Schedule for Decade Celebrations of Gandhara University

Japanese Calendar Exhibition organized by Pak-Japan Cultural Association (KPK) at Gandhara University Campus

7-8 Feb. 2013

Initial rounds of Table Tennis and Badminton

1-5 February 2013

Sports Gala – 2013

Opening Ceremony

11 Feb. 2013

Semi Finals and Finals of Table tennis, Badminton, Cricket, Foot Ball and Net Ball (Girls)

11 to 13 Feb. 2013

Closing Ceremony and Prize Distribution

14 Feb. 2013

Literary Week

25th to 28th Feb. 2013

Inauguration of newly constructed Hall

25 Feb. 2013

Inter College Naat and Giraat Competition

25 Feb. 2013

English, Urdu and Pushto Debates

26 Feb. 2013

Poetry and Quiz Competition

27 Feb. 2013

Painting and Photography Competition

27 and 28 Feb. 2013

Movie/Drama Day & Prize Distribution

28 Feb. 2013

Medical and Dentistry Seminar

Last week of March 2013

Magazine Launching and Awards/Medal Distribution Ceremony

16th March 2013

Convocation-2013 for graduates of 2011 and 2012 (MBBS, BDS and MPH)

13th April 2013

The sacred month of Muharram, being the start of the Islamic Calendar is the time Gandhara University has adjusted itself for commemorating celebrations for the 10 years of its existence.

I joined Gandhara University in Nov. 2003 following my husband’s demise, as per his wishes and encouragement of the faculty. During his lifetime, he made certain that I remained abreast of all important administrative and financial issues. I had witnessed the struggle he went through to establish the College. My initial months were fraught with uncertainty and I often balked at the magnanimity of the job before me. Shortly after I took over, a friend of my husband informed me that the general speculation was that it would not survive beyond two years. That, for me, was the defining moment. This University is a labour of love, a product of the most ardent struggle and utmost determination; and the most suitable culmination to a long, successful career dedicated to improving the field of medicine. I could not let all of that go to waste.

Our aim now is to keep the University afloat to ensure that it goes from strength to strength. Our faculty has been instrumental to our success and are in fact, our greatest asset, so much so that I refer to them as the pillars of the University. It is led by a great vision and spurred by the zeal to improve. Following the establishment of the Post-Graduate Department on the Dental side, we plan on introducing the same for the Medical section. In addition, I dream of running a completely free of charge hospital. And like all dreams watered with hard work and nurtured with determination, I believe this too, will become a reality, INSHALLAH.

Mrs. Roorea Kaher
Chancellor Gandhara University

In 1996, Dr. Mohammad Kaher decided to set up a medical college. He was fortunate to gain help for his dream from eminent Professors from the Khyber Medical College. They all planned it side by side. After two years full of deliberation, in 1998, they moved the case for gaining permission from the Higher Education Commission. Following the (technical) permission, the case was floated in the Provincial Assembly. Strangely it took time but finally in 2002, permission was granted for establishing the university. The charter for the private sector universities came late in Pakistan, inspite of that, our development is certainly going well.

Medical was and still is the core discipline and due to the very reason of being the foundation subject, it is very strong at Gandhara.
Send Us More!
This is the last month for sending in your poems, articles, drawings — and only the best photos (not your worst - please). The Annual Magazine for 2013 is all geared up to celebrate 10 years of Gandhara University and your contribution is greatly appreciated.

GANDHARA NEWS
Vol. 02  Jul-Dec 2012

New sessions from 1st October have commenced for

MBBS (5 years)
Kabir Medical College

BDS (4 years)
Sardar Begum Dental College

MDS (4 years)
M.Phil (2 years) and
Msc (2 years)
Department of Postgraduate Dental Sciences, Sardar Begum Dental College.

Pharm-D (5 years)
Gandhara College of Pharmacy.

Bsc. Hons. (4 years)
Medical Laboratory Technology — Wazir Muhammad Institute of Paramedical Technology.

MPH (2 years)
Kabir Institute of Public Health.

First Cular Prosthesis
A 58 yr old Afghan male arrived in the Prosthetics ward of the Department in Sardar Begum Dental Hospital directly in need of ocular prosthesis. Having lost one eye due to a gun shot injury at age 18, the patient was willing to undergo the needed procedures to be fitted with a new eyelash. Dr. Nazir Ali Shah, Head of Prosthetics Dept along with his post graduate students successfully performed the insertion of the artificial eye. The team took an impression, made a mould, waxing, positioning the iris, painting and a series of procedures a prosthetic eye was prepared. As seen in the picture Khan is a new man, thanks to Dr. Shah and his dedicated team.

Orthognathic Treatment

The Orthodontic Department of Sardar Begum Dental College recently organised a joint meeting of orthodontists and maxillofacial surgeons to discuss the planning for Orthognathic treatment sessions. Dr. Zubair Durrani was the guest speaker on the occasion. The meeting was organised for the residents of Oral and Maxillofacial Surgery, under the supervision of Dr. Imran Tajik. Head of Orthodontics Department SBCD. Orthodontic residents presented their surgical orthodontic cases followed by treatment planning discussions.

To be celebrated with an austerity and positivity befitting Gandhara’s culture and will continue till April 2013. The celebrations have officially started on the same date (November 23rd) as that of the University’s (approval) and charter by the Govt. of Pakistan.

Join us to bring further shine to the star that is Gandhara

Khatm-e-Quran
Celebrating 10 years of Gandhara University, a Khatm e Quran was held on the 22nd of November with dua. The ten years are

M. Phil Courses in Basic Medical Sciences
A series of meetings were held to discuss the feasibility of M.Phil Courses in Anatomy, Physiology, Bio Chemistry and Pathology at Kabir Medical College.

Students Societies
Culture is a part of our life. We live and breathe the very life given to us by Allah. To build our endurance in both physically and emotionally, to inculcate patience, to induce peace and to learn how to do good, leads to being nearer to our Maker and ultimately to a better here and hereafter.

LITERARY SOCIETY-2013
The Literary Society keeps the artistic flame burning inside all of us. Students can choose from a variety of events held to cater to their inborn talent. Starting from Qira’at and Naat Competitions, Debates are held in three languages, Calendar exhibition, stage plays, photography and Art & poster contests, the list goes on to include dedicating sometimes a whole week or a specific number of days to cultural events such as celebrating the heritage of the Peshawar Old City.

SYDAM-2013
The University Students’ Council body of Dr. Ismail Qamar (Director Literary & Social Affairs), every year Gandhara University puts on a field hockey tournament which is attended by various institutions. Students from different colleges play against each other. The event is attended by people from all walks of life.

SPORTS SOCIETY -2013
The Sports Society is entrusted with the hefty task of keeping the University agile, nimble and fit for the economic survival of our country, at Gandhara it is played alongside other games such as netball, tennis, football, badminton, tug of war and musical chairs. The motto of the Sports Society is in fact that if you can form a team to play any sport then we are all game.

CHARACTER BUILDING SOCIETY -2013
The Character Building Society has a tenacious task set out for them; that is to further build and polish a person’s character and on top of such an ungracious task it is further burdened by the fact that it has to be done subtly. Objectives of the society are multi-facet.

Khatm-e-Quran was held at Gandhara University, a 10 year celebration is all geared up to

Dr. Zubair and the surgical team highlighted orthognathic surgery, facial aesthetics, distraction osteogenesis, autogenous grafts and rigid fixation while orthodontists focused on efficient and effective pre and post surgical management of the orthognathic patients. The event was highly appreciated by the residents and faculty alike and all agreed that the future should hold more of such joint meetings on a regular basis.

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GANDHARA NEWS

Kabir Institute of Public Health

KIPH is one of the youngest institutes of Gandhara University. The MPH program at KIPH is steered towards providing teaching, research and service programs to train doctors in how to address public health needs. Competent, competent and skilled public health professionals, dedicated towards discovering and disseminating new knowledge in the field of public health are our forte.

KIPH aspires to become a regional centre in Public Health training, research and formulation and applied research that is nationally and internationally accepted. The Gandhara University awards MPH degree to its students, who have successfully completed 2 years of the degree requirements.

We Look Forward To...

Time to hit the Gym

The Sports Gala for the year 2013 will start in the 2nd week of Feb 2013. For the purpose of more space and better action, the games will be held at the Institute's playground. The detailed schedule for the same has been requested for the said purpose. Take out those joggers and hit the tracks for practice.

The Embassy of Japan in Pakistan and Pakistan J a p a n  C u l t u r a l  A s s o c i a t i o n, Khyber Pakhtoonkhwara arranged a painting and speech competition amongst school children at Kabir Auditorium Gandhara University Peshawar. The A r t  a n d  S p e e c h  competition is a regular feature of the cultural activities arranged by the Embassy of Japan to introduce the Japanese culture and traditions among the youth of Pakistan. This year, the event marked the 10th anniversary of diplomatic relations between Pakistan and Japan. Mr. Zohair Ali, Vice President, Federation of Pakistan Chamber of Commerce and Industries was the chief guest.

A complete workshop with hands-on training for a more efficient approach towards endodontic treatment was held on Dec 29-30. Guest Speaker Dr. Nazir Saleem from the Institute of Dentistry, CMH Lahore Medical College led the work. Besides, alongside Dr. Shafqat Ali Shah, Assistant Professor (Operative Dentistry) at Sardar Begum Dental College. Through the hands-on part of the programme, the new version of the most popular endodontic Rotary Nickel Titanum System in the world was introduced to the participants. The files are used specifically for the Root Canal Treatment. Considerably new in Pakistan, the treatment is extremely beneficial to both patients and doctors alike due to its better durability and safer approach. The Chief Guest on the occasion was Dr. M u m t a z  A h m a d, Principal, Kabir Medical College. The Principal while lauding the value of the new trend in Root Canal Treatments also laid stress on the urgent need for reducing the cost of RCTs so that common man can also utilise its benefits.

The students Annual Magazine is to be launched on 16 March 2013. After the successful launch of 2012, another day full of interesting bits is around the corner. The launching ceremony would be followed by award/medal distribution amongst the distinction-holders. Put on and put in your best everyon, especially if you want to share the stage with the ones with laurels.

Changing Paradigm in Endodontic Treatment

Wazir Muhammad

Paramedical Institute of Technology

provides standard technical education in various categories of Paramedics. One of the major reasons for being unable to provide efficient and effective health care to the communities has been a deficiency of an adequate quantity and quality of human resource at all levels. Alongside Doctors and Nurses, Paramedics are an important cadre of health care providers. Gandhara University is well aware of the importance of this cadre and their constraints and issues. Offering an undergraduate degree in paramedical technology, the Institute is committed to produce health workers and technicians of high competence, who can effectively assist the Medical professionals thus increasing the skilled manpower in the country. The curriculum conforms to the requirements of Medical faculty of Khyber Pakhtunkhwa.

Farkhanda Institute of Nursing

is a charity institute, supported by Gandhara University. It is registered under the Pakistan Nursing Council and Board of Nursing Examination NWFP. Farkhanda Institute of Nursing and Public Health provides Nursing and LHV diploma courses extending over a period of three and two years respectively. Students having a minimum qualification of Higher Secondary School Certificate (Pre-Medical) or equivalent, are supported financially throughout their course and given education at the same time. Following their graduation the nurses are welcomed by hospitals which are desperately in need of good nursing staff.

Pak-Japan Speech & Art Competition

Time for the Pitt-Jolie in inspiration

Kabir Institute of Public Health

The first batch of post graduate students of MPH at Kabir Institute of Public Health have successfully defended their theses. Students of KIPH are our graduates and we are proud to announce that they are now the proud owners of their degree, which is defending their thesis in front of a panel of distinguished examiners.

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Let’s Meet Gandhara College of Pharmacy

Pharmacy is a science as old as man himself. Prehistoric man would grind herbs and roots to apply on the wound inflicted by a wild animal. How come he knew about the cure when there existed no such science as Pharmacy? It’s because he had dabbled and experimented. That experimentation had helped him in finding a cure. Gandhara University laid it’s foundation with the most basic of sciences – medicine and then moved on to include dentistry. Gradually its cloak of recognition has spread on the shoulders of the mother of medical sciences – Medicine.

Gandhara College of Pharmacy is not averse to the prestige the field of pharmacy can bring. Recently he was conferred recognition by the Pakistan Science Foundation through inclusion of his name in the merit list of approved scientists/engineers (Gandhara News, Jan-June 2012). This distinction is awarded to scientists with the highest number of published research articles. Asking Dr. Haroon to explain Pharmacy to a layperson, he says “it is a science related to raw material preparation, distribution, storage, marketing, and finally what it does when given to the patient”. Pharmacy has numerous smaller branches but the core remains the same. Pakistan there exists hospital pharmacy, retail pharmacy and teaching pharmacy. “Every field is a skill, every field has a utility, regarding the medical field, how would it exist without drugs?” There is still a lot of scope for pharmacy, in our country pharmaceuticals are sweeping down but clinical pharmacy is desperately begging behind”, says Khan. On the other hand, academic research in pharmacy is doing wonders. Though still in its infancy, four faculty members at the College have doctorate degrees while four more are about to embark on Doctorate studies. Gradually the college is steering towards starting a postgraduate program as well. On being asked how students could be made to regard pharmacy not as the option which is only taken up when medical and dentistry are no longer possible dreams for them, Dr. Haroon was all smiles. “It should start with the parents. If they themselves understand the importance of all other fields other than the two mentioned and if they encourage their children to think out of the box, then anything is possible”. Further academic research as well as regularly updated laboratories and offering of scholarships would certainly lead to further acknowledgment for the institute and that is what the College aims to achieve in the long run.

Dear Editor,

I was one of the many who enjoyed their life to the fullest and I had no intentions of stopping that no matter how hard times had been. But, there is only one problem. I usually go my way but when it came to being aware of what was going on and making me a dentist whereas I wanted to become an architect. I loved drawing and I used to spend hoursっています. However, I was made picking a career easier for me, but my parents kept on feeding me little ideas about how great dentistry would be. And very soon the dreaded day arrived. I had to officially pick between going to Gandhara’s or taking the National College of Arts test. Unluckily at that time I walked towards Gandhara. There were certain pros: I had already gotten admission, my parents were right most of the time in the past and most of all a little part of me actually wanted to see what all the fuss was about. As I walked in didn’t realize what a big change I was up against. I was talking, telling us off, correcting us, saying we should now act more mature. They scared the living daylight out of me and I never wanted to set foot in this university again.

Then, slowly and gradually I made friends, realized that the teachers aren’t actually as scary as they portray themselves to be and gradually each day seemed to get better every day would turn different (or not!). We got scolded for being noisy but also got praised for being more enthusiastic in extra-curricular activities than the other. I actually had some friends who were just as good but I was doing my best to impress them. I didn’t do very well in my first year but it was only the year of getting used to the new environment. I didn’t do particularly well in my second year as well but I guess I just kept going and going and went on to make a few marks. On being asked how students could be made to regard dentistry not as the option which is only taken up when medical and dentistry are no longer possible dreams for them, Dr. Haroon was all smiles. “It should start with the parents. If they themselves understand the importance of all other fields other than the two mentioned and if they encourage their children to think out of the box, then anything is possible”. Further academic research as well as regularly updated laboratories and offering of scholarships would certainly lead to further acknowledgment for the institute and that is what the College aims to achieve in the long run.

Gandhara University is proud to let you have a sneak peek at its new hall in the final stages of construction. Conceived by Engineer Zahid Afzal, it is dedicated to the memory of his beloved brother Dr. Mohammad Kabir. It is a strong testament to his brotherly love, based on the top floor of the University’s main building with a beautiful view of the whole campus. It has a seating capacity of 1000 heads, a new age sound and lighting system, an adjustable ceiling arrangement and separate washrooms – the marble floors span white, amidst it all. Engineer Afzal was the brains behind the construction of the whole Gandhara University, custom made to accommodate the students and faculty needs.

A full working week from 8-12 October 2012, it is dedicated to school visits by Dr. Tahir Ali Khan (Vice Principal SBDC) and his team of house officers and students. It was a rare opportunity for many kids to get a free dental check-up with prescriptions and advice. Research done in the company provided history forms, a copy of which is meant to be shared with the parents. Sponsored by a multinational, dental kits containing toothbrushes and toothpastes were also distributed to the delight of many. The school visits were meant to raise awareness among children regarding personal dental hygiene and how to maintain it.

World Oral Health Day

Sardar Begum Dental Hospital joined the rest of the medical world by celebrating the World Oral Health Day on the 3rd Sep, 2012 in its OPD ward. SBBD has always taken oral health seriously and leaves no stone unturned in spreading awareness about oral health and hygiene. To make people more aware of what is happening inside their oral cavities; free dental check-ups were performed on all arriving patients. Patients were also given free oral hygiene kits as donated by multinational company, as well as related advice. House officers and other students enthusiastically participated in the activity and simultaneously gained a lot through guidance by their teachers.

Dear Editor,

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