



**February
2016**



Oman Medical College Newsletter



(In Academic Partnership with West Virginia University)

International Workshop

Dr. Yaseen, Vice Dean, Pre-med & Pharmacy Program at Oman Medical College, Bowshar was nominated to attend the International Workshop held in Islamabad, Pakistan. The workshop had in attendance representatives from the private colleges in Oman approved by the Ministry of Higher Education. The two day workshop was held from 22nd February to 24th February 2016.

The workshop was also attended by many academicians from other countries. It aimed at integrating Clinical Pharmacy Education - Practice & Research.



Receiving the Certificate



OMAN – Member of COMSTECH

Activities of Pharmacy Department

Meetings. Symposium and Workshops attended

Dr. Chitme Havagiray, Professor of Pharmacology at OMC participated and delivered an invited talk on ‘Modifiable and Non-Modifiable Risk Factors for Gestational Diabetes in Omani Women’ at the second Winter Symposium, at Oman Medical College, Sohar Campus, Sohar ,Oman on 30th January, 2016.

Buthina Mohammed Al Busaidi, Zamzam Khamis Salim Al Abdul Salam, Anfal Mohammed Al Abri, Maisa Mosa Al Taie under the guidance of Dr.Havagiray R. Chitme, made an oral presentation on ‘Metabolic Syndrome Profile in Infertile Women with Polycystic Ovarian Syndrome’ at the second Winter Symposium, held at Oman Medical College, Sohar Campus, Sohar – Oman on 30th January, 2016.

Ms. Amal Abdul Baqi Dawood attended “ Hands on Research Proposal Writing Workshop” held on Thursday, 25th Feb., 2016 at Oman Medical College, Sohar.

Activities of Foundation Department

A Visit to the Book Exhibition

As part of the ongoing extra-curricular activities at OMC, the Foundation students were given an opportunity to visit the book exhibition at Oman International Exhibition Center, Seeb, Oman on 1st March 2016 at 11a.m. from the Bowshar campus. About 50 students expressed their interest to visit the exhibition and they were accompanied by three Foundation English teachers. Students had a wonderful opportunity to browse through a range of books available there and also buy their choice of books. Teachers too had the opportunity to pick and choose some EFL / ESL books and other books required for the library. Buses were arranged to pick and drop off students to and from the venue.



Activities of HR & External Relations Department

Um AlKhair School Visit Oman Medical College

To expand the horizon of knowledge and have an exposure to University life, Secondary School students from Um AlKhair School visited OMC on Thursday, 18th February, 2016. The school students took a short walk tour around the college. They were taken to observe the laboratories and the library. The visit also provided the students with some career information that would enable them to choose suitable specialization in their later years.

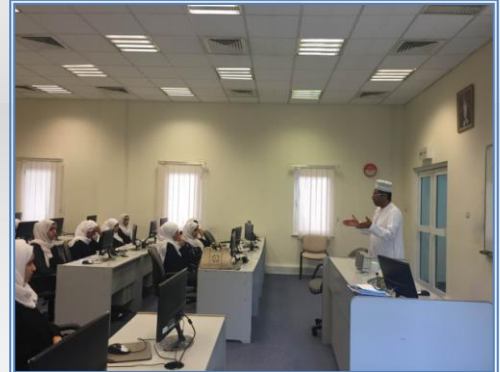
The program was as follows:

9:00-9:30a.m.- Welcome Address by Dr. Abdullah Al-Ghailani

9:30-10:00a.m. -Introduction on Pharmacy Program

10:00-10:30a.m.- Visit to the Chemistry Lab to try an experiment

10:30-11:00a.m. Visit to the Library & refreshments.



Time Management Courses

On Thursday, 18th March 2016, the Human Resources Department at OMC organized a course for employees on “**Time Management**” .It was delivered by Mr. Mohammed Sadam- a training expert in HR Development from 11:00a.m.until 2:30p.m.in LH4.

Time management in the workplace is one of those things that make life so much easier. The training course helps employees to manage their time efficiently.

The major topics covered in this course include the following:

- How to Manage your Time?
- Time Management Skills
- Setting of priorities

ABC analysis

- **A** – Tasks perceived as urgent and important
- **B** – Tasks that are important but not urgent
- **C** – Tasks that are unimportant (whether urgent or not)

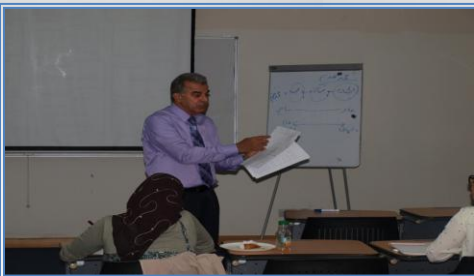
Task list organization

(Listing routine tasks wastes your time.)

- **Implementation of goals**

The reason why time management is important at work is because it increases productivity. With greater emphasis on projects and deadlines, employees need to incorporate efficient ways to complete tasks, and thereby enhance employee performance.

As part of the ongoing professional development activities at OMC, a good number of staff, faculty & heads of departments attended the course.



Newsletter Committee Members:

**Dr Yaseen, Dr Alka, Dr Sudha, Ms. Shabana, Ms Maha, Ms. Nirmala Babu,
Ms. Asma Al Harrasi, Ms. Basma Al Saadi, Mr. Salim Bitar, Mr. Sultan Al Bakri**