



Insights

(Quarterly Bilingual Newsletter of RAK Medical and Health Sciences University)

Volume-6 Issue-1

2016 -2017

45th UAE National Day

RAK Medical and Health Sciences University celebrated the 45th UAE National Day on Tuesday 22nd November, 2016. The festive occasion was graced by the guest of honor, Sheikh Khalid Bin Ibrahim Al Qasimi. To salute the esteemed guest, the traditional police band played its welcoming tune in the presence of Dr. Yasser Essa Al Nuaimi, Advisor to MOH and Honorary Pro-Chancellor of RAKMHSU, Dr. Gurumadhva Rao, Vice Chancellor, University administrators as well as faculty, staff and students of RAKMHSU.

The function started with the recitation of the Holy Quran and the national anthem of UAE. The traditional folk group (Al-Ayallah) performed a cultural dance. The program included charming performances by the students of Al



Nakheel Primary School. At the end of the ceremony, Sheikh Khalid Al Qasimi and Dr. Yaseer Essa Al Nuaimi, in the presence of the Vice Chancellor, distributed mementos to representatives

from the institutions that participated in the celebration. The traditional UAE cuisine was served to the RAKMHSU family as part of the celebrations.

Flag Day

RAKMHSU celebrated the Flag Day on 1st November, 2016 with great fanfare.

The day was commemorated by hoisting the UAE flag in front of the main building and releasing National Flag colored balloons into the air at 11 a.m.

The students, faculty and staff participated in the event.



The Middle East Education Leadership Award

Dr. Gurumadhva Rao, Vice Chancellor of RAKMHSU, received an award for excellent leadership in recognition of "Outstanding Contribution to Education" 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.



6th RAKMHSU Convocation-2016

RAKMHSU celebrated its 6th Convocation on two separate days due to the large number of graduating students. The occasions were graced by the presence of His Highness Sheikh Saud Bin Saqr Al Qasimi, Ruler of Ras Al Khaimah and Chancellor of

RAKMHSU. On 29th September, 2016, the Medical and Pharmacy students received their graduation certificates whereas the Dental and Nursing students received their graduation certificates on 6th October, 2016. A total of 237 students graduated from

RAKMHSU this year: 59 from Medical, 23 from Dental, 50 from Pharmacy, 5 from MS Clinical Pharmacy, 4 from MS Pharmaceuticals and 96 from Nursing colleges, respectively (22 - BSN, 63-RN-BSN, 11-MSN). Dignitaries from all walks of life attended the function.



UAE Genetic Diseases Association (GDA) International Genetic Disorders Prevention Award-2016

On behalf of RAKMHSU, Dr. Manal Mahmoud Sami, Dean, Student Affairs received the UAE International Genetic Disorders Prevention Award 2016 -2017 in the category: Most Innovative Genetic Disorders Research Institution-National. The Award Ceremony was held on 22nd October, 2016 in Dubai, in the presence of His Excellency Sheikh Nahyan Bin Mubarak Al Nahyan,

Minister of Culture and Knowledge Development-UAE and Dr, Mariam Matar, Chairperson of UAE Genetic Disease Association. The Award presented by the UAE GDA is a tribute to the University for organizing the Annual RAKMHSU Students Scientific Conference, focusing on the most common diseases, including genetic diseases in UAE.



International Conference on STDs & HIV-Dubai

Dr. Hafiz Ahmad, Assistant Professor of Microbiology, RAKCOMS was invited to deliver a talk at the International Conference on STDs & HIV held in Dubai on AIDS Day,

1st December 2016, His research, "Treatment of Parasitic Infection in HIV-1 Co-infected Patients Decrease HIV Plasma Load" was very well received.





Sheikh Hamdan Bin Rashid Al Maktoum Award for Medical Sciences

Dr. Hafiz Ahmad, Assistant Professor of Microbiology, RAKCOMS won Sheikh Hamdan Bin Rashid Al Maktoum Award for Medical Sciences for his outstanding medical research on liver disease entitled "Evaluation of Dried Blood Spot (DBS) as a Method of Sample Collection for Hepatitis C Virus (HCV) RNA Quantification" at

the 9th Dubai International Conference for Medical Sciences held during 14-16 December, 2016. This biennial conference is one of the most prestigious medical conferences in the Middle East, renowned for dissemination of latest information about medical research and innovation.



Publications by RAKCOMS Faculty Members

1. Sumalatha S, D Souza AS, Bhat KMR, Ankolekar VH, Kotian SR. Variation in the Branching Pattern of the Superficial Palmar Arch. Online J Health Allied Scs. 2016;15(1):15.1.
2. Lydia SQ, Hemalatha B, Sushma RK, Kumar M R Bhat. Effects of Lead in Various Preparatory Stages of Nagabhasma on Function and Histopathology of Cornu Ammonis of Hippocampus" Journal of Clinical and Diagnostic Research. 2016 Oct, Vol-10(10): AF01-AF04.

Workshop in Manipal-India

Dr. Kumar M. R. Bhat was invited as a resource person in a workshop on "Head and Neck Onco-Surgery with hands on Cadaveric Laser Dissection

Course" from 6-8 January, 2017 in Manipal, India. The event was jointly organized by Department of Anatomy & Department of ENT, Kasturba

Medical College, Manipal under the auspices of Foundation for Head and Neck Oncology & Association of Otolaryngologists of India.

RAKCODS Dean Awarded Best Professor in Dental Sciences

The Best Professor in Dental Sciences Award was presented to Dr. Mohammed Mustahsen Rahman, Dean RAKCODS, during the World Sustainability Congress in Dubai on 5th October, 2016.

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Asia as its strategic partner and Stars of the Industry Group as a research partner. The awards of the highest stature are presented to individuals who are building their institutions through Leadership, Innovation, Academic and Industry Interface, with the supreme objective of creating future leaders.



8th Dental Facial Cosmetic International Conference

The 8th Dental Facial Cosmetic International Conference took place in Dubai on the 4th – 5th November, 2016. Students and Faculty from RAKCODS, once again, took part in the international event that continuously delivers updates in the field of esthetic dentistry.



AKMG Emirates RAK Chapter Dental CME Session

The Association of Kerala Medical Graduates held a CME session on dentistry on 25th November, 2016. This session was titled "Dental Trendz; A

New Beginning". Dentists and professors from the UAE and India shared their knowledge with dentists, dental nurses and students.





Leadership and Emotional Intelligence Workshop

RAKCODS hosted a Leadership and Emotional Intelligence for Medical Education and Healthcare

Professionals workshop by the Academy of Leadership Science, Switzerland, on 27th November, 2016.

The workshop was attended by professionals from RAKMHSU and other local institutions.



Martyr's Day Commemoration at RAKCODS

The Martyr's Day was observed at RAKCODS on 30th November, 2016. On this day the UAE National Flag was flown at half-mast at 8:00 a.m. The flag was raised again at 11:30 a.m. while



listening to the UAE National Anthem. Faculty and students gathered to honor the UAE martyrs who sacrificed their lives for their nation.

Dr. Paul Barach Visits RAKCODS

Dr. Paul Barach is a leading personality engaged in patient safety through his many publications and workshops. He visited RAKCODS on

31st January, 2017. With his guidance, RAKCODS plans to conduct training courses on patient safety and include patient safety in the current BDS syllabus.



Recent Publications by RAKCODS Faculty

1. Bijle M.N.A, Rahman M.M. (2016) Quality management in dental education. J Dent Res and Rev. 3(2):47-48
2. Rahman B., Hawas N., Rahman M.M. (2016) Opinions of dental students toward tobacco cessation intervention in the United Arab Emirates. Int Dent J. 66(5):304-10.
3. Uzunoglu E., Yilmaz Z., Erdogan O., Görduysus M. (2016) Final Irrigation Regimens Affect Fracture Resistance Values of Root-filled Teeth. J Endod. 42(3):493-5
4. Yürüker S., Görduysus M., Küçükaya S., Uzuno lu E., Ilgın C., Gülen O., Tuncel B., Görduysus M.Ö. (2016) Efficacy of Combined Use of Different Nickel-Titanium Files on Removing Root Canal Filling Materials. J Endod. 42(3):487-92.
5. Kobayashi Y., Duarte C., Moriyama K. (2016) Hormone Relaxin as Biomarker for Bone Health and Disease. In: Biomarkers in Bone Disease. Part of the series Biomarkers in Disease: Methods, Discoveries and Applications. Springer. 1-25
6. Duarte C., Kobayashi Y., Morita J., Kawamoto T., Moriyama K. (2016). A preliminary investigation of the effect of relaxin on bone remodelling in suture expansion. Eur J Orth. dx.doi.org/10.1093/ejo/cjw037 [First published online: 3 May 2016]



Guest Lecture by Dr Nagavi at BITS Pilani, Rajasthan, India



The Pharmacy Department at Birla Institute of Technology and Science (BITS Pilani), Rajasthan, India, organized a Memorial Lecture in honor of late Professor, B. M. Mithal on 18th November, 2016. The Memorial

Lecture was delivered by Dr. B.G. Nagavi Dean RAKCOPS, RAKMHSU. Prof. Mithal was one of the pioneers of pharmaceutical education in India and worked for 50 long years in BITS from 1950 - 2000. Dr. B.G. Nagavi spoke on

"Pharmaceutical Education and Practice in United Arab Emirates (UAE)". The event was attended by undergraduate, Masters and PhD students of Pharmacy along with faculty members and university officials.

Campus Interviews for RAKCOPS B. Pharm Students



Campus interviews were conducted on 23rd November 2016 for the recently graduated batch of B. Pharm. More than 15 students had registered for the interviews. Julphar Gulf Pharmaceutical Industries conducted the interviews for positions as trainees in the Regulatory Affairs Division of the company. Ms. Mamoona Firdous, Manager of Regulatory Affairs interacted with the students in one on

one sessions. Four students were provisionally selected.

The selected candidates will be given six months of training and upon completion the successful candidates will be considered for appointment in the Regulatory Affairs Division of the company. The visiting officials were quite satisfied with the knowledge and communication skills of the candidates.

Dr. Omar Sarheed, Associate Professor, and Ms. Fasiha Shah, Senior Lecturer from the Department of Pharmaceutics were present during the interviews. Dr. K. V. R. N. S. Ramesh, Professor and Chairperson of the Department of Pharmaceutics, and Dr. Omar Sarheed coordinated the interviews under the guidance of Dr. B.G.Nagavi, Dean of RAKCOPS.

Cold Chain Management Seminar

Dr. Shahnaz Usman, Associate Professor, Dept. of Pharmaceutics was an invited speaker at the Cold Chain

Management Seminar, held at Dubai on 15th December, 2016. The seminar was organized by Dickson, USA and

Dickson META, UAE. Her lecture, Risk Assessment and Management of Cold Chain in Pharmaceutical Products, was very well received.



World Pharmacists Day 2016 Celebration



World Pharmacists Day 2016 on the theme 'Pharmacists-caring for you' was celebrated in RAKMHSU on 25th September, 2016. The event was inaugurated by the honorable Vice Chancellor, Dr. S. Gurumadhva Rao in the presence of Dr. Debadatta

Panigrahi, Chief Academic Officer, Dr. B.G. Nagavi, Dean, RAKCOPS, Dr. Vijaya Kumardhas, Dean, RAKCON, Dr. Padma GM Rao, Associate Dean & Chairperson, RAKCOPS, chairpersons, faculty members, staff and students of RAKCOPS and associated colleges of RAKMHSU. The program was followed

by thematic events such as, 'Theme Display', 'Art Competition' and 'Poem Writing Competition'. Winners of the competitions were awarded with mementoes and certificates during the 'Prize Distribution Ceremony' held on 28th September, 2016.

First Prize Awarded at IPC



Dr. KVRNS Ramesh, Professor and Chairperson, Dept. of Pharmaceutics and Dr. Bhoomendra Bhongade,

Associate Professor, Department of Pharmaceutical Chemistry presented their research at the 68th Indian Pharmaceutical Congress (IPC) held at Visakhapatnam, India 16 -18, 2016. The theme of IPC was "Quality Pharmaceuticals and Patient Welfare".

Dr. Ramesh's poster entitled "Role of Hydrophilic Polymers on the Stability of Tenocixam - Captisol Inclusion Complexes" won the first prize under Pharmaceutical Technology / Pharmaceutics section.

Dr. Bhoomendra Bhongade presented

his research work entitled "In-silico design and molecular docking studies of potential Raf kinase inhibitors" under Medicinal Chemistry section of the conference.



Guest Lecture

Dr. Sathvik B. Sridhar, Associate Professor, Department of Clinical Pharmacy and Pharmacology, RAKCOPS delivered a guest lecture on "Literature Search Methods for

Development of Evidence Based Clinical Practice Guidelines" at the First Scientific Forum held at Al Marjan Island Hotel, Ras Al Khaimah on 10th of December 2016. This event was

organized by Central Medical Store, Ras al Khaimah- Ministry of Health and Prevention, UAE.



Publications by Faculty of RAKCOPS Text Book Chapters

1. Hemant K S Yadav, Abhay Raizaday. Nanobiomaterials in Medical Imaging, Applications of Nanobiomaterials Edited by Alexandru Mihai Grumezescu. Elsevier; 2016, Chapter No 12 inorganic nanobiomaterials for medical imaging: 365-396.
2. Hemant K S Yadav, Susmitha Kasina, Abhay Raizaday. Nanobiomaterials in Galenic Formulations and Cosmetics. Edited by Alexandru Mihai Grumezescu. Elsevier; 2016, Chapter no 9 sunscreens: 201-230.

Journal Publications

1. Amnerkar ND, Bhongade BA, Bhusari KP. Synthesis and biological evaluation of some 4-(6-substituted-1,3-benzothiazole-2-yl)amino-13-thiazole-2-amines and their Schiff bases. Arabian J. Chem. 2015; 8: 545-552.
2. Bhongade BA, Talath S, Gadad RA, Gadad AK. Biological activities of imidazo (2, 1-b) (1, 3, 4) thiadiazole derivatives: a review. J. Saudi Chem. Soc., 2016; 20(1):S463-S475.
3. Shahnaz Usman, khawla Al Awad, Muaadh Al Saeedi, Hamam Al Naemi, Huma Zaidi. Trend of Smoking in Students of Ras Al Khaimah, UAE. Am. J. PharmTech Res. 2016; 6(5):548-559.
4. Kashif Ali Safdar, Syed. Baqir Shyum. Naqvi and Shahnaz Usman. Development and Validation of RP-HPLC-UV Analytical Method for Quantitative Determination of Metronidazole in Human Plasma. J.Chem.Soc.Pak. 2016; 38(05): 889-897.
5. Mohammad Abou-Shaaban, Areeg Anwer Ali, Padma G. M. Rao, Asif Majid. Drug utilization review of cephalosporins in a secondary care hospital in United Arab Emirates. Int J Clin Pharm 2016; 38:1367-137.
6. Shamsheer, A. A. A., Nadeem, N., Nadeem, V., Mutib K, et al. Herbal and prescription weight loss products: awareness among pharmacists about efficacy and safety. J Pharm Pract Res 2016; 46 (4): 331-337.

RAKCON Freshmen Orientation

Orientation programs for the first year students of BSN, RN-BSN and MSN for the Academic year 2016-2017 were held on 21st, 22nd and 30th August, 2016.



Farewell

Visiting faculty member, Professor and External Examiner for MSN Program, Dr. Kyung Sook Choi from Chung Aung University, Seoul, South Korea was bid farewell by the RAKCON Dean and faculty members on 21st October, 2016.

Ms. Maria Theresa Aqui – Sr. Clinical Instructor was given a farewell party by the faculty on 10th November, 2016.



Student Exchange Program

In collaboration with Chung Aung University, Red Cross College of Nursing, Seoul, South Korea, the second batch of students arrived at RAKMHSU with regard to students exchange program from 18-27 January 2016. The 3rd & 4th year South Korean students participated in joint activities with members of Student Nurses



Forum-RAKCON. They attended clinical RAK and theory classes with BSN students in RAKCON, RAKMHSU.



RAKCON Social and Community Events



To enjoy the unprecedented cold weather of UAE winter, the RAKCON faculty held their seasonal get-together on 22nd December, 2016. Programs

such as these help faculty relax, enjoy, and build healthy working relationships. The faculty of RAKCON went for a picnic to the Khorfakkan

beach on 15th January, 2017. Students and faculty went to a daylong picnic to Saqr Park, RAK on 17th January, 2017.

RAKMHSU Bilingual Intercollegiate Declamation Contest

The General Education Department, under the leadership of Dr. Zita Lobo, held its first Bilingual Declamation Contest on 21st November, 2016 at RAKMHSU. The audience was dazzled with the performance of the contestants who took the audience from the battlefields of the Elizabethan age to the Nobel Prize winner's ceremony. Six honorable judges from RAKMHSU faculty and staff graced the occasion with their presence.

The audience was engaged by the organizers with an interactive quiz about UAE and prizes were given.

The winners of the Declamation Contest were awarded trophies and certificates.



Communication Skills for Healthcare Professionals

Dr. Huma Zaidi, Assistant Professor in English, General Education Department, conducted a workshop on "Communication Skills for Healthcare Professionals" at Lucknow's Era Medical College, India, on 11th July, 2016.



Publications by Faculty of General Education

1. Lobo ZJ. Yin and Yang. The Contour. 2016; 3(1): 59-66

2. Shahnaz Usman, khawla Al Awad, Students of Ras Al Khaimah, UAE. Am. Muaadh Al Saeedi, Hamam Al Naemi, J. PharmTech Res. 2016; 6(5):548-559.
Huma Zaidi. Trend of Smoking in



8th RAKMHSU University Day

The RAKMHSU University Day for the Academic Year 2016 - 2017, was held on 16th January, 2017 in the University Auditorium. The guest of honor was Dr. J.M. Gauer, Chief Executive Officer and Head of Surgery, RAK Hospital.

A total of 52 students, including the meritorious students who topped in academics and the winners of the 5th Scientific Conference were honored. Faculty and staff who won sports awards for the academic year 2015-2016 as well as 2016-17 were also recognized.



6th RAKMHSU Annual Career Fair 2016



The 6th RAKMHSU Annual Career Fair in RAKMHSU was organized by the Office of Student Affairs on 31st October, 2016. It was a half-day event inaugurated by the Chief Academic Officer, Dr. Debatta Panigrahi.

Many renowned organizations such as, Dubai Health Authority, Ministry of Health and Prevention - Dubai, Arabian Wellness & Lifestyle Management,

Siena Advisory, and Gulf Pharmaceuticals- Julphar participated in the event. Brochures were distributed on behalf of Kaplan Health International Recruitment, Royal College of Surgeons in Ireland (Dubai branch), Education USA, DAAD Germany, and International Foundations of Medicine (IFOM) - National Board of Medical Examiners

(NBME). Presentations were made by representatives of Dubai Health Authority as well as the RAKMHSU Alumni Association of RAKCOMS and RAKCOPS on updates of licensing requirements and residency programs. Invited speakers from the Ministry of Health and Prevention - RAK Medical District and the European Medical Center also addressed students.

Special Educational Needs - A Workshop

On behalf of the Office of Student Affairs, Mrs. Carol Mathias, Senior Lecturer – Psychology and Student Counselor, conducted a workshop on

'Special Educational Needs: Two Ends of the Spectrum' for teachers of KG to grade 12 of Indian Public High School, Ras Al Khaimah on 25th August, 2016.

This interactive workshop focused on special educational needs in children, and effective strategies to deal with the gifted and talented.

Inter-Collegiate Sports Event in UAE

The RAKMHSU Chess team raised the flag of our University in one of the biggest Inter-Collegiate Sports events organized by Bits Pilani in Dubai from 13-17 November, 2016.

RAKMHSU Team won the First Place in Chess (girls) among 23 Universities from all over UAE. The Prize Ceremony was attended by the Chief Guest, Mr. Diego Maradona – FIFA Player of the Century.





Inter-Collegiate Sports Tournament

Inter-Collegiate Sports Tournament in Ras Al-Khaimah was held from 20-24 November, 2016. More than 250 students participated in 15 games for boys and girls separately. RAKMHSU students bagged a lion's share of the prizes.



Inter-College Environmental Public Speaking Competition

The 16th Inter-College Environmental Public Speaking Competition is one of the most awaited competitions of the year. The team representing RAKCOMS supervised by Mrs. Carol Mathias, Senior Lecturer - Psychology and Student Counselor, Office of Student Affairs, got the 2nd runner up prize. The competition was held on 24th November, 2016 at Dubai Women's College. It was organized by the

Emirates Environmental Group, Dubai and 17 teams from colleges and universities from all over the GCC participated.

The topic was: 'E-waste: Where is the green?' The team was personally appreciated by Ms. Alia Ali Busamra, Manager, Group Sustainability, ENOC, and one of the judges, "for presenting in a professional manner".



Student Council Installation Ceremony 2016-17

The Installation Ceremony of the new Student Council took place on 16th January, 2017.

Preceding this, the Office of Student Affairs held an online voting for elections to choose the college representatives. The students of all four colleges participated and voted for their respective representatives. A total of 15 members were selected for 2016-2017. Eleven students were appointed by the University and four students were elected for the Student Council.



Book Fair at RAKMHSU

An extensive ten-day book fair was organized from 22-31 August, 2016 by RAKMHSU Library for the new

academic session to facilitate the students and faculty. M/s Al Mutanabbi offered 40% discount exclusively to RAKMHSU students



RAKMHSU Library- A Robust Facility

With the advent of the academic year 2016-17, RAKMHSU library has made many innovative changes in their facilities.

A Self-Checkout Kiosk has been placed in the library to facilitate the users to search and locate their desired books

as well as to checkout, renew and reserve books using their library account. The addition of counter display unit, E notice board, multi-media rooms and group discussion rooms have given a new dimension to the library facilities.





Mesentery: A New Organ Inside Human Body

Mir Inzamam Ali1

and Ashfaque Hossain2

¹MBBS Student, RAKCOMS, RAKMHSU

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It may be surprising to many but it is true. Scientists have discovered a new organ inside human body. The new year, 2017, brings this news of medical breakthrough, which calls for rewriting of medical text books. In fact, it has already been added in the next edition of Gray's Anatomy as the 79th organ. Scientists, J. Calvin Coffey and D Peter O'Leary of Center for Interventions in Infection, Inflammation and Immunity, University Hospital Limerick, Ireland reported the structure and function of the new organ, Mesentery. This has

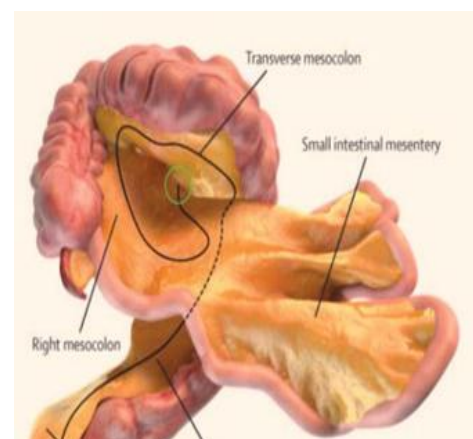
generated a "big splash" in scientific discovery and is considered as a miracle, as these days we hear news like the use of Clustered Regularly Interspaced Short Palindromic Repeats (CRISPR) technology to destroy cancer cells in human trials or use of stem cells for another medical breakthrough, not discovery of a new human organ!

Medical literature on anatomy, embryology, surgery and radiology describes mesentery as fragmented structures present in small intestine, and transverse and sigmoid sections of the large intestine. The discovery of Coffey and O'Leary (2016) revealed that the mesentery is a continuous structure, not fragmented thus refuting the more than 100 year old concept of anatomy. It emerges from the superior mesenteric root region and spans the intestine from duodenum to rectum.

The newly revealed distinctive anatomic and functional features of mesentery justifies its designation as an organ.

Reference:

Coffey, J. C. and O'Leary, D. P. (2016). 'The Mesentery: structure, function, and role in disease'. The Lancet Gastroenterology and Hepatology 1: 238-247.



Mesentery- a new organ

Yoga – For Optimal Fertility

Dr. Prema Krishnan
Assistant Professor-RAKCON

The general perception of yoga is that it benefits agility, helps lose weight and keeps one trim. But yoga has many other benefits like flexibility and toning, including improved fertility. Fertility

yoga uses a specific series of stretches that has a positive effect on reproductive health. Natural fertility and fertility yoga in conjunction give the best result.

Benefits of Fertility Yoga:

- Helps to clear adhesion and blockages in the reproductive areas.
- Increases blood circulation and oxygenation to the reproductive system.
- Helps to reset the endocrine system and helps for hormonal balance.
- Gives peace and vitality which helps in conception.

Fertility yoga can be a big help with fertility issues but it is best used in conjunction with other fertility treatment programs.

References:

1. Living Yoga: Creating a Life Practice, Christy Turlington, 42
2. Ernst, C. W. "Situating Sufism and Yoga". Journal of the Royal Asiatic Society, 2005, 15: 15.
3. Rabeey, M. Yoga Methods of health happiness and good morals. Egyptian-Dar Lebanese, Cairo. 1997, 12:123-129.

1. Seated Forward Bend  This stretches the lower back, hamstrings and hips. It also stimulates the uterus and ovaries and can help in conceiving.	2. Standing Forward Bend (Hastapadasana)  The Standing forward bend stretches all the muscles of the back and improves the blood supply to the pelvic region.
3. One-Leg Bent forward (Janu Shirshasana)  This strengthens the back muscles and is very useful during pregnancy	4. Butterfly Pose (Baddha Konasana)  This pose stretches the inner thighs, groin and knees. It improves the flexibility in the groin and hip region and helps ensure a smooth delivery if practiced regularly till late pregnancy.
5. Legs up the Wall Pose (Viparita Karani)  This particular pose stretches the back of the neck, torso and back of the legs. Relaxing in this posture after coitus increases the chances of conception, even with a decent fertility rate.	6. Yogic Sleep (Yoga Nidra)  Yoga Nidra, is meditative state of sleep it not improves the level of fertility, but also puts one at ease and is very useful for couples who wish to start a family.



Who am I?

Dr. Priyalatha
Assistant Professor-RAKCON

When moaning with pain,
I soothen the discomfort,
Bring back the smile as drops of rain
When struggling with fears,
I calm the turmoil,
Bring back the ease without tears
When lonely away from all,
I shoulder the burden,
Bring back the relief binding it all
When helplessness sets in,
I become the helping hand,
Bring back freedom let it seep in
When health gleams through,
I rejoice with you,
Bringing joy to my soul as a nurse!

بسم الله الرحمن الرحيم

Ms. Amneh Mohammad Awad AlMasaeid

Receptionist, Front Office Desk-RAKMHSU

انا واعوذ بالله من كلمة انا
انا بالاسم عربية
وبالرسم انثوية
وبالفعل قوية
وبالوعد وفية
وبالاصل اردنية

من دار الهواشم انا واعيش في امارات الهنا

انا بدوية وفكلامي ولهجتي تحس اني عندي هوية

اردنية اماراتية عربية

ومن بعد هذا الكلام هاذي رسالة باختصار الله يبعد عنا وعنكم شر الانام والكلام
ويجعل الدار متوحد وتنفتح كل الدروب وتتوحد كل الشعوب.

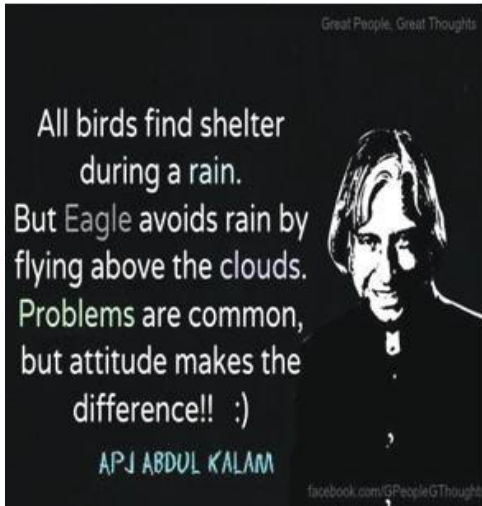
امنيتي من كل القلب ربي يديم الافراح عامرة في دياركم وديارنا

امنه المساعيد

1. A prisoner was attempting to escape from a tower. He found a rope in his cell that was half as long enough to permit him to reach the ground safely. He divided the rope in half, tied the two parts together, and escaped. How could he have done this?

2. A cat jumped out the window of a 30 story apartment building and lived. How?

Answers are give at the bottom of the page



1. He divided the rope longitudinally 2. It jumped out the first floor window

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