

# CAMPUS LIFE

May 2021

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Despite the challenges  
of the pandemic,  
Qatar University  
graduates its 2020 class



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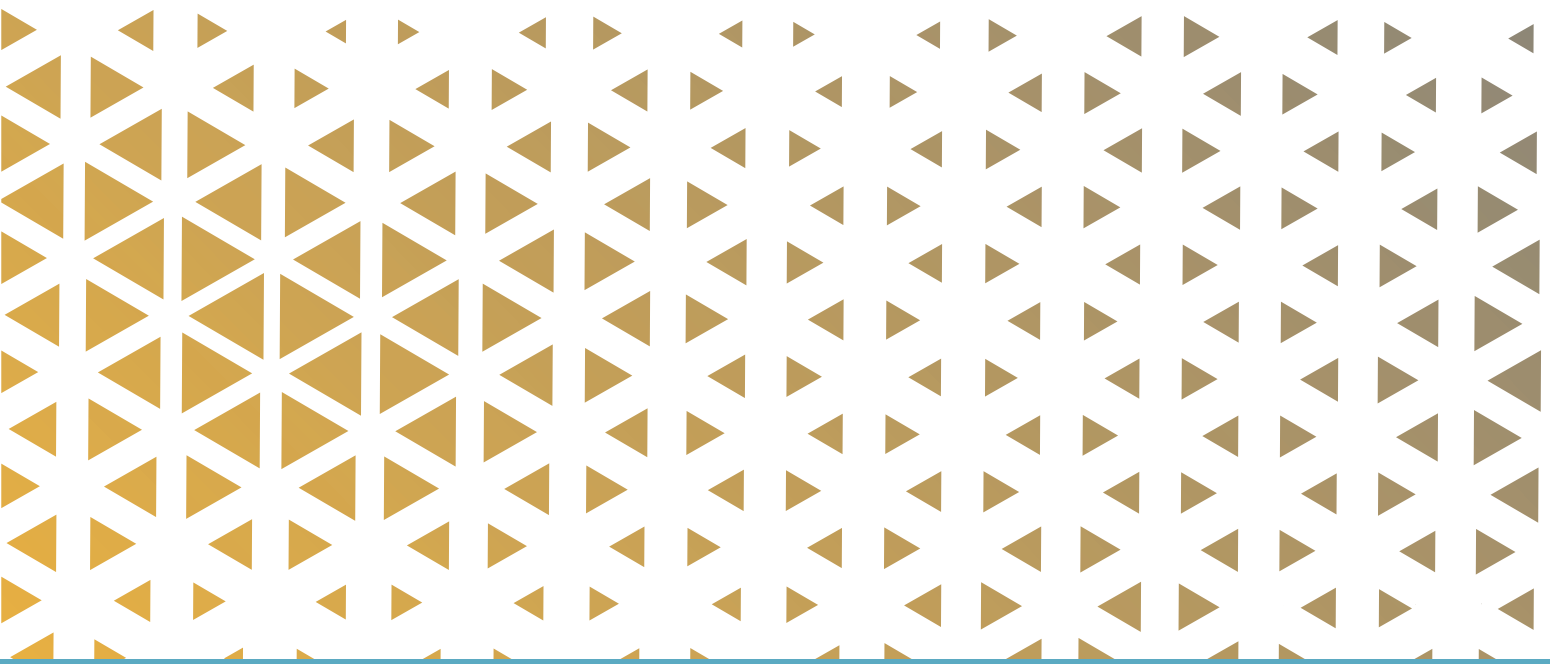


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# President's Note





The latest issue of Campus Life, our magazine, which tackles relevant topics and news stories, now coincides with the Class of 2020 Graduation Ceremony. Our 43rd graduating class have exemplified the meaning of determination as they faced, with us, difficult challenges and conquered them and achieved their long-awaited ambitions, laboriously working to reach the end.

This issue consists of a collection of our most notable research, events, activities and achievements from students, professors, staff and administrators, and are all a source of pride for us, particularly given the circumstances following the Covid-19 pandemic. Our successes have only increased and we have proven that we can advance and excel regardless of the challenges.

Within the pages of this issue, you will find examples of such achievements through university news, student achievements, agreements and MoU's, college news, student talent, creative work, student clubs and activities, performance development and much more.

The Qatar University Strategy attaches great importance to students. They are the heart of the educational process, as we believe the true foundation is in man and the best investment for a bright future is in human capital. In this way, we fulfill our mission to advance knowledge, provide the state with expertise and competencies, armed with awareness and contemporary sciences, while also preserving our principles and values. For this reason, we are reviewing the opportunities for student admission, launching new programs and reviewing existing programs to meet national needs, creating community awareness and working towards a knowledge economy and sustainable development.

At Qatar University, we look forward with confidence to building a generation capable of contributing to our beloved country and fulfilling the requirements of progress. We also aim for the university to be a house of expertise and a source of knowledge to serve humanity. Therefore, we strive with all our efforts to provide an outstanding academic education and an encouraging research environment that stimulates creativity and works to tackle current challenges.

I urge our faculty, staff and administrators to continue their hard work and to innovate; and I urge our students to be hardworking and diligent. To our graduates, continue your journey with determination and resolution.

I hope this issue will be beneficial and enjoyable to you in following Qatar University news and the Qatar University journey.

**Dr. Hassan Rashid Al-Derham**  
President of Qatar University

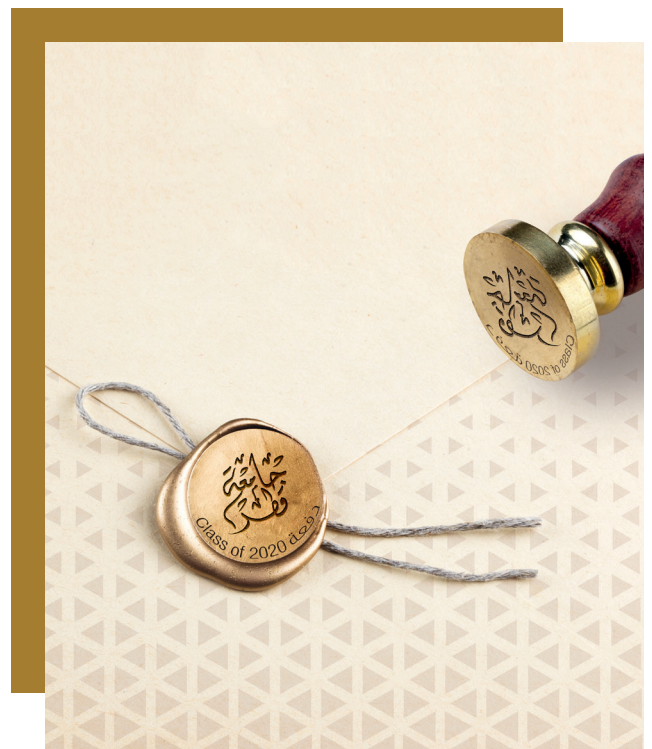
## University News

### Qatar University Celebrates the Graduation Ceremony of its 43<sup>rd</sup> Class

Under the patronage of the Emir HH Sheikh Tamim bin Hamad Al Thani, Qatar University celebrated its Graduation Ceremony for the class of 2020. This year, early preparations were underway in order to facilitate the graduation ceremony for the 43<sup>rd</sup> class, with a total of 3188 graduates, 2455 females and 733 male.

As QU graduates its 43<sup>rd</sup> cohort of graduates, the university continues to chronicle a long history spanning decades in which it contributes heavily to Qatar's development and prosperity, through boosting the labor market with qualified graduates.

QU's new strategy places an emphasis on elevating the student experience by placing QU as a pioneer and a leading educational institution in the higher education sector in Qatar and abroad. QU is committed to providing quality education in areas of national priority, moving towards building a knowledge-based society.



# Qatar University Achieves Advanced Positions in International Rankings

## QU places 26<sup>th</sup> worldwide in Times Higher Education, Emerging Economies University Rankings 2021

Among 606 universities from 48 countries around the world, Qatar University places 26 in the overall Times Higher Education (THE) Emerging Economies University Rankings for 2021. The University enters the top 30 category for the first time and improved 12 places from the previous year.

QU has shown solid improvement since 2017, when it first entered the ranking at 75. The THE global rankings are distinguished by their emphasis on research focused universities and evaluate institutions based on their teaching, research, knowledge transfer and international outlook.

Among 55 Arab universities, QU is ranked third in the Arab world indicating its strength of excellence in the region. In the research component, which evaluates reputation survey, research income and productivity, the University comes in second. Qatar University continues to rank first in the international outlook category, which indicates QU's success in attracting students and faculty from around the world, a key component for any university looking to have global impact.





## QS World University Subject Rankings recognizes QU performance for 2021

Qatar University has been recognized by QS Quacquarelli Symonds World University Rankings in 13 different subjects. QU's best performance is in Computer Science & Information Systems, Engineering - Chemical, and Accounting & Finance.

It is worth noting that QU improved a staggering 84 places in Engineering and Technology globally, and now places among the top seven programs in the Arab world. In Social Sciences and Management, QU improved 70 places. The Environmental Science and Education programs are both new entries in the QS rankings and are now both placed among the four best in the Arab world.

In Citations per Paper, Engineering - Electrical & Electronic is the subject in which QU earned the highest score (94.7).



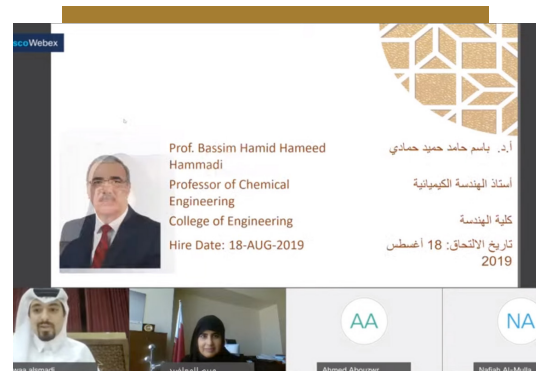
# QU Honors 56 of its Distinguished Researchers who are among the Top 2% Scientists in the World

The QU scientists are listed among the top 2% of scientists in the world, according to a new comprehensive list published by Stanford University, USA.

Qatar University's President's Office organized a virtual ceremony honoring 56 of its distinguished scientists who made remarkable efforts and achieved outstanding recognition in their field of study. The ceremony aimed to celebrate the researchers and encourage them to continue their valued work. The 56 scientists are among 2% of the world's most-cited scientists according to a ranking by Stanford University.

In his speech Dr. Hassan Al-Derham said, "These distinguished scientists have served the community all these years and today we celebrate them for their endless efforts of providing the best to this community. We praise their outstanding performance all these years they have served QU and its community members."

"The new comprehensive list published by Stanford University, USA includes our scientists which shows that their work has been recognized globally. We strive hard to provide you all with best possible resources to continue your hard work and we wish you all the best in your field," he added.



سنة خمسين  
وسنة ستين



## QU forms a committee to collect Qatari heritage from the 1950s and 1960s

QU Library together with the College of Arts and Sciences formed a joint committee aiming to collect the stories of the Qatari people and their daily lives during the 1950s and 1960s. The project aims to document stories about daily lives and experiences of this period.

This initiative, led by Qatar University, is vital due to the lack of written records about this period in Qatar's history, as many changes occurred in the lifestyle of the Qatari community during the 1950s and 1960s. Through documentation, QU aims to preserve an aspect of the

national heritage of the State of Qatar in order to benefit future generations, as well as students and researchers from all around the world interested in studying and researching Qatar and the Gulf region.

For concerned members of the Qatari community, this project represents a rare opportunity to narrate and document their life experiences during the 50s and 60s. The committee will interview Qataris or those living in the 50s and 60s in Qatar and will archive the memoirs or audio recordings within the QU Library.

Maryam Al Thani, Section Head of Reference and Information Services at the QU Library said, "We will start this campaign to collect stories from Qatari people and individuals who lived in Qatar during the aforementioned period. These stories can be sent to the e-mail: [Library.Events@qu.edu.qa](mailto:Library.Events@qu.edu.qa). The committee respects the privacy of individuals if they wish to share some stories without mentioning their names. Among the topics that can be written about are: work in the oil industry, changes in the family system, bureaucracy, school systems and any other topics in the same context."

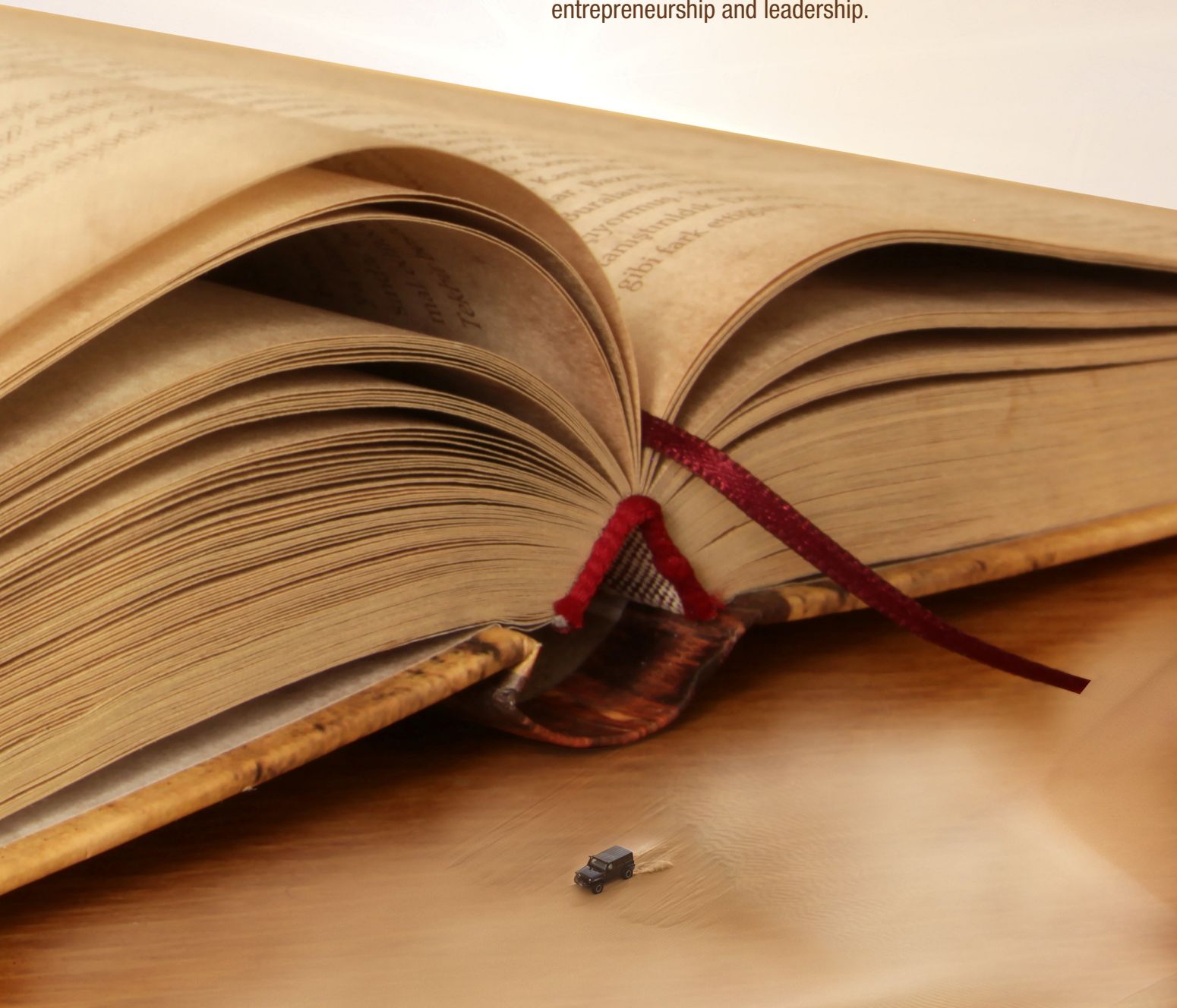


جامعة قطر  
QATAR UNIVERSITY

[www.qu.edu.qa](http://www.qu.edu.qa)

## Your knowledge, your identity..

Communicating, engaging and connecting with the community is at the heart of the University's vision and mission. The University takes pride in the high level of its students and graduates and will continue on this path; committed to creating a rich environment that encourages students to achieve excellence, entrepreneurship and leadership.





Dr. Eiman Mustafawi

## Campus Life interviews Dr. Eiman Mustafawi:

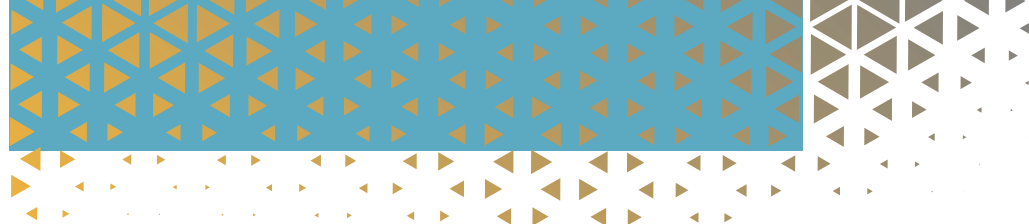
“We strive to offer a supportive student life that contributes to enriching scientific, educational and social aspects”

- We will continue working towards implementing the University's strategy and aspire to offer the best services to our students in the coming semester
- We aim for excellence in providing quality and innovate student services to complement the university's education system
- The new Student Affairs building will be completed soon according to the best standards in modernity and sustainability
- We work to make use of our sporting facilities by coordinating with different departments and entities within and outside the university
- We are currently conducting a strategic performance review and evaluation plan in most of our Student Affairs departments



Dr. Eiman Mustafawi, Vice President for Student Affairs noted that the University works hard to provide a supportive and active student life that aims to contribute to the scientific, educational and social needs of students, while complimenting the Qatar University strategy and vision. In an exclusive interview with Campus Life, Dr. Eiman tells us, the Student Affairs Sector will coordinate with different centers and departments and broaden its cooperation's with various other parties in and outside QU to gain the maximum benefit from the QU sporting facilities and other important aspects.

Dr. Eiman also shed light on the Student Affairs Sector efforts to support, promote and make successful the educational process. Such efforts include developing the admission and registration services and finding comprehensive solutions to solve challenges students face when registering for courses, increased focus on counseling following the Covid-19 pandemic, preparing for the building move, continued planning of a new textbook delivery service, so that students can receive books without needing to enter the University Textbooks Section on campus.



**• As we enter a new term, what new offerings will Student Affairs provide to students?**

We are keen on highlighting our main role in serving QU students, which is showcased through our innovative services that serve the educational system and cater to the needs of the students and their desires in order to lead a successful student life.

For Spring 2021, we will continue to apply remote learning, as per the University's decisions, with a few exceptions, such as those taking courses that must be hands-on, those enrolled in graduate studies and graduation projects, as well as those in field training. This decisions are tentative and can change according to changes that can come up throughout the semester and as per the decisions of the State of Qatar's Supreme Committee for Crisis Management.

**• Where does the Student Affairs Sector fall in the Qatar University Strategy 2018-2022? Was the sector affected by the Coronavirus pandemic in terms of implementing plans and dealing with the repercussions?**

The University has a very ambitious strategy, which puts the Student Affairs at the forefront, because the strategy focuses heavily on students, starting with attracting them to the University and enrolling them in courses. It also aims to support students academically, psychologically and socially and provide a rich environment for them to leave as knowledgeable and capable graduates.

**• What about dealing with the Coronavirus pandemic?**

Of course, many were affected by the pandemic; thankfully, the Student Affairs used this as an opportunity to accelerate the implementation of plans that were in place to use remote learning.

What we achieved is impressive, but we are aiming to continue developing our services to be more flexible, efficient and effective. For example, we are currently working to ease certain services for students such as delivering textbooks to students in their place of residence.

**• We have noticed a high demand for students wanting to enter university for many reasons for example, improved quality and high confidence in the university's outcomes; due to Covid-19 and the global lockdown, has QU considered increasing the capacity of new students?**

As a result of recent challenges such as enrollment, courses and increase of numbers, we have developed a number of important strategies to deal with each challenge, starting next term. Things will also improve once we move to the new building, which was designed in a way that supports and enhances student life, student activities and various services.

**• How are you incorporating student activities into your plan? Are you satisfied with the University's current external participation?**

The Student Affairs Sector offers an array of services to QU students, which are beneficial both to the students and to the community. We are very proud of our students who continue to accomplish a great number of achievements in academics, sports or cultural activities, within Qatar and abroad. In addition, we have the outstanding efforts of our volunteer students, who assist in a diverse range of major events nationwide. We are also currently conducting a strategic performance review and evaluation plan in most of our Student Affairs departments. We will work to make use of our sporting facilities by coordinating with different departments and entities within and outside the university.

**• What is the future vision that the Student Affairs is working towards?**

We see things from the perspective that QU has a vital role to play towards society and we shoulder a great responsibility. Therefore, we feel it is our duty to insure that our sons and daughters continue their University education. In my opinion, the future is very promising; our academic programs are only expanding and diversifying for the benefit of the community. The University also continues to build new infrastructure for different colleges, centers and sectors, in line with the strategy and taking into account the increase of science students and researchers wishing to be a part of QU.

## In Focus

QU Library offers outstanding digital services and was not swayed by the pandemic



The QU Library strives to nurture the academic and research aspirations of QU patrons and to support the community's educational and professional needs. The Library provides high quality information services to members of the QU Community, its local and international partners, and to all of Qatari society. The Library has extensive book collections in print and digital format. It subscribes to scholarly databases in all areas taught at QU and provides trainings in general research techniques and information literacy. QU Library staff shed some light on the services provided, particularly the changes that have occurred due to the pandemic. Director of the QU Library, Asma Al-Buainain said in a statement, "During Spring 2020, the world and of course the education sector underwent radical changes, as the Covid-19 pandemic required us to make rapid

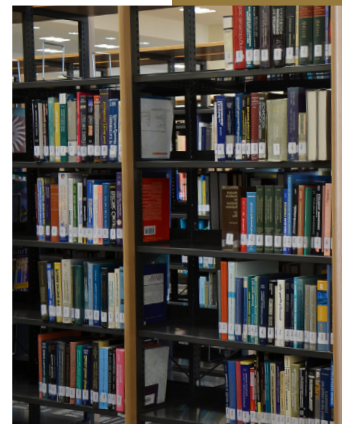


adjustments. The QU Library continued to offer its services remotely, which was widely accepted by the end users. We started offering a variety of online resources and launched online training workshops for academic faculty and QU students. We also provided our users with a platform of trusted sources, including reliable and relevant organizations and their social media accounts, which provide only factual, official news on the pandemic, to insure the safety of our community during the pandemic. We also followed all precautionary measures as indicated by relevant health authorities in the state, guided by the practices of libraries around the world, in addition to the guidelines set by the International Federation of Library Associations and Institutions (IFLA)."

Asma Al-Buainain also discussed the library's current projects saying, "We are currently working on an archive project, which will chronicle the University's history and its journey, as we believe this will help support the research efforts of the faculty, students and community by making materials related to the history and culture of Qatar University readily available. The project also aims to help achieve Qatar National Vision by enabling future generations to benefit from their past by preserving the nations heritage and spreading knowledge for a promising digital future."

The QU Library plans to establish a multimedia and digital production center that will include audio-visual photography and production, audio recording, photography, design, printing, a television studio and documentary photography, including video editing as well as post-audio production. This center will aim to provide quality services that contribute to enhancing the education process and open the door to emerging trends in teaching and learning, as well as providing interactive devices and activities to ensure the optimal use of existing technologies.

Biology student Amna Mohamed Hussein says of the QU Library, “The Library has been a great help in meeting the student’s educational needs, providing us with a variety of resources that greatly serve our academics. Following the pandemic, the Library was keen to continue providing its services digitally. The Library nurtures the values of self-development and lifelong learning by offering training workshops and cultural activities.”



Social Sciences student Amir Mustafa Awad says, “The QU Library played a leading role in investigating the validity of information related to my research. The workshops and events conducted by the Library proved very useful by helping me schedule my tasks and manage my time effectively. They have helped me be more active in the community and increased my motivation for volunteering and community service.”



International Affairs student Hamad Abdullah Al-Marri says, “The Library’s services, workshops and activities offered to the students are fundamental in order for us to learn the proper techniques for researching sources and referencing texts. What makes us unique as QU students is that the library provides us with all the resources we need and gives us free access to academic digital libraries, so students can conduct research at the highest level.”

Policy, planning and development student Mariam Ali Al-Marri says, “The QU Library offers a variety of services to students in different fields, particularly related to research preparation. The website was particularly beneficial to me as it contains electronic databases in Arabic and English, making it easier for me to look for previous studies and research, all of which have helped me and eased the way through my academic journey.”



# University Achievements

## The QU Facilities & General Services Department acts as a laboratory for sustainability practices

The University succeeds in producing the first batch of fertilizer by recycling food waste

- The University works towards a Circular Economy based on upcycling waste and recycling
- Using palm waste fiber generated in the QU campus for the production of smart eco-friendly recycling dumpster

As part of its Qatar University Zero Waste Initiative (QUZW) initiative, the Facilities & General Services Department in Qatar University has succeeded in producing the first batch of fertilizer by converting food waste generated at the students housing. This remarkable step advances the implementation of QU Zero Waste Action Plan (2021 - 2025) for realizing the main goal of getting solid waste management practices in the campus aligned with the QU Strategy 2018-2022. The #QU\_Zero\_Waste initiative adopts the Circular Economy fundamentals, and strives to minimize both virgin material inputs and waste outputs by closing organic resource flow loops (food waste). As the implementation of action plan continues more waste fractions are being managed wisely and responsibly to help in realizing the circular campus of the future.



Madawi Al-Shafi, Section Head of Environmental and Sustainability at Facilities and General Services Department said, “The State of Qatar aims to achieve a recycling rate of 15% for municipal waste by the year 2022, and the recycling rates for common recyclables, such as plastic and paper: 1.8% each in 2017. Although the current target of 15% is an ambitious one given the current recycling rate in Qatar, it is still far from global best practice. The ‘Zero Waste’ initiative at QU is an important effort that aims to act as a living laboratory for various sustainability practices that can be re-applied on a wider level in the country as part of the ‘Zero Waste’ program of the Ministry of Municipality and Environment.”

For his part, Eng. Hussam El Din Talib Allah said: “Instead of focusing on waste disposal, we at QU deal with it as a resource of environmental and economic value, and this is done according to the standard hierarchy of waste management, which is considered waste prevention is the most preferred option, followed by reuse and then recycling, and waste disposal as the least preferred option. In other words, QU is working on the transition from a linear, use-based economy to a circular economy based on use and reuse. Use and recycling, which was made possible through the integration of the ‘Zero Waste’ initiative in all aspects of operation and maintenance at QU.”

QUZW is currently covering campus facilities operations, and coordinated by the Environment & Sustainability Section. A steering committee will be formulated to monitor the implementation of the plan. The governance structure will also gradually broaden to external stakeholders, not limited to local waste management authorities & companies, and active NGOs in the field.



Student representatives also have a significant role to play in the governance structure. Collaboration with the above stakeholders can enable QU to benefit from expertise and knowledge sharing; can help to close the loops on all material types at the highest level of value and in line with other zero-waste principles and will support us to build effective alliances on promoting zero-waste and circular economy throughout the Qatari society and the region.

The use of palm waste fiber generated in the QU campus for the production of smart eco-friendly recycling dumpster is a typical example of upcycling of waste materials. The use of such products in the campus encourages the QU community to gradually shift towards a more sustainable lifestyle by demonstrating valuable uses of plentifully available locally waste while diverting more of it from ending up in landfills. The dumpster will be equipped with a solar panel to provide clean energy to the small water pump which irrigates the side plants. Level-fill sensors will be installed inside the dumpster to measure the level of its filling with waste and optimize collecting by notifying the sustainability team by SMS.

Since 2017, QU has been recycling paper and cardboard waste with the help of paper recycling contractors and has successfully passed the milestone of recycling 100 tons of paper waste. Installation of side desk recycling boxes in offices and bigger recycling bins in the generation hotspots (near photocopiers) have been instrumental in increasing the recycling rates. This program will be expanded to cover the entire campus by the end of 2021.

QU is reducing paper waste, which is one of the key waste fractions in QU, by implementing digitalization of numerous activities that involve printing of papers. In addition, the use of PET bottles is being reduced by installing drinking water dispensers in various places across the campus.

Waste Measurement and Prevention System is one of the four strategic pillars of QUZW. Waste management activities including generation, prevention & recycling in the campus are measured as part of the initiative. Waste audits on a yearly basis are also planned in order to systematically analyze and continually improve the QUZW strategy. Assessments of environmental, financial benefits are conducted regularly and transparently published for QU community and available for sharing with external stakeholders.

A strong and positive cultural shift of the whole QU community towards sustainability is required to set progress in the path of making QU a circular campus. The initiative strives to achieve this cultural shift by ensuring active participation of all internal stakeholders through various programs. Universities have a natural advantage in this realm from intergenerational perspectives and a body of academics that can aid in fostering innovative solutions.



## Student Achievements

### QU celebrates honored students at the 14<sup>th</sup> Education Excellence Day



Qatar University honored five distinguished students at QU's activities and sports building on Wednesday in the presence of University's staff and students.

On the occasion, Dr. Hassan Al-Derham, President of QU, said: "Excellence is a word which requires great efforts, patience, determination and willpower to reach it. We are proud to honor our students today for their excellence. As we strive for excellence, we should consider it as a lifetime goal."

He said that the University is working on new programs that help students and are rich in knowledge and support in scientific fields. This honoring will encourage other students to follow them by actively participating in the development of Qatar towards achieving Qatar National Vision 2030.

Dr. Hassan also mentioned that university is dedicated to achieving more in the future. QU has maintained its international rankings and overcome many obstacles thanks to excellent and hard work of the management.

Dr. Iman Mostafawi, Vice President of Qatar University for Student Affairs, said: "We are happy to see our students being honored in different categories. Their achievement reflects the support being provided by University, which enables them to achieve their distinction in leadership and self-development."

"We congratulate our graduates and their families once again on this event. The value of their efforts encourages them to continue achieving their personal aspirations to serve themselves for their country," she added.

Nora Essa Ali Hussain Al-Ansari and Wadha Shaheen Essa Al-Nuaimi, students of the College of Arts and Science, and Hamad Abdullah Tayyis Abdullah Al Jumaili, a College of Law student, won gold in the university graduate category.

Nasser Muhammed Nasir Al Habab Al Hajri, a College of Law Master's student, received an award in the literary category. Ahmed Abdullah Ali Al-Jabir Al-Buainain, a College of Engineering Master's student, received an award in the scientific category.



# Agreements and MoUs

## Qatar University enters into local and international partnerships with the aim of joint cooperation

Qatar University offers a wide range of opportunities for students to advance their academic and research careers, in their respective fields. This is achieved through a number of academic agreements and partnerships with relevant institutions in the fields such as industry, government, academia, business and civil society, that are in line with the university's strategy to improve student output and academic performance, to launch their abilities, talents and creativity.

Memorandums of Understanding, agreements, and partnerships are valuable as they enable students to contribute effectively to academic, cultural and research activities. They also prepare students for the labor market through discussion sessions, which bridge the relationship between students, experts, specialists and decision makers. Such agreements have culminated in the launch of several chairs on national, regional and international issues, with the chair officials assisting students in their graduation and research projects, as well as providing training opportunities to prepare them for the labor market.





The following are the main agreements of the year:

- QU signed a MoU with Mohammed Bin Ghanem Al Ghanem Naval Academy, which includes joint cooperation in the fields of education, training, research, and development. The agreement also included the possibility of forming working committees and joint teams by holding meetings to coordinate in areas that fall within the scope of this memorandum.
- QU and Al-Salam Petroleum Services Company signed a MoU regarding cooperation in the field of drilling fluids and oil fields chemicals. The collaboration enriches partnerships with faculty members who specialize in scientific research, and encourages the organization of various joint events and initiatives.
- QU signs a MoU with the College of North Atlantic in Qatar for joint cooperation in the areas of education, training, program development and research.
- QU and Ministry of Commerce and Industry signed a MoU for joint cooperation in the fields of research, training and education, in the field of data and information exchange, encouraging the use of facilities available with both parties and the exchange of experiences that enhance scientific and research cooperation.
- QU and Istanbul Technical University signed a MoU to boost the cooperation between the two entities in the fields of Science, Technology and Education, and will be managed by a collaboration between the Center for Advanced Materials, QAFAC Chair Professor and Istanbul Technical University (ITU) for research collaboration in the field of water desalination and water treatment, which is strategic to the state of Qatar as well as Turkey.
- QU and Qatar Charity signed a MoU for joint cooperation in the areas of development and humanitarian work. This agreement will contribute on spreading awareness about the culture of volunteering for humanitarian work. Students will be engaged in charitable initiatives, enhancing their expertise and capabilities in this field.

## Latest research reveals gum disease patients more vulnerable to Covid-19 complications



A research team spearheaded by Dr. Nadia Maarouf, Associate Consultant from Hamad Dental Center, and led by Dr. Faleh Tamimi, Professor at Qatar University's College of Dental Medicine have demonstrated that there may be a strong association between Covid-19 and oral health. Periodontitis, more commonly known as gum disease, is a serious gum infection characterized by chronic inflammation, whose patients, study reveals, may be at greater risk if exposed to Covid-19. The study is led by the Hamad Dental Center in Qatar and QU, in collaboration with McGill University in Canada and the Complutense University of Madrid, in Spain.

In total, researchers in Qatar investigated 568 patients who suffered from Covid-19 and found that a significant portion of patients who suffered severe Covid-19 complications, including death, had an advanced stage of gum disease. Upon adjusting several factors such as patient age, gender and existence of chronic disease, the link between gum disease and Covid-19 revealed to be statistically significant. The researchers concluded, patients suffering from gum disease, were three times more likely to experience Covid-19 complications regardless of age, gender or other conditions.

Luckily, gum disease is considered preventable, and for those who have it, manageable. Consistent dental hygiene such as brushing teeth regularly and using dental floss is necessary to maintain proper dental health. Dental check-ups are also essential.

## 'Current Sociology' appoints Dr. Suhad Daher-Nashif as the Sociologist of Month for February 2021

**Current Sociology is a bimonthly peer-reviewed academic journal covering the field of sociology and is an official journal of the International Sociological Association.**



"My hard work combined with the support from QU, enabled me to publish more than ten scientific manuscripts from the beginning of 2020"

Qatar University's Assistant Professor of Behavioral Sciences at College of Medicine, Dr. Suhad Daher-Nashif was named Sociologist of the Month for February 2021 by Current Sociology, the Journal of the International Sociological Association. Dr. Suhad heads the Wellbeing Committee at the College and also heads the Mental Health Research Group at QU Health.

This selection came based on the new knowledge and the unique analytical contributions she did in her article "Colonial Management of Death: To be or not to be dead in Palestine," that she published in the journal Current Sociology in August 2020.

While speaking about her published article, she said, "This research sheds light on the issue of withholding and freezing the Palestinian dead bodies that Israel began to practice during 'Al-Quds Uprising' in 2015. The study presents how withholding and freezing the dead influence the Palestinian families politically, psychologically and socially. This study is part of my postdoctoral research that was awarded by the Arab Council for Social Sciences, and part of bigger study on forensic medicine and death practices in the Palestinian context I conducted in 2016."

On the importance of choosing this research, Dr. Suhad added, "This study highlights the dead rights as human rights, while most of the studies focus on the rights of the living humans. Furthermore, the paper presents the families' voices and their experiences and explains how freezing the body and preventing it from dying (biologically and socially), freezes the whole family's

life, and prevents them from living in all aspects of life. The study explains how in colonized zones, despite its dead status, the dead body has an active role in re-shaping the colonized-colonizer relationship and has a role in reshaping the Palestinian collective national discourse."

Dr. Suhad also discussed her research interests and said, "My main research passion is to dismantle the intersectionality between science, society and politics in medical and cultural contexts, and how this intersectionality is inscribed over the dead and lived body." In addition to her studies on forensic medicine, she recently analyzed the intersectionality in mental health and medical education settings in the MENA region.

Commenting on the role of QU and the College of Medicine she said, "There is no doubt that the success of any researcher begins with her passion to what she studies, but empowered by the support from her family and her workplace. Qatar University and the College of Medicine has an important role in all my achievements by creating a strong culture of high standard academic and scientific research. I could have all kinds of support when I needed it and asked for it. Despite the challenges that imposed by Covid-19, my hard work combined with the support from my family and Qatar University, enabled me to publish more than ten scientific manuscripts from the beginning of 2020."

## QU to launch first-ever Qatari Youth Survey project

Qatar University's Social and Economic Survey Research Institute (SESRI) convened a virtual meeting to launch a new research project titled "Gender, Education, and Employment Transitions in Qatar: Implementing the First Survey of Qatari Youth," which was recently awarded a grant from the Qatar National Research Fund National Priorities Research Program (NPRP).

The project aims to understand more about the challenges and opportunities associated with young adulthood in Qatar through implementation of a first-ever Qatari Youth Survey, which will provide scholars and policymakers previously-unavailable data about the educational, professional, and social transitions taking place in the lives of young Qataris between the ages of 18 and 29.

Participants confirmed the need for reliable and up-to-date scientific data that gives insight into the youth experience in Qatar, as well as how public sector efforts in Qatar might be targeted to assist critical transitions between schooling, employment, and marriage. They also emphasized the importance of another key focus of the project, which is gender roles in Qatar and their impact on human development.

Finally, the attendees lauded the unique and innovative scientific approach taken by the study, which will implement a panel study carried out across two waves. The same set of Qatari youth respondents will first be interviewed in a preliminary survey and then re-contacted approximately 12-18 months later for a second interview. This methodology allows the research team to identify trends within the population as well as to focus on the causal effects of economic, educational, and personal 'shocks' or difficult-to-predict

events that took place in the time between the surveys. The nationally representative telephone survey will provide a wide-ranging picture of issues pertaining to youth empowerment, personal well-being, and attitudes toward different types of educational, employment, and social developments in the lives of Qatari young adults.



The Qatari Youth Survey is only the latest in of a number of survey-based research projects currently being conducted by the SESRI Policy Department to help inform evidence-based decision-making in Qatar. Other recent initiatives include the Institutional Food Waste project, and the Impact Covid-19 Epidemic in Qatar.



# Hot off the Press

## QU Press releases 'Sports Law Book'



دار نشر جامعة قطر  
Qatar University Press

Qatar University recently published a book on “Sports Law: The General Theory of Sports Law with an Explanation of Sports Legislation in the State of Qatar,” which was authored by Dr. Abdelnaser Zeyad Hayajneh, Professor of Law at the College of Law.

The book includes three chapters, the first of which simplifies the general theory of sports law in terms of its definition, characteristics, principles, sources of its rules and its relationship to other branches of law, as well as sheds light on the general framework of sports law at the international level. The second chapter reviews sports legislation in the State of Qatar, the bodies in charge of managing sports in the country, as well as the most prominent pioneering initiatives that Qatar has led in the field of sports and their legal dimensions.

While the third chapter is devoted to dealing with special issues raised in the framework of sports law, such as professional sports contracts, sports sponsorship, contracts for the transmission and broadcast of sporting events, insurance, human rights, animal rights, environmental protection in the sports field, stimulants, stadium riots, sports administration and others.

The book comes in accordance with the plans and programs of QU Press, at a time when the State of Qatar is preparing to host the first World Cup in the Arab region, “Qatar 2022 World Cup”. The need for the book is increased in view of the increasing importance of sport and the great interest that the State of Qatar attributes to the sports sector.

The author has succeeded in navigating a large sea, and has presented a sober academic work in which he presented the general theory of sports law, and dealt with prominent topics presented in the framework of sports law, as well as an expansion of the system of sports legislation in the State of Qatar at the level of legislation, institutions and pioneering sports initiatives led by the state. The book is also distinguished by its clarity in its division and the ease of presenting its topics in a solid Arabic language that combines simplicity and depth. The author provided a wealth of knowledge, analysis

and briefing on sports law issues at the national and international levels.

Dr. Talal Abdullah Al-Emadi, Founding Director of QU Press and Professor of Oil and Gas Law, said, “The world of sports law is known to be dynamic and very sophisticated, as it is a science that intersects with multiple branches including contracts, health and safety, the environment, and workers’ rights. ‘Ethics, transparency, as well as conflict resolution’ by our colleague Dr. Abdel Nasser Hayajneh fulfills an urgent need in the literature of law, and at the same time it meets the goals and plans of the house in distinguished scientific publishing.”

It is worth noting that Dr. Abdel Nasser Hayajne is a professor of private law at the College of Law at Qatar University. He has many books and scientific research published. His research interests range from civil, environmental and sports law, private international law, human rights and comparative legal studies.

## Center for Law and Development researcher publishes book on ‘International Energy Agency’

**The book strives to create a space for further cooperation with various institutions, such as the International Energy Agency**

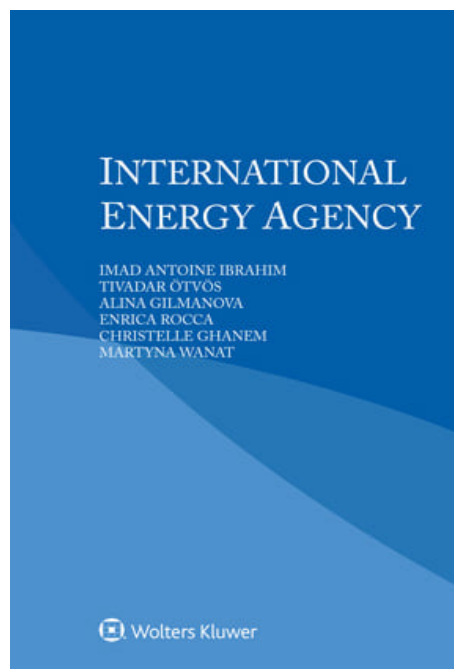
A new book entitled “International Energy Agency” was recently published by Wolters Kluwer as part of its International Encyclopedia of Laws: Intergovernmental Organizations. Dr. Imad Antoine Ibrahim who is currently a Research Assistant at the Center for Law & Development, at the College of Law in Qatar University led the project as Editor and Lead Author. Many global experts in the energy field contributed to the book from various institutions.

The book responds to a shortage in the literature when it comes to a holistic description of the International Energy Agency (IEA) since its inception. Indeed, despite the existence of several reports and articles on the topic, the contributors noticed a clear shortage of comprehensive materials on the Agency.

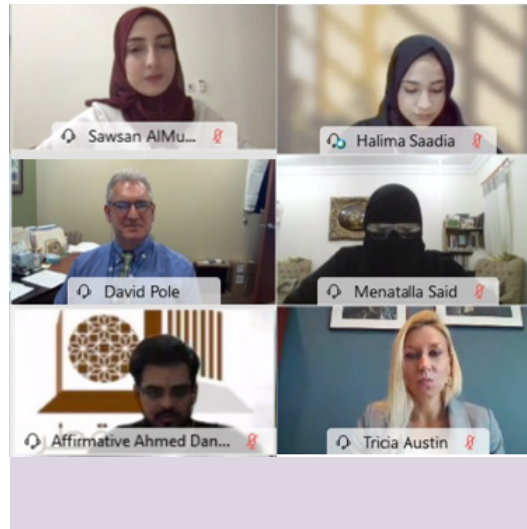
It is in this context that this monograph was drafted where the contributors attempted to provide a holistic approach to various developments that occurred since the creation of the IEA while addressing different aspects. These aspects are related to history; institutional framework; IEA's mission; IEA's activities; finance; data and publication and finally relations with other organizations. Attempting to describe all these aspects in one book was very challenging given the existence of different information from various sources where the input and analysis of each contributor was crucial.

Dr. Imad Antoine Ibrahim said: “This book was needed given the important role of the IEA in global energy governance and given the emergence of new energy agencies that may benefit from the experience and expertise of the IEA such as the International Renewable Energy Agency (IRENA).”

The Center for Law & Development conducts legal research and capacity building activities for the identified national development needs of Qatar. It is an interdisciplinary law and policy research center covering fields essential to achieving Qatar's sustainable model for economic and environmental progress as well as human development.



## QU Health Healthcare Students Host Virtual Debate on Laws Surrounding Covid-19



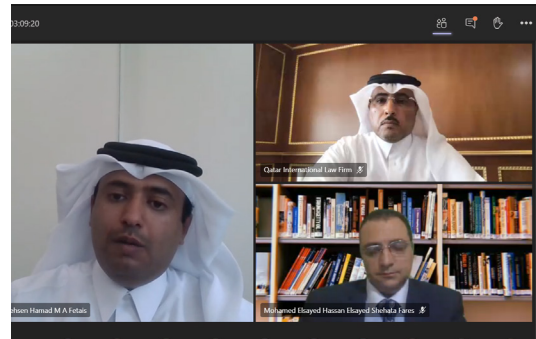
Qatar University Health Interprofessional Education (IPE) Committee and the Interprofessional Education Students' Association in Qatar collaborate with Saint Louis University (SLU) to host the second international virtual debate with the motion 'Governments Should Temporarily Restrict International Tourism in Response to the Second Wave of Covid-19 Transmission.'

The debate was moderated by the former president of the IPE Student Association Sawsan AIMukdad. Members of the affirmative side from Qatar included QU Pharmacy student Rouaa Elhani, QU Medical student Ahmed Daniyal Nawaz, and University of Calgary- Qatar (UCQ) Nursing student Dianne Bautista. Members of the negative team from the US included SLU Public Health Phd Candidate Kemba Noel-London, SLU Athletic Training student Eldwin Neritani, and SLU Public Health student Lauren Fox. The debate followed a format where each student was given 5 minutes for a speech, a 2-minute caucus and a chance for a cross examination from the opposing team. The audience was allowed to ask questions directed to the teams after the debate and the judges gave their recommendations and feedback for both teams.

The winning team was determined after receiving the votes from both the judges (70%) and the audience (30%). The judges included QU College of Pharmacy Associate Professor of Pathophysiology & Pharmacology, and the Acting Section Head of Research and Graduate Studies Dr. Fatima Mraiche, SLU Associate Professor in Family and Community Medicine, and Director of the Center for Interprofessional Education and Research Dr. David Pole, and the Editor-in-Chief of the International Journal of Interprofessional Care, and Board member of CAIPE, United Kingdom Dr. Andreas Xyrichis. The affirmative team from Qatar was announced the winner at the end of the debate.

As both sides were comprised of an interprofessional team from various health care fields, the debate contest opened an opportunity to observe the perspectives of various healthcare students, and allowed the participants to widen their knowledge on different issues concerning the Covid-19 pandemic through reliable data and evidence-based research.

## Conference on “Law in the Face of Global Crises: Mechanisms and Challenges”



Qatar University's College of Law hosted a two-day conference under the theme 'Law in the Face of Global Crises: Means and Challenges.' The conference was attended by a number of public figures in Qatar society, which included Assistant Foreign Minister and Spokesperson for the Ministry of Foreign Affairs HE Lolwah Al Khater and Dr. Abdullatif Al Khal, Chair of the National Health Strategic Group on Covid-19 and Head of Infectious Diseases at HMC.

Dr. Khaled Saleh Al-Shamari, the Associate Dean for Academic Affairs of the College of Law welcomed participants and said, "The title of the conference is chosen in line with the new changes on the global level in the past and the current time. The conference covers three main themes. The first theme is 'International Conventional Relations and Global Crises.' The second theme is 'National Legislation and its Role in Addressing Global Crises.' The third theme is 'Global Crisis and Litigation Systems.'"

Topics included in the first session were: Global crises and international treaty relations, the impact of global crises on human rights and fundamental freedoms, the implications of global crises on the work of international organizations, global crises and international legal responsibility, the role of diplomatic missions in dealing with global crises, global crises and the concept, framework and rules of public order in major legal systems.

Topics included in the second session were: economic and development crises and their effect on contracts, the effectiveness of the criminalization provisions in reducing the effects of health crises on society and individuals, the role of civil law in finding solutions to problematic performance of obligations in light of the Covid-19 pandemic and other global crises, the impact of global crises on criminal responsibility, the impact of global crises on the functions of the legislative and executive authorities, performing air and sea transport contracts in light of global crises, the role of the public utility in facing global crises, the development of academic legislation on distance education in light of global crises, the emergency laws and their importance in facing catastrophic crises, the corporate social responsibility and its role in addressing global crises.

Topics included in the third session were: Impact of global crises on procedural deadlines, the trend towards electronic litigation and electronic judiciary, evidential and preliminary investigation procedures in combating crime during global crises, safeguarding constitutional rights of individuals in light of criminal procedures aiming to tackle dangers and disasters, execution of judgments in light of global crises, global crises and their implications for alternative dispute resolution, the binding effect of evidence derived from remote investigation procedures.



كلية الآداب والعلوم  
College of Arts and Sciences  
جامعة قطر QATAR UNIVERSITY

## QU organizes webinar highlighting climate change and the GCC



Qatar University's Gulf Studies Center organized a webinar titled 'Climate Change and the GCC: Economic and Environmental Impact.' The event was moderated by Dr. Nikolay Kozhanov, Research Associate Professor at QU with Mr. Greg Shapland, an Associate Fellow of the Middle East and North Africa Programme, Chatham House as a guest speaker.

The webinar discussed climate change and its effects on the GCC economy and environment from a variety of perspectives. The effect of climate change can be divided into indirect and direct impacts. In the case of indirect impact, industrialized countries will import less oil and gas from GCC countries. In addition, Gulf countries might find their food supplies compromised due to the negative effect of climate change on the main agricultural producers outside of the region. Meanwhile, the direct impacts on GCC countries are likely to include higher temperatures, rise in sea level, more storms, reduced but more intense rainfall and higher sea temperatures, as well as damage to coral reefs and other marine life.

Countries that currently consume hydrocarbons exported by GCC countries will, as part of their efforts to switch to renewable energy, buy less oil and gas. This will lead to reduction of revenues for GCC governments. Climate change will also lead to higher temperatures and a rise in sea level for the Gulf. Higher temperatures will necessitate the use of more energy for air-conditioning and will also put GCC residents at risk if there are failures in electricity supply, as summer temperatures will be 'unlivable' without air conditioning, particularly for the more vulnerable. Adapting to sea level rise will require large sums to protect, or move and rebuild infrastructure in coastal areas.

There could also be severe environmental damage, due to rise in sea temperatures and more frequent and more severe dust storms. However, the falling annual average of rainfall might not be that devastating for the GCC as the region does not receive very much rainfall normally and is already reliant on water from desalination. In addition, not all parts of the GCC will experience reduced rainfall. Jebel al-Akhdar in Oman and southwestern Saudi Arabia, for example, may get even more rain than usual.

Luckily, GCC member states are in a much better position than other countries in the MENA region. The GCC have time and financial reserves to prepare for climate change. Key potential measures include stockpiling food in case of global shortages, treat and recycle urban wastewater to grow high-value food crops, protect existing coastal infrastructure with stronger flood defenses, locate new infrastructure further inland to allow for SLR and storm surges, ensure storm drains can cope with intense rainfall events, develop shared systems to give early warning of extreme climate events, make sure there are robust back-up systems for power generation and distribution, regenerate rapidly-built cities to make them less vulnerable to heatwaves and automate outside jobs to the extent possible.



كلية الهندسة  
College of Engineering  
QATAR UNIVERSITY جامعة قطر

## Virtual Architecture Day



Qatar University's College of Engineering Department of Architecture and Urban Planning (DAUP) organized Virtual Architecture Day 2021, to display the graduate and undergraduate students' projects. The event was attended by senior officials of QU, in addition to guests, architects and representatives from local and international institutions.

Commenting on the occasion, College of Engineering Dean, Dr. Khaled Kamal Najj, said that this is an annual day for DAUP and the exhibition of projects, which express the designs, and works of the students in the department. He also noted that the graduate students are also involved in this day and contribute through their practical experiences.

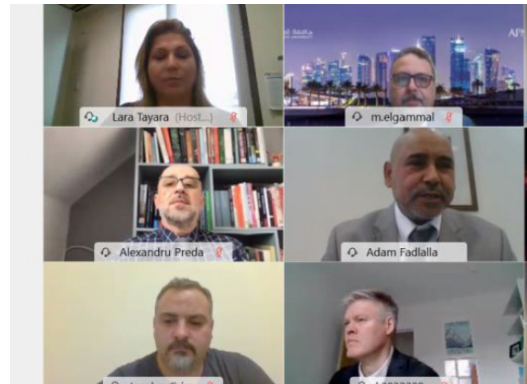
Dr. Fodil Fadli, DAUP Head said, "The architectural design projects of our students exhibit unlimited creativity and innovation skills. The virtual event concluded over a fascinating discussion involving architects and academics from Qatar and from around the world. We can confirm now that Architecture in Qatar has an even brighter future merging 21st century digital technologies with local cultural, social, and environmental aspects. DAUP students and faculty will lead the way towards healthier resilient cities and buildings."

During the ceremony, names of the winners of the Architectural Excellence Award Competition, which is sponsored by the Arab Engineering Bureau were announced. First prize went to Moza Ahmad J A Al-Obaidan, second winner was Aljaze Rashid A A AL-Naimi, while the third winner was Saaeda Nasser B E Al-Bader.



كلية الإدارة والاقتصاد  
College of Business and Economics  
جامعة قطر QATAR UNIVERSITY

## Panel discussion on “What is known as the Gamestop saga”



Qatar University's College of Business and Economics (CBE) hosted a panel discussion on 'What is known as the Gamestop Saga', as part of its ongoing webinar series. The panel attracted more than 200 attendees.

In his welcoming speech, Prof. Adam Fadlalla, the Acting Dean of the CBE said, “The CBE is committed to keeping its students informed about major international events such as the Gamestop phenomenon. What the world has witnessed in this event is a big shock to the stock market, and an interesting dynamic between the main street, Wall Street, and the regulators. The event challenged many well-established beliefs about stock markets and highlighted the new realities of how social media-based activism can disrupt traditional market interactions.”

Commenting on the panel discussion, Prof. Mohamed Goaid, the Head of Finance and Economics Department at QU said: “The aim of this debate was to identify the main reasons for the Gamestop frenzied trading, short squeeze, and how online trading affected stock markets volatility. It also addressed the implications of social media on the integrity of the financial markets, the role of Ethics and the potential challenges related to securities' online trading. Finally, these panel discussions will help students develop their critical thinking, by understanding the topic from different disciplines, and through interactions with academics and professionals from various fields, thereby bridging the gap between theory and practice.”

The expert and distinguished guest speakers of this panel included Professor of Accounting Alex Preda and Professor of Finance David Aikman both from King's College of London; the Director of Marketing and Communication at Qatar Stock Exchange, Hussein Al Abdulla, the President of CFA Society in Doha, Umair Siddique and Dr. Mohammed Elgammal, Associate Professor of Finance in the CBE.

## Education, Engineering Education and Instruction Technology Conference



Qatar University's College of Engineering and College of Education kicked off the three-day Education, Engineering Education and Instruction Technology Conference (EEEITC 21) under the theme "Online Teaching and Learning: Towards Building a Better Future." The conference covered plenary sessions and main lectures on several topics related to engineering and technical education and aims to provide a forum for exchanging technical information, disseminating high-quality research results, and presenting new policies and scientific progress in these areas.

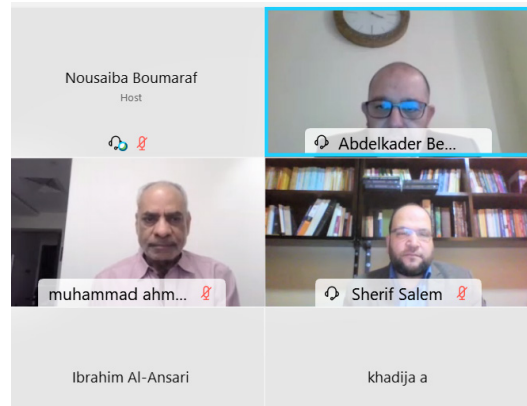
College of Education Dean Prof. Ahmed Abdulrahman Emadi said, "The aim of this conference is to gather local and international experts, educators, faculty members and researchers to share their experiences and research results on all aspects of education and the use of technology to enhance teaching and learning online. It also provides a multidisciplinary platform for academics and researchers to present and discuss the latest trends and concerns as well as practical challenges in developing and implementing innovative educators in education."





كلية الشريعة والدراسات الإسلامية  
College of Sharia and Islamic Studies  
جامعة قطر QATAR UNIVERSITY

## Highlighting efforts made in the field of religion and civilization



The College of Sharia and Islamic Studies at Qatar University organized an event for students to shed light on efforts made by Dr. Muhammad Khalifa Hassan, Professor of Creed and Da'wah at College of Sharia and Islamic Studies, in the field of religions and civilization.

The event included speeches by dignitaries from QU, Hamad Bin Khalifa University (HBKU) and Cairo University officials. An introductory presentation was presented to show work done by Dr. Muhammad Khalifa in the field of comparative religions, including books, seminars, conferences, administrative and scientific positions, and his efforts in the scientific field, research, papers that were written and published on him and on his great scientific legacy.

Dr. Ibrahim Abdullah Al-Ansari, Dean of the College of Sharia and Islamic Studies said: "We are proud to have Dr. Muhammad Khalifa Hassan among our faculty members. Students at the college honor this legacy, which is something we are proud of and it is among our values in the college, as we are keen on the quality of loyalty among students to their professors, and there is no doubt that the initiative of graduate students is an appreciated initiative."

Dr. Muhammad Khalifa expressed his great happiness with this event, praising the role of the college administration in taking care of the small details in the educational, administrative process and the services it provides to its members. He also praised the role of the college's students in organizing this forum and wished them more success in their journey of life.

Prof. Abdul Qadir Bakhoush, Head of the Department of Belief and Da'wah, expressed his happiness and appreciation, saying: "What the students of the Religions and Dialogue of Civilizations Program in the Department of Belief and Da'wah have done is an example of loyalty to the distinguished professors."

Prof. Ibrahim Muhammad Zain, Professor of Islamic Studies and Comparison of Religions at the College of Islamic Studies at HBKU said, "Dr. Muhammad Khalifa is the pioneer of a scientific school in the field of the history of religions. It seems that it will remain the same for generations to come. He also has known scientific research methods in the West, the knowledge of the investigative critic of his scientific field."



جامعة قطر  
QATAR UNIVERSITY

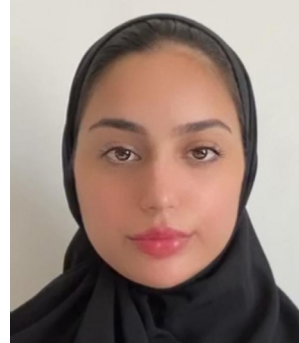
[www.qu.edu.qa](http://www.qu.edu.qa)

## A COUNTRY BUILT ON EDUCATION



QU is the first, largest and most prominent institution for higher education in Qatar, graduating elite alumni, who hold the most prominent positions in the country. The University boasts a state-of-the-art Research Complex, 14 research centers and is ranked 3rd in QS Arab Region University Rankings 2021.

## Conversation with a Talented Student



### Anfal Al-Sorour: “My passion is to be a certified diver and explore the depths of the sea”

Anfal is a 23-year-old media student in her final year, who has a number of intriguing talents but has a true passion for deep-sea diving. As a lover of sports, we talk to Anfal about her greatest passions and how she manages her time between university studies and her hobbies.

- **Firstly, talk to us about your family's role in stimulating this talent.**

Since I was very young, my father has been encouraging me to explore all kinds of sports. I learned to play squash, tennis, golf, strength training, swimming among many others, and I have not stopped learning new sports. Diving is the last thing I learned and I was the first person in my household to receive a diving license, which made my parents very proud.

- **Was your talent a positive influence in your life?**

Definitely. Diving helped me overcome my fears. When you are underwater, observing the fish and meditating, it helps you relieve nervous pressure. Life underwater is so different from the world we know on land. Every dive we discover new scenes and landscapes, which feeds me positivity, rejuvenation and energy. In addition, my love for the environment pushed me to get my divers license.

I have noticed in recent years, people throwing their trash on the beach, maybe not realizing that this ends up on the seabed, which of course damages the environment and

is harmful to marine life. Now, as a result, I visit different beaches every Saturday to pick up litter and I participate in different beach clean ups. In order to raise awareness about this issue, I have resorted to taking pictures and highlighting the problem on social media.

- **When did you first discover this talent?**

I learned to swim at six-years-old; I used to go swimming with my father, who still encourages me to try different sports. A year ago, I decided to learn how to dive and while I faced a number of difficulties at first, I thankfully learned to overcome them.

- **What are your ambitions in further developing this talent?**

I aspire to acquire more diving permits and to introduce people to the world of diving.

- **Have there been any challenges, particularly as you are a full-time university student?**

No, on the contrary, my graduation project entitled 'Into the Deep' was filmed underwater and helped me significantly develop my diving skills.

# Student Writing

## Remote Learning is a Double-Edged Sword

By Quran and Sunnah Student  
Bayan Al-Khatib Al-Hosni



It would have never occurred to me that I might continue my university studies from behind a screen. Those who complete their studies in this way because of traveling or living conditions had always surprised me. I used to wonder, how efficient this learning is. Does this education give the same result as normal study?

Due to the pandemic, one of the decisions taken by the State of Qatar to curb the spread of Covid-19 and insure the public's safety is to use distance learning. The news was well received by some students who saw this as a temporary time saver. But it wasn't temporary – after some time, students began to see the negative side of remote learning, primarily psychological fatigue and health issues mainly because of the amount of time spent focusing on screens and lack of physical activity. From the academic side, a number of students complained that some courses must be taught in person in order for students to understand.

To avoid these effects and take advantage of the opportunity presented to me, I personally followed a set of steps that helped me adapt to the sudden change. Firstly, I made sure I attended all the lectures at their exact time no matter the circumstances. I believe focusing with the professor live is the first step to understanding the material and it helps prepare you for tests. Secondly, managing time wisely is one of the most important factors that helped me mitigate the negative effects and get the best grades at the end of the semester.

Now, after months of remote learning, I can reflect on the past and advise students to be calm and patient and try to be flexible under the present circumstances. Remote learning is a decision taken by the university, taking into consideration the interest of the students. I am sure that Qatar's young people are capable of this responsibility and capable of adapting even to the most challenging of circumstances and still be successful.



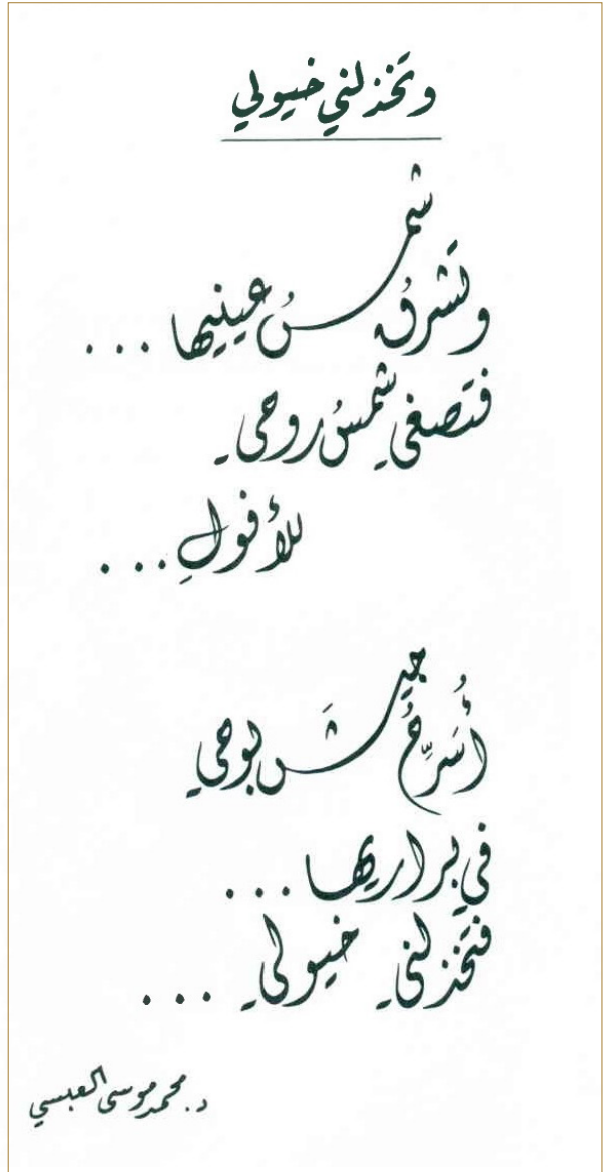
## Creative Corner



By Dr. Mohammad Mousa Al-Absi,  
Associate Professor Arabic Language,  
College of Arts and Sciences

Dr. Mohammad is a professor specializing in ancient Arab literature and literary analysis. From a young age, Dr. Mohammad has had a fond affection for Arabic, literature, poetry and calligraphy and has participated in a number of exhibitions on the topic.

This painting is a poetic expression and written in Diwani script.



# Falling into Hope

By John Herlihy, former faculty member in the English Department

*The virus awakens,  
What the heart forsakens.  
I admit it, my fear lingers,  
Its presence, its probing fingers.*

*Here at the end of a rope,  
Falling, I am falling into hope.  
Flirting on the edges of despair,  
Everything I do becomes a prayer.*

*Now is the time to forget,  
All those things I ever regret.  
Now surely the time to remember,  
Indian summer in late September.*

*Wild geese in flocks flying south.  
A squirrel gathering nuts, one in its mouth.  
The bear, ready for winter sleep, on its way.  
The wolf hound howling under the Milky Way.*

*Never to go back to live as before,  
A heightened awareness lies in store.  
To be who we are, to simply be the best,  
To the mercy of God, leave all the rest.*



# Sports and Recreation

## Emotional Eating

**Joyce Moawad, Teaching Assistant/Clinical Coordinator, Human Nutrition Department**

**Grace Attieh, Teaching Assistant, Human Nutrition Department**



Emotional eating (EE) is defined as an excessive eating behavior that is hypothesized to occur as a response to some emotional states rather than physical hunger. Such emotional incentives include miscellaneous psychological conditions such as anxiety, anger, depression, as well as excitement and happiness. Recent researchers state that emotional eating is deemed as a psychological support in coping with different emotions.

At the same time, there is debate as to whether food marketing may be to blame for the motivation and reinforcement of unhealthy eating patterns.

Many theories tried to assess EE; in which some stated that it is an innate behavior while others reported that it is learned. Recent studies suggest that EE may be the outcome of inadequate parenting or depressive feelings in interaction with genetic susceptibility. Some research showed that it was developed in children whom their mothers used to offer them sweets to regulate their negative emotions. This is called conditioning food consumption and people who did not learn to associate between emotions and food consumption are less likely to engage in this behavior. At the same time, there is debate as to whether food marketing may be to blame for the motivation and reinforcement of such unhealthy eating patterns. Nevertheless, current findings reported that Covid-19 pandemic and mandatory quarantine boosted the risk of developing EE.

Concomitantly, EE is stained by many adverse consequences. EE can lean to an increase in overeating

and ultimately weight gain and obesity. In addition, emotional eaters usually feel guilty after consuming food, which can further lead to social isolation. Indeed, energy-dense food that are rich in fat and salt are the preferred food option for emotional eaters. Consequently, EE has various detrimental impacts on physical health that are associated with unhealthy eating habits and obesity such as diabetes, cardiovascular diseases, hypertension, skeletal and muscular problems.

Therefore, different intervention tips are efficient to combat EE and its associated risks. First, mindfulness intervention is considered an essential technique for emotional eaters that is based on the concept of tolerating and accepting their internal experiences, rather than feeling compelled to act on them by eating. Furthermore, health professionals can conduct a general evaluation to provide the emotional eaters different solutions to alter their diet and plan a training program that best match their lifestyle and psychological conditions. Behavioral change therapy can be another crucial treatment to EE.

Further practical alternative solutions can be followed to avoid EE:

- Try meditation to reduce the stress level
- Practice physical activity
- Start a food diary
- Avoid having comfort food in your pantry
- Pay attention to volume of the food bags and plates
- Seek support
- Work on positive self-talk

# Student Clubs

President of the Sharia and Islamic Studies Club: “We aim to increase religious and cultural awareness in society”



Student clubs are organized under the supervision of the Student Activities Department at Qatar University. The Clubs play a vital role in building educational and life experiences among students and providing them the opportunity to engage in non-academic student activities that help integrate them into the university community with colleagues who share the same interests. Student clubs also provide rich development opportunities, which equip students with teamwork skills and help refine other practical skills such as communication, teamwork and leadership. Campus Life speaks to Omar Muhammad Arnous, President of the Sharia and Islamic Studies Club, where he sheds light on the association's goals and its activities.

- **Firstly, introduce us to the Sharia and Islamic Studies Club**

It is a religious student club at Qatar University, whose vision is to be a leading club in the social, cultural and religious fields. Its mission is to educate and spread Islamic and social culture by maintaining a balance between change, traditions and heritage of the University Islamic community.

- **What activities and events have you organized recently?**

In Spring 2021, the club organized various activities that proved very popular and well received. We organized a series called 'What the Muslim cannot ignore' consisting of seven lectures under four main themes: with Allah Almighty, with the Prophet (PBUH), with the Holy Quran, and with the soul.

The series was delivered by a number of Sheikhs and faculty members from the college. We also organized a series called 'Approaching Ramadan,' which consisted of two lectures on fasting. We also launched a new YouTube channel.

- **What are the most important goals you hope to achieve for yourself and for the club?**

I seek to be a pioneer in community work with a purposeful message that elevates young people. I also hope to complete my postgraduate studies in Sharia and Islamic studies, and through this club, I aim to increase religious and cultural awareness in society, and allow young people to play an active role.



# QU Participates in the Sohar Theater Festival in the Sultanate of Oman

Qatar University participated in the Sohar Theater Festival in the Sultanate of Oman through the play 'Youth, but' produced by the Department of Culture and Arts of the Student Activities Department in cooperation with the Center for Theater Affairs, and a number of Qatar University students participated in it.

It is noteworthy that the Sohar Theater Festival, this year is witnessing its ninth session locally and the first in the Arab world, and it is held virtually during the period from 24 to 27 March, with the participation of Gulf and Arab universities, with the aim of promoting various participations that hone the talents of students.

In this context, Buthaina Al-Janahi, Head of the Culture and Arts Department at the Student Activities Department at Qatar University, expressed the importance of this participation, given the importance of the Sohar University Festival and its regional position, confirming in this context the quality of the theatrical work "Youth but" in text, direction and representation, which was confirmed by the numerous awards that came from this theatrical work.

The idea of the play revolves around a framework of symbolic fantasy and theatrical experimentation, as it sheds light through its numerous scenes and paintings on many issues and topics from which mankind suffers in general and the Arab man in particular, whether they are political, economic, social and humanitarian issues, and through a group of people in an undefined place and unrestricted time.

It was produced to participate in the first edition of the University Theater Festival "Our Youth on the Stage," where it achieved a number of awards, including: Best Stage Lighting Award, Best Decor award, Best Director: Mohamed Al Mulla Award, Best Integrated Performance Award. The work team consists of the author, writer Ahmed Al-Muftah, in addition to a group of distinguished QU students, where the students were represented by: Muhammad Al-Mulla, Abdullah Al-Mulla, Faisal Al-Athba, Tamim Bu Rashid, Faris Yusef, Jassim Ashair, Nayef Aqeel, while the student was the interior design engineer. Muhammad Al-Mulla, lighting: Faisal Al-Athba, as for clothes: Jasim Ashair, voice and influences: Abdullah Al-Mulla, and assisted in directing by Ahmed Zaki, and the play directed by student Muhammad Al-Mulla.

QU also participated in the second session of the University Theater Festival 'Our Youth on the Stage,' organized by the Theater Affairs Center at Qatar National Theater, under the patronage of the Minister of Culture and Sports H E Salah Bin Ghanem Al Ali.

QU performed two theatrical acts written and directed by its students. The first play, entitled 'Honored' is written by Tamim Al-Burshid and directed by Abdullah Al-Mulla. The story revolves around two young men Yousef and Rashid, who go to apply for jobs and end up in prison due to social issues that young people tend to face; while escaping from prison, they get caught red-handed.

The second play, entitled "Do Not Wake Up" is written and directed by Iman Al Marri. This play is based on the common issue of people using their power to further their personal interests.





## **The importance of humanities, social sciences and religious law**

**Dr. Badrane Benlahcene - Ibn Khaldon Center  
for Humanities and Social Sciences**

Man is at the center of any renaissance, because making history is the result of actions created by man. Therefore, if we aim to create a renaissance, we must take note of the human element as the central element in the development process and civilization building. Humans, as Malek Bennabi says, influence history through their thoughts, work and money. It is also true that thought influences work and money. For this reason, studying man means studying the consciousness and the mind and this requires academic knowledge. Through education, we can build awareness and move forward towards building a civilized renaissance.

However, there is a problem with education in our modern era, which we see in our educational programs and our research institutions, through the directions of the decision makers in particular and the decisions related to society.

Unfortunately, science is often confined to the natural sciences and humanities, social sciences and religious law are excluded from being considered a science, because they lack the experimental aspect of natural sciences. This is observed through our universities, curricula, institutions. We have a deficient view of humanities, social sciences and religious law, and our nation's leaders in the Islamic world have adopted this point of view and give priority to technical, technological and natural sciences. Our decision makers are unaware of the richness, diversity and importance of humanities, social sciences and legal science and therefore give them little margin in their thinking and decisions.

This viewpoint ignores the fact that these sciences build human beings, build awareness and shape mentalities. For as long as we displace these sciences and do not give them priority, programs, care and planning, we will continue to produce a dispersed human being and a disturbed consciousness, attached to material science alone. We have a great deal of work to educate others on the importance and vitality of humanities, social sciences and legal science in the construction of human consciousness and thought.

# My University Album

## A thumb through past graduation memories

We stand at this door on a number of beautiful university memories that bring us to a collection of graduation ceremonies and groups of Qatar University students that were once held in the spaciousness of our esteemed university.



6<sup>th</sup> Graduation Ceremony  
5.06.1982



7<sup>th</sup> Graduation Ceremony  
4.06.1983



8<sup>th</sup> Graduation Ceremony  
17.11.1984



9<sup>th</sup> Graduation Ceremony  
20.01.1986



10<sup>th</sup> Graduation Ceremony  
14.11.1987



11<sup>th</sup> Graduation Ceremony  
19.11.1988



12<sup>th</sup> Graduation Ceremony  
25.11.1989



13<sup>th</sup> Graduation Ceremony  
17.11.1990



14<sup>th</sup> Graduation Ceremony  
19.11.1991



**15<sup>th</sup> Graduation Ceremony**  
**2.12.1992**



**16<sup>th</sup> Graduation Ceremony**  
**13.11.1993**



**17<sup>th</sup> Graduation Ceremony**  
**03.12.1994**



**18<sup>th</sup> Graduation Ceremony**  
**25.11.1995**



**19<sup>th</sup> Graduation Ceremony**  
**23.11.1996**



**20<sup>th</sup> Graduation Ceremony**  
**22.11.1997**



**21<sup>st</sup> Graduation Ceremony**  
**21.11.1998**



**22<sup>nd</sup> Graduation Ceremony**  
**28.11.1999**



**23<sup>rd</sup> Graduation Ceremony**  
**21.11.2000**