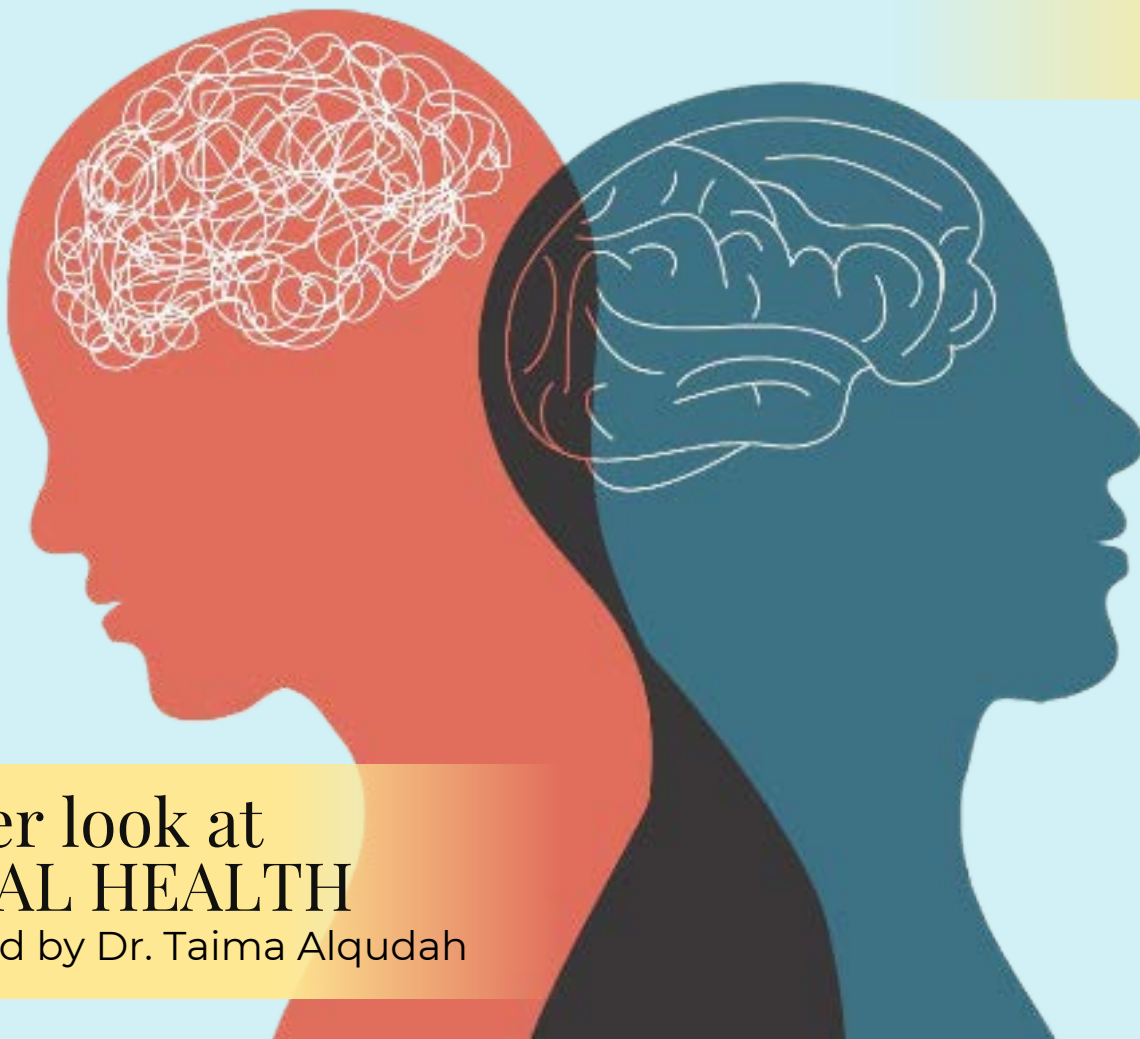


THINK PHARMACY MAGAZINE

The latest about
DEPRESSION



**A closer look at
MENTAL HEALTH**
supervised by Dr. Taima Alqudah

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03



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Depression Among Students

By: Danah Albek

Depression is a common and serious medical illness characterized by persistent sadness and a lack of interest in previously enjoyed activities. Millions of individuals worldwide suffer from it, including students. A recent study has revealed that 41% of students were diagnosed with depression [1]. Therefore, it is extremely crucial to understand depression's impact on students and to find ways to promote their well-being.

Depression manifests itself in various forms among individuals, as symptoms differ from one person to another. However, the most common symptoms shared among those diagnosed are persistent feelings of sadness, feelings of worthlessness or guilt, changes in appetite or sleep patterns, loss of energy, and difficulty concentrating.

Several factors affecting students can trigger depression. These include excessive tests, tight submission deadlines and workload, competition for high grades, and fear of failure. Additionally, some students move away from their families and comfortable environments to obtain a degree, which adds extra stress and responsibilities on them.

As a result of depression among students academic performance, mental and physical health can decline profoundly. Academically, grades decrease, absences increase and completed assignments are fewer. Mentally, students will prefer to stay isolated and not engage with others leading to a negative impact on relationships. Physically, depressed students have complained of sleep disturbances, lack of concentration, changes in appetite, and weakened immunity.

Schools and universities have a crucial role in avoiding this illness. It is very important to make students feel that a supportive environment surrounds them this can be achieved by offering free mental health programs and counseling services. A student's learning journey shouldn't solely revolve around attending classes, sitting for tests and completing assignments but should incorporate some extracurricular activities which will not only make them gain and develop skills but rather will allow them to get their minds off their academic stresses and have joyous times. Lastly, increasing awareness about depression can reduce the number of depressed students and help them thrive academically, mentally and physically.

In conclusion, it is essential to understand that depression is a serious medical condition that requires attention and treatment. Early detection and treatment will aid in preventing complications and hence allow students to improve academically, mentally and physically.

Advice from a Dr

With Dr. Taima Alqudah



Students go through various challenges during their study journey, and sometimes these, in addition to decline in academic performance, could affect their mental well-being badly. Therefore it is very important to keep the following points in mind to avoid the low moods from developing into depression:

- 1** Create a followable routine which involves times for study, tranquility and activities. Sticking a routine will not only help you achieve a healthy state of mind but will also allow you to deal with feelings of depression.
- 2** Always make time for self-care; this can boost your physical and mental well being. Enroll yourself in activities you enjoy, such as exercising, meditating or dedicating time to hobbies. Along with that ensure you get full hours of good sleep and eat healthily.
- 3** Set realistic and achievable goals for both academic and personal ones. Make sure to keep in mind that attaining a goal doesn't necessarily have to include huge steps but can be a group of small manageable ones. Along the way, don't forget to celebrate the small achievements!
- 4** Be kind to yourself, and whatever may be happening whether you fail a quiz, get a low grade in an assignment or not do well in a presentation, understand that failure is part of the process of success. Take those unwanted results as opportunities to learn from for the future.
- 5** Don't hesitate to reach for support; this can be by going to trusted ones such as family members, friends or even instructors. They can emotionally support you and help you get out of the depression phase. If the condition is serious then professional help will be the best choice, as they're the experts in dealing with such cases.

A FULL STOMACH A CONTENT Soul

By Khawla Abou Hait

The emerging era is one that prioritizes and focuses on all aspects of health, primarily mental health. Stress, genes, and lifestyle all contributed to the rise in mental health issues in the past century, but it might come as a surprise to some the true extent to which diet and nutrition, or the lack thereof, may be a driving factor to the development of mental illness. In this article, we discuss three of the most common nutritional deficiencies and their impact on mental health.



The most common nutritional deficiency of the twenty first century is iron deficiency as reported by the World Health Organization (WHO), with almost one-third of the population worldwide suffering from it. The mineral, often found in leafy greens, red meat, and dark chocolate, is thought to be essential for mental health, and its deficiency puts individuals at risk for developing depression, anxiety, and even schizophrenia.

Research suggests that this is primarily due to its role in the synthesis of various neurotransmitters in the body, namely serotonin and dopamine. Both serotonin and dopamine are often dubbed the 'feel good' hormones, and they help regulate mood, increase focus, and make us feel happier.

Another vital mineral, whose absence is often linked with depression and anxiety, is iodine. Iodine is often known for its function in producing thyroid hormones and is often obtained naturally from various sources such as seaweed, eggs, and dairy products. These thyroid hormones play a major role in brain development and neurotransmitter regulation. As such, research suggests that iodine deficiency, particularly in children, may not only lead to psychological deficits but neurological ones as well.

Perhaps, the next vitamin deficiency is the most well-known for its detrimental effects on mental health: vitamin D. Vitamin D deficiency is very common and is often associated with depression-like symptoms. Research is yet to establish why vitamin D deficiency leads to mental health decline. As the figures stand, most patients suffering from depression also have vitamin D deficiency, so it's definitely something to watch out for if your mental health is troubling you. Although it is believed that most vitamin D content is obtained from exposure to the sun, recent studies show that a diet rich in various nuts may be able to supplement enough of the vitamin.

While the relationship between nutritional deficiencies and mental health is complex, latest studies suggest that maintaining a balanced, nutrient-rich diet can significantly help improve it. These deficiencies are often caused by the malabsorption of the nutrients from natural sources, so supplementation is an ideal option for those who cannot get adequate levels despite sporting a healthy diet. Iron, iodine, and vitamin D all play important roles in supporting optimal brain function and emotional well-being. Because nutritional deficiencies are often hard to detect, it's advised to have annual check-ups and remain aware about what your body needs.

In the end, a full stomach brings about a content soul.



FACTS ABOUT MENTAL HEALTH

By Khawla Abou Hait

1 in 4 people are bound to experience a mental illness throughout their lifetime.

Smart drugs, often referred to as nootropics, are often used by students to improve their mental skills during exam periods.

Different types of mental illnesses are prevalent in a certain gender more than the other.

Medications used for treating mental health disorders often lead to different or similar mental health disorders in some people.

Despite the prevalence of depression and other mental health issues, pharmacists are often not trained to deal with such illnesses.

Many medications may lead to the development of mental disorders especially in children given age-inappropriate medications.

Nutritional deficiencies play a major role in the development of mental health disorders.

NUTRITION LABORATORIES

By Khawla Abou Hait



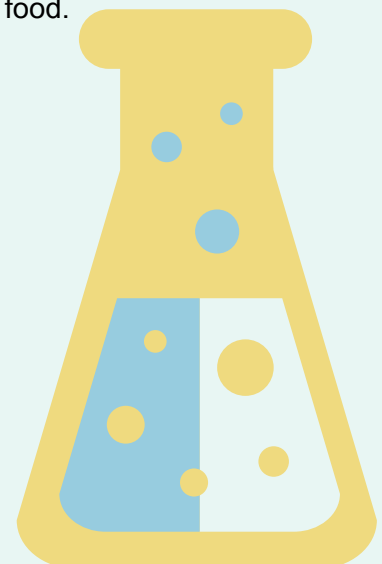
The College of Pharmacy at Al Ain University boasts accredited programs at the bachelor and master levels. In 2020, it launched the new Bachelor of Science in Nutrition and Dietetics program in both campuses. In an effort to stay in league with leading institutions, the college established new laboratories to hone the knowledge and skills of those enrolled in the program.

One of those laboratories is the Assessment Laboratory and Medical Nutrition Therapy, which employs the latest software for the assessment of nutritional content in the diet. ESHA is one of those programs that allow for detailed and accurate analysis of food content, including vitamins, micronutrients, proteins, fats, carbohydrates, etc. The software is especially beneficial to patients suffering from obesity and many diseases such as renal disease, gastrointestinal disorders, diabetes, CVDs, liver, and other diseases, whose diet must be carefully structured to suit their needs and body limitations. The laboratory aims to familiarize students with various body assessment devices and the variations in their use for adults and children.

Another laboratory that is quite popular amongst students is the Food Preparation Laboratory. In this laboratory, the students may cook meals to later test the dietary content of their product and compare different types of products or different methods of preparation in terms of content and texture (taste evaluation). Students learn skills and techniques of food preparation and the methods of preparing food; also, they learn different techniques to assess each product accurately. In addition, they are taught the different ways of preserving food.

In the Food Chemistry Laboratory, students may also test and analyze the nutritional content of various products available on the market by employing a variety of devices found on the premises. The devices employed include but are not limited to laboratory Soxtec, drying ovens, muffle furnaces, food spectrophotometer, and centrifuges.

The Nutrition and Dietetics Laboratories are continuously updated with the latest software and hardware to polish the students' skills and introduce them to the latest technology used by professionals so that they are ready to enter the workforce with exceptional knowledge and experience.



AAU Health and Biomedical Research Center

Interview with Dr. Rose Ghemrawi

Associate Professor - Director, Health and Biomedical Research Center

What motivated AAU to establish the Health and Biomedical Research Center, and what specific objectives does it aim to achieve?

The Health and Biomedical Research Center (HBRC) was established by AAU to advance scientific knowledge, provide a strong research environment and increase the resources and research support for AAU members.

As for the specific objectives of HBRC, this center aims to:

1. **Conduct cutting-edge research:** The center aims to carry out high-quality scientific investigations to expand knowledge in specific areas of health and biomedicine. This includes basic research to understand fundamental biological processes, as well as applied research to develop new treatments, interventions, and technologies.
2. **Improve training and education:** This center trains and educates the next generation of researchers, by providing research opportunities for students, offering specialized training programs, and disseminating research findings through conferences, seminars, and publications.
3. **Foster collaborations and partnerships:** The center seeks collaborations and partnerships with other research institutions and industry partners.

Can you describe the technologies and equipment that are available in the new research center, and how are they used to advance biomedical research?

HBRC utilizes a range of technologies, equipment and facilities to advance biomedical research, such as a molecular modeling lab, a cell culture facility, a microbiology research facility, chemical synthesis facility, microscopes, a fluorometer, transcriptomic and proteomic tools.

These equipment collectively support biomedical research by enabling researchers to generate data, perform experiments, visualize cellular and molecular processes, analyze complex datasets, and ultimately advance our understanding of human health and diseases. They provide the tools necessary for conducting experiments, validating hypotheses, and developing innovative approaches for diagnosis and treatment of diseases.

What are the key research areas or projects that will be undertaken in the research center?

Cancer research, cell signaling mechanisms, drug discovery and development, investigating new therapeutic compounds, improving drug delivery systems, genetics and genomics, new compounds' synthesis.

Can you discuss any challenges you foresee in operating and maintaining the center, and how do you plan to overcome these challenges to ensure its continued success?

Operating and maintaining HBRC comes with a set of challenges, such as:

1. Funding and resource management: Securing sufficient and sustainable funding is a perpetual challenge for all research centers.
2. Ethical considerations when conducting research involving human subjects.
3. Recruitment of skilled research assistants.
4. Collaboration and interdisciplinary research: Health and biomedical research often necessitate interdisciplinary collaboration, involving researchers from various fields such as medicine, biology, chemistry, molecular modeling, bioinformatics.

Addressing these challenges requires strategic planning, interdisciplinary collaboration, and continuous adaptation to evolving research landscapes.

What are your expectations for the impact of the research center on the university's research reputation and its contributions to scientific advancements in the field?

HBRC is expected to significantly elevate AAU's research reputation, contribute to scientific advancements in the field, and have a tangible impact on technological innovation. It serves as a hub of excellence, attracting talent, fostering collaboration, and driving discoveries that shape the future of healthcare and biomedicine.



Postgraduate Research Scholarship Scheme (PRSS)

Interview with Mr. Abdallah Abou Hajal & Ms. Sedra Jamal

PRSS students, Research & Lab Assistants

In your opinion, what makes the Postgraduate Research Scholarship Scheme at Al Ain University unique and advantageous for interested students?

Ms. Sedra: This program offers a fascinating opportunity as it allows participants to engage with a wide range of aspects. Beyond pursuing a master's degree, students can work as research assistants, gaining exposure to diverse projects. Additionally, they have the chance to experience academia by supervising undergraduate students in the lab. This unique blend of activities creates a truly distinctive and enriching learning experience.

Mr. Abdallah: The scheme recognizes and rewards students' dedication and self-assurance, thereby nurturing their academic growth. It also equips students with the necessary skills and knowledge for a promising academic future. My favorite standout benefit of the scheme is the opportunity it provides for students to simultaneously work and study, even at a young age, allowing them to develop a healthy work-life balance early on.

As master's students, research assistants, and lab supervisors, how do you balance your academic and research responsibilities with your role as lab supervisors for undergraduate students? How has this teaching aspect contributed to your overall growth and development?

Ms. Sedra: In the past, I was told that feeling pressure signifies progress. During my time as an undergraduate student, I actively engaged in and led numerous extracurricular activities. These experiences greatly contributed to my development of time management skills, which I now effectively apply as a master's student and research and lab assistant. Surprisingly, I have discovered that I am more productive when I am under pressure.

Mr. Abdallah: Balancing academic and research responsibilities with the role of lab supervisors for undergraduate students requires effective time management strategies such as setting up schedules, creating to-do lists, and prioritizing tasks. Lab supervision complements the Master's journey and research responsibilities which makes it advantageous to engage in both simultaneously. The teaching aspect of lab supervision contributed to my overall growth and development. Teaching others boosted my confidence, provided me with greater clarity regarding my future career path, and offered continuous learning opportunities as I refine my understanding of the subject matter each time I instruct others.



What have you enjoyed most about the program, and what experiences or projects have been particularly memorable or impactful?

Ms. Sedra: The most gratifying aspect for me is also the most challenging one: problem-solving. I feel a sense of excitement whenever I encounter challenges or setbacks while working on a project or conducting an experiment. The process of finding solutions and answers to these obstacles brings me immense joy.

Mr. Abdallah: I have found tremendous satisfaction in engaging in research writing and lab supervising Research Writing & Lab supervising. Although every encounter has left a lasting impression. One particularly memorable moment was the opportunity to teach the same batch of students in two consecutive courses. I was able to develop deep connections and rapport with the students, witnessing their growth and progress over an extended period. It deepened my passion for teaching and mentoring in an academic setting

What have been some of the biggest challenges you have faced during your master's journey, and what specific strategies or resources have you utilized to overcome these challenges?

Ms. Sedra: At this early stage of my journey, I haven't encountered major challenges yet. However, the main focus of my thoughts is discovering the field that truly ignites my passion. Each time I explore something new, I find myself drawn to it, making it difficult to make a decision. To gain clarity, I often seek guidance from our professors, who provide valuable insights about each field, helping me to gain a comprehensive understanding.

Mr. Abdallah: One challenge was maintaining motivation and perseverance. Each step of the journey presented new tasks and complexities, leading me to believe that the completion of a project was impossible. Through constantly reminding myself of the promising opportunities that awaited me beyond this stage, I was able to keep going! The difficulties and initial hurdles eventually make the journey more intriguing. I also sought support from mentors and peers to gain guidance and valuable insights.

How has the program helped you grow personally and professionally, and in what ways do you feel the master's program has prepared you for the demands and opportunities in the field of pharmaceutical sciences?

Ms. Sedra: On a personal level, I have developed greater patience because I have come to realize that achieving good results in research requires time and dedicated effort. Professionally, I have acquired a diverse skill set, mainly due to my exposure to various but interconnected roles. such as research assistant and lab supervisor. This master's program has played a pivotal role in fueling my passion for research by offering opportunities to learn new wet lab techniques and actively engage in extensive research reading and review. These experiences have been invaluable in shaping my growth as a researcher and enhancing my capabilities in the field.

Mr. Abdallah: The program was essential for me to advance both professionally and personally. My strongest advancements were in areas like Time management, Confidence, clarity regarding my future career path, Self-discipline.... the list goes on and on. The comprehensive range of courses offered in the program has provided me with a solid foundation in the field of pharmaceutical

sciences. Engaging in various study techniques, including discussions, critical reviewing of scientific articles, and participation in seminars, has further enriched my knowledge and sharpened my research skills. The program's emphasis on research collaborations has also been invaluable in shaping my future academic career aspirations.

How has your participation in the scholarship scheme influenced your long-term career goals and aspirations in the field of pharmaceutical sciences? In what ways has it opened doors for future opportunities, such as further education or employment prospects?

Ms. Sedra: This scholarship serves as a tremendous catalyst in my journey toward becoming an academic and researcher. The combination of a master's degree coupled with substantial research experience will greatly enhance my eligibility to apply for PhD opportunities that would otherwise be out of reach. It opens doors to exciting prospects for my future academic pursuits and contributes to the realization of my career aspirations.

Mr. Abdallah: The program provided me with a valuable glimpse into the future trajectory of my career, particularly in academia, which has always been my aspiration. This opportunity allowed me to simultaneously engage in teaching and conduct research, which aligns perfectly with the skills and experiences necessary for a successful career in academia. The scheme also facilitated opportunities for research collaborations and publications, both of which are key factors that can unlock future career prospects.

Speaking for all undergraduate students who are considering applying for the scholarship scheme and pursuing a master's degree in pharmaceutical sciences in AAU, what advice or insights would you give them? What key qualities or skills do you believe are the most important?

Ms. Sedra: To begin their journey, focusing on fundamental skills such as enhancing their scientific writing and reading abilities will prove immensely beneficial. Moreover, delving into the vast scope of pharmaceutical science fields and identifying what truly ignites their passion will be instrumental in guiding them forward. By laying a strong foundation and exploring their interests, they can embark on a fulfilling and successful path in pharmaceutical sciences.

Mr. Abdallah: For starters, if you are reading this, it means you are interested in joining this program.... Therefore, hear this from me.... Our students are always prepared to embrace new challenges and emerge successful, you my friend are undoubtedly one of them!! So please believe in yourself and have confidence that you can succeed in this endeavor. Avoid overthinking and just take the leap. Trust me when I say, the program is designed for you and only you... and it will prepare you comprehensively for your future career in the field.

When it comes to key qualities and skills, it is not necessary to possess superhero-like abilities. Instead, focus on cultivating qualities such as commitment and self-discipline. These traits will enable you to navigate the demands of the program effectively. Additionally, as an undergraduate, let your primary focus is to excel academically. Study hard and give it your best... While at it, don't forget to join in research projects and nurture your personal skills... See you soon Champ!

Advice from a student

With the student Nosayba Al Damook

1. Can you share your effective time management strategies that balance academic responsibilities with extracurricular activities and social life?

- Set priorities and assign time limits for each academic responsibility.
- Make use of transportation time.
- Create a calendar that keeps all that you're planning to do in one place, and look at it regularly.
- Set reminders for your deadlines and plan to finish at least one day before the deadline.
- Be flexible; sudden problems can happen, and always be open to changes to your plans and calendar.
- Always keep a good amount of time for yourself, your family, and friends, and ensure that you're balancing your social and academic lives.

2. What are some essential study methods or techniques that you believe have contributed to your academic success?

- I think reviewing the lecture on the same day it was explained helps a lot with memorization. This is not always possible, but try to do it at least during the same week so that you can still remember the details your professor explained and fill in any missing notes if needed.
- After studying each chapter, I find it useful to note down the most important information I learned and then check if there's anything important that I missed.
- Find your study method; some students find summarization and mind mapping the most useful techniques, while others prefer watching videos related to the lecture topic to maintain and memorize the information.

3. How do you prioritize your tasks and assignments to stay on track academically and meet deadlines? This is while maintaining a high academic performance level.

I prioritize my tasks depending on their importance, deadline, and level of effort required to accomplish them. I usually like to start with the hardest task whose deadline is the closest, then move on to the easier tasks requiring less effort. I also try to finish one task at a time to ensure the maximum quality of my work.

With the student Nosayba Al Damook

Advice from a student

4. How do you handle distractions and maintain focus during study sessions?

I believe that phones are our biggest distraction, so I always try to keep my phone on silent and out of the room when I'm studying. I try to clean up and organize the workspace before I start studying and I only keep the essentials that I need on the studying desk.

5. Do you have any tips or techniques for maintaining motivation and staying disciplined in your studies?

- Always remember the goal you want to achieve, and keep in mind that you're studying to get one step closer to achieving that goal.
- Reward yourself after achieving a task that was initially challenging to you. The reward can be as simple as a meal you enjoy or an activity you like to do.

6. What role does goal setting play in academic success, and how do you set specific, achievable goals?

Goal setting is a vital step to maintaining academic success and staying motivated. Always set SMART goals that are specific, measurable, achievable, realistic, and time-bound. To set specific and achievable goals, I try to break them down into smaller ones and ensure that I have all the resources (and time) required to achieve them. Don't lose hope if you fail to achieve one goal, failing is the first step towards success.

7. What advice do you have for other pharmacy students, or those considering a career in the field? How would you encourage them to succeed and make the most of their education and opportunities?

No matter what the reason you're studying this major, always remember that you're studying to become a worker in a noble and humanitarian career field. You will either end up synthesizing and producing drugs for the sick, treating them in a clinical setting, or teaching the coming generations how to do so. That's why you must work hard and gain as much knowledge as possible to prosper later in life and serve your community in the best manner. Make sure you're doing all you can.

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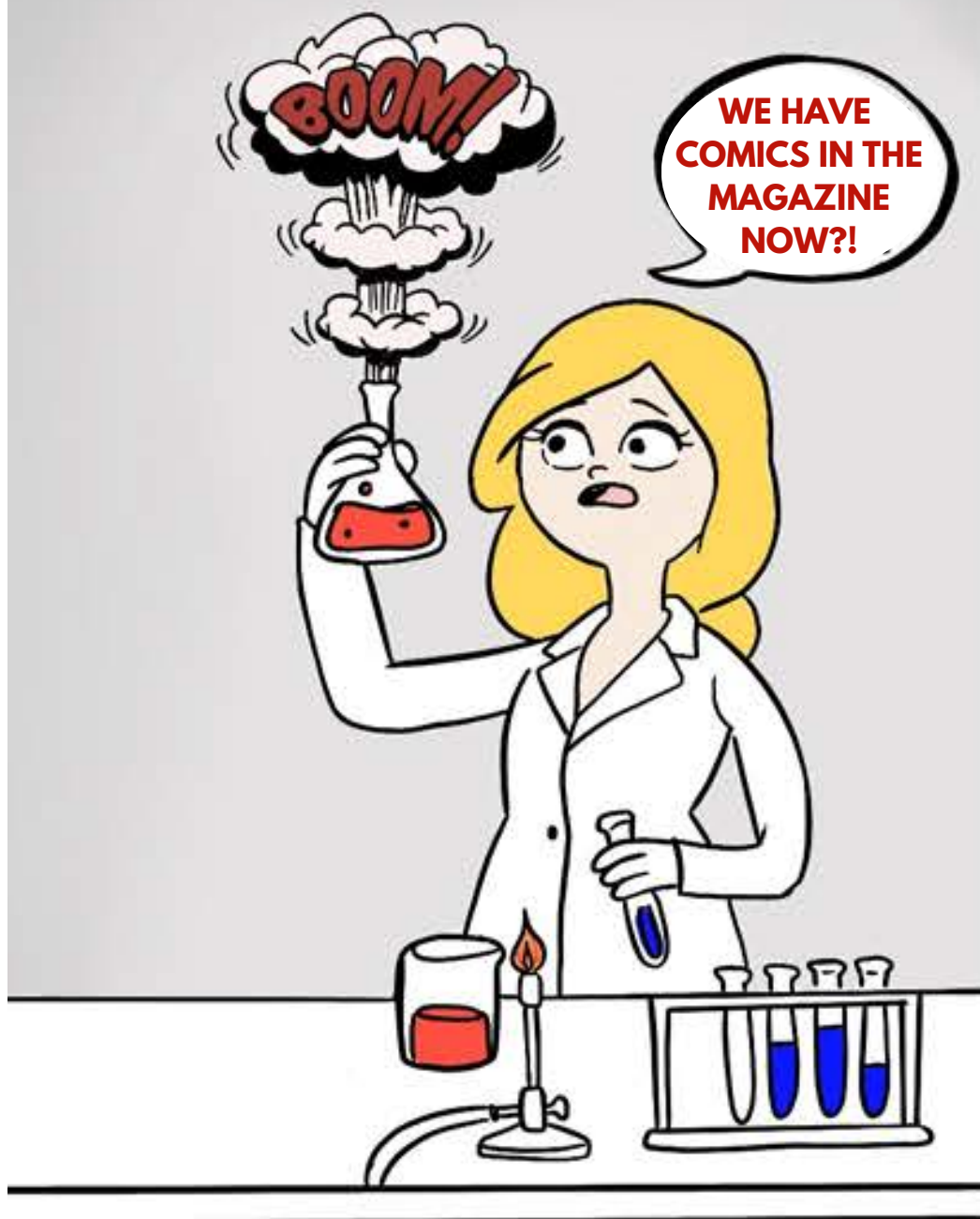
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not intend to
promote drug
use.**

Aya Ismail

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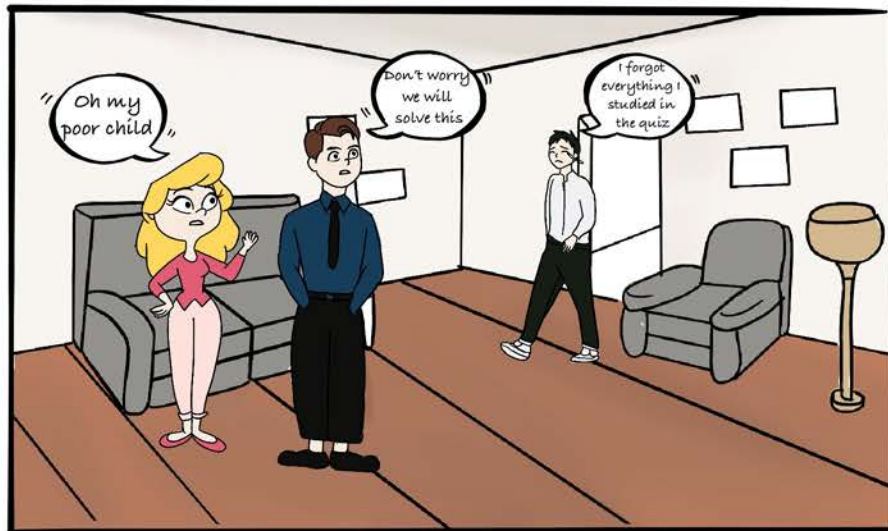
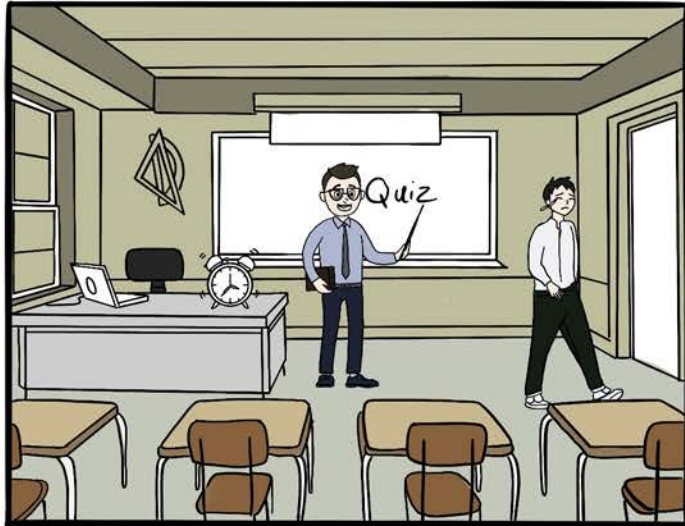
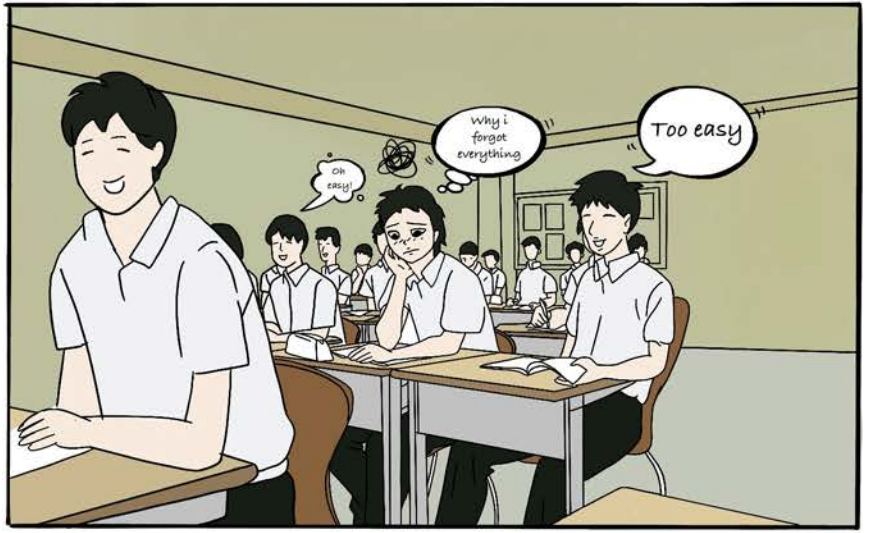
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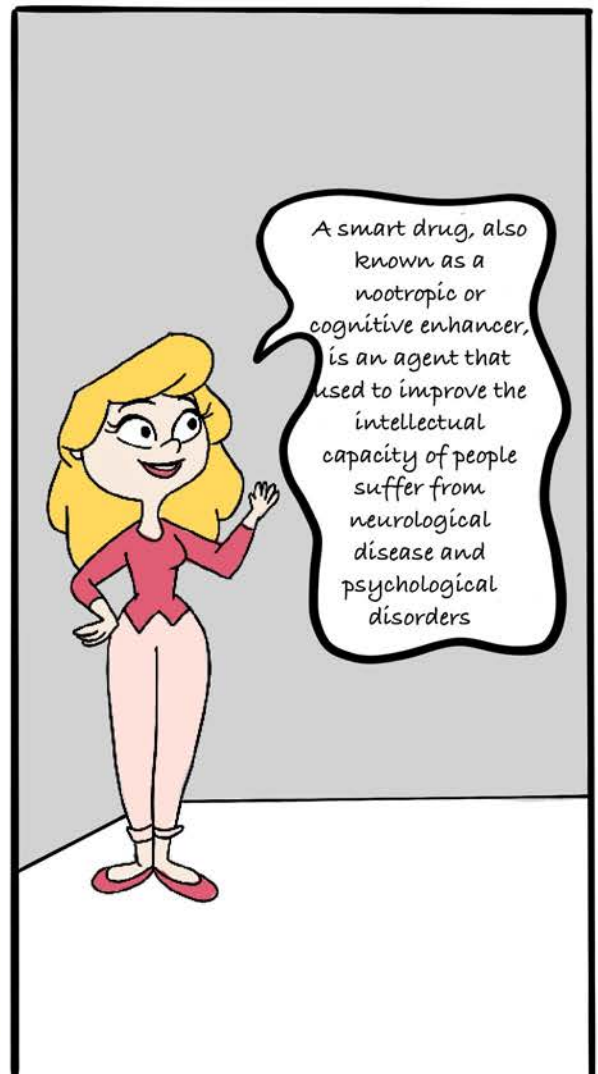
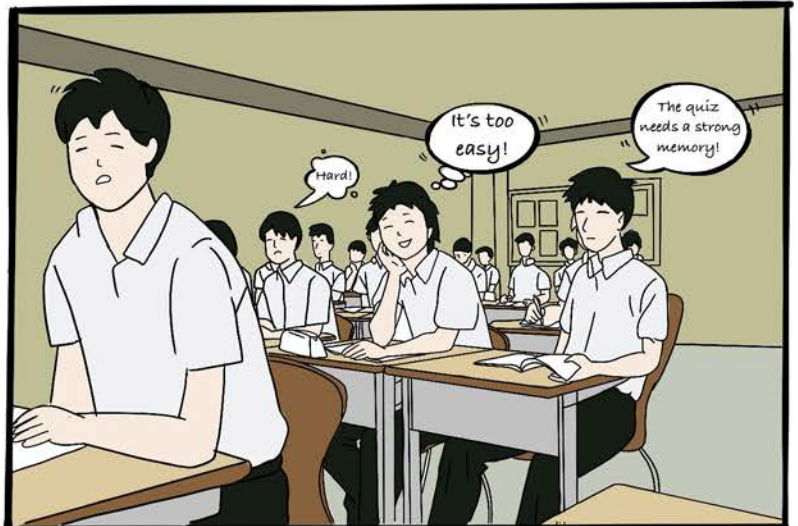
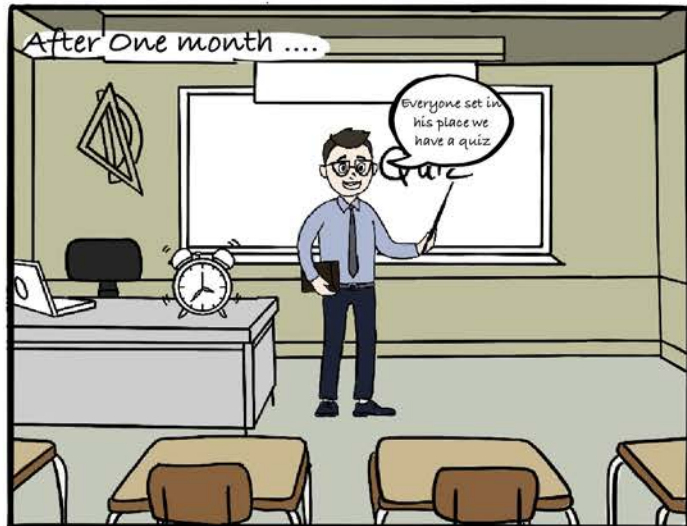
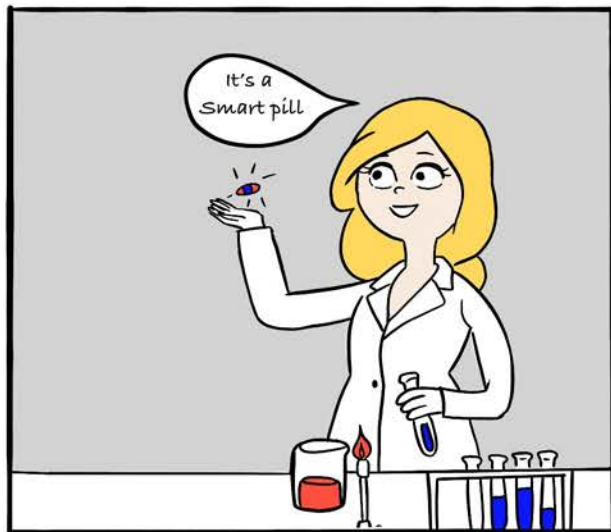
Art & Scenario



comic

SMART DRUG, SMART ME





COMMUNITY ENGAGEMENT

EVENTS

The Orientation Day

By: Rahma Elsherif

The pharmacy orientation day at Al Ain University was held on September 19, 2022. It was a much-anticipated event aimed at introducing new students to the College of Pharmacy and its programs. The event began with a warm welcome from the faculty and staff, followed by informative presentations on the curriculum, and extracurricular activities available to pharmacy students. Additionally, the event included interactive sessions where students could connect with current pharmacy students, ask them questions, and learn more about the profession. The pharmacy orientation day had a significant impact on both the College of Pharmacy and the students. It fostered a sense of community and belonging, allowing students to connect with their peers and faculty members. Moreover, it offered a thorough review of the program, building a sense of enthusiasm and passion among the students as they embarked on their educational path in pharmacy and nutrition.



QESA

By: Hend Ahmed

QESA is a powerful pharmacy event which was held on November 10, 2022. QESA is an event similar to TED TALK where students from the pharmacy college share their challenging life experiences, how those experiences influenced them, and the valuable lessons that they have learned. QESA impacted the whole college in various ways. It empowers students by providing them with a platform to share their stories, helping them gain confidence and a sense of empowerment. The talks at QESA inspire other students who may be going through similar hardships, showing them that they are not alone and that they have the strength to overcome their challenges. QESA fosters a sense of community by creating a supportive environment where students can connect with one another, share empathy, and build stronger relationships. By openly discussing difficult experiences, QESA helps break down stigma surrounding various issues, promoting open dialogue and understanding among students. Moreover, QESA motivate students to strive for personal and academic success, encouraging them to persevere in the face of adversity and pursue their goals with determination. Overall, QESA serves as a catalyst for personal development, empathy, and the creation of a resilient and compassionate college community. It was the first time to carry out such an event in the whole university but definitely not the last.



World Pharmacist Day

By: Qamar Al Zoubi

On the World Pharmacist Day at the College of Pharmacy, students express gratitude and appreciation by creating symbolic gifts for educators and visiting doctors' offices and labs. They also embark on enlightening field trips to community pharmacies and pharmaceutical industries like ADCAN, offering practical training for AAU pharmacy students. These visits culminate in students presenting symbolic gifts, acknowledging their crucial role in our community's education and well-being.

International Pharmacists Day is a powerful reminder of the vital work pharmacists do, celebrated through appreciation and education at our college.



Breast Cancer Awareness

By: Razan Elmubarak

On October the 20th 2023 pharmacy students participated in raising awareness about breast cancer, educating the university community, and promoting early detection and prevention strategies. The event took place in the main hall on the second floor, with various activities, games, and giveaways under the logo "Pharmily goes pink".

Additionally, one of the engaging activities was to have cards for people to write and share their emotions towards breast cancer survivors and fighters. Joined by our faculty members, faculty staff, and students from all colleges, to show their support. We look forward to continuing our commitment to promoting health and well-being within our university community, and we look forward to continuing with creativity.



World Diabetes Day

By: Rahma Elsherif

5th year Hospital Training Students from the College of Pharmacy participated in the World Diabetes day event organized by Mediclinic Hospital in November 14. They set up informative booths where they executed diabetes screening tests and educated patients about healthy food options for diabetes. The event's theme was "education to protect tomorrow," highlighting the need of educating people about diabetes control and prevention to ensure a healthy future. The event gave students real-life experience dealing with the community and using their knowledge in a practical situation. Furthermore, the event enhanced the student's understanding of the role of pharmacists in diabetes treatment, validating their dedication to patient education and enabling them to have a beneficial impact on public health.



Donate & Have Fun

By: Yukta Sughand

This event was organized by the Admin unit in cooperation with the College of Pharmacy on 24th of November, 2022. It was held in the Abu Dhabi campus, in the playground area..

“No donation is small” This event was done with a scope and initiative to donate and half fun at the same time, an innovative idea which approached the University. The events main agenda was to donate whatever money collected to the Emirates Red Crescent with the hope of helping and giving new life to support heart as well as diabetes patients. It included lot of games, food, bazaar, activities which were equally both enjoyed by the students and the professors at the University.

The main official sponsors were Labco, Al genome, Advanced Integration technologies, Red bull, and the Emirates Red Crescent itself, Overall, this event was an enormous success as the University enjoyed as well as the sponsors. The impact was amazing because we as students got an opportunity indirectly to be part of the contribution made from the University.

Alone we can do so little, together we can do so much.

The Pharmacy Open Day

By: Lana Bustanji

Following each year's resounding success, pharmacy open day has developed into one of the most looked forward to occasions in our university. Our students collaborate and use their creativity and expertise to produce a mind blowing event every year that combines music, culture, and fun. Winterwonderland was the theme for this year, and our students worked so hard to make it come to life with a cozy wintery environment on the 2nd of March 2023.

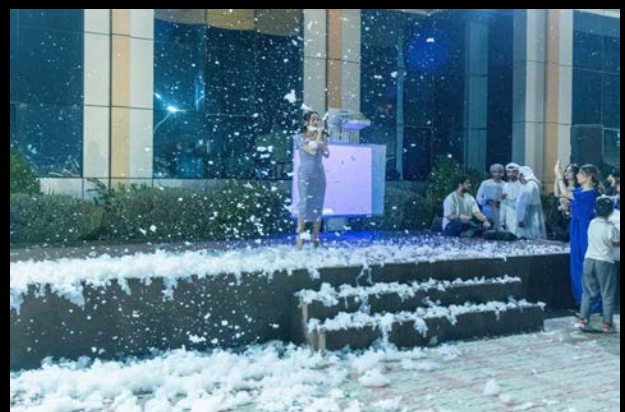
Our students sent invites to doctors just as the event was about to take place to pique their interest.

The event began with a warm welcome at the Al Jawhara Theatre, where a lovely glimpse of winter wonderland decorations were seen. Then, our bright pupils performed an outstanding comedian play that was created by Mohammed Samir and Abdelfatah. The following segment contained some games on stage and then ended with a yola dance before the outdoor activities began.

The Outdoor activities started with cultural booths organized, designed and planned by students from various countries, where students, Doctors and staff got the opportunity to visit each country's booth, discover their culture and foods.

Then, each booth had their own segment to perform its own cultural show, where students, Doctors and Staff were able to join, dance and blend in with their singing and dancing shows. And just in the right time, for a perfect ending, the two mesmerizing talented singers Enjy Aboud and Mohammed Ammar captured the audiences heart while singing to the top hits enchanting the crowd.

The pharmacy open day is a day where the college of pharmacy consistently outperforms everyone's expectations each year, so the real question is.. Are you ready for the next pharmacy open day?





Nutrition Day

By: Qamar Al Zoubi
& Yukta Sughand

On March 16, 2023, Al Ain University celebrated Nutrition Day. The aim of the event was to promote a healthy eating lifestyle and avoid obesity and underweight. And the activities of this day were all enjoyable and remarkable:

- Firstly, the nutrition students were divided into different groups, and they had to prepare a traditional dish of a particular country mentioning the nutritional facts of the recipe along with the benefits of eating it. Students, of course, did this with such impressive creativity.
- Secondly, another activity was the interaction between food and drugs, which made the public understand the consequences of encountering the interaction between drugs and nutrients.
- Thirdly, the sugar content of popular soft drinks such as Red Bull and Mountain Dew is mentioned.
- Fourthly, the balanced diet that is eaten from different items and proportions of the meal that must be eaten on a daily basis has been talked about.

Last but not least, there was a quiz session on Kahoot for those who attended the event, and there was a vote for the best booth.

The Appreciation Ceremony

By: Hend Ahmed &
Razan Elmubarak

The appreciation ceremony is held by the end of each academic year around the 20th of June. On this day we celebrate the success done throughout the whole year by honoring all the students who took part in it; the student council, and the social media members, and the nutrition students who took part in organizing the Nutrition Day. The event began with a warm welcome and insightful words from our college of Pharmacy Deputy Dean Professor Mohammed Ghattas, followed by appreciation words from the hardworking head of the Community Engagement Committee Ms. Kawther Kayed. Moreover, other faculty members and students recapped their favorite touchable moments throughout the year. The ceremony ended by honoring the outstanding student council and social media students an appreciation certificate to thank them for their continuous hard efforts over this academic. The appreciation ceremony has a strong impact on the students encouraging them to participate and keep up the hard work, it fostered a sense of cooperation and passion among the students and the faculty members and that's to always remember that we are a PHARMILY.



PROFESSIONAL DEVELOPMENT

Written by: Aya Ismail

ACC & ECS



Our pharmacy students took the opportunity to visit ACC Middle East 2022 together with the 13th Emirates Cardiac Society Congress under the supervision of Dr. Asim Ahmed Elhour to discuss, share, and critique the latest in cardiovascular prevention and care with global experts and to find practical solutions for everyday problems by using real-world approaches to guideline-driven care.

The conference was attended by more than 1300 healthcare providers from 45 countries worldwide and demonstrated the importance of their shared experience and commitment to improving cardiovascular care worldwide. This conference's main objective is to review current best practices, new trends, and evidence-based solutions to enable patients with cardiovascular disease to receive practical, guideline-driven cardiovascular prevention and care.

CAREER DAY 2023

Our pharmacy students had the pleasure to attend the Pharmacy Career Conference 2023 at Mohammed Bin Rashid University in Dubai on the 11th of February, which aims to educate and inspire students, new graduates, and pharmacists interested in learning more about the pharmacy field from great inspiring experiences in this field and learning more about non-traditional career options in the field.

This conference enables students to widen their thinking and have all their questions answered so they can make the best decisions for their future. Dr. Mohammad Bostanudin, the director of the Pharmaceutical Sciences Program and Associate Professor at Al Ain University, provides an oral presentation about "The Beauty of Stepping Outside of the Comfort Zone" that aims to help fresh graduates and pharmacy students overcome fear and break out of the comfort zone.



AAU conference

Written by: Zainab Abdalnasser

The first AAU international conference on pharmacy and biomedical sciences, AAU-CPBS'23, which took place on January 18-19, 2023, was one of the most successful achievements of the College of Pharmacy. It focused mainly on enlightening advances and discoveries in pharmacy, nutrition, and the biomedical sciences. The conference, which was held on the Abu Dhabi campus, included 47 sessions and numerous post-graduate student abstracts that were published in the Scopus-indexed journal BMC Proceedings (cite-score 3.4). Participants and visitors could have earned up to 20.5 CME credits.

Two plenary speakers carried out AAU-CPBS: Prof. Mark Von Itzstein, professor of chemical biology and medical chemistry and executive director of the Institute for Glycomics at Griffith University, Australia, and Prof. Jonathan Ling, professor of public health at the University of Sunderland, UK. There were six main domains to emphasize: clinical pharmacy and pharmacy practice; pharmacology and molecular therapeutics; drug design and discovery; biomedical sciences; pharmaceutical technology; and nutrition and food science in addition to a 2-day workshop titled 'Cloud-based hands-on workshop: computationally driven drug design workflows', conducted by Schrodinger company.



THINK PHARMACY

magazine

Written by: HEND AHMED

Think Pharmacy Magazine is an annual publication supervised by one of our dedicated doctors from the College of Pharmacy. The magazine boasts a team of meticulous editors who ensure the content is polished to perfection with the help of participants, including pharmacy and nutrition students, adding depth to the magazine's informative articles. Four volumes have been published on the university website, including two issues within the second volume. Pharmacy Magazine has gained recognition and a strong online presence.

Each year, the magazine explores a different topic, ranging from medical conditions to medications, providing readers with fresh insights and highlighting the latest advancements. In addition to that, it continues to educate and inspire readers, making it an essential read for those seeking to stay informed about the dynamic world of pharmacy.

PROFESSIONAL

Kahoot! into Pharmacotherapy

By Khawla Abou Hait

The Pharmacotherapy Kahoot! competition was an initiative by Dr Asim Elnour where he aimed to reinforce his students' knowledge about the Pharmacotherapy 1 course he had been teaching in Abu Dhabi campus. The interactive session involved more than 50 students and was held in the presence of the Vice President of Al Ain University Professor Amer Qasem, the Deputy Dean of the College of Pharmacy Professor Mohammad Ghattas, and various faculty members from the College of Pharmacy in Abu Dhabi campus.

Pharmacovigilance Workshop

By Khawla Abou Hait

The online pharmacovigilance workshop aimed at introducing pharmacy students to an important sector of the healthcare industry involved with monitoring drug use after its introduction into the market following licensure and providing reliable information to the public and concerned professionals. The workshop was attended by pharmacy students from both Abu Dhabi and Al Ain campuses and was moderated by Dr Asim Elnour. The esteemed Section Head of the Pharmacovigilance and Drug Education at the Department of Health Ms Lateefa Jamal Al Marzooqi, the specialist in pharmacovigilance and medical products at the Department of Health Ms Nahed Ali Alraeesi, and the drug information officer at the Department of Health Ms Shaikha Ahmed Al-suwaidi were speakers at the exceptionally informative and engaging session.

Cyberpatient Demonstration

By Khawla Abou Hait

Cyberpatient is an innovative platform that was introduced to pharmacy students in a detailed demonstration by Ms Liliane Hassan and moderated by Dr Asim Elnour. The online website aims to provide a virtual training hospital designed to support students, build confidence and enhance the development of clinical pharmacy competencies.

DEVELOPMENT



PROFESSIONAL

SEHA Conferences

By Khawla Abou Hait

Conferences held by Abu Dhabi Health Services Company (SEHA) are important informative platforms that are regularly attended by pharmacy students to gain knowledge and meet renowned professionals in the field. Oftentimes, the students take it a step forward by participating with their abstracts under the guidance of their supervisors to showcase their knowledge.



National Pharmacy Students' Congress (UAE 2023)

By Nour Dabbagh

Al Ain University's College of Pharmacy students made a significant impact at the UAE National Pharmacy Students' Congress 2023, hosted at Gulf Medical University on the 4th and 5th of February. This remarkable event brought together aspiring pharmacy students from 7 universities across the UAE, fostering a dynamic environment for collaboration, knowledge sharing, and professional growth.



The congress held special significance as it served as the official face-to-face meeting for the IPSF Eastern Mediterranean Regional Office (EMRO). Hosted by GMU Pharmacy Students' Association, the event featured insightful talks by industry experts, competitions, and engaging EMRO workshops. These workshops were centered around 4 categories:

- Leadership in Training
- Policy Writing
- Pharmaceutical Marketing
- Clinical Skills

Al Ain University's Pharmacy students demonstrated enthusiasm and dedication throughout their participation in these workshops. Their active involvement resulted in multiple well-deserved awards, highlighting their commitment to personal and professional development. This impressive contribution underscores the College of Pharmacy's dedication to nurturing the skills and potential of its students within the field of pharmacy.



DEVELOPMENT



COMPETITIONS

QUWA: Forum for Women's Research

By: Rahaf Albhaisi



The Third Forum for Women's Research, QUWA, was held at the University of Sharjah on August 25, 2022. Participants from numerous universities took part by displaying posters showcasing their research and work. Undergraduate and postgraduate students from Al Ain University, Abu Dhabi campus, have participated in this competition.

Undergraduate students, Sedra Jamal, Lama Abuamer and Yusra Maher were supervised by Prof. Mohammed Ghattas and Dr. Azza Ramadan on a research study entitled 'Identification of Potential HENT1 Inhibitors Using a Combined Approach of Ligand Based and Receptor-Based Virtual Screening'. Whereas Nour Dabbagh, Danah Albek and Zainab Abdunnasser were supervised by Dr. Rose Ghemrawi on a research study entitled: 'Targeting the RNA Binding Protein NONO to Inhibit Breast Cancer'.

Ph. Aya Al Qasem, participated in this competition under the supervision of Prof. Mohammed Ghattas and Dr. Rose Ghemrawi on a research study entitled 'Discovery of Novel Inhibitors Targeting the Oncogenic Protein Tyrosine Phosphatase SHP2 In Breast Cancer Cells' and Ph. Nour Sammani under the supervision of Dr. Mohammed Fauzi Bostandin with a research study entitled 'Investigations Of Amphiphilically - Modified Chitosan Nanoparticle-Based Hydrogel Containing Naproxen For Drug Delivery Applications'.



COMPETITIONS

CGCC:

Combined Gulf Cancer Conference

By: Salam Ahmad



The 5th edition of the Combined Gulf Cancer Conference took place in Al Jawaher Reception and Convention Center in Sharjah from the 21st to 23rd of November, 2022. It brought together experts, researchers, and students from various universities across the Gulf region to discuss the latest research on cancer control and management. Also a competition was held featuring both oral presentations and poster sessions, allowing participants to present their findings and engage in discussions with fellow researchers and attendees.

Representing our college, a group of dedicated 4th and 5th year pharmacy students excelled in the competition. Under the expert guidance of their professors, they showcased their research projects in the poster category.

After rigorous evaluation by a panel of judges, Sedra Jamal won the Third Place in the poster category with a research study entitled: 'The Potential Anti-tumorigenic Role of Angiotensin II Receptor Blocker Losartan in Breast and Lung Cancer' under the supervision of Dr. Azza Ramadan.

Dubai International Pharmaceutical & Technologies Conference & Exhibition (DUPHAT 2023)

By: Lana Bustanji



Dubai International Pharmaceutical & Technologies Conference & Exhibition (DUPHAT) 2023, held from January 10th to 12th, was the 28th and the largest-ever edition of DUPHAT, which brought together more than 1,100 exhibiting companies. The event featured 112 conference lectures and 15 workshops delivered by 140 experts and specialists and attracted a large participation from the student community and universities.

Third and fourth year students got the opportunity to present and discuss their research through Poster Presentations with experts and peers from across the region. As usual, the college of pharmacy students proved their excellence with 7 winning teams.

From Abu Dhabi campus, The Third Best Display Poster Award went to Mohamed Tharf, Abdelfatah Amer, Mohammed Samir, and Ibrahim Al Masalmeh, supervised by Prof. Anan Jarab. Lana Bustanji, Laila Waleed, and Hend Ahmed received the Third Best Presentation Award under the supervision of Dr. Rose Ghemrawi and Ms. Kawther Kayed. Finally, Nadia Raja, Nora Al Barkani, Eman Marwan, and Rahaf Mohammed won the Second Best Thematic Poster Award under the supervision of Dr. Rose Ghemrawi.

Students from Al Ain Campus won four awards. Najwa Al-Ramadan, Nada Alghrbawy, and Abdalrahman Abdeen obtained the First Best Quality Poster Award under the supervision of Dr. Walaa Mousa. The Second Best Well-organized Poster Award went to Rania Al Afandi, Hedaya Al Ali, Rym Magramane, and Dana Alhamdan under the supervision of Dr. Mohammad Al Ahmad. Moreover, the Fourth Best Creative Poster Award went to Razan AlKais, Hedaya Al Ali, and Shahd Mufid, supervised by Dr. Amira Ahmed. The Fourth Best Informative Poster Award was won by Omar Jihad Kattan, Ashraf Omar Alkhateb, Shadi Nasser Shoukier, and Adel Saeed Khaleel, under the supervision of Dr. Mohammad Al Ahmad.

Our students' participation in DUPHAT brings pride to the college of pharmacy, and we sure are excited for the next Edition, DUPHAT 2024, and who knows, you may be a winner next year!

COMPE TITIONS

AAU Conference: Post-graduate Poster Competition

By: Rahaf Albhaisi



The first conference organized by the College of Pharmacy Abu Dhabi campus, with the name AAU International Conference on Pharmacy and Biomedical Sciences (AAU-CPBS'23), took place on January 18th and 19th, 2023. Alongside many students from universities worldwide, all post-graduate students from both Al Ain University campuses actively participated in this poster competition, showcasing nearly 150 research projects. This competition's objectives were to promote exchange of ideas and seek out collaboration with experts in the field. The competition wrapped up with an awards ceremony, and AAU postgraduate students had the honor of winning three prizes. Mr. Abdallah Abou Hajal won First Place Best Quality Poster with a study research entitled 'Accurate Aggregates Anticipator: Use Of Machine Learning In The Development Of Drug Discovery Tool For Predicting Colloidally- Aggregating Molecules' under the supervision of Dr. Noor Atatrah and Prof. Mohammad Ghattas. Mr. Mohd Molham Sakkal won First Place Best Poster Presentation with a study research entitled 'Development And In Vitro Evaluation Of A Novel Controlled-Release Delivery System For Xanthine Filled In Hard Gelatin Capsules Of Size 00' under the supervision of Dr. Musab Arafat. Ph. Nour Sammani won Second Place Best Poster Design with a study research entitled 'Investigations Of Amphiphilically – Modified Chitosan Nanoparticle-Based Hydrogel Containing Naproxen For Drug Delivery Applications' under the supervision of Dr. Mohammad Fauzi Bostanudin.

COMPE
TITION
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First International Conference for Pharmacy Students (ICPS-1)

By: Zainab Abdunnasser



On the 20th and 21st of March 2023, undergraduate and postgraduate pharmacy students from Al Ain University participated in the First International Conference for Pharmacy Students (ICPS-1), held at the University of Sharjah. The conference aimed to explore new avenues in various categories and was themed 'Promoting Sustainability in Pharmacy.'

Students from Al Ain University presented numerous posters and delivered oral presentations that adhered to the conference guidelines. The AAU College of Pharmacy received recognition at the event, securing two postgraduate awards and two undergraduate awards for its outstanding participation. The First Postgraduate Scientific Competition award was granted to Mr. Abdallah AboHajal, under the supervision of Prof. Mohammad Ghattas, while the Second Place in the Postgraduate Best Oral Presentation category was awarded to Ph. Aya Al Qassem, under the supervision of Dr. Rose Ghemrawi.

Continuing with Al Ain University pharmacy students' achievements, students Ayah Ismail and Razan El Mubarak won the Second Best Informative Study Poster award, under the supervision of Dr. Zelal Jaber. Meanwhile, students Zainab Abdunnasser, Danah Albek, and Nour Dabbagh won the Third Best Innovative Research Poster award, under the supervision of Dr. Rose Ghemrawi and Ph. Aya Al Qassem.

URC: Undergraduate Research Competition (10th Edition)

By: Zainab Abdalnasser



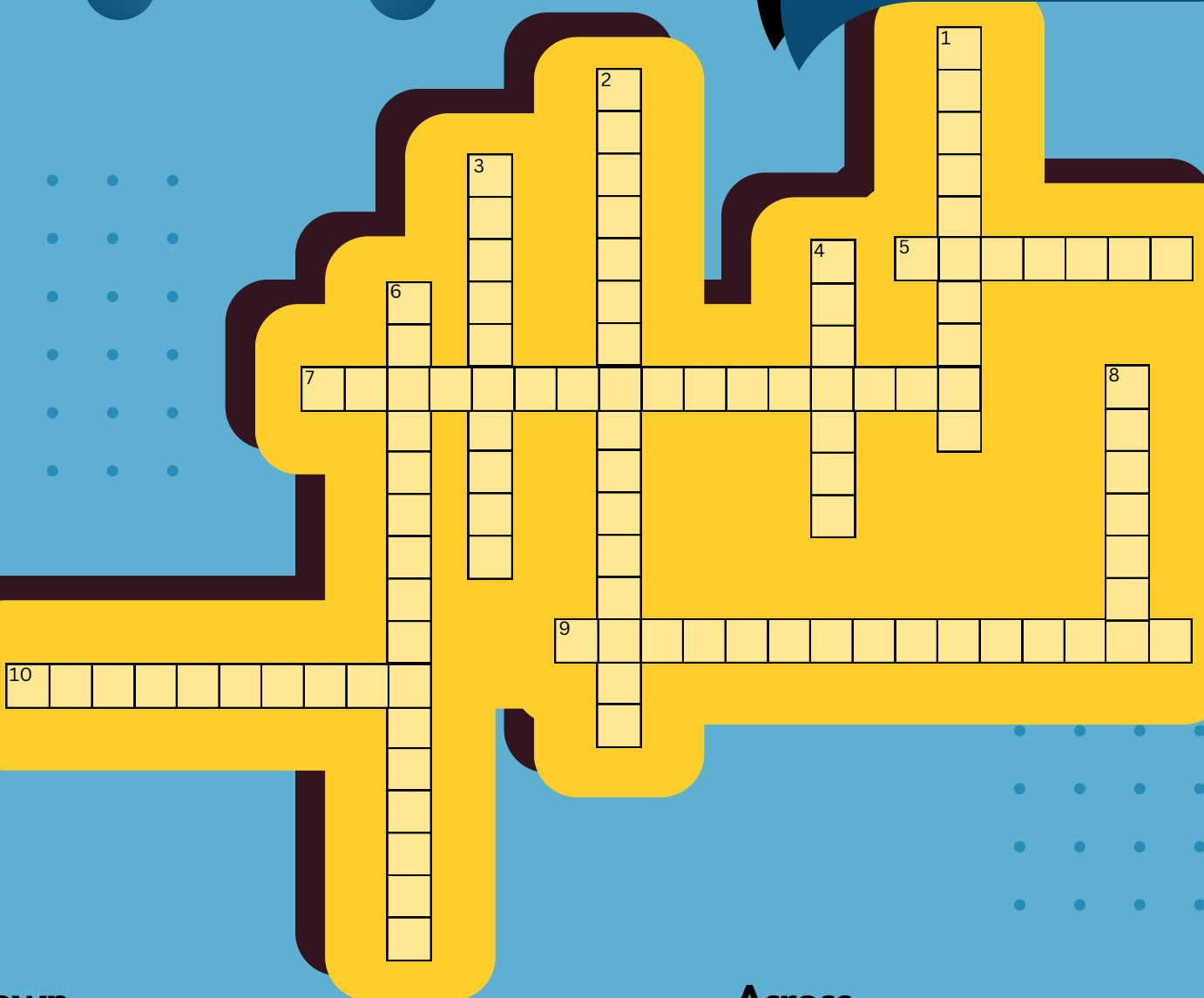
On the 19th of May 2023, Al Ain University pharmacy students participated in the 10th Undergraduate Research Competition (URC), held by Abu Dhabi University. The competition, which is considered to be the largest student research contest in the Arab world, was performed in the hybrid format to allow overseas participants to participate virtually, and more than 300 research papers were contesting. Two groups from Abu Dhabi campus and one group from Al Ain campus won two places in the Pharmaceutical Sciences category and one place in the Public Health category.

From Abu Dhabi Campus, the Second Place in Pharmaceutical Sciences category was won for the second time in a row by Zainab Abdalnasser, Danah Albek and Nour Dabbagh, for an experiment entitled: 'Targeting DNA and Protein Methylation for Treating Breast Cancer', under the supervision of Dr. Rose Ghemrawi and Ph. Aya Al Qassem. The Third Place in Pharmaceutical Sciences category was won by Ayah Ismail and Razan El Mubarak, on their research project entitled: 'Pharmacists' Attitudes, Barriers and Challenges in Implementing Medication Therapy Management in the UAE', under the supervision of Dr. Zelal Jaber and Prof. Anan Jarab.

While from Al Ain Campus, the Second Place in Public Health category was won by Nasrin Akther Rima and Dalia Sharaf, with a research study entitled: 'Assessing the Prevalence of Binge Eating Disorder and its Relationship with Psychological Factors in Female University Students', under the supervision of Dr. Nadia Hussain.

Time for

Activities!

Pharmacology
Crossword Puzzle**Down**

1. A Substance that blocks the activity of a receptor
2. Looks at how your DNA affects the way you respond to drugs
3. A medication used to prevent or relieve nausea & vomiting
4. Medications used to treat high cholesterol levels
6. What the drug does to the body
8. A chemical that activates a receptor to produce a biological response

Across

5. The amount of drug needed to produce a given effect
7. What the body does to the drug
9. The percentage of a drug that reaches the systemic circulation
10. The maximum response that can be achieved with a drug

Word Search

Pharmaceutical Dosage forms

N	T	C	X	V	M	X	L	J	C	Z	K	J	Q	N
O	R	S	A	S	U	J	Y	O	F	S	I	H	O	S
I	A	U	P	P	J	D	M	K	J	X	I	I	O	I
S	N	S	Y	W	S	T	A	B	L	E	T	L	O	C
L	S	P	K	R	A	U	Z	J	G	O	U	Q	K	Q
U	D	E	U	V	O	U	L	Y	L	T	J	W	K	I
M	E	N	T	H	O	T	D	E	I	P	Z	P	C	T
E	R	S	P	N	A	H	I	O	P	E	F	O	L	G
T	M	I	Z	T	E	I	N	S	P	A	S	T	E	D
Q	A	O	X	E	N	M	L	N	O	X	F	E	Z	A
B	L	N	I	H	O	R	T	C	L	P	L	C	F	D
L	R	J	A	S	L	E	G	N	J	G	P	F	M	H
F	R	L	Y	X	N	K	K	M	I	S	E	U	R	F
R	E	G	M	A	E	R	C	Y	P	O	D	J	S	U
R	U	E	J	H	T	M	V	R	A	T	U	A	V	Q

Capsule

Cream

Emulsion

Gel

Inhaler

Lotion

Ointment

Paste

Solution

Suppository

Suspension

Tablet

Transdermal

Can you guess the word?

S R E R A T I E

The logo for MFERU (Michigan Federation of Environmental Resource Users) features the letters M, F, E, R, and U in white, each inside a yellow rounded square, which are then arranged in a row on a blue background.

G A I H A D M R P

L O M A U P N R Y

SYSTEM

NEORNU

End of Activities!

You can find the key answers at the end

- **The inventive minds behind the activities:**
Rahma Elsherif, Qamar Al Zoubi, Yukta Sughand

**Designed by:
Nour Dabbagh**

Activities

Key answers

Pharmacology Crossword Puzzle

1. Antagonist
2. Pharmacogenomics
3. Antiemetic
4. Statins
5. Potency
6. Pharmacodynamics
7. Pharmacokinetics
8. Agonist
9. Bioavailability
10. Efficacy

Did you guess the words?

1. Arteries
2. Femur
3. Diaphragm
4. Pulmonary
5. System
6. Neuron

Word Search

