



Insights

(Newsletter of RAK Medical and Health Sciences University)

Issue : Biannual

January 2019

47th National Day Celebrations at RAKMHSU

RAKMHSU celebrated the 47th UAE National Day on 25th November 2018, in the presence of the distinguished guest Lt. Col. Sheikh Sultan Bin Khalid Al Qasimi, Anti-Narcotic Dept. RAK Police, Dr. Yasser Essa Al Nuaimi, Vice Chairman of RAKMHSU Board of Governors, and Dr. Gurumadhva Rao, President of RAKMHSU, the University administration, faculty, staff and students.

The reception area was decorated and a tent showcasing the UAE art and culture was up. The function started with the performance of the Musical Band of RAK Police in the reception area and traditional men's folk dance by Dibba Al Harbia group, followed by a dance performance by Nusaiba Bint Kaab Primary School Students (Opera Shebieh Zayed). Theatrical presentation and performance was given by RAKMHSU students depicting the story of UAE and its ambitions.

At the end of the ceremony Dr. Yasser Essa Al Nuaimi distributed mementos to the guests and the participating institutions. The traditional UAE cuisine was served to the RAKMHSU family as part of the celebrations.



Center pic: Dr. G.M Rao, President, RAKMHSU (left) with Dr. Yasser AL Nuami, Vice Chairman of RAKMHSU Board of Governors (center) honoring Lt. Col. Sheikh Sultan Bin Khalid Al Qasimi, Anti-Narcotic Dept., RAK Police (right)



8th Convocation Ceremony Held at RAKMHSU

RAKMHSU organized the 8th convocation for the graduating students on 27th September and 4th October, 2018. A total of 304 graduates from Medical, Dental, Pharmacy and Nursing Colleges including the RN-BSN Bridge program and the Master of Nursing Sciences, received the Degrees from His Highness Sheikh Saud Bin Saqr Al Qasimi Supreme Council Member and Ruler of Ras Al Khaimah.

The ceremony was attended by dignitaries and government officials from RAK. Guests from Saqr, Obaidullah, Sheikh Khalifa and other leading hospitals in UAE attended the function. Guests from other universities and the parents of the graduating students were also present.



From the left:

H.E Mohammed Hassan
Omran Al Shamsi,
Dr. G.M.Rao,
H.H. Sheikh Saud bin Saqr
Al Qasimi and Dr. Yasser
E.H. Al Nuaimi followed by
dignitaries, gracing the
convocation ceremony.

H.H. Sheikh Saud bin Saqr al
Qasimi with the Board of
Governors, RAKMHSU

From the left:

H.E Mohammed Hassan
Omran
Al Shamsi (Chairman),
Dr. Mouza (Member),
Ms. Laila Al Jassmi (Member),
Dr. Yasser Al Nuaimi
(Vice Chairperson)
and Dr. G.M. Rao (Ex-Officio)





Graduates of the Rak College of
Medical Sciences 2018

Graduates of the Rak College of
Dental Sciences 2018



Graduates of the Rak College of
Pharmaceutical Sciences 2018



Graduates of the Rak College of
Nursing 2018





Gold Medals Awarded for Best Academic Performance

S. N.	Name	College / Program
1.	Aishwarya Balaji	RAKCOMS/MBBS
2.	Zainab Riaz	RAKCODS/BDS
3.	Manar Samir Debe	RAKCOPS/B.Pharm.
4.	Zoya Liaquat Ali	RAKCOPS/MS Clinical Pharmacy
5.	Abas Osman Abdulkadir	RAKCON/BSN
6.	Zainab Abdullah Salem Al Shehhi	RAKCON/RN-BSN
7.	Mohammed Hatem Mohmoud	RAKCON/MSN

Flag Day Celebrations at RAKMHSU

RAKMHSU celebrated the Flag Day on 1st November, 2018 with a great fanfare. H.E Mohammed Hassan Omran Al Shamsi – Chairman, Board of Governors, RAKMHSU, graced the occasion and hoisted the flag. The day was commemorated by hoisting the UAE flag in front of the main building and releasing colored balloons in the air at 11 am. The students, faculty and staff participated in the event.





President of RAKMHSU Honored by Manipal University



Dr. S. Gurumadhva Rao, President RAKMHSU, was honored by Manipal University, India on 22nd December, 2018 for his contribution as a Registrar. He had worked with this institution for 28 years before he joined RAKMHSU.

Visitors to RAKMHSU



H. E. Mbarouk Nassor Mbarouk, Ambassador of the United Republic of Tanzania (first from the left) with the President, Dean of IRO and Acting Dean of RAKCOMS



Dr. Azzan Al Saadi (Acting Dean of RAKCOMS) with the guests Dr. Robert Hernandez (Associate Dean of Academic Affairs), Dr. John Rock (Founding Dean of Medical School) and Dr. David Graham (Dean of Clinical Affairs), Khalifa University.

“When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.”

-Helen Keller



Chief Academic Officer Felicitated

Dr. Debadatta Panigrahi, Chief Academic Officer -RAKMHSU attended the 2nd Higher Education Award Meet on 5th January 2019 at Hotel Le Meridien, Chennai, India. He was the guest of honor and also one of the key-note speakers. He enlightened the audience on “How to be an effective teacher”. The award function was organized by Venus International Foundation.



Left: Dr. Debdatta Panigrahi, CAO, RAKMHSU being felicitated by the Venus International Foundation in Chennai, India. Right: Dr. Debdatta Panigrahi, giving a talk on 'How to be an Effective Teacher' on the same occasion.

Achievements of RAKCOMS faculty

1. Dr. Imran Rashid, Associate Professor, Department of Internal Medicine, was awarded the Membership of Royal College of Physicians, London (MRCP UK). in May 2018.
2. Dr. Imran Rashid was also was awarded a Direct Fellowship of American College of Physicians (FACP) in Sep.2018
3. Dr. Raghavendra Bhat, Professor, Department of Internal Medicine, has been selected for the award of the FRCP (Glasgow) (Fellowship of the Royal College of Glasgow).
4. Dr. Hafiz Ahmed, Assistant Professor, Department of Microbiology, as Co-PI of Dr. Rami Hani Al-Rifai received a research grant of 800,000 AED for 4 years (01.01.2019 to 01.01.2022) by the Zayed Center of Higher Studies, United Arab Emirates University, Al Ain, United Arab Emirates

Title: Characterizing infertility and its associated genital bacteria and sociodemographic in the Abu Dhabi Emirate, United Arab Emirates: a case control study.

“In three words I can sum up everything I've learned about life: it goes on.”

— Robert Frost



Publications by faculty

1. Tahminur R., Mumu, M. A., Hossain, A., Sayera, B. and Karim, M. M. (2018). Is Tuberculosis a Risk Factor for Different Prostatic Lesions Including Prostate Cancer in Bangladesh? *Clinics in Oncology*. 1: 1-2
2. Rahman, M. T. Hossain, A., Pin, C. H. and Noor, A. Y. (2019). Zinc and metallothionein in the development and progression of dental caries. *Biological Trace Element Research*. 187: 51-58.
3. Alaraj, M., Al-Trad, B. D., Qiblawi, S., Al Hazmi, A., Alenazi, F. S., Hossain, A., Tolgahan, A., Almermesh, M. and Ahmed, M. Q. (2018). Hyperglycemia-induced intramitochondrial glycogen granules: A potential mechanism of glucose cytotoxicity in brain of mice. *International Journal of Pharmaceutical Investigation*. 8:33-37.
4. Jebur HB, Masroor M, Ahmad H, et al. CRP Gene Polymorphism and Their Risk Association With Type 2 Diabetes Mellitus. *Open Access Maced J Med Sci*. 2019 Jan 15; 7(1):33-37. <https://doi.org/10.3889/oamjms.2019.014>
5. Ahmad, H. Bacterial, Viral and Infectious diseases; Neglected Tropical Diseases Congress: The Future Challenges scheduled on December 5-6, 2018 at Dubai, UAE on Opportunistic intestinal parasitic infections in the immunocompromised (HIV/AIDS) patients" *J infect Dis Ther* 2018, Vol 6, DOI: 10.4172/2332-0877-C7-056
6. Kokila Banerjee, Priyadharshini Sekar, Padma Krishnan, Alice Rebecca Wattam, Subhendu Roy, John P Hays, and Godfred A Menezes. Whole genome sequence analysis of NDM 1 CMY 4 and SHV 12 coproducing *Salmonella enterica* serovar Typhimurium isolated from a case of fatal burn wound infection" *Infect Drug Resist*. 2018; 11: 2491–2495. Journal Impact Factor: 3.443.
7. Goenka L, Uppugunduri Satyanarayana CR, S SK, George M. Neuroprotective agents in Acute Ischemic Stroke-A Reality Check. *Biomed Pharmacother*. 2019;109:2539-2547.
8. Ashokkumar R, Srinivasamurthy S, Kelly JJ, Howard SC, Parasuraman S, Uppugunduri CS. Frequency of chemotherapy medication errors: A systematic review. *J Pharmacol Pharmacother* 2018; 9:86-91.
9. Suresh Kumar, Laxminarayana Kurady Bairy. Management of peripartum depression: better, prevent than treat! *Int. J. of Adv. Res*. 2018; 6:281-9.
10. Narayanan SN, Mohapatra N, John P, K Nalini, Kumar RS, Nayak SB, Bhat PG. Radiofrequency electromagnetic radiation exposure effects on amygdala morphology, place preference behavior and brain caspase-3 activity in rats. *Environ Toxicol Pharmacol*. 2018 Mar;58:220-229. doi: 10.1016/j.etap.2018.01.009. Epub 2018 Jan 31. (2017 Impact Factor: 2.776)

*“Don’t walk in front of me... I may not follow Don’t walk behind me...
I may not lead Walk beside me... just be my friend”
— Albert Camus*



11. Abraham RR, Torke S, Gonsalves J, Narayanan SN, Kamath MG, Prakash J, Rai KS. Modified directed self-learning sessions in physiology with prereading assignments and Pecha Kucha talks: perceptions of students. *Adv Physiol Educ.* 2018 Mar 1;42(1):26-31. doi: 10.1152/advan.00048.2017. (2017 Impact Factor: 1.981)
12. Narayanan SN, Lukose ST, Arun G, Mohapatra N, Pamala J, Concessao PL, Jetty R, Kedage V, Nalini K, Bhat PG. Modulatory effect of 900 MHz radiation on biochemical and reproductive parameters in rats. *Bratisl Lek Listy.* 2018;119(9):581-587. doi: 10.4149/BLL_2018_105.
13. Narayanan SN, Kumar RS. An improved light dark box test by using a real-time video tracking system. *Acta Biol Hung.* 2018 Dec;69(4):371-384. doi: 10.1556/018.69.2018.4.1.
14. Kumar RS, Narayanan SN, Kumar N, Nayak S. Exposure to Enriched Environment Restores Altered Passive Avoidance Learning and Ameliorates Hippocampal Injury in Male Albino Wistar Rats Subjected to Chronic Restraint Stress. *Int J Appl Basic Med Res.* 2018 Oct-Dec;8(4):231-236. doi: 10.4103/ijabmr.IJABMR_379_17.

Research Papers Presented by RAKCOMS Faculty

Dr. Sareesh N. N., Assistant Professor, Department of Physiology was invited to deliver a Keynote lecture on “Effect of tissue impregnation duration on optimal staining of neurons in a modified Golgi-Cox method” during the “Second World Congress on Microscopy: Instrumentation, Techniques and Applications in Life Sciences and Materials Sciences (WCM 2018)” held between 10th to 12th August, 2018 at Mahatma Gandhi University, Kottayam, Kerala, India

He also Chaired a scientific session during the “Second World Congress on Microscopy: Instrumentation, Techniques and Applications in Life Sciences and Materials Sciences (WCM 2018)” held between 10th to 12th August, 2018 at Mahatma Gandhi University, Kottayam, Kerala, India

Dr. Amina Unis, Associate Professor, Department of Pharmacology, presented a poster on "Gingko Biloba extract attenuates streptozotocin induced diabetic retinopathy in rats" at the Sixth Annual Clinical Congress-Gulf Chapter of the American Association of Clinical Endocrinologists (AACE) that was held in Dubai, United Arab Emirates from 1st–3rd November, 2018.





Events Organized by Department of Medical Microbiology, RAKCOMS and Central Research Laboratory, RAKMHSU.

1. **SAMR, 2018.**

"Surveillance of antimicrobial resistance- hands-on workshop, 2018" and particularly hands-on demonstration of WHONET tool in Surveillance of antimicrobial was conducted by the Dept. of Medical Microbiology & Immunology, RAKMHSU, in collaboration with Department of Health (DoH), Abu Dhabi, UAE was organized on 11th October, 2018.

2. **Quiz competition**

As part of World Antibiotic Awareness Week (WAAW) in November 2018, RAKMHSU (Ras Al Khaimah) features in the WHO website with the news of the quiz held.

Dental Conference-2018

National Conference on the theme "Dentistry Now & Beyond" was successfully hosted by RAKCDDS on 5th and 6th October, 2018, at RAK Medical and Health Sciences University. Eminent speakers from various reputed organizations and over 400 delegates attended the event. All the dental universities within the UAE were represented by their respective Deans and Professors. The Ministry of Health and Prevention (MOHAP), RAK also actively participated in the conference. The conference was duly accredited by the Ministry of Health and Prevention. A variety of topics such as obstructive sleep apnea, erosive tooth wear, regenerative endodontics, craniofacial implants and dental photography. The RAKCDDS Alumni was also formed and inaugurated during this event





Symposium on Medical Education- 2018

A one day symposium featuring the "Challenges in Health Professions Education for 21st Century" was organized by RAK College of Dental Sciences in collaboration with RAK Medical and Health Sciences University (RAKMHSU) and Centre of Excellence in Leadership, Innovation and Quality (CLIQ) on the 29th of October, 2018 at RAK Medical and Health Sciences University.

Prof. Dr Yawar Hayat Khan (Director CLIQ) coordinated the symposium. The symposium was attended by around 200 delegates including professionals, leading educationists, medical practitioners, technicians, nurses, pharmacists, and students belonging to different hospitals and universities across the UAE. A few key officials from the Ministry of Health, UAE were also present to grace the occasion.





RAKCODS Community Services 2018-2019

RAKCODS students, accompanied by faculty Dr. Vivek Padmanabhan & Dr Sally Kamal, organized the Oral Awareness Campaign to educate students of RAK Community by making educational visits to various local schools from Mid Sept. to end of Nov. 2018, The program included the following activities:

- Awareness Campaign (Presentations)
- Oral Screenings
- Oral Hygiene Instructions

The dental services were performed by the students under the direct supervision of the faculty. The community services team has proudly finished successfully screening of almost 1900 students in this year from Sep to Dec 2018.

RAKCODS FACULTY ACHIEVEMENTS

Dr. Shadi El Bahra Assistant Professor, Prosthodontics has published an article titled "Bond Strength Durability of Self-adhesive Resin Cements to Zirconia Ceramic: An in vitro study" in the Journal of Prosthetic Dentistry.

Presentations:

1. Dr. Hala Zakaria; Associate Professor, Oral Radiology, Diagnosis & Oral Medicine recently participated and represented RAKCODS, RAKMHSU with a poster entitled "Assessment of Correlation between Nutrition and Oral Status of Elderly during the African congress of dentistry and implantology in Marrakech, Morocco on the 23rd of October.
2. Dr. Sabrin Ali Azim; Assistant Professor, Oral and Maxillofacial Surgery presented her topic "Final results for the quality of life in patients after cleft palate surgery" at the IAOMS and OMMS Turkey, IAOMS- ACBID joint Congress May 2018, Turkey.
3. Dr. Md Sofiqul Islam; Assistant Professor, Operative Dentistry was invited as a keynote speaker in "World Congress on Dentistry and Oral Health" held on June 25-27, 2018 in Dubai, UAE. On that event he gave a lecture on "The Role of Natural Plant Extract to Achieve Super Tooth"

Highlights of RAKCODS Clinics

In the field of dentistry in UAE, RAKCODS plays a pivotal role in catering to the dental needs of the local community and expat population. Recent statistics of patients visiting RAKCODS suggest that there has been an increase in the patient flow from the neighboring emirates from 2011 to 2018 and about 20,000 multispecialty procedures have been conducted.

"A friend is someone who knows all about you and still loves you."

— Elbert Hubbard



RAKCOPS Representation at International Conference

Dr. Syed Arman Rabbani, Assistant Professor, RAK College of Pharmaceutical Sciences Presented a research paper titled “Use of phosphate binders in end-stage renal disease patients: An experience from a secondary care hospital in United Arab Emirates” at the 2018 Annual Meeting of American College of Clinical Pharmacology from 23rd-25th September, 2018, in Bethesda, Maryland, USA.



Community Engagement Activities by Students During World Pharmacists Week-2018

Department of Supply & Stores, Ministry of Health & Prevention (MOHAP), RAK Medical District, Ras Al Khaimah, in association with the RAK College of Pharmaceutical Sciences (RAKCOPS), RAK Medical & Health Sciences University (RAKMHSU) organized World Pharmacists Week from 25th - 29th October 2018. The B. Pharm and MS students of RAKCOPS participated in the poster presentation and various health screening services on 25th - 26th October 2018, organized at RAK Mall and Manar Mall, Ras Al Khaimah respectively.

Students interacted with the general public and briefed them how Pharmacists, along with other healthcare providers can help patients, in the better management of these common clinical conditions.

Students also took part as volunteers in performing health screening services such as monitoring of blood glucose, blood cholesterol, blood pressure, lung function tests, and skin test. They also had an opportunity to counsel and guide the individuals with abnormal results of these tests to undertake suitable management strategies. Students were also involved in counseling on smoking cessation in whom lung function tests were abnormal due to tobacco smoking. RAKCOPS students had a great opportunity to implement their practice related knowledge and skills and demonstrate their role as Pharmacists in the healthcare team by involving themselves in this event. Mr. Atiqulla Shariff, Senior Lecturer and Community engagement activities coordinator, RAKCOPS coordinated the complete activities

“The first step toward success is taken when you refuse to be a captive of the environment in which you first find yourself.”

-Mark Caine



RAKCOPS Community Engagement Activities at RAK Mall

“Would you like me to give you a formula for success? It’s quite simple, really: Double your rate of failure. You are thinking of failure as the enemy of success. But it isn’t at all. You can be discouraged by failure or you can learn from it, so go ahead and make mistakes. Make all you can. Because remember that’s where you will find success.”

-Thomas J. Watson



RAKCOPS Community Engagement Activities at Manar Mall

Continuous Professional Development Workshop Conducted by RAKCOPS Faculty

RAKCOPS faculty were invited to conduct workshop by Dept. of Supply & Stores, Ministry of Health & Prevention (MoHP), RAK Medical District, Ras Al Khaimah as a part of continuing pharmacy education series. Dr. Padma GM Rao, Dean was the chief guest of the event.

The following faculty from RAKCOPS conducted interactive sessions:

1. Dr. Sathvik B. Sridhar, Chairperson-Incharge, Dept. of Clinical Pharmacy & Pharmacology & Dr. Syed Arman Rabbani, Assistant Professor, conducted an interactive workshop on "Rational Drug Use".
2. Dr. Omar Sarheed & Dr. Areeg Anwer Ali, Associate Professors, spoke on "Generic and Biosimilar drugs" respectively.

The workshop was attended by officials from MOHAP, pharmacists, assistant pharmacists, students, faculty and representatives from pharmaceutical companies.



Continuous Professional Development Workshop Conducted by RAKCOPS Faculty

RAKCOPS Organizes Community Engagement Activities to Celebrate 47th UAE National Day Celebrations and Year of Zayed

Indian Association, Ras Al Khaimah in association with the RAK College of Pharmaceutical Sciences (RAKCOPS), RAK Medical & Health Sciences University (RAKMHSU) organized a multispecialty medical camp on Friday, 14th Dec. 2018 at Indian School, Al Mamourah, Ras Al Khaimah, as part of 47th UAE National Day celebrations and Year of Zayed, B.Pharm & MS students, Faculty & Staff of RAKCOPS volunteered various community engagement activities during this multispecialty medical camp. Volunteers took part in performing health screening services such as monitoring of blood glucose and blood pressure. They also had an opportunity to guide the general public on the safe use of their medications and counselling on lifestyle changes to manage various disease conditions.

The volunteers had a great opportunity to implement their practice related knowledge and skills and demonstrate their role as Pharmacists in the healthcare team by involving themselves in this event and understand the scope of their services as an integral part of the health care team in creating a healthy community. Mr. Atiqulla Shariff, Senior Lecturer and Community engagement activities coordinator, RAKCOPS coordinated the complete activities.

"I can't give you a sure-fire formula for success, but I can give you a formula for failure: try to please everybody all the time."

-Herbert Bayard Swope



RAKCOPS Celebrates World Pharmacists Day 2018

The World Pharmacists Day on the theme “Pharmacists: your medicines experts” was celebrated in the RAK College of Pharmaceutical Sciences, on 23rd September, 2018. The event was inaugurated by the President of RAKMHSU.

Students of B. Pharm and MS programs participated enthusiastically in the various events such as theme poster display, and essay writing competitions. Chief Academic Officer, deans, chairpersons and faculty of medical, pharmacy and nursing colleges attended the celebrations.





Publications by Faculty of RAKCOPS

Journal Publications

1. Rabbani SA, Sathvik BS, Rao PGM, Kurian MT, Essawy BE. Use of phosphate binders in end-stage renal disease patients: An experience from a secondary care hospital in United Arab Emirates. Clin Pharmacol Drug Dev. 2018; 7(S1): 52-3.
2. Sathvik BS, Atiqulla Shariff, Dallah L, Anas D, Ayman M, Rao PGM. Assessment of nature, reasons, and consequences of self-medication practice among general population of Ras Al-Khaimah, UAE. Int J App Basic Med Res 2018;8:3-8.
3. Wadhwa T, Sheikh SG, Rao PG. Monitoring and Reporting of Adverse Drug Reactions Due to Cardiovascular Drugs in Patients Admitted to a Secondary Care Hospital in Northern Emirate - A Prospective Surveillance Study. Indian Journal of Pharmacy Practice 2018;11(2):71-78.
4. Muneeb U. Rehman, Adil Farooq, Showkeen Muzamil, Showkat Ahmad Bhat, Manzoor Ur Rahman Mir. Naringenin (4, 5, 7-trihydroxyflavanone) Suppresses the Development of Precancerous Lesions via Controlling Hyperproliferation and Inflammation in the Colon of Wistar Rats. Environmental Toxicology, 2018.
5. Rehman MU, Wali AF, Ahmad A, Shakeel S, Rasool S, Ali R, Rashid SM, Madkhali H, Ganaie MA, Khan R. Neuroprotective Strategies for Neurological Disorders by Natural Products: An update. Current Neuropharmacology. 17. 1-10, 2018.

Book Chapters

1. Hemant K S Yadav, Nour H Alhalabi, Ghufan A Alsalloum, Nanostructures for the engineering of cells, tissues and organs, Chapter no 14 - Nanobionics and Nanoengineered prosthetics, Elsevier, 2018, 513 - 587.
2. Hemant K S Yadav, Manar dibi, Alyazya Mohammed, Nanoscale fabrication, optimization, scale up and biological aspects of pharmaceutical nanotechnology, Chapter no 6 -Biopharmaceutics and pharmacokinetics of multifunctional nanoparticles, Elsevier, 2018, 219 - 252.
3. Hemant KS Yadav, Alyazya Mohammed, Manar Dibi, Drug Targeting and Stimuli Sensitive Drug Delivery Systems, Chapter no 12, Advancements in exogeneous techniques for stimuli-sensitive delivery systems, Elsevier, 2018, 447 - 481.
4. Hemant KS Yadav, Manar Dibi, Alyazya Mohammed, Abrar Emad, Characterization and Biology of Nanomaterials for Drug Delivery, Chapter no 13, Thermoresponsive Drug Delivery Systems, Characterization, and Applications, Elsevier, 2019, 351-373.
5. Hemant KS Yadav, Aiah A Almokdad, IM Sumia, Manar S Debe, Nanocarriers for Drug Delivery, Chapter no 17, Polymer-Based Nanomaterials for Drug-Delivery Carriers, Elsevier, 2019, 531-556.

"I watched a small man with thick calluses on both hands work 15 and 16 hours a day ... who taught me all I needed to know about faith and hard work by the simple eloquence

--Mario Cuomo



Students Picnic– 2018

As a part of the student's activities for the year 2018-19 the Student Nurses Forum (SNF) organized a picnic for the students on 31st January 2019 to Saqr Park RAK.

The main aim of this get together was to develop a bond and build healthy relationship between the students and faculty. A total of students, 25 faculties and 2 staff attended the picnic .

The faculty and students collectively participated in the barbeque cooking and games making it a delightful experience.



2nd Teachers Forum by Ministry of Education

The 2nd Teachers forum was conducted by Training and professional development department – Ministry of Education on 12th January 2019 in Ajman. Dr Vijaya Kumardhas Dean RAKCON was

Dr Victoria Hansen, Dr Priyalatha and Dr Manju A Nair conducted a workshop – Caring as a healthsciences profession for all the teachers.

Seasonal Party – Dec 2018

The month of December brings along with it the joy of sharing and giving. On 9th Dec 2018 the RAKCON family spread this joy by setting aside their work and got together to share food and play games, which helped in building a healthy milieu.



Updates in Healthcare for Nurses

The Sheikh Hamdan Award for Medical Sciences organized "Updates in Healthcare for Nurses" on the 12th of December 2018. Dr Vijaya Kumardhas and seven faculties from the college attended the session held at the Dubai International Convention & Exhibition center.



Advisory Board Meeting

The first advisory board meeting for the AY 2018-19 was held on 8th November 2018. Various important issues related to education and practice were deliberated during the meeting.



SNF Installation ceremony and Fresher's Welcome Party

The Students Nurse's Forum (SNF) installation ceremony for AY 2018 -19 and the fresher's welcome party for the 1st year BSN students was held on 7th November 2018



RAK College of Nursing Participates in Community Activities

The RAKCON participated in various activities organized by the Ministry of Health and Prevention (MOHAP) as given below

On the occasion of the World Diabetes Day, the MOHAP organized a healthcheck up for the employees of the Federal Water and Electricity department on 22nd November 2018. The 2nd year RNBSN bridge program students and two faculty participated in the event. Random Blood Glucose level, weight, Height and BMI were measured and Health education regarding Diabetes was also given to the employees.



The World Diabetes Day Campaign was conducted in **Manar Mall** on 19th November 2018, by the 4th year BSN students and MBBS students. A general health checkup which included random blood glucose, blood pressure, height, weight, BMI and health education (Arabic and English) was provided to all the people who visited the booth. Handouts on diabetes were also distributed among them

*"Working hard for something we don't care about is called stressed;
working hard for something we love is called passion."*

-Simon Sinek



Tuberculosis Awareness Campaign was conducted in collaboration with the Preventive Medical Center for 250 employees of the Majan Company. The 4th year BSN students under the supervision of a faculty and four members of the RAK health education department participated in the event by conducting a basic medical checkup (Blood pressure and random blood sugar measurement). Awareness regarding tuberculosis was given in English and Urdu by the physicians



A medical checkup was organized in collaboration with the RAK health education department for 41 employees of the General Directorate of Citizenship. Health education on hypertension and a general health checkup which included Random blood sugar, Blood pressure, height, weight and BMI were measured.



World Heart Day celebration

On the occasion of the world heart day, a health checkup camp was organized in Manar mall on 20th September 2018. The theme of the day was "My Heart Your Heart". Two faculty members Dr. Rekha Ogale and Dr. Rabab Gad attended the camp along with two students from the 4th year BSN, Ms. Samia Hashim and Ms. Mgeni Hassan Ibrahim.

A total of 120 people from different nationalities and age groups attended the camp. Blood cholesterol and random blood sugar tests were done. People with high blood sugar and cholesterol levels were given health education and were asked to seek medical treatment.

Health education mainly focused on dietary modification, exercise, rest & sleep, stress reduction measures and regular medical follow up.





Meeting at SEHA headoffice

On 20th November 2018 , Dr Vijaya Kumardhas –Dean RAKCON along with Dr Shukri Adam and Dr Priyalatha visited the SEHA headoffice to discuss various facets for RAKCON collaboration with SEHA



World Mental Health Day

The World Mental Health Day was celebrated in RAKCON from 10th to 12th October 2018. The theme for 2018 was - “Young People and Mental Health in a Changing World”.

An array of activities were planned and conducted on both the days. On the first day the activities were conducted in the main lobby of the university. Faculty, students and staff from all the colleges were invited to attend the event. There were seven booths to cover the objectives they were:

1. Confidence activities, Dr. Azza Saad
2. Suicide and Young People, Mr. Jameel
3. The changing world and parents' role, Dr. Azza Saad
4. Stress and Stress Management, Dr. Azza and Students
5. Personality test, Dr. Arnel Salgado
6. Imagine the World without Stigma, Dr. Shukri Adam
7. Bullying, Mrs. Iman Blata

On the second and 3rd day the same activities were conducted in Al-Marjan Island Resort and Spa





Farewell Party

Dr Vijaya Kumardhas – Dean RAKCON along with Dr Shukri Adam and Dr Priyalatha visited the SEHA head-office to discuss various facets for RAKCON collaboration with SEHA On 20th November 2018 ,

Freshmen Orientation Program (RN-BSN)

The freshman orientation program for the BSN, MSN and RNBSN was held on 17th and 18th September 2018 respectively.

Dean RAKCON- Dr. Vijaya Kumardhas welcomed the students and a brief overview of the college, the programs and the various activities was given.



Activities and Events Conducted by the Office of Student Affairs

Breast Cancer Awareness Day

RAKMHSU, in support of the initiative of students, organized the “Breast Cancer Awareness Day ” on 25th October, 2018. A team representing RAK Police Department and Emirates Hospital Clinics offered free consultations, mammography vouchers and Breast Cancer Awareness brochures in the Campus.

In this connection, an event was organized consisting of competitions like Art Competition, Writing Competition and Intercollege Exhibition including a display of models, art pieces, enactments, videos and photographs

Students from all four colleges actively participated in the competition and won several prizes

Food stalls were also set up to raise funds for Cancer Patients.

This event was led by Dr. Manal, Professor, RAKCOMS, Dean Student Affairs, along with organizing committee members Ms. Shaista Khadim and Ms. Supriya Anand.







The 8th RAKMHSU Career Fair

The 8th RAKMHSU Annual Career Fair was organized by the Office of Student Affairs on 13th November 2018, at the University premises. It was inaugurated by the President, Dr. S. Gurumadhva Rao in the reception area.

The participating organizations were: Dubai Health Authority, Sheikh Khalifa General Hospital – UAQ, Sheikh Khalifa Specialty Hospital – RAK, Cleveland Clinic- Abu Dhabi, Kaplan Test Prep and IDP Education- Dubai.

Members of the RAKMHSU Alumni Association of RAKCOMS, RAKCODS, RAKCOPS and RAKCON were invited to address their juniors and share valuable information about their experiences with national and international licensing procedures, residency programs, interviews and work experiences, along with current updates.

On this occasion of the 8th RAKMHSU Career Fair, the Office of Student Affairs organized a CV Writing Competition for graduating batches of students of all four colleges. The winners of the competition were:

First prize: Ghattas AbuDawoud, BPharm- Year 4.

Second prize: Fahmidha Gulsoom, MBBS – Year 5.





Fresher's Sports Day

Office of Student Affairs organized 5th Fresher's Sports Competition-2018, from 14th-18th October 2018, in RAKMHSU Campus.

Several sports competitions were conducted such as Football, Table Tennis, Billiards, Basketball, Foosball, Chess, and Badminton in our sports complex and the winners were awarded.





Community Service

The Anti-Narcotic Department, Ministry of Interior Affairs was inaugurated in collaboration with RAKMHSU on 19th September 2018 to raise awareness about substance addiction and the harmful consequences of drug addiction, in continuation of the Student Board for prevention of drugs that was constituted on 18th April 2018 including representatives from the 4 constituent colleges of RAKMHSU and other RAK universities. RAK Police Department appreciated the initiative and efforts of RAKMHSU Office of Student Affairs and the Student Council members.





Chairperson of Gen. Education Department Awarded

Dr. Zita Lobo, Professor and Chairperson of the Department of General Education was honored with the DISTINGUISHED LEADER in Humanities and Social Sciences Discipline award at 2nd Higher Education Leadership Meet - HELM 2019 held on 5th January, 2019 at Le Meridien, Chennai, India.



Academic Advising in Brief
By Dr. Rania Hamed Ghanem
 Asst. Prof. Natural Science
 Chief Coordinator-Student Academic Advising

We all are advisors. Good, bad, strong, weak, positive or negative. We all affect people around us, family, friends, neighbors or colleagues. Although there is a wide range in this classification but there are two main branches (Bright and Dark). We have to know which side we choose to be on?

What is academic advising? We as teaching faculty may have thought about that question earlier. Some of us may be naturally gifted for helping and serving others from our hearts, others may be not interested, so we're here to answer them.

Academic Advising is a process aimed to create a specific successful link between the ADVISOR (teaching faculty) and their ADVISEE (student) through a bridge of trust, honor, respect and faithful relations (alternatively).

The Main Role of This Process is considered to be an international pedagogy tool for motivation and progress, Also, it's one of the strongest bases in any academic institution. Explanation of academic advising by experts is illustrated as follows;

“Good advising may be the single most underestimated characteristic of a successful college experience.”

Light, R.J. (2001)

“It is hard to imagine any academic support function that is more important to student success and institutional productivity than advising.”

Kuh, G. (1997)

“Effective retention programs have come to understand that academic advising is the very core of successful institutional efforts to educate and retain students.”

Tinto, Vincent. (1987).

Finally, there is an opinion that refers to the beginning of advising which is mainly based on the skill of HOW TO LEARN, so, it's normal to say that advising started with the presence of life. Any creature, mankind is considered to be an advisor. Human beings, birds, animals, plants, all of them. , we all are learned through it.

Advising means guidance. And by nature we always love to be guided by **THE SUCCESS BRILLIANT MODEL**. That's why, advising is the normal path of civilization.

Light, R.J. (2001) Making the most of college. Cambridge, MA: Harvard University Press.

Kuh, G. (1997) The student learning agenda: Implications for academic advisors. NACADA Journal, 17(2), 7-12

Tinto, Vincent. (1987). Increasing student retention. San Francisco: Jossey Bass



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