



جامعة قطر
QATAR UNIVERSITY

CAMPUS LIFE

June 2022



**Team Argentina
and Team Spain**



EDITORIAL TEAM

Editor-in-Chief and Main Supervisor:
Kholeh Mortaza Mortazawi

Senior Editor (English):
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Editorial Committee:
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Amna Pervaiz Rao
Bana Al-Sorour

Arabic Editor:
Dr. Mohammed Khalid Al-Rahwi

Photographers:
Mohamed Sherif
Ali Emad

Cooperating Students:
Mohaned Al-Taee

Senior Graphic Designer:
Sabine Maatouk

Website:
www.qu.edu.qa/newsletters/campuslife

For any enquiries, contact us by email at:
qumedia@qu.edu.qa

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TABLE OF CONTENTS

4	_____	President's Note
5	_____	University News
12	_____	In Focus
15	_____	University Achievements
19	_____	Agreements and MoUs
21	_____	Under the Microscope
24	_____	QU Press Publications
25	_____	College News
34	_____	Conversation with a Talented Student
35	_____	Comics
36	_____	Student Writing
37	_____	Creative Achievements
39	_____	Sports and Recreation
40	_____	Student Clubs
41	_____	Feature
42	_____	Performance Development
43	_____	My University Album

President's Note

The publication of this issue of Campus Life encompasses a number of topics that reflect the importance of this magazine and its role in serving the local community and the university community in particular. Campus Life puts a spotlight on the most prominent achievements of Qatar University and its events. This includes the University's progress in worldwide classifications, partnerships and agreements with local and international parties, both governmental and private. The magazine also highlights various local and international seminars, conferences and other notable events.

Throughout this issue, readers will be informed of the university's role in serving the community in different fields, such as knowledge production through pioneering research and studies conducted by faculty members and researchers at the university and abroad, by way of QU Press. The University's publishing house guarantees its publications will have an astounding impact culturally and academically, nationally and globally.

In addition, the Community Service and Continuing Education Center (CCE) at QU plays an active role in serving the internal and external community and supporting the university in achieving its social goals and its objectives for lifelong education.

As Qatar prepares to host the 2022 FIFA World Cup, the largest event in the Arab region and the world, Qatar University is supporting the state by organizing volunteer work, making available its sporting facilities and hosting various meetings related to the event. Qatar University students are also contributing through volunteer work and representing the university and nation well. The University is also hosting seminars, research and studies aiming to serve this event and contribute to its success on a level that is unprecedented, carried by its belief that Qatar is more than capable of proving itself and leaving its mark in the international sphere.

Of course I cannot fail to extend my heartfelt congratulations to the Class of 2022 on the occasion of their graduation. This class is indeed very special as they were able to achieve success despite the obstacles they faced during their studies due to the pandemic, which has been ongoing now for over two years. I have no doubt that this class will boast a distinguished presence in their respective fields of work and will be able to adapt to any circumstance they face, for their benefit and for the benefit of the nation.

For this reason, I urge our graduates to do more, be more diligent, more determined, be the best representatives of your university and do good for your country. A country that eagerly awaits from you excellence as you join others on the path of progress. I also remind you, as we enter the summer holidays, to make use of this time, reinvigorate yourselves and prepare to launch yourself into a new arena, where you will hold new responsibilities. I also advise our current students to take advantage of the university offerings. It is true that University life is but a station, but it is also a point in which we are able to regulate ourselves, insure that our affairs are in order and realign our priorities as it prepares to launch you into a new direction, headed towards specific objectives at the beginning of the new year.



Dr. Hassan Rashid Al-Derham
President of Qatar University

University News



QU prepares to host Team Argentina and Team Spain during the FIFA World Cup Qatar 2022

Qatar University prepares to host two international football teams throughout the FIFA World Cup Qatar 2022. The Argentinian and Spanish teams will be staying in the QU campus.

QU President Dr. Hassan Al-Derham says, “The University is currently preparing to host the Argentina and Spanish teams, who have both selected the Qatar University campus to be their choice of residence during the upcoming World Cup. The University hosts a number of distinguished sports facilities built in accordance with international and Olympic specifications, in addition to residential units equipped with the latest systems, in accordance with health and safety requirements.”



Qatar University has opened three sports complexes that provide the opportunity to practice outdoor sports, in addition to the indoor gym for women. These facilities host various sports including football, volleyball, handball, basketball, tennis, swimming, water polo, squash, gyms and many others.

QU organizes its 45th Graduation Ceremony

Under the patronage of the Emir HH Sheikh Tamim bin Hamad Al Thani, Qatar University celebrated its Graduation Ceremony for the Class of 2022 (male students) on Wednesday, 25th May 2022. The ceremony for distinguished female students was held in the presence of HH Sheikha Jawaher bint Hamad bin Suhaim Al Thani, wife of HH the Emir, on Thursday, 26th May 2022.

This year, early preparations were underway in order to facilitate the graduation ceremony for the Class of 2022. As QU graduates its 45th cohort, the university continues to chronicle a long history spanning decades in which it has contributed heavily to Qatar's development and prosperity, through supplying 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 beyond. QU is committed to providing quality education in areas of national priority, moving towards building a knowledge-based society.



Latest QS World University Subject Rankings recognizes QU performance for 2022



Quacquarelli Symonds (QS) World University Rankings by Subject 2022, the world's most-consulted university ranking, names Qatar University (QU) as one of the world's top universities for the study of 19 subjects.

From the 19 subjects, 89% improved their positions, 0% decreased and 11% stayed the same. It is worth noting that QU's best performance is in Theology, Divinity & Religious Studies, and Sports-related Subjects.

QU President Dr. Hassan Al-Derham commented on this achievement saying, "This year Qatar University has been ranked in 19 subjects, a great improvement from the previous year, which also makes Qatar the 57th most represented country in the world. On this occasion, I would like to thank our colleges at QU and the faculty for their outstanding and ongoing efforts, which resulted in the recognition of the excellence and progress made by the University."

The rankings, compiled by global higher education analysts QS Quacquarelli Symonds, provide authoritative comparative analysis on the performance of 15,200 individual university programs, taken by students at 1,543 universities, which can be found in 88 locations across the world, across 51 academic disciplines.



QU Scientists among the World's Top 2% in Academic Citation

A study conducted by Stanford University (USA) showed results of the top 2% of the world's most-cited scientists during 2020, and the top 2% of the world's most-cited scientists for career-long citation.

In this study, the first list included 80 scientists from Qatar University (QU) and the second list included 39 scientists. A noticeable increase in the list of scientists from QU is recorded in this year's study, with an increase of almost 20% in the first list, and an increase of almost 30% in the second list.

The top 2% list includes more than 100,000 among millions of researchers, selected by combining several metrics for a systematic ranking using the data that was extracted from Scopus until the date 1 August 2021.



On this achievement, Prof. Mariam Al-Maadeed, Vice President for Research and Graduate Studies at QU, commented: "Qatar University is proud to have such distinguished scientists within its campus. Having this number of scientists from Qatar University among this list proves that the University is achieving success in preparing highly skilled personnel, producing high quality research and seeking leadership in research and education. In addition to the continuous efforts of the University in establishing an innovative structure in the fields of research, education and community service, so that the University continues to be an attractive and inspiring scientific beacon for all."

QU, in cooperation with the Supreme Committee for Delivery & Legacy, host the FIFA World Cup 2022 Trophy Tour

Qatar University, in collaboration with the Supreme Committee for Delivery & Legacy, organize the World Cup Trophy Tour. Students, staff and faculty members of QU had the opportunity to see the World Cup trophy up close and take photos with the commemorative icon.

The trophy tour, organized from 5 May to 10 May, took place in a number of notable locations in the country as part of efforts to promote the FIFA World Cup Qatar 2022, boost fan enthusiasm and encourage them to watch the tournament matches and support their favorite teams. In addition, it aims to instill a football culture in the community in preparation for the biggest football event of its kind. The Auditoire Qatar company, which specializes in organizing sporting events, is responsible for organizing the FIFA World Cup 2022 trophy tour.

On this occasion, Dr. Hitmi Khalifa Al Hitmi, Director of Communication and Public Relations in QU said, “Qatar University hosting FIFA World Cup 2022 trophy tour signifies the university’s role in making this global sporting event a success.”

He added, “As Qatar University participates in this event, it is fulfilling its responsibilities as a national higher education institution. We all must do our best to provide the best that our generations can be proud of and which will motivate them to do better in future.”

Qatar University welcomed the Team Argentina and Team Spain’s choice of campus for the 2022 World Cup.

It is worth noting that Qatar University recently organized three seminars to introduce the volunteering program for the 2022 World Cup, in cooperation with the Supreme Committee for Delivery and Legacy. The program, which will allow volunteering in more than 30 functional areas, in addition to providing those wishing to volunteer with experience from specialists and volunteers from different cultures and backgrounds.



First Qatari woman to obtain a doctorate degree in medical sciences from Qatar University

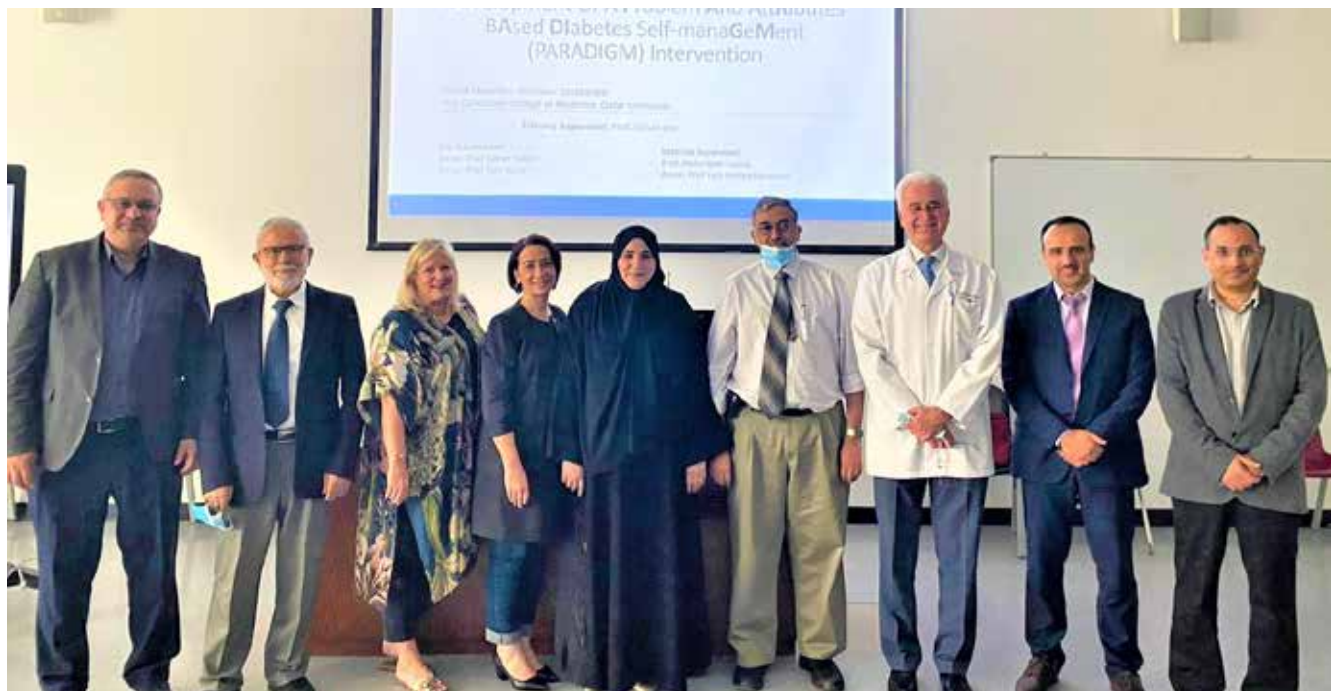
In a historic milestone for the College of Medicine, the first PhD oral defense took place in the College for Ms. Manal Musallam Othman, Director of Diabetes Education in Hamad Medical Corporation.

As a doctorate candidate of Qatar University's College of Medicine (QU-CMED), Ms. Othman successfully completed the oral defense of her PhD thesis on 11 April 2022.

Her thesis titled "Development of a Problem and Attributes based Diabetes self-management (PARADIGM) intervention" critically evaluated the structure of existing diabetes self-management interventions and their impact on different levels of outcomes such as knowledge, physical activity, glycated hemoglobin (HbA1c), and quality of life.

The PhD project was supervised by Prof. Suhail Doi and co-supervised by Dr. Suhad Daher-Nashif & Dr. Tanya Kane (Population Medicine Department, QU Health, College of Medicine, Qatar University), Prof. Abdel Badie Abu Samra (Hamad Medical Cooperation), and Dr. Luis Furuya Kanamori (Queensland University, Australia).

The Qatar University Health PhD program provides students with a broad foundation of biomedical, clinical, and pharmacy-related interdisciplinary training, followed by intensive training in advanced aspects of medical sciences, research philosophy, and modern techniques. The duration of the curriculum is four years with a total of 60 credit hours (CH) in the program of study. This is in line with numerous PhD programs of highly reputable regional and international institutions. The curriculum incorporates formal lectures, group projects, research presentations, journal clubs, and writing review articles, to develop the students' ability for critical thinking, intensive scientific writing, and problem-solving skills through research.



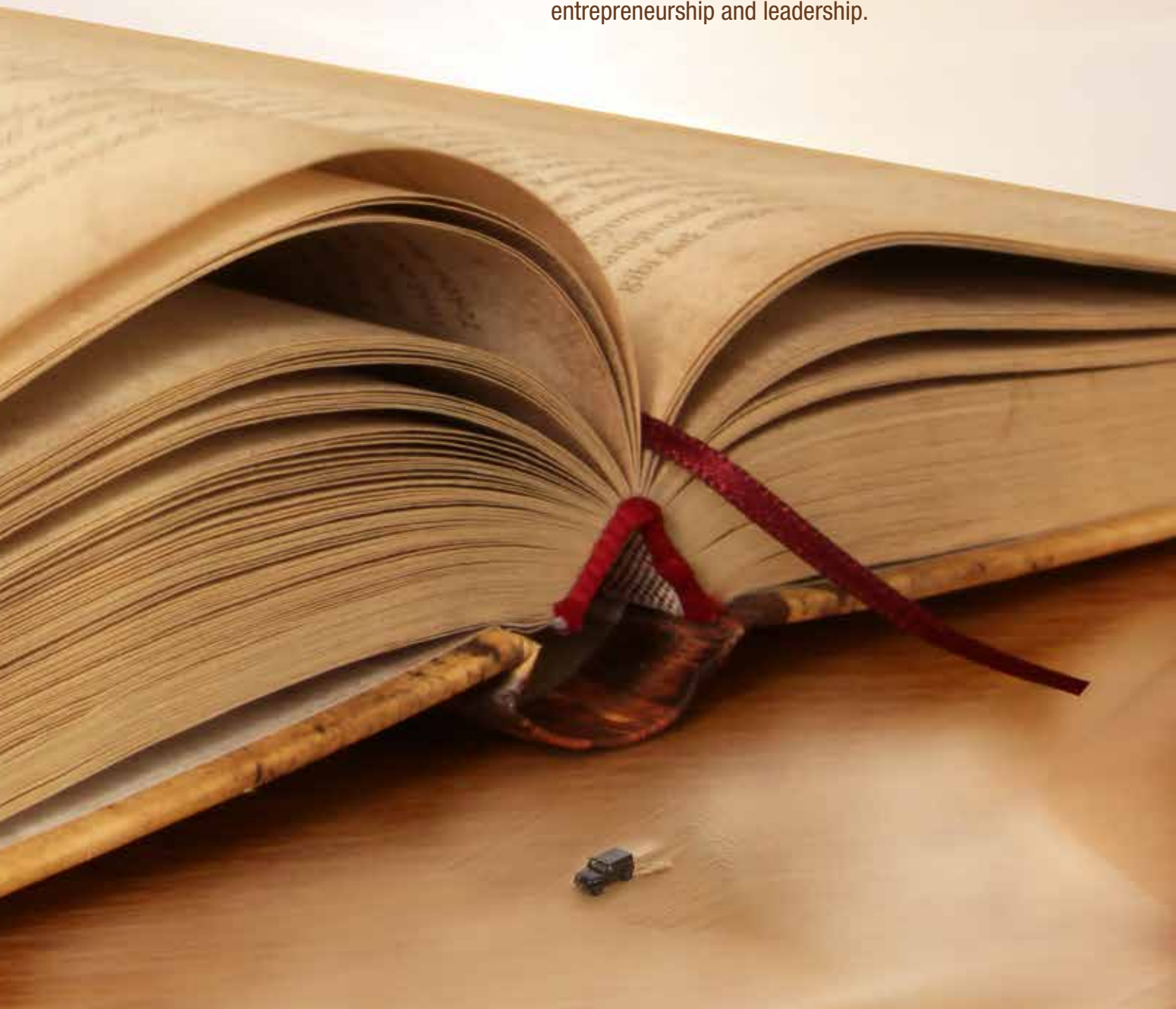


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Your knowledge, your identity..

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.



In Focus

The Community Service and Continuing Education Center links QU to the community

The center supports the first pillar of Qatar National Vision 2030



The Community Service and Continuing Education Center (CCE) at Qatar University seeks to cultivate a culture of lifelong learning by providing educational opportunities geared toward the professional and personal development needs of the Qatari community. It aims to positively impact society through meaningful engagement which promotes service-learning, volunteering, and cooperative education through sustainable partnerships with the university, industry, and the wider community. Campus Life talks to a number of officials from the CCE on the programs' objectives and aspirations.



CCE Director Dr. Rajab Abdulla Al-Esmail says, “The programs and courses provided by the CCE contribute significantly to each person’s development and increase general knowledge. The center is vital in advancing individuals professional qualifications, which of course reflects on the performance of government and private institutions in the country. The development of national capacities and competencies contributes directly to the economic and social development of the state. This has become increasingly important recently with the great development of communication, rapid technological development and the digital revolution.”

He adds, “The Center has a clear vision of the future that stems from being an integral part of Qatar University and is in line with the University’s general strategy. The Center aspires to become the largest house of expertise in Qatar by continuing to expand and provide all that is new in

courses and training and programs in fields that serve the community.”

Mr. Abdul Aziz Abdulla H E Abdulla, Manager of Community Services spoke about the Center’s goals saying, “In community service, we aim to find ways to cooperate with government and private non-profit agencies and to use the competencies and expertise of our distinguished faculty in different academic departments within Qatar University. We also recruit esteemed individuals in community service within and outside Qatar, with the aim of transferring knowledge among members of our community.”

He adds, “Community service includes strengthening the University’s relationship with the community by reaching out to various social groups and working to create opportunities of participation through academic curricula, and communicating with schools and social institutions.

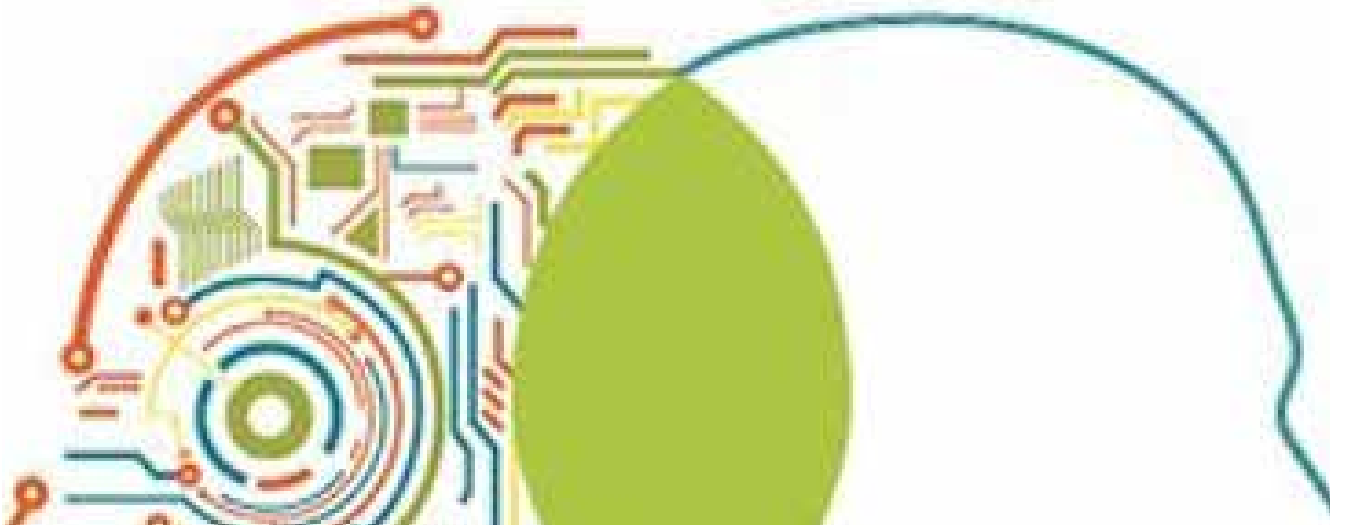


In addition to collaborating with relevant authorities in developing training and education programs for students and school staff and specialized centers in the field of caring for special groups, such as people with special needs.”

Mr. Abdul Aziz notes that the CCE also targets people with special needs, providing training for autistic children at home, aiming to increase parent’s capabilities in teaching their autistic children, particularly during the pandemic. The CCE also use the portage model program, a specialized course for training workers that care for younger children with special needs from birth to age 3 or 4. The Center also has a specialized course for workers caring for those with Pervasive Developmental Disorder (PDD), and a course to train parents whose autistic children attend school integration programs.

Manager of Continuing Education, Najlaa Al Mahmoud says, “The Center offers community service and continuing education in many areas, and currently offers a large number of general courses, ranging from short to rather long courses. Subjects include finance and accounting, management and leadership, law, computer and information technology. We also offer a number of language courses at different levels such as English, Arabic, Turkish, Japanese, French and German, Chinese, Spanish and others.”

She adds, “The Center also offers a number of certification programs, such as the Certified Management Accountant (CMA), Certified Internal Auditor (CIA), Project Management Professional (PMP) preparation courses, as well as university entrance examinations such as the ACT or IELTS. We also offer ISO certified programs, cybersecurity



programs and Chartered Institute of Personnel and Development (CIPD) certificates. The Center continuously strives to expand and be up-to-date with all that is new in the knowledge field, it has recently developed a training program with 160 registered training courses covering multiple fields in the Arabic language. The trainee is able to access these courses from any location at any time.”

CCE Outreach & Communication Specialist, Ms. Sara Redhwani said, “The Center is a link between the university and the community by providing both generalized and specialized training programs that meet the needs of the community. We work in collaboration with a number of bodies and institutions in Qatar. Since its inception, the Center has designed and implemented special training programs and workshops, in cooperation with various academic departments within the university, of the highest quality, and we are constantly adding new services and programs and concluding agreements and MoU’s

in line with emerging needs and priorities.” She adds, “The CCE celebrated certification of ISO 9001 for quality management systems, in recognition of its continuing commitment to quality and excellence in management operations.”

CCE Senior Continuing Education Program Specialist, Ms.Lina Khalaf noted that the center concluded 21 agreements and MoU’s which include government institutions such as: Ministry of Administrative Development, Labor and Social Affairs and The Qatar International Center for Conciliation and Arbitration – Qatar Chamber. The Center also concluded agreements with foreign institutes to implement professional certification programs. Recently, the CCE marked a number of notable agreements including: General Authority of Customs, Qatar Olympic Committee and Afif Charity to conduct trainings, as well as several signings with Barwa Group.

University Achievements



QU researcher bags the L'Oréal Prize UNESCO for Women in Science

Dr. Nura Adam Mohamed, a graduate from the Biomedical Science Department, College of Health Sciences, who is now working as a Research Associate at the Biomedical Research Center Qatar University, has been awarded the L'Oréal-UNESCO for Women in Science Middle East Regional Young Talents Award 2021, which is a prestigious award designed to recognize young female scientists in the region.



Dr. Nura Mohamed, was one of nine winners in the Post-Doctorate Researchers category. She was recognized for her research towards developing nonconventional, novel therapeutic tools to prevent the development of diabetes mellitus and cardiovascular diseases. This regional initiative has recognized over 3,900 phenomenal researchers and 122 laureates from more than 110 countries and regions since its inception 24 years ago.



Dr. Mohamed focuses on developing nano-formulations that have cardioprotective effects to battle the high prevalence of diabetes and its associated cardiovascular complications. Her research is gaining national and international attention, especially as the world moves towards targeted drug delivery, personalized medicine, and stem cell technologies, which can be achieved by using nanomaterials as drug carriers. Furthermore, she is focusing on the use of stem cell technologies in isolating progenitor cells from the patient's blood which also aids in understanding the diseases' progression, better establishing lab-oriented disease models in studying the different implications of the drug response on different people and help to bring these prototypes closer to the clinical trial phase.

This award will help Dr. Nura Mohamed pursue her research plan and establish collaborative ties with the leading experts in nanomedicine, cardiovascular diseases, and diabetes in Qatar, the UK, and Australia to further translate these prototypes to other disease areas. Dr. Mohamed believes that these prototypes hold great promise in the field of cardiovascular diseases and diabetes mellitus, which will provide a significant leap in developing better treatment options for diabetes mellitus and enhance the diabetes-nanomedicine field in Qatar, the GCC, and the world.

QU and UNESCO announce the establishment of a UNESCO Chair in Desalination and Water Treatment

The first of its kind in the Gulf region

Qatar University has distinguished itself among higher education and research institutions at the regional and international levels, especially in directing research towards achieving the Sustainable Development Goals of 2030 agenda. The UNESCO chair and UNITWIN programs which was launched in 1992, is an initiative to establish chairs in UNESCO priority areas to promote international collaboration among higher education and research institutes. This marks the second time the Qatar University hosts a chair, who previously announced the establishment of the UNESCO Chair in Marine Sciences at QU's Environmental Science Center.



The UNESCO program aims to encourage cooperation between universities and research institutions, as well as facilitate the exchange of research experiences and the transfer of knowledge in various academic fields through the joint work of researchers in various universities in the world. The UNESCO Chair in Desalination and Water Treatment is the first of its kind in the Gulf region under UNESCO Chair and UNITWIN programs. It is based on the cooperation of more than 30 universities and organizations from 15 countries in the region and the world including Texas A&M University-Qatar, Qatar Electricity and Water Company, Sultan Qaboos University in Oman, University of Ottawa in Canada, University of Alabama at Birmingham, Technical University of Berlin, University of South Africa, Ahmed Bello University in Nigeria, Istanbul Technical University in Turkey, Nanyang Technological University in Singapore, University Technology Sydney, University Technology Malaysia, and Aligarh Muslim University, India.



Student led theatrical performance ‘Beyond Centara’ wins multiple awards at the Doha Theatre Festival

‘Beyond Centara,’ a play presented and led by Qatar University students, wins an impressive four awards out of seven, as part of its participation in the 34th edition of the Doha Theatre Festival, organized by the Theater Affairs Center. The team won best outstanding performance for the show, Faisal Al-Athba won best director, Mohamed Yousef Al-Mulla won best scenography and Abdulla Ali Al-Mulla won best actor in a leading role.

‘Beyond Centara,’ taken from the universally known text *The Hunchback of Notre Dame* by Victor Hugo, is directed by Ahmed Al-Ali, co-authored by Tamim Al-Burshid, who also worked on production management. The play stars Mohamed Ali Al-Mulla, Mohamed Yousef Al-Mulla, Abdulla Al-Hajri and Jassim Ahmed as the actors.

Abdullah Al-Mulla, Director of Student Activities Department at QU commented on the occasion saying, “The University’s participation in the festival comes as part of its responsibility to contribute to the national cultural movement at various levels, to support it and enrich it, as well as QU’s desire to showcase its young talent. The festival offers opportunities and opens horizons for people in theater and people who are interested in this area. Following the pandemic, we are happy to bring the stage back to life.”

The Hunchback of Notre-Dame is a French Gothic novel by Victor Hugo, published in 1831 and is commonly adapted on stage. The story tackles many themes including injustice in society, cruelty, oppression, bullying, classism and a culture burdened by vanity. The Qatar University team was keen to adapt the play so it would tackle relevant social problems for the local audience. Tamim Al-Burshid, one of the authors of the script ensured that the script translated to a Qatari community.



Students of QU's Young Scientists Center win international awards among 500 projects at ITEX

Students from the Qatar University Young Scientists Center (QUYSC) succeed again in the fields of research and innovation, by winning several awards at the International Invention, Innovation and Technology Exhibition 2021 (ITEX) in Malaysia.

The exhibition was organized by the International Federation of Inventors Associations and the Institute of Engineering and Technology with the support by the Ministry of Science, Technology and Innovation. The exhibition embraces applicable scientific and research ideas and provides a global platform to present, discuss and develop them, thus attracting young people to the science and technology industry.

Among 500 projects submitted by 37 countries, six of the QUYSC scientific research and projects, which were submitted by high school and university students, won eight prizes in the exhibition.

Jibril Al-Mutairi, a student at QU's College of Engineering,

won the silver medal for a research titled "The Effect of UV/Ozone Treatment on Water-Resisting Surfaces and Moisture Sensing Properties of Composite PVDF-BaTiO₃ Films." Student Rashid Al-Asam, of the same college, also won a silver medal for a research titled "Developing Al-SiO₂ Lightweight Nano Vehicles for Automotive Applications - Qatar Electric Cars 2022."

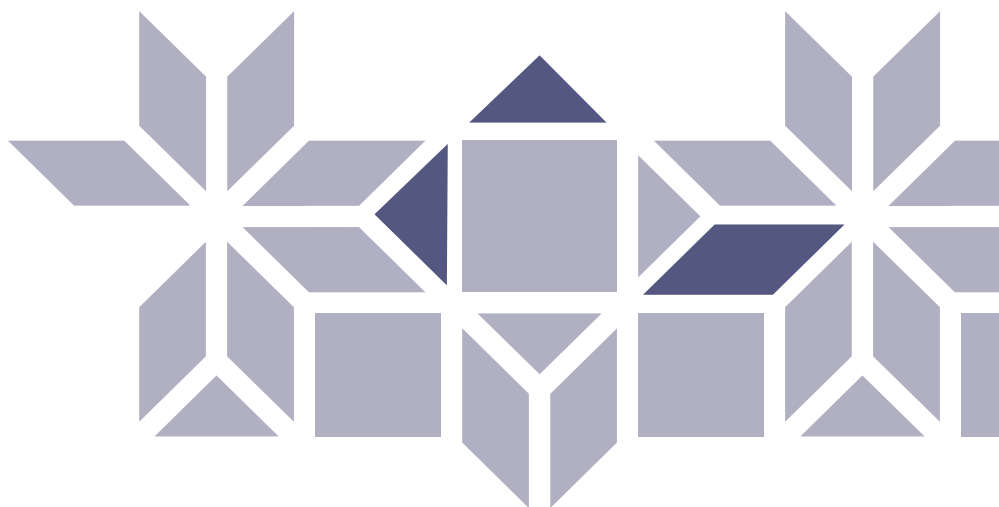
High school student, Baina Al-Marri won the gold medal and the top third award for a project titled "Electrospun Nano-Fiber Scaffold for Tissue Engineering." The same prizes were won by students Salwa Al-Kuwari and Fajr Al-Shamri for a project titled "Nanopolymer composite for energy harvesting applications." Students Ali Al-Maadeed and Abdulaziz Al-Mohannadi, also won the gold medal for a project titled "Highly Water Resistant Membrane Based on PVDF/ZnO Composite Electrostatic Nanofibres for Wastewater and Oil Spill Treatment." Another gold medal was awarded to Maryam Al-Obaidly and Hend Al-Dosari, for a research titled "Coating from composite nanomaterials to protect iron from corrosion."



ITEX 2021 is an annual event that brings together the best innovations from around the world, and is the leading exhibition for displaying new inventions, technologies and products, and aims to secure investment, manufacturing and marketing opportunities. It also aims to enable young inventors and entrepreneurs to move from scientific discovery to commercial application, in which students and inventors participate in a scientific environment and exchange ideas and scientific discussions.



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:

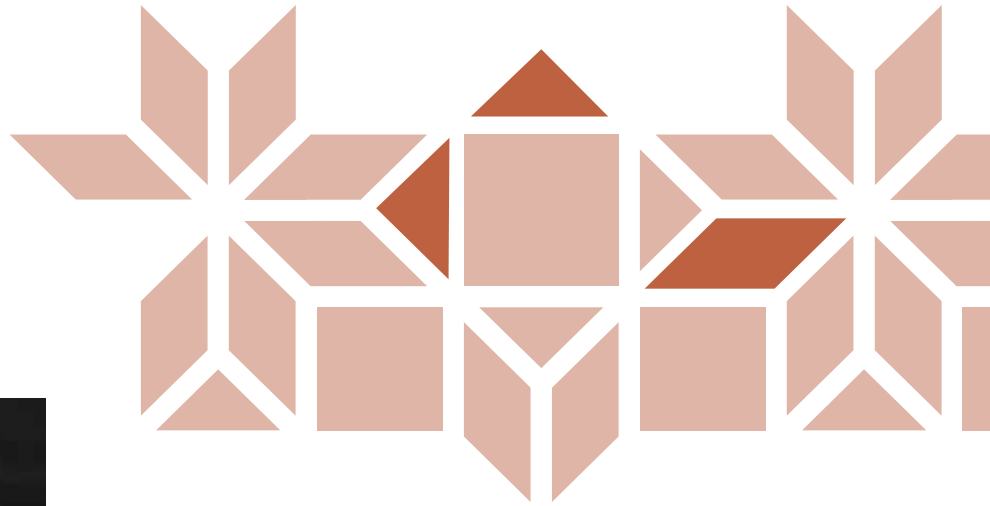
- Qatar University and Mutah University in Jordan sign a cooperation agreement in the agricultural field, which includes cooperation in the field of higher education, teaching and scientific research, with the aim of serving the local and Arab community. The two parties aim to enhance academic ties and seek exchange of knowledge and experience between faculty members and students in both institutions.
- Qatar University and the Seashore Group sign an MoU, which aims at strengthening cooperation of mutual interest to serve the educational process and support QU students to achieve integration between institutions of higher education and the private sector.
- Qatar University and the Secretariat General of the Gulf Cooperation Council sign a MoU, with the aim of joint cooperation and developing and building capacity, exchange of experience, information, research, studies and dissemination of knowledge.
- Qatar University and Turkish Aerospace Industries signed a MoU to establish collaboration in the field of research, consultancy, and knowledge transfer.
- Qatar University and The Regional Office at Konrad-Adenauer-Stiftung, a German institution, sign an MoU to establish joint cooperation covering different, scientific, technical and research areas. The two parties agree to join forces to exchange experiences and information, conduct studies, hold conferences, meetings and trainings.

- Qatar University and Université Bretagne Sud (UBS) in France sign an MoU to establish a dual master's degree in cybersecurity, which aims to foster collaboration between researchers from both institutions. A joint committee at the level of the two institutions will be established to prepare program courses and follow the academic and research progress of the students enrolled in the program. In addition, UBS visiting professors will be able to participate in or develop research projects with QU staff.
- Qatar University signs a MoU with Mogadishu University, a leading higher education institution in Somalia, to establish joint cooperation covering different, scientific, administrative, technical and research areas.
- Qatar University and Vlaamse Instelling Voor Technologisch Onderzoek, Belgium (VITO) signed an MoU, with the aim of leveraging the common potential of both parties in research, consultancy and community service and stimulating the sustainable economic and social development of Qatar.

- Qatar University and the Qatar Leadership Centre signed a MoU to launch the first Arabic-language Executive Master's in Leadership, which will start in the Fall 2022 semester and will be offered in Arabic.
- Qatar University sign a MoU with Hassad Food Company, which will see the two parties cooperate in numerous fields including professional training, research projects and applied sciences. University students and staff will also benefit from the agreement through professional training opportunities as well as cooperation in the field of research and graduation projects for students related to food production system.
- Qatar University signed a MoU with Talabat, the region's leading food delivery and q-commerce application. The MoU provides a framework for undertaking initiatives that explore internships and employment opportunities for QU students and alumni.



Under the Microscope



New research on improving diabetes management

**By Dr. Muhammad Abdul Hadi,
Associate Professor in Clinical Pharmacy and Practice**

A Qatar University Professor is currently working on developing, implementing, and evaluating a community pharmacy-based medication therapy management (MTM) clinic for patients with uncontrolled diabetes patients. This is the first of its kind of community-pharmacy-based service in the GCC region.

The overall goal is to ensure the safe and effective use of medicines by developing evidence-based pharmacy services. The research is conducted by Dr. Muhammad Abdul Hadi, Associate Professor in Clinical Pharmacy and Practice from the College of Pharmacy at Qatar University.

This project has been designed to achieve two goals. The first goal is to optimize the management of diabetes within primary care, thus reducing the burden of diabetes-related care in hospitals. Currently, diabetes is one of the leading causes of morbidity and mortality in the GCC region.

In Qatar, the prevalence of diabetes among adults is almost double the prevalence of diabetes globally. Optimal management of diabetes can reduce the incidence of

diabetes-related complications and improve patients' quality of life.

The second goal is to expand the role of community pharmacists in direct patient care. Globally, community pharmacists are using their unique knowledge and skills to improve patient outcomes. A number of international research studies have shown the benefit of using the pharmacy workforce for the management of various long-term conditions. However, within the GCC, the role of community pharmacists is only limited to dispensing medications.

As part of the service, the community pharmacist will undertake medication review with an aim to optimize the use of medicines and counsel patients on taking medicines, life-style and diet. A randomised controlled trial will be undertaken as part of this project, which will develop quality evidence on the effectiveness of community pharmacy-based MTM service for patients with uncontrolled diabetes. If successful, it is hoped that this service will be expanded to patients with other long-term conditions too.

The project is co-led by Drs. Vibhu Paudyal (University of Birmingham, UK) and Basmah Al-Babtain (Princess Nourah Bint Abdulrahman University, Saudi Arabia).

QU's Emergent Materials journal publishes a special edition issue highlighting women in nanotechnology

This special edition was supervised by four leading researchers from Malaysia, United States and Qatar



In a special edition of Emergent Materials (EMMA), the multi-disciplinary journal by Qatar University, the issue focuses on women in nanotechnology with the aim of highlighting the work of research groups led by female researchers around the world. The issue includes distinctive projects in the field of nanotechnology written and supervised by women.

Through this edition, the aim is to promote women in science, technology, engineering, mathematics (STEM) and demonstrate their contribution to society. According to the UNESCO Institute for Statistics data, less than 30 % of the world's researchers are women. The development of society and achieving a knowledge-based economy needs the contribution of all its members but currently there is limited representation of women and minorities in stem fields. Work led by female investigators continues to increase, and one of the goals of this journal is to introduce some of those exciting nanotechnology projects.

The articles in this special issue cover a wide range of topics, including smart nanomaterials, sensors, nanotechnology for environmental management and water security, renewable energy, and nanomaterials for health applications; it also includes different technical approaches

from fabrication, property enhancement of applications, and device improvement.

These topics are the content of the exciting work in nanoscience and nanotechnology, with the participation of 22 researchers from prestigious universities from 15 different countries around the world, published on the occasion of the International Women's Day in March.

Four leading researchers in the field supervised the issue: QU's Vice President for Research and Graduate Studies, Prof. Mariam Ali Al-Maadeed; Professor Dr. Zainuriah Hassan from the University of Science in Malaysia; Professor Nandika D.Souza, University of North Texas; and Dr. Goh Pei Sean from Universiti Teknologi Malaysia. In a statement Dr. Zainuriah Hassan commented saying, "This special issue highlights the contributions of researchers around the world who have played very important roles in advancing knowledge in nanotechnology and advanced nanomaterials to develop high-efficiency and environmentally friendly hardware technology. It is hoped that this special issue will provide a platform to improve communication and open up new horizons for cooperation as well as present some new ideas for research in nanotechnology."

Professor Nandika D'Souza said, "Special issues that highlight women's leadership and technical excellence are an urgent need to communicate women's exceptional capacity. Transformative areas, such as nanotechnology, reflect that women are both technically excellent but also lead teams that have been successful early in predicting the needs of the future."

A path for creating an advanced society is being paved with nanotechnology, which is a transformational path for Industry 4.0. It contributes benefits in many important domains, including medicine, energy, environmental protection, construction, etc. Advances in nanoscience increase our knowledge of materials on a smaller scale, particularly their fundamental physical, chemical, and biological properties that differ from their aggregate forms.



Women in Nanotechnology

Special issue publishing on Mar 20, 2022 for celebrating International Women's Day



Prof. Mariam Al-Mandood
 Assistant Professor and Associate Deputy and a professor of Physics and Materials Science at Qatar University



Prof. Nandika Anne D'Souza
 Regular Professor of Mechanical and Energy Engineering and Materials Science and Engineering at the University of North Texas



Prof. Zahariah Hassan
 Associate in the School of Chemical Engineering, Process and Environmental Engineering at the Universiti Kebangsaan Malaysia



Dr. Goh Pei Sean
 Associate Professor in the School of Chemical and Energy Engineering, Faculty of Engineering, Universiti Teknologi Malaysia (UTM)



Prof. Amal Essawi
 Professor of Chemistry and Chemistry Education in the Faculty of Education, Mansoura University, Mansoura, Egypt



Prof. Anugama Kaul PBOCAR
 Professorship in the College of Engineering and Information Systems (CEIS) at the University of North Texas (UNT)



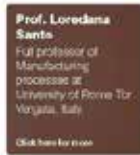
Prof. Dr. Pinar Yigdir Huri
 Professor in the Department of Biomedical Engineering and Medical Design Research and Assistant Clinical Professor, Istanbul Technical University, Turkey



Dr. Fatima Zahra MAHJOURI
 Assistant Professor at Chemistry Department, Faculty of Science and Technology, Sultan Moulay El Mehdi University, Morocco



Prof. Akken-El-Berachi
 Professor of Chemistry and Chemistry Education in the Faculty of Education, Mansoura University, Mansoura, Egypt



Prof. Loredana Sante
 Full professor of Manufacturing processes at University of Pavia, Italy



Dr. Subhad Yasati
 Associate Professor in the Department of Chemistry at the University of Calicut, India



Dr. Aywaha Kaunur
 Assistant and National Center for Physical, Statistical, Practice



Dr. Meral Yilco
 Associate professor at Sabanci University, Nanotechnology Research and Application Center (SABANCI NANOTECHNOLOGY CENTER), Istanbul, Turkey



Dr. Poornima Vijayan P
 Assistant Professor of Chemistry at Sri Narayana College for Women, Kollam, Kerala, India



Dr. Karim Lissane-UTRIGUY
 Professor of Chemistry, Faculty of Sciences, University of Algiers, Algeria



Tatiana Tatarchuk
 Associate Professor in the Department of Chemistry, Division of Educational and Research Center of Materials Science and Nanotechnology, Faculty of Natural Sciences, Yerevan State University, Armenia



Dr. Way Poong
 Senior Lecturer in the Department of Chemistry, Faculty of Science, Universiti Kebangsaan Malaysia, Malaysia



Dr. Nazim Sultana
 Associate professor at Humber College, University, Toronto, USA



Dr. Doreya Darrit
 Assistant Professor and Head of Nanotechnology Center, Green Energy Park (GEP), UPM, and MDC, Selangor, Malaysia



Dr. Hooi-Ling Lee
 Associate Professor at the School of Chemical Sciences, Universiti Sains Malaysia, Malaysia

QU Press Publications

Al Zubarah: Qatar's World Heritage City



'Al Zubarah: Qatar's World Heritage City' is one of the most recent publications of QU Press. The book is 248 pages long and is available in two languages, Arabic and English. It is the culmination of a collaboration between QU Press and Qatar Museums, with significant contribution by elite scholars and experts. The book's 12 chapters are contained in three major sections, which can be characterized by the three primary principles of discovery, preservation, and presentation. The first and largest section 'Landscape, History and Archaeology of Al Zubarah and the North of Qatar' describes in six chapters the many new discoveries on the social and economic history of Al Zubarah, its challenging environmental setting, the extensive archaeological program including original studies on urban architecture and daily objects, and the surprising discoveries during an archaeological reconnaissance program in the expansive hinterland of Al Zubarah. In the second section 'Preservation, Conservation and Restoration in Al Zubarah,' two chapters describe the challenges of

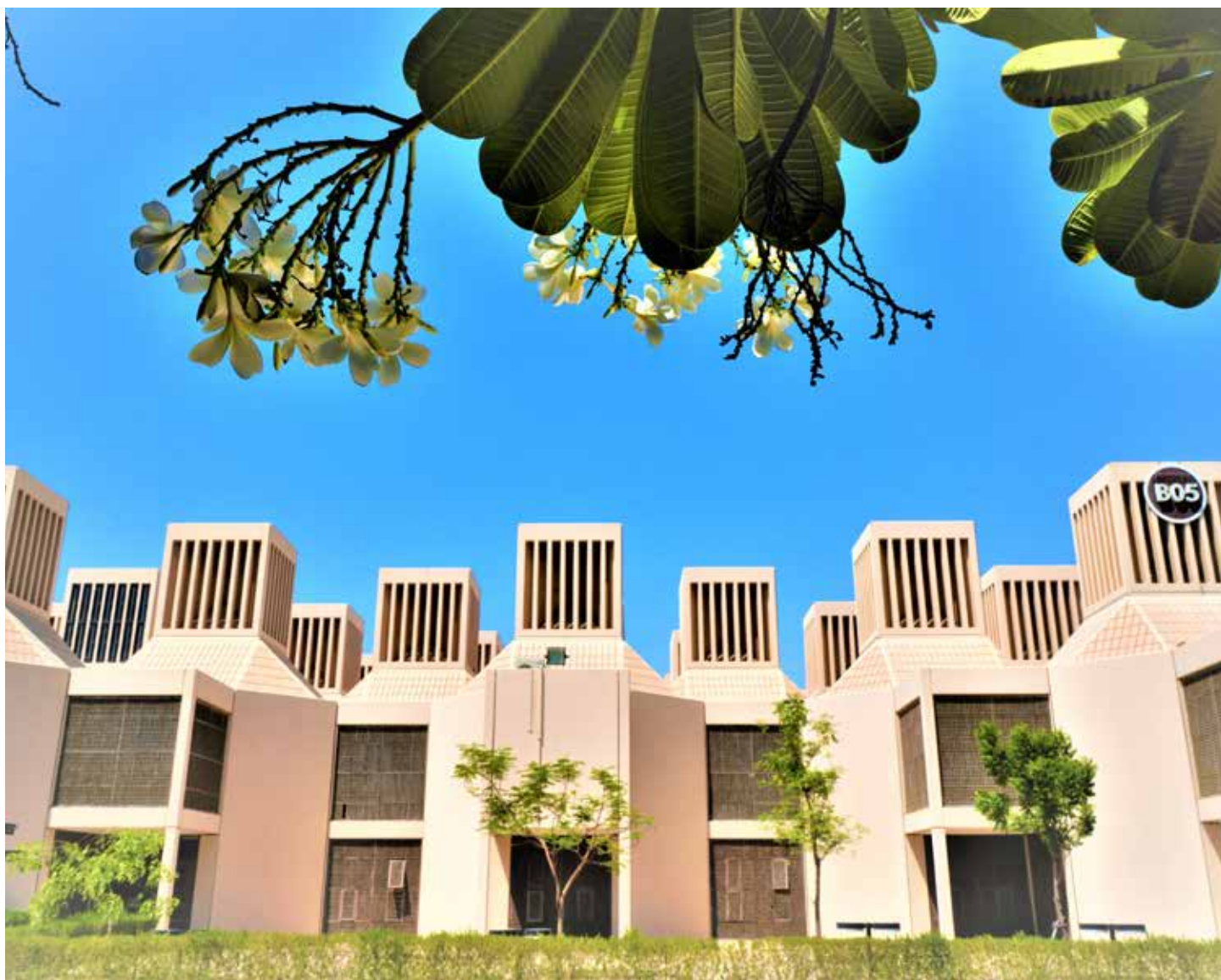
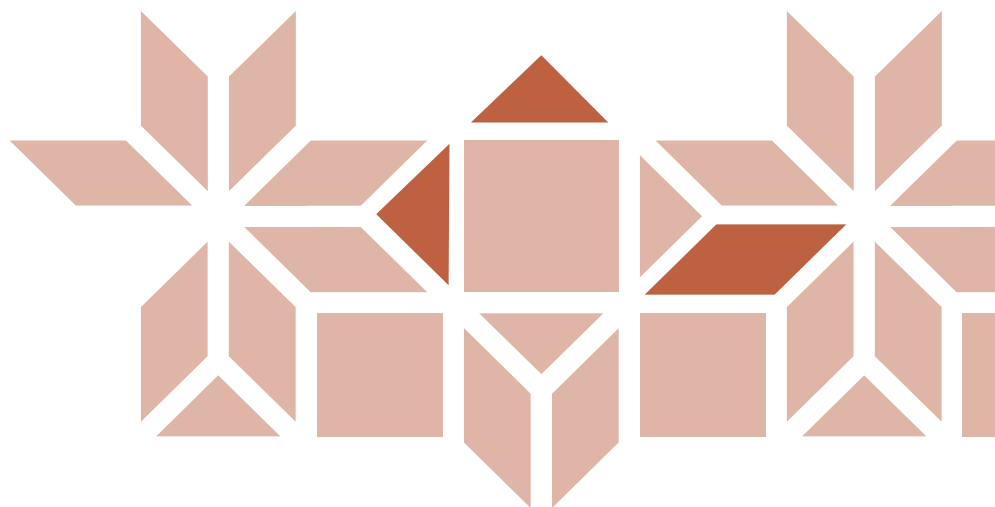
protecting the site's fragile architecture in a harsh arid and coastal environment. One of these chapters summarizes the strategies developed and implemented to preserve the authenticity and integrity of the archaeological site, in compliance with UNESCO guidelines, and the particular difficulties posed by a wind-blown and saline coastal environment, often lashed by ferocious winter storms. The other chapter focuses on the architectural study and conservation strategies adopted for the preservation of Al Zubarah Fort, historically the most recent monument built at the site and a national icon recognized throughout Qatar. The third section of the book, 'Presentation and Management of a UNESCO World Heritage Site,' details in four chapters the lead-up to the inscription of Al Zubarah on the World Heritage List, the crucial heritage management and site presentation tasks incumbent from the listing of a heritage property, and the building of contemporary relevancies of the site with stakeholders and visitors.



The book concludes with an epilogue bringing together the many and varied achievements of the dedicated work at Al Zubarah since 2009. The cultural, economic and political roles played by Al Zubarah in the rapidly changing world of the eighteenth and nineteenth centuries is highlighted, as is the ready recognition of UNESCO's World Heritage Committee of the site's "outstanding universal value."

Once veiled beneath undulating mounds of debris and sand, the new work at Al Zubarah has rediscovered a cultural past of the Arabian Gulf largely passed over, until now, in traditional Western scholarship. Archaeological and cultural studies are increasingly identifying the central role of local enterprise and regional achievement, matched with an outlook that spanned continents, for the eighteenth-century prosperity of Al Zubarah. The city served as a crucial, if not essential, milestone on the road towards Arab cultural and political independence in the Gulf; a journey towards unshackled nationhood that was finally reached in the mid twentieth century CE.

College News





QU's College of Dental Medicine celebrates first annual White Coat Ceremony

Qatar University's College of Dental Medicine celebrates its first annual White Coat Ceremony 2022, which aims to recognize and celebrate the first generation of QU dental medicine students after completing their first transitional year.

The ceremony symbolizes the responsibility that the dental medicine students now hold towards their patients as they recite the medical oath and receive their white coats. On the occasion, Prof. Mandeep Singh Duggal, Dean of the College of Dental Medicine said, "The College of Dental Medicine is the newest college with Qatar University and the first college of dental education in Qatar. After sharing a common first year with medicine, the students who chose to study dentistry are now starting on their journey to become highly educated and skilled dental surgeons for the next five years. They will be a unique group of students, as they will be the first dental surgeons to be educated and trained wholly in Qatar. The white coat ceremony marks the beginning of this exciting journey for them. We wish them all the best and may they develop into ethical professionals of whom their families, their teachers in QU and the country are proud."



QU's College of Dental Medicine is the fourth college under QU Health and the tenth college for QU. The curriculum incorporates pedagogical approaches and advanced e-learning and learning technologies, that foster students' active learning and critical thinking.





كلية القانون
College of Law
QATAR UNIVERSITY جامعة قطر

QU's College of Law ranked among top 250 law schools worldwide

The most recent results of the Quacquarelli Symonds (QS) World University Rankings 2022 have placed the College of Law at Qatar University in the top 250 law schools in the world. This marks the first time the College of Law has featured in a global ranking. This result places the College of Law at Qatar University second among all law schools in the Arab world and in the top 50 law schools in Asia. The QS World University Rankings is among the most important and highly regarded university rankings. QS annually ranks universities overall but also ranks universities by specific subject areas such as science, law and engineering. In 2022, Qatar University achieved its highest overall ranking of 224. Law is one of six new entries for QU in the QS subject rankings 2022.



The QS rankings are based on a number of measurable criteria. The criteria includes the quality of research published by each college, based on how many times a publication is cited by subsequent works, which accounts for 20 % of the rating. The more weighted criterion informing the ranking of law colleges around the world is the domestic and international reputation a college enjoys among employers and other academics in the same field, which accounts for 80 % of the ranking result.

In addition, QS conducts local and international surveys in order to collect data on the reputation of a college. Therefore, the results reflect not only the high regard in which the College of Law is held, but also the quality and impact of its graduates in the broader community.



QU celebrates the 10th anniversary of the establishment of the field of Gulf Studies

Qatar University organized a celebratory event to mark the tenth anniversary of its founding of the field of Gulf studies at the College of Arts and Sciences.

The event featured a video, highlighting the achievements made in this field and the most recent projects, which was followed by a round table conference on 'The Role of Research and Studies Centers in Monitoring the Transformations of the Gulf Region,' moderated by Dr. Mahjoob Zweiri, Director of the Gulf Studies Center. The round table conference had three honorable speakers which included Dr. Tariq Yousef, Director of the Middle East Council for International Affairs and Professor Muhammad Al-Mukhtar Director of Al Jazeera Center for Studies.

On this occasion, Dr. Mahjoob Zweiri said, 'Gulf Studies was not only a scientific project, but a success story, and a story full of influence and knowledge production. A new narrative about a region that has always been repeated as the region of oil, the sea and the towers, and there is no more sincere determination to consolidate this narrative than those who lived, coexisted and interacted in this region to break the stereotyped image of the Gulf.'

Gulf Studies at Qatar University, which is today a graduate program, a research center, a book series and a refereed scientific journal, is a platform through which knowledge is provided in a global language so that it becomes available to everyone who speaks or reads.





كلية الهندسة
College of Engineering
QATAR UNIVERSITY جامعة قطر

Launching Artificial Intelligence Week 2022

Qatar University's College of Engineering and the Artificial Intelligence Organization at Qatar University launched the Artificial Intelligence (AI) Week 2022, which ran from 14-16 March 2022 and was sponsored by Vodafone as a platinum sponsor and Microsoft as a silver sponsor.

Commenting on the event, Dr. Khaled Kamal Naji, Dean of QU College of Engineering said, 'This event will highlight the role of students and their ability to create distinctive and innovative events and launch an initiative that will contribute to meeting the Qatari society's need for human resources in artificial intelligence. This event will also have a positive impact on the youth and students segment of Qatar society by expanding their awareness about the solutions available in artificial intelligence and how they work.'

AI Week 2022 is a non-profit exhibition that includes local and global solutions for artificial intelligence. This exhibition allows youth and local institutions to showcase their innovations and solutions in artificial intelligence. The exhibition is also accompanied by several workshops presented by specialists from all fields.





Honoring winners of the 'Google Local Guide' competition

The College of Business and Economics in collaboration with Qatar Youth Hostels concluded its 'Google Local Guide' competition by honoring the winners. The event is sponsored by Power International Holding. The idea of the competition is to enrich Google Maps with local content by increasing content and increasing the number of contributions, which is a key tool for visitors and tourists of Qatar and will be beneficial ahead of the FIFA World Cup Qatar 2022. 300 participants entered the competition which lasted over a period of two and a half months.

Dr. Othman Al Thawadi, Marketing Professor in the College of Business and Economics said in a statement on the occasion, "The application Google Maps was launched in 2005 as a straightforward source for directions to take you from one location to the next. Over the years it has developed greatly, now offering pictures, information and ratings, where people can review different locations. It also allows users to edit information. Here we got the idea of 'Google Local Guide,' where participants can present their community to the world."

Winners of the competition were honored in five categories: a prize for the three highest points of the program in general, prize for the participant who uploaded the highest number of pictures, participant who established the highest number of locations (coordinates) on the map, the most beautiful photo taken, and a prize for the top three points at the level of the College of Business and Economics.





جامعة قطر
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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.



QU holds First Annual Educational Conference to present the projects of graduate students

Under the supervision of the Department of Educational Sciences at the College of Education at Qatar University; a group of graduate students organized the first annual educational conference, which aimed to present the projects of graduate students of the College of Education from specialists in educational leadership, curricula and teaching.

Dr. Al-Emadi praised the student conference, noting that it truly reflects the degree of intellectual and skill maturity, as well as providing the best practical model for the characteristics of graduates that Qatar University strives to emphasize in its graduates through its strategy, such as competence, lifelong learning, familiarity, moral and social responsibility, and pioneering thinking.

'Today we feel more proud of them,' Al-Emadi said in a statement, 'since they present us with a bright image of embracing responsibility as they unleash their hidden leadership skills, to later hold the torch of advancing education in our beloved country Qatar with full merit.'



The conference is considered a field training project and an application of the concept of student leadership, where a student committee was formed to organize the conference headed by student Hanan Al-Ayla, and it consists of students from the Educational Leadership Program, and they are: Jawaher Al-Muftah (Vice President), Shaima Al-Hassan, Hanan Abdel-Rahman, Areej Marei, and Asma Jamal (master of the ceremony), in addition to two students from the Curriculum and Teaching Program: Maryam Al-Baker and Mai Al-Jabri. The conference program included a presentation of 18 research projects for graduate students in four different formats such as presentations, research posters, short films, and innovative presentations.





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

Celebrating the work of Dr. Mohammed Aieash Al-Kubaisi

The academic committee in the Creed and Dawa Program at Qatar University's College of Sharia and Islamic Studies organized an event entitled 'Teacher of Light,' aiming to celebrate the work of Dr. Mohammed Aieash Al-Kubaisi Associate Professor of Islamic Creed in the College.

In his opening speech, Dr. Ibrahim Al-Ansari, Dean of the College of Sharia and Islamic Studies, "Today Dr. Mohammed Al-Kubaisi's students have asked the college to celebrate his efforts and today we pay tribute to him because of the respect his students have towards him."

During the event, Dr. Mohammed's resume of work was recognized which includes: seminars, conferences, variety of roles he has held and research that concerns him. In addition, several students marked the event by speaking about his influence.



Conversation with a Talented Student



**“I have a passion for the art of cooking”
Hala, QU student**



Hala Mohammed is a 22-year-old fourth-year Qatar University student, who specializes in accounting-management and has many outstanding talents, but she has preferred the talent of cooking to all her other talents. In this dialogue, we highlighted her talent and asked her how she organizes her time, which is divided between honing her technique in the culinary arts and working hard in her university studies.

***Firstly, can you talk to us about the role your parents played in helping you to develop this talent?**

Initially, my parents were quite important in influencing me positively and they helped build my talents by providing me with moral and material support. My mother is my main supporter and of course, my grandmother, she taught me that the kitchen is a world of creativity and that food is made with love. She instilled in me the belief that ‘the eye eats before the mouth.’ Through her, I learned to love the aesthetic part of food and the significance of presentation.

***How has this talent had a positive impact on your life?**

On a personal level, it has taught me that determination leads you to success and achievement. As for my studies and on a social level, it has helped teach me how to balance my time, particularly between spending time refining this talent and my academics, all credit goes to my family and friends. I also owe my success to those who have tried my dishes, which I prepare in my own unique way, and the positive feedback I have received from them. Those words of encouragement allow me to strive to be even more innovative.

***At what age did you discover this passion?**

Approximately at age 14 in my grandmothers kitchen, I was drawn through her love for cooking. Unfortunately, she passed away before she saw me reach where I am today. I love preparing at recipes that restaurants are famous for at home. I am constantly trying new recipes from different parts of the world.

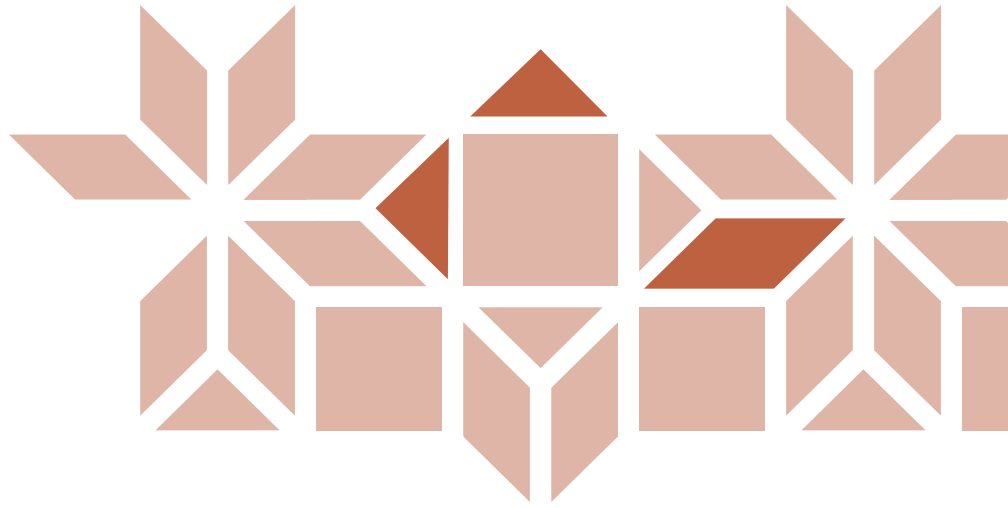
***What are your aspirations for the future in this regard?**

After graduating, I will start planning my personal project and I will invite people into my kitchen via social media platforms in order to get feedback from others.

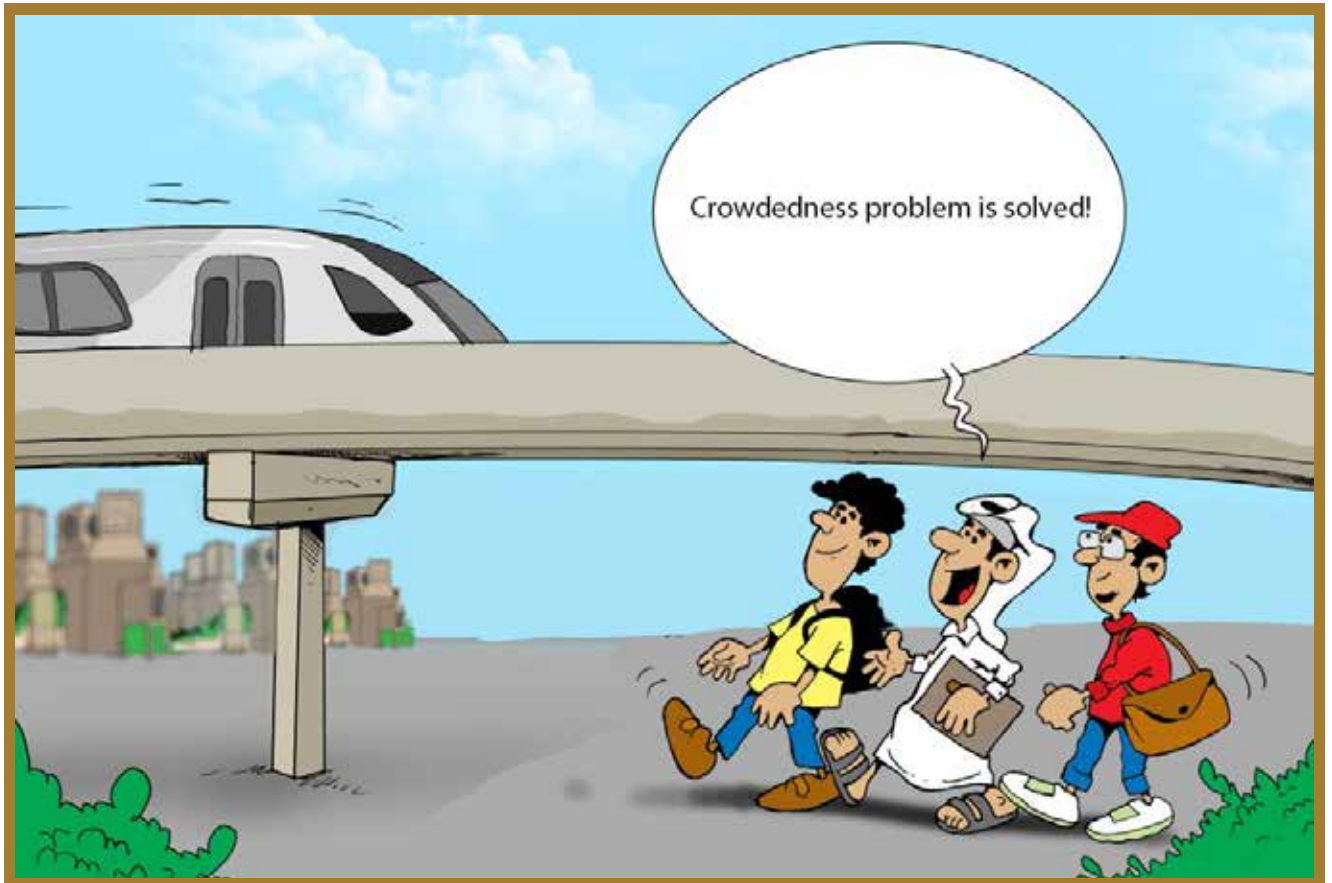
***Has any of this been challenging for you, particularly as you are in your senior year?**

Yes, in the last ten days of Ramadan 2020, I started a series of episodes on Snapchat with the aim of highlighting that everyone is capable of being creative with cooking. After Ramadan, it was hard to reconcile filming the episodes with my academics. I had to pause the content in order to keep up with my academics; however, I plan to pick it up again after graduation.

Comics



By Abdulaziz Al Sadiq



Student Writing

University Memories

**By Sara Fahad Al-Kuwari,
Mass Communication Department,
College of Arts & Sciences**

I have been a Qatar University student since Fall 2020. I am proud that I placed on the Dean's List in Fall 2020, Spring 2021 and Fall 2021 as well as the Vice-Presidents List for Fall 2021.

I have learned a lot in the past two years and I will learn even more in the years to come. Through this piece, I hope to share my experience in academia during this phase, which I believe can be beneficial for college students. Of course, university life was disrupted over the past two years due to the pandemic. I thought that distance learning would be a positive thing, eliminating the commute and the time spent walking from class to class. But after a while, it became challenging to focus on the screen during lectures and learning became difficult. Nevertheless, it is important to give it your all, exerting all efforts but also taking breaks to ensure that there is a healthy balance.

Many university students do not fully grasp the importance of mental health and its impact on university life and study. A student who wants to excel must also prioritize their wellbeing. I have also learned that our university professors and counselors give great advice and life lessons and we must listen.

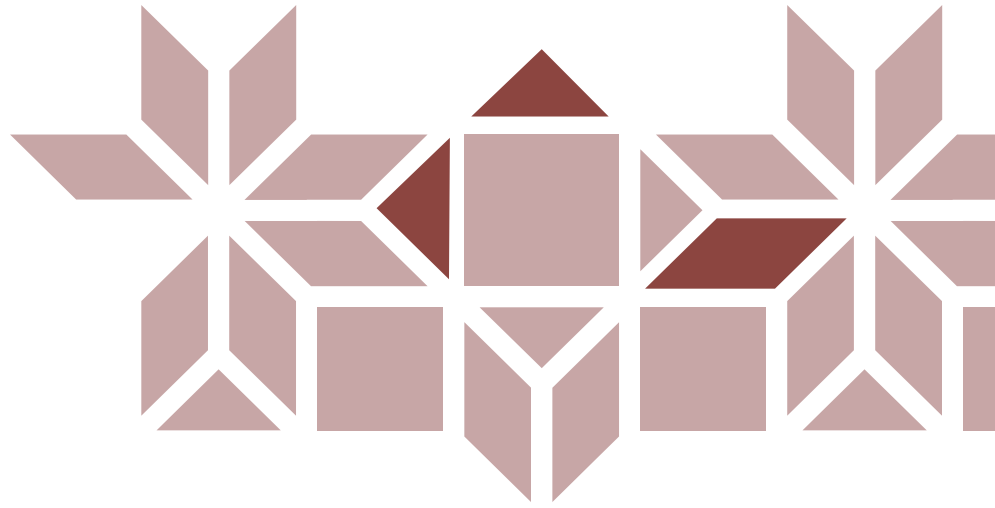
Perhaps one of the biggest lessons I have learned is that failure is inherent to success. Its fine to receive a grade lower than what you expected and it is important to accept it as part of your journey and to use it as a motivator to



do better in the future. In university life, you fail in some areas and excel in others and you must use this failure as a learning process and benefit from the lessons learned. Some students believe failure is the end of the journey and they cannot continue in the university simply because their grades are lower than they anticipated, but a strong student gets up again with confidence.

In the end, the best advice I can give both to myself and to others is to have faith. Believing in yourself, have confidence in your abilities, which I believe is also linked to your relationship with your religion. When you have a strong relationship with your faith, you will find that your life operates better and smoother and doors will open for you and you will be able to tackle challenges easily. It will also make you have gratitude and peace. You must know that everything that Allah (SWT) has written is for your own benefit.

Creative Achievements



Herd Immunity
By John Herlihy,
former faculty member in the English department

God forbid that we are approaching the time,
With our humanity reduced to an idea of herd.
No, humanity not simply the protection of mind,
Not simply the flock made safe by a sickened bird.
True, we could be made safe thru herd immunity,
Pass thru the sickness to become member of a clan.
Even at risk of dying, this would solve the mystery,
True health and blessing for every woman and man.
We live in an age when our lives have come to this,
Locked down in our houses, our loneliness to endure.
Gone our age of enlightenment, age of innocent bliss,
For an age of global warming and pandemic impure.
Perhaps a thing to be said after all for the idea of herd,
Strengthened by herd immunity, then set free as a bird.

Portrait of a Horse
Dr. Mowafaq Alsaggar, Professor
Art Education Department,
College of Education



The Jordanian-German artist Dr. Mowafaq Alsaggar has extensive academic experience in universities in Jordan and Germany. He received his PhD from the Free University of Berlin/Germany in 2011. He received his master's degree in art education and visual arts from the University of the Arts Berlin, Germany in 2007, and his Bachelor in Fine Art from Yarmouk University, Jordan in 1998.

Dr. Alsaggar has published dozens of researches in international scientific journals, has a number of translations of books from German to Arabic, has supervised and discussed dozens of university letters for doctoral and master's students, and participated in a number of international exhibitions. His most prominent research interests include artistic education and teaching methods, philosophy of art, image analytics, aesthetics and art, and artistic criticism.

Sports and Recreation

Glycemic Index/ Glycemic Load

Grace Attieh, Teaching Assistant,
Human Nutrition Department

Diet and lifestyle patterns are considered major contributory factors for cardio metabolic diseases such as diabetes, cardiovascular disease (CVD) and hypertension. Studies showed that consuming a diet rich in processed carbohydrates in particular, has been associated with increased risk of developing metabolic abnormalities and related mortality.

The glycemic index (GI) was first developed by Jenkins et al. in the early 1980s. It is an index of the effect of the consumption of carbohydrate-containing foods on postprandial glucose concentrations. In other words, Glycemic index (GI) and glycemic load (GL) are values given to foods based on how fast the body converts carbohydrates into glucose.

According to their GI, foods are divided into three categories: high-GI foods ($GI \geq 70$) such as sugar and sugary food, soft drinks, white bread, potato and rice, medium-GI foods ($55 \leq GI < 70$) like sweet corn, bananas, raw pineapple, raisins, oat breakfast cereals, and multigrain, oat bran or rye bread, and low-GI foods ($GI < 55$) mentioning green vegetables, most fruits, raw carrots, kidney beans, chickpeas, lentils and bran breakfast cereals. The GI values are calculated after the ingestion of 50 g of food and compared to the standard that can be white bread or glucose.

When ingesting a mixed meal containing carbohydrates from different sources, the glycemic index will be affected. Therefore, glycemic load is calculated by multiplying the GI by the available carbohydrate in the food item (g)/100. Categories of GL are as follow: low



(<10), intermediate (19–11), or high (>20). Studies have shown that long term compliance to a low-GI diet may induce favorable metabolic effects associated with weight loss via noticeable improvements in glycemic control, blood lipids, adiposity, blood pressure, and inflammation. Reduced hyperinsulinemia associated with a low-GI diet may reduce CVD risk through effects on oxidative stress, blood pressure, serum lipids, coagulation factors, inflammatory mediators, endothelial function and thrombolytic function. A recent systematic review provided evidence that an LGID (Low Glycemic Index Diet) is superior to an HGID (High Glycemic Index Diet) or other diet for the control of body mass, BMI, FBG (Fasting Blood Glucose), and HbA1c% in patients with one of four common metabolic diseases (obesity, metabolic syndrome, diabetes and cardiovascular disease). Low Glycemic Index Diet is recommended to be followed for at least four weeks for remarkable outcomes.

Student Clubs

President of the College of Health Sciences Student Association



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 Jawaher Ahmed Al-Emadi President of the College of Health Sciences Student Association from 2021-2020, where she sheds light on the association's goals and its activities.

What are the activities and events carried out by the association recently?

The Association carried out a number of workshops including a workshop entitled 'Ethics of Scientific Research,' 'Steps to a Healthier You' workshop, as well as 'Donate Blood, Save Lives' workshop in collaboration with the Qatar Blood Donor Center - Hamad Medical Corporation. The Association also organized its first annual health competition called 'Recording Health,' in addition to a number of virtual workshops through social media such as showcasing on Instagram live different types of diet foods and comparing it to methods of healthy eating. It also featured a workshop encouraging leadership skills called 'Don't say you can't, you have a hidden power!'

What are the most important goals that the association seeks to achieve?

We strive for a positive and more effective university life by developing a healthy culture on campus. We also support the development of creative abilities in science and self-development among students.

Tell us about the associations activities during the pandemic?

As a team we needed to explore new ways of planning as a result of the pandemic. We initially turned to the University's IT department, who would train us and helps us conduct virtual workshops, which in the end was well received by everyone. The turnout ended up being even greater than before the pandemic, which motivated us to want to do more and consider organizing more and larger events such as the annual health competition, which was popular among

students of health sciences, pharmacy and medicine. The coronavirus pandemic gave us the opportunity to organize events led by professors from outside Qatar.

What positive points can you tell us about during your time as president?

My presence at the Association gave me the opportunity to meet as many college students as possible and share experiences with them, and the association gave students and professors an atmosphere of familiarity and a sense of belonging that we are one family.

On a personal level, I have acquired many skills, including: team leadership, teamwork, effective problem identification, objective solutions, communication with different segments of society and time organization, as well as some skills in the use of computer platforms. I also have a clearer picture of all college disciplines. From the academic side, most of the events we organized made me look at topics of interest in different specializations, which solidified ideas and made them easy to understand.

What advice would you like to impart based on your experience?

I advise all students to seize the opportunity and participate in such targeted student clubs, which will prepare them to engage in working life. In conclusion, no one can have a 'new beginning,' but anyone can start the day with a new outlook and happy ending.

Feature

Educational Trends in the Arab Region Dr. Mohammad Khaled Al-Rahawi, Professor, Arabic Language Department, College of Arts and Sciences



Education, like any other aspect of life, is influenced by the new realities of life, by what is imposed by the rapid evolution that the world is witnessing, and by the theories and ideas, it presents. Educational institutions find it necessary to cope with the world's rapid development in terms of education so it does not remain in the mantle of the past, and others live the present and the future.

Traditional education was dominant in the Arab region in general, but many educational institutions have bypassed it in various stages, starting with the kindergarten to the Graduate Studies stage. These institutions are heading towards learner-centered education, and the axes of excellence that serve it, towards digitized education and leading education, as is the case at Qatar University. While most countries refused and did not recognize «Distance Learning», and insisted on face-to-face education that requires attendance in classrooms, they found themselves forced to do so or to accept the integrated education at various educational levels under the current conditions imposed by the Corona pandemic (Covid 19).

Some countries in the region are moving towards the adoption of integrated education and to continue using it at a large scale.

In addition, educational trends have changed, from focusing on educational content only to preparing educational and learner needs, and linking it to the society, its requirements, and the requirements of the state's institutions in general. In some countries, education now tends to link learner outcomes to the future and to the national visions and not to be limited to the requirements of the present. However, institutions, in general, continue to bind their students with a course and course syllabus regardless of their inclinations, desires, and orientations. Admission to the higher level of education is still dependent on the grade which students receive at the previous stage.

Based on this shift in content and the means created by technology, a change in the methods has been imperative. While education was based on traditional methods, educational institutions developed a technical infrastructure, communications and information programs that enabled them to apply strategic transformation and implement their plans and visions.

Most universities in the Arab region are emerging universities that have begun their first steps towards translating ideas into productive projects that benefit universities and societies. It is worth noting that trends in some countries in the region, as the case is in the State of Qatar, is moving towards supporting and funding scientific research, encouraging the establishment and promotion of research funds such as the Qatar National Research Fund and QU's support extended to research. Much of that research is directly related to the needs of the labor market or to emerging requirements dictated by circumstances, such as research imposed by Covid - 19.

There are trends initiated by some universities in the region represented in an attempt to overcome university admission obstacle and force students to enroll in a specific specialization at the undergraduate level or to complete Graduate Studies in a different discipline. Universities are now convinced that new ideas and impressive results often come from the combination of different sciences or the application of a theory or idea from one specialty to another, as is the case at QU where students are allowed to study a major and a minor of their choice and to pursue their Graduate studies in different disciplines after crossing educational bridges that are helpful to them. I am sure that this step will prove fruitful even after a while.

Most universities in the region have begun to update their plans, policies, and strategies, and establish partnerships with universities, companies, and various institutions inside and outside their states in an effort to keep pace with the scientific and technical development that the world is witnessing. and to let their inputs overcome their outputs. This is an indication of a promising future for them, their associates and their nations.

Performance Development

Jump outside the box



Dr. Abdul Nasser Fakhroo, Professor, College of Education

When an employee begins a new job, at first he is excited and happy and is motivated to learn, to aim for a promotion and to receive the highest evaluations. Stephen Covey, a well-known speaker in the field of management, says that the employee's timeline is hierarchal.

The first five years at the workplace are progressive, the next five years are stable where the employee performs routinely. The five years after this, the employee will feel bored, stagnant and frustrated and will wish to change jobs.

When you feel that your work has become routine, try jumping out of the box. Renew your environment, even the way you deal with others and yourself. You must be creative and enter the realm of the unfamiliar. Creativity can be developed and enhanced in yourself and others, because it is a mental skill that can be measured and developed.



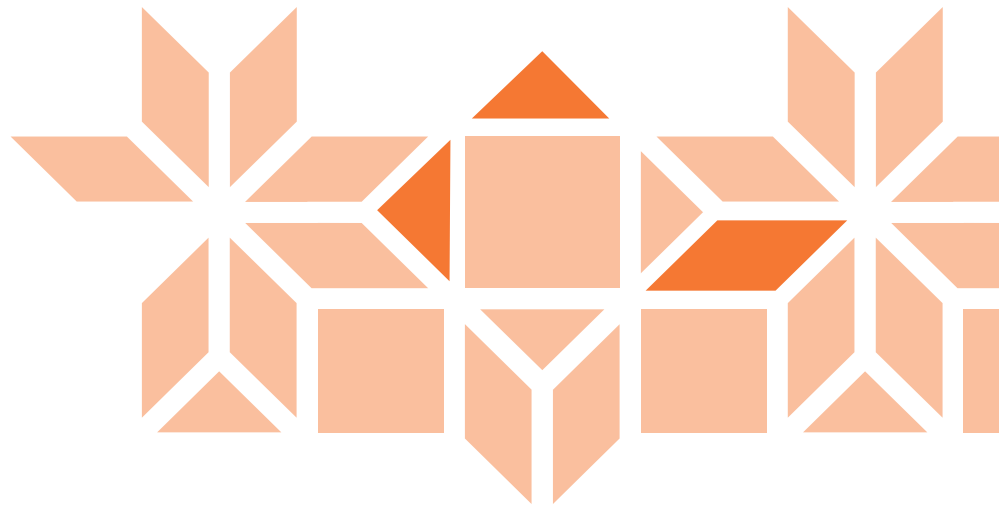
Everyone has the following skills but to varying degrees:

- Fluency: This means the ability to come up with as many alternatives to ideas, suggestions and proposals, focusing on quantity regardless of the efficiency or suitability of the employee in this position.
- Flexibility: To come up with as many classifications or fields. Diversity and a focus on adapting.
- Authenticity: Ability to come up with something new and unprecedented.
- Detail: To come up with as many details and elaborate on it.

A person can be creative when his or her work demonstrates two complementary features: something new and beneficial to society; and the employee displays the characteristics of creativity in their personality, cheerfulness, capable of handling stress, eagerness and full of questions.

Creativity emerges in materially and morally supportive environments, and is a product of stable mental health. Ask yourself this: how can creativity be an approach in your daily life, professionally or personally? Training yourself in the previous mentioned characteristics, fluency, flexibility, authenticity and detail, will make it easy for you to be creative.

My University Album



Through static images, we are transported from memory to memory, reliving events and activities in our vibrant QU community.