



Insights

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2016

7th RAKMHSU Students' Scientific Conference



The 7th RAKMHSU Students' Scientific Conference was held on 17th May, 2016. A pre-conference Community Health Program was arranged by the Organizing Committee and the Office of Students Affairs from 17th - 21st April, 2016.

The pre-conference campaign targeted the grade 12 students of several government and private schools of Ras Al Khaimah, with special emphasis on the schools located in remote areas of the emirate.

The campaign provided health checkup (blood pressure, glucose level, body-mass index) and dental checkup as well as brief health education sessions about hand washing, healthy diet, proper use of medications, and breast self-examination done by the students and interns under faculty supervision.

Parallel to the campaign, RAKMHSU hosted representatives from GALDERMA, a global pharmaceutical company, to promote skin health and update patients with skin health needs about its innovative medical solutions. GALDERMA distributed brochures at a booth in the RAKMHSU reception area from 17th to 19th April, 2016. They also arranged for a dermatologist, Dr. Suzanna, to provide free consultation and treatment for 40 pre-screened cases of skin diseases for school students and also for RAKMHSU students and faculty on 19th April, 2016.

The Students' Scientific Conference supports RAKMHSU's commitment to provide the community with high standard research and empower students with the essential skills to

conduct scientific research.

This year, more than 30 research projects discussing diverse aspects of common health problems in the UAE were presented in three oral presentation sessions and a poster session.

There were two keynote speakers, Dr. Habiba Al Safar, Director of Khalifa University Biotechnology Center, Assistant Professor in the Biomedical Engineering Department, Khalifa University of Science, Technology & Research, and Dr. Ahmed El Serafi, Chairman of the Research Committee, Assistant Professor, Basic Medical Sciences Department, College of Medicine, University of Sharjah.

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

7th RAKMHSU Cultural Day



The 7th University Cultural Day was organized by the students in coordination with the Office of Student Affairs on 14th April, 2016. The event

was full of fun and frolic with multi-cultural dances and skits by the students, faculty and staff. It included a fashion show, which

show-cased more than forty countries. There were fifteen varieties of multi-cultural cuisines in the food stalls which were enjoyed by all.



Appointment of CAO at RAKMHSU



RAKMHSU is proud to welcome Dr. Debadatta Panigrahi who joined as the CAO of the University in February, 2016 as the Chief Academic Officer (CAO). Dr. Debadatta hails from Odisha, India, and holds a doctorate in Medical Microbiology from PGI-MER, Chandigarh. He served his alma mater for 23 years and became

the Professor and Chairman in 1990. During this period, he received WHO fellowship in Immunology of Infectious Diseases (Switzerland) and the NIH fellowship in Pediatric Infectious Diseases (USA). He taught at Kuwait University, Faculty of Medicine for 11 years and worked in Bahrain as the country head of Immunology and Clinical Microbiology and finally at University of Sharjah since 2005, as Vice Dean, Dean and Chairman

Clinical Sciences till 2015. He has contributed extensively towards curriculum development and assessment in integrated teaching and learning. Dr. Panigrahi has done extensive research in clinical microbiology and infectious diseases and has to his credit over 100 articles. He is also a member of several national and international scientific bodies and editorial boards of scientific publications.

Pedia Dubai International Conference



Dr. Debadatta Panigrahi, CAO, RAKMHSU, represented the university by being the collaborator at the 3rd Pedia Dubai International Conference at Dubai, held from 31st March - 2nd April, 2016.

FRCP (Glasgow) Awarded to VC RAKMHSU



Dr. S Gurumadhva Rao, Vice Chancellor, has been awarded the prestigious FRCP (Glasgow) from the Royal College of Physicians and Surgeons of Glasgow on 14th December, 2015, based on his contribution towards health sciences education.

RAKMHSU signs MOU with Hasselt University, Belgium

Dr. Yasser Al Nuaimi, Pro-Chancellor, and Dr. S Gurumadhva Rao, Vice Chancellor, RAKMHSU, were invited by the Flanders Investment on 12th April, 2016 in Dubai where an MOU was signed between RAKMHSU and the Hasselt University, Belgium, in the presence of His Excellency Jo Vandeuren, Flemish Minister for Welfare, Public Health and Family, who was the chief guest.

This MOU will be of immense help not only to the students for their clinical training, electives and internship, but also for faculty exchange program and research collaboration.

Guest Lecture



RAKCOMS organized a scientific lecture on 'Pediatric Neurology & Sleep Medicine' which was delivered by the visiting faculty Dr. Mohsin Maqbool (American Board Certified practicing Physician in Pediatric Neurology and Sleep Medicine, Texas, USA) on 24th February, 2016.





Leadership and Emotional Intelligence Seminar at RAKCODS



Dr. Fadil Citaku, CEO of the Academy of Leadership Sciences Switzerland - ALSS, conducted a seminar and workshop on "Leadership and Emotional Intelligence" for RAKCODS faculty, staff and senior

students on 22nd February, 2016. ALSS is a graduate institution that offers 98 Masters of Sciences programs that include Leadership in Higher Education and Leadership in Healthcare.

ASPIRE Seminar at RAKCODS



RAKCODS hosted a one day seminar on 20th February, 2016, on ASPIRE by Professor Ronald Harden, a world leader in medical education. ASPIRE is a program that recognizes international

excellence beyond the traditional accreditation process. It emphasizes that the education program in a medical, dental or veterinary school can be subjected to peer review against a set of

4th International Students' Dental Conference



The University of Sharjah Dental Student Association hosted its 4th International Students' Dental Conference on 7th and 8th February, 2016. Students from RAKCODS participated in various scientific activities during the two day conference. Mustafa Tattan and Aziza Yaser presented their research in oral and poster sessions respectively. Roumaissa Belkadi participated in the students' competition where students' competency in various basic and clinical knowledge scenarios was evaluated.

criteria that identifies world-class excellence in education. Medical professionals and dignitaries from UAE, Europe and Pakistan gathered to attend the seminar. Honorable guests included Prof. Badr Aboul-Ela, Director of CAA, Ministry of Higher Education and Scientific Research in UAE, Dr. Khalil Ibrahim Qayed, Director of Medical Education at the DHA, MOH. UAE, Dr. Yasser EH Al Nuaimi, Pro- Chancellor of RAKMHSU, Dr. Alawi Alsheikh-Ali, Dean of the College of Medicine at Mohammad Bin Rashid University and Mr. Asad Ullah Khan, Executive Director of Riphah International University, Pakistan.

20th UAE International Dental Conference and Arab Dental Exhibition



The UAE International Dental Conference and Arab Dental Exhibition, AEEDC, is an annual event that brings together

presenters and dentists from all around the region. This year the event was held from 2nd – 4th February, 2016 at Dubai

Trade Center. Faculty and students from RAKCODS participated actively in the conference, exhibition and scientific activities. The junior students Aisha Shahid, Mustafa Tattan, Yousuf Alzaki, Roumaissa Belkadi and Raghad Sweileh participated in the students' knowledge competition while Dr. Carolina Duarte, Assistant Professor, was one of the judges of the poster competition.



RAKCOPS Emerges Winner at DUPHAT - 2016



B.Pharm. students won 04 awards in the best oral, innovation, thematic and presentation categories at Dubai International Pharmaceuticals and Technologies Conference and Exhibition (DUPHAT). DUPHAT is a premier Pharmaceutical and Technology event in the Middle East. Around 18,000 visitors and delegates from 73 countries attended the conference, which was held in Dubai from 15th to 17th March, 2016. Sixty-four students and 16 RAKCOPS faculty attended the conference. Thirty posters (20 B.Pharm, 8 MS students and 2 faculty) were presented. RAKCOPS thanks the Vice Chancellor of RAKMHSU for his continuous support and encouragement.

Association of Pharmaceutical Teachers of India APTI - RAKMHSU International Convention



APTI-RAKMHSU international convention on the theme Modern Trends in Pharmacy Education: Team Based Learning and Institutional Research was held on 29th February, 2016. The main purpose of the convention was to discuss the current trends of pharmacy education in UAE and India and promote

the relationship between the teachers of the two professional organizations. RAKCOPS faculty and APTI delegates presented 28 posters at the convention. Dr. M. D. Burande, APTI, along with Dr. Sathvik B. Sridhar, Associate Professor, RAKCOPS, Dr. Bhoomendra A. Bhongade Associate Professor

RAKCOPS and Dr. Tamer Salam El-Marsafawy, Associate Dean, Institutional Research Office, RAKMHSU, gave oral presentations. The convention concluded on the note of further collaboration between RAKMHSU and APTI in pharmacy education.

The following posters were awarded prizes:

Award	Title of the Poster	Authors
First Prize	Clinical Pharmacy Practice Experiential Educational Module at RAK College of Pharmaceutical Sciences, Ras Al Khaimah, U.A.E	Dr. Sathvik B. Sridhar & Dr. Padma G.M Rao RAKMHSU, RAK
Second Prize	Preparation of Effective Lesson Plan	Dr. Vedigounder Murugan Dayananda Sagar University, Bengaluru
Third Prize	Academic Advising Approaches in RAK College of Pharmaceutical Sciences: Linking Theory with Practice	Dr. Areeg Anwar Ali, RAKMHSU, RAK
Fourth Prize	Course Portfolio – A Tool for Teaching Excellence	Mr. Atiqulla Shariff & Dr. Padma G.M Rao, RAKMHSU, RAK
Fifth Prize	Lesson Plan: A Guide for the Teacher	Umme Hani, B.A. Vishwanath & Deeparani K. Urolagin. Aditya Bangalore Institute of Pharmacy Education and Research, Bangalore



Guest Lecture by Dean RAKCOPS at 67th Indian Pharmaceutical Congress (IPC) - 2016, Mysore, India

The 67th Indian Pharmaceutical Congress (IPC) was held at JSS University in Mysore, India from 19th – 21st December, 2015. The event was organized by the Indian Pharmaceutical Congress Association (IPCA) and hosted by Indian Hospital Pharmacist Association (IHPA). Dr Nagavi, Dean RAKCOPS, spoke on the topic “Benchmarking in



Pharmacy Education – RAKMHSU Experience”. The congress themed “Pharma Vision 2020 – Pharmacists for a Healthy India” was attended by more

than 5000 registered delegates. Awards were distributed to the achievers in different fields of Pharmacy. Various activities such as plenary and round table discussions, scientific paper presentations, presidents’

symposium, memorial lecture, poster session, elocution competition for students and exhibition of equipment and instruments were also organized

UAE Innovation Week at RAK College of Pharmaceutical Sciences



Innovation week was organized in RAK College of Pharmaceutical Sciences, RAKMHSU, from 22nd - 26th November 2015. Guest Speaker, Dr. Shyam V. Rao, President and CEO, Forus Health Pvt. Ltd. Bengaluru, India, spoke about essentials of medical innovations. Dr. Shahnaz Usman, Associate Professor, Department of Pharmaceutics, RAKCOPS, highlighted the topic ‘Recycling and Disposal of Unused and Expired Medicines in Ras Al Khaimah.’

A few students of MS and B.Pharm. also presented their innovative ideas.

RAKCOPS Innovative Week team led by the Dean RAKCOPS, visited Ministry of Health and Expo Exhibition and met Dr. Khawla with whom the project for the innovation was discussed.

The week concluded with a commitment to strive towards innovation and excellence and utilize the potential to its fullest for academic and professional development.

Workshop on Regulatory Affairs



An Interactive workshop on regulatory affairs on the theme - Regulatory Affairs – A Global Perspective, was organized on 16th December, 2015, at RAKCOPS, RAKMHSU, in collaboration with the Regulatory Affairs Division of Julphar.

Dr. Gurumadhva Rao, Vice Chancellor, RAKMHSU, inaugurated the workshop. In his address he emphasized the need to understand the critical components of regulatory processes to ensure successful development of safe pharmaceutical products.

Mr. Mounir Mina, Director, Therapeutic Goods Administration (TGA), Canberra, Australia, gave a talk on the topics “Pre and Post Marketing Surveillance – Critical Issues Involved. and “Legal Requirements Governing Pharmacy Practice”. Ms.Mamoonah Firdous, Senior Manager, Regulatory Affairs, Julphar Gulf Pharmaceutical Industries spoke on Regulatory Environment in the Middle East, Opportunities Challenges and Harmonization Initiatives of GCC Region. The lectures were followed by hands on workshop on a case based study, facilitated by Mr. Mounir Mina.

The workshop was attended by M.S students and faculty of Department of Pharmaceutics, Pharmaceutical Chemistry and Clinical Pharmacy and Pharmacology.

Publications by Faculty of RAKCOPS

1. Gulam Saidunnisa Begum, Atiqulla Shariff, Ghufraan Ayman, Bana Mohammad, Raghad Housam, Noura Khaled. Prevalence of Polycystic Ovarian Syndrome among students of RAK Medical and Health Sciences University, United Arab Emirates. IJMPS 2016; 6(1):109-18.
2. Atiqulla Shariff, Gulam Saidunnisa Begum, Ghufraan Ayman, Bana Mohammad, Raghad Housam, Noura Khaled. An Interventional Study on Effectiveness of Structured Education Programme in Improving the Knowledge of Polycystic Ovarian Syndrome among Female Students of Ras Al Khaimah Medical & Health Sciences University, UAE. IJSR 2016; 5 (1):1659-63.
3. Hemant KS Yadav, Abhay Raizaday, Nanobiomaterials in Medical Imaging, Applications of Nanobiomaterials by Elsevier, Chapter no 12 inorganic nanobiomaterials for medical imaging. Pg no 365-396, 2016.
4. Sathvik BS, Rao PG, Multani SK, Jain M. Assessment of prevalence of hypovitaminosis D in multiethnic population of the United Arab Emirates. J Adv Pharm Technol Res 2016; 7:48-53.
5. Sathvik BS, Sura Saad Faris, Riadh Jabbar. Monitoring of adverse drug reactions in psychiatry outpatient department of a Secondary Care Hospital of Ras Al Khaimah, UAE. J Basic Clin Pharma 2016; 7:80-6.



Nurses Day and Candle Lighting Ceremony at RAKCON



RAKCON celebrated Nurses Day and Candle Lighting Ceremony on 28th April, 2016. An exhibition on the International Nurses Day theme: Nurses A Force for Change: Improving Health Systems' Resilience was organized by the Students Nurses Forum (SNF). Vice

Chancellor, Dr. Gurumadhva Rao, inaugurated the exhibition and Ms. Badreya Ibrahim, Director of Nursing, RAK Medical District, RAK, UAE, was one of the judges. Dr. Yaser Al Nuaimi, Pro-Chancellor, RAKMHSU, graced the occasion.

The founding Dean of RAKCON, Dr. Vijaya Kumardhas, was awarded with the Service Appreciation Award for her outstanding achievements during her 10 years tenure at RAKMHSU.

BSN RN-BSN and MSN Farewell Parties



RAKCON organized farewell parties for the graduating students of BSN, RN-BSN and MSN programs

Faculty Development Programs at RAKCON



RAKCON organized Professional Development Workshops on Self Directed Learning (SDL), Self-awareness, Team Based Learning (TBL) and Case Based Learning (CBL) during the spring break

from 30th March, 2016 to 7th April, 2016. A Valedictory Program was arranged on the last day of the workshops where the faculty performed a skit. Dr. G. M. Rao, Vice Chancellor RAKMHSU, and Dr.

Debadatta Panigrahi, Chief Academic Officer, RAKMHSU, gave away the certificates.



Academic Activities



The students and faculty of RAKCON and Red Cross College of Nursing, CAU University, Seoul, South Korea, had a student exchange program from 16th - 24th January, 2016. The 3rd and 4th year



students of Red Cross College of Nursing visited RAKCON and participated, in the activities conducted by the students.

Training Session



A training session was arranged for RAKCON faculty by RAKMHSU Library on Elton B. Stefen's Company (EBSCO) Nursing Reference Center Plus" on 23rd February, 2016

Orientation



RAKCON organized an Orientation Program on 31st January 2016 for the 4th batch of Conversion Program students sponsored by the Ministry of Health (MOH).

Faculty Farewell



1. A farewell party was arranged for Ms. Eman Shelleh, Lecturer, RAKCON on 21st March, 2016.
2. Two faculty members from Mansoura University Dr. Nashwa and Dr. Rabab, who came to RAKMHSU as



exchange faculty members, from 25th October 2015, for three months in Community Health Nursing and Psychiatric – Mental Health Nursing for 3 months were bid farewell on 21st January, 2016.

International Nursing Conference



Dr. Maragatham Kannan, Associate Professor in RAKCON, was invited as a resource person to the 1st International Nursing Conference on "Harmonizing Nursing Education and Service" held at Meenakshi College of Nursing, Meenakshi University, India on 19th December, 2015.

Faculty Picnic



RAKCON organized a seasonal get – together on 10th December, 2016, and a picnic to Creek Park Dubai for the faculty on the 14th January 2016



4th RAKMHSU Mini Marathon 2016

The Office of Student Affairs organized the Fourth RAKMHSU Mini Marathon on 9th February, 2016, for the students, faculty and staff. The 4 km marathon was inaugurated by Brigadier Ghanem Ahmed Ghanem – Director of Central Operations of RAK Police. There were more than 300 participants, including 50 students from six other universities in Ras Al Khaimah. At the end of the marathon, Brigadier Ghanem Ahmed Ghanem and the Vice Chancellor of RAKMHSU distributed prizes and medals to the winners. They thanked the sponsors and RAK officials

who actively contributed to the success of the mini-marathon.

The mini-marathon was sponsored by The New India Insurance Company, Marmoom Dairy Dubai and Oasis Water Company. Care Direct Company – Dubai came to distribute Pantene product for the participants.

The Marathon was attended by the Deans, University officials, faculty, staff and students of RAKMHSU as well as RAK officials. The Sanid Group attended the event for the first time.

Winners of the Mini Marathon

Male Faculty & Staff

First Place	Mr. Abdulsalam
Second Place	Mr. Eswara
Third Place	Mr. Syed Salah Pasha

Female Faculty & Staff

First Place	Ms. Lhamqueen Morales
Second Place	Ms. Mary Joyce Apolinario
Third Place	Ms. Ferdelyn Siblon

Staff and Faculty Championship

Mr. Yousuf Sherriif

Billiards Champion 2016

Dr. Mehnaz Zafar

Table Tennis Champion 2016



7th University Day

The 7th University Day was held on 25th February, 2016. The Guest of Honor, Dr. Fatima Al Rifai, Advisor, Ministry of Health & Secretary to UAE Nursing and Midwifery Council, graced the occasion. Dr. Gurumadhva Rao, Vice Chancellor of

RAKMHSU, Deans and University officials attended the function, in addition to students, parents, faculty and staff.

Forty nine students were honored, including the meritorious students who

had topped in the academic year 2014 - 2015. Awards were also distributed to the faculty and staff for winning different extracurricular competitions.

Student Council Installation

The Office of Students Affairs held an online voting for the election of College Representatives of the Student Council for the academic year 2015 - 16. The installation ceremony of the new Student Council took place on 25th February, 2016 at the University Day function.

The New Student Council Team:

1	Aesha Al Shahin	President
2	Aishah Mohamed Khamis	Vice President
3	Aida Mumtaz Siddika	General Secretary
4	Muhammad Saad Asghar	Treasurer
5	B. Mary Dana Roshell Fernando	Cultural Officer
6	Merin Teresa Francis	Sports Officer
7	Alaa Hatem Shoushan	Public Relations Officer
8	Aahd Hamad	Science & Technology Officer
9	Rand Ahmad Maher Sarmini	Talents & Activity Officer
10	Hussain Ahmed	Social Activities Officer
11	Heena Anuff	Academic Activities Officer
12	Abbas A M Taha	MBBS Representative
13	Ahmad M. Hussam Eddin Dargham	BDS Representative
14	Ghufran Ayman Alsalloum	Pharmacy Representative
15	Nafisa Hassan Haji Hussein	Nursing Representative

Community Service



Mrs. Carol Mathias, Senior Lecturer – Psychology & Student Counselor, conducted a workshop on 'Understanding Learning Disabilities' for the teachers of Kindergarten to Grade 8

of Indian Public High School, Ras Al Khaimah on 7th January 2016. This interactive workshop consisted of relevant information on learning

disabilities and strategies to handle them in the classroom. It also consisted of team activities which received a positive feedback from the participants.



Library Activities at RAKMHSU 2nd Book Exhibition



The RAKMHSU library has invited M/s. Al Mutanabbi Book Shop, Dubai for a book exhibition in the university from 31st January, 2016, to 4th February, 2016,

3rd UAE Medical Librarians' Group Meeting



Dr. Sampath Kumar, Deputy Chief Librarian attended the 3rd UAE Medical Librarians' Group Meeting held on 16th December, 2015, at Rashid Hospital Library, Dubai, UAE.

Turnitin Software



The RAKMHSU Library added Turnitin plagiarism software to its electronic resources collection. Turnitin is an internet-based plagiarism-prevention service. Initially, the library procured 100 user licenses enabling university researchers/students to submit their

papers to the Turnitin website, performs the originality check. This will be a very helpful resource for the research activities in the University. An orientation program was organized for RAKCOPS Faculty and PG students on 10th February, 2016.

Top Plant Source of Omega3 Fatty Acids

Dr. Maragatham Kannan

Associate Professor, RAK College of Nursing.



Omega-3 Fatty Acids (O3FAs) are full of nutrients, rich in monounsaturated fatty acids (MUFA), antioxidants, minerals, dietary fiber, phytochemicals, essential vitamins and folates.

Regular intake of small portions in the diet helps lower Total Cholesterol as well as LDL and HDL. Moreover,

1. It reduces diastolic blood pressure when consumed as whole and for more than 12 weeks.
2. It induces most potent antihypertensive effects by a dietary intervention.
3. Its anti-inflammatory effect lowers the risk of hypertension, stroke, breast, colon and prostate cancers.

Evidence suggests that diet rich in fiber, MUFA and O3FA helps prevent coronary artery heart disease and stroke risks through favoring healthy lipid profile. Adequate O3FA are required for overall

development and maturation of nervous system in infants.

What is it? It is flax seed (*Linum usitatissimum*). I was highly impressed when I heard about flax seeds from the Food Science and Dietetics Department, Periyar University, India.

How to use? Flax seeds are eaten as a snack gently roasted on low heat, salted, sweetened or ground just before use, to avoid oxidation and retain nutritional value. Ground seeds are widely used as toppings in yogurt, desserts, smoothies, and shakes, cereal based meals, snacks and sprinkled over salad, desserts and in ice creams. Do not eat raw flax seeds, as it has a possible risk of toxicity.

Safety: There are no harmful effects when used in small quantities but one should increase the intake gradually. Recommended usage is 2 – 4 tablespoon once per day or one tablespoon 3-4 times a day. When eaten in large quantities it may cause stomach pain, bloating and laxative diarrhea.

When not to use: People with irritable bowel syndrome and seizure should stay away from it. O3FA may induce seizure. Avoid when taking anti-inflammatories, steroids, blood thinners or drugs for diabetes and lowering cholesterol.

Reference:

1. <http://www.nutrition-and-you.com/flax-seed.html> - Date of retrieval 11.11.15
2. Khalesi S, Irwin C and Schubert M (2015). Flaxseed consumption may reduce blood pressure: a systematic review and meta-analysis of controlled trials. *J Nutr.* 145(4): 758-65. Doi: 103945/jn. 114.205302. Date of retrieval 12.11.15
3. Rodriguez-leyva D, DWeighell W, fdel al, lavallee R, Dibrov E, pinneker R, maddaford TG, et al (2013) Potent antihypertensive action on dietary flaxseed in hypertensive patients. *Hypertension*, 62(6): 1081-9. Doi: 10.1161/HYPERTENSIONAHA.113.02094. Date of retrieval 12.11.15



Stress Management

Dr. Shukria Adams

Assistant Dean Clinical Education/Assistant Professor, RAK College of Nursing



Stress is a threat to health. But what is stress, who can have it and why, and more importantly how can it be overcome? In simple language, stress is an imbalance episode between your expectations and achievements. That shows no one is immune to stress. The simplest example of being stressed is having a flat tire on the way to work. It will cause no major damage to the car, but may lead to a lot of stress. The best

way to deal with this situation is to call the boss and let him/her know that you are going to be about 15 minutes late. This is an appropriate approach to handle stress. Another approach is to panic and ask "Why me?" start getting irritated, smoke to cope with the stress. As a result this person may forget to call the boss because he/she had a panic attack. Another alternative is to drive fast after replacing the tire to reach on time and get a speeding ticket or meet with an accident damaging the car or in the worst case death. Despite all efforts

you might arrive late and still get a warning or get yelled at by the boss. Moreover, our accomplishments differ from our anticipations in life leading to stress. In this case there are possible ways to overcome stressors and their impact on daily life. Stress and its negative effects include smoking, drinking alcohol, and violence which may act as risk factors. For instance, someone who smokes or drinks to cope with stress will lose his/her lungs from lung cancer which is caused by smoking or getting liver cirrhosis from drinking.

Spectrum Toastmasters Club Celebrates 5th Anniversary



Spectrum Toastmasters Club, RAKMHSU, celebrated its 5th Anniversary and Induction Ceremony on 12th May, 2016. The Division Director, MTM Surekha, Area Director TM Sujith and Administrative Manager TM Hemant graced the occasion. MTM Mehrunnisa from

Fujairah TM Club and MTM Farhath from Scholars TM Club, members of Spectrum Toastmasters, RAKMHSU, as well as professors and students attended the function.

Dr. Raghavendra Bhat, Professor of Internal Medicine, graciously agreed to

be the Induction Officer and enlightened the members with his knowledgeable words of wisdom and experience.

The audience watched a short presentation of the achievements of these 5 years which was followed by cake cutting and celebrations!!

CONGRATULATIONS!



Dr. Sanjay Sood's oil painting entitled, "Blossom Cheer in the Grey" was selected for Ras Al Khaimah Fine Art Festival 2016.

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