

Promotions/ Appointments

- **Dr. Azmat Talaat,** Professor Department of Paediatrics, NTH
- **Dr. Faisal Saeed,** Asst. Prof Dept. of Paedodontics, SBDC
- **Dr. Farida Afzal,** Asst. Prof Department of Radiology TTH

Gold Medalists 2013

Sana Ullah Khan 1st Prof MBBS	Salma Rafiq 3rd Prof BDS
Javeria 2nd Prof MBBS	Lubna Agha 1st Prof Phar-D
Bushra Ghafoor 3rd Prof MBBS	Hassan Ali 3rd Prof Pharm-D
Umar Hameed 1st Prof BDS	Nadia Gul 4th Prof Pharm-D
Fatima Mumtaz 2nd Prof BDS	

Student Societies for 2014

As notified by the Director Sports, Literary & Social Affairs Dr. Ismail Qamar, the following student societies have been formed after the selection process.

Sports Society

Adnan Ali Khan	(Final Year MBBS)	Sports Secretary
Nazma Saleem	(Final Year BDS)	Sports Secretary (Girls)
Sardar Saud Abbas	(4 th Year MBBS)	Joint Sports Secretary
Ibrahim Khan	(3 rd Year BDS)	Joint Sports Secretary

Literary Society

Ghazan Bashir	(3 rd Year MBBS)	Literary Secretary
Bibi Fatima	(3 rd Year MBBS)	Chief Editor (English Section)
Nadia Iqbal	(3 rd Year MBBS)	Chief Editor (Urdu Section)
Sana Hanif	(3 rd Year MBBS)	Chief Editor (Pushto Section)
Sameed Ullah Qureshi	(3 rd Year MBBS)	Chief Editor (Photography)
Saira Kainat ((3 rd Year MBBS)	Chief Editor (Activities Section)
Zoopash Ali Khan	(3 rd Year BDS)	Chief Editor (Medical Section)

Character Building Society

Maryam Ayub	(4 th Year MBBS)	President
Hira Khalil	(2 nd Year MBBS)	Vice President (Female)
Zarak Tariq Jan	(2 nd Year BDS)	Vice President (Male)
Bibi Fatima	(3 rd Year MBBS)	General Secretary



Poster Competition held by 1st Year BDS Students, Department of Science of Dental Materials



Poster Competition held by 2nd Year BDS Students, Department of Community and Preventive Dentistry



Newly renovated Paedodontics Department

EDITORIAL TEAM

Dr. Ismail Qamar
Director Sports, Literary & Social Affairs
Fatima Daud Kamal
Knowledge Management
Dr. Zainab Kabir
Administrator KMC & SBDC
Dr. Saira Afridi
Asst. Professor
Preventive & Community Dentistry
Syed Tahir Shah
Communications/Media

Editor-in-Chief

Consultant Editor

Editor

Editor

Layout & Design



We welcome your feedback & contributions
Email us: gandharanews@gandhara.edu.pk
website: www.gandhara.edu.pk

Gandhara University, Canal Road, University Town,
Peshawar, Pakistan.
Tel: 091-5844429-32, Fax: 091-5844428

GANDHARA NEWS

Gandhara University's Biannual Newsletter

Annual Medals Distribution Ceremony

"Your patients deserve utmost care and love" Chief Justice



Mr. Justice Fasih-ul-Mulk receiving a shield from Chancellor, GU Mrs. Roeeda Kabir

The Gandhara University celebrated its Annual Medals Distribution Ceremony & Mushaira on the 15th of March 2014. Chief Justice of Peshawar High Court Mr. Justice Fasih-ul-Mulk graciously chaired the ceremony for awarding medals to the outstanding students of MBBS, BDS and Pharmacy of session 2013.



including Academic, Sports, Healthcare and Literary activities. The Vice Chancellor further thanked the poets who had joined Gandharians on the happy occasion. The welcome address was followed by medals and shields presentation by the Chief Guest to the position holders of MBBS, BDS and Pharmacy as well as best teachers of year 2013. Mr Justice Mian Fasih ul Mulk, congratulated the students, their parents and teachers for their achievements. He also complemented the vision of Prof. Kabir for establishing the university in the province – a centre of excellence, maintaining a landmark towards the progress right from the time of Surgeon M. Kabir. The Chief Justice told the students to be thankful to their parents as well as teachers. He also

strongly advised them to be prepared for the well being of those having no access to health facilities. Terming the relationship of a doctor and a patient to be extremely respectable, the Chief Guest said it deserves utmost patience and love.



Best Teacher Award-2013

Kabir Medical College
Prof. M. Tariq Khan
(Dept. of Physiology)

Sardar Begum Dental College
Dr. Syed Murad Ali Shah
(Dept. of Oral Surgery)

Best Class of 2013

3rd Year MBBS (Now 4th Year)
2nd Year BDS (Now 3rd Year)

The Vice Chancellor, Gandhara University Prof. R.A.K Tahirkheli delivered welcome address in which he gave a detailed introduction to various aspects of academic and co-curricular activities of the University. He said that Surgeon Muhammad Kabir, himself a high achiever had personally groomed the current faculty and had laid their foundation. Likewise the high achievers (students) of today were successors to the previous excellent students in all aspects that matter in life



The Holy Prophet (PBUH) and today's Youth

On 20th January, Gandhara University arranged a lecture by the eminent religious scholar Mufti Syed Adnan Kakakhel.



On 20th January, Gandhara University arranged a lecture by the eminent religious scholar Mufti Syed Adnan Kakakhel. The lecture was held in the Surgeon Kabir Auditorium which thronged with students anticipating the scholar's arrival with recitation of naats.

Dr. Ismail Qamar on introducing the scholar, thanked him for taking the time out of a heavy schedule and for coming all the way from Islamabad to be with the Gandhara University students. As a prologue of the lecture, he emphasized on the dire need of understanding Hazrat Muhammad's (PBUH) life

through reading the Holy Quran. Mufti Adnan thanked the audience for their enthusiastic and warm welcome. He assured all that even if his schedule is busy, he considers it a privilege and a duty wherever there is a call for him to make a speech to students of all age groups. According to Mufti Sahib our current educational system does not cater to our Islamic background, especially regarding our Holy Prophet's (PBUH) personality and what he passed on as a legacy for us to follow. The fact that we always judge others by comparing with our Prophet's (PBUH) virtues yet

never judge our own selves according to a flaw we have to change. Mufti Adnan was of the view that technological advancement is a manifestation of our consumer worship. And that had we invented such gadgets we would not have



included paths which divert us from Allah and his Prophet (PBUH).

Syed Kakakhel told the students that the gauge for measuring their standing in life is when our prayers, our fasts, charity and all of our fulfilled commands of Allah have no more effect or positive outcome in our personalities and our lives.

Furtheron, Mufti Adnan Kakakhel explained how and what students can and should do keeping in mind our Holy Prophet (PBUH) and his personality, for bringing peace and happiness within and out.

And Our Renowned Poets Joined In



The second half of the Medals Distribution Ceremony was dedicated to traditional, usually humorous poetry recitation. Renowned poet Mr. Khalid Masud was the Chief Guest for the

Poetry Recitation, who had come all the way from Multan to join the Gandharians on this occasion. Mr. Masud's signature bilingual style of poetry was a huge source of enjoyment

as well as thought provoking for the whole audience. Mr. Khalid Masud was joined by Mr. Nazir Tabassum, Mr. Abasin Yusufzai, Mr. Aziz Ejaz, Mrs. Bushra Farrukh, Mr. Zafar Khan Zafar and Mr. Nasir Ali Syed who hosted the recital. To the delightful surprise of many, Prof. Dr. Ejaz Hasan Khan Khattak, Principal of Khyber Medical College also presented a few verses from his own work. The event was thoroughly enjoyed by all including the Chief Justice of the Peshawar High Courts. At the end of the programme a sumptuous lunch was served in the main hall.

This was a great event to be remembered by Gandharians for years to come.

Oath Taking for Nursing & LHV Students

An oath taking ceremony of the newly admitted nurses of Farkhanda Institute of Nursing and Public Health was held on 19th Feb 2014 at Kabir Auditorium in Gandhara University, Peshawar. Mrs. Roeda Kabir, Chancellor Gandhara University was the chief guest on the occasion. Both the Chancellor and the Principal of Farkhanda Institute lighted the ceremonial candles which were held by the students while taking an oath, in memory of Florence Nightingale and her



commitment to nursing the sick back to health. Later the Principal of the Institute welcomed the guests and presented the annual report. Prizes and certificates were distributed among the students holding distinctions in their classes. The chief guest, Mrs. Roeda Kabir, in her speech urged the nursing students to be honest to their profession and patients as they are the main pillar of providing health care. In the end, Vice Chairman of the University presented the vote of thanks.

International Nurses Day

The Farkhanda Institute of Nursing and Public Health joined the world in celebrating the International Nursing Day on the 13th of May. The day was marked with a ceremony in which Manager Nursing Mrs. Sharjila Khaliq, Rehman Medical Institute was the Chief Guest. Held to mark the importance of tender, motherly care such as that of Hazrat Fatima for the *ghazwah* victims as well as of Florence Nightingale, the woman who started nursing

as a proper profession, the day is meant to pay tribute to all these women in history.



Rescue 1122

In the month of February, Gandhara University students attended a demonstration and presentation by a team of Rescue 1122 Emergency Service staff on its



premises. The young doctors experienced life saving techniques, basic first aid maneuvers for saving precious lives. The Director General of Rescue 1122 Service Dr. Asad Ali Khan was also present on the occasion. He stressed upon the need to learn such techniques by each and every member of the society. Rescue 1122 provides free demonstrations in educational institutes to spread awareness. Chairperson Gandhara University Mrs. Roeda Kabir thanked the DG as well as the Rescue staff for this direly needed learning opportunity. Later, certificates were distributed amongst the outgoing house officers 2013.

Dear Editor

I take this opportunity to say that thankfully our country has recognized the importance of celebrating different days which lay emphasis on certain issues. Health Day, TB Day, Oral Hygiene Day and Cancer Day are a few amongst a long list of issues needing dire recognition. The World Health Organisation has implemented specific days out of the whole year to a certain disease or general health. These eight official global public health campaigns marked by WHO, are World Tuberculosis Day, World Immunization Week, World Malaria Day, World No Tobacco Day, World Blood Donor Day, World Hepatitis Day, World Health Day and World AIDS Day. The WHO organizes international, regional and local events on different Days related to a particular theme. In most of the cases, resources provided continue beyond the designated day.

We celebrate such days to raise awareness and to encourage prevention, detection and treatment of different diseases. They are usually acknowledged by various governments and non-governmental organizations with interests in public health issues, who also organize activities and highlight their support in reports, such as through press releases, holding walks, lectures and discussions. Along with raising awareness, many such events help people to better understand the dynamics involved regarding each health issue. But the omitted ones are still the least knowledgeable ones. The common man, woman and child, the ones on the streets, picking up garbage, feeding their children rotting food, living in completely unhygienic conditions – all of them have no clue what and how does TB start, why does AIDS spread and what is cancer. It is this ignorance which taints such awareness designated days.

Through this letter I strongly urge all my fellow students and my esteemed teachers to spread these messages not on a day-designated basis but everyday, everywhere and anywhere. The importance of these days should be maintained the whole year. It should be a continuing education strategy for the whole year with checks and gauges so that the following year we may know what have we gained and lost by our continuous vigilance.

Implementation of such a strategy and a simple statistical awareness regarding the common man's knowledge base would attain far wider and deeper results than a 1 day affair!

World Tuberculosis Day

A walk along with a series of lectures was held to mark the World Tuberculosis on 24th and 28th of March 2014 at Gandhara University & Naseer Teaching Hospital. To raise such specialized awareness, renowned physician Prof. Dr. Zafar Hayat Khan, Head of the Dept. of Medicine, Khyber Medical College and Prof Dr. Mukhtiar Zaman, Chest Specialist delivered lectures. Both the doctors described in detail about tuberculosis as a



disease and as a threat to the safety and health of all Pakistanis. Dr. Riaz Gul, Assoc. Prof. Community Medicine, Kabir

Medical College, Prof. Dr. Masood-ur-Rehman, Department of Medicine Naseer Teaching Hospital and Prof. Dr. Mumtaz Ahmed Khan, Principal

Kabir Medical College also spoke on the occasion. The audience gained invaluable information about Tuberculosis from the lectures.

World Health Day



A Scientific Seminar and Poster Competition was held at Gandhara University to celebrate World Health Day on the 7th of April 2014. The seminar was hosted by Dr. Jawad Kundi and was dedicated to the memory of late Prof. Dr. Iftikhar Ahmed, a renowned

personality in the field of Community Medicine. The topic under discussion was **Vector Borne Diseases: Small Creatures, Big Threat**. Associate Prof. Dr. Riaz Gul, from Department of Community Medicine Gandhara University shed light on the history behind

observing World Health Day ever since 7th April 1948, the day WHO was created. Dr. Bilal Ahmed, Public Health Specialist at UNICEF, spoke on the Disease Burden, Implications, Challenges and Way Forward in KPK. Prof. Dr. Bushra Iftikhar, Head of Community Medicine at

Khyber Medical College discussed epidemics such as Crime Congo Hemorrhage. Prof. Dr. Zahir Shah Principal and Dean, Dept. of Community Medicine at Women Medical and Dental College, Abbottabad especially highlighted man-made disasters. Dr. Zahir Shah delivered a very enlightened lecture encompassing 50 years of his experiences in the field of community medicine. Many attending the lecture felt much knowledgeable and better informed at the end of the day. Later a walk was also organized to commemorate the day.



The Second part of the ceremony was poster competition/exhibition by the students. Shown above are the price winning posters. 1st Prize for "Malaria" by 4th Year MBBS, 2nd Prize "Lice are not Nice" while poster on "Scabies" won the 3rd Prize.

Examinations for House Officers



In the year 2012, the Pakistan Medical and Dental Council issued a notification at the national level directing all future house officers to appear for exams after completion of their house jobs. In this regard, the Sardar Begum Dental College is the first in KPK to conduct this required examination. On 30th January and 4th of February 2014 the BDS house officers took the 2 days of exams: Day 1 for written and Day 2 for practical OSCEs. Alongside the internal examiners, external examiners Dr. Amjad Shah, Dr. Faheem Khattak, Dr. Amir and Dr. Ebad Kundi were also present, all hailing from the Peshawar Dental College.

Workshop on MCQs, SEQs & the latest Trends

A workshop on holding MCQs, SEQs and the newer ECQs and EMIs was held on 10th May in Gandhara University. Meant to introduce the teaching staff to the newer examinations as practiced all around the world, the workshop also enlightened the teachers that their students need to be at par with those around the world in these exams. The workshop was held by renowned physician Dr. Zafar Hayat.



World Cancer Day



Gandhara University Peshawar celebrated World Cancer Day with a lecture and a walk for Cancer Awareness. In this regard Consultant Oncologist Dr. Safoora Shahid was invited to give a presentation on cancer and how deeply scarred it leaves people mostly due to a lack of awareness. Dr. Safoora Shahid emphasized on the need for maintaining a credible cancer registry at a national level, which

would help in keeping tab of cancer statistics in the country.



Faculty and students intently listened to the talk and learned how to be more aware. After the lecture the faculty members joined the students in a walk against cancer at Gandhara University and Naseer Teaching Hospital. The students also collected donations for cancer patients and their treatment which was later given to needy patients at IRNUM hospital, Peshawar.

World Oral Health Day



Was held on 20th March, on SBDC premises. The day included free dental check-ups as well as distribution of free dental hygiene kits amongst all patients. The Department of Community Dentistry also set up special desks to help explain the proper, hygienic methods for taking care of one's oral health.

1st Batch of Post Grads

The final examination of the 1st batch of Postgraduates in Dentistry, was held on the 6th of February. Students specializing in subjects Oral Pathology, Oral Biology, Science of Dental Materials and Operative Dentistry all appeared in an exam comprising two papers a day. The result was declared in may Congratulations to all!

Entrance Test

The entrance test for the 2nd batch of post graduates in M.Phil and MDS was held on the 14th of May. After the selection process, classes shall commence in 1st week of June 2014.

Literary Week

The much awaited literary week was held at Gandhara University from the 25th of Feb to the 27th. The opening ceremony was marked with inter-college Naat and Qir'rat competitions. The rest of the three days were full of inter-college debates (English, Urdu and Pushto), poetry serious/humorous (English, Urdu, Pushto), painting, photography, movies

and drama/skit competitions. Mr. Najeeb ul Anjum, famous drama artist was the Chief Guest at the prize distribution on the last day of literary week in which he got to attend the movie and drama competitions. He appreciated and fully endorsed the students' creative talent which according to him, "I am surprised to see that talent abounds even in the

hospital corridors and I must say, that is a refreshing attitude in today's grim picture". Mr. AnjumThe students fully participated in the events, the entertainment as well as talent barometer was at the deepest or the highest scale. Well done!



Sports Gala 2014

A 3 day Sports Gala was held by the students of Gandhara University from the 25th of March to the 27th. Although the opening ceremony was clouded by a drizzling rain yet the fun and joy was infectious to the maximum. A spectrum of colours marked the occasion and the heavy

clouds brightened up with the opening ceremony. The Sports events comprised of badminton, table tennis, volley ball, net ball, arm wrestling, football and cricket were held amongst both boys and girls. The winning students and teams were awarded trophies and shields on the

last day of the 3-day event when the prize distribution took place in the main ground. The whole University carried an air of sports and fun the whole week with the main objective being taking part in an event. All say aye to healthy competitions!



Pak-Japan Friendship

At the start of the year, the Japanese Embassy invited Gandhara University to choose a few schools from Peshawar which would be willing to send their high achievers from classes 9th -10th/ A levels , to Japan for a visit.



Gandhara University selected schools and students and eventually a very successful visit to Japan was made by the schoolchildren. Later they thanked the University for providing such a learning opportunity.

Quran & Science



Prof. Dr. Qaisar Ali from Engineering University Peshawar delivered an awe-inspiring lecture on Quran and Science in Kabir Auditorium on the 5th of March. Dr. Ali elaborated on some of the modern day scientific discoveries in relevance to the revelations in the Holy Quran. It was an inspiring lecture at the end of which many students and faculty asked the speaker their queries to which they were replied positively.

Arabic Grammar Course

A short course on "Arabic Grammar to better Understand the Quran" has commenced from the 27th of January. The course is facilitated by Prof. Dr. Muhammad Yousaf, Head Department of Physiology, KMC. Held three times a week for half an hour, the course shall have a total duration of three months. Many female students and staff alike had joined the class, one says, "though we all recite from the Holy Quran everyday but few of us understand what exactly we are saying. Now that we have learned a bit of Arabic grammar, atleast we know the literal meanings".

Monthly Seminars in Pathology

The Department of Pathology under the umbrella leadership of Head of Department, Professor Dr. Farida Naseer is all set and determined to bring visible changes in the day to day functioning of the Department. This has been achieved by holding seminars and tutorials on subjects of common interest, parallel with the conventional methods of lectures and practicals according to the curriculum as laid down by the PM&DC for 2nd year BDS, 3rd year and 4th years MBBS. In this connection, seminars on different aspects of Histopathology are being held, starting from

January of this year, in which the supervisors enlighten the students with their valuable suggestions and experiences. The seminars are well-organised mainly due to the efforts of Prof. Dr. Aziz-ur-Rehman and Prof. Dr. Ehsan Gul Khattak of the department along with Asst. Prof Dr. Gul Hasan of Pharmacology Dept. acting as facilitator. The Principal KMC, all the staff of Pathology Dept., Head of Physiology and Pharmacology Departments have all, taken keen interest in these seminars.



Tutorials in Pathology

The month of January also saw to the start of tutorials in the Department of Pathology for the 2nd year BDS and 3rd year MBBS students. The subjects for the tutorials had been disseminated two weeks ahead giving ample time to tutorials are meant specifically for targeting the average to below average students. The participants'

feedback was very encouraging as they found it effective and conceptual. Keeping in mind the highly informative and essential nature of these academic activities, it was unanimously decided that such activities will not only be continued but be further improved as effective tools in curricula development.

PAP Annual Conference 2014

Pakistan Association of Pathologists PAP has announced its 38th annual conference venue for the year 2014 to be Peshawar. In this regard, a meeting of the committee was held in Gandhara University under the chairpersonship of Prof. Dr. Fareeda Naseer. Being the President Elect, Dr. Naseer announced the dates of the conference from 19th-21st Dec 2014. Organising committees were instructed to start taking appropriate measures for the success of the upcoming conference.

