

Editorial Board for 2015-16

From the Director of Literary & Social Affairs office comes the announcement of the Editorial Board of Gandhara for the year 2015 - 2016. The following students have been selected for various positions in the Editorial Bod of Gandhara Magazine 2015.

Mr. Sameed ullah Qureshi	(4th yr MBBS)	Literary Secretary
Miss Nadia Iqbal	(4th yr MBBS)	Chief Editor (English Section)
Miss Bibi Fatima	(4th yr MBBS)	Chief Editor (Urdu Section)
Mr. Zarak Jan	(3rd yr BDS)	Chief Editor (Photography)
Miss Saira Kainat	(4th yr MBBS)	Chief Editor (Activities Section)
Miss Mashal Sajjad	(4th yr MBBS)	Chief Editor Medical Section
Mr. Waleed Babar	(4th yr MBBS)	Chief Editor (Pushto Section)



As work has begun on compilation of material for the Gandhara Magazine, everyone is encouraged to bring forth their talent and display it on paper. Share it with the relevant editor and get a chance to see your name in the print.

Peshawar Canals Clean-Up

To the delight of many at Gandhara University, the canal right across the campus, also the University's landmark is finally meeting up with a direly taken away, the second stage involves broadening the road and lining the canal is to start soon. A clean-up drive in and around Grand Trunk Road are finally taking some shape. We at Gandhara, hope for what is nearest to our eyes i.e. the Canal and pray that it turns out



needed clean-up operation. After a thorough clean-up in which muck, garbage, and much filth has been lifted and Peshawar is finally taking an effect and at long last, Peshawar's main artery – the University Road as well as to display green banks, clean(er) water and no garbage at the end of the day.

Eid Mubarak

Wishing our dear Readers a very happy Eid Mubarak. May the blessings of Ramadan, our fasts and our prayers reach Allah and may he accept it all in his domain. May we all be showered with his love and benevolence, Ameen.

Appointments/Promotions

Dr. Abdul Khaliq
Senior Registrar,
Department of Pediatrics,
Naseer Teaching Hospital

Dr. Shazia Naz
Demonstrator,
Department of Pathology,
Kabir Medical College

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
Media Consultant

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

Prof. Abdus Salam takes over as new VC

Professor Dr. Abdus Salam defies the very notion that Pakistan's tribal population is mostly uneducated and that even if educated, is not much accomplished. Dr. Salam was born just 18 days after Pakistan came into being on September 2, 1947 in district Lakki Marwat. Prof Abdus Salam has an array of teaching experiences. He worked as a dental surgeon at DHQ Hospital, DI Khan, at Civil Hospital in Karak and at Civil Hospital in his hometown Lakki Marwat. He Joined Khyber College of Dentistry in 1987 and in the year 2000, he was selected as the Principal of the college. Dr. Salam led his team of colleagues and students for seven glorious years till his retirement in 2007.

The Gandhara University availed Prof. Dr. Abdus Salam's retirement as an opportunity to capture this great mind into its enfolds and assigned him the post of Dean of Postgraduate Dental Sciences, which he served till 2014. After the sad demise of Prof. Dr. Rashid Ahmed Khan Tahirkheli, Prof. Abdus Salam was appointed as the Vice Chancellor of Gandhara University.

According to Dr. Salam, "Gandhara University is a hub of brilliant doctors brought together under one roof with two purposes only: to nurture brilliant students



and to serve the needful". Having worked as examiner, supervisor in oral and maxillofacial surgery as well as member of numerous committees especially of Pakistan Medical and Dental Council, Prof Salam finds his current position much more challenging. As an administrator of a reputed University, the daily hub of teachers, doctors, researchers, other staff and students keeps him active and energetic enough to live upto the memory of founder Surgeon Dr. Mohammad Kabir and his renowned workaholic schedule. Gandhara University welcomes and wishes Prof Dr. Abdus Salam all the Best!

Brig. (Rtd) Mishwani appointed Principal of KMC

Brigadier (Rtd) Dr. Ahmed Hussain Mishwani is a classified specialist and a Professor of Surgery. He has recently joined Gandhara University as Principal of Kabir Medical College. Dr. Mishwani is a well-known as a General and Vascular Surgeon with special interest in vascular trauma, aneurysms and arteriovenous fistulate.

With the induction of Dr. Mishwani, a new spirit has been brought into the College: one that bespeaks discipline, hard work and stringent standards of professional service and quality of care. According to Dr. Mishwani, "evidence-base clinical policies, procedures and protocols remain a key priority with me and in that regard I believe that the Institution in



general and surgical programs in particular need to provide maximum benefit to the patients and the community".

Ramazan & Summer vacations

We wish all our readers a very Happy Ramazan and advise them to enjoy these blessed days in prayer and relaxation further heightened by the start of Summer Vacations. The vacations have started from the 1st of June and shall end in mid August, hopefully in bearable weather. May Allah bestow our people, our land and all Muslims around the world with peace in their homes and in their souls, Ameen.



GANDHARA NEWS

A Day of Pride

The 1st Batch of FCPS in Dentistry – trainees of Sardar Begum Dental College – has been successfully declared. Dr. Maria Khalid (Prosthodontics) and Dr. Arbab Zia (Surgery) have both been successful in their first attempt. This is Big News for Gandhara University as students, trained from our own institutes have brought in such a day of pride for us all. Congratulations to the candidates and their families as well as to their teachers and well-wishers.

PMDC Visits



Members of The Pakistan Medical and Dental Council visit medical institutions every five years to inspect the standards of medical education. On January 5, 2015 a panel comprising seven inspectors visited various departments of Sardar Begum Dental College. On the basis of their recommendations the college has been recognized for the continuation of admission for 75 students. They also recommended recognition of FCPS part II training in four disciplines of dentistry and MDS programme in Operative Dentistry for the next 5 years.

CME/CDE Courses at Gandhara

Since the start of 2015, Gandhara University has announced the initiation of CME/CDE Credit Hours programs as accredited by the PM&DC. The programs comprise of seminars meant to enable registered medical and/or Dental practitioners and specialists obtain CME/CDE credit hours. Conducted on different relevant topics, the progress is ongoing and the response is overwhelming. In this regard, different specialists, consultants and physicians are invited to hold in-depth talks on their specialised subjects. The Course Director is renowned physician Dr. Zafar Hayat, himself an expert teacher and subject specialist.



- One day seminar worth 2 credit hours have been held on a multitude of topics which include.
1. Acne (awareness, counseling, management) by Dr. Azer Rashid
 2. Psoriasis by Dr. Azer Rashid
 3. Basic life support by Dr. Amber Ashraf
 4. Dengue fever and falciparum malaria by Dr. Zafar Hayat
 5. Hepatitis B and C by Dr. Zafar Hayat
 6. Total hip arthroplasty by Dr. Irfan Qadir
 7. Basic and advance knee arthroplasty by Dr. Zahid Askar

World Tuberculosis Day



Once treated as a killer disease, with the advancement of science, tuberculosis is a much less scary yet is not any the less dangerous. In recent years millions of people were affected by TB out of which one million have died. This is mostly due to unawareness on the people's behalf due to which they do not seek professional help. To mark its importance, the 24th of March is considered a TB Day, the

world over. On the same day, Naseer Teaching Hospital staff and Gandhara University students conducted a walk to highlight the importance of TB and the effects of neglecting it. Professor of Medicine, Dr. Masood-ur-Rehman and Dr. Ibne Amin delivered short lectures on the disease and explained precautionary as well as measures for its timely treatment.

End TB Now

On World TB Day, 24 March, WHO is calling for new commitments and new action in the global fight against tuberculosis – one of the world's top infectious killers. There has been tremendous progress in recent years, and the world is on track to meet the Millennium Development Goal of reversing the spread of TB by 2015. But this is not enough. In 2013, 9 million people fell ill with TB and 1.5 million died. Clearly, we all need to do more.

WHO campaign 2015

GANDHARA NEWS

Japanese Calendar Exhibition 2015



The title 'students' has started 2015 on sad notes for the whole of Pakistan especially Peshawar. yet the students belonging to the same city made the annually held Pak-Japan Calendar Exhibition a huge success. The students who took the brunt of the tragedy, happened to serve as the crown of this exhibition. Held on February 17 and 18, 2015, at Surgeon Muhammad Kabir Auditorium, many of the invited schools turned up along with their guardian teachers much to the delight of the organizers. "It is the best surprise ever! While inviting school students, I was pretty much sure few would put in an appearance but look

how many have graced our event today. They are our real Chief Guests" said Dr. Ismail Qamar, Director Sports, Social and Literary Affairs. The

first time. Classic themes such as Japanese gardens, architecture, bonsai, flowers and also the Japanese style of etching and colouring were



Japanese Embassy had, as always, sent many classic Japanese wall calendars as well as the desk calendars which were displayed for the

beautifully captured by all the displayed calendars. The Chief Guest Mr. Amjad Afridi, the Minister for Culture and Tourism also voiced his admiration for the continued love showered by the Pak-Japan Cultural Association in the form of such cultural activities.

As an annual routine, lottery was held at the end of the event in which all the participants filled up a form indicating their 3 choices for a calendar. Winners were later sent the calendars of their choices.



Dear Editor

Everyone will tell you that it is difficult to enter the medical field and they are not wrong. But once you have completed your basic medical/dental education, you realize that it was a piece of cake compared to the labourious process of becoming a specialist.

I, Mariya Khalid completed my basic dental education (BDS) in 2006 from Khyber College of Dentistry and thereafter my house job in 2007 from the same institute. I was among the 50 dental students who graduated that year; we all had the same question on our minds 'what next?' I took advice from my teachers and seniors who guided me to study for the F.C.P.S Part I exam. I appeared for the exam in 2008 and passed it on my first attempt. Yet again, I found myself in an endless queue of graduates waiting to enter a recognized institute to pursue post graduate training. Fortunately, at that time, Sardar Begum Dental College gained recognition for Post-graduate training. I passed the admission test and obtained approval for training in the department of Prosthodontics under a highly experienced supervisor Dr. Syed Nasir Shah, who has earnestly guided me every step of the way and improved my skills immensely. I was not only given the opportunity to treat all types of patients but the college also facilitated its post graduate trainees by providing us with the latest technology and materials available. Besides my supervisor, Dr. Muhammad Ali Chughtai and Dr. Muhammad Sartaj Khan were always there to help us out.

In May of 2015, I appeared for the F.C.P.S part II exam and by the grace of Allah, I managed to pass it on my first attempt. During this whole training period, my family has cooperated tremendously. A famous idiomatic expression goes like this: "Behind every successful man, is a woman" but for successful married women, the adage is reversed. My husband plays a vital role in my success story. I may be a Prosthodontist but before that I am a daughter, a sister, a wife and a

Contd on Page 5

Smile for Life



Every year the students of Sardar Begum Dental College Gandhara University make it their priority to visit different previously selected villages for a Dental Health camp on World Oral Health Day. On March 20, 2015, the event was celebrated with an informative talk held on the topic "smile for life" in Surgeon Muhammad Kabir Auditorium. Dr. Zubair

Durrani, a renowned maxillofacial surgeon at RMI, Peshawar was the chief guest on the occasion and delivered an interesting lecture on Emerging therapies in Head & Neck Cancer. At the end of the talk the Chief Guest was presented a shield of Gandhara University by Prof. Ahmed Hussain Mishwani, the

Principal of Kabir Medical College. Dr. Sofia Kabir presented a vote of thanks to all the guests, specially the Principals of Daffodil and Bloomfield Hall schools as well as the representatives of multinationals. After a delicious tea, the Chief Guest, Staff and students took part in a walk to raise awareness on World Oral Health Day.



World Health Day-2015



Gandhara University is always first amongst all health institutes to help raise awareness regarding special days. Likewise, World Health Day was celebrated with a programme arranged in the Surgeon Muhammad Kabir Auditorium. Informative lectures shedding light on the chosen 2015 slogan "Food Safety" were delivered by renowned physician Prof. Dr. Zafar Hayat as well as Associate Professor in Community Medicine Dr. Riaz Gul. Both teachers and specialists delivered thought provoking talks on food safety, its packaging, preservation and ultimate use by the people. Countless diseases evolve due to unsafe practices yet due to lack of knowledge and

careless attitude of the business giants, very few get to understand how and why a certain disease has started in their systems. Water and Food Borne Diseases are rated as silent killers, which unknown to humans invade their systems and start degenerating healthy cells into dormant victims. Majority of Pakistanis suffer from diseases caused by contaminated water and thousands die on a daily basis. Even the food reaching our plates is grown, washed and cooked in thoroughly unhygienic ways, explained the Professors. The crest of Gandhara University was presented to the Guest Speaker Prof. Dr. Zafar Hayat at the end of the programme.

Unsafe food and water is linked to the deaths of over 2 million people annually – including 700,000 children in WHO's South-East Asia Region. Food safety is critical for public health as food-borne diseases affect people's health and well-being and the need to strengthen food safety systems in and between all countries is becoming more and more evident. That is why the World Health Organization is promoting efforts to make food safe food, from farm to plate on World Health Day, 7 April 2015.

WHO campaign 2015



Rescue 1122



Every year the Rescue 1122 team visit Gandhara University to teach the students, staff and faculty, some life-saving techniques and maneuvers. This year too, on January 28th, a team comprising five members

demonstrated the house officers some basic life-support skills as part of their training. Along with demonstrating the techniques, the rescue workers gradually instill a sense of bravery and heroism to those

who are watching and learning. The second part of this training was to conduct rescue drills at regular intervals so that the Gandharians learn the charted emergency routines. In this regard, a Basic Life Support (BLS) course for the postgraduate residents of Sardar Begum Dental College, was held on March 9, 2015. In collaboration with Rescue 1122, the Department of Medical Education, Gandhara University plans to frequently hold such important events in future as well. Saving one life is worth saving millions.



How to Deal with Trauma

On January 23, 2015, the Department of Medical Education held an open forum discussion on managing trauma and its after-effects. Under Dr. Jawad Ahmed Kundi's initiative (Director, Department of Medical Education). Ms. Shehnaz Khawaja the Project Director of NBCC and a trauma specialist, was invited to shed light on

the topic. Ms. Khawaja is a Psychologist who is also involved in working with the Army Public School families. All faculty members, house officers and post graduate students actively participated in the discussion and gained valuable insights about some very helpful stress management realities.



Gandhara on AVT Khyber

Our very own local TV channel AVT Khyber along with its production team came to Gandhara University to record an episode on 'Cleanliness' for its program titled, "If you were the Prime Minister". To the delight of many, Prof Dr. Ahmed Mashwani, Prof Tahir Ali Khan and Dr. Riaz Gul were kind enough to take time out of their busy schedule to talk on the topic. As the students were also invited to the recording, so a question and answer session took place at the end, in which all took an avid interest. The programme was aired in the month of March.

Contd from Page 3

mother; balancing all these roles, especially in our Eastern societies, becomes very difficult at times. The only way to keep going, is to have the utmost determination, a clear vision of your goal and to work hard towards it. Needless to mention that none of this is possible without placing your trust in Allah; He eases your path and removes hurdles in the most miraculous of ways.

At the end, I would like to give a message which is deeply undervalued: "Where there is a will, there is a way". Medical education and training requires an undying commitment and immense effort. No one is born a doctor or a dentist. You enter college like a raw stone. Every time you pass a hurdle, a piece is carved and by the end of your training period, you will be a precious gem. Hard work is the key to success and in the medical profession, you will enjoy true success only if you are honestly sincere with your patients. Don't treat them for the sake of money but with the intention of relieving their pain and learning something new from each patient. In this way, your profession will benefit you not only in this world but also in the hereafter.

GANDHARA NEWS

Community Health Program

SBDC is providing both oral and dental healthcare facilities, through multiple means which include community health program, summer camps in Hazara & the Galliyat and on-campus health camps. SBDC has also been the first in conducting visits to different



schools including the schools for special children to spread a good word regarding best practices for their oral health. The Department of Community Medicine, Kabir Medical College and the Department of



Community Dentistry at SBDC, have joined hands and embarked on an innovative, philanthropic and direly needed community health programme which covers the medical as well as the dental health of the people of nearby village Abdara.



Nursing Day (Oath Taking Ceremony)



The oath taking ceremony of the Nursing and LHV students of Farkhanda Institute of Nursing and Public Health was held. Held at the Institute, it was a short and modest ceremony with a well-deserving somber ambiance to it. At the ceremony new nursing students took oath to serve and to help in the welfare of their patients. The ceremony was led by the Institute's Principal Mrs. Tasleem Rahman.

Boasting a total of approximately 75 students, Farkhanda Institute caters to basic planning in nursing and public health. It also caters to Town Teaching and Naseer Teaching Hospitals

through its graduating nurses while many LHVs and midwives graduate to serve the nation.



"I solemnly pledge myself before God and in the presence of this assembly, to pass my life in purity and to practice my profession faithfully. I will abstain from whatever is deleterious and mischievous, and will not take or knowingly administer any harmful drug. I will do all in my power to maintain and elevate the standard of my profession, and will hold in confidence all personal matters committed to my keeping and all family affairs coming to my knowledge in the practice of my calling. With loyalty will I endeavor to aid the physician in his work, and devote myself to the welfare of those committed to my care."

This modified "Hippocratic Oath" was composed in 1893 by Mrs. Lystra E. Gretter and a Committee for the Farrand Training School for Nurses, Detroit, Michigan. It was called the Florence Nightingale Pledge as a token of esteem for the founder of modern nursing.

Oral Health Camp



The 19th and the 20th of March were dedicatedly set aside for holding an Oral Health Day within the Gandhara Campus. Students, always avid supporters of such causes, took a huge interest in making this

day successful. From performing free dental check-ups, to distributing free dental kits (courtesy Unilever International) to finally visiting different schools for demos on dental flossing and brushing,

everything went right according to plan and all were accorded a warm welcome. The students also put up a projector screen in the main lobby to air a video on oral health. Meant to educate patients and their attendants, it certainly served the purpose well.



GANDHARA NEWS

M.Phil & M.Phil leading to PhD

The Pakistan Medical and Dental Council has recently recognised post-graduation in Basic Medical Sciences at Kabir Medical College. This has initiated the 2-year M.Phil courses at the college in subjects of Physiology,

Pharmacology, Forensic Medicine, Histopathology, Hematology and Chemical Pathology. While the 4 year MPhil leading to PhD is being offered in Anatomy and Bio-Chemistry.

Poster Competition

A poster competition was held March 20, 2015 to celebrate the World Oral Health Day. The 2nd Year students of BDS won the competition in a very close call. Celebrating a "Day to make all laugh,

and smile" brought in smiles for the students themselves. The winning students were presented certificates and a cash prize. Congratulations.



Posters on Food Safety



The students of 4th year MBBS avidly took part in a poster competition held on the theme of "Food Safety". Some very talented and brilliant ideas were displayed by the students which

won the approval of all who saw them. Prizes were distributed amongst the prize winners at the end of the World Health Day event.



Exams, Exams & Exams

The date sheets for 1st to 4th Years Prof MBBS and 1st to 3rd Years BDS Annual Examinations have been announced. The exams start from the 1st of August 2015 and shall continue till the 21st of August 2015. We wish all the best to our dear students.

House Officers Exit Examinations

In 2012, the Pakistan Medical and Dental Council circulated a notification at the national level directing all future house officers to appear for exams after completion of their house jobs. Keeping in line, the Gandhara University held its second exit exam for House Officers on the 24th of February.

M.Phil examinations

M.Phil students of Oral Biology and Dental Materials received good news regarding declaration of their results in the month of March. Congratulations are extended to all the passing graduates, their families and of course teachers.

Entrance Test

The entrance test for the 3rd batch of post graduates in Basic and Clinical Sciences was held on the 7th of May. The entrance tests were conducted separately for both Medical and Dental Subjects. Classes shall commence in June 2015.