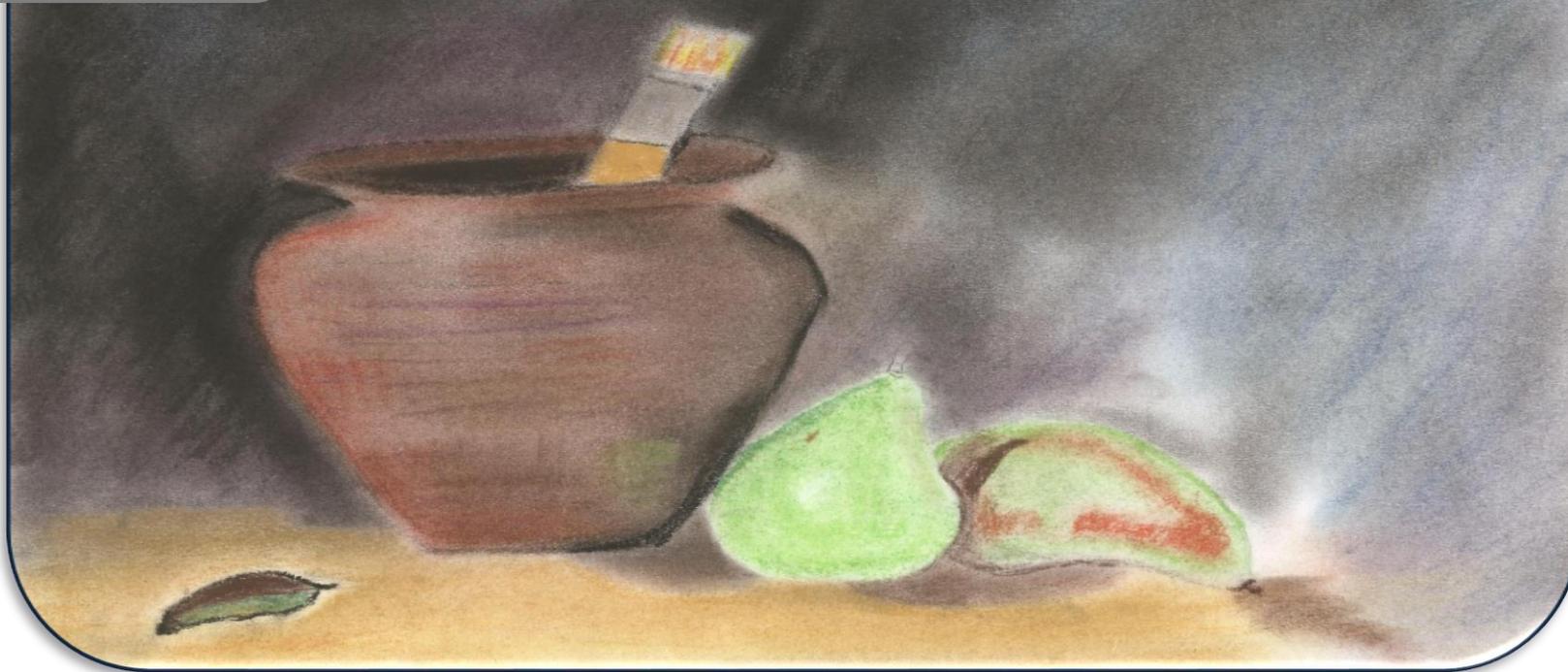


**Photo Credit:**  
Mareh Bassam  
Batch 23



# **DPC NEWSLETTER**

## **VOLUME 4:**

### **DECEMBER ISSUE**

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Dean, DPC

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Amina Muhammad Zarar  
Nabeerah Shaheer

**Happy  
New Year!**

**2015**

To all the students and staff of DPC  
Prof. Saeed Ahmed Khan  
Dean

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*-Mrs. Sabeena Salam*

## Staff Contribution

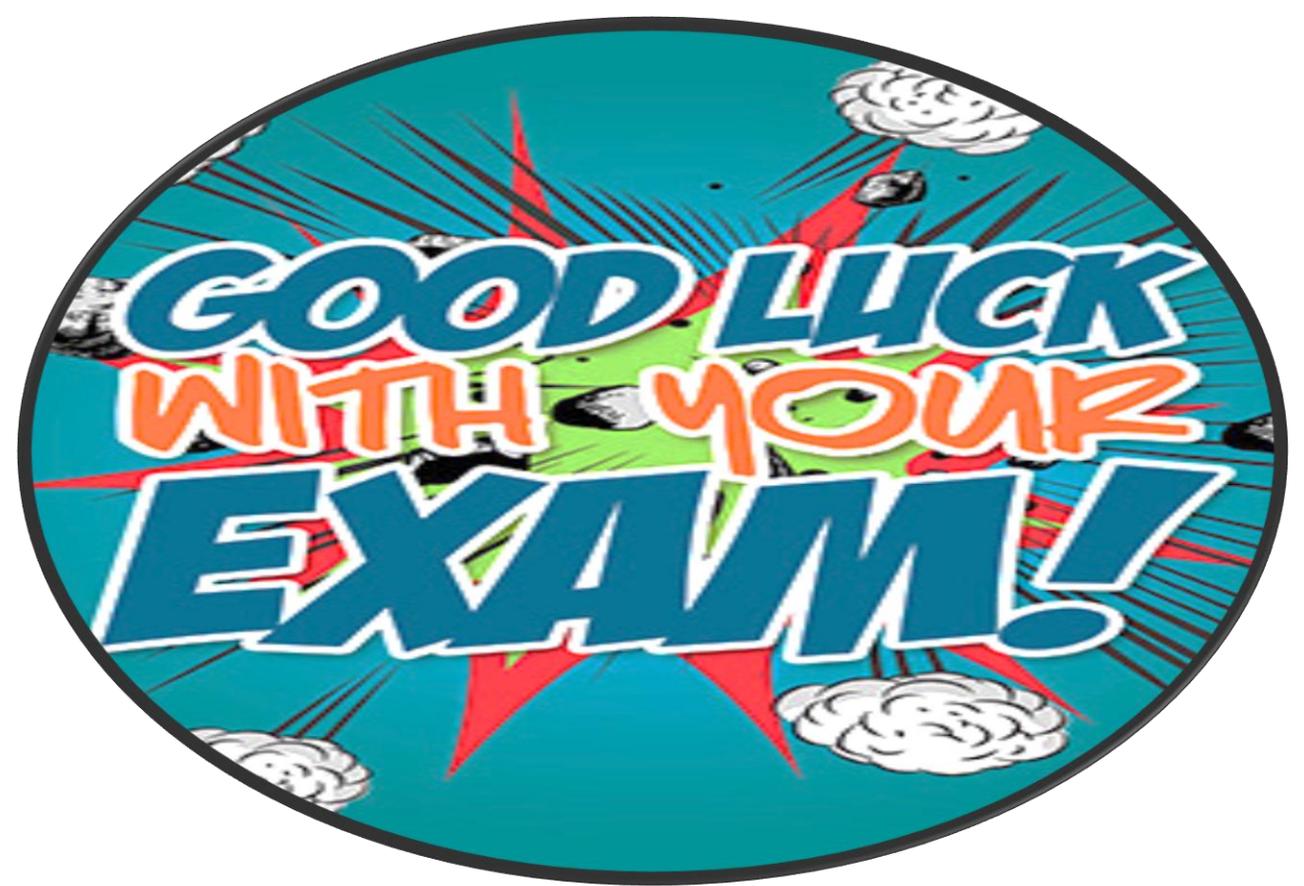
*Exams n Stress*

*-Nabeerah Shaheer*

## Artistic Expressions

*-Noor Mazin*

*Batch 23*



*“A journey of a thousand  
miles begins with a single  
step”  
-Confucius*

# PREVENTION BETTER THAN SUFFERING.....!!!!

REPORTED BY: WRITING CLUB –AROOJ QAISER (BATCH 21)

On 25<sup>th</sup> of November, 2014 we were educated by the Civil Defence Team which included the 1<sup>st</sup> Lieutenant Zayed Al Abdouli (*Civil Defence*) and Ms. Horyya Mohammed (*Awareness Dept. of Civil Defence*) about the golden rules in order to extinguish a fire. The students found it very interesting as they further stressed on the need to be aware of the basic rules to extinguish fire. The team discussed about their experience in the event of fire and the role they play in combatting it. Deaths due to fire are on the rise in Dubai and it is very necessary to know how to combat it at the right stage to prevent any fatalities.



1<sup>st</sup> Lieutenant Zayed Al Abdouli



Ms. Horyya Mohammed



The golden tip to extinguish the fire was to cut off the source causing it that could be fuel or air or maybe the electric supply.

The team educated us regarding the use of fire extinguisher that is abbreviated as **PASS**, **P** for *pull the knob*, **A** for *aim at the base*, **S** for *squeeze* and **S** for *sweep in all the directions left and right*.

The workshop increased our knowledge regarding the different groups of chemicals use to extinguish different types of fire.

**A for Ash like organic stuff**

**B for Boiling Solvents like water**

**D for Dangerous like dyes**

**K for the Kitchen e.g. gas cylinder explosion.**

Importantly, in case of emergency It is always advisable to call 997. If there is no fire extinguishers use sand as a substitute as a preventive measure. One must know all the emergency exits.

## FIRST AID TRAINING

A training program on First Aid was arranged by the Facilities and Laboratories Unit in combination with Student Affair Unit for the EMERGENCY STUDENTS (ES) Team in our College. The program was offered by Dr. Faiz Al Shukrji, An International Trainer in UAE RED Crescent/ Dubai, and conducted in Dubai Pharmacy College on Nov. 30<sup>th</sup> 2014 from 10:00 am-3:00 pm. Original certificates will be distributed by the UAE RED Crescent to the participants.

The purpose behind this training course is to train the ES Team on First aid and make them ready to help students in case of accidents such as injuries or burns.

The contents of this training program included CPR for adults and children, How to help a choking child and adults, bleeding, bandaging, injuries, allergic reactions, asthma, drowning, bites and stings, burns and bones fractures.

The program was very useful and interesting to our students since it helps and inspires them to be aware, supportive, responsible and cooperative students.



# CHARITY begins at HOME..!!

Ehsan Club organized the event on wherein the students expressed their gratitude towards our staff. They distributed gifts to all the workers. The staff felt special to see them being appreciated.

Kudos to the students of DPC.....!!!!!!!



*"Gratitude can transform common days into thanksgiving, turn routine jobs into joy and change ordinary opportunities into blessings..."*

*- William Arthur Ward*



# “HEALTH is WEALTH”

Reported by: Arooj Qaiser and Ayesha Hassan Shaikh (Batch 21)

Being a women it is important to remain in perfect health. We at DPC organized Women’s health day on the 15th of December. Medical checkup were conducted for the students, staff and the community members in the Muhaisanah area. Representatives from various healthcare sectors visited the campus.

Teeth is an integral part of health and is necessary to be maintained in proper health.

The **Aqua Medical Centre** examined all the participants and gave them tips for maintaining dental hygiene.

**Ego Pharmaceuticals**

gave tips to maintain a healthy skin and body as skin is the largest organ in body. They gave us tips to choose cosmetics according to the skin types and gave samples.

A healthy balanced diet is necessary to maintain a good health, hence a nutritionist from **Dr. Nutrition** gave his valuable tips to maintain ideal body weight and to include proper components in the diet after determining the BMI.

Beauty is our priority as girls, so there were representatives from **Jannati Spa** to perform massage in order to relieve stress as exams are round the corner. Cosmetics play an important role to enhance beauty and this was achieved by nail painting as well as the face make up.



Vision is a blessing and this was examined by the representatives from the **Atlanta Vision** and gave their recommendations according to the condition of the patient.



Diabetes and Hypertension is a major concern in this part of the region which is quite alarming and needs precautionary measures. **Beverly Hills Home Healthcare** examined and shed knowledge on ways to maintain proper health to combat diabetes.



Obesity is a major concern for women and **the Best World Lifestyle** gave the tips to reduce weight by taking a few herbal products which would be beneficial.



## The Marquis Who's Who Publications Board

*Certifies that*

**Bazigha K. Abdul Rasool**

*is a subject of biographical record in*  
**Who's Who in the World**  
**Thirty-Second Edition**  
**2015**

*inclusion in which is limited to those individuals who have demonstrated outstanding achievement in their own fields of endeavor and who have, thereby, contributed significantly to the betterment of contemporary society.*



*Fred M. Marks*  
Fred M. Marks, Editor-in-Chief



*Congratulations to:*

*Dr. Bazigha K. Abdul Rasool*

# THE ROLE OF ACCREDITATION STANDARDS IN DELIVERING A QUALITY ASSURED PROGRAM - EXPERIENCE IN THE UAE

Sabeena Salam<sup>1</sup>, Fouzia Shersad<sup>2</sup>

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## ABSTRACT

In an era where higher education institutions aspire to gain a reputation of quality, accreditation bodies have been restructuring their standards to match the needs of the education community. This study aims to evaluate the extent to which the accreditation body, viz. Commission of Academic Accreditation (CAA) in the UAE has achieved this goal; using the experience of two HEI's in the country. The study of the accreditation history especially for the last two decades of both the Dubai Medical and Pharmacy Colleges have been evaluated. The improved commitment and loyalty of the faculty, improved communication channels and structured reporting has made it easy to detect problems before they lead to undesirable effects. Leadership support has led to mobilization of resources and expansion based on the needs of the community. The mission driven outcomes based assessment based on the CAA standards have led to remarkable improved in student satisfaction rates and in proactively mitigation of risks.

**Keywords:** *quality assurance, higher education, accreditation standards*



*With Prof. Dr. J. Ana Donaldson-  
Association for Education  
Communication & Technology  
(ACET) Former President- USA*

# 'Exams n Stress'



## Dealing with Exam Stress: *The Appropriate Approach*

<b>Organize:</b>	<i>You need to make sure that you are well equipped with all the necessary things you need for the exam eg, stationery, watch and so on. Avoid last minute rush which will lead to confusion ending up in stress</i>
<b>Diet:</b>	<i>Eat a healthy meal before you sit for your exams as an empty stomach will lead to hunger pangs. Avoid having a heavy meal as it might make you drowse during your exams. Have fruits and proteins and rehydrate yourself with water</i>
<b>Relax:</b>	<i>You should relax one hour before the exams and avoid mugging in the last minute which will panic you during exams as you might forget what you had learnt earlier. Do not overwork your brain. Be confident and give in your best.</i>
<b>Plan:</b>	<i>Once you have the question paper you need to run through your eyes and assess how to invest your time. You need to have a quick plan ahead and answer the questions you are confident about. This will boost your morale.</i>
<b>Cross-Check:</b>	<i>After you answer all the questions you need to devote the last 15-20 mins cross checking your answers. In this way you will find ample time to rectify any careless mistake</i>
<b>Forget:</b>	<i>Once you are out of the examination hall do not end up discussing your answers and tense yourself rather you should concentrate on how to appear for the next exam more efficiently.</i>



Nabeerah Shaheer  
Admin Asst

# *Artistic Expression*



Noor Mazin  
Batch 23