

# THE MED VOICE

NO. 001

TNMU INTERNATIONAL STUDENTS' NEWS PAPER

1st Issue: JAN, 2020

## A NEW DAWN BECKONS!!!



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"Taking into account national and international recognition of the results of activities of 'I. Horbachevsky Ternopil State Medical' of the Ministry of Health of Ukraine and its significant contribution to the development of the national medical and pharmaceutical education and science, I hereby resolve:...

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### NEW GENERATION OF MEDICAL



The meeting of the Academic Council of I. Horbachevsky Ternopil National Medical University dedicated August 30, 2019 to the matriculation of the first year students, a ceremony which took place in the inner courtyard of the administrative building of the University.

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### DIWALI



One of the most popular festivals of Hinduism, Diwali symbolizes the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance".

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### NIGERIAN STUDENTS UNION ANNUAL SPORT FEST



The Nigerian Students Union of Ternopil state medical university organized its 2nd Sports festival. The Festival comprised of different sports including: Table tennis, Football, Basketball, Badminton, and Volleyball.

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### TRAINING CENTER FOR SPECIALISTS IN THE FIELD OF MEDICINE WAS ESTABLISHED IN

On September 12, 2019, Rector of I. Horbachevsky Ternopil National Medical University, Professor Mykhaylo Korda met with representatives of the Chinese company, Principal of the Belt and Road International Study Center. Yang Jinchuan (Chongqing), ...

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# A NEW DAWN BECKONS!!!

The role of the University in society building is essential as through tertiary education, ideologies are created, personalities are born and nurtured. From ancient Greek, the importance of university education has become even more stronger in our days and so is it here in Ternopil National Medical University. The University trains citizens of other nationalities to become MEDICAL DOCTORS, to be entrusted with the human life.

This training entails a lot of structuring and having read and heard the history of the university, from Academia to State University and now a National University, T.N.M.U. throughout the years has demonstrated its relentless effort to improve the quality of services provided to students. This is evident in the performance of the Student Parliament, as this Administration has supported and guided the Parliament in projects that seek to improve the quality of student life here in Ternopil National Medical University but I also believe to maintain this advantage in a world that is more competitive than ever, the school just like any other institution must double its efforts in investments and education of its workforce.

The following enumerated reasons amongst others are the purpose of creating newspaper for the International community.

1. Through this, international students who are interested in writing or joining the academia will get the platform to train themselves in writing, as writing is an integral

part of academia.

2. The Paper will add to the other opportunities where students and lecturers alike will learn how to communicate in writing. The importance of communication in healthcare cannot be overstressed and this opportunity will only enhance that.

3. The Paper will serve a channel for passage of information to students. Obviously, the university has utilized social media to inform the student body particularly we the international students but we believe the paper could be a great conduit for channeling information to students, particularly new students.

Training quality doctors is a shared responsibility between School Administrations, Lecturers, Students and Parents as the state of any country pivots around the quality of healthcare it receives and training of students. The Long for quality doctors is not an Asian or African, it is universal, and a need in every country and so we pray that in our bid to enhance the propagation of information and also creating the avenue for students to express themselves, your support as well as criticisms will be geared towards the improvement of this newspaper. We may not have a say in how things started but definitely, we have a say in how things end and it is our collective responsibility to raise the image of Ivan Horbachevsky National Medical University. We are here to serve you.



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**AJALA DAVID AYOMIDE**



# RECTOR'S REPORT

Ternopil National Medical University

This University is named after an academician who left his country to study in a foreign land – just like you have – and made significant contributions to medicine, in the person of Ivan Horbachevsky. He is specifically known for his contributions in organic chemistry and biochemistry – being the first to synthesize glycine and also discovering amino acids as the building blocks of proteins. In the light of this, I believe every student of this university is also capable of taking medicine to the next step.

This university throughout its years of existence has trained medical professionals from different backgrounds, who have gone on to impact their various countries through their professional services delivered, both within the scope of medicine and out. We are committed to providing the best conditions, which will create and enhance a conducive atmosphere, necessary for students to become the best that they can become.

That being said, as the Rector of this University, I do with immense delight, endorse and highly recommend this newspaper, The Med Voice, to all and sundry within, under and even outside of the administration of this prestigious university, Ternopil National Medical University (TNMU). It is a brilliant project spearheaded by some of our own international students, whom I give a big kudos to, for the initiative, efforts, time, ideas and resources they have invested into the transformation of the project from a thought to reality.

The Med Voice newspaper, as the name suggests, offers a platform for students to partake in forum sessions, to voice out their views on different subject matters. It also stands as an alternative solution to the longstanding issue of the information and

communication gap, affecting the foreign students. With this, the newspaper seeks to adequately broadcast past and future school events and programs in all aspects (academic and extracurricular activities), so as to encourage and allow the participation of interested students. Enlightenment on different current, social and medical affairs will be brought to



**PROF. M. M. KORDA**  
RECTOR

your doorstep by the content of this newspaper. It is as well geared towards granting the opportunity to students to showcase their creativity in arts, poetry, articles and the like.

I believe the benefits of this newspaper cannot be overemphasized.

I therefore encourage all students, teachers and administration members, to read this newspaper, and to look forward to subsequent publications to keep yourself well abreast with information and to contribute in any way you can to help build and promote this

project into a sustained one.

And to the Editorial Board, "Keep up the good work". I will end by sharing with you some of the achievements attained by the University, and I will want to use this opportunity to thank all the staff, lecturers and students, whose hard work aided the university attain these successes:

- Our University placed second (2nd) in the All-Ukrainian Olympiads
- TNMU is a leader in inventive activity among the medical universities here in Ukraine. The University took 1st position per the ranking of the results of the inventive activity among higher educational institutions by the Ministry of Health of Ukraine.
- The Faculty of Pharmacy (Ukrainian Students) came out with a 100% success in the licensing exam "KROK-2" thereby taking the first place. General Medicine Students of the International Students Faculty took the first place with 95% also "KROK 2"
- The results of the Integrated State Qualification Exam were not different as our students excelled. The fourth (4th) year medical students of the international student's faculty achieved a milestone for the university by placing first(1st) in the first International Foundation of Medicine Exam (IFOM).
- The academic success ended with the "KROK-3. General medical training" where students of the Dentistry faculty took the second (2nd) place in Ukraine.

These are just a few of the many success we attained during the last academic year, and we are devoted to training highly-skilled professionals not just for Ukraine, but also for other countries and being a major contributor in the development of medical training.

I wish the third (3rd) Year KROK 1 candidates in the Spring Semester, who happen to be the first batch to take the state exams in February, the very best. I believe the hard work and energy you have invested in your preparations for the exams will pay off. Go make us proud once again.

## A MISSIVE TO INTERENATIONAL STUDENTS

A New dawn beckons!!! I can never disagree with the Editorial Call. Throughout the years, as first a student, then a doctor-in-training and afterwards a Lecturer at this University, the Leadership has sought to improve the quality of international students.

To have a newspaper published by students and intended for students is a development I am happy for. This in my opinion will bridge the deficit in information transmission to students, particularly international students and also present give students the chance to express and share their thoughts with the world. The onus now lies on all of us to make sure the goal of this project comes into fruition.

Let me at this point acknowledge Rector of TNMU, Prof. M. M whose desire to see international students getting the best training possible authorized the publication of this newspaper.

As a Lecturer, I have seen students who were not exceptional but through diligence, they achieved great feats that the exceptional students could only dream of. Brian Herbert once submitted, "The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice". As students whose parents, guardians, relatives or selves are investing an awful lot into your future, I believe you must be hardworking.

I employ all students irrespective of your course to read beyond your programme. Through this essential information about people are gathered. Reading has its pronounced benefits, it aids one to be intellectually fit and up to the challenge of interacting with other professionals in different fields and even from the same profession but of different origin.

Being a Doctor, a Dentist, a Pharmacist, a Nurse requires you to have deep insights about your patients

who are humans and to be exceptional in this field of healthcare requires an aw and just as you stretch your imaginations and limits through reading of study materials coupled with extracurricular materials, you unveil the other aspects of medicine that can not be taught or acquired in classroom or in theatre but very essential to the medical practice.

Majority of international students are just passive, goes through the course of their training without any contact with the indigenes. To study in a foreign land is an opportunity that shouldn't be taken lightly. New insights are born and as you embrace the culture of the indigenes, trying to understand who they are and what differentiates them from the others grants one a deeper understanding of human being and as future healthcare providers, been able to learn the art of communicating with fellow human irrespective of their background and as Dr. Bernard Lown once opined " Knowledge of the human condition is not to be derived from books but from intimate engagement with other human beings. No books knowledge equals what one may glean from patients who have permitted a doctor to look deeply into their eyes"- Bernard Lown and this in my opinion could be achieved when one has cultivated and learnt the art of communication.

In his book When Breathe Becomes Air, the astute neurosurgeon, Paul Kalanithi summarizes what I believe an essential perception every healthcare provider should have. He wrote "In the end, it cannot be doubted that each of us can see only part of the picture. The doctor sees one, the patient another, the engineer a third, the economist a fourth, the pearl diver a fifth, the alcoholic a sixth, the cable guy a seventh, the sheep farmer an eighth, the Indian beggar a ninth, the

pastor a tenth. Human knowledge is never contained in one person. It grows from the relationships we create between each other and the world, and still it is never complete." We as doctors, pharmacist, nurses, dentist spend our lives just help our fellow human to secure and lengthen their hold on life so I firmly believe as medical doctors, nurses, pharmacists, dentist in training, it is imperative to build healthy relationships with fellow humans.

I strongly employ you all regardless of your year to make the most of the little time you have here. Do not be limited by any existent or imaginary limitations be it language barrier or anything and that should be done in balance just as Paracelsus rightly observed "All Substances are poisonous; there is none that is not a poison. The right dose distinguishes a poison and a remedy"

In the end, I will emphasize once again the need to cease the moment and make the most out of it, "Carpe Diem" as they say in Latin. I have seen different students and I humbly suggest to all of you to make the most of your time here in Ternopil, striving to become better version of yourselves, because at the end of it all, just as Atul Gawande opined, it is not important how good you are that matters, it is how good you are going to be that really matter and so, it should be your daily goal to be a better version of yourself than yesterday for a doctor in Ukraine is no more or less than a doctor in India, Ghana, Egypt, or any other country. Do it every day, a step, a day. This could be achieved by having a routine, a daily schedule which will help you go through your daily activities.

**With much Love,**  
**Dr. Olena Pokryshko**



## **TERNOPIL MEDICAL UNIVERSITY RECEIVES NATIONAL STATUS**

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"Taking into account national and international recognition of the results of activities of 'I. Horbachevsky Ternopil State Medical' of the Ministry of Health of Ukraine and its significant contribution to the development of the national medical and pharmaceutical education and science, I hereby resolve:

To grant to the State Higher Educational Institution, 'I. Horbachevsky Ternopil State Medical University' of the Ministry of Health of Ukraine, the status of a national university and hereinafter call it 'I. Horbachevsky Ternopil National Medical University' of the Ministry of Health of Ukraine."

**Former President of Ukraine  
P. POROSHENKO  
April 17, 2019**

## **TRAINING CENTER FOR SPECIALISTS IN THE FIELD OF MEDICINE WAS ESTABLISHED IN TNMU IN COOPERATION WITH CHINESE PARTNERS**



On September 12, 2019, Rector of I. Horbachevsky Ternopil National Medical University, Professor Mykhaylo Korda met with representatives of the Chinese company, Principal of the Belt and Road International Study Center, Yang Jinchuan (Chongqing), Bi Jiannan (Dezhou), Yin Longfei (Shandong), Zheng Chengshou (Fujian), Chen Wanyi (Xiamen), Huang Suyun (Jiangsu), Liu Siyuan (Nanjing), Wang Yitan (Jiangnan), and Chief Representative of Jiangnan Cultural Exchange Center "Silk Road" in Ukraine (Kyiv) Hanna Kondratiuk.

It should be noted that this year in February the administration of the Silk Road Center already had a working visit to TNMU. The topic of discussion was establishing cooperation in the field of education and signing the cooperation agreement.

This time, the representatives of the delegation and administration of our university discussed the possibility of educating Chinese students at Ternopil National Medical University in the specialty "Medicine" and "Nursing", and the establishment of the Preparatory Department or an affiliated institution in China. In addition, Chinese guests were offered to delegate students wishing to study Ukrainian to the Preparatory Department at TNMU. The graduates of the Department can further study medical sciences in Ukrainian.

The result of the meeting was the establishment of a joint center for training specialists in the field of medicine.

**Press Service of I. Horbachevsky  
Ternopil National Medical University.**



## **INTERNATIONAL STUDENTS OF TNMU HAVE BECOME CERTIFIED DOCTORS**

On June 25, 2019, during the solemn meeting of the Academic Council of I. Horbachevsky Ternopil National Medical University, almost 200 international students received their diplomas upon completion of undergraduate study. Celebrations took place in the administrative building of TNMU.

In his felicitation, Rector of TNMU, Professor Mykhaylo Korda, emphasized that this day is a special day in every student's life, as it opens the way to a wide world. He noted that this day has an ambiguous emotional meaning for them. On the one hand, it is a light of hope and a joy of meeting with the future. On the other hand, it means the farewells and pain of separation. The Rector expressed confidence that soon they would all say that these were the best years in their lives.

Given his experience, Professor M. Korda advised the young people never to betray the values of their profession as it is one of the best and most courageous jobs in the world. He assured that continuous improvement of knowledge and skills would always bring success.

He also made emphasis to parents that their dreams had become a reality and soon their children would be comforted by their successes. Mykhaylo Korda expressed hope that the graduates of TNMU would be the ambassadors of goodwill of Ukraine in their



native countries.

Ternopil Deputy Mayor Leonid Bytsiura made emphasis on the important role the administration and university teachers play not only in teaching future doctors, but also acting as their mentors and passing the fundamental spiritual values to every young medical student.

Leonid Bytsiura fulfilled the honorary mission by rewarding the two active students of TNMU with the Award of Good. Two years ago, this award was launched in Ternopil to acknowledge those who serve the good of the community, helping others.

During the festivities this prize was awarded to Kamil Marzec and the leader of the Regional Studies and Research Center "Terpoliany", Zoriana Brydz.

Diplomas were awarded to graduates by the Dean of the International Students Faculty, Professor Petro Selskyy.

The graduates of International Students Faculty solemnly took the Oath of the Doctor, Pharmacist and Nurse.

The medical oath was pronounced by Dr. Aganren Daniel Omegban.

The Dean of the International Students Faculty, Professor Petro Selskyy, expressed his congratulations. He noted that almost 2000 foreign students from 55 countries study at the university. Professor Selskyy added that according to the results of the "Step 2" examination TNMU university ranks the first. He also emphasized that international students have become an integral part of the history of TNMU and university community, as they always take active in sports, academic pursuits and volunteer work.

Christina Husak-Sira gave the valedictory speech on behalf of all the graduates of the university.

On behalf of the parents, the words of gratitude to teachers and motivational guidelines to all graduates were expressed by Aganren Agatabor Ezekiel.

Congratulations to our graduates on their successful graduation and good wishes for the future!



## NEW GENERATION OF MEDICAL STUDENTS START TRAINING AT TNMU



The meeting of the Academic Council of I. Horbachevsky Ternopil National Medical University dedicated August 30, 2019 to the matriculation of the first year students, a ceremony which took place in the inner courtyard of the administrative building of the University.

1,300 new students who made vows to devote their lives to a noble cause enrolled in TNMU this year. They solemnly promised to fight for human health, to preserve and enhance the best traditions of higher education, to be worthy of the honorary title of a medical student. From this moment, each student began counting down the days, months, years to fulfill the dream of becoming a qualified doctor, dentist, pharmacist, nurse, paramedic, physical therapist, succeeding in a professional field and becoming a multifaceted personality.

The Rector of Ternopil National Medical University, Professor M. M. Korda greeted the students with such words of welcome: "On behalf of the University students and staff, I sincerely congratulate you on the beginning of an important stage of your lives. Today you are joining a large and friendly family of students of Ternopil National Medical University. This year, 1300 young people have joined the University. By this number our University ranks second in Ukraine among medical colleges.

He spoke about how TNMU has all it takes as an institution to inculcate the necessary skills and discipline in the journey to achieving the goal every medical student from Competent teaching staff with extensive clinical and practical experience to a well equipped library, computer classes, simulation centers, presence of electronic resources to student scientific associations where students can improve in different specializations and mastering of research skills. He almost mentioned the possibility enrolling in the international students summer school at the education recreation center as well as partaking in different cultural, sports and volunteer activities.

This year, TNMU introduced the Mentoring Institute at the University. The undergraduate students will become reliable mentors and friends for freshers and will help to ensure the new students get the most out of their training. In his speech the Rector, Prof. Mykhaylo Korda said "Remember that you have chosen the most humane and essential profession in the world. Never stop, constantly evolve and improve,

be persistent in learning and you will succeed! We look forward to your success. I am sure that you will multiply the glory of the University. May you be happy and may God grant you a good fortune and a broad path in life"

The Mayor of Ternopil Serhii Nadal also wished the freshmen the best in their education and professional development.

Volodymyr Bohaichuk, the head of the Health Care Department of the Regional State Administration, congratulated the freshmen, teachers and their parents on the holiday. He wished them success, great achievements in training and professional development.

At TNMU, the traditions are cherished and maintained. Professor Ivan Smiian, the Rector of Ternopil Medical University in 1981-1997, greeted the freshmen on this solemn day. He noted that only 450 new students could be admitted to the University during his administration, and now 1,300 young people have joined the medical student community.

The student's record cards were presented to students who received the highest marks of external independent testing or showed the best results at the entrance examinations, by Rector of University, Professor Mykhaylo Korda.

Associate Professor Hryhorii Zahrychuk read the oath of the student.

The event's was highlighted by the TNMU choir, which performed the official and spiritual hymns of Ukraine, the anthem of the University, the prayer "Our Father" and "Gaudeamus".

We wish all the first-year students successful learning, an exciting student life and self-realization!

**Press Service of I. Horbachevsky Ternopil National Medical University.**



## TNMU ELECTS NEW STUDENT PARLIAMENT

On October 22, 2019, TNMU held elections to the Student Parliament. In the academic year 2019-2020, the parliament will comprise of 26 students. Additional elections for the 2nd, 3rd year medical and 4th year dentistry representatives of international students were held on November 8, 2019.

A fifth-year student of the medical faculty Artem Prysiazhniuk became The head of the self-governing organization, the first deputy – Nazar Kovbasa, the second deputy – Maksym Kalish. The latter two are the third year students of the faculty of dentistry. Oksana Pobihushka, a fourth-year student of the medical faculty, was elected as the head of the secretariate.

The leisure department is headed by Nazarii Savchuk, a fifth-year medical student.

The head of the education and science department is Oleksandr Kukharchuk, a third-year medical student.

The hostel department is headed by Yurii Nikolaichuk.

The information department will be headed by Alina Holenko, a second-year student at the Faculty of Pharmacy.

The parliament also included Natalia Petrova, Oleksandr Kosman, Ihor Semchyshyn, Ivanka Regalova, Yurii Shatskyi, Oksana Melnychuk, Andrii Chaika, Mykhailo Yakimchuk, Khrystyna Khodyn, Maksym Voitsekhovskiy, Kyrylo Hramotnyk, Maksym Lysluk, Oleksandra Bozhuk, Serhii Suprun.



Akinlade. O. Abdulsalam became the head of the international students department. Samuel Eze (5th course representative), Kikelomo Kehinde ( 1st course representative ), Shumayel Zayn ( 3rd course representative ), koduah kaiser Discher Amoah ( 3rd course representative), Singh Harshvardhan Ajay( 2nd year representative) will represent interests of international students.

We wish the newly elected TNMU Student Parliament interesting ideas and success in implementation of the new projects!

**TNMU Press Secretary Yanina Chaikivska.**  
**Photographs by Mykola Vasylechko.**



## THE NEW TNMU STUDENTS PARLIAMENT HAD ITS' FIRST MEETING WITH THE RECTOR



The new TNMU students parliament hit the ground running as the body headed by Artem Prysiazhniuk looking to continue the good work done by the last representatives, met with the Rector Professor Mykhaylo Korda and other authorities of the university on November 17, 2019 at the conference hall of Ternopil National Medical University to discuss the problems of the students as well as put forward projects they would like to organize for students of Ternopil National Medical University.

A number of issues were discussed during the meeting. Representatives of the Student Parliament were interested in the possibility of establishing an ultrasound simulator for mastering practical skills, reducing the number of test questions for the 3rd year foreign students, organizing a chess club, creating one more gym for students, providing a leisure room in Hostel №2.

They also discussed the installation of surveillance cameras in Hostel №1, the allocation of additional hours for football and basketball, establishing a tennis club at the University, the creation of a separate wardrobe in the Emergency Hospital as well as the installation of air conditioning in Hostel №1.

TNMU Rector supported most of the suggestions of the Student Parliament and said work will be done to ensure the projects are implemented.

Professor Mykhaylo Korda implored the representatives of the Student Parliament to be active, ambitious and implement new interesting projects.

The students parliament in acknowledgement of the tasks ahead stated that they will need all hands on board, from the authorities down to the students to ensure the success of this administration.

The first deputy - Nazar Kovbasa described the parliament as a body of students that govern the best interest of fellow students and implore students who aren't part of the students parliament to be actively involved in this administration as students outside of the parliament can also bring forth projects and suggest ideas that if reviewed and accepted by relevant authorities would be sponsored by the students parliaments.

He went ahead to list some events the students parliament in association with other individuals look to organize soonest; Volley ball competition, Table tennis competition, Students quest, "Who, where, when". He made it known that the students parliament is for all and are ready to represent the students effectively.

**TNMU Press Secretary Yanina Chaikivska.**  
**Photographs by Mykola Vasylechko.**

## TNMU FORMER HEAD OF STUDENTS PARLIAMENT BECOMES THE JUNIOR MAYOR OF TERNOPIIL

On November 13, 2019, Romanna Pavliuk, a sixth-year medical student of I. Horbachevsky Ternopil National Medical University, was voted as the junior mayor of Ternopil.

Last academic year, Romanna successfully chaired the TNMU Student Parliament.

"As an advisor to the mayor on youth policy, my primary responsibility is to analyze the problems and advocate the interests of the youth in the city council and executive structures.

I plan to make the city more inclusive, so I am very glad that this year for the first time a representative of the Ukrainian Society of the Deaf has joined the new council of youth.

First of all, I want to improve communication between youth organizations and I have certain initiatives that will make the city safer," Romanna Pavliuk said.

Today, her team includes three deputies – Yaroslav Zhdanovych, Roman Radiiovskiy and Vitalii Matvieiev. A third-year student of the Faculty of Dentistry Nazar Kovbasa, Romanna's deputy in the Student Parliament, remains her permanent assistant. This year he was elected to the Student Parliament of TNMU and became the deputy of the new chairman.



Romanna hopes that she will be able to establish productive cooperation for the benefit of the city.

"I decided to apply for this position in the summer, so for almost half a year I was preparing, attending trainings, forums, workshops and gaining experience of other youth councils, including those in Estonia, Poland and the Czech Republic. Thanks to this, we managed to create a strategy that appealed to the new members of the youth council," Romanna Pavliuk shared her experience.

Congratulations to our student on this achievement. We wish her much success!

**TNMU Press Secretary Yanina Chaikivska.**  
**Photographs by Mykola Vasylechko and from the Internet.**

## TNMU STUDENTS FROM POLAND ORGANIZED A CONCERT FOR THE PATIENTS OF MYKULYNTSI PHYSICAL THERAPY HOSPITAL



On October 29, 2019, the Association of Polish Students organized a charity concert for patients of Mykulyntsi Regional Physical Therapy Hospital.

The visitors had the opportunity to enjoy popular Polish songs performed by the student ensemble, as well as the world-famous operas from Italy and Spain by the President of the Association of Polish Students Hubert Mikosha. The evening ended with a song "Hei, Sokoly" well known in Ukraine. The warm atmosphere of the event helped to engage the audience in the action. Ms. Halyna, a patient at the center, recited a poem from the stage, which made everyone in the room feel touched. The energy and charismatic character of the students was manifested in improvised tango and waltz accompanied by an operetta performed by Hubert.

Such volunteer events promote active cultural exchange, understanding of the population with foreign students and finding similarities in the art of the two nations, especially those close to each other, such as Polish and Ukrainian.

They also honored Lemko culture by performing the song "Pod oblachkom".





## **TNMU HOSTS WORKSHOPS ON PRACTICAL SKILLS DEVELOPMENT**

Another practical workshop for future physicians was held on November 9, 2019 at I.Horbachevsky Ternopil National Medical University. It was organized by Help Motherland International. The main goal of this association is to help international students to become qualified health care providers.

Help Motherland International's mission is to create a global network of people united for the purpose of bringing positive changes and development to their home countries; implementing programs and projects to foster personal and community development; providing members of the organization with all the information and skills needed to help solve key global and national problems: health, education, environment and sustainable development, mentoring and global partnerships.

For this purpose, workshops and trainings are constantly organized, a mentoring institute functions, international teaching materials are disseminated, summer work trips are carried out with a specific mission - practical clinical assistance, textbooks on basic medical courses and preparation for state licensing exams are published.

On Saturday, November 9, 2019, TNMU students

discussed the following issues and developed a number of practical skills:

- how to find a vein and make an injection using the infusion set for drug dosing;



- practical training on the administration of drugs in different types of muscles;  
- subcutaneous injection;  
- allergy test to certain drugs.

In Ternopil, Help Motherland International has already conducted practical seminars on dressings, limb and other body parts fixation techniques during fractures.

Next year, a series of classes on the basics of surgery, methods of catheterization of men and women, medical care for hemostasis, and many others are planned.

TNMU students and representatives of the organization express their gratitude to the Director of the Scientific and Educational I Tkachuk for their assistance in conducting the workshop.

Below is the schedule for the Help motherland international seminars and trainings for this academic session.

- Bandaging 2 - 21 September, 2019
- Management of fracture -12 Oct, 2019
- Parenteral administration of drugs - Nov 9, 2019
- Passing of NG tube and surgical hand washing - 25th January - 2020
- Male and female catheterization - February 22nd, 2020
- Route of injection 14th March, 2019
- HMI medical conference - April
- Hemostasis - 2nd May
- June - vacation

**TNMU Press Secretary Yanina Chaikivska.**

**Photographs were taken from the organization's archive**

## **TNMU RAISES AWARENESS ON IMMIGRATION LAWS**

The authorities of Ternopil National medical University in association with the immigration service of Ukraine, have recently intensified their efforts to raise awareness on various immigration matters that have been affecting students and providing solutions with first hand information on how to avoid problems regarding immigration.

Most commonly, students are not aware about laws guiding temporary residency permit, place of residence registration and how to rectify any issue that may arise.

In a bid to ensure legal status of students and validity of Temporary residence permit (Posvidka) the immigration service commenced an initiative, "Stop and Search", which began in the month of October, 2019 and ended in November, 2019. Students of TNMU were adequately advised to be with their valid temporary residence permit at all times and at the end of the initiative it was reported that no student of TNMU had issues regarding the immigration status. Subsequently the immigration service stated that it is mandatory for students to always have their temporary residence permit in possession as an encounter with the police may warrant them to provide it as means of identification. They also stated that Temporary residence permit are now being issued as cards as the immigration service have now further integrated electronic identification and

biometrics into the identification procedure as required by the European Union which they look to join.

The immigration service also gave important information on the Registration details of place of residence. The immigration service authorities emphasized on the importance of always having a valid documented address linked to the students temporary



resident permit. It was made known that in the event of a change of address the new address must be updated in the database within 1 month after cancellation of the previous address. To do this the student should personally go with the apartment or flat owner to the office for registration of place of residency and avoid the use of middle-men in address registration. Here a new document serving as proof of address

corresponding to that in the database will be given. Failure to complete registration of address within 1 month after cancellation attracts payment of fines backed by the law.

TNMU authorities advise students having any issue with immigration status to inform the institution on time so it can be rectified but also unequivocally stated that ensuring the validity of all documents is the primary job of the student and therefore they should always make sure all documents are valid.





## CHARITABLE FAIR WAS HOSTED AT TNMU

On October 17, 2019, on the occasion of the Day of the Defender of Ukraine, a charity fair was held at I. Horbachevsky Ternopil National Medical University. Students and teachers of our university offered varieties of delicious home-made pastry, fruit from their own gardens, traditional Ukrainian dishes and many other tasty products. Foreign students also prepared dishes of their national cuisines. A total sum of 19,751 hryvnias was raised through students and teachers' joint efforts. All the money will

and Nigeria.

Traditional Indian sweets, "halvah", as well as potatoes in chickpeas, pani puri and many other were prepared by Kanshika Aurora, Javed Ansari, Sahil Jaiswal, Mohit Kharb, Nadeem Ahsan, Atul Meena, Pranjal Jitendra Chaudhary, Nitin Kumar Katheria, Mohit Kumar, Vaibhav Tripathi, Khan Mohammed Shumayel, they were also responsible for purchasing the products, organizing the presentation of their country at the fair and selling the

traditional dishes for Pakistan. Raj Kumar, Amit Kumar, Saher Rida, Shah Ghazal, Shah Aqsa helped to sell and talked about their dishes.. A team of students from Pakistan was distinguished by their corporate approach to participating in the fair – they made t-shirts with the symbols of their country specially for the fair.

The Egyptian table was rich in chicken rice and basposa (oriental traditional sweets). Ahmed Salem Mohammed Abdelgawwad, Abdelrahman Mostafa Hazem and Mohamed Ahmed Mohamed Hassan Ibrahim prepared the food and offered it to the visitors.

The Nigerian Students' Association offered a variety of traditional snacks, including Puff puff, Chin chin, Egg roll, Peppered gizzard. These treats were prepared by Edohore Precious, Eze Samuel and Rumuluyi Favor. Students from Nigeria indicated that they were pleased to join the university's charity initiative to help those in need of care and support.

At the fair, an express exhibition "Ukrainian Folk Clothes at the Beginning of the Nineteenth Century" from the holdings of the Ternopil Regional Museum was presented, as well as a workshop on tying the kerchief and namitka (traditional Ukrainian headware). The staff of the museum Oksana Hulyk and Halyna Zawisha were responsible for the presentation.



be transferred to meet the needs of sick children, who are tutored by the University, as well as the needing Ukrainian soldiers. Teachers and students of the Departments of Pharmacology and Clinical Pharmacology, Microbiology, General Hygiene and Ecology, Pathological Physiology, Clinical Immunology, Allergology and General Patients Care, teaching staff of the Faculty of Pharmacy joined the fair.

It should be noted that representatives of the Department of Pharmacology and Clinical Pharmacology and the Faculty of Pharmacy are always creative and sophisticated in such fairs. However, all participants came forth with amazing delicacies International cuisine was presented by students from India, Pakistan, Egypt and Nigeria

Traditional Indian sweets, "halvah", as well as potatoes in chickpeas, pani puri and International cuisine was presented by students from India, Pakistan, Egypt

dishes. The team of chefs consisting of Anum Razaq, Akshay Alwani, Mustafa Saleha, Mehmood Atif, Molvi Noor ul Mustafa Maryam, Mustafa Yahya prepared biryani with chicken, samosas, salads, pistachio jellies. These are all





**STUDENTS' FORUM**

**“Share with us your ways of adequately preparing for examination in TNMU (taking into consideration the time available to prepare, the number of subjects per semester, the bulk to study, and cases where there are oral sessions). What do you think of the exam system? (If you give problems, suggest possible solutions.)”**



**NAME: AKUNNA NORAH UGALIEGBULAM**  
COURSE: 6TH COURSE - MEDICINE

First, I look up all the subjects I will be taking for the semester and write the total number of questions. I decide what percentage I need to read for the pass mark and study more questions if I have got time.

Lastly, I make a time table and try to be disciplined enough to follow through. I do not always keep to it, so I leave room for error when I make my timetable.

For the oral exams, they terrify me and that is why I try as much as possible to answer them early enough. Most times, I answer them myself because it makes me understand the questions and the answers I will be giving way better than if I am just repeating what someone else compiled.

As a student, I would definitely love for the questions to be reduced, a lot.



**NAME: OLUWATOSIN OMOWUNMI JIMOH**  
COURSE: 6TH COURSE - MEDICINE

Exams in TNMU are not actually easy. It takes a lot of dedication and hard work to scale through.

To effectively prepare for the school exams, I start off by making a study timetable. This helps greatly in managing my time and making sure I cover every section before the exam.

It is best to start earlier before the semester is over, but in cases when the school workload is too much and I do not have much time to study the exam questions, I focus more on my classes, as they are also important. This helps in the oral examination by serving as a form of revision, thereby reducing the workload. The exam questions bank can be quite large (in most cases), but I push myself to the limit, as I know the storm will surely pass. It is definitely better to pass it once, than going through that whole process again.

With the exam system, I feel there are a lot of problems attached to it.

Firstly, the questions given to us to study are just too bulky and really tasking to handle. I believe it will be best if a reasonable amount of questions could be set for us to study, as the time allocated for the pre-existing numbers of questions is not enough to properly and fully comprehend them. Also, most of the questions either have wrong answers, grammatical errors, 2 ticked answers in one question and others of the sort. It would be great if they could be crosschecked before they are placed on the school site, as this can be really frustrating and confusing while studying.

Finally, there is the issue of shading with pens. I understand that this is to help reduce the occurrence of exam malpractice, but one can also make an honest mistake either in shading the wrong letter or finding that they were wrong when going through their work again. Correction is therefore made impossible for such students at the cost of a mark or more which is quite unfair. This aspect should be adequately looked into and reconsidered, as our accuracy is not near machines and some simple mistakes are bound to be made in some cases.



**NAME: EBENEZER OMOBOLANLE POPOOLA**  
COURSE: 6TH COURSE - MEDICINE

Firstly, everyone has their area of strengths and weaknesses in life, sometimes coupled with individual extramural responsibilities. I belong to the group of students who have a chunk of extramural activities, and mine

mine range from membership and active participation in the Student Parliament and Nigerian Students Union, to anchoring medical seminars. I am also a dedicated church leadership.

With this backpack of responsibilities, I tend to devise "my own ways [hilariously]" to be able to still perform well in class and also in exams. They include the following:

1. The understanding/value of time. I settle in my mind that I do not have time, because the idea of having a lot of time makes you waste time.

2. Dedication to reading my exam questions earlier.

This is an extension of point number 1. I start reading my exam questions at least a month before the stipulated date for the examination.

3. Some people prefer group discussions. For me, I hardly do group discussions. I prepare better when I explain to my colleagues.

4. Setting a REALISTIC GOAL. Having in mind that we have a lot of questions to cover, I set a goal that is realistic. "But never underestimate your inner strength". E.g. I set a goal of finishing about 200 questions a day.

5. Reading everywhere. Learn to understand that the time you use to walk on the street is part of your lifetime. Majority of people are not aware of that. Learn to read in the bus, while 'gisting' with friends, while waiting at the bus stop/train station, etc. I do these.

If you can chat on any of the social media in any location and understand the chat, you can read anywhere as well. It is all in your mind!

On the other hand talking about the examination system, to me, it is a good one because it makes you go through your school materials all over again, especially the oral questions.

As for the MCQs, the number is quite cumbersome, so I will suggest a reduction by the school.



**NAME: ALEKSANDRA MALGORZATA KAMINSKA**  
COURSE: 6TH COURSE - MEDICINE

How do I prepare for exams? When it comes, I try to have everything planned out - the number of questions I need to study for each day. It is not always successful so on other days, I learn more in order to achieve and maintain that equilibrium. I always sum up all the questions per exam session and divide them into 200 questions per day, so I know when to start.



While the classes are still underway, I try to prepare for them and for exams additionally. First, I start with the subject with the largest number of questions, but it also depends on the number of days that separate exam dates. I read the question, give the answer, check and keep reading, in that order. When I reach 100, then I return and repeat all. When it comes to oral exams, my regular studies and notes are a great help to me at that time. Thanks to that, I don't have to learn all the materials from the beginning.



**NAME: ALEKSANDRA MARIA MIENKINA**  
COURSE: 5TH COURSE - MEDICINE

When exams are coming, I first check the question base because the time I spend studying depends on the number of questions there. I usually try to do 200-300 questions a day, but of course, this is not always possible. This however, is the number of questions I can study calmly. When there are more, then I become stressed. When I start learning, I first read the question and hide the answers. I try to answer the questions myself, then I check which answer is correct. When I am right, I move on to the next question, and when I am wrong, I devote more time to that part. In my opinion this is a very slow way of studying, but for me, I can remember more by this method.

When I study for the written part of the exam, I study alone. But when I learn for orals, I study with Aleksandra Kaminska.



**NAME: PETER SELASIE HUMPHREY KUGREGA**  
COURSE: 5TH COURSE - MEDICINE

Preparation towards exams has always been a part of student life and yet, each person yields different results. In my opinion, the bulk of questions is not really a necessity, as many of us tend to "cram and spill", and that will be the end of it

I though, tend to read the questions at least a month before the exam and repeat it many

of us tend to "cram and spill", and that will be the end of it.

I though, tend to read the questions at least a month before the exam and repeat it many times more. I also get the total number of questions from all the subjects per exam session and divide it by the number of days I plan to read, then I stick to the daily number of questions to study, accordingly. Everyone does have or should have his/her own approach. Taking classes seriously also reduces the stress when it is time for orals.

I believe a reduction in the number of questions will do, and proper editing of the English language would help us more in understanding what we are dealing with, thereby eradicating the fault with the exam system, for me.



**NAME: FORTUNE CHIEMELI ORISH**  
COURSE: 5TH COURSE - MEDICINE

Personally, I think a good student should have little challenge with tackling TNMU MCQs. If we read for class daily we should not have a problem with the exam, especially orals.

I usually study the questions at least once before the semester closes for proper mastering.

The challenging thing is the construction of English. There are a lot of mistakes also, so what I do in those cases is repetitive cramming. The solution I would suggest for that is this: someone who is well grounded in English language could be setting the questions, or the questions could be structured like the KROK pattern which is very good. The last which is of higher standard is that, majority of the IFOM questions could be included in our normal exam questions. In that way, it will benefit all students because we are used to the normal school system. "Believe me, we are all medical students and we really need to learn".



**NAME: ABDULSALAM OMOBAYO AKINLADE**  
COURSE: 4TH COURSE - MEDICINE

Personally, I have my reservations about the exam system. Thousands of questions being brought out as banks where only definitely 48 will be chosen from, I feel to some extent, limits how much you can really learn during the exam preparatory period and how much your brain can actually assimilate, as against if you had not known what the questions were going to be. This "limitation" however, does not make it any easier because in most cases like I said, it is thousands of questions. But that is the system I find myself in, so I have had to strategize a way of making the best of it.

My preparation for the semester exams do not start from when the questions are released, but actually from the very first class, because really, preparing for class is actually preparing for exams in the long run. So the plan is to read adequately for every class, but we all know it is not as straight-forward as that.

However, from the time the questions are released, I usually calculate the total number of questions from all the subjects I will be writing, and set weekly targets to know how many questions I should have covered by then. As the exam draws nearer, it becomes daily targets, then hourly targets, to 30, 15 and 10 minutes targets. I feel the closer my target is, the less distraction I will let get in my way because I would be more conscious of the target I have to meet, hence the 10 minutes. I make sure I give myself the chance to review the questions at least 3 times before the exam, making sure the last time I review them before the exam is not more than 24 hours before the paper. In overwhelming cases where we might have 4 subjects in one day, at least 48 hours before the exam, but making sure the ones I have the most difficulty in, have the last 24 hours.

For objectives, in approaching questions, I try to understand why A is correct and B is wrong, use a lot of pictures to make what can be visualized stick and get explanations from those who understand because it is harder to forget when you know the background or underlying mechanism. When I do this for exams that also have orals, reading for objectives ends up looking like I was reading for orals and makes the latter easier. Writing this makes me realize a lot actually goes into my preparation, more than is stated here, but this is the blueprint. I still fault sometimes, but I always look to follow this blue print.

One more thing: for the current system, I know my speed when it comes to preparation and everyone should know and follow only theirs when preparing, and always look to improve on it.





**NAME: MAAME AKOSUA AGYARKOBEA ADDO**  
COURSE: 4TH COURSE - MEDICINE

It is a privilege to share my experiences and views in this forum to help a person or 2 out there.

For me, first off, I give the utmost credit to God, then to my group mates (Group 44) and study partner also. In preparation for TNMU examinations, there are many difficulties and trying moments that make it almost impossible to predict a great outcome for yourself. It involves having to combine studies for classes with studying 3000 questions and over in question banks per exam session, with only a few days set between the end of school and the due date for exams.

To begin with, I am not the hasty type of learner. I fall more into the slow but sure category. That is me. So there have definitely been some MCQs where I was not able to finish question banks for some of the subjects before the exam; and for my orals, there have also been cases where I did not manage to go far or finish or even open the material at all. So how do I manage? Like I said earlier, I believe God blesses my efforts.

I start putting in my efforts from day 1 of classes, doing my best to prepare adequately for them. I try to read to retain and not just to read to go and retell. I am more of a graphic learner than the reading type also, so videos and pictures help me a lot. I believe this is the first part of exam preparation, and the biggest rescue for oral exams, or at least for me, if I should say. I also pick up easily, what people say (definitely when it is confirmed right) and it will amaze you the number of things I remember because Kwaku said this or Moyo said that. Explaining to colleagues and friends also firms my grounds in different subject matters.

When exams is close however, I use targets and goals to help me cover the material as quickly as possible (MCQs). I get these from dividing the total number of questions for the exam session by the number of days I have available to prepare, to know the least number of questions I will need to cover daily. I try to start preparations early enough, knowing myself and my speed, and I work with a study partner sometimes, to give me 'vibe' on days where there is just no 'vibe' to read. I try to race with time when reading the questions to help me go faster also. Another key element: always make time to go over! Very necessary. So my advice: know yourself and you will know how to adequately structure

an exam plan that will best suit you; read for class, start preparing early and always go over. Do your best and leave God to the rest! My suggestions concerning the exam system: It would be very much appreciated if the exam questions could undergo screening before they are brought out to eliminate the occurrence of grammatical, technical and sometimes translation errors, where you may see Ukrainian words in an English exam. We could also use a reduction in the question banks for exams, as well as an increase in the time for exams preparation. More explanation from teachers during classes will be very much appreciated also. It helps a great lot. For instance, my last paediatrics class with teacher Luchishyn, was a blessing for my OSCE-Paediatrics and I still remember what was taught till date. Thank you.



**NAME: ADAEZE ELIZABETH AJE**  
COURSE: 4TH COURSE - MEDICINE

Personally, I start studying my MCQs more than a month earlier bit by bit, thereby, beating procrastination. That way, when the exams draw closer, I tend to have gone over the questions about 2 times or more, to get myself adequately prepared.

If I have a lot of courses to study for, I apportion myself a course per week, giving maximum attention to each. Due to the bulkiness of the MCQs required to study for, I take a pencil and paper and put down bullet points and key words I normally refer to, even on the exam day. I do the same for orals.

The exam system?

Here, I think it is designed to choke us [hilariously]. The volume of exam questions required to study is humongous and quite inconsiderate considering the classes and 'matricules' we must adequately prepare for as well. Hence, some cram and do not learn to understand for exams. I mean, this is not a competition. It is only an exam aimed to test the students' knowledge and not to cause us to suffer. At the end of the day, the school will be raising people with limited capacity instead of scholars. We beg to please cut down on the questions given so that education can be a lot more bearable and enjoyable.

Thank you.



**NAME: DAVID AYOMIDE AJALA**  
COURSE: 4TH COURSE - MEDICINE

Exams in TNMU are extremely stressful to be honest! I have come to understand that repetition is key when reading for exams, but the schedule for classes, especially for those between 1st to 3rd years, makes it almost impossible to read adequately.

So how do people pass?

First and foremost, ask God for help.

Secondly, make up your mind to put in the work. People can achieve a lot when they put their minds to it.

Thirdly, Put in the "little work". Every moment counts. That small time you spend 'gisting' before class can be spent on covering some questions. Work hard now, so you can play hard later!

Fourthly, videos are a blessing sometimes, when it comes to oral exams.

As for the exam system, it is not bad. It is just complicated by the load of classes we have, though another issue is the problem with information. Sometimes the question bank would be undergoing updates and we do not get to know on time, so what we may have studied ends up not being up to date. Maybe an email delivery system to everyone's school email will be helpful.



**NAME: YIADOM BOAKYE ADU**  
COURSE: 4TH COURSE - MEDICINE

Sometimes, the difficulties students encounter while preparing effectively for exams emanate from the lack of fundamental skills such as time management and notes taking, and inability to cope with anxiety. Moreover, it is one thing to just read and another to read and comprehend.

Since the end of semester exams compromise some if not most of the topics in the course work, I try as much as possible to go the extra mile to gain in-depth knowledge about the topics in the course of study. With this technique, when I am preparing for the oral part of the examination, I do not spend much



time on it. However, there are times when the exam questions are plenty and are imbued with mistakes. In such cases, I plan ahead of time and make a strict timetable that I follow every day to help me finish the questions, revise it and even cram the ones with mistakes.

This is my suggestion for the bettering of the exam system:

Personally, I think the school should help us out with this by decreasing the end of semester questions and rectifying all the mistakes in them because students tend to have a hard time studying them, and begin to contemplate whether or not to just read the exams questions at the expense of actually understanding the topics in the course of study. With this, most of the students manage to manoeuvre their way through to final year with little knowledge, and it is rather disheartening.



**NAME: CHIBUIKE CHIZOBA MADUKA**  
COURSE: 3RD COURSE - MEDICINE

I want to say a very big Thank You for the opportunity to share my views via this platform.

First of all TNMU exams I discovered, has been of great bother to a whole lot of students in the school because we all know what will follow when you do not pass the exams, which is the same case as every other exam out there, but here is what I would really like to point out from my observations thus far as a student of this noble University:

Before our exams we are usually given a whole bulk of questions to study depending on our year of study and department of course, and at the end of the day we are made to write just 48 questions for MCQs.

Preparing for the school exams each semester has been a tasking one because we are always made to write our exams almost immediately after the end of each semester (when we end classes), sometimes with just about 4 days interval. I must say, it is very hectic for me, considering the fact that we often have questions ranging from 1000-4000 to study per subject, and most times we have more than 3 subjects to write every semester.

I would love to use my exams this semester as a case study. Personally, this semester I have 4 exams to sit for, and I have over 5,500 objectives questions and over 120 oral questions to study, with my exams coming up just 3 days after the end of the semester.

I try to combine preparing for school every day with studying my exam questions to be able to ensure that I am covered; also putting into consideration other extracurricular activities I am involved in.

I suppose you must think that as I have 4 exams to write, I would have to write each subject individually with intervals in between to be able to prepare adequately for each subject, but guess what? The answer is NO. I will have to sit for 3 papers together in one day and another in the next 3 days and this is a huge task for me psychologically and emotionally.

So what I do is, I basically juggle between reading the materials for my class and for the exam during class periods so that I can be able to cover. Sometimes I have to practically stay up all night, just to be able to cover up for the time I spent preparing for my classes.

Having stated the problems, I would love to suggest possible solutions which I think run through the mind of many students here in TNMU:

Firstly, exams in many universities are usually sat for individually (a subject per day) with intervals in between, so that students have an appropriate amount of time to prepare themselves emotionally, psychologically and otherwise for each. I honestly think it would be better if the school could implement same.

Secondly, issuing out over 5,500 questions for students to study and write in an interval of 4-6 days, I think, is not ideal. Yes, exams may not be a true test of knowledge, but this method I believe, does not judge any better, even taking into consideration the fact that the questions differ per variant. I would suggest that the questions if at all would be issued, should be issued on a smaller scale and the time given for preparation be reconsidered.

This is basically my view concerning the school exams system and I know we can do better when these things are put into consideration. Thank you.



**NAME: SRITAMA MOULICK**  
COURSE: 3RD COURSE - MEDICINE

Regarding exam preparations, I make sure to follow during classes more or less, as well as during lectures, which I believe also helps. I also try to learn the questions available on the university site. For the oral sessions, I learn

from practical class materials and some text books.

I guess the number of subjects for exams per semester are okay, but I think the questions to study per subject are too much. And for the newly introduced IFOM exam, I believe we should have gotten adequate training from the very beginning of our course and not for it to have started from 3rd year. Materials for that exam can be merged with practical classes for better studying and adequate assistance from teachers. I do not feel IFOM is a waste because we will have to write our registration exams when we go back to our respective countries. I do not think however, that it should be compulsory because not everyone will stay in Ukraine. The exam can be there, but should not be made compulsory for everyone. Also, adequate lectures should be made available for it because what we have to study is way too hectic.



**NAME: SUCCESS BIFUGHA**  
COURSE: 3RD COURSE - MEDICINE

Preparing for examinations in TNMU is very stressful and difficult, most especially because of the limited time available to prepare and the schedule for classes. These are some of the ways I think are helpful to me in preparing for TNMU exams:

1. I try to always read for the classes of subjects that I will write exams on whether in that semester or the next one. "Regardless of the teachers you have for your classes whether they are strict or lenient, always prepare well for your classes because if you know and understand every topic, preparing for exams becomes less stressful. It is the same things you would have learnt during classes that you will meet in the exam, especially in the oral exams".

2. I have come to understand that the few days after the end of the semester to prepare for the exams, is for putting the icing on the cake and not the time for preparing the whole cake. It is ideal, with the system's setting, to start preparing ahead of time because the time you have after the end of classes is very limited (like 3-7 days). During this time I try to complete the questions in the question bank and also read for the oral exams (if present). The struggle then, is combining it with studying for classes. "Doing all these sounds impossible and difficult but if you usually prepare well for your classes as stated in my previous point, it is attainable. Nevertheless,



keep in mind that you have to be willing to put in the hard work because medical school is not a joke – it is human lives you will be dealing with; it is more than TNMU examinations”.

3. Most importantly, there will definitely be those days where you are just tired, sick, lazy, or not able to understand something after reading. For these periods, I ask God for help and honestly, I would not have been able to do any of it without God. I try to read and prepare well, and I rely on God to bless my efforts.

I would suggest that the school reduces the amount of questions for the MCQs and increases the amount of time to prepare for exams. Also, they could reduce the amount of topics to learn for one class, because learning that much information at a go for one class makes it difficult to remember in the long run, not to talk of the fact that we have 2-3 classes with one lecture every day.



**NAME: DENNIS APPIAH NKANSAH**  
COURSE: 3RD COURSE – MEDICINE

I literally start preparing at the beginning of the month preceding the examination month. I like to

make inferences from acquired knowledge rather than committing to memory the answers to the objectives, since I am quite bad at it. Exams with oral questions are quite okay, as they suit my style of studying, albeit, the questions are quite vague and cumbersome.

I would suggest to have more direct focus on the utmost important oral questions, and if possible, fewer ones too. Also, the objectives questions sometimes are way too many, and they practically defeat the purpose of real studying. As such, most students ultimately end up cramming for the exams. If fewer and the most important objectives questions are set out, they would greatly help in studying. Understanding of the exam questions are also quite a problem due to how the words and sentences are constructed, I would suggest that exam questions be proofread, to eliminate mistakes from them.



**NAME: SIMRAN MEHRA**  
COURSE: 2ND COURSE – MEDICINE

“Examinations help us to evaluate ourselves and our mistakes”.

Even though we normally have 4 exams per semester and also oral exams, I think we get sufficient time for preparation. With oral exams, we get a reality check on

our knowledge and also a check on our confidence level.

I study for classes regularly, hence, decreasing the exam burden on me at the end. Medicine is a lot to study, but I take intermittent short breaks for myself also.

My university (TNMU) has the best Dean, best faculties and the best resources which will brighten every student's future.

I am proud and blessed to be a part of this prestigious school.



**NAME: WOYENGIKULE DAVID GANA**  
COURSE: 2ND COURSE – MEDICINE

I start studying for my oral exams a month or 3weeks before the exam day, so I do not forget it easily. I also try to study well for normal classes, so it is not too hard for me when it is time for exams. As for the MCQs, I start a month and 2 weeks before the exam day so I can finish all my questions twice. The key for me is finishing every single oral question.

My problem is the number of exam questions in both orals and MCQs. My suggested solution is that they should be reduced.

## ARTICLES

### SURGERY IS NOT JUST AN ART

Forget handball Shady, “It would be great if you even walk normally again”. I was in Germany for surgery after rupturing three spinal discs and paralyzing my right leg.

For a year, I laid in bed hoping to avoid a career ending from surgery. But advanced treatment in Germany gave me hope of returning to my Handball team in Alexandria, Egypt, and even representing my country again on a national level.

As a kid, my grandfather taught me to ride a bicycle and even built his villa with me in mind, creating a special place for me to ride it.

Now we both lay in bed. Only, he was in the advanced stages of cancer. It broke my heart when I visited him in his last days and he didn't recognize me.

Before my surgery, he was gone.

Within five months after the operation, I was playing for Alexandria. Nine months later, I was playing for Egypt, and a few months after that, I was in Ukraine for Med School.

For me, surgery is not just an art. It's an opportunity to use my experience to express genuine empathy for the physical and emotional suffering that others are going through.

School is very challenging with my first license exams coming up, but the desire to help others live a happier and healthier life is getting me through. When I'm down, I remind myself why I started, and to

never let the fire in my soul go out - no matter how hard life gets.

**By: Shady Elazizy**

**3rd Course (Group 35) – Medicine**

### WHAT A DYING NEUROSURGEON TAUGHT ME ABOUT LIVING

Have you ever wondered what makes life worth living in the face of death? What do you do when you know that all you have is the present, the future will never materialize, and all your accumulated goals and aspirations seemingly amount to nothing, as they slowly dissipate with each passing day, hour and minute? These were some of the questions an American neurosurgeon found himself faced with, at the wake of the discovery of a life-shattering diagnosis: stage four metastatic lung cancer. He spent the rest of his life exploring these questions, which he documented in his autobiography, aptly titled “When Breath Becomes Air”. It is a rather poignant irony that at one moment he was a doctor treating the dying and the next, he was a patient battling for his life.

In this modern technological era, we find ourselves in constant need of our devices. Our cell phones and various gadgets have become a sort of lifeline for us and we're swarmed with an overload of information: posts, reposts, tweets, retweets, messages, texts. It has become a common place for us to gather in the

spirit of camaraderie, yet we never really make meaningful person to person connections because we are always glued to our cell phones. In Paul's book, he argues that it is important to realize that living means more than just staying alive. It means embracing every moment you have been gifted with, enjoying genuine friendships and celebrating every victory, no matter how seemingly little. It means putting aside that phone for a while, enjoying nature or something as simple as looking up and marvelling at the sky. When was the last time you showed compassion, were generous or kind not for gain but just for the sake of it?

Aside from this, I have had to recalibrate my perception of what success means: It involves resilience, not necessarily bouncing back to one's original state, but evolving and reshaping oneself in a way that one will be unaffected by any challenge coming their way, but rather conquer them each time. This to me, is true success.

Having said this, I leave these questions for the reader: What are you basing your life on? Is it on your electronic devices, your career or your money? What happens when these entities suddenly disappear, as they are fleeting? What tangible legacy will you leave behind once you pass? What will you do, when the breath in your lungs, suddenly turns to air?

**By: Pearl Anesu Mpofu**

**3rd Course (Group 34) – Medicine**



## THE EXISTENCE OF GOD

There is a famous story in which the German Kaiser asks Bismarck, "Can you prove the existence of God?"

Bismarck replied, "The Jews, your majesty, the Jews. The Jews comprise less than 1 percent of the world's population, yet 176 Nobel Prize winners have been Jews."

The Jews are accredited with ground-breaking discoveries amidst several assaults they faced, especially during the Jewish Holocaust when the Nazis wanted to wipe them out. There is by far, some enriching stories of amazing discoveries by Jews.

The Jew, Ehrlich, discovered Salvarsan, a cure to syphilis, which is diagnosed by the Wasserman reaction test, also discovered by a Jew, August Wasserman. Widal and Weill founded the discovery of typhoid fever treatment. The discovery of insulin was birthed by a Jew's experiment. And there are many more accreditations.

A Jew is a Christian today. In Romans 2:29, it is written "a true Jew is one within and not without". This means that, if we believe in the existence of God and accept the finished work of Jesus, we are Jews because of that faith.

The God factor cannot be ruled out of our lives. Agnostics sit on the fence, neither believing nor denying the existence of God. Atheists say "there is no God". Evolution further concedes this argument by telling us human beings originated from a lower class of animals. There are many more theories, but it is of my conviction that God is the source of all creation, and has invested in humans the capacity and ability to nip the challenges facing us today in the bud.

As medical students, we can find the cure to certain diseases which the world or people think there is no cure to because all knowledge and insight comes from God. And as we get closer to Him, He gives us ideas or solutions to these problems.

**By: Richard Michael Ofori**  
**4th Course (Group 44) – Medicine**

## MOTIVATIONAL LETTER BASED ON PERSONAL LIFE EXPERIENCE

Everybody experiences a period in life that makes them a different person. This life breakdown changes the way you think and builds up new priorities. At the age of 15, going across the ocean to the United States for an exchange program, leaving my parents alone while I was the only child, was the challenge that I took in order to make myself a better person. And this effort was evaluated.

Taking and dealing with classes that were administered for older students was that breaking point that helped me to make the certified decision about my future carrier as an M.D.

Being a little drop in the ocean of completely different people did not change my wish to make a positive impact. I put myself together and started doing volunteer work. Hour by hour, day by day, the work was making me a better person and I started realizing that it influenced the community well. In the end, the American government awarded me with the President's Volunteer Service Award, which really put into my mind that the changes begin from minor things being done by a single person.

Coming back home marked a lot of things to change again. M.D. as a profession was a surprise to my parents who always believed me to be a lawyer. My time was limited to get ready for admission, so I needed to work in full force. When I was enrolled into the university, I became more convinced that everything was possible when you had a willing heart.

No one wants to finish what he started until it gets to a final point. This has a direct connection to me referring to my past experience. After coming back from the United States, the great wish to continue my connection with the international platform of communication went on. The godsend was the AIESEC web-site, when I checked it out and thought that it was actually where I should and wanted to be. From there, my AIESEC journey began which lasted for almost 3 years. Started off as a simple team member, then took the responsibility of becoming a team leader and realized a project – all of which were a step-by-step road to success. The main purpose of my social project "ProFFuture", was to give school students knowledge about how to choose the right profession. Due to this project, I gained an experience in communication with interns from Brazil and China.

My team and I also organized a public event named "Fair of Universities", where the local, higher educational institutions had the possibility of presenting themselves to a target audience. It was a great success because such an event had never been held in my city before. The feeling of being recognized and respected had a big price and I paid it before. Afterwards, the Executive Board of AIESEC recommended me as one of their successors for the next term.

Taking up a challenge might make you feel uncomfortable and diffident, but if you accept it, you will realize the much bigger opportunities you have. Now I'm proud to inform that I have been in the Vice-President position twice.

Lastly, I was one of more than 1,000 applicants for Pinchuk Fund Zavtra UA Scholarship Program. I got an e-mail with information that I was in the 36th place among all the students. Hard work makes all your dreams come true indeed. On June 17, 2015 I went to the Reward Ceremony and received personal congratulations from the former Prime-Minister of Great Britain, Tony Blair.

Currently, with Ukraine dealing with a hard situation, people have confidence in the younger generation to change the current state. Being one of these people who will lead any country to a better future is a great honor which requires a lot of experience and skills. I'm confident that everyone of us can be an agent of positive change in the world. Just remember, challenge today, impact tomorrow.

**By: Bohdana Pereviznyk**  
**(Intern in Anesthesiology Department)**

## "THE REASON TO BECOME A DOCTOR"

I belong to a small village in Pakistan. As I am studying Medicine in Ternopil National Medical University, Ukraine and I am a future doctor, there are several reasons I deem fit to choose this field: for instance, for a secure future, good status, and more money. I think these things are important for life but are not the whole life. We should also help other people who need us.

To become a doctor was my childhood dream. To achieve it, I worked as hard as I could, my family supported me to achieve my goal and so did my friends, especially Parshant Kumar. He is the person who changed my whole life and supported me in every phase of it.

I lived and am still living far from my family which is not common in our society. I tried to get admission into a Pakistan University but could not get it, and that is when I decided to come to Ukraine. The main reason I chose this field was that for many years I saw poor people in my society who didn't have money to pay doctor fees and buy medicines. They were living by the hope of God. So basically, I want to be able to do something for them.

When I graduate I will be 25 years old. We all say we do not know when our lives will end but if we check, the average human life span nowadays ranges between 50-60 years in our society, so I will not have much time thereafter.

**...Continue on Page 15**



**continuation from page 14**

Many of my friends advise that after graduation we should move to the US, UK, etc. They say you will earn more money there and you will have a good lifestyle and maybe they can be right, but my mind is not ready to move there. I think we have a short life and we should do something for others. If God gives us some resources, we should also use some for others. This is the purpose of life for me, because I think if you help someone and help solve their problems, you will feel the satisfaction and inner peace which you cannot get from any other thing, if even you have millions of dollars and a good status.

And I think we shouldn't live for ourselves but also for others. It is the only thing which makes us different from animals.

Lastly, I want to conclude this article with this quotation: "It is not necessary to live a hundred years of life. Live one day, do something good for others, and it will be remembered for a 100 years".

**By: Raj Kumar**  
**3rd Course 2nd Semester (Group 52) –**  
**Medicine**

**MEDICAL LIFE**

What might a normal person think about medical life?

Perhaps, a job from 9 to 5, treating patients, giving injections and writing down prescriptions. But NO, it is not as simple as it seems from outside. Medical students have to enhance their skills like quick thinking, coupled with some qualities like alertness, humility and a calming nature, because it is a profession which deals with live patients.

People should know some "inside stuff" about medical life. So let us start from the very beginning. Admission! Getting admission into medical college is tough because of the limited slots and high competition among students. The high school nostalgic feeling is short-lived when medical students are hit with the brutal reality of anatomy and its associates, subjects that usher them into what lies ahead. After getting into the medical faculty, students become so lost in daily routines birthed from the stress from the course, so they cannot even fulfil their other hobbies, attend functions or parties. They must know what they are going to deal with.

During their study itself they get chances to

meet patients, interact with them and give them a sense of hope, that gleam in their eye, that unwavering trust that motivates them to push harder. A wise man once said, "With great power comes great responsibility".

There comes many situations where doctors have to have confidence in themselves in order to overcome one problem or the other. During their whole medical lives, doctors learn every day new kinds of diseases, new medical technology and gain new experiences. Doctors have to prepare their minds to solve emergency situations as and when they also arise.

Students in their future medical professions, should do the best they can to help people in need as this profession is not only making about money but about serving. To become a doctor is not as easy, as we have seen above, but if medical students want to be doctors, the difficulty is the cost they have agreed to pay. However, they can make it easy by planning well from day one of their medical lives. In summary, being a doctor is all about knowledge, wisdom, excellence and service

**By: Ashutosh Rangani**  
**3rd Course (Group 55) – Medicine**

**POETRY CORNER**

**Poem by: Maame Akosua Agyarkobea**  
**Addo**  
**4th Course – Medicine**

**Title: MELANIN AGAINST THE WORLD (PART 1)**  
The little drops that trickled down the contours of the soft, smooth skin of her melanin cheeks  
Sometimes smooth but sometimes bumpy  
Her periods made it no more easy  
Skin that bore judgement, hooked on the lips of society  
Prostitute, maid, incompetent, slave  
Stereotypes she faces everywhere, everyday  
Right from childhood until she is aged  
When will this trend utmostly fade away?  
"I'm black doesn't make me a prostitute, I'm black doesn't make me incompetent"  
"I'm black and I'm bold, I'm black and I'm confident!"  
Wherein lay her crime?  
To have been black, or a woman  
It couldn't be both? Oh no, but yes it is  
But black is beautiful  
The truth never dies  
The world is blind and needs to open up its eyes  
To the talents, and potentials it's letting slip by  
By the stereotypes, that cancer,  
All the prejudices and the like  
So that the little drops that trickled down, her beautiful bright eyes  
Light as a drop  
But it's weight, an entire ocean

Can finally dry off  
And free her of those emotions  
And she with her beautiful melanin  
Can finally show the world  
Her substance and truly, what she is capable of  
This is melanin against the world!

**Poem by: Omobayo Akinlade Abdulsalam**  
**4th Course – Medicine )**  
**Title: "PURPOSE"**

If you knew you had a purpose  
You would get up  
When tons of obstacles are weighing you down, you wouldn't give up  
Because you know this life isn't smooth sailing  
makes you take captain when everything around you is slowly sinking  
What makes you merge with the waters?  
Not to be engulfed by it but rather to take it all in till you finally emerge from it  
For every set back it makes you try  
Strive  
So Find the essence in your existence so you are not just existing  
Leave an impact to be felt when you are gone as we all are slowly exiting  
It's not the end if you don't know it yet, but the time to begin to  
So, what is your purpose?  
**(Now read from bottom to top)**

**Poem by: Adaeze Elizabeth Ajie**  
**4th Course – Pharmacy**  
**Title: WE ARE THE FUTURE**

Help me get something straight  
I've been quite freight trying to wrap my head around this  
We, the leaders of tomorrow are pregnant with a dream to rule the world someday  
Takeover and cause a massive shift in a system of corrupt rulers and their prejudiced policies  
But will we prevail?  
If we will never be seen beyond our skin colour, tattoos and even hair-do  
Do you need me to remind you how black skin is seen as a threat in this rather modern age?  
How poorly our race is being regarded in some parts of the world by some black uniformed "law enforcers"- owing to the misgiven badge of honour?  
Even men and women on hijabs or turbans are perceived as miscreants and terrorists, and  
are thus, treated accordingly  
Hence, massacre, abuse and assault have become the order of the day  
Agony has become our middle name by and by  
Justice we cry!

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**Continuation from Page 15**

Because the milk of human kindness in their veins has run dry.  
Band-Aid, it's a patchwork  
But forget it, you can't fix what's not broken  
We people of colour take pride in the totality of our being  
We say enough of the stereotypes!  
So, together we stand from tall towers  
Calling for change, even if it might involve switch of powers.  
We are the VOICE  
We are the FUTURE

**Poem by: Avinash Mishra  
3rd Course - Medicine**

**Title: : जग जननी "माँ" (THE FACE OF THE WORLD, "MOTHER") (Hindi Poem)**

Sunaa hai jindagi dene walaa bhagwaan hotaa hai, lagta hai maa se ye jahan anjaan rahta hai,  
chhodho duniyan ki baaten mai apni sunataa hu, maa ke charnon me hi jannat ko pataa hu,  
kitna bhi galat hu mai duniyan se ladh jaati hai, phir baith mujhe samjhaati hui ek kahaani sunaati hai,  
mere bachpan se hi ushne apne sapno ko maar meri jiden puri ki, aur hr pl mujhme hi wo apne saare sapne sajaati gayii,  
pr aaj mere pass ushse baat tk kame ka waqt nahi hotaa, aisha nahi hai ki ushki yaad nahi aatii ya ushka dhyaan nahi hotaa, aaj bhi jb bhi kabhi pareshaan hotaa hu, tere diye huye hausle sang pareshaniyon se

ladhtaa hu,

kitna jiddi tha mai baat baat pe ladh jayaa karta tha, apni pyaari maa ko kitna satayaa karta tha,

hr dard ko sahekar mujhe khush rakhtii gayi, pyare pyare pakwaan mujhe khila apni ungaliyan jalaa kr bhi khush rahi,

meri galtiyon ko papa se apni bataati gayii, hr modh pe mujhe hr dard se bachaati gayii, hafte me char din khud ko bhookha sulaati gayii, khud kr tapasya duaayen mujhe dilaati gayi,

sochataa hu us din ko jis din wo na rahegi, jb ye duniyan to rahegi pr ushki godd na rahegi,

tb kishko ja apne gam bataunga, kishke aanchal se apne aanshun puchhwaunga, tb khuda ki or dekh bahut pachhtaunga, us khuda se bs itna hi kh paungaa,

hr mandir majjid me jalaye dipak maine pr, ab nahi diwaana mai tera apni diwaani khokar.

**WRITERS' HUB**

**A LETTER TO A RAPIST**

Dear Uncle Korede,  
By the time you receive this I would be dead...  
"Lol, that's a gloomy way to start a letter. Let's try that again."

Dear Uncle Korede,  
I don't think I've ever called you my uncle before, have I? This is very weird. Well actually it isn't really, given the circumstances. After all you're the only one getting any form of explanation for this. You're probably with Auntie Eni and baby Zozo, watching some strange cartoon about dancing animals and talking maps, and I'm in my room surrounded by bottles of sniper I'd have downed by the time you got this.

I know right, a letter, very old fashioned.

As usual, mum isn't home. She and dad had a fight about Bobo's fees because she paid without telling him and now he feels she's 'growing wings', 'wanting to take over the role of breadwinner' and 'making him feel poor'. It's ridiculous really. Is that something with all men? Do you all think that way? Does your wife's success and willingness to better her family 'threaten' you? How childish. Someone really needs to talk about that.  
Anyway, I digressed.

Their marriage is clearly falling apart though, drowning Bobo, Tobi and I in the process, but we've always been drowning. We've always been alone even though Tobi and Bobo related better with each other than with me, since their age difference was smaller. No one really cared what happened to me.  
"Is that why you did it?"  
Because you knew nobody would care to know why I was crying? Why I was bleeding all over my bright pink dress? The evident rips at my

underwear, proof of what you'd done? Did you always know they wouldn't believe me? That my words were going to be taken as the mad rants of a stressed 20 year old, claiming to be suffering from years and years of abuse? That's what it was by the way, in case you needed to hear someone tell you. Abuse!

Do you remember the first day you came over to watch us? Because I do.  
The way you smiled warmly and gave me sweets. The way Tobi and Bobo left me to go visit a few of their friends at the 'Coconut Club'. The way you flipped my 7 year old body on the floor like I was a bag of rice, ignoring my obvious confused, terrified screams and tears, as you thrust painfully into my body over and over again. The motion you made across your neck with your thumb, a clear indication that you would kill me if I ever said a word. The mess I had to clean up after.

When I was 9.  
When I was 10.  
When I was 11, 12, 14, 15, 17.  
Up until you married Auntie Eni and I thought, "Finally I'm free of him". But then you were back last year, and you thrust and thrust and thrust till I died on the inside. I wished I'd just had an accident and died many times but oh well, suicide would have to do.

On a lighter note though, "How is Zozo doing?" I always wonder about how you got her though, since you're sterile. Don't reread it Korede, of course you're sterile. Did you think I was just on some really good contraceptives? I never got pregnant, even that time you kept me in your house for weeks to 'help with my IT plans' which was just a cover up for 'rape her senseless'.  
That's what you are by the way. A rapist.

You raped your own niece. Your sister's kid! And not once were you sorry. Don't lie, I saw it in

your eyes. You enjoyed it. You enjoyed every bit of it.

All I wanted to do was be an artist and have a great life and die happy, but I can't now, can I? You killed me. Always remember that!

By the time you read this, my lifeless body will be lying on the floor of my bedroom, swollen and blue. But at least I'd finally be rid of you.

Dieko Clementina Jacobs, the girl who gave up.

**Written by: Oluwateniola Ladi-Williams  
2nd Course (Group 61) - Medicine**

**COLLISION COURSE**

"Kalmatura Halduron" a deep voice called, reverberating through the large room. There was murmuring, as the man bearing the name stepped out of the antechamber. Dark of hair and fair of skin, he didn't stand out and he was not intimidating in any way. He was dressed in white robes with a golden brooch on his chest, identifying him as a member of the prestigious privately founded Scientific Organization - Dalarz Sight.

With measured steps, he made his way to the centre of the chamber. There was a small table on which he placed a black tablet that he had been clutching close to his chest. He turned to the men and women seated around him, as he addressed them, "My Lords and Ladies. I stand before you as a representative of Dalarz Sight. We are a privately funded Organization dedicated to exploring all things

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**Continuation from Page 16.**

extra-terrestrial. I have worked with the Organization for five years, after my discharge from the Coalition Army where I served for ten years. "I am no stranger to danger"

He fiddled around on his tablet until a holographic projection came up revealing the symbol of PANGEA. Then it changed to show a projection of the solar system. "Twenty million years ago, we were not in charge of the earth. We were but bottom feeders before the might of the beasts of the time - the Dinosaurs. They reigned for a hundred million years but however, all of their might could not match up to what was up there. An asteroid descended from space and crashed into earth like a fiery fist of God and wiped out their existence as they knew it. Somehow we survived and we rose to become the dominant species"

"Is there a reason we are getting this ancient history?" Mara Oldingur asked. She was the oldest person in the senate, easily two hundred and one years of age and yet her mind was so sharp.

"I'm getting there, my lady" Kaimatura said. "Dalarz Sight has been advocating for more space based explorations because we have studied and come to the realization that the

universe works in a cycle and unless we can break it, we are bound to become just another foot note in the history of the next species. My previous colleagues have come to you with various propositions that have been rejected but I have brought concrete proof"

"As is our practice, we were observing the outer reach of our solar system when we came across a most peculiar sight. An asteroid just beyond Saturn's ring. It is named Meliur. Meliur has been estimated to be almost twice as wide as the asteroid that caused the extinction of the dinosaurs. After meticulous calculations, we came to the realization that Meliur has but one target. Earth." There was complete silence in the entire chamber. An extremely rare occurrence.

"So what exactly are you implying?" Sondare Kimond asked, displacing the silence. "I'm not implying anything my Lord. I'm presenting you with fact and the fact is that the asteroid Meliur is going to hit the planet and it will trigger the second extinction event in the last hundred million years", Kaimatura replied. "It will mean the end of humanity as we know. PANGEA will be nothing but a graveyard. Unless we do something about it", he continued.

"I presume you have come up with a solution to this problem" Sondare spoke again, the red

haired man seemingly the only one capable of speaking following the news that Kaimatura delivered.

"Partially my Lord. During the extinction event that led to the death of dinosaurs a hundred million years ago, the only reasons that humans survived was because we lived underground away from the dinosaurs, and our ancestors were desperate enough to eat whatever came their way. However, they were primitive at best and they lacked access to the technology we have access to now." Kaimatura explained. He was clearly excited as he explained to his captive audience. "Space is vast, unending. Instead of hiding down in the ground. We will hide in space and wait till all is settled before coming back home to rebuild", he added.

There was murmuring in the crowd as they discussed amongst themselves.

"And how long is it until Meliur hits earth?"...

..."Approximately twenty three months".

**Written by: David Ayomide Ajala  
3rd Course 2nd Semester (Group 49) -  
Medicine**

**DID YOU KNOW?**

**"...that FLU is more common in winter because the viruses live longer indoors, due to the air being less humid than outdoors during this period, hence easier for people to inhale them or for them to land in the eyes, nose or mouth? And that the students and staff of TNMU have the possibility of getting annual immunization by the killed quadrivalent flu vaccine, Vaxigrip Tetra (from Sanofi Pasteur, France)?"**

**[Well let's get ourselves educated and get right into the benefits of the vaccine and how you can get it thereafter, shall we...]**

Flu is an illness caused by influenza viruses. Flu viruses infect the nose, upper airways, throat, and lungs. Flu spreads mainly by droplets - when people who have flu talk, cough, or sneeze and these droplets are inhaled by people who are nearby. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly their eyes.

Vaccination is the best way to protect yourself from flu with its potentially serious complications and to stop its spread. When the vaccine is administered, the immune system recognizes it as foreign and produces antibodies against it and memory cells thereafter. This immune response is the same as the one that occurs when an individual acquires the disease. However, with immunization, the disease does not occur.

There are many reasons to get a flu vaccine every year:

Flu viruses are constantly changing, so new vaccines are made each year to protect us against the viruses which most likely will cause the illness, thus, better

to get immunized annually;

According to the supported study of the Centre of Disease Control and Prevention (CDC), the flu vaccine prevents millions of illnesses and flu-related doctor's visits each year. For example, during 2017-2018, flu vaccination prevented an estimated 6.2 million influenza illnesses, 3.2 million influenza-associated medical visits, 91,000 influenza-associated hospitalizations, and 5,700 influenza-associated deaths. A 2018 study showed that from 2012 to 2015, flu vaccination among adults reduced the risk of being admitted to an intensive care unit (ICU) from flu by 82%. During seasons when the flu vaccine viruses are similar to circulating flu viruses, flu vaccine has been shown to reduce the risk of having to go to the doctor with flu by 40 to 60%. Thus, the immunization reduces the risk of illness, which can keep students from missing classes due to this and help prevent the spread of flu to group mates and friends;

Flu vaccination has been shown in several studies to

reduce the severity of illness in people who get vaccinated but still get sick - perhaps during the 2 week period of vulnerability after which the body starts to produce antibodies to the introduced vaccine;

Additionally, as students of a medical university, it should be understood that getting vaccinated yourself may also protect patients around you, whom you have to meet in hospitals during practical classes, who are more vulnerable to serious flu illness than yourselves.

The ideal time to start vaccinating cannot be predicted each season. Optimally, vaccination should occur before onset of influenza activity in the community. It's usually best for people to get their flu vaccine by the end of October. However, anyone can still protect themselves against late flu outbreak.

According to the prognosis of the World Health Organization, three strains of the influenza virus will be circulating in Ternopil region this year: the California pandemic flu, the Victoria flu and the Wisconsin flu. There is a prediction that in Ternopil, the outbreak will start in the end of January to early February, with a possible peak in the 4th week of 2020. Let's be aware that active immunization cannot be used to prevent the disease after person has already been exposed. This is because the time required for immunity to develop is greater than the incubation period of the disease.

Students and university staff have the possibility of getting immunized by the killed quadrivalent vaccine, Vaxigrip Tetra (from Sanofi Pasteur, France). Already, many have received it. The vaccine is still available for protection against flu. It costs 325grm. Any international student who wants to be immunized should inform Ass. Professor Olena Pokryshko of the department of

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**Continuation from Page 17.**

Microbiology, Virology and Immunology. Influenza (flu) vaccines are a safe and effective way to help people stay healthy, prevent illness and even save lives, therefore highly recommended, to protect yourself. Stay healthy!

**MEDHACKS**

**A med hack a day makes the med student a sage!**

Charcoal is one of the most neglected products at home. We only see the need when it's time to set fire - to the coal pot users. Presently, there is increasing awareness on its astounding effects in teeth whitening. However, the fullness of its potentials have not yet been minutely exploited, if known at all. Here are some hacks with coal: Neutralizing foul odours with activated charcoal is as simple as setting the charcoal in the areas where you notice the smell.

1. Does your shoe smell bad? Just put a bit of charcoal in it. (Lipton bags are known to have this effect too)

2. Do you have a bad smell in your room? Drop charcoal where you think the smell might come from.
3. Does your refrigerator or freezer have a smell? Put a piece of coal in it.
4. Do you have a strong body smell? Just make charcoal powder and use it. Charcoal is very good at getting rid of bad smell.

Have you ever wondered why your parents always pick up the ashes of the coal pot to pour in the hen coop or on the droppings before sweeping? It was to get rid of the smell. Get you a piece of charcoal and feel free to experiment!

**MEDJOKES**

**Laughter is the best medicine!**

**Her:** What muscle is responsible for the rotation of your neck?  
**Him:** Your gluteus maximus

No matter how popular they get, antibiotics will never go viral!

**RBC:** I'm a red blood cell, I bring oxygen to your cells and tissues.

**Neuron:** I'm a neuron. I make connections in your brain that process and store information.

**Adipocyte:** I'm an adipocyte. I... I'm sorry...

**Question:** A man jumps from a 3 storey building. Calculate his velocity just before he hits the ground.

**Student:** ...At what point are we supposed to call the ambulance?

**Boy aged 4:** Dad, I've decided to get married.

**Dad:** Wonderful; do you have a girl in mind?!

**Boy:** Yes... grandma! She said she loves me, I love her too....and she's the best cook & story teller in the whole world!!

**Dad:** That's nice, but we have a small problem there!!

**Boy:** What problem?!

**Dad:** She happens to be my mother. How can you marry my mother?

**Boy:** Why not?! You married mine!! (Texas comedy Tc)

**Visit #medjokes on IG for more!**

**EVENTS**

**NIGERIAN STUDENT UNION SCAVENGER HUNT**



On September 29, 2019, the Nigerian Students Union hosted its first Ultimate Search, an entertaining quest aimed at facilitation of interpersonal and international relations. This event took place at Spivoche pole, in the Park of National Revival.

It was a mind tasking, fun and memorable event in which 4 teams consisting of 5 members each completed tasks to find the hidden treasure. The winning team was awarded a cash prize of 5000 UAH after it successfully completed the tasks at 6 checkpoints before progressing to the final stage where they found the hidden treasure. The tasks required intellect, extraordinary thinking, speed, strength, precision team spirit and many other important qualities. One can say the NSU Ultimate Search has become a special event for every participant.

The event was concluded by a joyful celebration from the winning team and an amazing show of sportsmanship from the other teams. All the participants thanked the Sports department of the NSU headed by Akinlade Omobayo Abdulsalam and the organization committee of Adeniyi Adetomiwa, Dike Obiora, Maduka Chibuike, Ogunlade Felix and Akerele Awal. The event was aimed at bringing individuals together, fostering better intra-national and international relationship, connected the participants from different countries.



**ICMA 2019 IN KHARKOV**

I am Okoye Gloria C., the coordinator of the International Christian Medical Association (ICMA), Ternopil division. I am a Nigerian and currently a final year student of the prestigious Ternopil National Medical University.

ICMA runs with this vision, "Preparing students and healthcare professionals for excellence with a christian perspective to bring healing to the whole man and impact the world."

ICMA Ukraine is popularly known for organizing outstanding conferences every year. Participants include over 400 medical students and distinguished doctors in different fields of specialization from all over the world (USA, UK, Nigeria, Austria, Scotland, India, Ukraine, etc). It helps to foster relationships and students also get the opportunity to find mentors in their desired field of study.

The conference usually runs for 3 days and includes: •Devotions (where christian ethics in medicine are taught), •Plenary Sessions,



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## ICMA 2019 IN KHARKOV

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- Devotions (where christian ethics in medicine are taught),
- Plenary Sessions,
- Master Classes (which include a wide range of medical topics taught by over 20 professionals from all over the world),
- Abstract Presentations (handled by students who carried out various researches), and • an International Night (where different cultural entertainments are showcased).

The conferences are usually held in different cities every year. 8 years ago (in 2011), Ternopil hosted the 2nd ICMA anniversary. This year, the epic 10th ICMA anniversary was held in Kharkov on October 11-13, 2019. About 40 students from TNMU were in attendance and indeed it was an enriching experience. We are looking forward to having Ternopil host the 11th ICMA conference in 2020!!! With the help of the school, the ICMA excos and God, we hope to have an amazing experience next year!

## NAVARATRI

Navaratri is a Hindu festival that spans nine nights and is celebrated every year in the autumn. "Nav" means the number 9 and "Ratri" means night. It is observed for different reasons and celebrated differently in various parts of the Indian cultural sphere. There is a celebration everyday and the last day is the biggest celebration.

There is a significant cultural dance called "garba" and "aarti".

Indian Student Association organized two nights of fun-filled events on the 28th of September and 5th of October at the Sports Complex in oblastna.



## TNMU PREPARATORY DEPARTMENT CELEBRATED ITS 20TH ANNIVERSARY

On August 20, 2019, two distinguished events were celebrated by teachers and students of the Preparatory Department of I. Horbachevsky Ternopil National Medical University: it is 20 years since the foundation of the Department and the ceremony of diplomas presentation to international students. Most of them will become TNMU students on September 1. On August 20, 2019, two distinguished events were celebrated by teachers and students of the Preparatory Department of I. Horbachevsky Ternopil National Medical University: it is 20 years since the foundation of the Department and the ceremony of diplomas presentation to international students. Most of them will become TNMU students on September 1.

TNMU Rector, Professor Mykhailo Korda congratulated the graduates on this occasion.

Professor Korda thanked the teaching staff of the Preparatory Department for their hard and inspired work, because they not only passed knowledge to the students, but also acquainted them with Ukrainian customs and culture. Professor Korda also wished success to the young people in pursuing their academic careers.

For almost a year young people from all over the world studied Ukrainian language and culture at our university, deepened their knowledge in chemistry, biology, physics. They were accustomed to the peculiarities of life in Ukraine and determined their choice of future profession. Young people with interest explored Ternopil and other Ukrainian cities, attended cultural events and organized them themselves, told the Ukrainians about their customs and traditions. Head of the Preparatory Department Larysa Nalizhyta wholeheartedly thanked the TNMU administration for all-round assistance in the Department's activities and support of creative ideas. She also thanked the teaching staff and students who showed high results during their studies.



## EMSA: MENTAL HEALTH AND BREAST CANCER PROJECT

The Project Team of EMSA Ternopil put up a project to create awareness on the before mentioned diseases and tips of prevention and how to identify them. It was held on the 23rd of October 2019. EMSA members shared insights with the students between the ages of 9-15 years of age on what mental health is about and the importance of speaking up, if they ever find them selves in such position or know someone in such position, (e.g bullying/anxiety).

Also they spoke to the teachers of these students on Breast cancer as believed they were of more understanding capacity. The Project Team enlightened them about the prevalence of the disease and that men could also have it, and it's important to always do the self examination check and go for mammography every twice a year.

The participants for the mental health awareness were children between the ages of 9-15 years with a total of 35 of them. For the Breast cancer awareness we had 15 of the total number of teachers present.

The Training and Research group have taken part in all EMSA meetings up to date.



Students joined in couple of projects and were present in some surgeries in the department of general surgery and gynecology. The main activity of the group was practicing surgery in the department of topographic and clinical anatomy under supervision of the surgeon. They practiced surgery skills on the live pigs. The department held 3 surgery classes previously. This kind of training goes every week so till the end of the winter semester.



## DIWALI

Diwali is another special event hosted by the Indian Students Association on the 27th of October 2019. It is an annual Hindu festival of lights, typically lasting five days and celebrated during the Hindu Lunisolar month Kartika.

One of the most popular festivals of Hinduism, Diwali symbolizes the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance". Diwali is marked with fireworks, candles and decoration

During the celebration, the Indian Student Association showcased different music and dance performances. A variety of arts and craft were featured too. It was held at the Podolani Hall and over 800 people were in attendance.



## RECTOR'S CUP - CHESS TOURNAMENT

On November 7, 2019, "Rector's Cup" chess tournament was held in the administrative building of I. Horbachevsky Ternopil National Medical University.

24 TNMU students participated in the tournament. The competition was organized according to the Swiss system in 9 rounds. Each player was given 5 minutes per game (one game lasted 10 minutes).

The "Rector's Cup" tournament was organized by students of the Faculty of Dentistry Mykhailo Yakymchuk and the Faculty of Medicine Mariia Smieshkova.

Besides the main 24 participants of the tournament, there were also foreign students who were able to play free games. Thus, the organizers eagerly supported their desire to participate in the competition.

The first prize was awarded to Yevhenii Momotiuk (a fifth-year student of the Faculty of Pharmacy). The second prize was presented to Andrii Obleshchuk (a third year student of the Medical Faculty). The third prize was awarded to Nilesh Yograj Patil, a student of the International Students Faculty.



We congratulate the winners and wish them success in their careers!

TNMU administration also expresses its gratitude to the tournament organizers for their desire to diversify their student life.



## NIGERIAN STUDENTS UNION ANNUAL SPORT FEST

The Nigerian Students Union of Ternopil state medical university organized its 2nd Sports festival. The Festival comprised of different sports including: Table tennis, Football, Basketball, Badminton, and Volleyball.

This year's sports fest began on April 12th, 2019 with Table tennis qualifiers with its Final match. On the 20th of April the qualifying matches for Football competition took place with two Finalists emerging. Basketball qualifiers were held on April 26th. The Finals of the Football competition took place on the 27th of April. Badminton doubles and singles qualifying matches on 29th of April. With finalists having emerged from the qualifying matches of various sports, the stage was set for the final event which took place on May 4th.



Roman Pinchuk won the Table tennis competition placing first among 15 participants. Akinlade Omobayo Abdulsalam took second place with

Younis Mahmoud Elbaz placing third. Akinlade Omobayo Abdulsalam took second place with Younis Mahmoud Elbaz placing third.



The football tournament which drew 4 teams saw over 60 students participate in which the Liberian students won, the Nigerian Students placed second and the Ghanaian students were 3rd place. Four teams participated in the Basketball tournament. In the finals The NSU warriors team led by Yusuf Oluwatobi Emmanuel were victorious over the Milosz Krasucki led team.

The badminton events this year produced two double medalists as Pranjal Dhadech came

first place in the singles event with Dheeraj Verma placing Second and Ali Sahalam in 3rd place. The first and second for the singles event teamed up in the doubles event to emerge first place.

beating Kushal and Chaitanya in the finals, while Mohit Kumar and Saumya Agrawal won the 3rd place match. The Team of Indian Students were the winners of the Volleyball Friendly event.

A Football Friendly event also took place in which 6 female students; Folayan Oladayo Adetobi, Enyi Sandra Onyechinemer, Iwu Lilian Adanne, Chisomu George Chukwudebelu, participated. Yakubu Zipporah Hadiza and Yakubu Fyaafa participated.

Almost all the events took place at the Sports complex of Ternopil State Medical University. Cash prizes, medals, and trophies were presented to the winners by Associate Professor Alina Volska and Associate Professor Olena Pokryshko who graced the Final event. Second and third place medals were also received by students.

The sports festival organized by the Nigerian Students Union which was spearheaded by the Unions' Director of Sports Akinlade Omobayo Abdulsalam saw over 130 students from various nationalities including Nigeria, Ghana, India, Liberia, Kenya, Poland, Egypt, Zimbabwe, Ukrainian, Ecuador and others come together for the love of sports, enhancing international relationship, fostering Unity and promoting exposure to different cultures.

