



DUBAI PHARMACY COLLEGE FOR GIRLS

NEWSLETTER

SEP / 24



"The roots of education are bitter, but the fruit is sweet."

- Aristotle

Table Of Contents

- **September Bulletin**
- **Event's Corner**
- **Glow & Tell**
- **A Glance Ahead**



#NEW FACULTY

DR. ASHRAF KHALIL

Dubai Pharmacy College for Girls is proud to announce that **Prof. Ashraf Khalil** has joined the college as a *Professor of Medicinal Chemistry* in the Department of Pharmaceutical Sciences.



Prof. Khalil earned his PhD in Organic/Medicinal Chemistry from the University of Mississippi in 1997 and has since held prestigious academic positions at institutions such as King Saud University, King Faisal University, and Qatar University, where he most recently served as Head of the Pharmaceutical Sciences Department.

Prof. Khalil is an accomplished researcher, having published numerous international peer-reviewed papers, secured three US patents, and delivered over 90 research presentations. His research focuses on the design of new anticancer agents and the investigation of treatments for neurodegenerative diseases.

We are excited to welcome Prof. Khalil to our academic community and look forward to the impact he will make in advancing pharmacy education and research at Dubai Pharmacy College.

#NEW FACULTY

DR. SAHAR ELNAJJAR



We are excited to announce that **Dr. Sahar Elnajjar** has joined Dubai Pharmacy College for Girls. With over 13 years of experience in pharmacy practice, including five years as a Clinical Pharmacist at Mediclinic Parkview Hospital, Dr. Elnajjar brings a wealth of knowledge in infectious diseases, antimicrobial stewardship, and parenteral nutrition.

She holds a Master's degree in Clinical Pharmacy from Gulf Medical University and is currently pursuing a PhD in Clinical Pharmacy at University Sains Malaysia. Dr. Elnajjar is a Board Certified Infectious Diseases Pharmacist and Nutrition Support Pharmacist, with an additional International Certificate in Pediatric Nutrition. Her research contributions have been recognized through her publications in peer-reviewed journals and presentations at international conferences. In 2022, she was awarded the "Achiever – Research" Award by GMU Alumni Summit.

We are confident that Dr. Elnajjar's expertise will enrich our academic environment and greatly enhance the learning experience for our students.

PROF. MIRZA AT INTERNATIONAL CONFERENCE ON BIG DATA & AI IN HEALTHCARE



Prof. Mirza R. Baig represented Dubai Pharmacy College at the *International Conference on Big Data and AI in Healthcare* August 29 & 30 2024. Prof. Mirza R. Baig, Associate Dean of Clinical Affairs at Dubai Pharmacy College for Girls (DPCG), delivered a talk on: *Application of Big Data Analysis and Artificial Intelligence (AI) in Healthcare*.

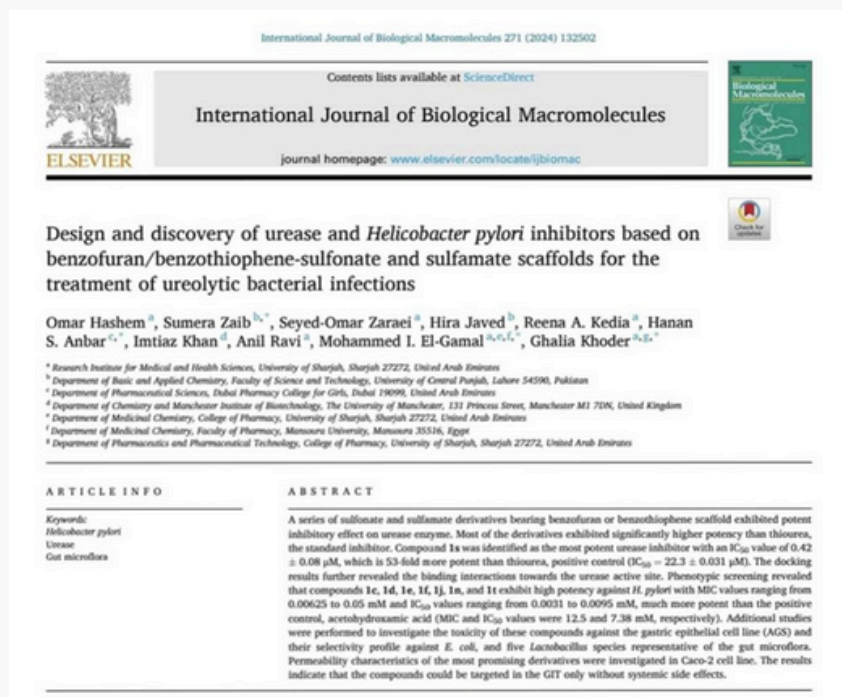
The presentation was at the International Conference organized by C. L. Baid Metha College of Pharmacy in Chennai, India. This prestigious event gathered professionals, researchers, and students from around the globe, offering a significant platform for discussing the future of healthcare.

During the presentation, Prof. Baig highlighted how big data and AI are revolutionizing the healthcare sector. With an ever-increasing volume of data being generated daily—ranging from medical records to patient interactions and research findings—traditional methods are no longer capable of extracting the crucial insights necessary for advancing healthcare.

The talk demonstrated how the integration of AI technologies is essential for unlocking the full potential of this data to improve patient care, predict health trends, and personalize treatments.

RESEARCH PUBLICATION

DR. HANAN ANBAR



We are pleased to share the news of a fruitful collaboration between **Dr. Hanan Anbar**, Associate Professor at the Department of Pharmaceutical Sciences as a corresponding author, and collaborators from the University of Manchester, UK, University of Central Punjab, Pakistan, and University of Sharjah, UAE which resulted in the publication of a valuable article in "The International Journal of Biological Macromolecules", Q1 Scopus-indexed journal (impact factor 8.2, top 6%).

The article is entitled "**Design and discovery of urease and *Helicobacter pylori* inhibitors based on benzofuran/benzothiophene-sulfonate and sulfamate scaffolds for the treatment of ureolytic bacterial infections**". This article was published during June 2024.

Congratulations to Dr. Hanan on this achievement!

RESEARCH PUBLICATION

DR. Rana Sammour



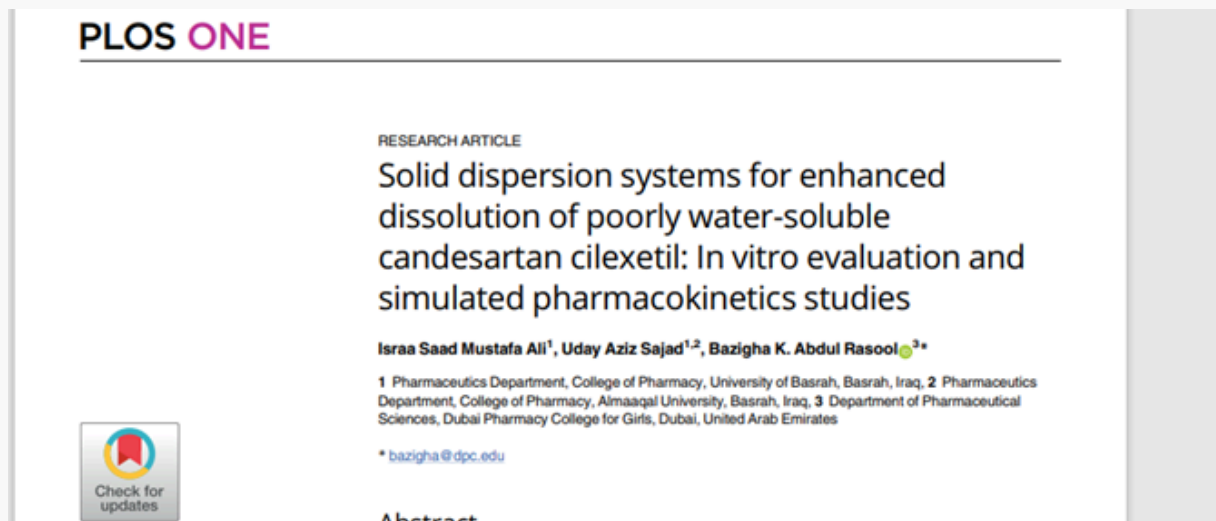
We are pleased to share the news of a fruitful research work done by our talented graduates —**Fathima Firoz Ali** , **Tafika Y.** , **Yousra Asser**, and **Reem Mohamed Ather**— under the supervision of **Dr. Rana Sammour** that has been successfully published in the European Journal of Pharmaceutical Sciences, a top-tier, SCOPUS-indexed journal with an Impact Factor of 5.1.

The article is entitled "**Thermo-activated in situ rectal gel preparation for Ibuprofen using eutectic mixture**".

This article was published during September 2024.

Congratulations to Dr. Rana and our graduate on this achievement!

Exciting Research Collaboration Between Dubai Pharmacy College and Basrah University Published in a Q1 Journal!



We are thrilled to announce that the collaborative research between Dubai Pharmacy college and the College of Pharmacy, Basrah University, has resulted in a significant publication in the highly regarded PLoS One journal (Q1, H-Index: 435, Impact Factor: 3.752).

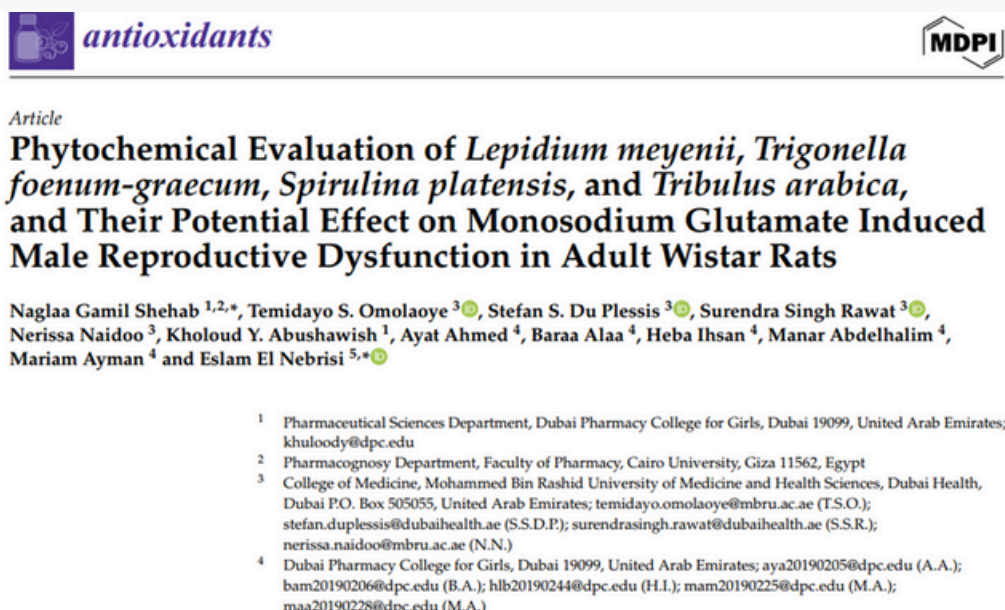
Solid Dispersion Systems for Enhanced Dissolution of Poorly Water-Soluble Candesartan Cilexetil: In Vitro Evaluation and Simulated Pharmacokinetics Studies

Ali ISM, Sajad UA, Abdul Rasool BK*

This groundbreaking study focuses on improving the dissolution of poorly water-soluble Candesartan Cilexetil using solid dispersion systems, with promising in vitro results and simulated pharmacokinetics data. We are proud to see the fruitful outcomes of this collaboration contribute to the field of pharmaceutical sciences.

Congratulations to Dr. Bazigha & research team for their outstanding achievement!

DPCG publishes Undergraduate Research Project in Q1 Journal.



Dubai Pharmacy College for Girls would like to extend heartfelt congratulations to the fourth-year undergraduate students, Cohort 28, and the faculty members, Prof. Naglaa Shehab from Dubai Pharmacy College and Dr. Eslam El Nebrisi from Dubai Medical College on the recent publication of their research titled, “Phytochemical Evaluation of *Lepidium meyenii*, *Trigonella foenum-graecum*, *Spirulina platensis*, and *Tribulus arabica*, and Their Potential Effect on Monosodium Glutamate Induced Male Reproductive Dysfunction in Adult Wistar Rats.” The capstone project, published in Q1 journal named Antioxidants.

Dubai Pharmacy College for Girls proudly congratulates the fourth-year students, Cohort 28, along with Prof. Naglaa Shehab and Dr. Eslam El Nebrisi, on the successful publication of their research.

STELLAR RECOGNITION!

PROF. ALI ASGAR

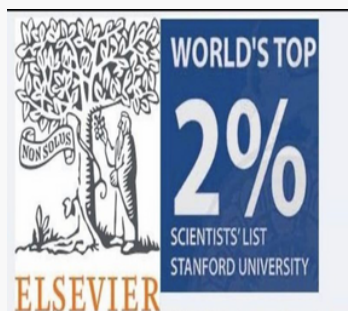
Congratulations Professor!!



Dubai Pharmacy College's Professor Ali Asgar has been honored in the prestigious **Elsevier/Stanford World's Top 2% Scientists Lists for 2024**.

The recognition, announced on September 18, 2024, highlights his exceptional research impact, both over his career and in the past year.

This achievement reflects Prof. Asgar's valuable contributions to the scientific community and serves as an inspiration for all faculty at DPC to further their efforts in advancing research in their fields. Once again, hearty congratulations Professor Ali Asgar!



COFFE WITH THE VICE - CHANCELLOR



On Thursday, September 12th, **Professor Sherief Khalifa**, hosted an insightful session titled "Coffee with the Vice Chancellor," bringing together the faculty and staff for an open discussion on the University's future. The gathering created a collaborative space for dialogue, where *Professor Khalifa* outlined upcoming initiatives and steps to enhance both the academic and operational environment.

He stressed the importance of innovation and teamwork in addressing future challenges and opportunities. Faculty and staff shared their concerns, suggestions, and ideas, with *Professor Khalifa* emphasizing that their input is crucial in shaping the university's direction.

He concluded by expressing his gratitude for their dedication and reaffirming the essential role they will play in DMU's future success.

GLOBAL ACADEMIC LEADERSHIP FORUM



On September 1, 2024, **Prof. Sherief Khalifa**, represented Dubai Pharmacy College at the Global Academic Leadership Forum (GALF) during the International Pharmaceutical Federation (FIP) conference in Cape Town.

In his presentation, Dr. Khalifa highlighted the crucial link between student enrollment, faculty recruitment and retention, and the quality of academic programs. He emphasized how these factors directly impact the caliber of pharmacy graduates and the advancement of the profession.

His key message was clear: to prioritize excellent patient care and uphold the pharmacy profession's respect, we must attract the brightest students and recruit and retain top-tier faculty.

DPC ADOPTS EXAMSOFT



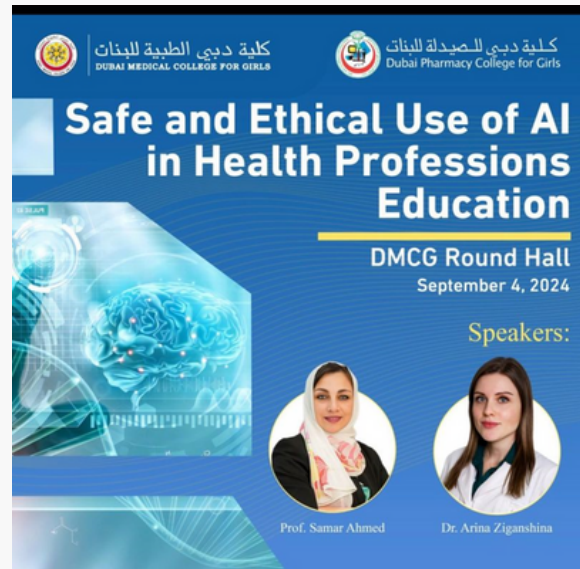
As part of Dubai Pharmacy College for Girls' faculty development initiatives, all faculty members participated in a thorough hands-on training session on ExamSoft on Friday, August 30, 2024, led by **Dr. Arina Ziganshina**.

ExamSoft is an all-in-one digital platform that provides secure exams and data for improving learning outcomes, teaching strategies and the accreditation process. A leader in computer-based, high-stakes assessments, ExamSoft offers academic institutions secure tools and software that provide essential data, insights, and detailed reports. It features a diverse range of digital question types—including multiple choice, hot spot, matching, and more.

Additionally, it enables smooth exam administration, even without an internet connection. This mandatory training was important for our faculty to go to the next level in assessment and enhancing student learning and achievement of the Pharmacy program learning outcome.

SAFE & ETHICAL USE OF AI SEMINAR

On September 4, 2024, Dubai Medical College for Girls, in collaboration with Dubai Pharmacy College for Girls, hosted an insightful session titled "Safe and Ethical Use of AI in Health Professions Education." This event was part of the colleges' ongoing commitment to prepare students for the future of healthcare.



Led by **Prof. Samar Ahmed**, Associate Dean of Academic Affairs at DMCG, and **Dr. Arina Ziganshina**, Assessment Coordinator at DMCG, the session explored the ethical considerations and practical uses of artificial intelligence in the healthcare industry. The discussion emphasized the need for responsible AI integration in health professions education, ensuring that it enhances care quality while upholding the highest ethical standards.

Students actively participated in the event, engaging in thoughtful discussions on leveraging AI to improve healthcare outcomes while addressing the ethical challenges posed by technological advancements. This session marks another step forward in Dubai Pharmacy College's mission to equip students with cutting-edge knowledge and foster a healthcare workforce ready to meet the challenges of tomorrow responsibly.

DR. HANAN ON NOVEL TREATMENTS FOR PCOS



On Thursday, September 19, 2024, **Dr. Hanan Anbar**, Associate Professor of Pharmacology and Toxicology at Dubai Pharmacy College for Girls (DPCG), delivered a talk on: "Promising drug candidates for treatment of Polycystic Ovary Syndrome".

In the presence of faculty members and master's students, *Dr. Hanan* explored novel alternatives to the conventional use of metformin for managing PCOS. Dr. Hanan presented several new drug candidates that her team, in collaboration with the University of Sharjah and the University of Oxford, has developed.

She emphasized three promising compounds: *Irosustat* (STX64), STX140, and *compound 1G*. These drugs were studied for their effectiveness in treating *letrozole*-induced PCOS in female *Wistar* rats, providing potential alternatives to metformin, which has been the traditional treatment for PCOS.

PRECEPTOR CERTIFICATION PROGRAM

كلية دبي للصيدلة للبنات
Dubai Pharmacy College for Girls

Preceptor
CERTIFICATION PROGRAM

START OF PRECEPTOR JOURNEY – SELF DISCOVERY

Wednesday, September 25, 2024 | 7:00 - 9:00 PM (GMT +4:00)

Moderator	Keynote Speaker	Expert Speaker	Expert Speaker
Dr. Sherief Khalifah Dubai Pharmacy College	Dr. Craig D. Cox Texas Tech University HSC Jerry H Hodge School of Pharmacy	Dr. Kate Newman Southern Illinois University Edwardsville School of Pharmacy	Dr. Bassam Atallah Cleveland Clinic Abu Dhabi

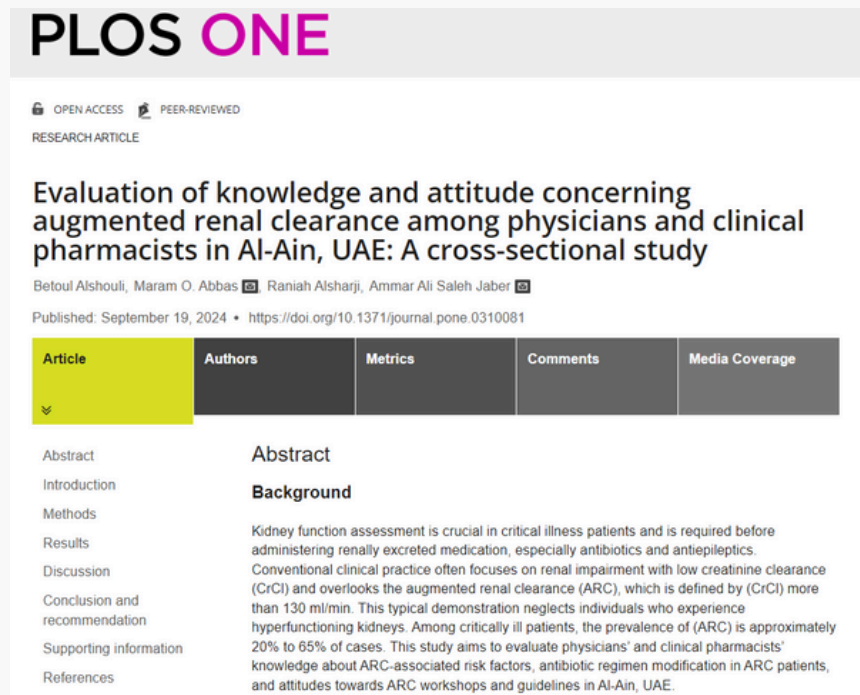
On September 25, 2024, Dubai Pharmacy College held the first session of its new *Preceptor Certification Program*, kicking off with the theme, "**Start of the Preceptor Journey: Self-Discovery.**"

Participants explored personal motivations for becoming preceptors, learned about tools like emotional intelligence and the 5 Voices Assessment, and discussed the qualities that define an effective preceptor. The program is designed to provide practical insights for enhancing the preceptorship experience and creating impactful learning environments.

Upcoming sessions in October, November, and January will build on this foundation, diving deeper into preceptorship skills and best practices.

RESEARCH PUBLICATION

BETOUL ALSHOULI



We are thrilled to announce that **Betoul Alshouli**, a Master's student in Clinical Pharmacy, has successfully published her research in the renowned PLOS ONE Journal, a Q1 SCOPUS-indexed publication.

Her study, titled "**Evaluation of Knowledge and Attitude Concerning Augmented Renal Clearance Among Physicians and Clinical Pharmacists in Al-Ain, UAE: A Cross-Sectional Study**," explores healthcare professionals' understanding of augmented renal clearance. Betoul's achievement highlights the dedication and excellence of our master's students in addressing critical healthcare topics. We also extend our heartfelt thanks to **Dr. Ammar Jaber**, the primary supervisor and principal investigator, along with the coauthors, for their invaluable contributions to this collaborative work.

*Congratulations to Ms. Betoul & Dr. Ammar
on this achievement!*



EVENT'S Corner



DPC IVPN STUDENT CLUB LAUNCH



The DPC IVPN Student Club was officially launched with enthusiasm, marking a new chapter for pharmacy students at our college.

The club is established to create a place where leadership, innovation, and collaboration, connecting academic knowledge with real-world practice can occur.

The members were warmly welcomed as key contributors to its mission of fostering both professional and personal development. The launch event was exciting and we wish well for the clubs future activities.



DPC Community Engagement Unit

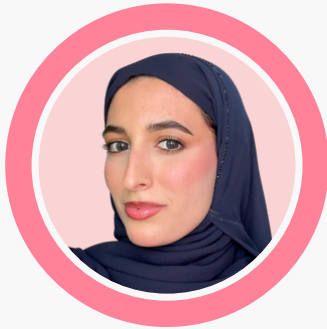
LAUNCH



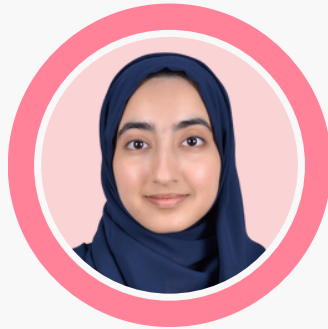
Dania Abaji
Lead Coordinator



Joud Hourani
Coordinator



Aisha Abdulelah
Media Officer



Rahma Nasir
Surveyor



Aya Mshlh
Logistic Officer

Community engagement is where learning comes to life!

By connecting academic knowledge with real-world impact, our students don't just grow professionally—they become catalysts for change.

Through hands-on service, leadership, and teamwork, they're shaping a future where education and community thrive together. Every step they take in the field fuels their passion to inspire, lead, and make a lasting difference.

This is where knowledge meets action, and together, we build a brighter tomorrow!



COMMUNITY ENGAGEMENT UNIT

WHITE COAT CEREMONY

The White Coat Ceremony for the academic year 2024-2025 was a breathtaking and unforgettable occasion, brimming with pride, hope, and the promise of greatness. As the future doctors, pharmacists, and nurses of tomorrow stepped onto the stage to don their white coats for the very first time, the air was filled with anticipation and excitement. This ceremony wasn't just a tradition—it was the symbolic beginning of a journey that would transform lives, both of the students and the countless patients they will one day serve.

The presence of His Excellency **Lieutenant General Dhahi Khalfan** added an air of immense honor to the event, as he shared words of wisdom and encouragement, inspiring the students to uphold the highest values of integrity, compassion, and dedication to healthcare. Our esteemed Deans, luminaries in their own right, stood tall with pride, welcoming this new cohort into a profession where excellence is the only standard.

Every coat placed on a student's shoulders symbolized not just the beginning of their professional journey, but a pledge to serve humanity with passion, humility, and skill. -- they were heroes in the making, ready to rise to the challenges of the medical field, armed with knowledge, compassion, and an unbreakable resolve to make a difference.

This White Coat Ceremony of 2024 was more than an event—it was the beginning of a legacy. A legacy of excellence, service, and unwavering commitment to healthcare that will echo through the halls of our institution for generations to come.

*We wholeheartedly welcome the new cohort and wish them the best
for their new journey ahead!*



Celebrating a Decade of Collaboration with PRA CONSULTANCY



In a celebratory spirit, a meet and greet event was organized on 14th September by PRA Consultancy to honor the graduation of the regulatory affairs students at Dubai Pharmacy College for Girls.

It was a moment to reflect on their academic journey and look forward to their future contributions in the regulatory world. The graduates connected with industry professionals, shared their experiences, and discussed the evolving landscape of regulatory affairs, gaining insights that will support their career growth.



Celebrating a Decade of Collaboration with PRA CONSULTANCY

Dubai Pharmacy College is proud to maintain the partnership with PRA Consultancy to advance the regional educational mission aimed at pharmacists across the GCC.

This collaboration of a decade has focused on enhancing professional development, knowledge sharing, and training opportunities for pharmacists, equipping them with the latest industry practices and skills.

By combining the expertise of both organizations, this initiative seeks to raise the standard of pharmaceutical care in the region and support pharmacists in their continued education and growth. Stay tuned for upcoming programs and events that will drive this mission forward.



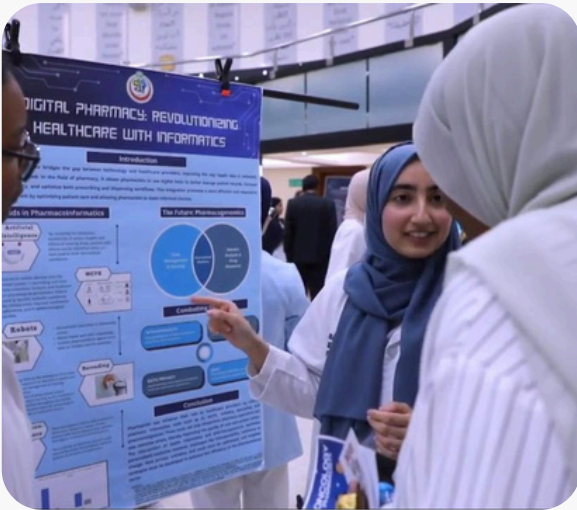
WORLD PHARMACIST DAY CELEBRATION

On September 25th, the campus came alive as we celebrated World Pharmacist Day, a day that truly spotlighted the indispensable role of pharmacists in shaping the future of healthcare. The event, meticulously organized by the DPCSU-IPSF, was nothing short of a masterpiece in student engagement and professional pride.



The highlight of the celebration was a riveting Poster Presentation Competition, where our brilliant students dazzled the audience with their creativity, innovative ideas, and profound knowledge. Each presentation was a testament to their passion for the pharmacy profession, showcasing groundbreaking solutions that pharmacists bring to the table in modern healthcare. It wasn't just a competition—it was a vibrant display of intellectual energy, collaboration, and the forward-thinking spirit of the next generation of healthcare leaders.

WORLD PHARMACIST DAY CELEBRATION



The event buzzed with excitement, drawing attendees from various disciplines, all eager to witness the innovative ideas and celebrate the critical contributions of pharmacists.

There was a palpable sense of unity and pride as our students took center stage, reminding us all that pharmacists are not just medication experts—they are lifesavers, innovators, and an integral force driving the future of patient care.

WORLD PHARMACIST DAY CELEBRATION

The Winning Poster

By: Enji Hamad, Fathima Nooha, Mariam Etri

Batch 31

Pharmacists : Your Everyday Heroes

Pharmacists offer critical services & guidance **to millions** everyday

They are **Easily** accessible & are a **Trusted** source for health advice

Chronically ill patients visit them to ensure that treatments are **effective & free** of harmful effects

Preventive care & screenings

Over **40%** of adults were vaccinated by **Pharmacists** in **developed** countries

Primary access points for **Vaccination** in **Low** Income Countries

COVID-19

Provided COVID-19 testing, vaccination, and **accurate health information**, helping **alleviate pressure** on hospitals and clinics.

They were a **reliable source** of guidance and care in a time of uncertainty

Administered over **270 million** COVID-19 vaccinations in the U.S

Over **80%** of pharmacists reported an increase in **patient consultations** during the pandemic.

In countries like Canada and Australia, **30-45%** of people consult their pharmacist first for minor ailments

They are the **Backbone** of healthcare

1 in every 2

5ml

90%

By: Enji Mohammad
Fathima Nooha
Mariam Etri

Congratulations!



COMMUNITY ENGAGEMENT UNIT

BRING YOUR MEDICATIONS



As part of the World Pharmacist Day celebrations, our students had the opportunity to volunteer for a special community engagement event—the "Bring Your Medications" Medication Review and Counseling Session on September 26, at DMU's Round Hall. This event allowed our students to work alongside licensed pharmacists, providing medication reviews and counseling sessions to the public. The initiative not only promoted medication safety but also enhanced community health through education, making it a meaningful experience for all who participated.



SIMULATION WEEK



The DMCG Simulation Centre presented an exhilarating Simulation Week, held from the 16th to the 20th of September. This event was packed with interactive and hands-on activities such as the Moulage Competition, Escape Room challenges, "The Healing Games: SIM Olympics," Round Table discussions, and the Community Awareness Open House. Students were immersed in realistic scenarios that turned learning into an engaging and exciting experience, offering a glimpse into the real-world challenges of healthcare, all while honing their critical skills.

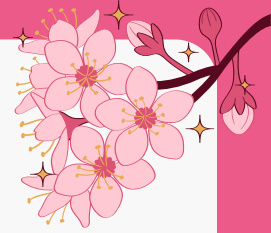


GLOW & TELL

BOOKS, TIPS &
BEAUTY PICKS



AKATSUKI NO YONA



Done by Mariam Etri (batch 31)

If you're looking for a manga that beautifully intertwines adventure, romance, and personal growth, look no further than my personal favourite, "Akatsuki no Yona" (Yona of the Dawn) by Mizuho Kusanagi.

This captivating tale has captured the hearts of readers since its debut, and I can confidently say it's an enchanting read from start to finish.

Starting off, we meet our main girl, Yona, who starts off as a pampered princess. I mean, this girl has everything – friends, a cute crush, and the world's best alarm clock. But then one day, BAM! Everything goes south and she is forced to flee.



With the help of her very loyal bodyguard, Hak (a brooding protector with a heart of gold and the rugged looks of a K-drama star) Yona embarks on an incredible journey to reclaim her kingdom. This manga is not just a tale of loss but also one of resilience, friendship, and self-discovery.

There's also this whole dragon motif going on! Because why go for a wolf pack when you can have a full-on dragon squad? I mean, who wouldn't want a team of mythical beasts backing them up in life, right ?



The way Kusanagi blends fantasy, adventure, and subtle romance—it's like the perfect smoothie, packed with enough excitement to wake up even the sleepest potato! Yona's journey isn't just about reclaiming her kingdom; it's also about discovering the hidden warrior inside her. Forget the classic “damsel in distress” trope—this girl is out here making her own armor and slaying challenges left and right.

But at the end of the day, it's not just a story about love and revenge, it's about growth – something I desperately need. Watching Yona transform from a sheltered princess to a warrior is inspiring. It inspires me to... finally get off my couch and start working out. Or, at least battle the calorie monster I face during midnight snacks!

So here's the deal: “Akatsuki no Yona” is a must-read if you enjoy a nail-biting story filled with a strong heroine, vibrant characters, and visuals so beautiful you might need a second pair of glasses to fully absorb it. It's a heartfelt journey that inspires you to tackle your obstacles, making it a feel-good experience from start to finish!

If you decide to dive into Yona's world—you're in for an absolute blast! Trust me, you won't regret it!



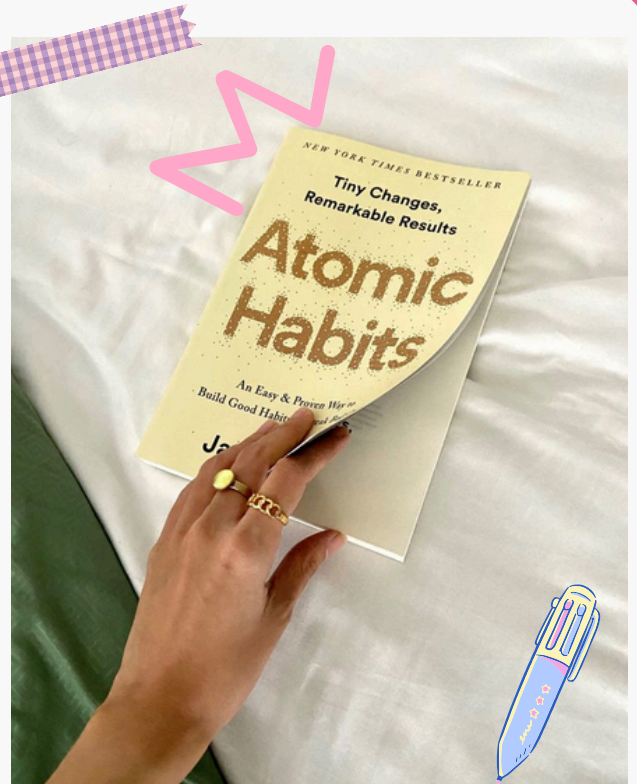


Atomic Habits



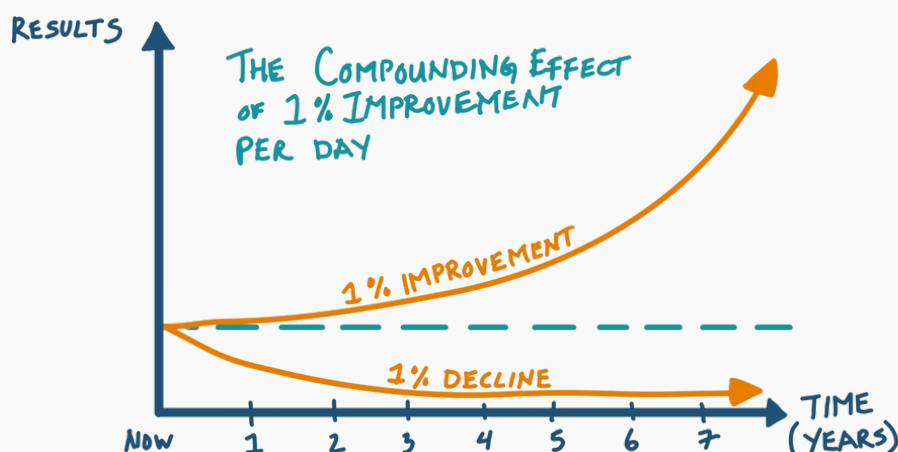
Done by Enji (Batch 31)

James Clear's "**Atomic Habits**" is a transformative guide that delves into the science of habit formation, offering readers practical strategies to build good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. Clear's approach is grounded in the idea that it's not the big changes that matter most, but the small, consistent actions—what he terms "atomic habits"—that compound over time to create significant personal growth.

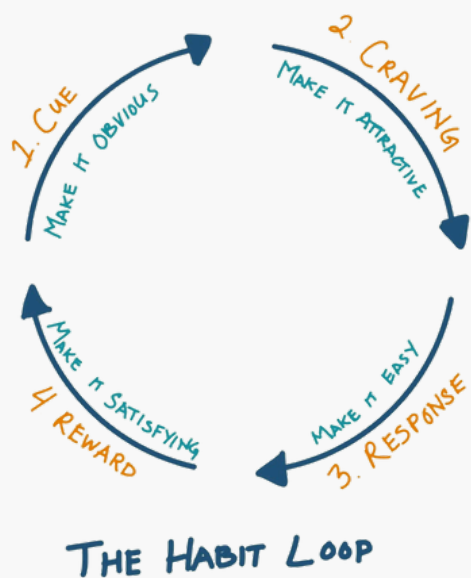


The strength of "Atomic Habits" lies in its simplicity and practicality. Clear distills complex behavioral psychology into accessible, actionable advice that readers can immediately apply to their lives. He introduces the concept of the "habit loop," which consists of a cue, a craving, a response, and a reward, and explains how understanding this loop is crucial to changing any habit.

Clear emphasizes that by making small adjustments—like altering your environment, tracking your progress, or focusing on identity-based habits—you can create a system that naturally supports positive behavior.



One of the most compelling aspects of the book is its focus on identity and the idea that real change comes not just from what we do, but from who we believe we are. Clear argues that the most effective way to change your habits is to focus on becoming the type of person you want to be, rather than fixating on specific goals. For example, rather than saying “I want to run a marathon,” you might say, “I am a runner.” This subtle shift in identity can have a profound impact on your behavior and motivation.



Clear’s writing is both engaging and relatable, filled with real-life examples, anecdotes, and research studies that illustrate his points. He breaks down the science of habits into four simple laws: Make it obvious, make it attractive, make it easy, and make it satisfying. These laws serve as the foundation for building and maintaining good habits, while also providing a framework for breaking bad ones.

However, while "Atomic Habits" offers a wealth of practical advice, some readers might find the repetition of concepts a bit redundant. The book’s focus on small, incremental changes may also feel too slow-paced for those looking for more immediate results. Yet, it’s this very emphasis on gradual improvement that makes the book so powerful, as it reinforces the idea that lasting change comes from consistent effort over time.





INSIDE OUT 2

Done by Mariam Etri (batch 31)

Hey everyone! Today I'll be talking about the talk of the town, the movie "Inside Out 2." And let me tell you, this is exciting! Because the first one was pretty much my emotional manual for life. I mean, who knew my inner self was basically a quirky theme park run by five colorful cartoon characters?!

I don't know about you, but when I watched the movie, I found myself thinking, "Wow, they really nailed my anxiety!" I mean, that character Fear? He practically gave a TED talk on my daily life: "What if they don't like my outfit? What if I trip over my own feet? What if my bird starts judging me for ordering takeout again?" It's not just a movie; it's a therapy session!



At the end of the day, "Inside Out 2" really captures what growing up is all about: it's chaos, laughter, and a good mental breakdown every now and again. Just like my last family reunion. Before you know it, you're left questioning every life choice and thinking, "Wow, I never thought I'd see my emotions plastered on a big screen!"

So let's raise a glass to our feelings, folks! Because if you thought high school was rough, just wait until you see what our emotions look like in a group therapy session! Order that popcorn, because you might just get a side of therapy with that ticket! CHEERS!



Splish, splash & sun

Summertime has begun, but we should not let it ruin our healthy skin. For that not to happen we have come to the rescue bringing you some tips and tricks for healthy, glowing summery skin.



First things first, spf will be your best friend.

You might say we already know, but we cannot emphasize enough on how important sunscreen is to protect your skin from the radiating UV lights. Make sure to apply two finger length of product on your skin every day, particularly if you are directly exposed under the sun.



Secondly, Hydration is vital. and I will let you in on a little secret, if you want a healthy looking, glowy, dewy skin, then use Hyaluronic acid, it will hydrate your skin, and give you that plump effect.

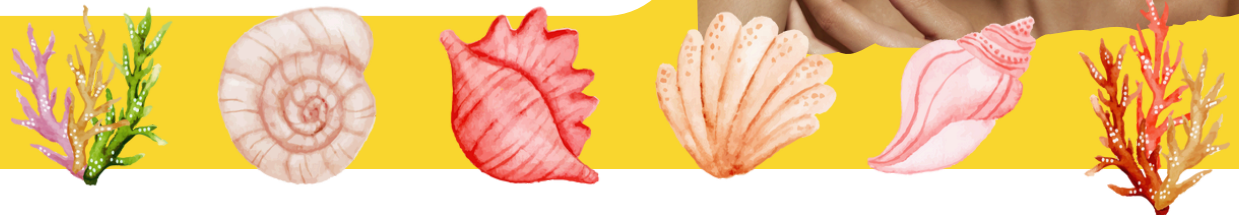




Last but certainly not least, Vitamin C or as we pharmacists like to call it "L-Ascorbic acid." By minimizing the appearance of dark spots and hyperpigmentation, it helps to achieve more even skin tone and a more radiant complexion.



The protein known as collagen, which gives skin its structure and suppleness, can only be produced in the presence of vitamin C. Reduced wrinkles and fine lines are a result of increased collagen production.



Thats about it for now with @secrets_del_luna, thank you for your wait, stay tuned for we have exciting things coming up, see you next time!



**FOLLOW@SECRETS
_DEL_LUNA
FOR MORE
SKINCARE TIPS!**

@SECRETS_DEL_LUNA

Weekly Study Plan TO STUDY BETTER

2 CLASS TIME (VARIES)

Attend all your scheduled classes and take detailed notes. Engage actively in discussions and ask questions.

3 AFTERNOON REVIEW (1-2 HOURS)

Dedicate this time to reviewing your notes from the day's lectures. Organize them and highlight key points. This will make it easier to study later.

4 FOCUSED STUDY SESSIONS (2-3 HOURS)

5:00 PM - 8:00 PM:

- Monday, Wednesday, Friday: Focus on difficult subjects or those with upcoming exams.
- Tuesday, Thursday: Work on assignments, projects, or lab reports.

1 MORNING ROUTINE (30-60 MINS)

7:00 AM - 8:00 AM: Light review of lecture notes or flashcards. Focus on the previous day's material to reinforce your memory.



6 WEEKEND DEEP DIVES

- Saturday: Reserve 3-4 hours for a comprehensive review of the week's material. This is the time to go over any topics you found challenging.
- Sunday: Keep this day lighter with 1-2 hours of review or preparation for the upcoming week. Also, plan your week ahead, making note of important deadlines or exams.

5 EVENING REVIEW & RELAXATION (1-2 HOURS)

9:00 PM - 10:00 PM: Do a quick review of the material you studied earlier in the day. Use this time to work on flashcards, practice problems, or reading. Afterward, take some time to relax and wind down.



A Glance

AHEAD



Breast Cancer Awareness Month

By CEU

Breast Cancer Awareness Month has been observed every October since the 1990s, commonly known as "Pink October," where people worldwide wear pink and display pink ribbons to promote breast health.

The Community Engagement Unit is celebrating this month to raise awareness about breast cancer and highlight the importance of early detection and prevention.

We look forward to your participation in this important event !!

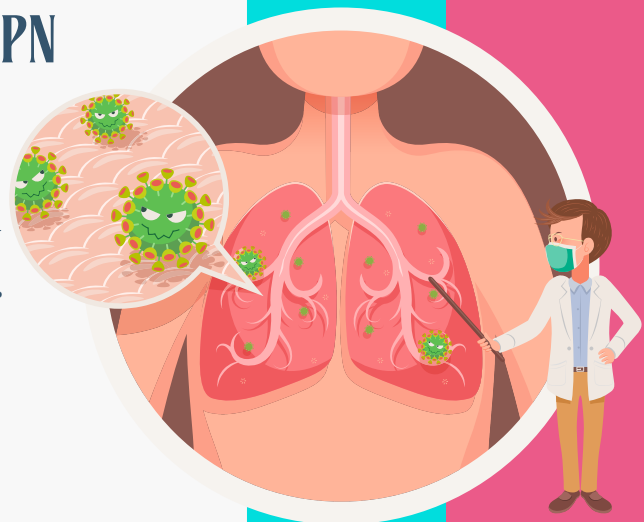


Healthy Lung Month

By IVPN

October is Healthy Lung Month, dedicated to raising awareness about lung health and diseases. IVPN is educating students & faculty on the importance of lung protection, including the benefits of quitting harmful practices like smoking.

Join us this month to learn more about maintaining healthy lungs!



World Food Day

By IPSF



World Food Day is celebrated internationally every year on October 16. Each year, it features a distinct theme that highlights various aspects of nutrition, agriculture, and food security.

International Pharmaceutical Students' Federation invites you to participate in this event, where exciting competitions and challenges await you. Get ready!

World Mental Health Day

By SAU/Student Counselor



Is celebrated every year on October 10, is all about raising awareness and offering support for those facing mental health challenges.

Everyone deserves access to care, no matter where they are. Unfortunately, millions of people struggle with things like anxiety and depression in silence due to stigma or lack of resources.

Let's come together to break that silence and support each other.

MEET THE TEAM

STUDENT EDITORIAL TEAM:

Head of Newsletter:

Editor: *Joud Hourani* [Batch 31]

Co-Editor & Reviewer: *Fathima Nooha Sameer* [Batch 31]

Valued Members:

Aasma Abdul Kareem [B 31] , *Aisha Abdulelah* [B 31],
Aisha Nasir Mahmood [B31] , *Aya Muhannad* [B 31],
Badra Ejaz [B31] , *Enji Hammad* [B 31] , *Jehan Salah*
[B31] , *Luna Abou Chameh* [B 31], *Mariam Etri* [B 31],
Sana Nazim [B 31], *Sara Abdelfattah* [B 31], *Ayesha*
Shahid [B 32], *Amna Farrukh* [B 32], *Rahf Saeel* [B 32],
Sheikha Shahid [B 32], *Toleen Waleed* [B 32]

Faculty Review Team

Dr. Rana Sammour

Supervisors: *Mrs. Sadaf Sana & Ms. Yasmein Salem*



SHARE YOUR PASSION WITH US !!

Do you have something special you'd like to showcase?

Whether it's a hobby, a skill, or something you love doing, we want to hear from you! This is your chance to be featured in the next issue of our newsletter.

Whatever it is, we'd love to see it! Your contribution could inspire others and make our community even more vibrant !!

Send your submissions to our heads:

Editor: Joud Hourani

Contact: 050 793 3492

Co-Editor: Fathima Nooha

Contact: 050 318 4638