



School of
Pharmacy

School of Pharmacy Newsletter

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Editorial



Prof Dr Ejaz Ullah Cheema
Founding Dean - School of Pharmacy
Editor in Chief - SPH Newsletter

Welcome to the first issue of our newsletter. While we are celebrating the successful establishment of our new School of Pharmacy (SPH) at the University of Management and Technology (UMT), I am very excited to launch this newsletter that will inform and inspire you on a quarterly basis with the achievements of our students and faculty members. This newsletter would also serve as an opportunity to highlight some of the quality research activities to be undertaken at our University. It will also include topics of general interest including health and wellbeing, besides sharing some motivational topics that may influence the lives of the community in a positive way.

The inaugural issue of our newsletter aims to provide an overview of the cascade of activities throughout the journey of the School of Pharmacy. Furthermore, it will feature some of the student reflections on their transition from college to the UMT School of Pharmacy. It is a new beginning, often a time for new goals as well as renewed energy to serve our community. I hope that this newsletter will be of interest to our students, faculty members and colleagues.



ACTIVITIES AT SCHOOL OF PHARMACY

Orientation Ceremony

An orientation ceremony was conducted on January 31, 2022 at the UMT School of Pharmacy (SPH) to welcome new students. Senior officials from UMT including Dr Asif Raza (Rector UMT), Saleem Ata (Registrar UMT), Prof Dr Ejaz Ullah Cheema (Founding Dean School of Pharmacy) and SPH

faculty members were present at this event. Rector UMT and Dean School of Pharmacy welcomed the new students and congratulated them on their successful admission at UMT SPH.





Grand Opening

A grand opening ceremony of school of Pharmacy was organized at UMT on February 10, 2022. The attendees included senior management officials from various pharmaceutical industries, hospitals, regulatory affairs, retail pharmacy chains and academia. The ceremony was hosted by Ms Sarah Rehman who highlighted the salient features of UMT and SPH. The Dean SPH in his address took the participants through the journey of establishment of the school. He also acknowledged the efforts

and commitment of the founding members of SPH, in particular Dr Ayaz Ali Khan as well as all the supporting offices of UMT. Dr Asif Raza (Rector UMT) emphasized on the importance of establishing strong industry-academia linkages and its impact on students' learning and education. The ceremony was concluded with cake cutting by Rector UMT along with the Dean and faculty members of the School of Pharmacy.



Seminar on **LRC Resources/Services** and their **Effective Utilization**



The UMT Learning Resource Center (LRC) conducted a seminar on LRC Resources/Services and their effective utilization for SPH faculty members and students on February 22, 2022.

Mr Zaheer Ahmad, Chief Library Officer/Head LRC, apprised the participants about the resources and services being offered by LRC. He was of the view that it is important for all new users to get a know-how about the library services. In his closing

remarks, the SPH Dean appreciated the efforts of LRC team, promising that such informative sessions would be held on a regular basis in the future as well. He also thanked the resource person for delivering the valuable session along with the faculty members and students.

White Coat Ceremony

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A White Coat Ceremony was organized at UMT on March 3, 2022 to welcome new students and to administer an oath from them. It was a historic event attended by the Dean, Faculty members and students of SPH along with their parents. The ceremony was conducted to

symbolize the commitment of students to serve humanity and to maintain the highest principles of professional ethics and behavior. It was aimed at making students realize that studying for a career in healthcare was not just about wearing a white coat, rather it marked their induction into the

lifesaving pharmacy profession. The Dean SPH administered the oath from the students whereby they pledged to uphold the ethical values and actions that reflect the code of conduct in accordance with the pharmacy profession.



ESTABLISHMENT OF INDUSTRY- ACADEMIA LINKAGES

National MOUs

A Memorandum of Understanding (MOU) was signed between Clinix (a large pharmacy retail chain) and UMT. This MOU was aimed at creating strategic alliance and seamless linkage among both parties in areas of learning and development, research, innovation, entrepreneurship and other avenues. This alliance is expected to further strengthen the pharmacy profession and enhance critical thinking that hopes to yield better outcomes for the community.





International MOUs

Three International MoUs were signed through the Office of Research Innovation and Commercialization (ORIC) in joint collaboration with the UMT School of Pharmacy (SPH) to strengthen industry-academia linkages and align maximum opportunities for UMT participants. EMAN Biodiscoveries, NatureCeuticals Sdn Bhd (Malaysia), EMAAN Research Ltd (Australia) and UMT agreed on joint collaboration at a wider scope including internships and jobs, workshops and seminars, capability enhancement, faculty internships etc.



Continuing Professional Development (CPD) for Pharmacists: an International Webinar on Objective Structured Clinical Examination (OSCE)

An International webinar was organized by the International Pharmaceutical Student's Federation (IPSF) in collaboration with the UMT School of Pharmacy on March 6, 2022. Students and faculty members from different countries, including Pakistan, Egypt, Iran, Qatar, Morocco, Indonesia, Sudan and UAE attended the webinar. Prof Dr Ejaz Ullah Cheema (Dean SPH) delivered an informative session on Objective Structured Clinical Examination (OSCE) and its importance in the development of skills and competencies required by pharmacists. The session was themed on details on patient interviews, pharmaceutical preparation, dispensing inspection, aseptic operation, drug information and medical consultation.



OSCE for Pharmacists

By
Professor Dr. Ejaz Ullah Cheema
MPharm, PhD, FHEA

STUDENT REFLECTIONS - TRANSITION FROM COLLEGE TO UNIVERSITY LIFE



Miss Sobia
English Instructor

The new students of SPH were tasked to pen down a reflective paragraph about the transitional phase they have gone through while starting their journey as a student of School of Pharmacy (SPH) at UMT. The following reflections have been shortlisted by Ms Sobia Malik, English instructor at SPH.



Moazma Naeem
(F2021437045)

The transition from college to University was somewhat a challenging experience for me. During my college life, I was comfortable with my environment and friends but used to live in my own bubble; I wasn't exposed to many challenges and was dependent on my teachers and parents. But unlike college life, I don't have many restrictions in my University life. Students come from different backgrounds and cultures. I get to see diversity at

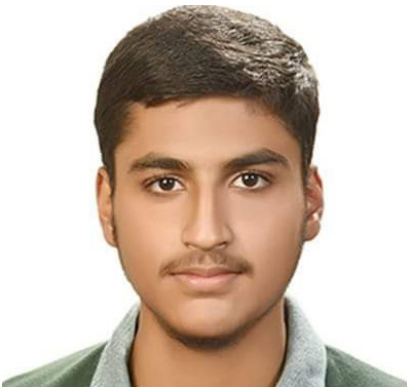
UMT, though initially, it was a challenge to adjust to the new environment here. My professors have given me the responsibility to do things on my own and that's the privilege of being a University student. I have heard that UMT provides a lot of opportunities and co-curricular activities to participate in so I'm looking forward to the prospects offered!



Ume Maryam Khan
(F2021437013)

"Transition" honestly speaking, I really wanted to pen down this topic that refers to "any change that impacts someone's life in a significant way. Sam Snead said, "Of all the hazards, fear is the worst". Adjusting to change can be scary and it will take time. If you never face your fears, you can never grow. It's been a little two months since I joined UMT, I often feel scared and lonely at times. The difference I've realized during the past two months at UMT is that we are just spoon-fed in college life. On the contrary, University life demands

us to behave like more independent learners in completing study tasks. Secondly, the social transition is the toughest of all, especially for those students who come from sheltered backgrounds. University provides the first-hand experience of contact with people who are different culturally, religiously and linguistically, live different lifestyles, have different academic ranks and have different mindsets.



Muhammad Shair Shah
(F2021437063)

In this universe, from galaxies to a single atom, every phenomenon including human life is in a state of transition. I can write hundreds of pages about different mechanisms of transition but as far as my own transitional phase between college life and University life is concerned, I could write a few lines only.

I belong to a generation who witnessed an unprecedented upheaval of Covid-19. Going to college was quite a routine matter and studies were going smooth, but the pandemic entirely broke my temperament. The FSc result was not as good as it should have been. The cricket ground and internet

were my sanctuaries. Fortunately, I never forgot my aim to land in the Pharm D class of pharmacy school. Ab-initio, my elder brother's bet was on UMT for Pharm D. My father also said, "You will be in the care of the best teachers, my son!" As soon as its advertisement floated, I applied and secured my seat and soon I was here at UMT. The orientation session was a dream-like day and I can now feel a strange contrast. The lethargy, sullenness and inactivity of the pandemic period have vanished for good and the workload of regular classes has enkindled a new and elevated sense of responsibility in me. What a brilliant example of TRANSITION it is!!!



Laiba Nadeem
(F2021437061)

Everyone has a distinctive experience of various stages of life progressing from one stage to another. Here I am sharing a glimpse of my life when I graduated from college and began my academic career at University. Being a beginner, I was unaware of how things will turn out. I was very excited and looking forward to an exuberant experience at the University. Applying in different institutions and waiting for the calls was an apprehensive period for me, as things were not turning out in my favor but the words from Surah Al-Duha kept me motivated: "And your Lord is going to give you and you will be satisfied".

My selection at UMT in the field of pharmacy was a true relief for me. Commencing my new life, I assumed it to be easier than my prior life in many aspects, like more fun, less punctuality, easy routine etc. However, the reality turned out very different. The routine is tough which requires more punctuality, more creative work, more practical dealing and more patience. It has also affected my social activity. University life is not like a walk in the park as I assumed, rather it demands my time and struggle and probably going to teach me how I live my life.



By
Dr Rabia Altaf
Associate Professor
School of Pharmacy

STRENGTH OF SELF-MOTIVATION

“You never know how strong you are, until being strong is your only choice”

Face the situation or run away, you may have two choices, but sometimes you have to desperately move with no choice. That is the turning point, where you get an idea of your inner strength and capabilities. Your mind works at the speed of light, turning your world into a videogame of fast-moving actions.

Ethics, morals, social customs and religious values, all running side by side make you a member of the society. You have a routine flowing life, covering aging factors, schooling, collegiate life, University alumni, marriage, children, health decline and then the next generation passing through the same biological cycle. And here comes the twist. Before submitting your final report, you have to pass through several bridges encompassing the happiest and saddest versions of life.

Real struggle comes out when you have to face the challenges of the twisted social norms. Pages of the story turn one by one and you confront the harsh realities with a brave heart and active mind. It can either be an educational conflict or a social deformation that may bother you unduly. You may have been a prey to office politics, an issue over child custody after marriage failure or may be suffering from a financial constraint. Whatever the struggling phase may be, you can never assess the inner strength of your personality unless you are left with no option but to drag yourself up from a

drowned situation.

Neither can anyone change your destination nor can you feel your loss or grief so you must stay calm despite all that is around you. You have to overcome the discrepancies yourself by giving your mind and heart a ray of hope as a lifeline. This indicates the first step towards strength and courage to fight and gain back the momentum of life through a firm and resolute stand. Balancing the positives and negatives, meeting day-to-day routine challenges, striving for your betterment, facing the situation with no escape and that all completes the pieces of the puzzle you need to arrange for your next footsteps.

Stop comparing yourself to others since every person would be different in their behavior and approach towards a situation. Listening to free pieces of advice from seniors “the experienced ones”, watching soap series regularly, imagining yourself as the active character of a puzzle show is not a witness of your truth behind the scene. Time tells when you emerge as an emerald after a successful collision between two opposite forces, one striving for balance and the one forcing to dig you in deep oceans. We would hope to see you next time with few inspirational stories to boost your mental health and positive approach, paving ways for success to knock at your doors despite all the odds.



*“Wherever the art of Medicine is loved,
there is also a love of Humanity.”
— Hippocrates.*