

MACHS

NEWSLETTER

Volume 3 Issue No. 2
October 2020





جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

كلية محمد المانع للعلوم الطبية
Mohammed Al-Mana College for Medical Sciences



MACHS, IAU discuss establishing and operating a medical college at MACHS

Mohammed Al-Mana College for Medical Sciences and Imam Abdulrahman Bin Faisal University recently had a meeting to discuss a collaborative partnership in establishing and operating a medical college at MACHS. His Excellency, the President of IAU Prof. Abdullah Al-Rubaish, together with his consultant and the Deanship of Institute of Consulting Studies met with the officials of MACHS led by General Supervisor Dr. Aisha Al-Mana and the College Dean Prof. Emad Al-Shwaimi.



MACHS keeps the doors of learning open amidst Covid-19

From the desk of: Dr. Jenan Al-Matouq

Vice Dean for Academic Affairs

Ever since the spread of the Covid-19 pandemic, a switch to online teaching was necessary to continue the education process with minimal disruption in schools and universities. Mohammed Al-Mana College for Medical Sciences (MACHS) quickly adapted and faced all of the challenges through the decision of using CANVAS as its online Learning Management System (LMS) platform. Although there was minimum experience in using CANVAS, our faculty picked up quickly and smoothly and were able to use the maximum features offered by the platform. This was only possible because of the dedicated LMS support team, who worked day and night in providing sufficient training and guidance to both faculty and students through video tutorials and even one-to-one guidance.

This semester, MACHS has decided to use Google Classroom as the online teaching platform for several reasons. Mainly, the switch is due to the ease of integrating the online classes with the college's Student Information System (SIS). This makes it much easier to access the courses as per schedule for each student. Additionally, there are many extensions provided for Google Classroom which make classes more interactive and fun at the same time. The LMS support team is continuing its guidance to faculty members and students with the features of google classroom and continuously pointing out and announcing the best extensions to use. With Google Classroom, faculty members are able to lecture and perform poll questions, breakout rooms, whiteboard, assignments, stream discussions, and graded quizzes.

MACHS, in collaboration with Oregon University, has also offered its faculty members series of workshops to help them enhance their online teaching skills. As MACHS continues to strive for the best, with the help of the LMS support, we are certain that faculty members will have a rich experience in this field and will ultimately reflect positively on the students.



HEALTH AND SAFETY BULLETIN

Fire and safety evacuation drill conducted at MACHS

The Safety and Security Committee and Support Services Unit in cooperation with Al-Mana General Hospital's Safety team spearheaded a fire evacuation drill October 14 at Mohammed Al-Mana College for Medical Sciences.

During the drill, students and employees had been re-educated on how to respond to fire accidents and reach the assembly points safely.

The drill provided an opportunity to test the fire alarm equipment, to know the employees and students response duration during the drill, as well as to demonstrate the proper use of fire extinguishers. A workshop has been conducted by Mr. Neil Velasco Bacqual, Safety and Loss Prevention Officer of AGH. He expounded on the classes of fire and the appropriate extinguishers to use for each fire types. He also demonstrated the proper handling and use of extinguishers in a safe way. Moreover, the activity also ensured that employees and students are aware of the assembly points during fire accidents.

Three separate sessions were conducted during the event catered for students and employees stationed at the Pharmacy, Nursing and Administration buildings. Items that were documented include time consumed during evacuation drill and the recommendations by the AGH safety team for each simulation.

This fire drill is an annual safety event of the College in order to instill awareness on the procedures to follow when a building evacuation is necessary, especially during fire accidents.



HEALTH AND SAFETY BULLETIN

Health and safety reminders to all students and employees

1

Wear a face mask at all times to protect yourself and others and practice sneezing etiquette.



2

Practice regular hand washing and use hand sanitizers to remove germs and prevent the spread of germs to others.



3

Desktops, phones, and keyboards need to be constantly cleaned and sterilized because surface contamination is one of the main ways in which germs can spread.



4

Social distancing must be observed and this requires at least 2 meters (6 feet) distance from other person.



5

Business meetings held in conference rooms are limited to 10 employees only. Otherwise, online meetings/telecommunication channels are encouraged. Unnecessary office visits must be avoided.



6

Stay home when experiencing symptoms and follow the recommended protocols by the government.



FACULTY SPOTLIGHT

Faculty Professional Development Plan (2020-2021)

Topic	Description	Date	Nominated presenter
Data analysis (SPSS/Excel)	Introduce the fundamentals of using SPSS. This SPSS session involves working on a number of practical, hands on examples and exercises in a workshop environment.	October 6 th 2020	Sajed Hussain Instructor at MACHS
Writing Program learning outcomes	1-Brief about the learning outcome 2-How to align Program Learning Outcomes(PLOs) with the SAQF and graduate 3- How to align PLOs with the CLOs	October 13 th 2020	Dr. Jenan Almatouq Vice Dean of Academic affairs
Writing course learning outcomes	How to write learning outcome	October 20 th 2020	Dr. Alaa Alhlili Assistant professor At MACHS
Aligning and Assessing CLOs with the Blue print	How to align the blue print with CLOs assessment	October 27 th 2020	Dr. Eman Assistant professor At MACHS
Course Portfolio Preparation Skills	TBA	Nov -2020	Dr. Al-Assad Omar Associate Professor of English at MACHS
How to conduct the Systemic Review	<ul style="list-style-type: none"> Understand the guidelines for conducting systemic review To extend the systemic review towards meta-analysis To write the systemic review 	Nov -2020	Dr. Muhammad Umair The University of Sydney, Australia
Business Communication at the Workplace	This workshop highlights the importance of effective business communication at the workplace verbally and in writing. Moreover, it provides practical guidelines for writing business letters, emails, memos and meetings' minutes as well as business reports. Furthermore, it uncovers the barriers for successful business communication and the solutions for any miscommunication issues in a practical and interactive presentation.	Dec-2020	Dr. Al-Assad Omar Associate Professor of English at MACHS
Research literature review writing skills.	Writing a coherent narrative that synthesizes the research literature	Jan-2021	Dr. Mastoura Assistant professor At MACHS
Data analysis (SPSS/Excel)	TBA	Mar-2021	Sajed Hussain Instructor at MACHS
Manuscript preparation to avoid desk rejection	<ul style="list-style-type: none"> To understand the technique of manuscript preparation Selection of appropriate journal for submission Avoid the mistakes to avoid desk rejection 	Apr-2021	Dr. Muhammad Ali Sheraz

STUDENT AFFAIRS NEWS

Student Affairs holds student orientation

by: Mrs. Nohad Azoury
Student Affairs Director

The advent of COVID-19 forced a change in all aspects of our lives. A change in the way we live and socialize. A change in professional practices. It affected the educational system at all levels. We had to shift from actual face to face student/faculty interaction, to the virtual type in order to protect both faculty members and students from so far, an untreatable enemy of humankind.

Student orientation this year was as affected by this pandemic, like any other aspects of the education process. The orientation strategy for this year, was in-line with the directives of the Ministry of Education. Moreover, our orientation activities are anchored within our commitment towards safe practices in the prevention of the illness and the maintenance of good health among the entire community at MACHS.

MACHS has accepted three hundred and seventy two students this fall semester of 2020-21 academic year. All students were invited by the Admission Office in collaboration with the Student Affairs, via E-mail to attend the orientation. A schedule of the orientation day was sent to all the mentioned accepted students.

The planning process started towards the end of the summer term and was finalized in a zoom conference with the Dean, Vice Dean, Registrar, and Director of Student Affairs. It was decided to have the orientation in two parts. A virtual and an actual face to face interactive part. The first virtual part started on the first day of classes. This part covered the general orientation of new students to the College. It started with opening words from the Dean, Vice Dean, Student Affairs Director, and the Registrar who introduced students to the programs, registration process and financial aid schemes.

Part two of the orientation process, as planned, was delivered to smaller groups of students over a five-day period sessions. The students accepted to the Foundation Year Department (FYD) were divided into sections not exceeding 20-25 in order to ensure the social distancing required. Student Affairs in collaboration with the FYD planned the orientation schedule to cover fourteen sections (14 sections). The agenda of this orientation were as follows: the advising process, the academic calendar and important dates to remember, student's rights and responsibilities, the grievance process, attendance policy, Dress Code policy and others. Students were reminded about the Student Handbook sent to each and every one for them to open, read and find all the pertinent information needed from the time they begin academic pursuit with MACHS until they graduate. They were also requested to read the Student Advising Manual that is currently posted on S@MAX.

The orientations were more of a discussion session. Students were very attentive and had many queries that were responded to by the Student Affairs. With such small interactive sessions which has proven to be successful, the Student Affairs recommends a similar approach for future student orientations.

STUDENT AFFAIRS NEWS

MACHS celebrates Saudi National Day

by: Mrs. Nohad Azoury
Student Affairs Director

Saudi Arabia celebrates its national day every September 23, and the year 2020 marks its 90th iteration. The purpose of the Saudi national day celebration at MACHS is to renew our love and loyalty to our country. The planning process started two weeks before the celebration. Due to the Corona virus situation, the celebration was planned to be virtual via Zoom webinar. The webinar schedule was planned ahead by the student affairs department in collaboration with the security department and the help of the extracurricular activities committee members.

The Saudi National Day celebration was celebrated on Monday, September 21st 2020. The student affairs department in collaboration with the security department decorated the three buildings with national accessory decorations

The first part of the Online Webinar Celebration started with the National Anthem and was followed by an opening speech from Dr. Aisha Al – mana, the Dean Prof. Emad Alshwaimi. This was followed by a video developed by the public relations office at MACHS showing participations of the students, who shared with their colleagues their love and appreciation to their Country.

The second part was the activities was of two activities: The first activity was the MACHS BINGO game moderated by Mr. Aqeel Altaha. Questions in the game were about the 2030 vision and about the history of Saudi Arabia. It was followed by the best design award competition. The last activity was the attendees random draw award.

All winners from the Bingo game, the Best design, and the attendees draw received a price as an award.

Breast Cancer awareness campaign



Students, faculty and admin staff joined the celebration of Breast Cancer prevention and awareness campaign this month of October held at the lobby of the Administration building.

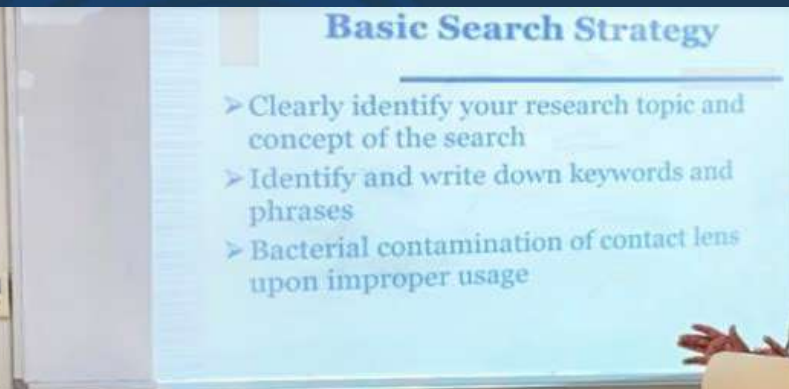


STUDENT AFFAIRS NEWS

Student Activity Annual Plan (2020-2021)

Activity Title	Date	Organizers/Outside guests	Venue
Orientation day Fall 2020/2021		Student affairs department	Auditorium
National day	September 22,2020	Student affairs department and Nursing department	
Pharmacy day	September 25, 2020	Pharmacy department	Pharmacy building
World Heart day	September 28,2020		
Physical therapy and relaxation day	October 6, 2020	Physical therapy	Pharmacy building
Mental Health day	October 13,2020	Nursing department	
World infection control week	October 18, 2020	Pharmacy department	Pharmacy building
MACHS got talent	October 20, 2020	Foundation year department	
Scavenger hunt	November 3, 2020	Foundation year department	Pharmacy building/ Nursing building
CLS day	November10,2020	CLS department	Nursing building
Diabetes Day	November 10,2020	Nursing department	Nursing building
International day	November 10, 2020	Student affairs department	
Antibiotic awareness	November 18, 2020	Pharmacy department	Pharmacy building
COPD	November 24,2020	Nursing department	nursing building
A "major swap" event	December 1, 2020	Foundation year department	auditorium
A short play in medical contexts to be staged at MACHS	December 8, 2020	Foundation year department	Pharmacy building
Orientation day Spring 2020/2021		Student affairs department	
Green day	February 9, 2021	Green Club	
Science day	February 16, 2021	Foundation year department	Pharmacy building
Violence Against Woman	February 22, 2021	Student affairs department	
Art Club event	March 9, 2021	Art Club	
World Down Syndrome Day	March 16,2021	Nursing department	Nursing building
World TB day	March 23,2021	Nursing department	Nursing building
Leadership day	April 6, 2021	Nursing department	Nursing building
World Health day	April 7, 2021	Nursing department	Nursing building
Blood Donation Day	April 13, 2021	CLS department	Nursing building
Low back pain and poor posture	May 11 2021	Physical therapy	Pharmacy building

LIBRARY CORNER



Library Affairs successfully concludes new faculty orientation week

by: Shooib A Quraishi
Librarian (Head)

The Information Literacy shapes the basis for lifelong learning. It is common to all disciplines, from humanities to science and technology and medicine, to all learning environments, and to all levels of education.

As part of the comprehensive Information Literacy program, MACHS Library organized its New Faculty Library Orientation Week, September 13-17. The week-long faculty orientation kicked off with the welcome email to the faculty members from the Vice Dean for Academic Affairs. It was followed by sending orientation invitations to each new faculty member to join the program. In total, 19 faculty members registered and attended the program. Many walk-in members of the College also joined the program as one-to-one sessions were conducted in the Library. The Library will arrange another cycle of orientation for the faculty members who were not able to attend due to prior commitments and for others who just joined the College recently.

The orientation activities were designed to provide new faculty with information on the library print collection, course reserves, online resources including e-books, e-journals, and other library services that would enable them to incorporate these resources into their course work and teaching. Each session was followed by a live demonstration of searching online databases including tips on searching Google and Google Scholar. Participants were also briefed about how the Library can work with them to support their students by holding tailor-made physical (small group) or online seminar and/or workshop sessions. At the end of the session, the participants were offered with modest refreshment arranged by the library staff.

The New Faculty Orientation program is just the first step creating a harmonious working relationship between the Library and the academic community. The department is looking forward to the latter's continuous cooperation and coordination in promoting the effective utilization of its resources and services.

LIBRARY CORNER

Library Training Annual Plan (2020-2021)

Training/LI Activity	Status
New Faculty Orientation Week September 13-17, 2020 (one-to-one, in-person sessions)	Completed
a. September 13, 2020: 4 sessions	
b. September 14, 2020: 5 sessions	
c. September 15, 2020: 2 sessions	
d. September 16, 2020: 2 sessions	
e. September 17, 2020: 2 sessions	
(total sessions conducted=15)	
Orientation of Level 3 Nursing Students (September 13, 2020) Literature Review	Completed
Searching & Researching Scientific Literature Seminar. September 16, 2020	Completed
Scientific Articles & Literature Review Seminar. September 20, 2020	Completed
CLS Library Seminar September 21, 2020	Completed
Phar 508, 515 & 509 Library Seminar. September 29, 2020	Completed
Library Orientation of FYD Students (October 5 to 8, 2020). An On-site group orientation program.	Completed
a. October 5, 2020: 4 Sessions	
b. October 6, 2020: 3 Sessions	
c. October 7, 2020: 2 Sessions	
d. October 8, 2020: 4 Sessions	
(13 sessions of 30 minutes each)	
Orientation of Level 3 Pharmacy Students (October, 2020)	November 2020
Orientation of Level 3 CLS Students (October, 2020)	November 2020
Orientation of Level 3 PT & RT Students (October, 2020)	November 2020
Nursing Research Workshop (November 2020)	November 2020
Pharmacy Research Workshop (November 2020)	November 2020
Library Staff Continues Professional Development Seminar/Workshop	December 2020
Spring Semester 2020-21	
Library Orientation of FYD Students An On-site group orientation program	February 2021
Pharmacy 306 Workshop	February 2021
PT Level 3 Orientation	February 2021
Nursing Eng. 400 Workshop	Mach 2021
Nursing 402 Orientation	February/Mach 2021
Faculty workshop (on a given topic)	April 2021
CLS Research Seminar	April/May 2021
Library Staff Continues Professional Development Seminar/Workshop	May/June 2021
CLS Research Seminar (On request)	June/July 2021
Note: In addition to the above planned activities, on a regular basis the Library conducts orientation and hands-on searching sessions for walk-in uses.	

HUMAN RESOURCE BULLETIN

Welcome new hires!!!

Muhammad Saqib Zaighrm, FYD Lecturer

Muhammad Tariq Abid, FYD Lecturer

Razan Ameer Alzawad, PHAR Lab Instructor

Hassan Kazim Althabet, RESC Lecturer



A truly great employee is hard to find, difficult to part with and impossible to forget.

*Wishing you well on your next venture,
Mrs. Nohad Azoury!!!!*

COMMUNITY SERVICE HIGHLIGHTS

Online events and webinars

Title of Episode 3: Psychological Effects Of Covid-19 Pandemic & It's Prevention On Individuals & Patients

Date: 27th July 2020 Time: 7-8pm

Location: Virtual meeting via Webinar

Attendees: 116 cademicians, students and health care practitioners

Organizer(s): Dr. Sherihan Ghosn & Manal Suroor Moderator(s): Ms. Batool Shubbar & Sherihan Ghosn

Episode 3 Speakers:

1. Dr.Mina Georgie , Specialist of Psychiatry, Gulf Medical Centers.
2. Dr. Amani Al Shaban, RPh, M.Sc Pharmacy, Pharmacy Director, Saud Al Babtain Cardiac Center.
3. Mrs. Amal Al Hasawi, Nursing Director, Al Qatif Central Hospital
4. Mrs.Amal Al Aqool, Social Worker Supervisor, NMC-As Salama Hospital
5. Ms. Hamida Al Majed, Head Nurse/Nursing Quality Officer -General Hospital,King Saud Medical City
6. Mr. Fahad Zawli Laboratory Specialist, Alkamal Laboratory.



Title of Episode 4: Career Reforms During Covid-19 Pandemics

Date: 12th September 2020 Time: 5-6pm

Location: Virtual meeting via Webinar

Attendees: 114 cademicians, students and health care practitioners

Organizer(s): Dr. Nousheen Hamid & Mrs. Manal Suroor Moderator(s): Dr. Nousheen Hamid

Episode 4 Speaker:

MR. RAZA ABBAS

-Director Pakistan- Asian regional association for career development

-Editorial board member- International Association for Educational and Vocational Guidance-IAEVG

-An international practitioner- national career development association 2019 and global recipient OUT-STANDING CAREER PRACTITIONER AWARD BY APCDA- 2017



Title of the Activity: Healthy Food Campaign @ New World International School

Date: 14th October 2020 Time: 11:00-11:30am

Location: Virtual meeting via Webinar

Organizer(s): Dr. Nousheen Hamid and Mrs. Latha Kannan

COMMUNITY SERVICE HIGHLIGHTS

Flu vaccine awareness campaign

Mohammed Al-Mana College for Medical Sciences recently conducted a very timely and relevant community service activity on "Awareness campaign and vaccination for Influenza" held at Qatif City Mall and Al-Rashid Mall. The event run for three days from 15th-17th of October. Special acknowledgement to the management of both venues as well as the students and faculty members from different programs who volunteered and participated in the event.



Breast Cancer awareness campaign

Breast Cancer Awareness campaign was initiated by the Nursing faculty members together with its students held at Al Rakha Primary Care and Red Crescent-Dammam on October 14. The campaign was aimed to introducing what Breast Cancer is along with the importance of its early detection. The initiative was in cooperation between the College and Al Rakha Primary Care and Red Crescent-Dammam.



COMMUNITY SERVICE HIGHLIGHTS

Community Service Annual Plan (2020-2021)

Date	Event	Department
14 th –31 st –Oct 2020	Healthy Food Campaign @ Schools: Food allergies and food poisoning.	All MACHS
14 th -24 th Oct 2020	Education Awareness: Breast Cancer	All MACHS
15 th -17 th Oct, 2020	Epidemic diseases Campaign (COVID-19 & influenza, Infection control	All MACHS
23 rd -31 st Oct, 2020	Cardiovascular diseases Campaign (Hypertension and heart diseases)	All MACHS
1 st -30 th Nov, 2020	Donation Campaign: Old clothes& utilities	All MACHS
15 th -30 th Nov,2020	Osteoporosis and vitamin D deficiency Awareness	All MACHS
15 th -30 th Nov, 2020	Blood Disorders Campaign: Anemia, sickle cell, G6PD deficiency and others	All MACHS
24 th Nov-10 th Dec,2020	Infectious disease Awareness (Hepatitis, Aids, others)	All MACHS
1 st -18 th Dec, 2020	Announcement for Professional development skills courses schedule for community: (Date and Time will be announced) <ul style="list-style-type: none"> • English Language Course • Decision making and problem-solving • Communication skills and public speaking • Teamwork skills • Computer skills • Time management and priorities • Planning and setting SMART objectives 	Online
8 th -25 th Dec, 2020	Mental disorders Campaign	All MACHS
22 nd Dec-07 th Jan 2020	Environmental Awareness Campaign: <ul style="list-style-type: none"> • Clean the beaches, • Recycling (online) 	All MACHS
7 th -24 th Feb, 2021	Psychological (Mental) first aid skills Campaign	All MACHS
21 st Feb, 2021	Physical activity and nutrition: Towards A Healthy Body in Sports Campaign (Marathon)	All MACHS
28 th Feb-19 th Mar, 2021	CPR & First aid skills Training	All MACHS
1 st Mar-1 st April 2020	Small business initiatives	All MACHS
14 th Mar, 2021	Patient Education @ Eastern Province Campaign	All MACHS
28 th Mar-19 Apr, 2021	Medical screening campaign (activates with Medical companies)	All MACHS
4 th -26 th Apr, 2021	International & Cultural Day	All MACHS

CAMPUS BEAT

Lessons, reflections and realizations amidst Covid-19 pandemic

by: **Omniya Amin Alubaidi**
Foundation Year (Nursing) Level 1

Have you ever asked yourself about the things you have learned from the Covid-19 pandemic? The pandemic resulted in both positive and negative outcomes.

On a positive side for example, some people took the pandemic as an advantage and started learning new skills, appreciating everything they own, and valuing human equality. Many people discovered hidden talents, had the chance to appreciate their surroundings, and got a reminder that everyone is equal. To back it up, it was published in the Arab News that "lockdown brought hidden kitchen talents of Saudi men". Moreover, looking at a higher scale, many countries benefited from the lockdown in massive ways. As an example, governments were able to do the following: complete unfinished buildings, renew roads, and even finish projects. Needless to say, mother nature has delivered an important message to the people. It allowed us to realize how we are all equal and nobody is spared from this pandemic.

On the other hand, sometimes people forget who the real enemy is. Some of us forget that "the threat is the virus not the people". We should stop blaming others and actually deal with the present with full responsibility together. Let us refrain from pointing fingers on careless people, when we actually could help in spreading awareness instead of blaming others. For instance, if you see a person not properly wearing a mask in a public place, why don't you politely ask him or her to correct it for safety purposes? Don't wait for someone to speak out, but initiate it for the person, for you and for others' sake.

In conclusion, there are ups and downs brought by this pandemic. However, we must remember that whether good or bad, they give us meaningful lessons teaching us on how to overcome harder times. Even if we can't beat Covid-19 now, united we will!

Feature Articles by Students

CAMPUS BEAT

The act of volunteerism: A humbling experience

by: Aisha Al Aqeel

BS Nursing Level 4

I would like to share my story about the life lessons I learnt during the Covid-19 pandemic. This is a story of volunteerism.

One day, while scrolling my phone during lockdown, I saw an advertisement in the MOH website about volunteers during Covid pandemic. My heart raced and I was so excited. I wanted to participate and help people even with my modest background and knowledge. I had the belief that I can do something useful to help the community, so I quickly filled the application form for volunteering. A few weeks later, I received an email of acceptance, but at this time, I wanted to change my mind since I knew the risks involved for me and my family. This thought bothered me day and night and I almost backed out, but finally I had the courage to be adventurous as life without adventures is boring. At this time, I asked Allah to guide and protect me and I went to the hospital where Covid-19 patients were being treated.

I dealt with so many things in the hospital and as a student in the medical field, I learned a lot from the patients' conditions and the beautiful part was when I was able to apply what I have studied in the college. This is one of the most amazing experiences in my life. It wasn't easy but it was worth it. It was the first time in my life being a volunteer and it will not be the last for sure.



The message of my story is not let the fear stop you if you have the chance to try something new in your life. Never lose chances as they may only come once in your lifetime.

Feature Articles by Students

CAMPUS BEAT

Lessons learned during pandemic

by: Abdulhadi Jameel
Physical Therapy Level 1

We are currently in the midst of a worldwide trial that has changed our lives beyond recognition.

Knowing no boundaries this virus changed everything in the world, stripping all forms of physical contact, now we are in a time where we need to stand together to fight this virus, G20 , WHO and other international bodies are joining forces to manage the new world.

In the midst of this pandemic values changed , there's a lot that we can learn from this new and transient period of our lives ,and a lot of new wisdom we can take with us into the future.

Here are the lessons I've learned while in quarantine.

1. Life is unpredictable

If we've all learned one thing over the last few weeks, it's to expect the unexpected.

No matter how you think your life is set in stone, it might be flipped in an instant , and we shouldn't feel down or put excuses in for everything. Most of the time you learn by yourself. Life will flourish again and I believe everything happens for a reason. For instance, now we have a chance to deal with climate change. This is a lesson to learn that life is always unexpected .

2. The greater good

With the economy taking a downfall and I started worrying about my own money, no one needs to be reminded that the virus has disrupted the economy and that most of us are poorer than we were a month ago. Can anything good come from that?

This chapter offers a lot of new opportunities. I don't know the possibilities in this new world, but perhaps I can learn what kind of person I want to be in the future.

Can I open myself to that? Can you? Can we?

It might be stormy now, but rain doesn't last forever.

Feature Articles by Students

our *Vision:*

To be a leading institute recognized for excellence in health-care education, community service and research.

our *Mission:*

To provide high quality education to graduate professional health-care providers primed to community needs and research.

our *Values:*

- Excellence
- Leadership
- Justice
- Integrity
- Loyalty

our *Goals:*

- Provide high-quality education
- Develop future expansion
- Maintain qualified and satisfied personnel
- Maintain financial stability
- Promote research
- Strengthen national and international partnership
- Promote community responsibility

