

Happy New Year

May the New Year Bring Peace and Stability to our Country

Free Dental Camp

Three days free dental camp was held at SBDC, Gandhara University

Keeping past traditions alive, the Sardar Begum Dental College held a free dental camp from 17th – 19th Dec, 2013 on the college premises. More than a thousand patients with various dental needs and problems availed free services at the hands of professionals. Dental procedures such as fillings, extractions, scaling and other dental services were all provided to those in need of it. All medicines were provided free of cost accompanying the procedures. The Chief Guest on the occasion was Mr. Mushtaq Ghani, Adviser to the Chief Minister on Higher Education.

An Oral Hygiene Information Desk was also set up by the 2nd year BDS students. The Desk was meant to provide information regarding all oral hygiene practices such as brushing, flossing, mouthwash etc. Judging from the number of



Mr. Mushtaq Ghani Inaugurating the Free Dental Camp

people around the desk, it was evident that people do listen when information is conveyed according to their level of understanding.



The Chief Guest being shown around the hospital by the Principal Dr. Shaheed Iqbal, SBDC.

Farewell

Gandhara University would like to wish its outgoing doctors a very gratitude-laden farewell for serving the university and their profession so passionately and selflessly. We wish them the best of health and a very enjoyable retirement.

- Prof. Dr. Athar Ghani, Head of the Department of Pathology Kabir Medical College.
- Col. (Retd.) Farid Khan, Head of the Department Oral Biology Sardar Begum Dental College.

We welcome your feedback & contributions
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"So he who gives (in charity) and fears (Allah) and testifies to the best, we will indeed make smooth for him the path to Bliss" Al-Lail (S. 92, A5-7)

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Gandhara University's Biannual Newsletter Pakistan Prosthetics Association

The PPA held its 2nd International Conference in Peshawar choosing different venues for its meetings and workshops.

Pakistan Prosthetics Association held its 2nd International Conference in Peshawar choosing different venues for its meetings and workshops. Spanning a total of 6 days from 27th September – 1st October, the conference also included a number of hands-on workshops. The Government of Khyber Pukhtoonkhwa lent its full support to the conference's success with Speaker Provincial Assembly Mr. Asad Qaisar attending the opening ceremony as well as taking great interest in the dental stalls afterwards.

Three workshops were held within Sardar Begum Dental College, Gandhara University. The 1st hands-on workshop on Fibre Reinforced Composite Based Minimal Preparation was conducted by a Swiss prosthodontist Dr. Mutluozcan. A total of 123 participant were awarded certificates at the end of the day along with preparatory kits



given by a multinational.

The 2nd hands-on workshop on Implantology was conducted by Dr. Syed Nasir Shah, Head Department of Prosthodontics alongwith Dr. Ali Chughtai and Dr. Sartaj.

The 3rd workshop was held on mini implants. Mini implants are used for complete denture retention. New techniques and methods were highlighted in the workshop.

The Chairman and President of the PPA Dr. Fazl-e-Ghani presented a shield to Gandhara University in appreciation of their efforts in holding the workshop. A new chairman for the Association, Col. Azad Ali Azad (Armed Forces Institute of Dentistry, Rawalpindi) was also announced on Gala night. Later prizes were distributed by Chief Guest Mr. Sharam Khan Taraqai to the participants.

New Session Entry Test

Judging by the turnout, Gandhara University's prestige precedes it across the whole of Khyber Pakhtunkhwa.

Under strict security and surveillance the entry test for new students of both MBBS and BDS was conducted on September 14th. Approximately 1200 applicants (girls in equal ratio to boys) were seen taking the test on the Gandhara University premises.

Overseeing the test, the Chancellor, Vice Chancellor as well as other senior faculty and administration were also present, seated at the entrance of the University, lending their support and encouragement to the whole procedure.



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Dear Editor,

No matter what people say, Pakistan is my homeland. But if someone asks me about the changes that I want to see in my motherland, then there are certain things that come to my mind. Being a female living in a male-dominated society can be very taxing at times. The change that I desperately want to see is equal rights for both genders. Women's intelligence is an untapped resource in Pakistan and if this is used it can do wonders for the country. Education is the basis of any developed nation. Education enables one to distinguish between right and wrong and to make a wiser decision. This change is being awaited by not only me but all those people who dream of a prosperous nation. Provincialism is another plague which unfortunately exists in my country. Instead of being a Pakistani we are Punjabis, Pathans, Sindhis and Balochs. Let us pray and strive for a more self-reliant Pakistan which does not need helping hands and realise our commitment in making it a more prosperous and much more independent land, Ameen.

Aliya Abid
2nd Year, B.D.S

Do the words you speak pass these four 'gates'?

An old sufi tradition advises us to speak only after our words have managed to pass through four gates. At the first gate, we ask ourselves, "Are these words true"? If so, we let them pass on; if not, back they go. At the second gate we ask; "Are they necessary"? At the third gate we ask; "Are they beneficial," and at the fourth gate, we ask, "Are they kind"? If the answer to any of these is no, then what you are about to say should be left unsaid.

Ring in the New

New sessions start with a bang

The new sessions for MBBS and BDS have begun from 1st October 2013. After a hiatus of three months of hot weather and exams, students have started bringing the Gandhara Halls, lecture theatres and wards back to life once again. This is also the start of cold weather along with its multiple ailments and hence the patients rush to the university's doctors and dentists. Welcome back to the students and a happy, healthy and quick recovery to all the patients.

Uniforms are 'In' this season

Adherence to a strict dress code is KPK's latest advice/policy to all Universities

This is also the first time and the first semester which gets to undergo the latest rule: which is to wear a UNIFORM. All female students have to wear a dove grey shirt with white dupatta and white trousers from this session onwards. When asked about this latest rule, many girls wore a sad face, "not at all happy with this decision. Who would be?"

I had stitched many colourful new shirts and now they have to be left hanging in my wardrobe while I wear this dull shirt". On the other hand, the male students who had already been afflicted with a dress code for the last many years had no such issue with their uniform – who said one should look at one side of the picture only?



Continuing Faculty Education

Dedicated to improving the quality of education, Gandhara University takes to further improving imparting skills

A one day workshop on Continuing Faculty Education was held at Gandhara University on 25th November. The workshop was organised by the Department of Medical Education, Gandhara University and conducted by Dr. Jawad Ahmed Kundi. The workshop focused on imparting knowledge about OSCEs and OSPEs. The participants also performed the task of writing OSCEs and OSPEs in their relevant specialities which were presented, discussed and critiqued by the participants.



Dr. Jawad Kundi conducting a session in the workshop

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Gandhara you will be missed



Today when I walked across the lawn of my university, first score of steps sent me back to the memories of all the 5 years that I spent here. Memories of people, friends, crushes, lovers, teachers, books, exams and everything that surrounds them. I am convinced that these were the best days of my life. I remember the very first day while walking in the same lawn, overwhelmed by the feeling of making it to a medical school and the excitement with which I bought the overall and the EXCITEMENT with which I groomed myself for the MAHOL of a medical school is what makes me laugh and an embarrassment on the same time. It all seems immature but yes it holds a significant place in my life. I thought I was the only one looking stupid but when I saw the guys with *Tere naamwali* hair styles and many more, that calmed me down then and now. On the contrary there were benchmarks

all around which helped me cruise towards what I am today. Going through the all nighters, endless tensions, the evens and odds, ups and downs and lefts and rights welded me into something that is known as a Doctor by rest of the world. The first day when it seemed to be a never ending journey has passed in a blink of an eye and here I am at the very end of it. Looking back, the memories that are engraved on my heart, be it the sports events in the university or the Gold Medals after the annual, fights outside the college or the parties inside, everything is a story to brag about later on. I know everything will change once I leave this place towards a practical life but I am glad to have lived every day of my life here.

By Dr. Haroon Mailk
House Officer SBDC

No Puff Goes Unpunished

Second hand smoke (SHS) which is also called environmental tobacco smoke (ETS) is a mixture of two forms of smoke. Side Stream Smoke which is also known as reverse smoking that is inhaling smoke from the lightened end of the cigarette. Main-Stream smoke is the smoking exhaled by a smoker. Side-Stream smoke has higher concentrations of cancer-causing agents (carcinogens), and about 0.5mm which can reach easily the lung spaces. Non-smokers who breathe in SHS take nicotine and toxic chemicals by the same route as smokers. SHS is classified as a "Known-Human carcinogen" by the US Environmental Protection Agency (EPA). The US National Toxicology for Research on cancer (IARC) a branch of WHO and their research shows that SHS has a role in causation of childhood leukemia and cancers of the larynx

(voice box), pharynx, brain, bladder, rectum, stomach & breast. IARC reported in 2009 that parents who smoke before and during pregnancy were more likely to have a child with hepatoblastoma. The effect is much lower than in those who are regular smokers, but this doesn't mean there is no health consequences" says Dr Ronald Crystal, chief of Pulmonary and Critical Care Medicine at New York. Occupational Safety and Health Administration (OSHA) is concerned about SHS as a possible carcinogen at work. The National Institute for Occupational Safety and Health (NIOSH) and OSHA recognize that there is no safe level of SHS, and recommends that exposures be reduced to lowest possible levels.

Warda Maryam
Final Year BDS



Qirrat Classes at Gandhara University

Qari Abdur Rauf Madani has joined Gandhara University to teach Qirrat & Tajweed to the students.

This is a step forward to promote Quranic message among the students and create keen interest in learning Quran with its true spirit.

CONDOLENCES

- Prof. Dr. Khan Haider, ortho-surgeon – passed away during bypass surgery
- Dr. Armaghan Siddiqui, KMC. Best Graduate 2012, passed away due to Congo Virus
- Dr. Amjad Naseer's father.
- Ms. Shams ud Dua – Incharge Head Nurse, NTH
- Dr. Ruqaiya's Father

Research Publications

Nazir Ahmad

- "Orthodontic Treatment Outcome Assessment using Peer Assessment Rating Index".
- "A comparison of Arch Dimensions Among Different malocclusion Groups".

Sofia Kabir

Riaz Gul

- "Knowledge, Attitude and Practices Regarding Oral Hygiene in School Going Children of Both Gender Aged 10-15 years".

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A Visionary's Hospital



the intention then this locality would certainly never have been chosen. The hospital has a total of 11 wards, with 10 rooms (5 side and 5 private) and 150 beds occupancy. Flanked with the facilities such as ECG machine, x-ray equipment, ultrasound, a laboratory for basic tests, vaccinations, pharmacy and even a 24 hour casualty, the hospital also has two doctors for a daily night duty. There are 2 full time operation theatres and anaesthesia availability even after 2 pm. The Gandhara University students fully make use of the hospital as most of the dentistry students come here for their classes with the teachers and doctors.

Not being situated in the middle of a main bazaar, the availability of food for the patients and their attendants can be a huge problem. As the Japanese ran a full time, completely free kitchen so it is a huge room which has recently been re-equipped, brought up to date and now cooks regular meals alongside running a canteen. The doctors are encouraged to order food or tea, and the kitchen also caters to the patients' diet. People are also encouraged to place orders for free lunch for the patients coming to the hospital, especially on O.T days, as a free khairati food would be right up the hospital's lane. Looking at the beautiful garden surrounding the building where there is space enough to cater to all the Gandhara University greenery

It is not easy to locate Town Teaching Hospital but once there, the scenery is in sharp contrast to the outside world

Though only 2.7 miles away from Gandhara University main campus and a direction as straight as following one's nose towards Pawaki - it is still hard to find. The sign indicating its location is not very visible and the road leading to it is a sudden right turn but "all that is going to change", says Dr. Sameer Kabir. "This is a charity hospital and advertising it would be non-ethical. But that does not mean we do not want patients to not know of its existence. This hospital is for the locals and for tending to their emergencies. And very soon we are going to make sure the locals know the hospital is up and about".

Entering the hospital premises, one is transported into a serene environment. One with flowers, greenery, open spaces and a calm quiet. A complete opposite to the chaos in the bazaar right outside its high walls, Town Teaching Hospital is the latest in the Gandhara University enfolds. Spanning nearly 20 kanals of land, the hospital was originally erected in 1995 by the Japanese Government on land bequeathed by the affluent locals of the area. In 1998 it started operating as a completely free general hospital under Japanese administration and a local medical team. The Japanese had a strong intention for it to be run as charity: hence the free treatment, free medicines, and even a daily totally free lunch (lunjar) would be cooked for the patients and their families. But like all good things this too came to an end, and due to the deteriorating security in the province, the Japanese had to completely abandon the hospital in 2010. It was in 2013 that the Gandhara University administration obtained the hospital on lease and since then the "Japani Hospital" (as it is still locally known) is back on the same track where it stalled a few years ago.

As if imbued in its walls, or whatever else that holds the construction together, the hospital is again running on charity. Charging only Rs. 10/- for an admission slip, the rest is all free. Had making money been



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needs, i.e. a plant nursery. Hidden in one corner is an incinerator, installed by the Japanese, it has a capacity of 15-20 kilos. Currently it is being repaired to bring it back to a running condition so as to not rely on outside help for disposing off the hospital's waste.

What is next for Town Teaching Hospital? At least 2 more Operation Theatres and a full time gynaecological duty, comes the reply. Surgeon Mohammad Kabir used to think big so as to be able start small and those at TTH and at Gandhara University try to follow that vision. Surgeon Kabir used to say "if I work alone, I gain nothing but if we work as a team, we gain the world".



News from Orthodontics Department

3rd Annual International Ortho Conference was successfully held at Bhurban

The Pakistan Association of Orthodontics annually arranges an international conference for the benefit of doctors/trainers and students. This year the 3rd Ortho conference was arranged at Pearl Continental-Bhurban on the 7th and 8th of September, with a pre-conference workshop held on the 5th and 6th and a post conference workshop from the 9th – 12th September. A total

of 8 international speakers of repute, all renowned orthodonticians participated in the conference. The Orthodontics Department of Gandhara University including the house officers, faculty and residents fully participated in the workshops which included lectures, demonstrations as well as student competitions including Scientific Poster and photo competitions.

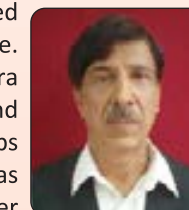


Poster Competition

Congratulations to Dr. Hafsa Gul for standing first in the Scientific Poster Competition held at the International Orthodontics Conference held at Bhurban. Her poster topic was Shear Bond Strength of Resin Modified Glass Ionomer with and without prior conditioning with 5.25% Sodium hypochloride: In-vitro study Randomised Controlled Trial. Credit is also due to Gandhara University as out of a total of 10 posters at the competition, 6 were from the Sardar Begum Dental College students.



New Edition of Basic and Clinical Pharmacology



Prof. Dr. Abdul Wadood's latest edition on Basic and Clinical Pharmacology is out! Dr. Wadood is the Head of the

Pharmacology Department in Kabir Medical College and this is the 4th edition of the book. The first edition was published in 2004 which has been used as a textbook in many medical colleges around



the country. This updated version has come through after further research and revision. With indexed SEQs at the end of each chapter, it also contains MCQs at the end of each section to provide further guidance to the students. Dr. Wadood has set precedence for many to follow.

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Pak Japan Celebrates Friendship

Living up to the expectations the Speech and Art Competitions were a hit amongst school children

The Embassy of Japan in Pakistan and the Pakistan Japan Cultural Association of Khyber Pukhtoonkhwa arranged its annual painting and speech competition for school children at Kabir Auditorium, Gandhara University. Held on the 24th of September, the competition was held between a number of schools in Peshawar. The Chief Guest on the occasion was the Advisor to the Chief Minister, KPK, Mr. Mushtaq Ghani, who in his speech highlighted the

dire need for such recreational activities for children. Being an occasion dedicated to art, fun and learning, the school children were actively involved in all associated activities. Through learning about other cultures at an early age, these very same children eventually can adapt and not undergo severe culture shocks when they go abroad (for instance to Japan), for higher education.



Kabir Institute of Public Health

The Kabir Institute of Public Health paid a community visit to the National Institute of Health (NIH) in Islamabad on 2nd Dec, 2013.

Situated near Rawal Lake, NIH is one of the most prestigious institutions of the country. The idea of establishing a national health centre was conceived in early 1960s and after establishing the centre it started functioning in 1965 at Islamabad. It was given the status of an autonomous organisation as National Institute of Health under the Ministry of Health in 1980. The Students of Kabir Institute of Public Health visited the following departments of NIH.

1. Laboratory Diagnosis Department
2. Biological Production Department
3. Drugs control and Traditional Medicine Department
4. Nutrition Department

The visit helped broaden the students' perspectives and helped increase their knowledge regarding public health systems.

Dr. Farhana & Dr. Ghazala accompanied the students.



MPH Thesis Defense

Thesis Defense for students of Master in Public Health of Kabir Institute of Public Health (KIPM) will be held on 2nd January 2014. This will be attended by students of MPH, 4th Year MBBS, faculty and other guests. Dr. Allah Bakhsh, Dr. Jasim, Dr. Arjumand and Dr. Gul Rukh will defend their theses.

The Student Diaries



Kabir Medical College not only imparts professional education in the field of medicine but its students also excel in co-curricular activities. Kabir Medical College is proud of one of its students, Mr. Hamza Asad (3rd Year MBBS) who has written a book titled "The Student Diaries". About this book Hamza says "Most of the poems have a spark of Mysticism/Sufism. Rest of the poems I have written on people or certain events I came across in life". On successful launching of his book we wish him success in every field.

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A Pink Ribbon Month

Gandhara University joins the campaign to raise the direly needed awareness on breast cancer in Pakistan

The whole month of October was dedicated to raising awareness in Pakistan about breast cancer. According to statistics, every 9th woman in Pakistan is at risk of getting Breast Cancer at some point in her life, leading to at least 40,000 deaths per year. Some facts even state that it is not the killing but the lack of awareness or knowledge regarding it. "In Pakistan, that breast cancer is recent trends have shown increasing at an alarming rate among women aged 18 to 22," said Pink Ribbon Campaign CEO Omer Aftab. In this regard, Gandhara University year MBBS Community Medicine Department visited IRNUM (the Institute for Radiotherapy and Nuclear Medicine) in Peshawar University to attend a seminar on breast awareness. Fellows of the IRNUM society presented

the seminar meant to raise awareness and to teach techniques how the doctors practising community medicine can further educate the common masses.



Providing VIP Treatment for All

The Consultant Surgery unit in SBDC has undergone a drastic refurbishment and redecoration

A hygienic, white-walled sterilised and fully equipped surgery has come out of its own surgical procedure swanky clean, spotlessly tranquil and revamped with a new autoclave machinery. Regarding the need for this change, Dr. Ahmed Abdullah, Senior Lecturer and Consultant dentist says, "After two years, a change of settings or let's just say, the mood, was strongly felt by all. As we had already put up an order for a new autoclave machine (which was direly

needed for performing sterilisation of instruments), hence for further cleanliness the issue of white washing the room came up which ultimately led to changing the whole decor. Our treatment remains the same though, our doctors are as efficient and every patient is as VIP as s/he was before this. In fact many patients have indicated the change in decor to be tranquilising for their 'dentist-stricken' nerves"!!

