



## *Editorial*

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## *Contents*

### *Editorial*

*Dean's Message* 2

### *Events & News*

*Student Union 2011/2012* 3

*Delegates from Kuwait University* 4

*Faculty Promotion* 4

*Appointments* 5

### *Faculty Articles*

*Role-Play: Dubai Pharmacy College Students' Perception* 6

- *Dr. Bazigha K, Abdul Rasool*

### *Students' Contributions*

*How To Deal With Stress- Islamic View Point* 9

- *Thuraiya O.S.Shbair*

*Artistic Expression - Lubna Daud* 11

*Pharma CrossWords - Arwa Nousheen Mughal* 12



*WeLcOmE*

*AdDrEsS*

I am delighted to welcome batch-20 of Dubai Pharmacy College and batch - 26 of Dubai Medical College. The role and scope of healthcare professionals continue to expand in modern times. Over the years, the colleges have provided excellent teaching and other physical facilities and resources, thanks to the generous commitment from **Haj. Saeed Lootah**, the founder and visionary; and the support of the Vice Chairman, **Eng Yahiya Lootah**.

Some students have arrived knowing exactly what they want to study and are focused on what they want - that's great. Students who are forced by parents should be prepared to face the demands of modern healthcare. Having chosen this field of study- diligence and hard work is required. The faculty and senior students will be best source of support and will help make the most of student experience here. We support growth and development.

I conclude, very soon your input will be important to a nation's healthcare system. We provide ample resources for altogether growth and learning. Make use of it and make positive contributions. Best of luck to each and every one of you!

**Prof. Saeed Ahmad Khan**

**Dean, Dubai Pharmacy College**

# Congratulations to the new Office bearers in the Student Union of 2011-2012

	
<b>S.U President:</b> <ul style="list-style-type: none"><li>• Fatma Adel</li></ul>	<b>S.U Vice President:</b> <ul style="list-style-type: none"><li>• Mai Al Saqqa</li></ul>

<ul style="list-style-type: none"><li>• Sara Safa Tattan</li><li>• Head</li><li>• Randa AbdulMajid</li><li>• Member</li><li>• Yomna Bashandy</li><li>• Member</li></ul> <p><b>Media and Propaganda Committee:</b></p> 	<ul style="list-style-type: none"><li>• Shaima Daloa</li><li>• Head</li><li>• Khuloud AbuShawish</li><li>• Member</li><li>• Qamar Majed</li><li>• Member</li><li>• Sidra Parveen</li><li>• Member</li></ul> <p><b>Islamic and Cultural Activities Committee:</b></p> 	<ul style="list-style-type: none"><li>• Asma AlAbrash</li><li>• Head</li><li>• Ragad Suhail</li><li>• Member</li><li>• Rahaf Samir</li><li>• Member</li><li>• Ruba Adnan</li><li>• Member</li></ul> <p><b>Sports and Picnic Tours Committee:</b></p> 
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<ul style="list-style-type: none"><li>• Nada Ghaleb</li><li>• Head</li><li>• Sara O. Aldulaal</li><li>• Member</li><li>• Lina Sakkal</li><li>• Member</li></ul> <p><b>Activities Committee:</b></p> 	<ul style="list-style-type: none"><li>• Nasma Samy</li><li>• Head</li></ul> <p><b>Scientific Committee:</b></p> 
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## Delegates *FrOm* Kuwait University



*Visitors:* Team represents Kuwait Ministry of Health and Kuwait University, Faculty of Pharmacy.

*Purpose:* To Review Pharmacy program at Dubai Pharmacy College

*Dr. Mohammad Waheedi, RPH, PHD*  
*Assistant Professor*  
*Vice Dean of Students Affair*  
*Faculty Of Pharmacy*  
*(Kuwait University) with the Dean*  
*Professor Khan*



**Dr. Fazilatun Nessa**  
Associate Professor  
Department of Pharmaceutical and Medicinal Chemistry



## *CO*ngratulati*ONs* *Dr. Fazila*

## *FOr* *YOuR* *PrOmOtIOn*

Dr. Fazilatun Nessa received Ph.D degree from Universiti Sains Malaysia (USM) in August 2004 in the field of Pharmaceutical Chemistry. During her study she received "Award of Excellence" in research for the BEST THESIS submitted to the School of Pharmaceutical Sciences, Universiti Sains Malaysia, during 33rd USM Convocation Ceremony (August 2004). She was also awarded Bronze Medal by the Ministry of Science,

Technology and the Environment of Malaysia, for the invention of Standardized herbal extract for kidney stone and related disease. She has fourteen research publications to her credit. Her research interest is evaluation of antioxidant capacity of standardized folk medicinal plant extracts, their isolates and the structure activity relationship between them.

*Name: Doua Mohamad  
Osman.*

*Designation: Student Counselor*



*Name: Aysha Ali Albulousi*

*Designation: Secretary  
Institutional Effectiveness  
Publication Unit.*



## *New Faculty & Staff Members in Dubai Pharmacy College*

*Name: Umalayman Albarwani*

*Designation: Teaching Assistant*



### ***ROLE-PLAY: DUBAI PHARMACY COLLEGE STUDENTS' PERCEPTION***

At Dubai Pharmacy College, in which pharmacy undergraduate students taking the four year B Pharm course, are introduced to put science into a practical context. Dean of DPC, Prof. Dr. Saeed Ahmed Khan is leading the way in curriculum development by enabling students to apply their learning into clinical practice at an early stage in their career. One of these initiatives in teaching methods is the role play method which has been recently introduced to the course of Pharmacy Practice for third year students in the practical lab. The educational advantages from using role-play in teaching pharmacy practice include:

- ✓ The role play as a method of teaching provides the opportunity for learners to gain new knowledge and appreciate different points of view and perspectives, based on the role(s) being played.
- ✓ Role Play also helps learners develop and practice new skills and behaviors, such as improving communication, exploring solutions, and resolving conflict.

- ✓ Through the role play method, educators are well positioned to analyze the learners' reactions and responses, and peers can give direct and immediate feedback.
- ✓ It encourages individuals, while in role, to reflect upon their knowledge of a subject. As such, role-play is an excellent teaching method for reviewing material at the end of a course of study.

Real consolidation of learning through role-play occurs through the steps of preparation, re-enactment, discussion, processing and analysis with generalization to real life situation.

A survey was performed to evaluate the effectiveness of role plays in teaching Pharmacy Practice and to assess the students' perception on this new method of teaching in our College for better understanding, practicing and to acquire the proper communication skills needed to deal with patients.

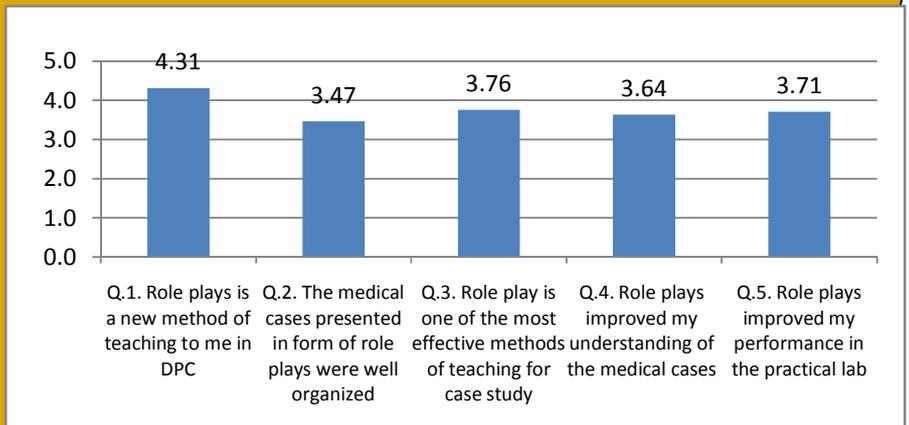
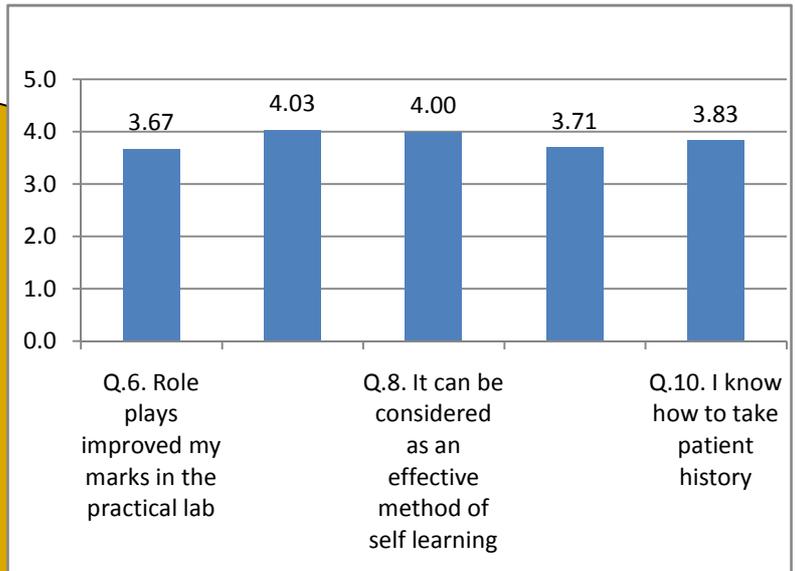
#### ***Study Setting***

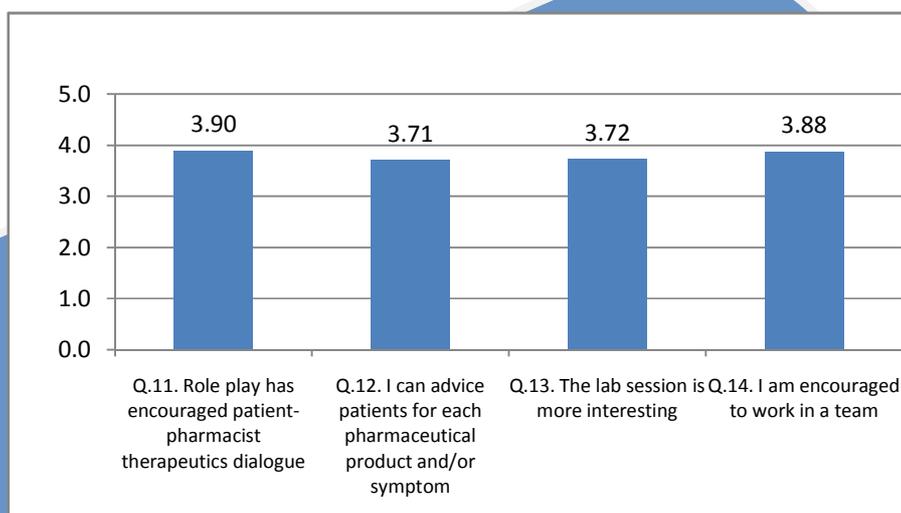
The study was conducted over a period of one week through an accessible sampling method. It included third year students at Dubai Pharmacy College. Number of students was 65.

### Survey Development

A pre-set questionnaire consisting of fourteen questions was developed. A pilot test for clarity of questions and reproducibility of results was performed in the class by the course instructor Associate Prof. Dr. Bazigha Abdul Rasool. The response formats were a five-point response scale from: 5 - strongly agree 4 - agree 3 - some what agree 2- disagree and 1 - strongly disagree. Response was assessed out of five. The completed forms were collected by hand inside the class. This study had been approved by the Dean and supervised by the Institutional Effectiveness Unit of Dubai Pharmacy College.

All data were analyzed using Microsoft Excel 2007 and results are shown in the following figures:





In conclusion, students' perception results showed that role plays have made students more willing to attend the classes and to learn more practical knowledge, competence, and skills beyond the textbooks and to work effectively in a team. It has changed the traditional teaching modes and our traditional classroom setting. In addition, teaching materials have been enriched dramatically, improved the teaching quality and achieved better learning outcomes.

### **Acknowledgements**

Author is grateful to Mrs. Sabeena Salam (Head, IEU), Ms Amina Zirar and Mrs. Al-Zahraa Khalifa for their help to conduct this study.

**Dr. Bazigha K. Abdul Rasool**  
**Associate Professor**  
**Department of Pharmaceutics**  
**and Pharmacy Practice**

## *How to deal with StReSs - Islamic viewpoint*

Praise be to Allah, the Lord of the Worlds, the Most Merciful, the Most Compassionate, the Master of the Day of Judgment & Peace and blessings be upon the one who was sent as a Mercy to the worlds.

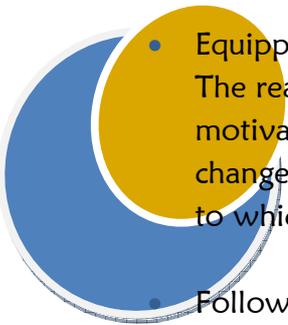
It is the nature of this life that people will suffer from worries and stress, because this world is the place of disease, hardship and suffering. Hence among the things that distinguish Paradise from this world is the fact that there is no worry or stress there:

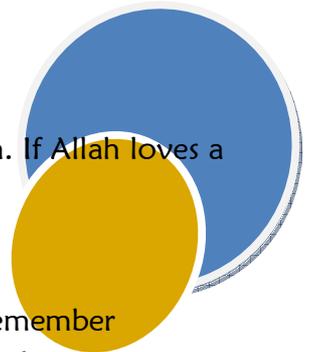
*“No sense of fatigue shall touch them, nor shall they (ever) be asked to leave.”*

It is also the nature of this life that people have to put up with suffering and hardship for various reasons, as is indicated in the Qur’an (interpretation of the meaning): *“Verify, We have created man in toil.”* [al- Balad 90:4]. So people feel regret for what has happened in the past, anxious about what may happen in the future, and worried about what is going on in the present. The more any decision had to do with the fate of the Muslims, the greater the anxiety and stress involved.

So anxiety may result from fears about what may lie ahead in the future, or committing sin or anything else

For that Islam taught us different kinds of remedies and treatments for anxiety and worry:

- 
- Equipping oneself with Eemaan (faith), accompanied by righteous deeds. The reason for this is clear: the believers in Allah whose faith is correct and motivates them to do righteous deeds that reform their hearts and characters, and change their status in this world and the next, have the basic principles according to which they deal with every kind of joy and grief that they may face..
  - Following the examples of the Prophets and the righteous  
The Prophets and the righteous suffered more distress in this world than other



people. Each person is tested according to the strength of his faith. If Allah loves a person, He tests him.

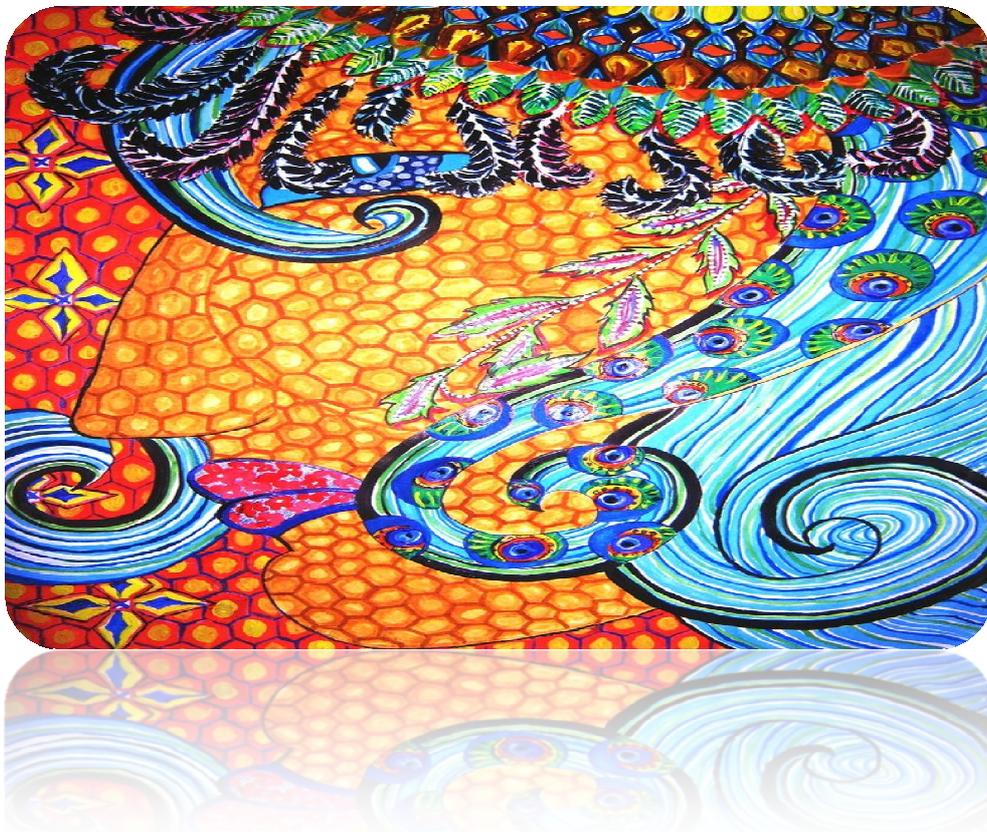
- A surprisingly effective remedy: remembering death  
The Prophet (peace and blessings of Allah be upon him) said: “Remember frequently the one who will destroy all your pleasures: death, for there is no-one who remembers death when in straitened circumstances, but his situation will become easier, and there is no-one who remembers death during times of ease, but his circumstances will become straitened.”
- Praying to Allah, may He be exalted  
This du’aa’ is very effective in preventing distress before it happens; Prevention is better, and easier, than cure.
- When distress and pain befall a person, the door of du’aa’ is always open to him; it is never closed. When one calls upon the Most Generous, He will respond and give.
- Praying for the Prophet (peace and blessings of Allah be upon him) (*i.e., saying “Allahumma salli ‘ala Muhammad,” etc.*)
- Relying upon Allah and entrusting matters to Him.  
“When a person knows that Allah is Able to do all things, that He alone makes choices for His slaves and runs their affairs, that the way He runs His slave’s affairs is better than the way the slave would do it for himself, that He knows better about the slave’s interests than the slave does, that He is more able to achieve them, that He is more sincere and more merciful towards His slave than the slave is to himself
- Other ways of dispelling distress and anxiety include paying attention to what is beneficial, focusing on what matters today and no longer worrying about what may happen tomorrow or regretting what happened yesterday
- Looking for the positive aspects of the events in which he tends to see only things that he dislikes

- Understanding the true value and shortness of this life, and that time is too precious to be wasted in stress and anxiety
- The person who is distressed or worried should know that after hardship comes ease We ask Allah, may He be exalted, to keep us safe from distress, to grant us relief from depression and to alleviate our worries, for He is the All-Hearing Who answers prayers, He is the Ever-Living

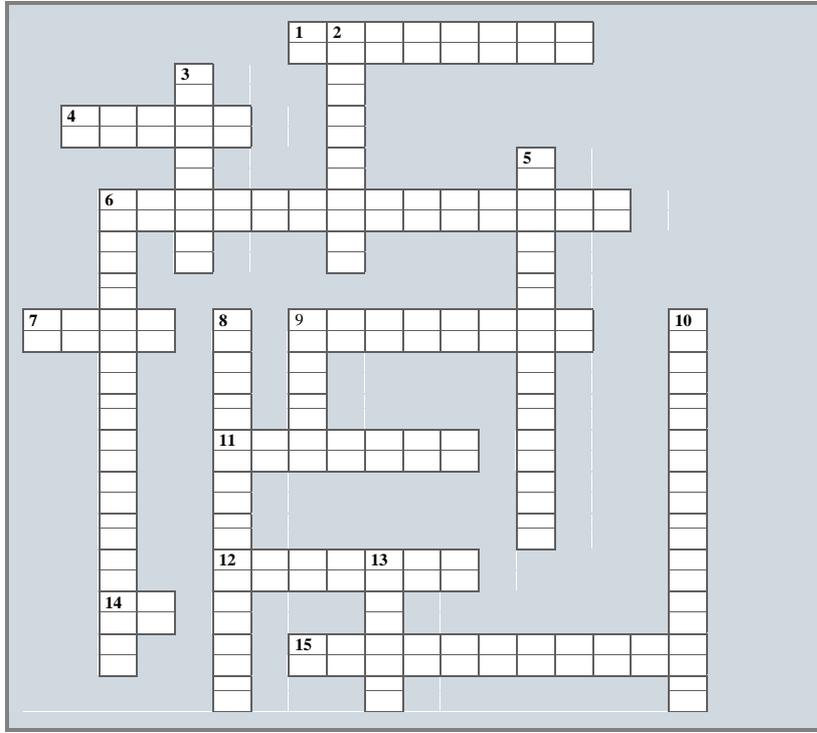
**Thuraiya O.S.Shbair**

**Batch: 18**

## *Artistic Expression: Lubna Daud*



## Pharma Crosswords By *Arwa Nousheen Mughal*



<i>Across</i>	<i>Down</i>
1. investigation (8)	2. an unintended effect of medication - a side _____ (6)
4. instill these into your eye. (5)	3. Pharmaceutical form that disperse the medicine in the form of droplets (5)
6. something of pharmacy (14)	5. easy to see, meet or talk to (10)
7. cover or hide the taste of a medicine (4)	6. a medication order (12)
9. give out (8)	8. someone who prepares medication (10)
11. a system or plan (7)	9. a medication (4)
12. give advice (7)	10. A ... agent is used to provide a nice savor (10)
14. the opposite of off (2)	13. place, location (4)
15. the effects of 2 or more medications mixing - a drug____ (11)	<i>Answers in the next issue</i>
16. investigation (8)	

