Quran Khawani

The students, staff and faculty of Gandhara University mourn the loss of innocent lives in the Army Public School tragedy. A Quran Khawani was held through the use of social media with students contributing by reciting the 30 Quranic siparahs on the individual basis to complete it together. The Khutba was meant to pray for the lost souls especially for the parents and those who are left behind to mourn the children’s loss. There is no doubt that only Allah alone can heal the wounds and grant courage and strength, also that He alone is our sole protector and guide. May he amend all that has gone terribly wrong amongst us and within our society. Ameen.

Fare Thee Well & Welcome to the New

Dr. Muntaz Ahmed, Principal Kabir Medical College recently took retirement from his office in the month of September. Having served for nearly 40 years both in Khyber Medical College and in Kabir Medical College Dr. Muntaz would be greatly missed by colleagues and students alike. All pray for his long, healthy life so that he may continue to be associated with us and his profession. A farewell was held at the University for Dr. Muntaz Ahmed in which Dr. Abus Salam was also welcomed in as the new Vice Chancellor of Gandhara University. Brig. (Rtd). Ahmed Hussain Mashwani has been appointed as the Principal of Kabir Medical College while Dr. Shaheed Iqbal is now Dean of Post Graduate Dental Sciences while Dr. Nazir Ahmed is serving as the Deputy Dean of Post Graduate Dental Sciences. Congratulations to all. We also wish Haj Mubarakas to our faculty and staff who have recently performed the religious rite.

The appointments, farewells, promotions and of course Haj Mubarakas were celebrated with a sumptuous and delicious lunch served in the board room venue Gandhara University. All wished them well, good health and happiness.

Dr. Abdus Samad Bangash (1925-2014)

Dr. Abdus Samad Bangash (1925-2014) the former head of Prosthodontics Department Sardar Begum Dental College has recently passed away due to a severe illness. He was 89 years old. Dr. Bangash was born in Hangu, KPK and rose to fame as a dentist especially in prosthetic dentistry. After retirement from Khyber College of Dentistry he joined Sardar Begum Dental College in 1997 in which he served till 2006. His pleasant personality, immense skill and splendid company will be greatly missed.

26th August 2014 was marked as an important and auspicious day in the history of Japan-Pakistan cultural relations when, on behalf of Mr. Fumio Kishida, Foreign Minister of Japan, Mr. Hiroshi Inomata, Ambassador of Japan to Pakistan, conferred the Japanese Foreign Minister’s Commendation to Mrs. Roeeda Kabir, President of Pakistan-Japan Cultural Association (PJCA), Khyber Pakhtunkhwa in recognition of her significant contribution for promoting Japan-Pakistan cultural relations. The Commendation Ceremony was held at the Embassy of Japan Islamabad which was attended by the select gathering.

This year the Commendation was awarded to 108 individuals and 30 groups of which, 20 individuals and 10 groups are from Japan, and 88 individuals and 20 groups are from overseas. The Foreign Minister’s Commendations are awarded to individuals and groups with outstanding achievements in international fields, to acknowledge their contributions to the promotion of friendship between Japan and other countries and areas. The Commendation also aims to promote the understanding and support of the Japanese public for their activities.

Mrs. Roeeda Kabir was elected as the President of the Pakistan-Japan Cultural Association (PJCA), KPK in 2003. Under her dynamic leadership, PJCA KPK has been acting as a bridge of friendship and goodwill between the people of Japan and those of Pakistan.

A Rare Gem of a Man

Prof. (Emeritus) Dr. Rashid Ahmed Khan Tahirkheli (4th April 1928-13th Aug 2014)

Celebrating his Life on Page 2

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Knowledge is Vision

Gandhara University’s Biannual Newsletter

Foreign Minister of Japan’s Commendation for President (PJCA) KPK
FOR HER MERITORIOUS SERVICES

Vol. 06 Jul-Dec 2014
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A Rare Gem of a Man

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International AIDS Day

Dr. Ali Ahmed was the Chief Guest on this occasion. In this regard, three lectures were delivered by leading Professors of Medicine: Professor Dr. Masood ur Rehman delivered an informative lecture on the causes and prevention of AIDS. Prof Dr. Haji Fida Mohammad shed light on the religious aspects of AIDS while Dr. Inam delivered an important message by the General Secretary of UN on World AIDS Day. In the end, a walk was also carried out with students displaying placards regarding more awareness on AIDS. Some hard-hitting facts about the disease (as shown on its website) are:

- HIV continues to be a major global public health issue, having claimed more than 39 million lives so far. In 2013, 1.5 million people died from HIV-related causes globally.
- There were approximately 35.0 million people living with HIV at the end of 2013.
- There were over 2.1 million people becoming newly infected with HIV in the past 12 months globally.
- HIV infection is usually diagnosed through blood tests detecting the presence or absence of HIV antibodies.
- There is no cure for HIV infection. However, effective treatment with antiretroviral (ARV) drugs can control the virus so that people with HIV can enjoy healthy and productive lives.

To raise awareness and show solidarity with those who are infected with the AIDS virus, every December 1st is marked as the World AIDS Day. It is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died. World AIDS Day was the first ever worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died. World AIDS Day was the first ever

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Farkhanda Institute of Nursing & Public Health

Located in suburban Peshawar, in a classic 1970s construction style particular to University Town, the Farkhanda Institute of Nursing & Public Health is a neat, clean and quiet school exhibiting all the signs of the discipline associated with the profession of Nursing. Students were to be found deeply engaged in group studies as exams were around the corner. Classes displayed equipment needed to further understand the science of nursing, and teachers were busy in their daily planning and routine. Mrs. Tasleem Rehman Khatkai is the Principal of the Institute since 2013. Praising her preceding seniors she guided us through the development of the Institute, it underwent over the years. Being a top notch professional nurse herself, Mrs. Tasleem has a thorough understanding of the nitty gritty involved in forwarding the lure of nursing as profession and as an excellent means to serve the nation at large. Established in 1958, the institute was a tribute of late Surgeon Mohammad Kabir to his dearly beloved sister Farkhanda Naseer. In her lifetime, Miss Farkhanda Naseer served as an educationalist, retiring in 1996 in the capacity of Principal Government Girls' Higher Secondary School. She held a deep yearning to do something constructive for the economic uplift and welfare of the poor.

The whole month of October was marked as a Pink Ribbon Month to help spread awareness regarding Breast Cancer. All faculty, staff and nurses of Gandhara University wore pink ribbons during the month to raise awareness and to encourage questions regarding breast cancer. In this regard a lecture as well as a walk on Cancer Awareness was arranged at Gandhara University. Dr Safora Shahid, Oncologist at IRNUM delivered some important facts regarding cancer especially breast cancer. She explained the different stages as well as the fact that the most important sign of this cancer is best caught in time by regular self-examination. Nearly 1.7 million new cases of Breast Cancer have been diagnosed in 2012. It is considered to be a dread, killer form of cancer although if detected early in stage 1 or stage 2 the survival rate is 85% to 90% sometime even 100% recovery rate. The population especially the women need to be made aware of the signs and symptoms of the disease to help curb the alarming rise.

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The Month of the Pink Ribbon

Though no longer a taboo subject, breast cancer is still considered untreatable.

Thankfully it is no longer considered a taboo subject but the reason behind this is a sombre and tragic fact. The students and faculty of Gandhara University held a walk after the lecture in order to raise further awareness about breast cancer amongst the people. They carried banners highlighting hard-hitting facts regarding the disease as well as slogans which give hope along with good advice to the patients.

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Dear Editor,

Recently a group of students of 4th year MBBS, Kabir Medical College submitted a study to the Head of Community Medicine Department KMC. The carried out research is on the frequency, risk factors and impact of cigarette smoking among male medical students in Gandhara University, Peshawar. Through your newsletter I wanted to share the thought-provoking results with your readers. Firstly as is mostly the case, the limitations in the study were: being carried out in a single university, being based on a self-reported questionnaire and also being conducted only on male students. The astounding results show the frequency of smoking to be 39% with a common starting age of 15-19 years. Sadly smoking has a higher frequency among a high socio-economic group with more pocket money to spare. The common factors which were found to have induced smoking were stress, depression and for mood stabilisation followed by peer acceptance, fashion, personality inspiration and having smokers in the family. Sadly while smokers are fairly accurate in the assessment of their situation, they may not understand how to take control over their fears and conduct a successful attempt to quit. The primary reasons they have cited are fear of losing a grip on stress, cravings, fear of nicotine withdrawal and being in the company of smokers and other. The most relevant smoking needs to be enforced in current premises along with greater enforcement of regulations to prohibit access to tobacco products. Most importantly, counselling and emotionally stabilising efforts are needed to be enforced by the direct parties.

Sincerely

Editor
A M e m o r a n d u m  o f  Understanding  Between  the T.B. Program  (Global Foundation) and Gandhara University was signed in September which delegates starting of a T.B. program in Naseer Teaching Hospital. It is expected that the program should be able to help curb, check and keep a record of any possible cases related to tuberculosis and its specific treatment. Although tuberculosis in Pakistan, is in a much more controlled form still the disease needs to be completely eradicated from our records. The MoU assures us of all professional doctors while the nurses learnt from their senior mentors how to treat and deal proactively with patients. Many patients were seen to be making good use of this opportunity to avail the doctors services as well as free medicines.

**Free Medical and Dental Camp**

A medical camp was held at Town Teaching Hospital on the 26th and 27th of November. Bannories experienced doctors while the nurses learnt from their senior mentors how to treat and deal proactively with patients. Many patients were seen to be making good use of this opportunity to avail the doctors services as well as free medicines.  

**Family Health Program**

Starting from the 18th of Dec, 2014, a Family Health Program has been launched by Gandhara University for the Abadara area. The program involves surveys carried out for different health related problems, diseases, medical and dental needs as well as check-ups. It is a state-of-the-art program meant to cater to the needs of nearby Abadara area and shall involve the premises, staff and equipment of newly established Town Teaching Hospital (TTH). It is anticipated that the program shall be a success with successive programs to follow.

**New Session Entry Test**

As summer recedes, Gandhara University braces itself for a new batch of juniors for both MBBS and BDS degrees. Conducted on September 8th, approximately 1200 applicants (girls in equal ratio to boys) were seen taking the test on the University premises. Overseeing the test, the Chancellor, Vice Chancellor as well as other senior faculty and administration were also present, seated at the entrance to the test. The students are to hold open an active role in the camp.

**PPA Conference**

From the 28th-31st August, the International Pakistan Prosthodontics Association (PPA) held its 3rd conference at the National University of Sciences & Technology, Islamabad Pakistan. The title of this year’s conference was “Emerging Trends in Prosthodontics”. All staff and students of the Prosthetics Department got to attend the conference under the leadership of Dr. Nasser Ali Shah. House Officers Dr. Nayan, Dr. Zehra and Dr. Sushandana participated in a quiz competition held for undergraduates and house officers. They won the 3rd Prize worth Rs. 10,000, a trophy and certificates. Congratulations!

**Breast Cancer Awareness**

October or Pinktober as it is more aptly named, is the month of the pink ribbon or breast cancer awareness. The whole month is dedicated to the spreading of awareness of breast cancer globally. In Pakistan, it is slowly gaining momentum and gradually Pakistanis are working towards spreading awareness. This year 30th October was chosen by Khyber Medical University to hold an event for breast cancer awareness. The venue was Khyber Girls Medical College. It was a pamphlet and oral presentation competition among all the medical colleges of Khyber Pakhtunkhwa.

The students of Sardar Begum Dental College also participated in the competition 3rd year BDS’s Sarmad Syed and Sheerbano Yahya won first prize along with a membership of the Asian Medical Students Association while 3rd year BDS’s Haseeba Arif, Wahaj Anees, Sarmad Fayyaz and Maria Rahim won 3rd prize. The chief guest on the occasion was Gul, the Chief Minister for Health Sharam Khan Taraki who distributed certificates along with cash prizes were distributed among the victors. The students of Gandhara University made their college proud.

**Exam Results**

The Professional examinations for MBBS, BDS 1st, 2nd and 3rd years were held in October this year. Congratulations to all on passing their exams with flying colours. New sessions have begun for all classes.

**Speech Competition**

On 25th September, a speech competition was held at the Kabir Auditorium, Gandhara University. A total of 10 schools participated in the battle of wits, the topic of which was Pak-Japan Friendship. Mr. Muhammad Afif Minister for Elementary & Secondary Education KP was the Chief Guest on the occasion. Held under the banner of Pak-Japan Cultural Association, the annual event is always keenly looked forward to by the students and staff of participating schools. The knowledge, the intellect and the delivery of speeches as displayed by the students is a treat to behold. Their teachers were full of pride and mentioned how beneficial such events turn out to be for their students mental and physical health. The Chief Guest distributed the prizes amongst the winners at the end of the event.

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**3D X-Ray Imaging Now at SBDC**

The Radiology Department at SBDC has recently upgraded its high-tech list of dental equipments by procuring a state-of-the-art 3D X-ray machine. It provides accurate diagnostics with 3D imaging in the form of digital panoramic x-ray system and of course 3D x-ray imaging. This is dynamic imaging at a whole new level.

**3D X-Ray**

The 1st Annual Conference of Pak Association for Dental Research was held on 25th-26th October in Lahore, venue being The University of Health Sciences. The theme chosen was "Translating Research Evidence into Dental Practice". Dr. Tahir Ali Khan, Head of Dental Materials and his team of Postgraduates attended the conference. The postgraduates also participated in presenting their research topic. Dr.Tahir’s PG student Dr. Alman Khan won the prize for best presentation. Kudos to him and his department.

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