



Ibn Sina College
Yr 1 Student Handbook
2022-2023



© Copyright Ibn Sina College, Manchester, UK

www.ibnsina.co.uk

Students Handbook

Index of Content

- » ————— «
- Introduction
- Brief overview of 3 years program
- Semester 1 – Overview
- Semester 2 – Overview
- Semester 3 – Overview
- Greed Medicine Assessment Procedure
- Modern Herbal Medicine Assessment Procedure
- Psychology Assessment Procedure
- Principles of medical research
- College Calendar



يَتَيْنِ أَنْ يَمْلَأَهُ نَوَافِعَ الشَّيْءِ وَالْحَلَامِ ٤
صِنْعُهُ شَرْبُ اللَّذَامِ وَالشَّعَالِ
وَوَزْرُ اللَّطِينِ وَشَتْرُطُ الْعَيْنِ فَهُوَ رِيحٌ أَوْ قِيمٌ وَأَصُولُهُ حُجْرٌ تَرْدِيهِ
وَقَطْنٌ يَجْرِي فِيهِ وَأَمْرٌ أَوْ قِيمٌ فِيهِ بِرِيحٍ أَوْ قِيمٌ وَأَنْ يَطْلُبَهُ فِيهِ كَمَا طَلَبُوا
لِيَسْبِقَ فِيهِ حَتَّى تَلْتَمِسَ أَيْدِيَهُمْ وَصَفَهُ وَأَنَّ قِيمَةً فِيهِ أَشْرَبُ مِنْهُ بَعْدَ الْعَلَا



Ibn Sina College

+ 44 7405 953199

info@ibnsina.co.uk

www.ibnsina.co.uk

Ibn Sina College

2022-2023



Our Modules

- Greco-Islamic Herbal Medicine
- Foundation of Psychology
- Principles of Pharmaceutical Research
- Contemporary Clinic Herbal Medicine



Ibn Sina College

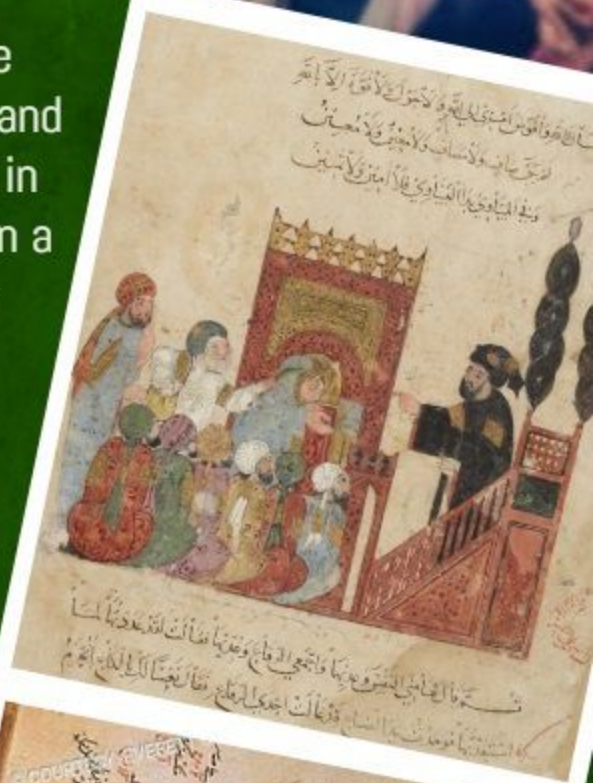
+ 44 7405 953199

info@ibnsina.co.uk

www.ibnsina.co.uk

SEMESTER 1 (THEORETICAL) - OVERVIEW

As mentioned before you will study the different chapters of the *Urjuzah fi-Tibb* of Ibn Sina for the theoretical side of Herbal Medicine. Below is the breakdown of the modules and their chapters you will cover in Semester 1. They are made in a table for you so you can tick them off as you cover them with the herbalist.



Ibn Sina College

+ 44 7405 953199

info@ibnsina.co.uk

www.ibnsina.co.uk

Category	Topics
	Introduction
	Foundation of Greek and Islamic Medicine
	Short bio of Ibn Sina
	Short Bio of Galen
	Short Bio of Aristotle
	PART 1: ON THE SCIENCE OF THOERY OF MEDICINE
First	Elements or Pillars
Second	Temperaments (Meezaj) <ul style="list-style-type: none"> • Temperaments of the Seasons • Temperaments of Creatures • Temperaments of Various Ages • Temperaments of Gender • Temperaments of general appearance • Temperaments based on Skin Colour • Temperaments based on Hair Colour • Temperaments based on Eye Colour
Third	Elements of Body (Akhlaat)
Fourth	Primary Organs
Fifth	Finest Steam (Arwah)
Sixth	Engine/Power (Quwwa) <ul style="list-style-type: none"> • On the properties of the Natural Engine • On the properties of Animalistic Engine • On the properties of the Necessary Engine
Seventh	Functions

SEMESTER 2

PSYCHOLOGY

The module is designed to cover the most common psychological issues from various schools of practical psychology. Below the breakdown of the topics included in the first year;

- Depression
- Practical Case study of Depression
- Anxiety
- Practical Case study of Anxiety
- Live discussion



Ibn Sina College

+ 44 7405 953199

info@ibnsina.co.uk

www.ibnsina.co.uk

Dr. Saiqa Naz

President of BCP, UK



Saiqa has previously worked as a Psychological Wellbeing Practitioner and a CBT therapist, and is now completing her clinical psychology training. Prior to this, Saiqa worked in Sheffield's Specialist Psychotherapy Service. Saiqa has delivered the psychology teaching for Ibn Sina College for the past couple of years. Saiqa is on the board of editors for The Cognitive Behaviour Therapist and Behavioural and Cognitive Psychotherapies Journals. Saiqa is the previous Chair of the British Association for Behavioural and Cognitive Psychotherapies (BABCP) Equality and Culture Special Interest Group and co-author of the Improving Access to Psychological Therapies (IAPT) Black Asian and Minority Ethnic Positive Practice guide.



Ibn Sina College

+ 44 7405 953199

info@ibnsina.co.uk

www.ibnsina.co.uk

Principles of Medical Research

Topics

- Historical background
- Examples of experiments
- Medical research in the modern age

Dr. Junaid Patel

Ibn Sina College

+ 44 7405 953199

info@ibnsina.co.uk

www.ibnsina.co.uk



Dr. Junaid Patel



Over 16 years experience in Pharmaceutical Research Organizations in Europe and USA, managing and running phase I-IV studies.

Responsible for designing and conducting clinical trials globally, in Latin America, Europe, Russia and India meeting challenging local country requirements, business timelines and budgets.

Therapeutic area experiences include:

- Multiple Sclerosis
- Alzheimers
- General analgesic Pain and Gastroenterology diseases.



Ibn Sina College

☎ + 44 7405 953199

✉ info@ibnsina.co.uk

🌐 www.ibnsina.co.uk

Principles of Pharmaceutical Research

Dr. Junaid Patel



Content

- Foundations of clinical trials
- Types of trials
- History of the trials
- The registration process of a new drug, from early phase of discovery to the final phase experimenting in patients



Ibn Sina College

+ 44 7405 953199

info@ibnsina.co.uk

www.ibnsina.co.uk

Dr. Proff. Maisha Pesante

M.D., C.C.H.P.



Senior Supervisor

Maisha Pesante, M.D., C.C.H.P., C.C.T.C. is a board-certified family physician, healer, orator, and professor. For over 20 years, Dr. Pesante has been successfully blending eastern healing modalities with modern medicine. She practiced healing arts as a certified massage therapist and herbologist, prior to becoming a family physician. She received her Bachelor of Arts in Psychology and Spanish with Honors from the University of Virginia in 1998. She completed her Doctorate of Medicine at the University of Cincinnati in 2005. In 2010, she completed her residency at UNC-Chapel Hill, the top family medicine program in the United States of America.



Ibn Sina College

+ 44 7405 953199

info@ibnsina.co.uk

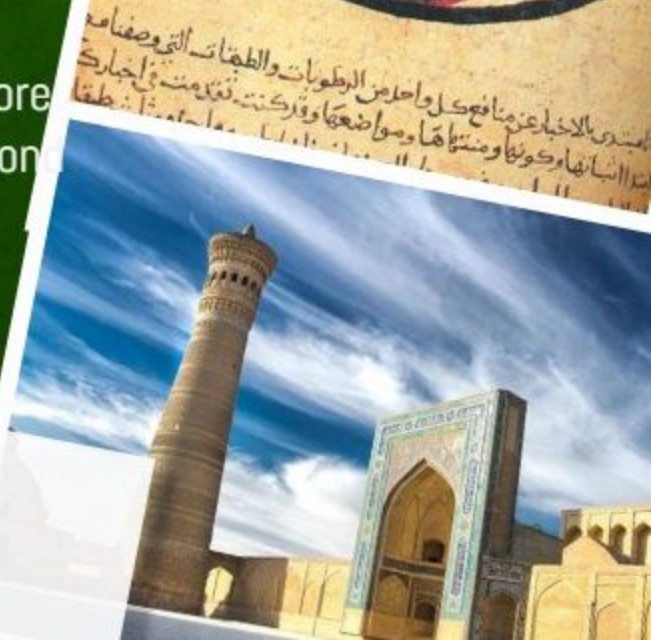
www.ibnsina.co.uk

SEMESTER 3

ANCIENT GREEK MEDICINE

As mentioned before you will study the different chapters of the Urjuzah fi-Tibb of Ibn Sina for the theoretical side of Herbal Medicine. Below is the breakdown of the modules and their chapters you will cover in Semester 3. They are made in a table for you so you can tick them off as you cover them with the herbalist. After Year 1 this will cover 1 full section of Urjuzah fil Tibb.

This is very important to understand and know before you progress into the second year.



Ibn Sina College

+ 44 7405 953199

info@ibnsina.co.uk

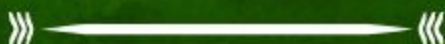
www.ibnsina.co.uk

Greco-Islamic Medicine

Week	Topics
Introduction	
First	Surrounding Conditions: <ul style="list-style-type: none">• Air and the environment• The Sun, Stars and Planets• Mountains• Winds• Closeness of Water and Earth• Residence and Changes of Climate• Temperament of Clothing• Temperament of plants and their fragrance• Temperament of Colour of sight•
Second	Food Beverages
Third	Sleep and Wakefulness
Fourth	Movement and Stillness
Fifth	Elimination of Waste
Sixth	Psychological Factors

Ibn Sina College Callendar 2022-2023

Key Dates



First Semester

- 2nd October
- 18th December

Second Semester

- 8th January
- 19th March

Third Semester

- 16th April
- 18th June

Exams

- 2nd July
- 20th August

Eid al-Fitr

- 21-22 April

Eid al-Adha

- 28-30 June

Christmas

- 25th December

Easter

- 9th April

