



MEDICAL UNIVERSITY

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INTERNATIONAL COOPERATION

Visit of the Consul of the Kingdom of Bahrain to KhNMU

On July 9–10 Fahad AlFaihani, the Consul of the Embassy of the Kingdom of Bahrain to the Russian Federation visited Kharkiv National Medical University.

The purpose of Consul's visit was the legalization of diplomas for Bahraini students who have graduated from KhNMU, and familiarity with the University. The meeting programme included communication with the administration

of the University and visited the Museum of History of the University, where Mr. Fahad Mohammed AlFaihani found out about the historical past of our educational establishment and wrote an entry to the visitor's book.

In the frames of the visit, Mr. Fahad Mohammed AlFaihani met with the Rector of the University Vladimir Lesovoy, who noted that it is necessary to increase the number of students - citizens of this country due to the development of relations with the Kingdom of Bahrain. "It is very pleasant to work with the students from Bahrain because they are distinguished by diligence, persistence, responsibility and discipline. The members of international conferences, who ranked first are among them", said Vladimir Lesovoy.

In his turn, Mr. Consul thanked for the attention that was paid to him during his visit to KhNMU and expressed interest in studying the citizens of the Kingdom of Bahrain at our university, taking into account informative story and a high level of medical specialists training. Also during the meeting the issues concerning studying of students - citizens of Bahrain, passing examinations "KROK" for foreigners and interaction of educational systems between the two countries were discussed.



A LETTER OF GRATITUDE

Dear ALL,

I am happy to find out (through net) the advancement made by my alma mater (from medical institute to national medical university nowadays). I am really overwhelmed.



I am from Nepal. I am a medical graduate (general medicine) of 1989. After that I did postgraduation in obs/gynae. I left that discipline and did PhD in Clinical Neuro-physiology. Now I am Professor and the Head of Basic and Clinical Physiology Department at the University named BP Koirala Institute of Health Sciences, Dharan, Nepal. My job is teaching, patient service (EEG, EMG, etc) and research. I am also a FAIMER Institute graduate 2007-9, (USA). As a scientist I have travelled to many countries. This all is by virtue of KhMI (KhNMU). Thank you all who were involved in my medical training in Kharkiv (1983-1989).

BH Paudel

EXPERIENCE IS THE MOST PRECIOUS ACQUISITION FOR ACHIEVING DESIRED GOAL

On November 7 the delegation of Belgorod State National Research University with the following members Vladimir Kulikovskiy, the director of medical institute, Nikolay Belousov, the deputy director, Nina Zhernakova, the dean of the Medical faculty, Aleksandr Tsimbalistov, the dean of Dentistry faculty, and Boris Trifonov, the head of the Department of Postgraduate Dental Education visited Kharkiv National Medical University.



The purpose of the visit was discussing issues concerning mutual cooperation, research and practice in the sphere of medical education between BelSU and KhNMU, development, organizational and methodological support of academic mobility of teachers and students.

During the meeting with the Rector of the University Vladimir Lesovoy, Vladimir Kulikovskiy emphasized that the friendly relationship between two educational establishments have lasted for many years. Exactly such cooperation allows to obtain relevant experience, because, as Mr. Kulikovskiy noted "Experience is the most precious acquisition, that allows to use your 200-year history and our aspiration for achieving desired goal". In his turn, Vladimir Nikolaevich expressed interest in supporting further cooperation and external relations with BelSU .

INTERNATIONAL COOPERATION**ACQUAINTANCE WITH UNIVERSITY**

On September 26 Dr. Ahmad Talhouni, Cultural Counselor of the Department in Ukraine of the Embassy of Hashemite Kingdom of Jordan in Russian Federation came with a two-day visit to Kharkiv National Medical University.



The programme of Dr. Ahmad Talhouni's visit was very informative, it included visiting to the Regional Centre of Urology and Nephrology named after V.I. Shapoval, Department of Urology, Nephrology and Andrology, Scientific-Practical

Medical Centre of KhNMU. Counselor also visited the Department of Human Anatomy, University Dental Center, got acquainted with the laboratory of polymerase chain reaction and the Scientific Library. The excursion to the Anatomical Museum and the Museum of History of the University took place with his participation.

In frames of the visit, Dr. Ahmad Talhouni met with Rector of the University, Professor Vladimir Lesovoy. The purpose of the meeting was examination of issues on accrediting diploma of KhNMU in the Hashemite Kingdom of Jordan, bilateral cooperation and friendly relations between Ukraine and Jordan. The Counselor expressed his gratitude for a warm welcome and an opportunity to get acquainted with the university's departments and clinics. The condition of material-technical base and training process made a good impression on Dr. Ahmad Talhouni and he committed to further long-term development of relationships, especially with Kharkiv National Medical University.



In his turn, Vladimir Lesovoy thanked the honored guest for an appropriate interest in our university and expressed his confidence that close cooperation and joint efforts will promote further interest of the citizens of

Jordan in education at our university. Overall KhNMU have qualified 902 Jordanian medical specialists and new opportunities are opened in this sphere.

On September 27 Counselor continued familiarity with the university and met with the students, the citizens of the Hashemite Kingdom of Jordan.

**MEETING MP OF
THE HASHEMITE KINGDOM
OF JORDAN WITH STUDENTS**

On September 13 parliamentary deputy of the Hashemite Kingdom of Jordan Mr. Mazen Hamad Al-Daleen Al-Gawazne met with the representatives of expatriates' community and the students from Jordan at Kharkiv National Medical University.

The issues concerning organization of studying and living conditions of Jordanian students, as well as acknowledgement of diploma of Medical University by the Ministry of Education of Jordan were discussed during the meeting.

**IN FRAMES OF FRIENDLY
RELATIONS**

On October 29 the delegation of Financial Assistance Fund to Namibian students of the Ministry of Education of the Republic of Namibia with the following members Sara Namene, officer of Programme of cooperation with students and Selma Sheya, co-worker of Fund visited Kharkiv National Medical University.



This is the second visit of the honorable guests from Namibia, the purpose of which was discussing the educational process, conducting of practices, issues concerning admission to the

Medical University of Namibian students and further development of bilateral cooperation.

Thanks to the first visit to our University, the representatives of the Ministry of Education of the Republic of Namibia praised highly the quality of education and academic activity of KhNMU and recommend students - citizens of the country to choose the studying at our higher educational establishment. The third visit of Namibian delegation to our university is planned for January next year and the purpose of which will be signing of memorandum on bilateral cooperation. Therefore, the issues which will be dealt with the final joint agreement were discussed during the meeting.

At the end of the meeting, Valery Myasoedov, a vice-rector on scientific efforts thanked the guests for proper assessment and plans for future cooperation. This is an important step in the formation of procedure of corporate activity and friendly relations.

The honourable guests visited the National Museum of History of the University, which way of development is over 200 years old. In conclusion they met with students - citizens of the Republic of Namibia.

STUDENTS' CONFERENCE

STUDYING OF MODERN METHODS OF DIAGNOSTIC IN CARDIOLOGY

An international scientific students' conference "Evolution of examination methods in cardiology. Recent advances in cardiac imaging" took place at the clinical base of Propedeutics to Internal Medicine Department No. 1, Basis of Bioethics and Biosafety on the 21st of November, 2013 (English was the official language).



17 oral reports were made by students under the supervision of experienced magistral staff of the department. They were devoted to historical aspects and modern trends in instrumental methods of cardiovascular system examination such as electrocardiography, echocardiography, Holter ECG monitoring. The novel techniques in sonographic assessment of myocardial and valvular structure and function, CT and MRI scanning role in cardiological practice disclosed at a high level. All reporters showed high level of understanding the material, working with literature and oratory skills that resulted in sincere interest and enthusiasm of the audience. Diplomas of the 1st, 2nd and 3rd degrees were awarded to the best reporters – Nyikkeabasi Bassey Ekott (Nigeria), Ime Ime Etukudo (Nigeria), Moses Oluwayemi (Nigeria), Ahmet Jorayev (Turkmenistan), Douglas Boma Ibiba (Nigeria), Edward Ogbe (Nigeria). Special diplomas from scientific jury for remarkable oratory skills were bestowed to Ahmad Saad (Lebanon), Jalal Laklaai (Morocco), Awunmila Oluwakayode (Nigeria), Akinlugbe Ayobola (Nigeria), and Abuelenin Ahmed Kotb Sadek (Egypt).

The materials book that was published contains 38 abstracts. The conference caused increasing aspiration for studying and scientific work among reporters and listeners, the expansion of students' knowledge in the field of modern methods of instrumental diagnostics in cardiology.

Nyikkeabasi Bassey Ekott
Ime Ime Etukudo

INTERNATIONAL ACTIVITIES OF KHNMU

WORKSHOPS FOR FUTURE STUDENTS FROM INDIA

From May 10 to June 7, 2013 Assistant of professor of the Neurology Department N.A. Nekrasova took part in workshops aimed at recruiting for training future students from Northern and central India (state of Karnataka, Andhra Pradesh, Gujarat, Rajasthan, Madhya Pradesh) at Kharkiv National Medical University. These workshops were organized by the director of LLC BOBTRADE Hardeep Singh (LLC BOBTRADE is a partner of KhNMU since 1995).

16 workshops were held, during which the achievements of KhNMU in training of highly qualified specialists for foreign countries were presented, opportunities and advantages of studying in English language were explained, and communication with future students and their parents was carried out. The meticulous attention to questions concerning the University's level of accreditation, recognition of its diplomas by the Medical Council of India, worldwide acceptance of Ukrainian methods of teaching, participation of students in international scientific collaboration, job perspectives for graduates, the quality of hostels and presence of refreshment rooms with national cuisine for them, accesses to the Internet was paid.



The level of education of future students from this region, as well as their interest in the future profession and their general cultural development is very high.

More than 50 entrants requested application forms with a specific intent to study at KhNMU were filled. We hope that the most of the entrants above, who took application forms will become students of KhNMU.

Neurology Department

INTERNATIONAL COOPERATION OF STUDENTS OF KHNMU

The European Students' Conference in Berlin

On September 4 – 7 the 24th European Students' Conference took place at the medical complex Sharite in Berlin. It was attended by students, masters, post-graduates of the European countries: Germany, Poland, Czech Republic, Russia, Belarus, Latvia, the Netherlands, Romania, Italy, and England. The students from the Ukrainian cities – Kiev, Simferopol, Donetsk, Ternopil and Chernivtsi were among the audience.

Kotelyuh Maria, Master's Degree student of the Department of Internal Medicine number 2, Clinical Immunology and Allergology represented Kharkiv National Medical University. She spoke at the section "Cardiology" on the topic "Cytokine profile in patients with both unstable angina and overweight". Abstracts, which were pub-



lished in symposium of the conference as well as report, had been prepared under the guidance of Professor Pavel Kravchun. Lectures by leading Professors of medicine from different countries were presented during the conference. Also attends visited working programmes, the Museum of Anatomy and Pathology and pharmaceutical companies.

The issues concerning the problems of physical function of patients with the evidence of anemia and without it, with iron deficiency (Germany), an experimental model of hyperlipidemia (Hungary), the paradox of obesity of patients after acute coronary syndrome (Poland), cardiovascular events and insomnia (Germany), etc. were discussed on the section "Cardiology".

THE DEAN'S COLUMN**P4 MEDICINE: FUTURE OR A DREAM?**

The goal of medicine is to prevent disease, relieve suffering, and prolong life. The one of a new concept is personalized medicine, which means not only promises to enhance the life of patients and increase the quality of clinical practice and targeted care pathways, but also to lower overall healthcare costs through early-detection, prevention, accurate risk assessments and efficiencies in care delivery.

Personalized medicine aims to use state-of-the-art genomic technologies, rich medical record data, tissue and blood banks and clinical knowledge that will allow clinicians to tailor treatments to individuals, thereby greatly reducing the costs of ineffective therapies incurred through the current trial and error clinical paradigm. Pivotal to the field are drugs that were designed to target a specific molecular pathway that went wrong, and results in a diseased condition and the diagnostic tests that allow clinicians to separate responders from non-responders. P4 Medicine is a term coined by biologist Leroy Hood, and is short for "Predictive, Preventive, Personalized, and Participatory Medicine". The premise of P4 Medicine is that, over the next 20 years, medical practice will be revolutionized by biotechnology, to manage a person's health, instead of manage a patient's disease. Diagnostic tests will guide the clinical decision-making to prescribe a specific drug, depending on the patient's prognosis to be a responder or non-responder to a medication.

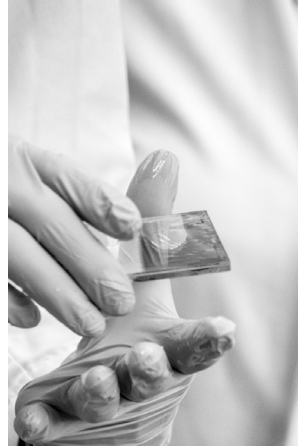
Rapid advances in electronic medical record systems utilized by patient care providers is showing an enormous opportunity to deliver efficiencies in retrieving, updating and providing real time access to individualized patient records in a wide variety of circumstances (battlefields, travel situations, emergency rooms, etc.).

Pharmaceutical companies may be more likely to invest in diagnostics and technologies that impact larger groups, generally such as those in areas like infectious diseases, immunology and oncology; with the latter being the most advanced field for personalized medicine.

Taking into account that molecular diagnostics data begin to accumulate from next-generation sequencing/whole-genome sequencing efforts, for instance, from tumour samples, disease classifications are likely to become even more precise and be extended into more diverse cancer types.

The promise is that the focus of medicine will be shifted from disease to wellness and that thousands of data points for each individual patient will be taken into account and defines with exquisite specificity the nature of their wellness and any transitions into disease. Central to this view is the idea that the molecular, cellular, genomic and phenotypic data of eventually thousands of patients will be available for complex systems analyses, i.e. integration, normalizing, query, mining, analysis, storage and protection of data. These points will catalyze the development of predictive and actionable models. The availability of these data will be necessary to exploit the infinite potential of the P4 medicine of the future.

D.V. Katsapov, Dean of the 6th faculty for international students

OPINION BOX**WHAT DOES THE FUTURE HOLD FOR MEDICINE?**

Future... This word means a lot for us. They say future is so unpredictable! It is really hard to foretell it. The one thing I know for sure, the future is in our hands.

Let's flash back to past moments. In early 2000 to late 2006, to own a mobile phone was more than a privilege, it was a miracle. No one could predict this situation. Lots of Smartphones can do a marvellous work. It is more or less a total progress in the telecommunication system.

Do we imagine the same things happening in the medical world? Do we foretell a future when a single tablet might be cure for many diseases? We look forward to the time when cure for HIV/AIDS and Cancer, prosthetic limbs, and artificial parts of body will be reality. It will give us an opportunity

to live longer and more safely. What about brain implants and grandiose intellectual faculties? Like I said above, we can only speculate about these changes.

Interestingly enough, a lot of students have some special individual opinions as I interviewed them on the aforementioned questions. Below is the list of the responses that I have got from the students:

---I look forward to a world with artificial blood which helps to fight against different diseases and there won't be need for blood donors---**Chioma Obi.**

---Of course, medicine has a great future. I know this because I can see what it has been achieved already and I believe in progress---**Mark Adamsky.**

---I believe in so to say "Squeezing out the Doctor". We might witness a time when there will be limited number of doctors due to highly effective robots---**Ime Etukudo.**

---There would be much improvement in medical equipments and new superior techniques to save lives---**Mary Okwesa.**



---I believe that biomedical engineers will be able to find a permanent cure for cancer and introduce the artificial lens for the blind people---**Ahmed Raliat.**

---Medicine will no longer be complex. This is because medical staff will be able to carry out treatment of some complex diseases at home due advanced technology---**Ali Al majirabi.**

---I believe future medicine will be able to repair or replace defective genes that predispose to various diseases. Again, I think drugs will be made taking into account body chemistry of individuals and doctors can predict accurately the outcome of treatment---**Omasirichi Chigonom.**

---I think medicine will depreciate due to the fact that current medical graduates leave medical schools with insufficient knowledge. Incorrect diagnoses, prognoses or treatment might be results of this fact---**Mosay Teclebrhan.**

---I think that great improvement because of new ideas and innovation will take place. We will have drugs and vaccine for diseases and infections that we don't have now---**Florence Ayantunji.**

---Personally, I think medical care will be cheap and available for everyone worldwide---**Raj Kush Majumder**

*Column is written by **Abugu Livinus Nnadozie** (Student Correspondent)*

7TH OF VARIETY DAY

THE MEETING OF NIGERIAN COMMUNITY

September 20, 2013 will always leave as very special day in our memory. It should be tagged an "epoch-making event". On this day the Nigerian Medical Students' Association of Kharkiv had its inaugural meeting to commemorate the 2013/2014 academic year. The pro-rector, dean for Foreign Students accompanied by vice deans of the 6th faculty were among attends. It's also pertinent to mention that majority of the Nigerian students came in company of their friends from other countries.

A brief history of the Nigerian Medical Students' Association:

A brilliant idea occurred to the students of different grades in the process of a collective and intelligent discussion in lighten hostel room in the autumn of 2009. The interaction of these students caused formation of an association Nigerian Medical Students' Association, NMSA, Kharkiv. An inaugural meeting was held on November, 28 the same year. And ever since, it has lingered on and forever will.

One might ask "What is the main aim of this association?"

1. To ensure unity among Nigerians in Kharkiv National Medical University.
2. To make Nigerian medical students recognized especially as a group, giving us the right to air our views and make requests on behalf of us.
3. To assist students in school and administrative problems.
4. To provide students with academic and financial support.
5. To organize and facilitate extra-curricular activities in order to foster the unity and social bonding among members.
6. To request/protect the welfare and interest of the Nigerian medical students in Kharkiv.
7. To help and encourage the students to become good citizens/ambassadors.



Programme of the event

At exactly 3:30 pm, the programme started underway. We had the opening prayers followed by the Nigeria National anthem. It is important to mention that the energy and passion put into the aforementioned set the tone for the entire programme.

Mr. Oluwajoba Oroge, the interim secretary, thanked all the present for being committed to the activities of the organization in his opening remarks. He also conveyed our unalloyed appreciation to the university's authority for the supporting the association since its inauguration. Mr. Oroge reiterated the necessity for Nigerian students to be united in such a succesful way. The need to promote academic excellence and creating an environment favourable for studying was highlighted by him. On the whole, he advocates for a mutual relationship between the Nigerian community and other indigenous student communities of the university.

The interim secretary

We were privileged to listen to the Dean for International Students D. Katsapov. In his speech, he stressed the importance of the association as he encouraged the development of it. He also pointed out that Nigeria is the country with the great number of students. At the same time, he said that process of studying and relationship with Nigerian students is really commendable.

At exactly 6:00 pm, the event came to a well-deserved end and the association was able to convey its message in the best manner as stated in the logo "Iunctum quod Vita"

Thanks to everyone who made out time to attend the event. We wish to thank in a very special way to our sister-association of Karazin National University, the representatives of which were presented on this day. May God Almighty be with each and every one of us. We should meet again at the same time, next academic session.

Long live Nigerian Medical Students' association!



THE SCIENTIFIC LIBRARY OF KHNMU

Library Lessons for English Medium Students

Every year the number of students who are trained in English is growing. It is very important for them to have assistance in organization of the educational process and self-training. The Scientific Library takes an active part in this.

In the frames of methodical work since 2012 employees of the Scientific Library have organized an annual event called "Library Lessons for English Medium Students".



The second cycle of library lessons took place in the middle of November this year. Its goal was to get acquainted freshmen with the work of the Scientific Library, the story of its resources, search capabilities of information either scientific nature or assisting in the development of the curriculum.

Library lessons were attended by about 90 freshmen of VI faculty for Training Foreign Students and Dental Faculty. We are going to continue conducting of annual Library lessons for freshmen who are trained in English, and all the persons interested. The library is waiting for you and is always ready to provide you any assistance in the learning process.

O.A. Krasnyukova,
Head of Service Department for
English Medium students

IT IS INTERESTING

FEAR CONSTRUCTS
OUR REALITY

"Fear is not real; the only place it can exist is in our thoughts of the future. It's a product of our imagination, causing us to fear for things that do not at present and may never exist. Danger is very real but fear is a choice"

Will Smith

Fear is an emotional state in the presence, or anticipation of a dangerous stimulus. Often it becomes intense like anger. Fear means being afraid or panicky.

Henry Louis Mencken said "The one permanent emotion of the inferior man is fear – fear of the unknown, the complex, and the inexplicable. What he wants above everything else is safety". Fear is one of the strongest emotions for every human being; like love or hate, it can distort our mind, depriving of logical approach to circumstances. Fear, like the fear of speaking in public, can effect each individual differently; some of us are able to control this fear and speak confidently and clear to a large group, at the same time others of us freeze and let it take control of our body; confusing our mind to make the situation more difficult than it really is.

Fear can be due to an individual past experience, and some accident or event leave an imprint in the memory. Our fears can also be formed from a parents' or family members' experience, instilling the same fear to us, which in its turn influences the way we see what is happening around us. No matter what an individual's fear is or how it begins, it plays a very significant role on controlling our part of life, by confusing the mind.

Fear of loud sounds, strangers, unknown objects, new places, dark shadows and darkness, seclusion, imaginary objects and withdrawal of love etc. are common in children. Children are afraid of various animals including frogs, rats, insects, snakes, cockroaches, as well as demons, thieves, villains in operas and movies.

Tigers and elephants bring out emotion of awe and surprise. J.B. Watson in course of studying the emotional behaviour of a boy named Albert found that he was conditioned to fear a previously neutral object – a white rat. When this eleven-month-old Albert was shown a white rat he reached for it, showing no fear response. But every time he touched the rat he was hearing a loud sound, which made him frightened of the rat. Soon he developed fear for rat. Thus rat became a "conditioned stimulus" to fear. Albert also was conditioned by Watson to fear white furry objects or coats etc. (Watson and Rayner, 1920).

Some fears are acquired through conditioning process. The child comes to fear both lightning and thunder as one follows the other. But thunder is the primary reason for fear. Fear also is learned through contact with punitive objects (for example, electric shock while exploring an open switch board).

In adult life the loss of security on account of unemployment, retirement, demise of companions, natural calamities like super cyclone or plague, poi unrest and old age causes fear response.

Due to fear, the behaviours affected are: pounding of heart, and rapid pulse rate, tense muscles, dryness of the throat, churning in the stomach, frequent nature-call for urinal trembling, confusion, fainting, inability to concentrate, wetting and soling one's dress and crying aloud etc. Responses to the fear emotion are usually expressed through anxiety, flight and feeling miserable.

Fear to the objects or events, when becomes irrational, is called "phobia". Phobic reactions of fear are persistent and intense, and not based on judgment. For example, fears of public speaking, fear of public toilet, fear of eating in public are the examples of social phobia.

It is known from experimental studies that phobias can develop through classical conditioning. These irrational fears can be eliminated and cured through classical conditioning methods. Fear emotions can be rectified by the following techniques: (i) counter-conditioning process, (ii) desensitization process, and (iii) exposure to fearless models.

To cut a long story short, fear influences our life and constructs the reality.

Emmanuel Shoyombo
(student from Nigeria), Group 6

AROUND COUNTRIES AND MIDLANDS

STAR OF THE ARAB WORLD

Jordan, officially the Hashemite Kingdom of Jordan, is an Arab kingdom in The Middle East. The Emirate of Transjordan was the name given to this small state when it was recognized in 1921, after the collapse of the Ottoman Empire and the promulgation of the Balfour Declaration. In 1950 Transjordan merged with part of Palestine to form the Hashemite Kingdom of Jordan. Amman is the modern - as well as the ancient - capital of the Hashemite Kingdom of Jordan.

Petra is a historical and archaeological city in the southern Jordanian governorate of Ma'an, that is famous for its rock-cut architecture and water conduit system. Petra (the Greek meaning is 'rock') lies in a great rift valley east of Wadi 'Araba in Jordan about 80 kilometers south of the Dead Sea.



Petra, the world wonder, is without a doubt Jordan's most valuable treasure and greatest tourist attraction. It is a vast, unique city, carved into the sheer rock face by the Nabataeans, an industrious Arab people who settled here more than 2000 years ago, turning it into an important junction for the silk, spice and other trade routes that linked China, India and southern Arabia with Egypt, Syria, Greece and Rome.

Petra remained unknown to the Western world until 1812, when it was introduced by Swiss explorer Johann Ludwig Burckhardt. It was described as "a rose-red city half as old as time" in a Newdigate Prize-winning poem by John William Burgon. UNESCO has described it as "one of the most precious cultural properties of man's cultural heritage". Petra was chosen by the Smithsonian Magazine as one of the "28 Places to See Before You Die".

Cuisine

The Jordanian cuisine is a traditional style of food preparation originating from Jordan that has developed from centuries of social and political change with roots starts with the evidence of human activity in Jordan in the Paleolithic period (c. 90,000 BC).

Breakfast usually includes a variety of white cheeses, olives, pickled vegetables, and freshly-baked breads served with various fruit spreads, butter, or honey. Most opt for tea or fruit juice as a drink with breakfast. Lunch is the main meal for most Jordanian families. It typically includes a main dish containing meat, as well as, a wide variety of salads and dips. Dinner is generally a smaller meal than lunch, but this can vary family-to-family depending on work schedules. Although simple fresh fruits are often served towards the end of a Jordanian meal, there is also dessert, such as baklava, hareeseh, etc. which is a dessert made especially for Ramadan.

Etiquette

Greetings and farewells are lengthy and sincere. Even answering a telephone involves saying "how are you?" in several different ways. Visitors and friends frequently are invited into homes for dinner, where they are showered with kindness and food. Women dress modestly and often are offended by exposed flesh. Most Muslims do not drink alcohol. Shoes are always removed before entering a mosque, and this custom extends to homes as well. It is forbidden and disrespectful to expose the bottoms of the feet. Same-sex friends hold hands, hug, and kiss in public, but there is limited touching between men and women.

In general, Jordanian culture is rich, unique and incredibly interesting.

Associate professor **Michael Kirichenko,**
Al-Soud Anas Mohamed

ANTI-HIV

VOGUE OF THE SAFE SEX. A MOVEMENT IN RIGHT DIRECTION

Once, I had a heart-warming discussion with one of my friends. He just got admitted into one of the prestigious Universities in my country, Nigeria. He is a brilliant lad who had to wait long for an admission. It finally came but with a million-dollar question "What is your HIV Status"? In my country, the majority of citizens who undergo HIV status tests are those who are either sick, getting married, seek for employment, or like in the case of my friend, waiting for an admission. It is not a common practice to have oneself tested. A good number of people are afraid of what the results might be. My friend belonged to this kind of people, and one can guess now, why we had this kind of discussion.



Most cases of insecurity and fear exhibited by people who are about to have a HIV Status test/ do not want to have one done is best described by the famous cliché "didn't play safe". After personal interactions with my friends, I found out that most of them do not live following the rules of good sexual life. Aside the inability to use condoms both for protection against STDs (gonorrhoea, syphilis, Chlamydia etc) and prevention of unplanned pregnancy, a lot of them keep multiple sexual partners, with whom they engage in unprotected sex. There was even a case with one of my friends who re-used same condom multiple times. The increasing rate of infidelity in relationships fuels the whole situation.

Time has passed since my observation, and, as a result, great improvements in the awareness of risks concerning unsafe sex have appeared. In my city, for instance, symposiums and lots of other public awareness programmes have been organized both by the government and non-governmental Organization. People have to realize the necessity of a healthy sexual life. Suffice to say that a good number of locals never believed in the existence of HIV until this event. Thanks for organizing it.

The World's Aids Day is an initiative in the right direction. It assists the world in unified fight against the spread of HIV. At the same time it is also support for people living with HIV. Unfortunately, the cure for HIV has not been found till nowadays. Things might change in the nearest future. In the mean time, antiretroviral drugs and implementation of a healthy diet regime can strengthen this fight with the infection. A lot of countries and states have also different ways and means to create the awareness among people.

Vogue of safe sex is a culture. It needs to be inculcated and practiced. A lot of books and articles have been written on this topic. Discussions and presentations have been made regarding safe sex. In summary, all points about common facts:

- Proper using of condoms and safe disposal of them.
- Using of contraceptives to avoid undesired pregnancy.
- Stick to one sex partner.
- Abstinence
- Other healthy sexual acts like kissing, rubbing, fingering without penetration is encouraged.
- Finally, get regularly TESTED.

If my friend had followed all the above-mentioned steps, he wouldn't have any reason to be alarmed. Though, later he had the test and fortunately results appeared to be negative.

Abugu Livinus Nnadozie,
the 6th faculty for international students

MUSICAL PAGE

OF SMALL DREAMS: VERSES AND MELODIES



I moved to Ukraine from Nigeria to pursue my love for medicine at Kharkiv National Medical University where students from more than seventy countries study. I met a Ukrainian student, Mark Adamsky and wanted to be his friend. He kept running away from me but later we started to manage Verses and Melodies together.

Verses and Melodies is a cultural project which was created in order to unite diversity of cultures at the university where we study. Our first event took place in July 2013 at the concert hall of the university. It was attended by students from different countries. We wanted to make bold statements. Our team admired to show that foreign students and locals could achieve dreams by co-operation. The balance was nearly zero as the main aim was to create worthwhile project and bring talents to life without paying huge amounts for. So having gathered volunteers, we were able to get things done gratuitously. The montages on YouTube were done for free, the event was covered for free and our posters were designed for free!

Thank God our small dreams turned into reality and even gave great results. We were able to sell our dream to Indian graphics designer, Paul Sudhakar who had designed projects for the United States' National Space Society and he gave us design support for free. Also, Kathrin Kaisinger an Austrian who was on an exchange programme at our university for several weeks to improve her Russian (as she volunteered to teach some of our students German) showed lively interest in our idea and started joining our rehearsals. Later we found out that she sings in a band in Austria. Binil Zack, self-taught photographer and videographer also volunteered to cover our event for free. So, having those talents, combined with our university gifted students helped us to achieve a well-organized event and we are thankful for all those people who had participated. Moreover, the administrators of our university were very supportive. They appraised highly our event and even blessed us to continue the project.

Yet, there are things we could have done better. It is true that some tension was even during our rehearsals. We take responsibility for everything that could have gone wrong. We will do everything in our power to use all the possibilities and to improve some moments. However, one thing we are happy about is that the main reason because of which we started our project was realized. We showed other students that they can do such unforgettable things. We are excited that following our example, the number of students' projects and co-operations in our university has increased. We appreciate the thoughts of the authority about our cultural project. Dmitry Katsapov, assistant Professor, Dean for international students of KhNMU expressed his thoughts about Verses and Melodies, he said "It is really worthwhile project".

Hoping to achieve even better results, we are working harder and harder.

Nyikeabasi Bassey Ekott



THE CITY, IN WHICH I AM STUDYING**MY KHARKIV EXPERIENCE****Kharkiv Dolphinarium****Botanical Garden****A magnificent Gorky Park**

“Do you love my country? How do you find Kharkiv?” These questions I am often asked when I interact with citizens of Ukraine. The first issue that arises when I begin a conversation with a taxi driver has always been “Do you love my country?” I have always answered in the affirmative. I really love Ukraine and Kharkiv. It’s a beautiful city with nice people.

I should say that since I have arrived in Kharkiv in late November 2011, funny situations constantly take place in my life. I have been to some interesting places and I would like to share with these memories.

Shevchenko Garden which is situated in the city centre, in Sumska Street, is one of the best places in the city. This is a popular gathering place for citizens as it features tree-lined pathways with seating for visitors to take time out and enjoy the tranquillity. Moreover, this place has a rich history. Perhaps the most striking feature of the Garden is the statue of Taras Shevchenko surrounded by sixteen peasants, Cossacks and other individuals as a representation of the Ukrainian national history. These heroes and monument impressed me so much.

I have many unforgettable moments shared with my friend connected with Shevchenko Garden. No doubt, Shevchenko Garden is the best place, “the cynosure” which provides you with everything you are looking for. One has an opportunity to visit Dolphinarium which is situated here and enjoy funny and so exiting shows.

I love animals. Imagine how happy I was when I found out that Kharkiv has zoo. It was really exhilarating. I was able to see a lot of exotic animals. Moreover, before I could watch these animals in movies or only in my dreams.

The Garden provides exiting entertainments for children and adults. You can enjoy romantic walk with your beloved person, have fun, exercises, and enjoy pleasant emotions. The serenity and healthy environment create relaxing atmosphere for visitors.

Shevchenko Garden occupies a very large territory and I can say for sure that it is really worth visiting.

The time spending in Kharkiv has been filled with lots of nostalgic moments and warm memories. Though there are other nice places in Kharkiv which I will explore in the nearest future!

So when I answered “Yes, Kharkiv is a beautiful city” to the questions of drivers and Kharkiv citizens, I had something really precious in my mind.

**Shevchenko Park**

Abugu Livinus Nnadozie
Group 1, Nigeria.

An evening city

Foreign students who come for studying at our university, familiarize with Ukrainian traditions, the cultural heritage of our country, in particular with historical sightseeing attractions of Kharkiv.

In late autumn the Department of Medical Bioorganic Chemistry organized the bus tour “An evening Kharkiv” for students from India. Familiarization tour turned into face-to-face contact of students, teachers and guides.

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Editorial office: 4, Lenina avenue, Kharkiv, 61022

Main building, 5th floor, phone 707-73-60

e-mail: redakt@kmmu.kharkov.ua

www.kmmu.kharkov.ua

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Editor-in-Chief V. Zakharevych

In charge of the issue

prof. Igor V. Zavgorodnii

Subeditor A.A. Olkhovaya