



# UP VOICE

The Official Newsletter of the University of Puthisastra (UP)

## UP HOLDS STAFF PARTY TO CELEBRATE KHMER NEW YEAR 2023!



UP celebrates its fantastic 2023 Khmer New Year! This is the perfect opportunity for a UP family get-together, and show the deep appreciation and gratitude from the UP Leadership and staff who had worked extremely hard during these years to create a great future for UP, our students and Cambodia. It certainly was a night to remember.

The event first kicked off with a brief review of UP successes, challenges and how much we have all achieved. It was satisfying for us knowing our university has expanded dramatically over these years.

We do it by creating excellence in health, science, technology, modern education and research. UP:

1. health we have programs such as medicine, pharmacy, dentistry, nursing and midwifery – creating young skilled professionals to be the health Leaders of tomorrow
2. science and research we have programs such as lab technology and Bachelor of Science research degree. These allow local Cambodian young people to learn the broad principles of research and equip them to be the science and technology leaders of tomorrow. UP is the only Cambodian university to have a research degree.
3. We have technology programs (such as our bachelors and Masters of IT). Our Masters of IT programs focus on the big technology issues of today – data science, big data, cybersecurity and AI
4. UPOP - our custom-built leading learning and teaching systems – not just Zoom or Skype or Facebook – has been recognised as one of the very best on Cambodia
5. our modern curricula based on international best practice, delivered by international experts
6. our leading research – with over 200 papers from UP in 2022 – the highest in Cambodia.
7. By delivering more than 75,000 hours of quality online teaching – using technology to make sure UP students and graduates continue to succeed
8. UP is the only university to offer pre-hospital training courses to make sure that our UP students are ready for their clinical placements
9. UP is the only university to offer 4 years of English tuition free of charge to students. English is so important because it is the international language of health
10. Professional development. UP is the only university to offer professional development in 5 main health fields -medicine, dentistry, pharmacy, lab tech and nursing/midwifery. What we can't learn in undergraduate years we need to learn later to keep our skills modern and upto date

### WHAT'S UP ON CAMPUS

• 14-15-16 APRIL 2023 | KHMER NEW YEAR 2023





Our students are already seeing the success of UP approach. UP students achieved 100% success in the national Exit exams. 100% pass in Medicine, 100% pass in Dentistry, 100% pass in Pharmacy, 100% pass in Nursing, 100% pass in Midwifery, 100% in dental implantology.

UP knows that if you take care of your staff, then the staff take care of everything else. And UP is so lucky and really proud to have such exceptional staff in the UP family and perfect representatives of UP.

After everyone was full from a delicious meal, the lucky draw was drawn to really still up the excitement and prizes ranging from a computer tablet to hair dryers to rice cookers to mugs were won. Then of course came the traditional Khmer dancing.

UP staff confirm that we're not only colleagues but also crucial parts of a big family.

# UP CELEBRATES CULTURE DAY 2023



Khmer New Year is the Cambodian Holiday that celebrates the traditional Lunar New Year. The holiday lasts for three days beginning on New Year's Day - usually falling on April 13th or 14th - which is the end of the harvesting season, when farmers enjoy the fruits of their labor before the rainy season begins.

This year University of Puthisastra celebrates one of its own Culture Day on the 5th of April 2023. The celebration started with Tug of War, traditional Khmer performances such as Bokator and popular games.

UP students enjoyed the celebration and had so much fun altogether after missing the few years due to covid-19 restrictions.

We wish our staff, lecturers, students and Cambodian a fantastic Khmer New Year 2023!



# ANNOUNCEMENT!

## SPECIAL OFFER PROMOTION AT UP HEALTH CENTER!

### Pharmacy

1. For UP staff, UP students, and Soma Group, they get 10% discount (Unlimited duration)
2. For general customers, they get 10% discount (until 31st May)

### Dental Hospital

1. Free Check UP
2. Free teeth Cleaning
3. Free X-rays

Promotion end: 31st May 2023

### Medical Clinic

1. Seasonal Flu Shoot (including doctor fee): 10% discount,
2. Free counseling about child growth and development (growth chart, developmental area, vaccination status and physical examination)
3. Consultation and Treatment (Adult): 15% discount
4. General Health Checkup

Promotion end: 31st May 2023

UP's brand new Health Center is located in the heart of Phnom Penh city.

On the Ground floor - we have the biggest Pharmacy store in Cambodia located on the ground floor.

On the 1st floor & 2nd floor we have the biggest teaching dental hospital in Cambodia.

UP Dental Hospital is a national leader in providing the best oral health care to the people of Cambodia with state of the art dental equipment!

On the 2nd floor we have medical clinic with doctors and nurses providing a wide range of medical services. Don't miss the special promotion periods!



## DENTAL IMPLANTS AT AFFORDABLE PRICES!

Dental Implants are a great choice as they can last a lifetime with proper care making them the ideal for missing teeth.

We are offering high-end Dental Implants at affordable prices.

Visit our UP Dental Hospital for FREE DENTAL CONSULTATION.

Book Appointment Now:

+855 012 414 563 / 098 414 563 (by telegram)

### Complete Dental Implant Treatment

French or German Implant  
Starting from

**\$350**

(treatment by dental student, Crown included)

**\$650**

(treatment by dentist and implant specialist, Crown not included)

**SPECIAL  
OFFER**

Book Appointment now +855 012 414 563 / 098 414 563

# UP DENTAL HOSPITAL 2 OPENS

The 23 chair Dental Hospital 2 in the new UP Health Center is open for business. The staff and students are excited to be working in this beautiful new facility, which is more spacious than the original dental hospital (which is still open). Having brand new equipment to use will be a real bonus for our dentists, dental students and patients.

Patients can walk in from the street, or ring and make an appointment (Tel: +855 12 414 563)

The new Dental Hospital will provide the full range of services, and still at very affordable prices. Please come in for a free check-up. We are ready to welcome you!

Monday to Saturday 08:30AM – 5:30PM

Orthodontics: Monday, Wed. and Fri. 5:30PM – 7:30PM





# NEW SENIOR MEDICAL DOCTOR AT THE UP HEALTH CENTER

On 1st April 2023, Dr. Hieng Kosalthya joined the Medical Center of the UP Health Center as Senior Medical Doctor. Dr. Thyda graduated from the medical school in 2012 and worked at the Angkor Hospital for Children in Siem Reap for two years. She then moved to the HOPE World Wide Medical Center where she worked for nine years (from 2014 until March 2023).

She therefore has a wide range of experience in both pediatric and adult care in outpatient, inpatient and emergency settings. She has provided care related to endocrinology, rheumatology, hepato-gastroenterology and infectious diseases.

In addition she is experienced in ultrasound use. With her extensive experience, clinical skills and knowledge, she will certainly provide diagnosis and effective treatment to the patients who will seek care at the UP Health Center.



## TRAINING ON KJELDAHL ANALYSIS CONDUCTED BY FACULTY OF PHARMACY



On 23 March 2023, Faculty of Pharmacy conducted a training session on how to use and operate a new Kjeldahl analysis apparatus which has just been purchased.

The Kjeldahl is an important analytical method widely used to determine the nitrogen and protein contents in a wide range of samples such as food, feed, beverage, plant, soils, petroleum, etc. This method has many benefits over other protein analysis methods, such as:

1. **Accuracy:** The Kjeldahl method is highly accurate and provides precise results, making it one of the most reliable methods for protein analysis.
2. **Flexibility:** The Kjeldahl method can be used to determine the protein content in a wide range of samples, including food, animal feed, and agricultural samples
3. **Cost-effectiveness:** The equipment required Kjeldahl method is relatively inexpensive, and the running cost of the method is also low
4. **Sensitivity:** The Kjeldahl method is extremely sensitive, allowing for the accurate detection of trace amounts of proteins.
5. **Standardization:** The Kjeldahl method is a standardized method, which means that the results obtained are comparable across different laboratories.



## REPLACING OLD CROWNS WITH NEWER AND BETTER ONES IN THE UPDH




A patient came to UP dental hospital complaining about her previous linked crown that she was not satisfied with. Problems included the poor shape of the teeth, the color not being aesthetic, and the black staining at the gum line caused by the crown.

After having a thorough examination and treatment plan by Dr. Horn Rithvitou, one of UPDH dentists, a plan was made to replace the old linked crowns with new Zirconium crowns. After received the new crowns the patient the patient was very happy with the appearance, and said she had the confidence to smile again. If you would like an appointment to see one of our senior dental students or dentists, please call +855 12 414 563

## YOU-SMILE I-SMILE



					
Treated = 1167	Trained = 12	FV = ~300	SDF = 1696	Fill - 66	Seal - 1037

The 'You-Smile I-Smile' team is a student-led club that focuses on providing care for children with special needs and they have been very active this month working with CIPO to provide care at three different schools for children with special needs. The new dental unit donated by the Ivoclar CSR project was put to good use and the children particularly benefited from ultrasonic scaling that wasn't possible for us to do before.

Demonstrations for topical fluorides: One of the roles of CIPO is to support the Oral Health Bureau (Ministry of Health) in advancing the cause for access to Universal Health Care for oral health. For this reason Dr Tida and her team accompanied the Oral Health Bureau in conducting Training of Trainers so that nurses and midwives learned to place Fluoride Varnish (FV) on preschool children in Siem Reap.

Our major challenge in sustaining this activity is the supply chain of FV and so we continue to troubleshoot around making sure that the government supply of FV can be distributed in a timely manner.



## UP VOLUNTEERS STUDENTS FOR MALARIA PROJECT



The University of Puthisastra collaborates with PMI VectorLink which is working on the Malaria project (malaria control program). Currently, they are recruiting volunteer students from the Faculty of Health Sciences and Biotechnology; Bachelor Degree of Science Research (BSC), Associate Degree of Medical Laboratory (ADL), and Bridging Bachelor Degree in Medical Laboratory Technology (BBL) to join the training and assist in the collaboration project. The project mainly focuses on mosquito dissection/mosquito identification by using ELISA and PCR techniques. BSC/ADL/BBL successful candidates will gain an opportunity in learning about mentioned methods and be a part of the PMI VectorLink Project or future chance to work with PMI VectorLink.

## UP MEETS SONJA KILL MEMORIAL HOSPITAL



On April 7, 2023, staff from UP's Faculty of Health Sciences and Biotechnology and Sonja Kills Memorial Hospital had a meeting with the purpose of collaborating and exchanging ideas for creating the future joint training project. UP and Sonja Kill Memorial Hospital previously signed a Memorandum of Understanding (MOU) on September 29, 2020, for the main purpose of providing and establishing joint training courses related to health care as well as other health sciences.

## UP HANDMADE SOAP



UP Faculty of Pharmacy has been making soaps for the 1st Cambodia-International Science, Technology & Innovation Exhibition 2023. This product is offered as a gift to the participants at Koh Pich Convention and Exhibition Center. This soap was prepared by mixing oil, fat, and lye solution. Moreover, the kind of products were made from fresh flowers around the UP campus, and a few drops of essential oil were added to enhance a good smell and look more attractive. It's used for hand washing, moisturizing, healthy skin.



# HANDMADE NATURAL BB CREAM PRODUCT



Faculty of Pharmacy exhibited Natural BB cream during the first Cambodia-International Science, Technology, and Innovation Exhibition 2023. This product was created by our pharmacy students from the Natural Product Contest 2022. These products were made from *Dipterocarpus alatus* Roxb.ex G.Don seed, Vaseline, lanolin and a few drops of essential oil to enhance the smell and make them more appealing. The cream is used to keep the face moisturized, providing healthy facial skin.

## FACULTY OF HEALTH SCIENCES AND BIOTECHNOLOGY PARTICIPATED IN THE WORKSHOP ORGANIZED BY DANQING MEDICAL EQUIPMENT AND PHARMACEUTICALS CO., LTD



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## IT DEGREES READY TO LAUNCH THE BSIT YEAR 1 SEMESTER 1 AFTER KHMER NEW YEAR!

After the programs of the BSIT and MSIT have just started, very soon after Khmer New Year.

The BSIT Year 1 Semester 1 will be starting on 17 April 2023 for the new academic year!





## PHARMACY STUDENTS ARE PREPARING FOR THE UPCOMING NATURAL PRODUCTS CONTEST 2023

Thirteen groups of pharmacy students from the University of Puthisastra have started their process to make natural products, with the support of full-time lecturers and professors of the Faculty of Pharmacy.

This contest will take place on May 31, 2023. And this is the second time that the Faculty of Pharmacy has created this program to provide opportunities for Pharmacy students to strengthen their capacity in research and development to promote local natural products.



## UP DEAN OF DENTISTRY VISITS INTERNATIONAL MEDICAL UNIVERSITY IN MALAYSIA



Prof Callum Durward, Dean of Dentistry at UP, was invited to travel to IMU to be an examiner in Community Dentistry, and to give a lecture on "alternative approaches to managing dental caries in children in low income settings". During the lecture Prof Callum was able to talk about some of the innovative programs for infants and children in Cambodia (including the Smile Cambodia and Healthy Kids Cambodia projects), and the new draft National Oral Health Activity Plan 2023-2030 which is currently being developed.

The Dean of the Faculty of Dentistry at IMU, Prof Seow Liang Lin, discussed the possibility of cooperating in the future on postgraduate education, including implantology, endodontics and prosthodontics, all of which they currently offer.

IMU is regarded by many as the top private health sciences university in Malaysia. Prof Callum was impressed with the standard of education, and the state-of-the-art facilities. IMU has an innovative program where after year 3 they send about half of their students overseas to complete their degrees at partner universities in Canada, NZ, Australia and the UK.

## INTRAOSSEOUS DRIVER AND NEEDLES DELIVERED TO THE FACULTY OF MEDICINE

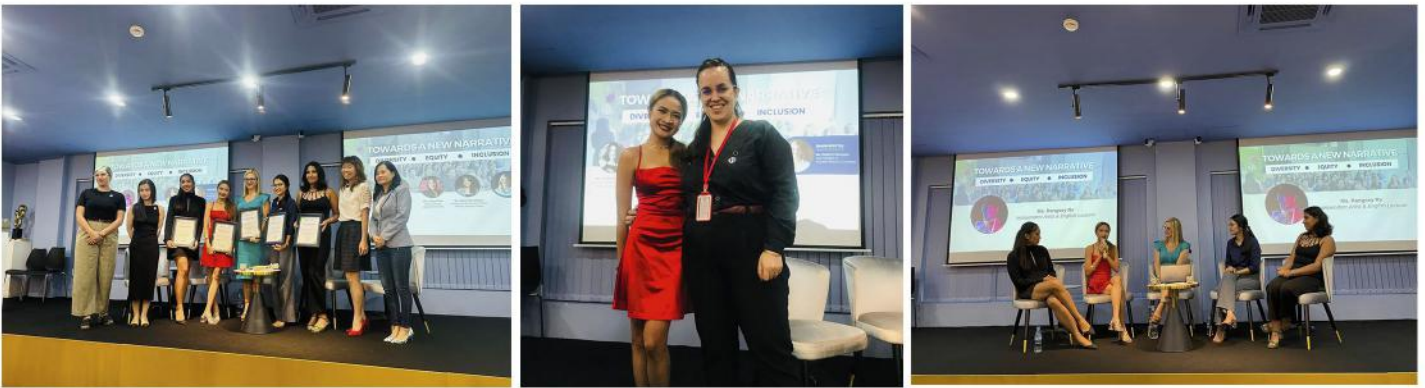
The delivery of the intraosseous drive and needles will allow to organize another important practical simulation training station in the Pre-hospital Training Course for UP medical students. The IO needle is inserted in the bone's hard cortex and into the soft marrow interior.

IO access is used in emergency cases when an intravenous line cannot be placed. It is an effective route for fluid resuscitation, drug delivery and blood sampling.





## ENGLISH LECTURER AS A PANELIST OF THE AMCHAM DEI PANEL DISCUSSION



On April 5, 2023, Ry Rangsey had the privilege of participating as a panelist in the AmCham event titled "Towards A New Narrative" on Diversity, Equity, and Inclusivity (DEI). The American Chamber of Commerce (AmCham) organized the event hosted by Ms. Kathryn O'Connell, Vice President of AmCham Women's Committee, at CamEd Business School.

During the panel discussion, Rangsey joined three other women in sharing their stories and experiences of overcoming workplace barriers and providing insights on creating a more diverse and inclusive work environment in Cambodia. They emphasized the importance of DEI as essential values for businesses to embrace to promote a more just and equal society and pointed out how businesses are thriving when DEI is implemented in a workplace.

The event provided an opportunity for hard conversations about moving beyond buzz words to meaningful and valuable inclusion of DEI in business policies and practices. It was also a valuable networking opportunity to connect with like-minded professionals committed to promoting women's empowerment and DEI in the workplace.

In conclusion, the panel discussion at the AmCham event was an insightful and impactful platform to discuss DEI issues and ways forward for creating inclusive workplaces in Cambodia. Rangsey is grateful for the opportunity to contribute to the conversation and we as the English Faculty look forward to continuing to promote DEI in our workplace and beyond and are happy to work in an environment with several strong female leaders.

## UP PHARMACY STUDENTS CELEBRATE KHMER NEW YEAR AT KKU



UP Pharmacy students who are doing internship in Khon Kaen University of Thailand have joined Khmer new year celebration with the Cambodian Students Association of Khon Kaen University (CSA) on the 8th Saturday April in 2023 from 9:00 to 14:00 which held at old student Union building (nearby Complex kku). There were several activities such as Monk blessing, enjoy playing Cambodian's traditional games, Cambodian's dances and also enjoy free lunch together with Senior Cambodian Students who are studying there.



## UP DENTISTRY JOINS IADR-SEA MEETING

On the 30th of March 2023 the IADR-SEA 1st quarterly council meeting was held virtually. UP has been an active member of the IADR-SEA division for many years. The International Association for Dental Research (IADR) has been established since 1920 to promote research in all aspects of craniofacial, oral and dental research, to encourage development of improved methods for the prevention and treatment of oral and dental diseases, to improve the oral health of the public through research, and to facilitate cooperation among investigators and the communication of research findings and their implications throughout the world.

IADR is divided into five regions, namely Africa/ Middle East region, Asia/ Pacific region, Latin American region, North American region and Pan European region, which further branches off to their own divisions and sections. Among Asian/ Pacific region, there are 6 divisions and 2 sections, including Australian/ New Zealand Division, Chinese Division, Indian Division, Japanese Division, Korean Division, Mongolian Section, Pakistan Section and Southeast Asian Division. Countries and regions under Southeast Asian Division are Cambodia, Hong Kong, Indonesia, Malaysia, Myanmar, Philippines, Singapore, Taiwan, Thailand, Vietnam.

Dr. Anand Marya, UPs Head of Orthodontics was elected as a council member of the IADR-SEA Division at the annual elections in 2022. The focus of the council meeting was the annual conference to be held later this year in Singapore from the 22nd to the 24th of November 2023. UP hopes to actively participate in the competitions and presentations at this year's conference.



## UYFC IN UP SANKRANTA

UP UYFC-HEYC Working Group participated in organizing the UP Sangkranta to celebrate the Khmer New Year, with the participation of the management team, professors, staff, lecturers, students and alumni.

There were also Khmer folk games such as:

1. Bay of Thrones
2. Towel Hidden Game
3. Throwing game
4. Giant Pull Game
5. Monkey game to grab leaves
6. Bridal abduction game
7. Pottery game
8. Sack Jumping Game
9. Final Draw
10. Khmer Dance (Madison Dance)

In this program, there are also Trudeau Dance and various exhibition booths.





# UP NURSES STUDY HEALTH INFORMATICS

Healthcare is changing rapidly in the 4.0 technology era. UP Faculty of Nursing recognizes that good nursing (and healthcare) needs good information systems.

Beside the ability to perform to meet nursing professional standards, the ability to create new innovations to develop and improve quality of nursing is really important to fulfil the clear picture of the nursing profession.

To provide the feedback regarding the needs of HealthTech Roadmap based on the National Council of Science, Technology & Innovation on April 07th, 2023 The Faculty of Nursing and Midwifery shared and brought together with eHR GO platform which is an educational Electronic Health Record (EHR) and learning platform, designed to encourage students to have an experience, concept, and knowledge regarding the holistic nature of healthcare while becoming proficient in technology and innovation in nursing.



## UP AND SRM KATTANKULATHUR DENTAL COLLEGE ORGANIZE JOINT ORTHODONTICS MEETING

On the 6th of April 2023 a joint orthodontics meeting was organized by the respective Heads of Orthodontics departments at UP and SRM KATTANKULATHUR DENTAL COLLEGE. The meeting was presided by Professor Dr. Deepak Chandra the Head of Orthodontics Department at SRM Kattankulathur Dental College and Dr. Anand Marya, the UP Head of Orthodontics.

Located in the state of Tamil Nadu, the SRM Kattankulathur Dental College is one of the top dental schools in India, and is particularly renowned in the field of orthodontics. Started in the year 2007 with an annual intake of 100 dental students they have since grown into a very successful postgraduate institution. The dental school is located in a sprawling 280 acres university campus which also contains a 1500 bed teaching hospital, and Colleges of Medicine, Engineering, Science and Humanities. UP is proud to have wonderful relationships and collaborations with such fine high-ranking institutions and hope to continue to work on building a highly productive environment for all UP students.

The meeting was attended by residents and faculty from both SRM and UP and involved orthodontic case presentations and discussions from both the departments. It was a very productive session with both Heads deciding to have such meetings on an ongoing basis to ensure a continuous working relationship between both the institutions. We are looking forward to having future student and staff exchanges, as well as research, teaching and learning collaborations in the future.





## YOUTH 21 "DIGITAL ENTREPRENEURSHIP AND INNOVATION" ORGANIZED BY MOEYS

8 UP's students and 1 lead lecturer have joined the program which is organized by MoEYs. The program is about The Digital Entrepreneurship and Innovation as well as the Digital Business Model. The team joined the training for 2 days which focused on building the capacity on the Entrepreneur mindset with Digital and Innovation and after the training, after the training, there is another stage that the students require to use their knowledge to start up writing their business plan for the competition in this Program!



## UP FACULTY SPEAKS AT IOS MID YEAR CONVENTION IN VIETNAM

On the 11th of April 2023, the 19th mid-year convention of the Indian Orthodontic society was organized at Pullman Saigon Hotel in Ho Chi Minh City, Vietnam. The mid-year convention is an annual event for the Indian Orthodontic Society (IOS) and it is organized every year at a different country. The IOS is one of the strongest and most progressive orthodontic associations in the world with more than 6000 life members and 12500 student members actively contributing to various events throughout the year. The IOS started as a Study Group in Bombay, now Mumbai, way back in the year 1963. It was formally established as the INDIAN ORTHODONTIC SOCIETY on Friday the 5th October 1965 by seven founder members. The late Dr.H.D. Merchant was the founder President and Dr. Naishadh Parikh the Founder Secretary and treasurer. The Indian Orthodontic Society held its first Conference in the year 1967 at New Delhi with a scientific session. This was followed regularly by annual conferences every year, which are attended by a large number of Orthodontists from within the country and abroad.

The IOS also has a mid year convention every year, sometimes overseas in association with a sister international organization. This year the mid year convention was organized with support from the Vietnam Orthodontic Association. The convention was organized wonderfully by the Organizing Chairman Dr Sarabjeet Singh with support from the organizing secretary Dr Anshu Kalra. There was a full day scientific session organized by the Scientific Chairman Dr Sukhdeep Singh Kahlon and Dr. Anand Marya the UP Head of Orthodontics was invited as a special guest and asked to deliver a guest lecture on the management of Complex class III malocclusions. The meeting was presided by the respected President of the Indian Orthodontic Society- Dr Balvinder Singh Thakkar and the honorable President of the Vietnam Orthodontic Association- Professor Dr. Dong Khac Tham. Also gracing the occasion with their presence were the President-elect of the IOS Dr Jayesh Rahalkar and the chief editor of the Journal of the IOS Dr. Santosh Ramegowda.

Dr. Anand's lecture was very well received, and he was invited to attend the main annual conference of the IOS later this year in September to be held at Subharti Dental College, Meerut by the organizing chairman Dr. Pradeep Raghav. The IOS hopes to have active participation from Cambodia and hopes many orthodontists and residents can join their wonderful main conference.



## WELCOME TO THE NEW TEAM MEMBER!

Miss. Khon Mantha, the new Administrative Officer for the Faculty of ICT.

I am really excited to be part of the Faculty of ICT which gets along with my passion about Education. I graduated with a TESOL background so I want to build up my capacity with my knowledge and potential to challenge something new and I can see that the Faculty of ICT suits me best!

