



THE NEWSPAPER OF KHARKIV NATIONAL MEDICAL UNIVERSITY ACADEMIC COMMUNITY

*The newspaper was awarded with a silver medal of the "Higher School" Ukrainian Government Contest*

## INTERNATIONAL COOPERATION

### KHARKIV-ANDIJAN TELECONFERENCE



On 24 February, a video-meeting of the officials of Kharkiv National Medical University and Andijan State Medical Institute (Uzbekistan) took place.

The Rector Vladimir Lesovoy, the Vice-Rector for Research Valery Myasoedov and the Head of the International Relations Office Anzhela Stashchak met their colleagues from the Uzbek institution which was represented by the Rector Abdushukur Sadykov, the Vice-Rector for Research Gulomiddin Hodzhymatov and the Rector's Assistant for International Relations Kamoliddin Salakhiddinov.

The Rector Vladimir Lesovoy gave to our partners the information about the University's glorious history and its present days, the students and outstanding graduates of our University. The Uzbek colleagues got acquainted with the structure of the institution, organization of the educational process. Vladimir Nikolayevich focused on the international recognition of the University, told about the ties and cooperation with foreign education and practical medical institutions.

The Vice-Rector for Research Valery Myasoedov focused on the areas of the University's academic activities and scientific international cooperation, spoke about the work of our researchers, discussed topical issues of modern medical science and health care practice. Valery Vasyliovych noted that 5 specialized academic councils function at the University providing doctoral and candidate dissertations defense in 14 specialties.

Dr. Abdushukur Sadykov told about the history of his education institution, its best graduates and focused on the areas of cooperation between our universities, which are specified in the Agreement on cooperation between KhNMU and ASMI signed at the end of 2015.

*Adapted from the International Relations Office*



## ISIC

### CURRENT PROBLEMS OF CLINICAL AND BASIC MEDICINE

On May 19–20, the IX Scientific-practical conference with international participation "Current problems of clinical and basic medicine" (ISIC) was held. More than 250 works were submitted for the publication.



Careful selection of scientific works of students and young scientists was conducted this year. The subjects of thesis differed with the variety and level of scientificity.

Students of our University, as well as of Vinnytsia, Odesa, Kyiv universities attended the event. 80 participants of the conference made oral reports during 9 scientific sections, 40 -made poster reports. Presentations were discussed by the jury with membership of professors and associate professors of our University. The most talented participants were awarded certificates for singularity in solving scientific problems, social significance, public speaking, best presentation.



Diplomas to the winners and participants were awarded by the Vice-Rector for Research Valery Myasoedov. He emphasized the high level of organization of the conference, novelty of reports and the desire of students to pursue science.

*Christina Potihenska, Chairman of SSS of KhNMU*

## INTERNATIONAL PROJECT

### SCIENCE SLAM IS ABOUT SCIENCE WITH HUMOR

On May 19 on the occasion of Science Day the Council of young scientists of KhNMU held the first Science Slam. Youth science is always associated with something new, as young scientists do not stop looking for new forms to present their achievements.

A Science Slam is a new international format for popularizing science, which is located at the borderland of standup-performance, scientific conferences and competitions. This project was developed in 14 countries, and this year it was held for the first time at our University.

The event was opened by the Vice-Rector for Research Valery Myasoedov. He expressed gratitude to the young scientists and organizers of slam for the idea and its implementation. Valery Myasoedov laid emphasis on the originality of the event which opens a new milestone in our youth science.

Participants of the Slam made 10-minute speeches, in which they presented their own researches in understandable form for everyone. They demonstrated a combination of science and practice. The participants proved that scientific research can be very interesting to a wide audience.



*Nataliya Kufterina, Chairman of Council of young scientists of KhNMU*

**INTERNATIONAL COOPERATION**

## AN OFFICIAL VISIT OF THE DELEGATION OF THE HASHEMITE KINGDOM OF JORDAN

On April 14, an official delegation of the Hashemite Kingdom of Jordan represented by the Counsellor for cultural relations in Ukraine Mr. Valid Al-Navasreh, and an officer for cultural relations of the Department in Ukraine of the Hashemite Kingdom of Jordan Embassy in the Russian Federation Mr. Mohammed Al-Havamleh came to KhNMU.



The visit aimed at meeting the University administration and students from Jordan.



The University was represented by the Vice-Rector for Research and Education Prof. Volodymyr Markovsky, the Head of the International Relations Office Ms. Anzhela Stashchak, the Dean of the 5<sup>th</sup> Faculty for International Students Assoc. Prof. Dmytro Marakushin, the Dean of the 6<sup>th</sup> Faculty for International Students Prof. Vadim Sinaiko, the Head of the Preparatory Department for International Students Assoc. Prof. Oleg Marushchenko.

During the meeting the issues of Jordan's students stay in Ukraine and their training at the University were discussed. Prof. Volodymyr Markovsky told the guests about the University's traditions and experience in the training of foreign students, particularly students from Jordan, he also stressed that the doors of the University are always open to them. It was emphasized that the University has been training Jordanian students since 1967.

Mr. Valid Al-Navasreh extended greetings from the Minister of Higher Education and Scientific Research of Jordan, and thanked for the warm reception. The issues of education are regarded as very important ones in Jordan, especially in view of collaboration with Ukraine. Mr. Valid Al-Navasreh noted that arrangements concerning signing a cooperation agreement between the Ministries of Education of both countries in providing education services, as well as in academic exchange of staff and students have been made.

The parties expressed their confidence that relations between the University and the Department in Ukraine of the Hashemite Kingdom of Jordan Embassy will further develop, and that the working partnership and joint efforts will foster citizens of Jordan's wish to get education at our University.

In the framework of the visit the foreign guests had an excursion to the Museum of the University History, met with their compatriots who are the University students.

**Valentyna Fedorova,**  
Senior Specialist, International Relations Office

## DEVELOPMENT OF VECTORS OF INTERNATIONAL COOPERATION: THE DELEGATION OF OUR UNIVERSITY VISITED IRAN

On May 14-20, 2016 the Rector of Kharkiv National Medical University Prof. Vladimir Lesovoy and the Head of the International Relations Office Ms. Anzhela Stashchak attended Islamic Republic of Iran with an official visit. The aim of the business trip was the enhancing of international cooperation and establishing of new partnership relations.



In the frames of the trip the delegation visited Tehran University of Medical Sciences. The University was founded in 1934 and it is one of the oldest and famous in the country. The institution includes 11 faculties (schools), more than 100 specialized research centres, 16 hospitals, 75 libraries. The University publishes 52 scientific journals and its publishing activity takes the 20<sup>th</sup> place in the world (according to index Copernicus).



During the visit, the delegation met the officials, academic staff and researchers at the faculties, laboratories and hospitals of Tehran University of Medical Sciences. In the course of the meetings, the representatives of the Iranian institution presented the system of

higher medical education in the country, the organization of educational process and features of teaching methods at the University.

Kharkiv National Medical University was presented at Tehran University of Medical Sciences during seasonal meeting of university hospitals with international representatives. Memorandum of Understanding between Kharkiv National Medical University and Tehran University of Medical Sciences was signed. The meeting with the chairman of Universal Scientific Education and Research Network, who is the



Vice-Minister of Education, Ministry of Health and Education of Iran, was also held in Tehran. The Agreement on cooperation with the above mentioned institution was signed as a result of the meeting.

Tehran University of Medical Sciences organized trips for our delegation

to Shiraz University of Medical Sciences (Shiraz) and to Shahid Sadoughi University of Medical Sciences and Health Services (Yazd).

The delegates presented the activities of our University, visited various departments of university clinics, campuses, and international relations offices at these universities.

While being at Shiraz University of Medical Sciences the delegates came to understanding about signing the Agreement on cooperation and discussed some key points of the future agreement.

At Shahid Sadoughi University of Medical Sciences and Health Services the agreement on cooperation was signed.

The visit fostered the expansion of international cooperation of the University, increased its prestige and attracted new partners from abroad to international and scientific collaboration.

**Anzhela Stashchak,** Head of the International Relations Office

## LECTURE

## COOPERATION WITH GERMAN PROFESSIONALS IS UNDERWAY



On April 28-29, 2016 Doctor Heribert Ortlieb, the Head of the Department of Thoracic Surgery at Mittelbaden Hospital (Baden-Baden, Federal Republic of Germany) visited Kharkiv National Medical University.

On April 28, Doctor Ortlieb gave his lecture "Empyema: History of Research" for students, interns and young researchers; conducted a workshop on thoracic surgery for students and surgery residents at the Department of Surgery No.1.

Doctor Ortlieb was acquainted with the specialized surgery divisions of the Institute of General and Urgent Surgery, he was also present at clinical examinations.

On April 29, Doctor Ortlieb gave a lecture on pediatric thoracic surgery for 6-year students of the 3<sup>rd</sup> Medical Faculty and interns.

**Background Information:**

Doctor Ortlieb's visited our University for the first time in November 2015. Then, Doctor Ortlieb cooperated with the Department of Oncology, presented his lectures "Pulmonary Emphysema" and "Pulmonary Cancer", and took part in the Oncology Society meeting.

International Relations Office

## EUROPEAN EXPERIENCE

## THE VISIT FULL OF IMPORTANT EVENTS



From May 26 to 31 the Head of the Centre of Integrative Pain Medicine and Anesthesiology, consulting physician in pain medicine, anesthesiology and palliative care clinic "Havelhoe" Michael Schenk (Berlin, Germany) had a working visit to Kharkiv. The programme of Dr. Schenk's visit included events during which doctors and other professionals of the healthcare system received a lot of valuable information.

In the frame of the visit, the meeting of Michael Schenk and the Rector of Kharkiv National Medical University Vladimir Lesovoy took place. The honourable guest expressed his desire not only to share his experience with experts and students, but also to participate in joint social projects. Michael Schenk thanked Vladimir Nikolaevich for a warm welcome and expressed gratitude to Vladimir Savenkov, the Director of the University Clinic for organizing productive visit.

Michael Schenk started his working meetings with the scientific conference "Urology, Andrology, Nephrology – 2016", which is annually held on the initiative of the V.I. Shapoval Regional Centre of Urol-

ogy and Nephrology. The next day Dr. Schenk took part in the conference session "Oncourology" during which he raised the issue of multimodal pain management. On May 30, a round table and a scientific conference were held at the University Clinic.

On May 31, on his last day of stay in Kharkiv, Dr. Schenk held meetings with students of KhNMU. In the conference hall the German specialist conducted a lecture "Neuropathic pain: epidemiology, etiology, pathophysiology, diagnosis, clinical manifestation and complex pharmacological treatment". In the course of his speech, Michael Schenk demonstrated clinical cases and invited future doctors to discuss them.

At the end of the working visit Michael Schenk noted that he was very pleased to be within the walls of the oldest academic medical institution of Ukraine and to share his experience with the interested audience.

Viktoriya Zakharevych, Olena Lobach

## TRAINEESHIP AT AN AUSTRIAN HOSPITAL



I attended an advanced training programme on "Paediatric Haematology" at St. Anna Children's Hospital (Vienna, Austrian Republic) in April 2016. The traineeship was organized in the framework of the project "Children of Chernobyl" under an independent Austrian environmental organization "Global 2000". The event took place at the Paediatric Oncohaematology Divisions, the hospital's Day Patient Division for oncology patients.

During the traineeship I had a chance to study the functioning of the Children's Oncohaematology Inpatient Division at all levels, modern treatment strategies and research methods for children with acute lymphoid and myeloid leukemia, lymphogranulomatosis, histiocytosis, aplastic anemia. I participated in daily managing of seriously ill patients and in weekly consultations which involved specialists in various fields, including those ones from other hospitals in Austria, Switzerland and Italy. The Diagnostic and Research Divisions of the Children's Cancer Research Institute which includes the St. Anna Children's Hospital were attended by me.

It is of great importance that agreements with the hospital's management as for the possibility of training and professional development for our University academic staff on pediatric hematology and oncology, holding online consultations, the implementation of joint research and training programmes were reached. The mentioned above activities will take place in the framework of the St. Anna Children's Hospital and the Children's Cancer Research Institute's joint project with the financial support from the Austrian GIGAX Foundation.

Cooperation with our University envisages coordinating measures, advancing education of healthcare professionals and academic researchers through congress participation, apprenticeships and advanced training programmes.

Professor Nataliya Makieieva, the Head of the Department of Paediatrics No.2

**INTERNATIONAL ACTIVITY****ACADEMIC MOBILITY: FOSTERING INTERNATIONAL COOPERATION**

Mrs. Kateryna Karpenko Professor of the Department of Philosophy of Kharkiv National Medical University was on a business trip to the Federal Republic of Germany from December 1, 2015 till February 1, 2016. Kateryna's visit was in the frame the DAAD (German Academic Exchange Service) programme, which provides grant funding on the competitive basis for young and experienced scientists and for graduate students for traineeship in Germany.



The programme of the visit was intense and included traineeship at the University of Paderborn (Paderborn, Germany), where Kateryna Karpenko got acquainted with the structure of the University, training organization and even had an opportunity participate in the teaching process by reading



a series of lectures on ecofeminism and gender equality. She also took part in a philosophical colloquium with her report "The place and role of the ecofeminist tradition in the history of women-philosophers". During her stay at the University of Paderborn Kateryna Karpenko discussed with her German colleagues the issues of further cooperation between the named University and

Kharkiv National Medical University. Among the further outcomes of such cooperation could be such activities as setting up academic staff and students mobility, implementation of joint education and research projects.

While being in Germany, Prof. Karpenko was invited to the Institute of Gender in Medicine of Charité Teaching Hospital, where she met the Director of the mentioned institute Prof. Dr. Vera Regitz-Zagrosek and Dr. Ute Seeland. The meeting was held in a friendly atmosphere, the participants discussed achievements and experience in the field of gender medicine, prospective areas of cooperation between Kharkiv National Medical University and Charité Teaching Hospital.

Moreover, on January 28-29, 2016 Professor Kateryna Karpenko presented Kharkiv National Medical University on the "German - Ukrainian Network Event for Academic Cooperation", that was held in Berlin and organized by the DAAD office of and Alexander von Humboldt Foundation, the German Research Foundation, the Ministry of Foreign Affairs of the Federal Republic of Germany and the Ministry of Education and Science of the Federal Republic of Germany. The event provided scope for more than 150 participants from Ukraine and Germany to network and strengthen the German - Ukrainian cooperation in science and higher education.

The meeting put an emphasis on fostering German-Ukrainian cooperation in science and higher education. It provided a broad platform for information and best-practice exchange in the area of bilateral academic cooperation, especially on fundraising and project management, on facilitation of the dialogue between the academic community and organizations funding and promoting academic and scientific cooperation with Ukraine.

**Anzhela Stashchak**, the Head of the International Relations Office

**A VISIT OF STUDENTS FROM KAZAKHSTAN IS OVER**

On 28 April – 19 May, 2016 three students from Marat Ospanov West-Kazakhstan State Medical University (Aktobe) Khamza Burkitaliyev, Aslan Dashkenov and Aidar Koishybayev visited our University in the framework of the agreement between the Kazakh University and Kharkiv National Medical University. They are sixth-year students, who are studying surgery at home University and have chosen surgery as the specialty of their future career. An extensive preparations were made before the students' arrival in Kharkiv. The International Relations Offices of both Universities were in continuous networking to discuss the details of the visit. The study programme was agreed with the Vice-Rector for Research and Education Volodymyr Markovskyy, the Dean of the 3<sup>rd</sup> Medical Faculty Mykola Panchenko, the Head of the Department of Pediatric Surgery and Pediatric Anesthesiology Yuriy Pashchenko, and the Educational and Methodical Department.



The guests from Kazakhstan were able to adapt to a new life and training realities thanks to the assistance of the International Relations Office. In their free time our guests were able to visit University clinical bases, got familiarized with historical and architectural sightseeing attractions of Kharkiv.



The programme of the Kazakh students' stay at the University was varied. Apart from the cycle in Pediatric Surgery they participated in a number of events. The future surgeons attended a 3-day practical seminar

"TRE Tension, Stress and Trauma Releasing Exercises" which was conducted by a clinical psychologist and psychotherapist Andreas Herold (Zürich, Switzerland). They also had a chance to participate in a workshop on Thoracic Surgery given by Doctor Heribert Ortlieb (Baden-Baden, the Federal Republic of Germany). The workshop took place at the Department of Surgery No. 1.

Following the results of the cycle in Pediatric Surgery, Khamza Burkitaliyev, Aslan Dashkenov and Aidar Koishybayev were awarded with the related certificates by the Vice-Rector for Research and Education Volodymyr Markovskyy.

For the students from Kazakhstan their visit to Kharkiv was an opportunity to familiarize themselves with the health care and education systems in Ukraine, with the methods of treatment and diagnosis of pediatric surgical diseases. They were able to meet new friends and to learn about Ukrainian culture and traditions.

In summer fourth-year students of our University will visit Kazakhstan to undergo practical training at the partner's University, and representatives of the Kazakh University will visit us for the same purpose.

**Valentyna Fedorova**, Senior Specialist, International Relations Office

**OUR CREATIVE WORK****POEM ON HORMONES**

*Physiology, physiology, physiology  
Understanding the terminology  
Its biology of body functioning,  
Body processes and in motion biology...*

*My brain is popping and  
my body's gone all crazy  
Until now some has noticed  
my memory is a lil bit lazy*

*Its hormones it's all about.*

*Hormones can make you happy  
And some can turn you sad  
These portions running open in my veins  
Creating my destiny good or bad.  
Seriously!!! Hormones are freaking mad.*

*For every emotions  
A specific hormone can be deduced  
Hormones can baffle me  
Hormones left me amused  
Creating is a sort of chemical game.*

*Sometimes I realize  
If I am a man with a free will  
Or a chemical product, spiritually disguised.*

*My friends, don't blame me  
For composing something rude  
For you might now know the real culprit,  
The hormonal imbalance is inside the hood.*

**Anmol Bansal**  
Group 16, 2 stream, VI med

## EMSA\* Ukraine National Assembly



The event started its work on April 22, 2016 at the main hall of V.N. Karazin Kharkiv National University with a welcome speech.

There were two workshops available during the conference, which ran as parallel sessions: Infertility, Assisted Reproductive Technologies by Dr Oksana Gradil, and Fundamentals of Ultrasound Diagnostic on Gynecology by Dr Denis Saitarly. Both teachers are from the Department of Obstetrics and Gynecology No. 2 of KhNMU. After a short appreciation of speakers, participants went to Anticafe where had an opportunity to socialize and have fun.

On April 23, 2016 the EMSA Ukraine NA/MedCon started off with Clio Jis Francis giving the welcome speech and introduced one of our key speakers from the Department of Occupational Disease of KhNMU, Prof Dr Oleksiy Kalmykov. The Professor spoke about mobility in healthcare and explained the formula for mobility within the healthcare field. Afterwards, the programme continued with a session of MEDx EMSA, where different EMSAi had an opportunity to speak about various topics they are passionate about. The speakers included Hagood Ineh-Dumbi, Mary-mercy Basumbuko, Daniel Adenisimi, Micheal Adesida, and Syed Ahsan Ali. By mid day, we had the keynote lecturer Dr Jeffery Anderson who is a Professor of Medicine and Cardiology at Utah School of Medicine, USA. He spoke about the use of mobile devices in

cardiology. Parallel workshop sessions were conducted by Dr Jeffery Anderson on cardiology and Dr Nataliya Nekrasova on reflexology. Later the plenary session, where a call for the position for National Coordinator and National Secretary General of EMSA Ukraine, was made. By the end of the evening, the votes were counted by the electoral committee, in particular by Adenisimi Daniel and Jiska Uwimana. During the formal dinner, the incoming National Coordinator was announced to be Ofure Abigael Obinyan while there was a tie between Queendarlyn Otunwa and Oriafio Donald for the position of National Secretary General. The dinner continued with photo sessions, acknowledgement of graduating EMSAi and interactive sessions.

The event was concluded on April 24, 2016, at the conference hall of the Indian Palace. After the Local Coordinators and National Coordinators met to conclude the event and broke the tie between two candidates for the National Secretary General Position. As a result Oriafio Donald was elected. The event was concluded with a closing ceremony by both the incoming NC and outgoing Mr. We were honoured to have one of the sponsors of the EMSA Mr Hardeep Singh, Ukraine National Assembly 2016, present with us.

**Ofure Abigael Obinyan**

\* European Medical Students' Association

### CONFERENCE OF YOUNG SCIENTISTS AND STUDENTS

## THE SCIENTIFIC DEBATE ON INFECTIOUS DISEASES

On March 2, a monothematic scientific-practical conference of young scientists and students "Vaccine-preventable diseases: progress and challenges ahead" was held at the Department of Epidemiology. The conference dealt with the subject of infectious diseases' vaccine. The conference was attended by foreign and domestic students of III, V, VI courses of VI and I medical faculties. Professor Tatyana Chumachenko, the head of the Department of Epidemiology, in her welcoming speech addressed to the conference's participants and stressed that vaccination is considered to be the best way to prevent, control and eliminate infectious diseases in today's world and it is the most affordable and economically justified measure of reducing the sickness rate and mortality. The interest of students in the study of international research and own research on immunization of population will help to improve prevention component of public health around the world.



In their reports, the students highlighted the issue of infectious diseases and its prevention in the world and the country of residence of students, the prospects for new vaccines (against HIV, Ebola fever). A large scientific discussion took place during the conference. Students had an opportunity to extend their knowledge of the problem, master the skills of scientific analysis, data interpretation, presentation of the results to a wide audience. The best reports were awarded with diplomas.

**Tamara Romanenko**, Professor of the Department of Epidemiology

### EXHIBITION OF POSTERS

## INTERESTING FACTS ABOUT OUTSTANDING WOMEN-SCIENTISTS

The exhibition of posters dedicated to the outstanding women-scientists in the frames of "Week of Women's Solidarity" took place on March 1 at Kharkiv National Medical University. This event was held in Kharkiv from 1 to 11 March.



Visitors of the exhibition had an opportunity to learn interesting facts about Zinaida Ermoleva (who independently synthesized penicillin during World War II, she also took an active part in the organization of industrial production of antibiotics), Ellen Swallow Richards (an outstanding American chemist-technologist, ecologist, she was the first person who developed and introduced into practice the modern installation for waste water purification), Mary Ainsworth (an established Canadian scientist-psychologist, who worked out a method of interpersonal communication which prevents conflicts) and Rosalind Franklin (an English biologist, who proved the helical structure of DNA).

The project was established by NGO Urban Forms Centre and implemented with the support of the Representative of the Heinrich Böll Foundation in Ukraine.

Centre for Gender Education of KhNMU

## COLLABORATION WITH COLLEAGUES FROM POLAND



On February 10, a delegation from the University of Occupational Safety Management in Katowice (WSZOP), the Republic of Poland, represented by the Chancellor Ms. Małgorzata Sikorska and the Rector's Plenipotentiary Ms. Klaudia Tyrala visited Kharkiv National Medical University.

A meeting with the University authorities took place in the framework of the visit. The issues concerning the Dual Diploma Programme and the conditions for our students to participate in it, comparison of both Universities curricula, mutual training opportunities were discussed. The Vice-Rector for Research and Education Volodymyr Markovsky told about the history of our University, the present day of our education institution and about the Polish statesman Jozef Pilsudski, who had studied at the Medical Faculty of Kharkiv University. A special attention was given to the training of international students, and on the speciality "Public Management and Administration". Ms. Małgorzata Sikorska introduced her institution as for the possibilities of cooperation with KhNMU. The Director of the Education and Research Institute for Postgraduate Training Valery Vyun provided information on the postgraduate training at KhNMU and asked about special aspects of education at the Polish university.

During the meeting a joint action plan was scheduled. It was decided to launch the collaboration between the institutions: at the first stage a cooperation agreement was signed.

**Valentina Fedorova**, Senior Specialist of International Relations

## DAAD LECTORS' VISIT TO KHNMU



On March 16, lectors of the German Academic Exchange Service (DAAD) in Ukraine Ms. Gisela Zimmermann (Kyiv) and

Ms. Özlem Gündogdu (Kharkiv) visited Kharkiv National Medical University.

In the framework of their visit Ms. Gisela Zimmermann and Ms. Özlem Gündogdu met with the Head of the International Relations Office Anzhela Stashchak. During the meeting the issues concerning cooperation with German education and practical institutions in the field of medical education and medicine, and concerning the possibility of getting the German Academic Exchange Service's funding for projects with German partners were discussed. One more point for consideration was KhNMU involvement in the "Weeks of Germany in Ukraine in 2016".

The German Service lectors invited KhNMU academic staff who participated in the DAAD programmes to take part in a meeting of the DAAD alumni which was held in Kharkiv in April 2016.

*Adapted from the International Relations Office*

## THE FIRST LADY OF GERMANY VISITED KHARKIV INFANT ORPHANAGE

On January 18, 2016 UNICEF delegation led by the First Lady of the Federal Republic of Germany Daniela Shadt visited Kharkiv regional specialized orphanage No. 1, which is the clinical base of the Department of Pediatrics No. 1 with Neonatology. Among the guests of the event were Honorary Consul of Germany in Ukraine Tatyana Gavrish and the Head of medical and pharmaceutical activity in Kharkiv Regional State Administration Galina Siroshstan. Our University was represented by the Head of the Department of Pediatrics No. 1 with Neonatology Prof. Margaryta Gonchar and Professor at the Department of Pediatrics No. 1 with Neonatology Elena Riga, the International Relations Office of Kharkiv National Medical University also joined the event.

The main issue of the meeting was the discussion of the prospects of cooperation in the creation of early intervention system for children with risks of developmental delay and for children with special needs. It should be noted that apart from the main scientific work devoted to stratification of risks of children's cardiovascular pathologies and bronchovascular diseases, in 2013 members of the Department of Pediatrics No. 1 with Neonatology affiliated to research in a new direction "Developmental pediatrics" that includes issues on early intervention, follow-up supervision of premature children and palliative pediatrics.

Prof. Elena Riga, who was one of the speakers, told about the criteria for inclusion of neonates to the early intervention system,

about the National Follow-up Protocol that was created by the specialists of Kharkiv National Medical University jointly with the Association of Neonatologists of Ukraine and Ukrainian – German Medical Association. But, aside from the achievements, Elena noticed insufficient theoretical training of Ukrainian doctors in the field, the need of further scientific development and innovation in the learning process.



The meeting ended with a tour round the orphanage, held by the director Roman Marabyan. The guests were able to enjoy the atmosphere of love, understanding and desire to help young fosterlings.

**Anna Frantsuzova**, International Relations Office

## THE FESTIVAL OF STUDENTS' CREATIVE TEAMS

### STUDENTS CELEBRATED EUROPE DAY



On May 22 Europe Day was celebrated in Ukraine. This year celebrations were held in an extremely large scale. The solemn procession of representatives of the students' community of higher educational establishments, which took place along Sum-ska street, from Freedom Square to Gorky park, became the main event in Kharkiv. It was followed by a festival of students' creative teams and Euro disco.

During the procession medical students were one of the largest and most creative teams, and presentations of our Youth Centre made a favourable impression on the audience by their level of performance and artistry.

The presentation of higher education institutions of the region were attended by the representatives of regional authorities, university rectors and consuls of European countries whose offices are located in Kharkiv.

About four thousands of students from 31 universities of Kharkiv took part in the celebration of Europe Day.

Sector of media space of Students' Council



## CREATIVE EVENING

### LYRIC OF PHYSIOLOGY

On the Catholic Christmas Eve right before the New Year an unusual for fundamental disciplines event called "Lyric of physiology" was held at the Physiology Department. In recital format with tea and New Year greetings second- and third-year students of all faculties expressed in verses the importance of physiology in their education and life. Teachers of the department also presented their competition works.



Lyrical evening was opened by the Vice-Rector for Research and Education, Prof. Ivan Letik who always supports the creative youth of our University. The dean of the 5<sup>th</sup> Faculty for International Students, Assoc. Prof. of Physiology Department D.I. Marakushin said that although that kind of event was held at his Department for the first time, he looked forward to a further continuation of such competitions, as they combined creative and scientific potential of both Ukrainian and foreign students.

The first work presented to the audience was the ironic poem of the acting Head of the Department, Assoc. Prof. L.V. Chernobay. The poem describes difficult life of the medical university students on the eve of the session. This bright beginning was followed by the performances of domestic students in Russian and Ukrainian languages, some of which combined lyrical compositions demonstrating physiological experimental models. English-speaking students of the 6<sup>th</sup> Faculty proved to be active as always and showed group theatrical skits and monologues about the role of various functional systems in our body. The final performance of the evening was the heart-warming poem of Assoc. Prof. R.V. Alekseyenko about the person who gives us life and motivates for all further actions and achievements – "About my mother".

All the participants of the event proved to be quite creative, so got the corresponding gifts – T-shirts and commemorative badges with various medical quotations.

Let's all meet again at the Physiology Department in 2016!

Associate Professor of the Physiology Department **O.V. Vasylieva**

## PRACTICAL LESSON

### WHAT DO YOU KNOW ABOUT BLOOD PRESSURE?



When your heart beats, it pumps blood round your body to give it the energy and oxygen it needs. As the blood moves, it pushes against the sides of the blood vessels. The strength of this pushing is your blood pressure. It is a life force,

as without blood pressure oxygen and nutrients would not be pushed around our circulatory system to feed tissues and organs. But what exactly is it that causes blood to exert a pressure in our arteries? Part of the answer is simple - the heart creates blood pressure by forcing out blood when it contracts with every heart beat. Blood pressure, however, cannot be created solely by the pumping heart.

On April 4 2016, the second-year students of group 18, VI Faculty were studied how to measure blood pressure at the Physiology Department. Our teacher Oksana Vasylieva brought us the instrument for pressure measurement (sphygmomanometer) and each of us in practice mastered how to detect it properly. There are different types of sphygmomanometers: aneroid, digital and mercury.

The normal blood pressure for a human being is 120/80mmHg. There are two numbers in a blood pressure reading: systolic and diastolic. The first number called systolic blood pressure, measures the pressure in your blood vessels when your heart beats. The second number called diastolic blood pressure, measures the pressure in your blood vessels when your heart rests between beats. For example, a typical reading might be 120/80. When the student put the cuff around the arm of his colleague, it pumped blood up, this was to allow cut blood off with the pressure exerted by the cuff. As the pressure in the cuff was released, blood flew again and the student could hear the flow in the stethoscope. The number at which blood started flowing (120) is the measure of the maximum output pressure of the heart (systolic reading). The student continued to release the pressure on the cuff and listened until there was no sound. That number (80) indicates the pressure in the system when the heart is relaxed (diastolic reading).

Another student was made to do some physical exercises and his blood pressure was checked afterwards. It was realised that the student's blood pressure had increased. This was a physiological change to compensate for the tiredness in the muscles of the student. However, after some rest the blood pressure returned to normal.

It is important to have blood pressure checked regularly especially when person is older than 45 years old. Next time when your blood pressure will be checked, ask your doctor to check it in both arms, rather than just in one. Why? A big difference between the two readings can give you an early warning about increased risk of cardiovascular disease, according to a new study.

Stay healthy!

**Amanda Amoo, Mensah (Ghana), 6<sup>th</sup> faculty, 2<sup>nd</sup> year, group 18**

**STUDENTS' LEISURE ACTIVITY****THE BEST WAY TO LEARN MORE ABOUT THE COUNTRY**

I like travelling. I think it is the best way to find out about many things. This semester we were lucky as had many chances to learn more about Ukraine and its people. We had an excursion around the city. Our teacher Nataliya Martynenko (the Department of Social Sciences) told us a lot about the foundation of Kharkiv in the middle of 17<sup>th</sup> century. We went together to the historical centre. In Kharkiv Museum of Nature we studied a lot of interesting information about flora and especially fauna of this region. Moreover, Ms. Inna Myronova (the Department of Biology) reminded us about things, which we had learnt in the course of Biology.

During the excursion to Kharkiv Zoo we found out about its foundation, which took place more than 100 years ago. Professor of Zoology Olexander Brandt established it and was the first director. It was absolutely amazing to see a nice collection of fish and birds there. Occasionally we understood that the name of leleka (in Ukrainian) and leklek (in Arabic) related to the same bird. Our teacher Nataliya told us that Ukrainians believed that "leleka brought children" for parents.

During the weekend we spent a nice day near the river in a wonderful place with a difficult name Zhuravlevka, and discussed many problems of world politics, having improvised outdoor political club.

*Ahmed Aljewari, Dentistry Faculty, 1<sup>st</sup> course*

**HOLI**

Holi is known as the "festival of colours" and celebrated with various colours and water which is poured over each other, amidst loud music, drums, etc. Like many other festivals in India, Holi also signifies a victory of good over evil. According to an ancient mythology, there is a legend of King Hiranyakashipu whom Holi is associated with.



Hiranyakashipu was a demon and he started considering himself as God and asked his people to worship him like God. The cruel king had a young son named Prahalad, who was a great devotee of Lord Vishnu. Prahalad had never obeyed his father's order and kept on worshipping Lord Vishnu. The King was so hard-hearted and decided to kill his own son, because he refused to worship him. He asked his sister Holika, who was immune to fire, to sit on a pyre of fire with Prahalad



in her lap. Their plan was to burn Prahalad. And this idea was failed as Prahalad who was reciting the name of Lord Vishnu throughout was safe, but Holika got burnt to ashes. The defeat of Holika signifies the burning of all that is bad. After this, Lord Vishnu killed Hiranyakashipu. But it is actually the death of Holika that is associated with Holi.

This dates back to the period of Lord Krishna (reincarnation of Lord Vishnu). It is believed that Lord Krishna used to celebrate holi

with colours and hence popularized the same. He used to play holi with his friends at Vrindavan and Gokul. Holi is a spring festival to say goodbye to winter. The celebrations are also associated with spring harvest.

Here in Ukraine, especially in Kharkiv we have been celebrating Holi for 3 years already. The event has been organised by Bobtrade Education Group and Indian Ukrainian Academic Centre. This year it was celebrated on April 24, 2016 at Gorky Park. We had a crowd of more than 12,000 people. People from different cities were invited to be a part of the celebration. A lot of Indian dances, music, DJs were organised. People were given free master classes for wearing Saree, Turban, etc. Free Mehendi designs (Indian Henna), tattoos making, free bracelets, caps were distributed. Colours of various kinds were plenty available. It was quite a good arena keeping in view that along with the Indian people, all Ukrainian people enjoyed a lot. It is a good initiative of Mr. Hardeep Singh and Mr. Sachin Kaushik, the CEOs of Bobtrade Education Group to enhance the Indo-Ukrainian Relationships.



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