Research Newsletter

With this issue of our Newsletter, I welcome you all to the new academic year 2016-17 and wish a meaningful and productive year ahead in research and academic endeavors.

True to its commitments, the ISNC-RC has come of age within a short span of time since its inception!!!!!! Contents of this issue reflect some milestone achievements and the fast tempo set by our faculty and student researchers. Successful staging of the ‘First ISNC-RC Annual Research Conference’ is a remarkable highlight of this Newsletter. Scholarly activities within the Institution and significant participation in national and international scientific events by both the faculty members and our students have brought ISNC legitimately into limelight!!!!!! Congratulations to one and all who made these activities possible.

An impressive list of publications during this period also stand testimony to the unstinted efforts by the RC to promote research and scholarly activities in the College.

I am delighted to present this June 2016 issue to you! With a keen eye to improve the reach and spread of our newsletter, I invite students and faculty members alike to enrich and diversify the content. Feel free to submit content that you deem fit to be featured in our future issues.

Happy reading........... Your feedback and comments are eagerly awaited as they are the real barometer for our improvement.

Dr. Shabbir Ahmed Sayeed
Editor-in-Chief

The second half of academic year 2015-16 witnessed a number of accomplishments in the institutional research and scholarly activity. Although the journey to reach research goals will be long and tedious, research has started making steady progress at the institution. This small but vital progress came in handy to demonstrate our research and scholarly activity to the visiting NCAAA program review panels. Indeed the acme of research at ISNC was, the 1st Ibn Sina National College for Medical Studies—Annual Scientific Conference [1st ISNC-ASC], held on the 16th of April. ISNC-RC will shortly publish the winners of rewards, for publications in Thomson Reuter indexed journals for the past academic year.

Dr. Irfan Adil Majid
Director, ISNC-RC
The long and asserting journey of ISNC and ISNC-RC to achieve its strategic goals has long began. The Second half of academic year 2015-16 was prolific in many ways, as research and scholarly activity at the institution is making steady progress. Perseverance of ISNC’s administration has paid-off, in securing a preliminary nod of agreement from two of the leading local research establishments, in the Makkah province, the research center at Umm Alqurrah University and King Fahad Research Institute at King Abdulaziz university. A number of faculty members and students presented their research findings carried out at the institution at both national and international conferences. ISNC-RC has put together a multi-disciplinary team of faculty members to develop a comprehensive research methodology course targeting the undergraduate and graduate students of ISNC and outside.

Our successful demonstration of research and scholarly activity at the institution and the individual programs’ to the visiting NCAAA review panel, brought commendations “...during the visit the review panel met unanimous enthusiasm and support for the initiative to strengthen the research profile of programs”, “...efforts are already underway to provide a supportive research climate and plans and concepts for research are being developed”, ...the college is clearly beginning to see research as an integral part of its operations, moving forward. This is evidenced by the development of a Research Center and Program Research Teams”, “...ISNC recognizes the need for developing research and has a positive approach to research”, “...ISNC has a positive attitude to research and rewards research active staff for their achievements”, ...staff has successfully collaborated with other institutions to gain a higher degree and publications”, “...research participation by undergraduates is encouraged in ISNC. Evidence indicated students were participating in research activities”.

“Facilitate the institutional research process and encourage the staff and students to participate in original research activities “.

“VERSION 3”, ISNC-RC’S STRATEGIC PLAN

ISNC-RC carried out a institution wide “SWOT” analysis to revisit and revise its strategic plan for 2014-18. Currently version 3 is in its implementation stages.

Highlights of strategic plan V3

Goal 1: Institutional excellence in faculty and student research

Objective 1: To Enhance the collegiate services for research and scholarly activities of staff

Objective 2: To Instill a lifelong learning Habit in the students and engage them in research and scholarly activities.

Goal 2: Encourage interdisciplinary research approach within and outside the institution

Objective 1: To encourage inter-program research, wherein researchers with similar interests can create research synergies

Objective 2: To Encourage faculty to get intramural and extramural grants to support the institutional research
ISNC-RC in its current version (V3) of its strategic plan, has identified “...inter-disciplinary research approach within and outside the institution” as its second goal.

ISNC-RC defines interdisciplinary research as “research where contributions of various disciplines within the program or between programs are integrated to yield holistic outcomes”. By definition, Interdisciplinary research can be within the program or between the different programs of ISNC.

The faculty publications section illustrates such efforts where a multidisciplinary research team from within and from different programs of ISNC have successfully collaborated to conduct interdisciplinary research and publish their research findings.

**FACULTY PUBLICATIONS**

**Medicine Program**


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**“Encourage inter-disciplinary research approach within and outside the institution”**


**Pharmacy Program**

Ahmad, S.I., Kumar, D.R., Syed, I.A. et al. "Structural, Spectroscopic and Magnet-


**Dentistry program**

Lately Community-Higher Education collaboration has evolved to gain immense popularity in the form of “Community-Based Research” (CBR), as it emphasizes a integrated approach of carrying-out community-based research projects with a focus on student skill-set development and community engagement (Randy Stoecker 2003).

ISNC-RC’s strategic planning committee headed by the Dean had rightly envisioned “develop interdisciplinary community services based research projects to create synergies between disciplines and programs “as, an action plan to be executed in 2014-18.

ISNC-RC has prioritized CBR in the upcoming academic year. ISNC-RC will work with the Institutional “Advisory Committee for Community Services” to rollout a number such projects in 2016-17.

FACULTY PUBLICATION CONT...


Student Publications


Publications Missed in December 2015 issue


THE 1ST IBN SINA NATIONAL COLLEGE FOR MEDICAL STUDIES-ANNUAL SCIENTIFIC CONFERENCE [1ST ISNC-ASC]

The 1st Ibn Sina National College for Medical Studies—Annual Scientific Conference (1stISNC-ASC) was an unprecedented scientific event held in the college on 16th April 2016.

The conference was a key goal to be achieved, as envisioned by the strategic planning committee of SNC-RC, headed by the Dean Dr. Rashad Hassan Alkashgari. The 1stISNC-ASC set out to achieve three of its strategic goals, “Provide opportunity to the staff and students to engage in scholarly activity.”, “Deliver research informed teaching to students and engage them in course embedded research activities.”

The conference was sponsored by the ISNC Under the patronage of the founder of the Institution Shaik Shali Attea Aljedaani. Education and research are becoming increasingly inseparable and continu-

THE SCIENTIFIC ACTIVITY

The tone of the Conference was set by the captivating lecture by the guest speaker Dr. Bakr Bakr Kalo on “initiating undergraduate students into research”. ISNC strives to provide research informed teaching to its students through its curricula and faculty initiated research projects. ISNC-RC had partnered with the faculty members to facilitate the student research under the supervision of a number of faculty members.

The 1st ISNC-ASC was indeed a great opportunity to our students to experience, a scientific conference proceedings on home turf, it provided a great opportunity to interact with peer, within and other programs and present their research findings.
THE CONFERENCE in the Eyes of Participants

“It was a nice conference, I learned a lot from this experience, next time I would prefer that all specialties are in the same hall if possible, also more time is given to each specialty. But overall it was wonderful as 1st conference”

“conference did not have a theme, and no keynote speakers”

“Very good start a long journey ahead. Lots of best wishes for ISNC”

I suggest we had conference to make it in enough space or in hotel like other conference already we pay for it”

“it was a good start, conduct every year”

“Thanks a lot for this respectable effort go on it’s only a beginning its an effective strong event well done and go ahead”

“The program was too long, it’s not preferred to do it on a weekend day”

“Conference should include faculty presentations”

“faculty members were spectators only”

“The no. of presentations is very small”

THE WINNERS

Oral Presentation

<table>
<thead>
<tr>
<th>Medicine Program</th>
<th>Position</th>
<th>Name of Winner</th>
<th>Title of Paper</th>
</tr>
</thead>
<tbody>
<tr>
<td>First</td>
<td>Arwa Badakhon</td>
<td>Parental Knowledge of Potential Cancer Risk post Exposure to Ionized Radiation (Skull X-ray &amp; brain Computed Tomography) in King Abdul-Azz medical city – Riyadh</td>
<td></td>
</tr>
<tr>
<td>Second</td>
<td>Ammar Yasser Alansari</td>
<td>Risk Of Eczema In Surgical and Non- Surgical Nursing Staff At King Abdulaziz University Hospital January 2015 Predictors of Blood Transfusion Following Total Knee Replacement in Riyadh, Saudi Arabia</td>
<td></td>
</tr>
<tr>
<td>Third</td>
<td>Bashaer Badakhon</td>
<td>Influence of prenatal care on maternal and neonatal morbidities.</td>
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Poster Presentation

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<thead>
<tr>
<th>Name of the Winner</th>
<th>Title of the Poster</th>
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<tbody>
<tr>
<td>Ebtelah Fallata</td>
<td>The effects of physical activity and sun exposure on vitamin D status among children from Jeddah, Saudi Arabia.</td>
</tr>
<tr>
<td>Elaf Tayeb</td>
<td></td>
</tr>
<tr>
<td>Salma Ali Almqadi</td>
<td>Prevalence and determinants of bronchial asthma among young adult Saudi males</td>
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Clinical Pharmacy Program

<table>
<thead>
<tr>
<th>Name of the Winner</th>
<th>Title of the Poster</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lujain Turki Bin Mollouh</td>
<td>Investigation of perceived stress and Quality of life for pharm. D. Students at Ibn sina National College (Pilot study)</td>
</tr>
<tr>
<td>Alaa Babonji</td>
<td>Study The Rate Of Medication Abuse And Misuse In Elderly Of Saudi Arabia</td>
</tr>
<tr>
<td>Reham Hassan</td>
<td>Look Alike and Sound Alike (LASA) Medications Error.</td>
</tr>
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Oral Presentation

<table>
<thead>
<tr>
<th>Name of the Winner</th>
<th>Title of the Poster</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nasreen Ahmed Bawazeer</td>
<td>Problems which faced by pharmacists after graduation.</td>
</tr>
<tr>
<td>Sabirin Bakhsh</td>
<td>Saudi society and failure to take annual flu vaccine: a cross sectional survey.</td>
</tr>
<tr>
<td>Omar Baduhdoh</td>
<td>Profession and trade pharmacy.</td>
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Poster Presentation

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<thead>
<tr>
<th>Name of the Winner</th>
<th>Title of the Poster</th>
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<tbody>
<tr>
<td>Sarah Alhazmi</td>
<td>Digital device to improve communication between clinician and patient during aesthetic treatment. Oropharyngeal airway assessment in 3D.</td>
</tr>
<tr>
<td>Dania Iskander Algithimi</td>
<td>Comparison of two cephalometric parameters for recording sagittal skeletal relationship.</td>
</tr>
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Dentistry Program

<table>
<thead>
<tr>
<th>Name of the Winner</th>
<th>Title of the Poster</th>
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<tbody>
<tr>
<td>Ms. Roba Khalid</td>
<td>QR codes in dentistry</td>
</tr>
<tr>
<td>Mr. Tariq Z Sadauo</td>
<td>Maturopogenesis By Revascularization In An Infected Immature Permanent Tooth</td>
</tr>
<tr>
<td>Ms. Lana Mohammed Adwan</td>
<td>Minimally Invasive Intervention In A Case Of A Tooth Discoloration In Non-Vital Endodontically Treated Tooth – A Report Of 6 Month Follow Up</td>
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</tbody>
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Nursing Program

<table>
<thead>
<tr>
<th>Name of the Winner</th>
<th>Title of the Poster</th>
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</thead>
<tbody>
<tr>
<td>Ms. Khadeeja Kubsi</td>
<td>Violence against Nurses: Prevalence and practice among nurses working in the hospitals in Jeddah</td>
</tr>
<tr>
<td>Abeer Al Hawthari</td>
<td>Perception Towards Nursing Career Among Ibn Sina Students In Jeddah, Saudi Arabia</td>
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The Conference in the Eyes of Participants

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“The no. of presentations is very small”.
Of the 421 attendees, nearly 367 were students and the remaining 54 were staff members from the four programs in ISNC. The conference witnessed a strong presence of student and female participants both in the attendance and participation in the scientific activities.
The Saudi International Medical Education Conference (SIMEC) hosts the largest gathering of medical educators in the Kingdom of Saudi Arabia. SIMEC 2016 marked the fifth conference in the series. Many health professionals and researchers in the fields of medical and health sciences education, public health, basic, clinical and social sciences participate in this international gathering. The conference includes innovations in medical education, international dimensions, and new curriculum trends.

ISNC registered its presence in SIMEC with a paper and poster presentations from the faculty of the Department of Family and Medicine Medical Education Unit and titled, “Big five personality traits as predictors of academic performance Socio-demographic characteristics, schooling, and big five personality traits as predictors of academic performance in medical students” and “assessment of medical students’ learning styles at Ibn Sina college for medical studies in Jeddah, KSA” respectively.

“ISNC registered its presence in SIMEC 2016 with a paper and poster presentations”

FAMILY MEDICINE STUDENT RESEARCH DAY

ISNC believes in staff initiated undergraduate research, the Department of Family Medicine spearheads this initiative in the Medicine Program. While the students take the course of family medicine in the 5th year of their study. The students undertake a number of course embedded research projects in groups under the supervision of the course director. The outcomes of these projects are presented by the students in the “Family Medicine Student Research Day”, that is organized jointly by the Department of Family Medicine and the PRT of Medicine Program. The event took on March 6th 2016 the following research project findings were presented by the students for the academic year 2015-16,

1. “Study prevalence and determinants of bronchial asthma among university students”.
2. “Study prevalence and determinants of allergic rhinitis among university students”.
3. “Study prevalence and determinants of eczema among university students”.

Faculty members of medicine program presenting their research findings

Dr. Mona El-husseiny presenting her research findings at 7th International Conference for Drug Discovery and Therapy.
International Pharmaceutical Federation (FIP) designated September 25, 2016 as world Pharmacists day to use this day to organize and promote the role of Pharmacist in healthcare, Pharmaceutical research and development. As rightly said “Medicine gives life to patient but Pharmacist gives life to the medicine”. The above sentence explains the crucial role played by the Pharmacists world over in identifying miraculous agents to heal and provide the direct patient care as being a part of healthcare team. The journey of Pharmacist started with collection, preparation and dispensing of herbs or natural substances from plant or animal or mineral sources. Later participated in research and development of new drugs/therapies/diagnostic tests or markers/newer formulations etc. Currently Pharmacists role is further widened as a primary contact in healthcare team and is contributing to identification and reporting of adverse reactions etc. This journey has been remarkable and the community of Pharmacists celebrates the achievements and challenges on September 25 annually.

The theme of world Pharmacist day 2016 is “Pharmacists: Caring for you” this reflects the importance of Pharmacist in providing ultimate safety and care to society. One of the important challenges highlighted by the FIP is increasing intrusion of counterfeit medicines in the world Pharmaceutical markets. World Health Organization (WHO) also recognized this menace way back in 1992 and defined a counterfeit medicine, as “the deliberate and fraudulent mislabeling with respect to the identity, composition and/or source of a finished medicinal product, or ingredient for the preparation of a medicinal product. Being flag ship organization FIP has come out with a strategy to counter this menace.

Several rounds of discussion with health officials of various countries, WHO, Pharmaceutical companies and media organizations revealed the fact that, the percentage of counterfeit medicines in the world market is 10 to 30%. Developed countries with high regulation and economic resources are able to reduce this percentage to just 1%. However in some of the developing countries from Asia and Africa, the share of these medicines is more than 30%.

Unlike consumer goods, the role of patient is very limited in selection of medicine or a brand of a Pharmaceutical product. A small percentage of OTC medicines may not fall in this category, otherwise a healthcare professional mainly Pharmacist need to dispense the right drug to the patient. Hence, FIP chalk out a strategy to counter the counterfeit drugs by educating Pharmacists in identification of these substandard/harmful products. A Multilanguage tool for visual identification of medicines and guidelines for resolving this menace are produced and published by FIP, which are available through their website.

Web link: http://www.fip.org/menu_counterfeitmedicines_initiatives

Another important tool to bring awareness among Pharmacists, public and share information is http://fightthefakes.org/ this website posts the success stories, coordinated actions of various organizations and reporting mechanisms. Similarly FIP initiated several programs, seminars and workshops on this issue through their national partners and helping them to prepare country specific goals. Pharmaceutical scientists need to work on simple analytical methods to check the quality of medicines and...
identify the ingredients in a least possible time. So that the harmful consequences of this practice can be reduced and precious lives can be saved. Let’s rededicate ourselves to better and affordable health care, better future and better world. Wish you very happy Pharmacist Day.

Dr. Akondi also presented a lecture on “screening methods of male infertility” in conference “Pharmaceutical care in maternity and children Symposium” conducted at Park Hayat, Jeddah from 27 April to 29 April 2016. The conference attendees were mainly practicing Pharmacists and professionals from Pharmaceutical Science. The lecture aimed mainly at role of Pharmacists in screening of male infertility and provided basic knowledge on prevalence, causes etc.

Dr. Fathia Elserafy, Chairman of Clinical Pharmacy and Pharmacology department presented two lectures “medication errors” and “Contraception” in Pharmaceutical Care in maternity and children symposium conducted at Park Hayat hotel, Jeddah on 27 April 2016. The attendees of these two sessions were mainly Pharmacists from various hospitals and community pharmacies and students of Clinical Pharmacy. The lectures were mainly focused to provide recent knowledge and ongoing developments in the area of reporting mechanisms of medication errors and recently developed contraceptive devices and drugs respectively.

Dr. Akondi Butchi Raju, Assistant Professor from Clinical Pharmacy and Pharmacology department presented a lecture on “Overview of Medication Errors” on 20 Dec 2015 at CME center, Ibn Sina Hospital, Jeddah, Saudi Arabia. He elaborated on prevalence of medication errors, reporting mechanisms and steps to overcome errors in day to day practice of Pharmacists.

Dr. Nareman Andijani, Lecturer in Clinical Pharmacy and Pharmacology department presented a lecture on “Role of Pharmacists in identification and reporting of medication errors” on 20 Dec 2015 at CME center, Ibn Sina Hospital, Jeddah. The attendees were mainly practicing Pharmacists from various hospitals and community pharmacies. She elaborated on existing reporting mechanisms in Saudi Arabia and importance of reporting medication errors on time.

Recently Dr. Akondi also participated in Abbott summit, an educational session conducted for practicing clinicians at intercontinental hotel, Jeddah and presented talk on “Pharmacovigilance- Aims and Scope” on 27 May 2016.
Beginning 5, August 2015, PRT Dentistry embarked on the journey to conduct regular scientific and scholarly activity involving faculty and students. Experts from within and outside the institute, regularly inspire us with presentations relating to their area of expertise. This series of scientific and scholarly activity, aptly named “BOND WITH THE BEST” is a regular fixture in the dentistry program, with at least an event every month.

The initial step to successful dental restorations is successful bonding with the best restorative materials. Similarly, we at the PRT dentistry, strongly believe that when faculty and students BOND WITH THE BEST through scientific and scholarly activity, achieving the research component of our mission becomes a reality.

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>April 27, 2016</td>
<td>BOND WITH THE BEST -11 Pharmacology in Dentistry</td>
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<td></td>
<td>Dr. Khalid Kholey (Faculty, OMFR)</td>
</tr>
<tr>
<td>May 11, 2016</td>
<td>BOND WITH THE BEST -12 Dental Fluorosis and Treatment Options</td>
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<td>Dr. MAJEDAH (NGH, Jeddah)</td>
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Scientific activities from January to June 2016
ISNC AT DSSM

1, 5 and 17 over a three year period is certainly an exponential increase. This has been the rise in student and intern participation in the Dental Students Scientific Meeting (DSSM) from 2014 to 2016. DSSM is an annual event where students and interns from dental colleges from across the kingdom congregate and revel in a three day research and scientific extravaganza. This year, mentored by our dental faculty, in arguably the largest ever contingent for any dental college, seventeen of our dental interns participated and shared their clinical cases and research experiences (7 poster and 10 oral presentations) from Jan 26-28, 2016 at the King Khalid Cultural Center in Qassim University, Burydah.

Mohammed Baabood raised our spirits by winning the second place in the oral presentation category for his presentation “Multidisciplinary approach for full mouth rehabilitation cases.

“......never realized learning could also be fun ....”

EARLY DAYS WITH SOCRATIVE™

Technology continues to evolve every minute and students nowadays are becoming inseparable from their handheld electronic devices. Knowing what students are experiencing and gauging the extent of content assimilated was vital when the dental PRT embarked on the weekly journal club (JC) activity. Moreover, since learning was not happening in a structured course like environment, the dental PRT brainstormed on how best assessments could be factored into this setting. Not surprisingly, the suggestion to use technology to enhance learner experience and participation in the weekly JC came from one of our very own student research volunteers. PRT members were soon convinced of the benefits of the web based formative assessment tool Socrative™. The proverbial “teething problems” as with any other new technology were soon overcome and for the tech savvy generation the learning curve was not just steep enough. Students adapted fast and were soon looking forward to the Socrative™ based quiz sessions. As one them commented in one of the quizzes “......never realized learning could also be fun ....”
ISNC AT AEEDC

AEEDC (UAE International Dental Conference & Arab Dental Exhibition) is the largest dental event in the Middle East, North Africa and South Asia (MENASA) region held once a year. The 20th edition of event took place in the state-of-the-art Dubai International Convention & Exhibition Centre from February 2-4, 2016. SNC has regularly participated in the previous AEEDC conferences wherein our dental interns have shared their research experiences and our faculty have been invited to share their dental research experiences.

To encourage student participation in international events and provide them opportunities for interaction with their peers five dental students (Mustafa Meglaj, Ahmed Almozyen, Ahmed Atteya, Rida Subahi and Mustafa Idrees) represented ISNC in the 2016 AEEDC students competition. As a team they had the opportunity to actively interact with counterparts from five dental institutes (Ajman University of Science and Technology, AlFarabi college, RAK College of Dental Sciences, University of Sharjah, Oman Dental College) from the GCC region. They were challenged to engage with questions related to the conference lectures and clinical dentistry. Months of intensive preparation and hard work bore fruit when the team finished runners up in the competition in their very first attempt.

The American Association of Endodontists Annual International Conference 2016 was held at San Francisco, California, USA from April 6-9, 2016. The AAE Annual Session delivers advanced education to endodontic specialists who prize the highest quality patient care. It is a matter of immense pride that not one but two of our faculty members, Drs. Ankur Dua & Deepti Dua from conservative dentistry department were invited to share their research experiences this year. Dr. Ankur presented his research on “Efficacy of Er;YSGG Laser and EndoVac Irrigation System on Removal of Calcium Hydroxide from root canals - A micro CT study.” Dr. Deepti spoke on the effect of various surface treatments on micromorphology of Biodentine and MTA Plus and comparative evaluation of their shear bond strength to composite resin.
ISNC AT UQU

The 5th UQUUENT ANNUAL RE-
SEARCH DAY was held on Monday, April
4, 2016 from 8:00 am-3:00 pm at Umm
AlQura University, Faculty of Dentistry in
the dental teaching hospital. This full day
event was an excellent opportunity for us
to showcase case reports and research
activity happening at the ISNC dentistry
program. Faculty members and innovative
research approaches of the students
from the dentistry program were successful-
ly presented at the event. Dr. Kavitha
OM from the department of orthodontics
won the third place in the poster presen-
tation category for her work on “Gummy
Smile correction by True Orthodontic
Intrusion.”

“Scientific research is one of the
most exciting and rewarding of
occupations. Frederick Sanger.

Important Dates

**Last date of research project applications:**
**Semester 1:** On or before last working day of November.
**Semester 2:** On or before last working day of May.

**Institutional Ethical Committees’ Approval letters Issued by SNC-RC:**
August and December.

**Contributions to newsletter:** on or before last working day of June
and December.

Find and download form for newsletter contribution at,