmacy and Pharmacology delivered a guest lecture on “Adverse Reactions to Cosmetics- Need of Cosmetovigilance” during the 2nd Pharmacy practice update symposium on 21st April, 2017. The symposium was organized by New Country Healthcare LLC in collaboration with Al Baraha Hospital and UAE Ministry of Health & Prevention.

2. Dr. Areeg Anwar Ali, Associate Professor, Dept. of Clinical Pharmacy and Pharmacology delivered a guest lecture on Drug Design and discovery: Preclinical and Clinical Studies for Students of Second and Third Year and the Faculty of Department of Biotechnology Department of Biotechnology, Birla Institute of Technology & Science, Pilani, Dubai Campus, Dubai International Academic City On Wednesday, 26th April, 2017

3. Dr. Sathvik B. Sridhar, Associate Professor, Dept. of Clinical Pharmacy and Pharmacology delivered a guest lecture on “Cosmetics and Medications as Asthma Triggers – Role of Pharmacist” on Asthma Day at Al Baraha Hospital, Dubai on 4th May, 2017. The symposium was organized by the Pharmacy Department of Al Baraha Hospital. The symposium was attended by Physicians, Nurses, Pharmacists and other healthcare professionals of Al Baraha hospital, Dubai.

4. Dr. Bhoomendra Bhongade, Associate Professor, Dept. of Chemistry delivered a guest lecture on "Drug Design & Development: 3D-QSAR CoMFA Approach" for Students and faculty of Department of Biotechnology, Birla Institute of Technology & Science, Pilani, Dubai Campus, on Wednesday, 26th April, 2017.

Publications by Faculty of RAKCOPS


Conversion Program Orientation
Development in Nursing is one of the top priorities of UAE. RAKCON is very actively involved in Emiratization program. Conversion Program is conducted to encourage the Emirati students to join the profession of nursing. The 5th Batch of students of Conversion Program were welcomed at RAKMHSU on 4th February, 2017. Dr. Sumaya Al Balooshi, Director of Nursing at Ministry of Health and Prevention (MOHAP) was also present at the occasion.

Fchs Annual Conference Abu Dhabi
Dr. Shukri Adam, Asst. Dean Clinical Education and Asst. Professor, RAKCON, was a presenter and panel speaker at Fatima College of Health Sciences (FCHS) Annual Conference, Abu Dhabi, on, “Environmental and Occupational Health: Can They Lead to Family Health and Happiness” held on 16th March, 2017.

Oncological Nursing Program
RAKCON plans to start Oncological Nursing Program in Academic year 2017-18 and send students for the clinical experience in Tata Cancer Memorial Hospital Mumbai, India. Dr. Vijay kumardhas, A RAKCON Dean visited the hospital to discuss the Memorandum of Understanding (MOU) between the two institutions with the Director of Nursing on 30th January, 2017

Inauguration Of The Community Health Nursing Lab
A new Community Health Nursing Lab has been set up as an Emirati home by 2nd year Community Health Nursing students. It was inaugurated on 22nd March, 2017 by the Dean RAKCON.

Commitment Of A Decade
On the auspicious occasion of 10th Anniversary of RAKMHSU and inauguration of the academic block complex, Dean RAKCON Dr. Vijaya Kumardhas was awarded 10 year service award for her contribution to RAKMHSU. RAK College of Nursing candle lighting ceremony was also conducted on the same day. 29 BSN year 1 students lit the candles taken from a senior faculty member as tradition of transfer of knowledge, and took the Florence Nightingale Nursing Oath on 27th of April, 2017.
Community Activities
On 23rd of May career fair was arranged by Gems School for all the schools of Ras Al Khaimah. RAKCON Dean, faculty and students were invited to participate in this program especially to encourage 12th grade students to select nursing as a career.

GCC Day was celebrated on 24th March, 2017 at Dubai. RAKCON faculty and students participated in the program in the presence of Dr. Sumaya Al-Balooshi, Director of Nursing at Ministry of Health and Prevention (MOHAP).

Faculty Development Program
There was one week of faculty development programs conducted during the spring break from 2- 5 April, 2017. The Valedictory program of the faculty development was conducted on 5th April, 2017. The Chief Guest was the Vice Chancellor, Dr. G.M. Rao, and CAO Dr. D. Panigrahi. The Dean welcomed the guests. Vice Chancellor gave an inspiring message during the Valedictory program. Every faculty member was given certificates for their participation.

Appreciation Mementos
Final year RN-BSN students of RAKCON honored the Dean and the class coordinators with mementos as a token of their appreciation. A cake cutting ceremony was performed to mark the occasion.

Nurses Day Celebrations
On the 15th May, 2017 Nurses Day was celebrated by RAKCON. The Dean, Dr. Vijaya Kumardhas unveiled the International Nurses Day theme- Nurses, A Voice to Lead. Nurses Day program was organized by 2nd year MSN students and SNF. Quiz and role play was organized by the MSN students. On 12th May, 2017 nursing students celebrate the birthday of Ms. Florence Nightingale founder of Modern Nursing. So cake cutting was done by the SNF students of BSN program.

RAKCON Dean Awarded
On 18th May, 2017. RAKCON Dean, Dr. Vijaya Kumardhas was honored with an award in recognition of her contribution in the development of Nursing in UAE at the International Nurses day celebration held by RAK Medical District.
The Office of Student Affairs organized the Fifth RAKMHSU Mini Marathon on 6th February, 2017 to encourage students, faculty and staff of all abilities to participate and have fun whilst promoting healthy lifestyle choices gained through physical activity. The 4 kms. marathon, one of the extracurricular favorites on RAKMHSU's calendar, was inaugurated by H.E. Sheikh Mohammed bin Kayed Al Qasimi and attracted more than 400 runners including 60 students from six different universities in RAK.

The marathon was sponsored by New India Assurance Company, Marmum Dairy Dubai and Oasis Water - Ras Al Khaimah

The Office of Student Affairs organized the Second Charity Cricket Match between the students and faculty on 9th March, 2017 from 12.30 to 1:30 pm in the Indoor Sports Complex. The proceedings were donated to Al Rahmah Charity Society.

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Charity Cricket Match

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Charity for Charity

The Office of Student Affairs organized its First Charity Football and Basketball Tournaments in the sports complex on 26th January, 2017. Shaikh Khalid bin Ibrahim Al Qasimi and the President of Al Rahmah Charity Society, graced this event that was organized in memory of the late Mohamed Othman, Student of MBBS Year 1, RAKMHSU and the late Khaled Al Zoghbi, Student of AURAK who passed away in a tragic car accident. The amount collected was donated to Al Rahmah Charity Society under the name of these two students.

Championship Sports Competition

The Office of Student Affairs organized the Championship Sports Competition from 9-13 April, 2017 in the sports complex. More than 100 participants from faculty, staff and students participated in a variety of sports activities: Chess, Foosball, Table Tennis, Cricket, Badminton, Billiards and Football. The winner of each game was awarded with a gold medal and certificate.
Third RAKMHSU Sports Day

The Office of Students Affairs organized the 3rd RAKMHSU Sports Day on 20th April, 2017 at the RAKMHSU Sports Complex from 9.00 am to 4.30 pm. There were various sports activities, competitions and fun games conducted by students and faculty.

Sharjah Education Show

Every year after student admissions season is over, admissions and marketing staff are occupied with the task of increasing the awareness of the university programs to prospective students through various marketing activities.

Apart from conducting regular school visits, RAKMHSU participates in major exhibitions in and around UAE and GCC. GETEX Dubai and Sharjah Education Show which attracted lot of students and parents. Admissions staff are available continuously to guide the students and parents about the admission formalities.

RAKMHSU as usual had purpose built stalls at these major exhibitions. Photos taken at Sharjah Education Show 15- 17 Feb, and GETEX Dubai 13- 15 April, 2017
Facilities Department organized a Campus Safety Week from 18th - 26th January, with the goal of empowering students, faculty, and staff with knowledge of physical safety procedures and emergency preparedness. Representatives from a number of local defense authorities were involved in the lectures and drills. Interactive lectures were given by the representatives from SANID-RAK (National Emergency Response Volunteer Program), Anti-Drug, Traffic, and Social Police Departments of RAK Police and RAK Civil Defense, throughout the week. RAK Civil Defense conducted a mock fire drill which involved evacuation, prompt arrival of fire extinguishing vehicles and rehabilitation of each and every member of RAKMHSU. RAKMHSU inhabitants participated in the activities with enthusiasm and verve.
**CURRENT FOCUS OF CEDAR:**

The current focus of CEDAR activities is on:

- Improving the Quality of Educational Experience Of Students
- Faculty and Staff Development
- Developing Collaborations
- Collaborating and Assisting Different Administrative Departments at the RAKMHSU
- Insights - University Newsletter

**CEDAR WORKSHOPS FOR THE PERIOD 2016–2017**

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Date</th>
<th>Workshop</th>
<th>Resource Faculty</th>
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<tbody>
<tr>
<td>1.</td>
<td>10th - 18th Aug. 2016</td>
<td>Faculty Orientation Workshop</td>
<td>All CEDAR members</td>
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<tr>
<td>2.</td>
<td>12th Nov. 2016</td>
<td>Faculty Orientation Workshop (For 16 faculty members who joined later)</td>
<td>All CEDAR members</td>
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<tr>
<td>3.</td>
<td>28th Nov. 2016</td>
<td>MCQ writing Workshop</td>
<td>Dr. Syed Suhail Osmani</td>
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<td>Dr. Sathvik Girdhar</td>
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<td>Dr. Maragatham</td>
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<td>4.</td>
<td>8th Dec. 2016</td>
<td>Interactive Session on Personality Development</td>
<td>Dr. S. Gunumadha Rao</td>
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<td>Vice Chancellor - RAKMHSU</td>
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<td>5.</td>
<td>1st Feb. 2017</td>
<td>Orientation and Information about Equivalency of Educational Credentials</td>
<td>Dr. Manal M. Sami</td>
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<td>Dean – Student Affairs</td>
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<td>Dr. Nikhil Hawal</td>
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<td>Dr. Hemant Kumar</td>
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<td>6.</td>
<td>8th Feb. 2017</td>
<td>Team Based Learning (TBL) workshop</td>
<td>Dr. Syed Suhail Osmani</td>
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<td>&amp; CEDAR members</td>
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<td>7.</td>
<td>16th Feb. 2017</td>
<td>Emotional Intelligence and its impact on leadership style</td>
<td>Ms. Nicola Astlett</td>
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<tr>
<td>8.</td>
<td>27th Feb. 2017</td>
<td>Orientation – Online Examinations @RAKMHSU</td>
<td>Dr. Sunil Nichani</td>
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<td>Associate Dean, Examinations – RAKMHSU</td>
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<td>Mr. Nagari Ganesan</td>
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<td>Sr. Manager - Examinations</td>
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<td>9.</td>
<td>28th Mar. 2017</td>
<td>Online Examination Orientation Workshop</td>
<td>Dr. Sunil Nichani</td>
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<td>Mr. Nagari Ganesan</td>
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<td>Sr. Manager - Examinations</td>
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<td>10.</td>
<td>3rd April 2017</td>
<td>Leadership Workshop</td>
<td>Dr. S. Gunumadha Rao</td>
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<td>Vice Chancellor, RAKMHSU</td>
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<td>Dr. Syed Suhail Osmani</td>
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<td>11.</td>
<td>28th April 2017</td>
<td>Self-Talk</td>
<td>Prof. Dr. S. Gunumadha Rao</td>
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<td>Vice Chancellor, RAKMHSU</td>
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<td>12.</td>
<td>17th May 2017</td>
<td>‘Overview of the Cultural Practices and Administrative Policies in UAE’</td>
<td>Mr. Nabeel Youssif</td>
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<td>Al Mansouri – Manager - Business Development &amp; Public Relations</td>
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<td>13.</td>
<td>19th June 2017</td>
<td>Effective PowerPoint Presentation &amp; Presentation</td>
<td>Dr. Tarun Wadwa, Asst</td>
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<td>Prof. &amp; Secretary, CEDAR</td>
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<td>Dr. Huma Zaini, Asst</td>
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<td>Prof, Dept, of, Gen, Education, RAKMHSU</td>
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<td>14.</td>
<td>06th August 2017</td>
<td>Using ‘Omics’ data for precision medicine.</td>
<td>Dr. Jiliez Thakur</td>
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<td>Asst, Prof, Department of Microbiology and Immunology and Department of Bostatistics and Computational Biology University of Rochester Medical Center Rochester -U.S.A.</td>
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Emotions are the most prevalent, pressing and sometimes painful driving force in our lives. Our emotions dictate our thoughts, intentions and actions with superior authority to our rational minds. Very often we are quite unaware of our true feelings and use empty defenses to rationalize our responses. Negative emotions like hatred or envy, can grow like weeds, slowly conditioning the mind to function on detrimental feelings and take precedence of our functioning. People pick up on it subconsciously even if we think we are hiding them safely, thus making us even more vulnerable. Eventually if you ever end up losing self-control, you are left with a very unpleasant feeling and if you have ever been on the receiving end of an outburst, you aren’t left feeling exactly happy either. Nobody is born angry or hostile, it is when we allow certain emotions to stir and smolder within you for so long that they tend to spiral out of control and we often make decisions that we later lament. Thus emotions are best met with a sense of moderation and logical perspective.

Emotions await just a release but most people are suffocated in their emotional expressions and have nobody to express themselves entirely to. Everyone is holding back their vulnerabilities to maintain their social image of a strong, confident and happy person. Social images make sure that weaknesses are not recognized and in this fast paced life, people are scared of being judged and rejected.

This era of instant gratification, impatient lifestyle practices and excessive focus on self-image, further makes display of emotions feel like a complete wastage of time. As a result, people withdraw and seclude themselves into a virtual world of social media. Even the families that claim to spend quality time together, at best indulge in watching movies, sports or TV soaps and when they take vacations, they are mostly occupied with clicking pictures and posting them. Spouses hardly communicate freely as there is power struggle and children don’t communicate fearlessly as there is generation gap. Heart-to-heart conversations have become rare, artificial and shallow.

And so, we are all bottled up with our feelings… And so, stress is an epidemic… And so, mental illness is a stigma. There is not much we can do. But we can offer a listening ear! And create a conversation. Let's start talking again!
Wheatgrass Juice: A Miraculous Remedy for a Cancer Cervix Patient

Dr. Rekha Jaiprakash Ogale Professor, RAKCON

Mrs. K, a 60 year old female, retired school teacher was brought to the hospital in June 1994 with the history of menorrhagia since age-20 along with metrorrhagia since age- 45. She had undergone D & C two times in last 5 years and now diagnosed as CA cervix, in last stage. She was underweight and severely anemic when brought to cancer hospital. The Oncology physician advised her for External Beam Radiation Therapy (EBRT) for 5 weeks, 3 times per week. With the side effects of EBRT, her condition became more debilitated and her family became more stressed. Her family was clearly told about her prognosis that she may not survive even for next 6 months.

After this communication, the family consulted various experts of different systems of medicine. They came across a wheat grass juice treatment and since it was easy to do at home, the family started wheat grass juice for Mrs. K. She was severely malnourished due to her very inadequate food intake & sleep for last 6 months due to pain. However she started responding to the wheat grass juice after 2-3 days of initiation. She started taking liquid diet and soon started on the solid diet. Within one month, she gained two kilograms of weight, started looking fresh and lively. She continued with this treatment for next six months and later taken to the hospital. The investigations revealed that her tumor had subsided.

Mrs. K is now 87 years old, she is very attached to wheat grass juice & still takes it at least twice in a week. She is very healthy and happy. has normal food intake, good sleep and absolutely no abdominal pain. In last 25 years, she has contributed very effectively in bringing up her four grandchildren. Along with this, she takes free coaching classes for the poor and needy students of the city, participates in all social gatherings and religious functions of the neighborhood. She was felicitated thrice by the Education Board of the district authority, senior teachers’ forum and the City Council for her marvelous contribution in imparting education to the students.

The wheatgrass juice has proved to be a nectar for Mrs. K. Now Mrs. K and her family propagate other people to use it for the similar problem.

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Year of Giving- 2017- The Best Year to Share My Story!!

Mrs. Sabira Banu
Executive Assistant, Office of Student Affairs

Recently, I was travelling for a short vacation. The duration of the flight was around four and half hours. I boarded the flight and was very happy to get a window seat. A lady occupied the seat beside me. After five minutes a smart and well-dressed young man, with a novel in his hand came and sat in our row. He just smiled and got busy reading his book. For a second I thought that he was engrossed in his own world.

The lady next to me started talking to me. She shared the nature of her job in a company and this is her second visit to her home country in 6 years. She was the only bread-winner for a family of twelve. She was excited that she had saved some money to buy gifts for her family. I just listened to her whole story. The young man, who was busy reading his book, just looked at us and continued reading.

After a few minutes, an air hostess said to the young man in a polite tone, “Excuse me, Sir. This is not your seat - your seat is in the business class.” The young man then noticed that he was sitting in the economy class. He said to the lady sitting next to him and said, “If you don’t mind, I would like to offer you my seat in the business class.” The lady was so happy at the offer; she followed the air hostess with a smiling face.

I could not control my enthusiasm and asked him, “Would you not have enjoyed the rest of your journey much more comfortably?” His reply changed my perception of giving. “Yes definitely,” he said, “but the lady may not be able to afford this luxury. I was fortunate to listen to her story and get a chance to help her. The joy of this lady is very uplifting for me, I can get business class on my next trip.”

The young man was truly a hero. I was happy for his generosity of giving. His kind gesture was so inspiring. Thanks to the UAE Government for taking up the initiative of The Year of Giving, which is widely advertised in the media, motivating many of the youth to come forward to help in different ways.
كيف تكون ناجحا في حياتك ..... 

الإسطوانة : هدى محمد علي المحاصلي 
                                             موجه عملي 
                                             كلية التمريض 
                                             جامعة الطب والعلوم الصحية

النجاح:

النجاح هو استغلال كل ما حولك لكي تصل إلى ما تريد أو التعلم من خبراتك السابقة و الاستفادة
منها ، و هناك الكثير من التعريف للنجاح و لكن حدد هدفك لكي تكون ناجحا .

هناك بعض الأسرار للنجاح و منها :

1. القيام بالمهام التي تحف منها حيث أن مواجهة المخاوف يجعلك انسان واعي و قادر على
المواجهة
2. تعلم أن تعطي الآخرين بدل الأخذ منهم فهذا يجعلك تشعر
بالتميز.
3. تعلم كيف تكون قائد كي تدير أمور حياتك
4. الانتباه للتفاصيل الدقيقة في بعض الأمور
5. البحث عن تفسيرات الحقائق و تقبلها بطريقة منطقية.
6. تعلم الاستفادة من أخطائك و أخطاء الآخرين و عدم
ارتكابها مرة أخرى.
7. تعلم أداء المهمة بصورة أسرع و انجازها بأقل من الوقت
المحدد لها.
8. تعلم كيف تكون مسؤول عن افعالك و خاصة عند مواجهة الأزمات.
9. احذر التشاؤم و كن متفائل ينتظر كل ما هو خير.
10. كن واقعا من نفسك بذلك تستطيع ان تخطط لحياتك بخطى واثقة غير مترددة.

ففي النهاية هذة بعض الأسرار و هناك الكثير منها و لكل انسان هدف في حياته يسمو لبلاوغه فلا
تردد عبارة الفشل و كن واقعا بما تقوم به.