

جامعة قطر
QATAR UNIVERSITY

CAMPUS LIFE

May 2023

Graduating the 46th batch, Class of 2023

Qatar University receives accreditation
from WSCUC

This accreditation consolidates the university's position
among the best prestigious universities worldwide



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President's Note

Qatar University attaches great importance to scientific journals and magazines of all kinds because of their impact on building knowledge, transferring it to generations and allowing information to be accessible to interested persons from a variety of places and through different times. Campus Life documents the history of the university and its most prominent events and allows readers to become familiar with the university vision, plans, strategies, achievements and events. The magazine is a bridge of communication from within the State of Qatar and abroad, as it reflects the opinions of those within the QU community and the opinion of others about the university.

This issue coincides with the graduation of the 46th batch, the Class of 2023. This class consists of promising young individuals who are ready to meet the needs of the country and help meet the goals of Qatar National Vision 2030. I cannot fail to note, that although graduation day represents the end of study, it also represents the beginning of a new chapter; the beginning of a career, building a future, delivering expectations for a country that depends on you and expects you to be excellent, successful and a shining example of a Qatar University ambassador. I also cannot forget to address the current students, to strive to reach this day like their predecessors, and to be honored just the same.

This issue also coincides with the 50th anniversary of the College of Education, the first college established in Qatar University, from which it grew, prospered and branched out into many colleges, fields and programs and now occupies advanced positions in international rankings of universities, as well as obtaining institutional accreditation from international bodies, the latest of which is receiving accreditation from WSCUC, Senior College and University Commission. Qatar University continues to rise and advance in these classifications, year after year, in a way that makes the community proud and motivates us to push towards more development. Success and greater responsibility work hand in hand. If we do not continue to grow, we will not maintain such success; ambition has no limits, and the world is in a constant state of growth that we must compete with.

You will find within this magazine a variety of topics, including coverage of many university events, some of which have been held for the first time, such as Fadaa 33. This is in addition to interviews, and a highlight of our most recent research achievements, as well as other information that is beneficial to members of our community.



Dr. Hassan Rashid Al-Derham
President of Qatar University

University Achievements



QU hosts the 46th graduation ceremony

Under the patronage and presence of His Highness The Amir Sheikh Tamim bin Hamad Al Thani, Qatar University celebrated its Graduation Ceremony for the Class of 2023 (male students) on Monday, 8 May 2023. The ceremony for distinguished female students was held in the presence of HH Consort of HH The Amir Sheikha Jawaher bint Hamad bin Suhaim Al Thani, on Tuesday, 9 May 2023.

The ceremony included graduates of the following semesters: Summer 2022, Fall 2022 and Winter 2023, and those expected to graduate Spring 2023, from the following academic degrees; bachelor>s, diploma, master>s, doctorate, and doctor of pharmacy.

Preparations started early in order to facilitate the graduation ceremony for the Class of 2023. The total number of graduates this year is 3913 graduates, which includes 3146 female graduates, and 767 male graduates. As QU graduates its 46th cohort, the university continues to chronicle a long history spanning decades in which it has heavily contributed to Qatar's development and prosperity, through supplying the labor market with qualified graduates.



QU's current strategy focuses on the quality of its graduates as well as positioning the university 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.



QU receives prestigious accreditation from WSCUC

This year Qatar University received accreditation from WSCUC, Senior College and University Commission. Speaking during the press conference announcing the accreditation, QU President Dr. Hassan Al-Derham said, “Obtaining this important international accreditation is in line with the mission of Qatar University to be regionally recognized for its distinctive excellence in education and research, and an institution of choice for students and scholars and a catalyst for sustainable socio-economic development in the State of Qatar.”

He added, “Qatar University's obtaining institutional accreditation from WSCUC is an important and essential step to confirm the university's commitment to its students and community to continuous improvement, and provide a high-quality educational environment whose objectives and procedures are in line with local and international standards. The initiative to obtain institutional accreditation is one of the initiatives that contributes to achieving Goal 5.7 of the university's current strategic plan, which contributes to achieving the fifth goal ‘Institutional Excellence,’ which stipulates that Qatar University is recognized as a benchmark for organizational and operational excellence, and sustainability.” Dr. Hassan Al-Derham added, “The university's selection of the most prominent internationally known accreditation institutions such as WSCUC, reinforces the university's commitment to continuous improvement and providing a high-quality educational environment for the community, based on the mission of WSCUC.”

WASC | Senior College and
University Commission

The purpose of the Commission is to foster excellence in elementary, secondary, adult and postsecondary institutions, and supplementary education programs. The Commission encourages school improvement through a process of continuing evaluation and recognizes institutions through granting accreditation to the schools that meet an acceptable level of quality in accordance with the established criteria.



QU scores first place in the Ninth Sports Tournament for GCC Universities and Higher Education Institutes

Qatar University teams win first place in a number of sports while participating in the Ninth Sports Tournament for GCC Universities and Higher Education Institutes. QU students competed in six sports, including: padel, table tennis, volleyball, swimming, track and football. A QU team won the gold medal in the padel and volleyball competition. They also won third place in the 4x200 medley relay, and the swimming team qualified for the final.

The tournament, which is organized by Hamad Bin Khalifa University (HBKU) and takes place in the Aspire Zone Foundation, aims to strengthen brotherly relations between the people of the GCC states from various universities and higher education institutions. This edition of the tournament includes participation from 471 students representing 15 universities and higher education institutions in the GCC countries, who compete in six sports: football, volleyball, table tennis, padel, athletics, and swimming.



QU wins gold and bronze at 13th International Invention Fair of the Middle East

Qatar University won gold and bronze medals at the 13th International Invention Fair of the Middle East (IIFME) in Kuwait. Participants from the College of Engineering won two gold medals for the following inventions: a system for measuring blood glucose without needles and a device for detecting cancer. A smart hat for assisting people with visual impairments won bronze as well as a portable device for detecting moving objects and obstacles.

The IIFME highlights the inventions, innovations, and creativity of youths and universities. The invention of the bracelet to measure blood sugar without surgery, aims to measure blood glucose levels continuously in a non-surgical way, as it sends data to a specialized app. When the glucose level reaches the risk level, the system immediately sends a notification to the patient to avoid a hypoglycemic attack. This invention was made by innovators Fatima Mohammed Ghanim Al Kaabi, Mizwen Mohammed Abdullah Al Shahwani, Noura Mahmoud Eid Al Bardini, Sara Al-Mohannadi and supervised by Dr. Khalid Ahmad Abouelsoud. Elias Yacoub, Muhammad Chaudhry and Nizar Zorba contributed to the improvement of the system. The invention of a device and method for detecting colorectal cancer, which relies on multispectral image processing and machine learning, was submitted by Prof. Dr. Sumaya Al-Maadeed, Osman Ashgar and Sushitra Conhot.

The portable device for detecting moving objects and obstacles using radar, a millimeter wave camera, was submitted by Prof. Dr. Sumaya Al-Maadeed, Dr. Noor Al-Maadeed, Mohammed Zaid Shaari, Younis Akbari, Omar Al-Harous, Aisha Abdullah Al-Qatari, Alanoud Ahmed Al-Thani and Al-Dana Al-Salem.



University News



QU graduates gather and reconnect at the Alumni Reunion 2023

Qatar University alumni from all years gathered and reconnected at the Alumni Reunion 2023, which was attended by a number of guests of honors, senior officials, faculty, staff and other guests of all ages.

The gathering of QU alumni has become a popular annual event on the university's calendar. It aims to reconnect alumni with their alma mater and serves as a link between their past journey at the university and their bright future as professionals and role models within the society. The reunion brings together friends, colleagues, faculty and QU leaders to reenergize the spirit of pride, friendship, and loyalty and to remind alumni of their lasting connection with the university.



HE Dr. Sheikh Faleh Bin Nasser Al Thani, Minister of Environment and Climate Change and President of Qatar University's Alumni Association gave a speech expressing his pleasure in celebrating the ceremony for the academic year 2022-2023 and wishing the alumni all the success, urging them to maintain contact with the university.

QU and HBKU Co-Host Fourth World Association for Sport Management Conference

Qatar University and Hamad Bin Khalifa University's (HBKU) co-hosted the launch of the fourth World Association for Sport Management (WASM) Conference at QU's College of Education campus, the first edition to be held in the Middle East and North Africa region. The conference was held under the patronage of HE Sheikh Joaan bin Hamad Al-Thani, President of the Qatar Olympic Committee.

The conference was held under the theme "Bringing the World Together: Global and Local Perspectives on Sport Management," featuring several distinguished speakers including Nasser Al Khater, CEO, FIFA World Cup Qatar 2022; Dr. Mezna Al Marzooqi, Director General, Leaders Development Institute, Ministry of Sport, Kingdom of Saudi Arabia; and Dr. Holger Preuss, Professor of Sport Economics and Sport Sociology, Johannes Gutenberg University of Mainz.

The conference focuses on sport business practices, issues, networking, collaborations, management, and marketing of global sport business, and offers a platform for the international exchange of ideas, best practices, and scientific inquiries. It attracts experts and professionals from around the world to share expertise and present research on contemporary topics within the global sport business industry, ranging from sport marketing, events and tourism, governance and social responsibility, and other sectors.



QU launches its Book Fair

QU Press and The Ministry of Culture, represented by the Qatari Publishers and Distributors Forum, launched the Qatar University Book Fair 2023, under the theme “Culture.. A Learning Journey.”

The Qatar University Book Fair was inaugurated by His Excellency Sheikh Abdul Rahman bin Hamad bin Jassim Al Thani, Minister of Culture, and QU President Dr. Hassan Al-Derham, in the presence of a number of QU Vice Presidents and officials from the Ministry of Culture, with the participation of a large number of university employees and interested parties, in addition to the presence of media representatives.

The Book Fair, which was held for six days, witnessed the participation of several leading publishing and distribution houses. It hosted cultural events and panel discussions with authors and their latest releases including the book launch ‘The Debate over Conflicts and Settlements Behind the Scenes of the Security Council: the Iraq-Iran War 1988-1980’ by HE Dr. Hamad bin Abdulaziz Al-Kuwari and a panel discussion of ‘Geopolitics of Sports’ translated by Prof. Ahmad Haji Safar, among many others.



The second Ramadan Cross-Country Race 2023

Qatar University organized the second Ramadan Cross-Country Race 2023 with the aim of encouraging sports and building a bridge of communication with the outside community. This event also helps QU alumni to meet with faculty, officials and students. The race, which was organized for the second year in a row, was attended by a number of university officials, faculty members, students and alumni, and was held in cooperation with the QU Alumni Association and the Sports Affairs Department.

QU President Dr. Hassan Al-Derham said on this occasion, “For the second year in a row, Qatar University is organizing the cross-country race, believing in the importance of sports at various levels, and in line with the country's endeavors in this field, in which it has made great progress at the regional and global levels. It also seeks to enhance the university's sports role due to its academic and research expertise and sports structure with international standards. This year, we witnessed a great turnout from all groups, and the event was characterized by the spirit of sports competition in a beautiful Ramadan family atmosphere.”



The Clubs and Organizations Forum 2023

Qatar University organized the Student Clubs and Organizations Forum 2023. This annual forum comes to promote a culture of engagement in student life through organized groups with specific goals that express the desires and interests of students. The forum also provides an environment rich in creative student ideas and initiatives in the QU student community.

More than 70 student clubs and organizations participated this year, targeting all students with a focus on first-year students, as well as all university affiliates and various institutions of the Qatari community.

Student clubs and organizations aim to support non-academic activities for university students, which helps them develop their personal, leadership and educational skills. In addition to introducing students to new experiences, how to deal with crises, it also is an opportunity for students to devise new ways to help them continue towards achieving their goals.



Qatar University opens its first-ever Winter Event, Fadaa 33

The Communication and Public Relations Department at Qatar University opened its first winter event - Fadaa 33, in the presence of Dr. Hassan Al-Derham, President of Qatar University, and several university representatives, distinguished visitors, official media representatives, and the wider community. The event included many activities and events that targeted the university community and the general public.

The official opening ceremony of Fadaa 33 - a market for small and medium-sized business owners, was followed by a variety of sports and cultural events such as cycling on the Olympic track organized by the Sports Activities Department in collaboration with Rasen Sports, a lecture titled 'Sound Mind, Sound Body', and a Tai-Kwonjustu show organized in collaboration with Al-Sayeh Sports Center for Martial Arts. The event also included events targeting children organized by various centers at QU such as 'Playing with Codo the Robot', organized by Young Scientists Center, and a 'Double Shot Juice' activity organized by the Center for Advanced Materials.

It is worth noting that the name Fadaa 33 refers to the Olympic cycling track's length, which is classified in the Guinness Book of World Records as the longest Olympic cycling track in the world with a length of 33 kilometers. The site where Fadaa 33 is held is located around the Olympic cycling track and was prepared by the Public Works Authority (Ashghal) and the university collaborated with the Ministry of Social Development and Family to provide a platform showcasing several family businesses.



Q&A

In an Interview with Campus Life Magazine, Dr. Hessa bint Hamad Al Thani:

“The College of Education seeks to promote cooperative and student-centered education”

- We have developed five basic pillars of the good life based on spiritual, emotional, mental (intellectual), physical and social aspects.
- We have formed working teams to prepare this strategy, and as part of our strategic plan, we are reviewing programs at the College, both at the undergraduate and graduate levels.
- The College of Education is the basis in which the teacher is prepared, therefore, its role is strategic and important because it is the one who feeds the ministry with teachers who will lead the educational process in the future.
- We have increased our interest in the arts, to work in partnerships with the bodies responsible for theater, drama, home economics and to focus on student teamwork.

HE Sheikha Dr. Hessa bint Hamad bin Khalifa Al Thani, Dean of the College of Education at Qatar University, stressed the restructuring of academic programs at the college based on the vision and banner of ‘Education and the Good Life’. The aim is to enhance the scientific capabilities of students; explaining that the college’s vision for the good life is based on five basic aspects: spiritual, emotional, mental, physical and social.

Dr. Hessa said in an interview with the magazine, that the college seeks to restructure academic programs to enhance character



building, and seeks to attract those distinguished by their research capabilities in addition to their teaching potential. It also seeks to benefit from bilinguals, who speak Arabic and English fluently. The following are the highlights of the dialogue:

- **What is your vision for a comprehensive development in the College of Education and your educational philosophy that you intend to apply in the field of making a qualitative leap in the College?**

The College of Education is the oldest college at Qatar University, and we recently celebrated its fiftieth anniversary in March 2023. Here, I would like to talk about the motto and vision of the college in the coming period, which is ‘Education and the Good Life’. It is derived from the words of Allah Almighty: “Whoever does righteousness, whether male or female, while he is a believer - We will surely cause him to live a good life, and We will surely give them their reward [in the Hereafter] according to the best of what they used to do”, Surat Al-Nahl.

Hence, I would like to emphasize that we are here to serve our students and work with faculty and staff on how to revive that good life, because we, through it, will seek to restructure and organize our academic programs, and the practices that we must

develop in order to enhance our students' academic and non-academic capabilities.

To achieve this goal, we have developed five basic pillars of the good life based on spiritual, emotional, mental, physical and social aspects, and we are trying to promote these values in our programs and enable our students to understand and apply these values during their studies, in addition to promoting cooperative education and student-centered learning.

Based on our vision and motto, we have considered the students' affairs and the importance of supporting them academically to develop the spirit of perseverance in building their personality, as they will become the educators of the future, in addition to strengthening other spiritual, emotional, physical and social aspects that are equally important.

- **What is new in the College of Education in light of the university's strategic plan?**

The university launched its new strategy 23-27, and therefore all colleges of the university must be guided by these goals and indicators when developing their own strategy. Therefore, we have formed task forces to prepare this strategy, and as part of our strategic plan, we will review programs at the college, whether at the undergraduate or graduate level. We are also considering the integration of some units, in order to improve the educational process and make the most of the human potential in the college. We also plan to reorganize the college's programs so that they are more flexible, responsive to the needs of society and are changeable, as we seek to make education of paramount importance to the learner. We are also working to increase the rate of attracting learners in the College of Education, especially since we have a problem in the lack of ability to join the teaching profession; the demand for the teaching profession is below our expectations for Qatari students, due to several considerations, including the difficulties facing the practice of the profession. Another novelty that the college seeks is to increase interest in the arts and to collaborate with bodies responsible for theater, drama and home economics, in order to promote teamwork applications for students.

- **What about the faculty members?**

Regarding the faculty members in the college, we always try to attract distinguished people, especially in terms of their research capabilities in addition to teaching, and we prefer bilinguals who speak Arabic and English fluently.

- **What are the incentives that the college and university offer to your students?**

The number of students of the College of Education is currently around 3000 students, and many of them have the 'Ambitious' grant program provided by the Ministry of Education and Higher Education, which is a rewarding salary for Qataris as well as non-Qataris. This is in addition to exempting them from paying tuition fees, and we are reviewing this grant in cooperation with the Ministry to better benefit from this valuable grant. We also conduct visits to schools in cooperation with the Department of Student Affairs at the university level, to encourage students in the secondary stage to join the teaching profession, and we cooperate with a camp provider in this regard as well.

- **What is the basis for choosing the majors, offered by the college?**

The student joins the college's 'general education', that is, without major, and he must pass an educational course and then choose three desired majors in the college. If the demand is high for a major, we apply the competitive principle to enter that major. There are also majors that have prerequisites for entry, such as English and Mathematics, as well as physical education and art education.

- **What are the centers affiliated to the college?**

There are several centers affiliated to the College of Education such as the Educational Research Center, the Early Childhood Center, and the National Center for Educational Development. These centers play important roles in the research and training aspects, which reflects positively on the college's plans and various programs.

- **How popular is the college?**

There is a great demand for the college especially from females. The problem is still in attracting Qatari males as well as attracting male and female Qataris to scientific educational disciplines.

- **Could you tell us about the policy of attracting Qatari teachers?**

For Qatari faculty members, we have developed a plan with the departments to know the needs of each Qatari department for the next ten years. Currently, we have a number of Qataris enrolled in scholarships, and we hope that they will finish their studies and return to contribute to the development of the college.

- **What about expanding educational disciplines or merging disciplines?**

As I mentioned earlier, there are committees formed to review these programs, as well as some expertise that will be used from outside the college, and cooperation will be made with key partners to know the market need for students of the College of Education. We have met with the Minister of Education and Higher Education, and have had meetings with Qatar Foundation, and we have close meetings with other partners as well.

- **To what extent can the College of Education be the actual entrance to the development of general and university education?**

The College of Education is the basis in which the teacher is prepared and therefore its role is strategic and important as the college is the one who feeds the Ministry with teachers to lead the learning process in the future. They are the ones who are responsible for preparing future generations in all disciplines. Therefore, we seek to constantly renew our programs in order to keep pace with everything new in the educational field.

- **How can we change the stereotype about the teacher?**

The stereotype of the teacher is difficult to change in the near future. Therefore, it is necessary to work and join hands with all parties concerned with education to change this image, and give appreciation to the owner of this profession at the state level, and give him some privileges



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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 Core Curriculum Program constitutes the cornerstone of students' success in academic programs



The Core Curriculum Program, under the Deanship of General Studies, is an essential component of all academic programs offered by Qatar University. It is a set of college-level courses drawn from different disciplines. The core program has been designed to provide undergraduates with a general education; a core of general skills and knowledge that every student needs to broaden their knowledge and perceptions on life. This will help them succeed and excel in the various academic programs offered by the university. In this article, we will review the opinions of several professors and students about the program, its goals, and aspirations.

Dr. Saba Qadhi, the Director of the Core Curriculum Program, said, “The Program is the distinguishing feature and cornerstone of all undergraduate programs at Qatar University. It helps all university students, regardless of their academic majors, in their journey to discover their identity, appreciate the core values associated with it, develop knowledge about human cultures and to understand the internal and external influences that affect human behavior and social interaction while developing their understanding of cultures and demonstrating their knowledge of various human thought patterns. Moreover, the program works hard to focus on developing students intellectual and practical skills, necessary competencies for academic success, intellectual maturity, responsible citizenship, and building a successful and purposeful future. These skills include communication, critical thinking, quantitative knowledge, social responsibility, digital information knowledge, entrepreneurial thinking, identity, and cultural diversity.”

Dr. Saba added: “The program includes a collection of robust and distinguished courses, carefully selected from numerous academic majors and distributed across six groups: identity and communication, social and behavioral sciences, natural sciences and mathematics, humanities and fine arts, foundational knowledge and skills, in addition to complementary requirements for the college. Our aim is to prepare graduates and citizens with integrated personality, competency, ethical and social responsibility, lifelong learners, and the ability to create positive change not only in Qatar but also for humanity as a whole.”

Dr. Bouthaina Larbi, a lecturer professor in the program, pointed out that the Core Curriculum Program constitutes an essential part of all academic programs offered by the university and is a crucial foundation for attaining a bachelor's degree in any major. Dr. Larbi added, “the program aims to develop the fundamental skills and knowledge necessary for students' academic and professional success. Furthermore, the Program also provides an opportunity for students to explore diverse fields of study and to test their

proficiency in subjects that employ modern and varied teaching methods. Additionally, it assists students in identifying their academic and professional paths and paves the way for advanced majors in their preferred fields.”

“The program offers distinctive courses, including the community service-based learning course (UNIV220), which is a form of experiential learning where the student engages in purposeful community service followed by reflective thinking about the experience. This enhances their sense of citizenship and social responsibility. The innovation, leadership, and community engagement course also provides an opportunity for students to unleash their creativity and think innovatively like entrepreneurs in developing solutions to address local or global challenges. As for the first-year seminar course, it was specifically designed for first-year students to equip them with essential skills for their success in the university and beyond, such as critical and creative thinking skills, time-management and goal-setting skills, emotional intelligence, and scientific research skills, which contributes to their personal and academic growth and prepares them to take on responsibility and serve their country.”

In turn, Dr. Abdulazim Sabri, an Assistant Professor in the Core Curriculum Program, stated “The philosophy of preparing students is based on learner-centered learning. Therefore, student participation, communication, digital competence, and entrepreneurial thinking are considered key outcomes of the program. The teaching strategies used in the program are a reflection of the pillars of excellence in education and learning. The program includes modern courses that are in line with Qatar University’s strategy and meet national needs. The program is still evolving, as modernity and innovation have become the program’s slogan, which is achieved through the different courses that belong to the program.”

Prof. Arij Yehya, a lecturer in the Core Curriculum Program, said, “The Program is a call for the advancement of higher education in Qatar, as it provides students with a distinctive range of general knowledge. The program also plays an important role in instilling a set of graduate attributes such as entrepreneurial thinking, familiarity with ethical and social responsibility, and is characterized by interactive and applied teaching methods within its various courses. What is noteworthy is that the impact and outcomes of the courses in this program achieve what is called lifelong learning.”

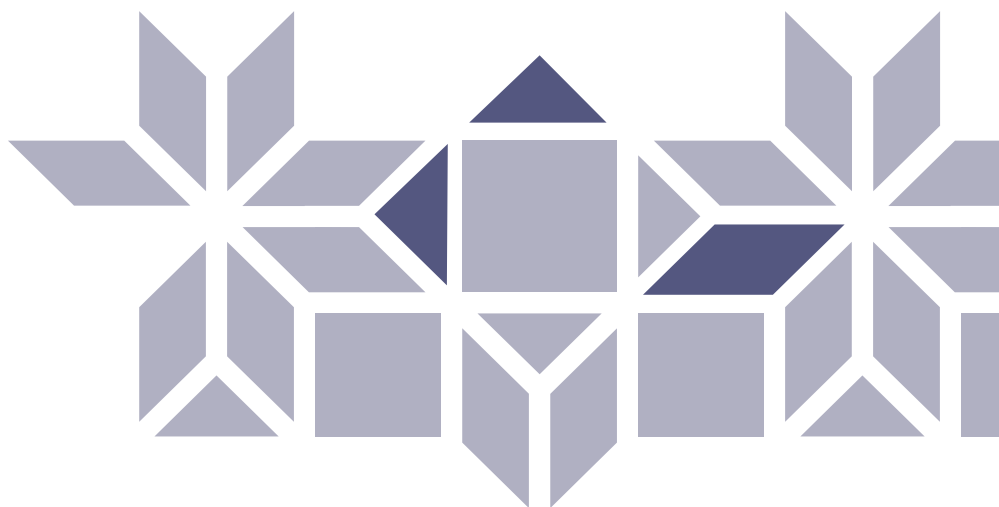
Prof. Ola Aburajoh, a Teaching Assistant said, “The Core Curriculum Program is the cornerstone for building all academic programs and specializations at the university level. It derives its courses from these specializations and continues to develop them skillfully and emotionally with those concerned cognitively in a way that ensures students are provided with all the necessary knowledge and skills that enable them to expand their perceptions and horizons about the university and life in general.”

In a student survey about the program, Israa Ahmed, a student from the College of Arts and Sciences, said: “The program includes courses that establish the students before entering or choosing their major. The program includes a set of courses that are considered an introduction to different majors. This allows those who have no background in the subject to learn about it through this program, and it provides students with the opportunity to determine their personal interests and choose suitable majors.”

Shahad Mohammed, a student from the College of Education, said: “The university requirements program is one of the important programs that all students at Qatar University must complete. 33 credit hours, divided into six groups, regardless of their major. This program was designed to develop many aspects for students, including cognitive and intellectual growth, communication skills, instilling values, and academic success. I have learned about this program through my experience in the first-year seminar course, which helped me a lot in identifying my strengths and organizing my time, among other topics that will help any student in their academic journey. Additionally, I gained experience on how to prepare a complete research that meets all the required standards.”



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.

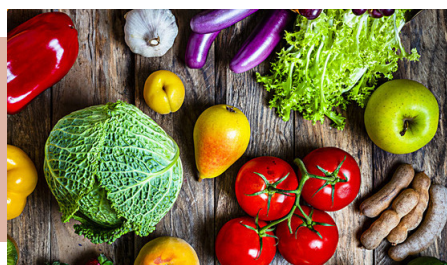
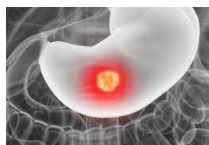
The following are the main agreements of the year:

- QU and the Libyan Academy for Postgraduate Studies sign a MoU to exchange information, experience, including bulletins, periodicals, studies, statistics and data, as well as organizing conferences, meetings, and training and cooperation in the field of research.
- QU and Microsoft signed an Education Transformation Agreement to empower every student and every faculty member with tools and skills to harness the power of advanced technology to achieve more.
- QU and University Malaysia Terengganu (UMT), Kuala Nerus, Terengganu, Malaysia, signed an MoU to explore opportunities to cooperate in various fields of mutual interest.
- QU signed a MoU with MEEZA to enhance joint cooperation between them and benefit from the common capabilities of the two parties in all scientific, technical, research and administrative fields.
- QU and the Medical College of Wisconsin signed an MoU to leverage shared opportunities and enhance cooperation between the two institutions.

- QU signed two MoU's with QNB Group, one of the largest financial institutions in the Middle East and Africa, which aim to enhance cooperation between the two parties and benefit from the joint capabilities serving both institutions.
- QU signed an MoU with the Ministry of Social Development and Family to strengthen cooperation in the areas of research, mutual exchange of expertise, and community development. It also aims to conduct research and studies to support the design, implementation, and evaluation of policies and programs that contribute to the development of families in Qatar.



Under the Microscope



QU research in collaboration with universities in Jordan find a possible association between fruit and vegetable intake and gastric cancer

Several dietary and non-dietary factors and genetic predisposition may play an important role in gastric carcinogenesis. The association between fruit and vegetable with gastric cancer (GC) is still unclear. Therefore, a joint case-control study was conducted by Qatar University's College of Health Sciences and several universities and hospitals in Jordan to explore the possible association between fruits and vegetables consumption and the risk of gastric cancer.

The study enrolled 173 GC patients and 313 GC-free controls between March 2015 and August 2018, and dietary data was collected separately from each patient using an interview-based food frequency questionnaire.

The findings of the study revealed that consuming certain fruits and vegetables may be associated with a lower risk of GC. The study found that consuming oranges, grapes, melons, mixed vegetables, cabbage leaves, cauliflower, tomato, vegetables fried with olive oil, and onions was associated with a reduced risk of GC. The authors attributed this effect to the presence of protective compounds such as flavonoids and phytochemicals in these foods. These compounds act as anticancer, anti-inflammatory, and antioxidant agents. However, no association was found between GC risk and other studied fruits and vegetables, such as dates, watermelon, peach, green beans, peas, carrot, pepper, vegetable salad, and stuffed vegetables.

Professor Reema Tayyem, the senior and corresponding author from the Human Nutrition Department at QU-CHS, pointed out that low consumption of fruits and vegetables has been associated with an increased risk of GC, as they are considered to be one of the well-studied dietary protective factors. These foods are rich in fiber, vitamins, carotenoids, and phytochemicals, all of which have been shown to possess antioxidant and anti-proliferative properties. Additionally, fruits and vegetables can modify hormone concentrations and metabolism, enhance the immune system, and promote DNA synthesis and methylation. On the other hand, several epidemiological studies have associated higher GC risk with lower fruit and vegetable intake, as well as high intake of processed meat, fat, sugar, salt, fried food, and dairy products. Interestingly, the consumption of pear and strawberry may also increase the risk of GC due to the presence of multiple pesticide residues found in samples of these fruits.

Moreover, the authors conducted a study to examine the relationship between GC and vegetables fried with olive oil. Ms. Rawdhah Al-Amer, the first author of the study and a current undergraduate student at QU-CHS from the Human Nutrition Department, reported that olive oil was found to increase the nutritive value of fried vegetables and reduce the likelihood of GC risk.

To reduce the risk of GC, the authors: Rawdhah Al-Amer, Noora Al-Naimi, Maryam Aljumaily, Aya Hamdan, and Reema Tayyem, recommend consuming a variety of fruits and vegetables within the recommended amount, as excessive consumption of these foods may also increase the risk.

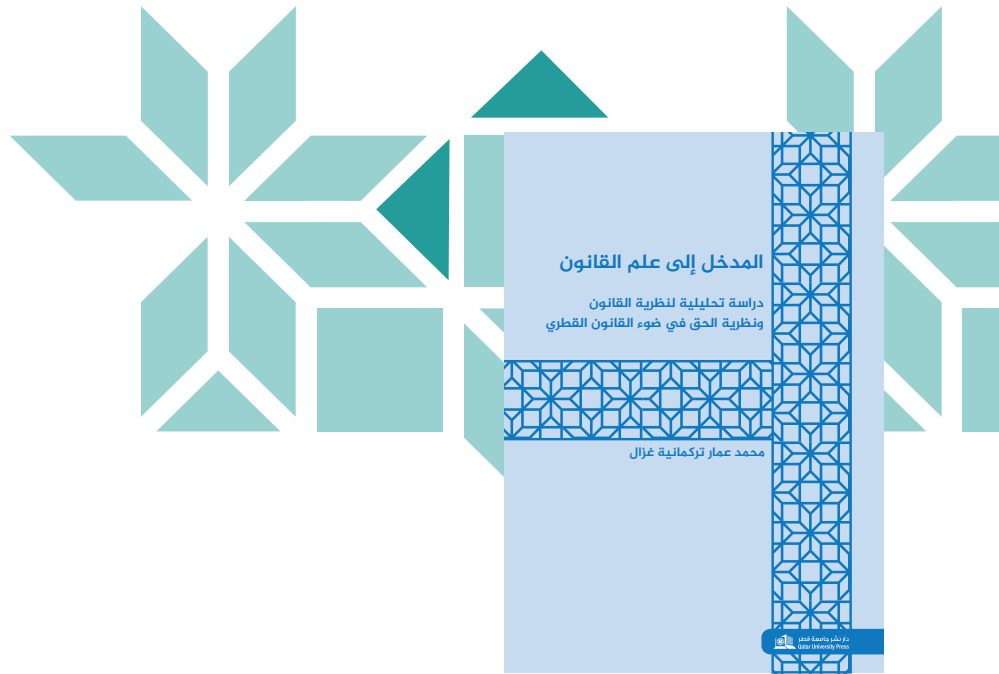
QU Press Publications

Introduction to Qatari law

By author
Mohammad Ammar Ghazal



This book is the students' gateway to the study of law in general, and an introduction for first-year students of the College of Law at Qatar University to Qatari law in particular. Since its main objective was to introduce the law, the book followed the descriptive approach, by providing preliminary information about the law and its relationship to rights, and explaining its general principles and basic theories. It does not thoroughly go into details of any of them, because it is an informative introduction related to all law categories without any specification. However, the legal reality of legislation indicates a special focus on civil law; given that it is considered as a general law for private law categories, due to the separation of several subjects from civil law. Those categories were organized through special laws such as maritime law, aviation law, commercial law, and agricultural law; all of them established their general rules based on the rules of civil law, and thus that law became the general law and the basis for regulation in all private legal transactions. This was reflected in the introduction to science of law course, which necessitated a reference to some important details in the Qatari Civil Code, especially with regards to its introductory Chapter from Article 1 to Article (63), and to basic topics, such as: the rules for applying the law in terms of place and time, the rules of the legal personality of a natural person and a legal person, and the theory of arbitrariness in using the right, etc.



As the Constitution of the State of Qatar focuses on the role of Islamic Sharia in all aspects of social life, considering it the main source of legislation, the first article of the Qatari Civil Code came to oblige the judge to rule according to Islamic Sharia in the absence of a legislative text. In addition, the Qatar Civil Code takes into account many general rules in Islamic jurisprudence, as well as several detailed provisions such as the provisions of gifts, missing or absent person, eligibility, etc. Therefore, the provisions of Islamic Sharia were clearly taken into consideration in writing this book, so that students are aware of this matter and realize the importance of Islamic jurisprudence as one of the major legal systems in the world.

Nevertheless, this does not mean that we will resort to a detailed comparison with the provisions of Islamic jurisprudence. Rather, we will suffice with what is required by the basic topics of this book in order to attain its goal, taking into account simplification and avoiding verbosity, using graphics and slides to summarize the main ideas comprising complex provisions. This will definitely help students to summarize the complex topics, as well as using many applied examples so as not to remain within the theoretical framework.

Civil Contracts in Qatari Civil Law (Sale and Lease)

By Dr. Hassan Hussein Elbarrawy

Associate Professor of Law

Named contracts are contracts that became widespread among individuals, and gained special status, prompting the legislator to name and single out an independent organization for them in the Civil Code. Unnamed contracts are not regulated by the legislator, and are subject to the general theory of obligations contained in the Civil Code.

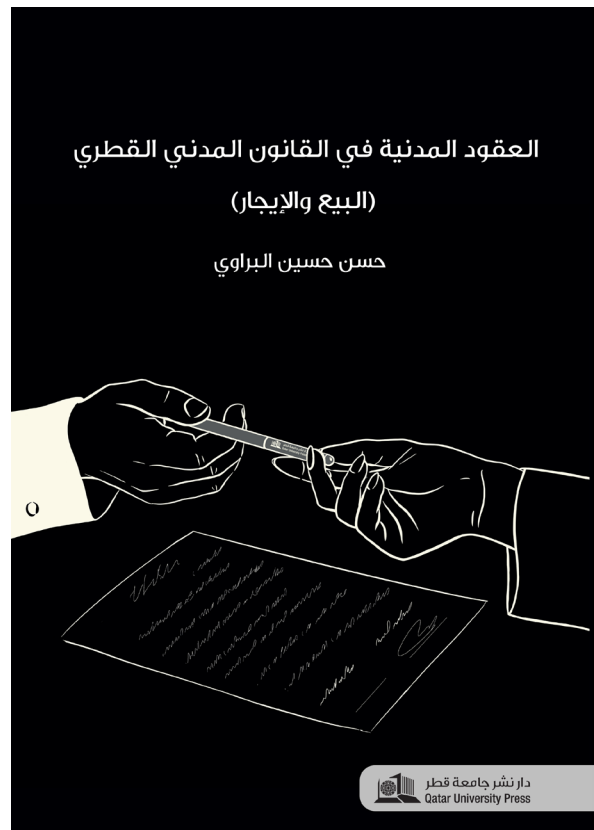
The Qatari legislator organized named contracts in Civil Code No. 22 of 2004 in a logical organization that depended on the contract's subject matter. Book Two of the Civil Code was divided into five parts: Part one deals with contracts related to Ownership; including Sale, Barter, Gift, Company, Loan, and Reconciliation. Part two focuses on contracts relating to Utilization of Things, including Lease and Commodation. Moreover, the third part deals with Employment Contracts that include Contracting, Agency, Deposit, and Receivership. While the fourth part dealt with Aleatory Contracts such as Gambling and Betting, Life Annuities, and Insurance Contracts. The final part is related to Suretyship.

This book deals with the explanation of the two most important contracts of the named contracts organized by the Qatari legislator, which are sale and lease contracts, due to their special practical importance. They are among the daily used contracts, as well as comprising basic legal provisions and principles that are important in the formation of legal orientation of a law student; as the application of these rules extends to other contracts.

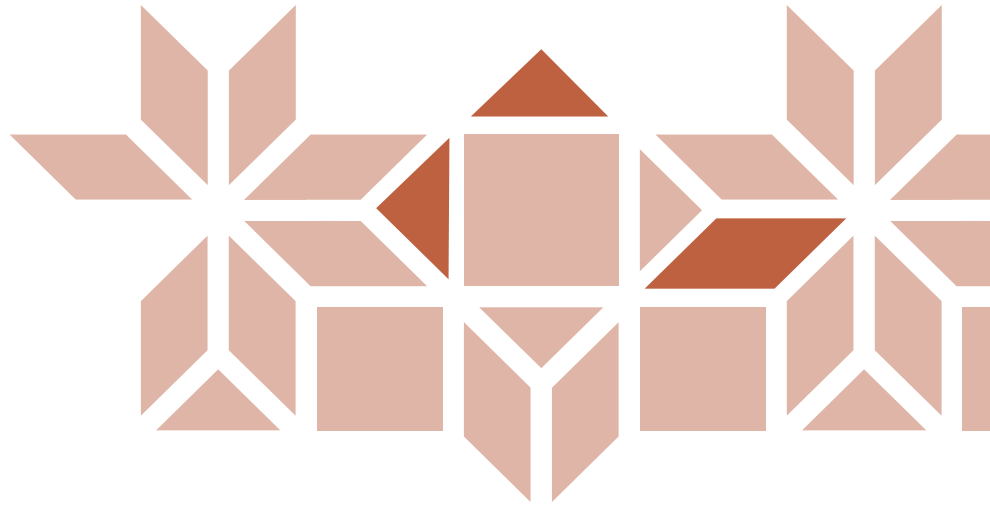
The sales contract is dealt with through two sections preceded by an introductory chapter dealing with the nature of the sale and its characteristics. In the first chapter of this section, the contract of sale is studied, while the second chapter is devoted to the effects of the sales contract, where the obligations of the seller and the purchaser are focused on, and in the third chapter, the provisions relating to some types of sales are studied. In the second section, the general provisions of the lease contract are studied, through an introductory study of the definition of the lease and its characteristics, and three chapters: the first chapter

is devoted to the lease contract, and the second chapter focuses on the effects of the lease, where the obligations of the lessor and the tenant and the assignment of lease, and sub-lease are explained, and the third chapter is designated for the end of the lease.

This edition of the book is characterized by a number of revisions, enhancements, and updates in the light of the amended legal texts, while providing all its chapters with extracts of the basic concepts and legal terminology that were focused on, in each chapter. This contributes to helping readers and law students collect ideas and review them easily and smoothly.



College News

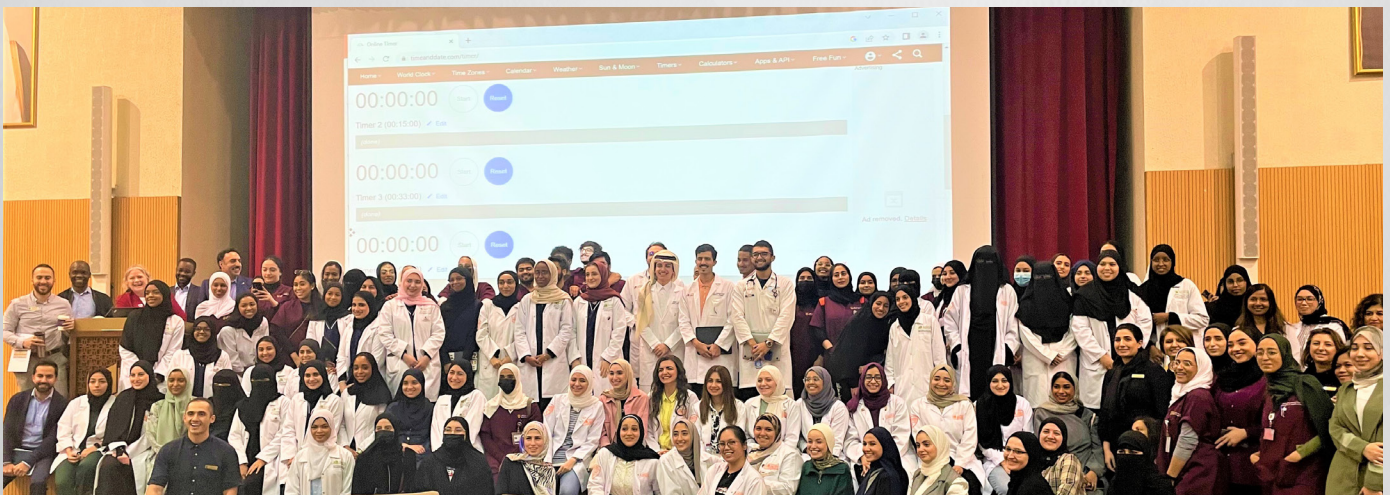




QU Health organizes an Interprofessional Education Activity around Vaccination

The Interprofessional Education (IPE) office at QU Health organized an IPE activity event concerned with the topic of vaccination for health profession students. The event aimed to explain the principle of vaccines and herd immunity, and describe evidence-based vaccine cost-effectiveness and burden of disease. It also aimed to outline current licensed vaccines in Qatar and immunization schedules, to address vaccine hesitancy and safety, as well as to discuss controversial issues related to vaccine perceptions or misconceptions. The activity saw the participation of 216 students from different health programs, including pharmacy, medicine, public health, physical therapy and biomedical sciences at QU, in addition to nursing students from the University of Calgary in Qatar.

During the activity students were introduced to a case-based discussion about a 67-year old woman with diabetes who rejected receiving the pneumococcal vaccination as a result of being influenced by social media rumors. Students discussed the importance of vaccination from different health profession perspectives, in addition to an explanation of herd immunity, vaccine coverage, types of vaccines and adverse events related to vaccine administration. They also addressed vaccine hesitancy, its causes and how to overcome it. Finally, students reflected what they learned about the role of other health professionals while working together on this case.





كلية القانون
College of Law

QATAR UNIVERSITY جامعة قطر

QU's College of Law receives full five-year program accreditation from HCERES

The French High Council for Evaluation of Research and Higher Education (HCERES) granted the College of Law a full five-year accreditation from 28 March 2023 to 28 March 2028, for its Masters in Private Law and Masters in Public Law programs, for the first time, and the Bachelor of Law, for the second time.

After an inspection of its academic records, the Accreditation Commission decided on 20 March 2023, that the three programs meet the four accreditation criteria, including the aims of the study program, its position among academic institutions, teaching structure and management.



In a report on the facilities that the college offers its students, HCERES acknowledged that the College of Law provides an ideal environment for learning. The accreditation report also recognized the high quality of its faculty, diversity and cultural richness, and describes the course offerings as an application of the principle of progressive specialization. Offering courses in the English language was identified by the report as one of the strengths of the bachelor's program. In addition, the report explicitly states, "Qatar being an important international financial and trade hub, students are able to work in both languages (Arabic and English) which opens many opportunities for them."

The report highlights a considerable shift in the college's teaching methodologies towards experiential education referring to the law clinics, the moot courts, the legal labs and the mandatory externship program, the four major components of the legal experiential learning in the college, which the report described as an original development and "one of a kind in Arab universities."



Launch of the 'Social Media Networks and Ideological Polarisation' Conference

The Mass Communication Department at the College of Arts and Sciences launched the 'Social Media Networks and Ideological Polarisation: Power Relations and Socio-Cultural Impact' conference, which saw the participation of a group of researchers, academics and experts. The conference, which was organized alongside the Al Jazeera Centre for Studies, sought to analyze the scientific theories and the cultural, technological and economic dimensions that control the structures and performance of social networks.

The conference agenda includes many discussion points, including the international balance of power and its impact on the structure and performance of social media networks as well as the involvement of social media networks in states domestic affairs, or

persuading the public using algorithms and artificial intelligence.

The conference addresses the legislation regulating the use of social media networks and the means of reinforcing the ethics of their use. It also dedicated a space to the discussion of the state of social media networks in the Arab world, examining Arab platforms, their challenges and the means of their development to promote competition with international platforms as well as the ability of these networks to support liberties, human rights and the protection of activists.



QU launches second World Congress of Engineering and Technology

Qatar University's College of Engineering launched the 2nd World Congress of Engineering and Technology (WCET) under the patronage of Prime Minister and Minister of Interior HE Sheikh Khalid bin Khalifa bin Abdulaziz Al-Thani. WCET involves the 2nd International Conference on Civil Infrastructure and Construction (CIC 2023), and the International Conference on Vibration Problems (ICOVP).

In his speech, QU President Dr. Hassan Al-Derham said "Qatar made unprecedented progress in developing infrastructure and construction to meet the country's vision for the year 2030, and the whole world witnessed this great development during the 2022 World Cup.

The conference has a number of professional partners from engineering societies inside and outside Qatar including the Qatar Society of Engineers, the American Society of Civil Engineers (ASCE), the Institute of Civil Engineers (ICE), the Royal Institute of Chartered Surveyors (RICS), the Lean Construction Institute – Qatar, Earthna, Engineers Australia, Chartered Institute of Building, and the American Concrete Institute (ACI) – Qatar Chapter. The conference hosted world-class keynote speakers from top international engineering organizations and societies besides key executive members of the infrastructure and construction sector in Qatar.

The Second World Congress for Engineering and Technology (WETC-2023)
5-8 February 2023
Qatar University

المؤتمر العالمي الثاني للهندسة والتكنولوجيا
8-5 فبراير 2023
جامعة قطر

المؤتمر الدولي الخامس عشر لمشاكل الاهتزاز
8-5 فبراير 2023

15th International Conference on Vibration Problems
5-8 February 2023

المؤتمر الدولي الثاني للبنية التحتية والتعمير
8-5 فبراير 2023

The 2nd International Conference on Civil Infrastructure and Construction
2023



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

QU's Accounting and Finance program is recognized in QS World University Rankings by Subject 2023

The College of Business & Economics achieved a notable milestone ranking #151-200 for Accounting and Finance in the QS World University Rankings by Subject 2023, proving as a testament to the outstanding quality of education that the college provides to its students.

In addition to this achievement, the MBA program at the College of Business & Economics has made a remarkable achievement by progressing to second on the QS Global MBA Rankings 2023 for the Middle East and Africa Region. This recognition is a result of the hard work and dedication of QU's high caliber faculty, staff, and students.

All college business programs are accredited by the Association to Advance Collegiate Schools of Business (AACSB), the premier accreditation body for business schools in the world. This accreditation attests to the high standards of QU's programs and the quality of education it offers to its students.





جامعة قطر
QATAR UNIVERSITY

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.



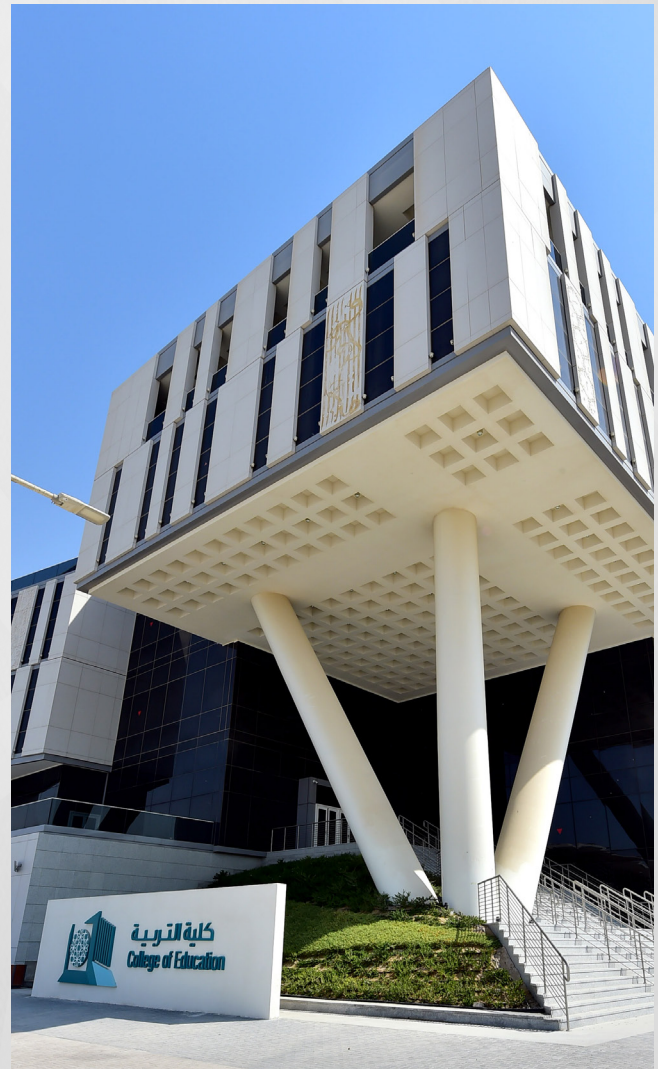
كلية التربية
College of Education
QATAR UNIVERSITY جامعة قطر

QU celebrates the 50th Anniversary of the College of Education

The College of Education celebrated its 50th Anniversary since its founding. Marking this milestone, the College organized a ceremony, highlighting its most important achievements and developments over the last five decades, and celebrating the College as the first institution of higher education in the State of Qatar.

During the ceremony, an introductory video about the College of Education, was presented, with an overview of its programs and centers, and a video entitled 'From Past to Present' highlighting the Early Childhood Center, as well as an inspiring story segment with Mohammed Saadon Al Kuwari, Sports Journalist and Presenter with beIN- a graduate of the College of Education about his memories at the university.

Dean of the College of Education Dr. Hessa H. Al-Thani said during her speech on the occasion, "Fifty years ago, the foundation stone of the College of Education was laid, to be the starting point in building the human being, a human being enlightened by the principles of science and knowledge.. so every graduate in our college was a beacon and a teacher for the emerging generations. During fifty years, the college, with its various departments and centers, has been able to provide the community with leaders and expertise, through the efforts of cadres that have taken it upon themselves to raise the educational production in our schools and educational and social institutions."





Announcing the International conference on Rationalization in Al Qaradawi's thought

The College of Sharia and Islamic Studies announced it will hold an international conference on the renovation and rationalization issues in Dr. Yusuf Al Qaradawi's thought, in October 2023.

The Dean of the College of Sharia and Islamic Studies, Dr. Ibrahim Abdullah Al Ansari, said that the conference comes as a recognition of Sheikh Yusuf Al Qaradawi, who established the College of Sharia and Islamic Studies, as he was the first dean of this college, pointing out that he is a prominent scholar in religious reform and renewal.



The conference axes will be related to the scientific and reformist references of Dr. Yusuf Al Qaradawi, and his renovation in Quranic, hadith, fiqh, faith and intellectual studies.

Conversation with a Talented Student



QU Talent, Dana Al-Obaidly:
“Writing has taught me a great deal”



Dana Abdulla Al-Obaidly, a 22 -year old senior in Qatar University studying Biomedical Sciences, has a number of talents but favors her talent for creative writing, particularly fiction writing, which she tries hard to make time for in order to hone this skill. In this interview, we highlighted her passion for writing, particularly as she is an ambitious novelist who has published three novels, namely: Lasting Memories, When Dreams Awaken, The Fifteenth of May.

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

My parents played a big role in supporting my talent from the beginning, as they did not oppose the idea of becoming a writer, nor did they set a path for me to follow but encouraged me to follow the path of my choice.

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

Writing is an entirely new world, and as a writer I think every writer was once an avid reader. Reading has changed many of my concepts and expanded my perceptions, allowing me to gain new thought and knowledge. Writing also taught me a great deal, and socializing with individuals in both the reading and writing field has really helped refine my personality.

At what age did you discover this passion?

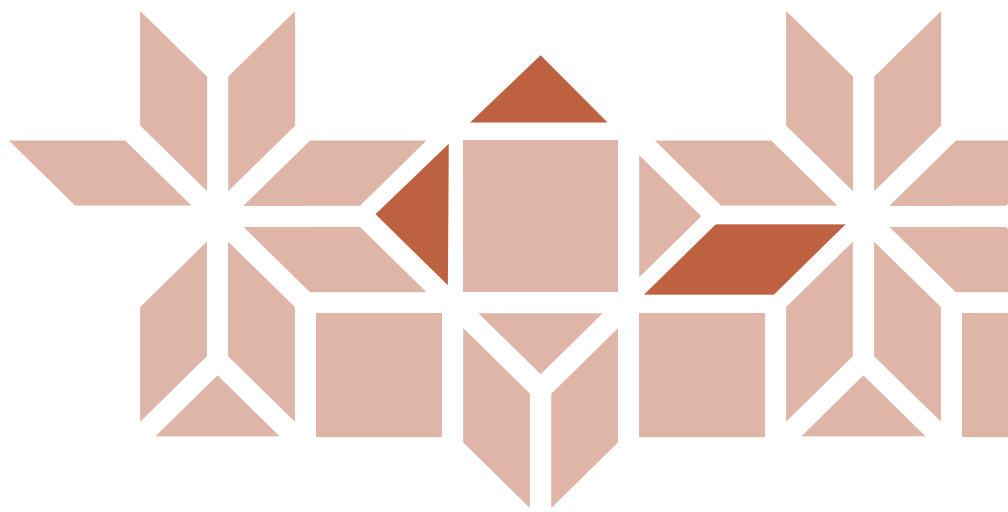
My talent began when I was 12-years-old, I discovered my love for writing when I started writing my memoirs and then gradually wrote short stories, which then transitioned into novel writing.

What are your aspirations for the future in this regard?

To really develop myself in this area, I seek to intensify my deep reading efforts. Every writer is a reader -and the more avid a reader, the better able to choose books; the better the output is in writing.

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

Yes, as I study Biomedical Sciences, my time is spent in laboratories, conducting experiments and studying. I am still writing, however I stopped publishing three years ago, due to the challenge of the educational curriculum. A writer needs rest and a clear mind.



Comics



By Abdulaziz Al Sadiq



Student Writing

I am indebted to those who taught me
By AbdulAziz Al Baraa
(Class of 2023 graduate), Media major in the
College of Arts and Sciences



I have always asked myself in the last stages of my university studies and before graduation, what does graduation mean - apart from ceremonies, congratulations, and celebrations— and what does a person expect at this stage of life? In fact, I pondered on this for a while before reaching an answer.

Graduation is a pivotal stage in the life of modern man, a completely unique stage. The gate of graduation symbolizes moving from a stage of education, learning and constructing oneself to a stage of responsibility. Upon wearing the graduation robe, you wear the weight of responsibility, to yourself, to your family, to your community. And when the graduate takes on this responsibility, he becomes a person who produces more than he takes in, and lives a life of service. University is not a place for education only, but for building the individual, so that they can help build society.

Today, I am graduating from Qatar University, not a passing stage but rather the beginning of a path, a new journey. The educational journey is something that will remain preserved in memory, because whoever taught me anything, is someone I am indebted to. I raise my gratitude to anyone who taught me, whether from my professors or my mentors. And because Allah (SWT) gives to those who seek, if a person wants to reach glory, he must be serious in his request, and have urgency in his quest. Graduation is not the end of the road, and the diploma is

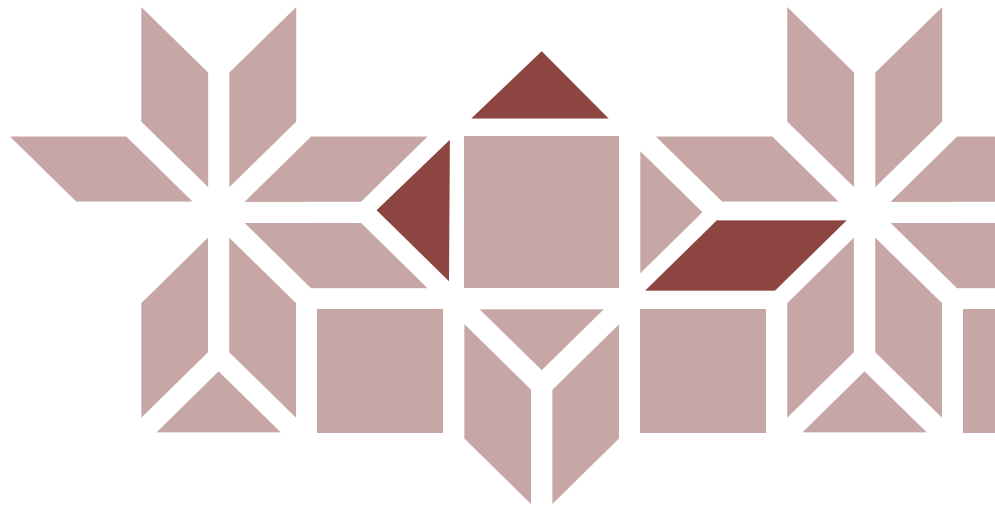
not the conclusion of knowledge, we must continue to learn and continue self-development. We live in a world where all means of knowledge have become available to us, so we must keep pace with the knowledge and skills required at all times, and thus the graduate today, becomes a graduate every day.

This world is give and take. The young, always have the support of those around them; parents, family, society, and state, so we were the treasure saved for the future of society and the country. We were cared for in order to reach this stage, from primary school till we reached our university years. We have arrived today, with the blessings of Allah (SWT) and thanks to those who taught us and nurtured us, it is our duty to return that debt, and to the next generation after us. We strive to be successful and empowered, this is the role that must be fulfilled for our society, and this is the way of life, a torch that is handed from generation to generation, so that the light of knowledge does not dim.

In conclusion, the gratitude that I feel on this day of my success exceeds all other feeling, an achievement I did not attain on my own, but thanks to those who supported, nurtured, and taught me.

So may Allah (SWT) reward them with the best reward, and for my mother, and for the sake of her satisfaction and joy.

Creative Corner



Sunflower By Fatima Al-Ghamdi, QU Student

She is my sunflower
Though I am shy to show
The way her beautiful sunshine
Makes me glow

If only she knew
How much I love her
If only she knew
How much I need her

She keeps on shining
Despite her broken stem
And lights up my day
Despite her mayhem

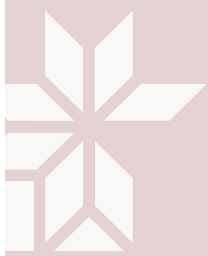
If only she knew
How much I like her
If only she knew
How much I cherish her

A beautiful sunflower
Despite its broken stem
One I won't be able to fix
Unless it's her own emblem

If only she knew
How much I care for her
If only she knew
How nothing compares to her

I will stay here forever
Because I want to
My love is there forever
If you want it to

My beautiful sunflower
My beloved friend
Won't you let me empower
your weak subtend



Embrace the Solitude **By Amna Alkhuzaei,** **QU student**

To believe in yourself, that you are capable of facing any
challenge or strife
And with determination and resilience, you can thrive

So embrace the solitude, and let it make you brave
For in the end, you'll emerge victorious and unscathed
And though the road may be long and the journey tough
Remember that your inner strength is more than enough

So stand tall and face the world with courage and grace
For with every step, you'll leave behind a lasting trace
Of a soul that refused to give up or surrender
And found solace in the loneliness, becoming stronger and
bolder.

October in Doha **After Robert Frost's "October"** **By Conan Kmiecik, English Lecturer, QU** **Foundation Program**

Oh hot October morning sun
We wait for thy fever to fall;
To-morrow's wind, if they ever come,
Will be welcomed by all.
The pigeons in the towers call
and bide time until to-morrow.
Oh hot October morning sun
your heat makes all creatures slow,
robbing us of our energy like a thief.
All hearts hope for summer to be done,
for an end to this blazing plateau.
Cease the swelting every day;
Take away noon's white hot teeth;
Out from the trees, out from the shade
Life will then slowly unfurl
in the land of camel and pearls.
Inshallah, inshallah!
For goodness sake, send us November winds.
Let leaves green and flowers bloom,
Let us leave the confines of AC rooms—
For goodness sake, let winter begin.

Arabic Calligraphy

By Fuad Hassan Fakhroo,
Student Life Supervisor, Student Activities Department



Font type: Al-Diwani

Translation: And say "My Lord, increase me in knowledge." - [Surah Taha | Ayah 114] Holy Quran

Sports and Recreation

Boost your athletic performance with healthy eating!

- Ms. Tamara Al Abdi, Lecturer
- Ms. Hiba Chatila, Lecturer
- Ms. Joyce Moawad, Teaching Assistant, Clinical Coordinator



Nutrition is essential for optimal sport performance. Eating well is necessary for injury prevention, decreased muscle tiredness and soreness, muscle recovery, improved immunity and energy levels, as well as increased attention span. Carbohydrates are the most important fuel source for athletes and should comprise 45% to 65% of total caloric intake. Good sources of carbohydrates include whole grains, starchy vegetables, fruits, and milk/yogurt. Proteins build and repair muscle and should comprise 10% to 30% of total energy intake. Good sources of proteins include lean meat and poultry, fish, eggs, dairy products, beans and nuts. Fats are necessary to absorb vitamins (A, D, E, K), provide essential oils, protect vital organs and enhance the feeling of satiety. Fats should comprise 25% to 35% of total energy intake. Good sources of fat include fish, nuts, seeds, and plant oils especially olive oil.

Vitamins and minerals are required for general good health, but especially for athletes, consuming proper amounts of calcium, vitamin D and iron is vital. Calcium and vitamin D are important for bone health, and muscle contraction. Sources of calcium include dairy products, broccoli, spinach and fortified grains. Vitamin D sources include fortified foods, such as milk, and sun exposure. Iron is important for oxygen delivery to muscles. Iron-rich foods include lean meats, leafy green vegetables, eggs and fortified whole grains.

To allow for proper digestion and avoid gastrointestinal upset, meals should be consumed a minimum of three hours before events. Meals should be rich in carbohydrates, protein and low in fat and fiber. High-

fat meals should be avoided before exercise because they delay emptying of the stomach, making athletes feel sluggish and thereby adversely affect performance. Pre-game snacks should be ingested 1-2 hours prior, for ease of digestion. Snacks can include fresh fruit, dried fruit, a bowl of cereal with milk, juice or fruit-based smoothies. During a long-term event, that lasts one hour, sports drinks and/or easily digestible carbohydrate-rich food such as fruit or granola bars can be ingested to help refuel and keep energy levels high. After exercise, it's important to restore fluids lost in sweat by drinking plenty of water. Proteins and carbohydrates are also important to consume 15-60 minutes after a workout in order to replace muscle fuel and to build new muscles.

In humid/high ambient temperatures, similar to Qatar's climate, nutrition and hydration are indispensable to enhance the body adaptation and heat acclimatization of athletes. Indeed, heat stress can negatively affect sports performance in hot environments. Recommendations suggest that daily food intake regimen should stress on carbohydrates intake after exercise in order to replenish the body fuel stores and culminate in an optimal performance. In addition, protein supplementation can be helpful to achieve heat acclimation and mitigate cardiovascular strain. In addition, fluid and electrolytes requirements are higher due to increased sweating and losses during extremely high temperatures. Indeed, frequent drinking of water and/or sports drinks is deemed as the most effective strategy to support temperature regulation during exercising in hot and humid conditions.

Student Clubs

Yaser Al-Sadi President of the Fine Arts Club:

“We aim to spread awareness of fine arts and its role in the university and local community”



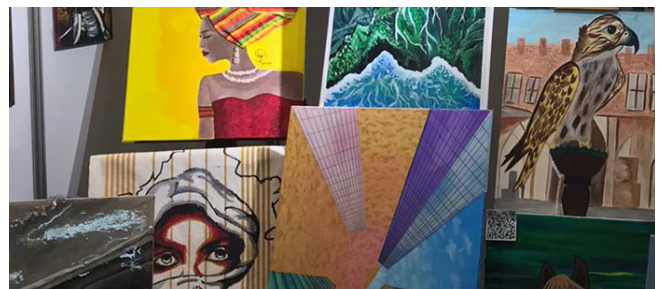
Student clubs are organized under the supervision of the Student Activities Department at Qatar University. The Clubs play a vital role in building educational and life experiences among students and providing them the opportunity to engage in non-academic student activities that help integrate them 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 Yaser Al-Sadi President of the Fine Arts Student Club where he sheds light on the association’s goals and its activities.

In a statement to Campus Life, Yaser Al-Sadi, the President of the Fine Arts Club says, “We aim to encourage those who are passionate about fine arts through creating a creative environment that seeks to advance and highlight fine art by enhancing and discovering the artistic and creative abilities of the members, so that they have opportunity to advance skills through learning and experience and encourage them to share with others. We also seek to spread awareness in the fields of fine arts and their role in society.”

Regarding the activities and events recently organized by the club, Al-Sadi said: “The Fine Arts Club organized many workshops, including an art workshop entitled ‘Basics of Drawing’ for students, which teaches interested students the basics, methods of drawing nature using colors, and methods of drawing the face and taking dimensions in a correct and simplified way. In addition, we held a workshop ‘Basics of Drawing’ for female students, which aimed to teach students the basics of drawing using lead and different materials,

such as: charcoal, its colors, methods of combining charcoal, and the correct way to use charcoal.”

Speaking about the most important goals that the club seeks to achieve, Al-Sadi said: “We aim to raise awareness about fine arts and its role in the university and local community through art exhibitions and social media, and to provide a creative environment for those who are passionate about fine arts and to help them socialize with others that share that interest. In addition, we aim to provide opportunities for Qatar University students to develop and invest in their artistic skills through workshops and courses.”



Feature

My advice to you, dear graduates

By **Rajab Abdulla Al-Esmail**,
Director of Community Service
and Continuing Education Center



University graduates often only discover how to use their university degrees following years of experience. So, if you have just graduated or are about to graduate, or even if you have already graduated, my advice to you is this:

- Don't expect your degree to be enough, it's just the beginning. Your degree alone does not guarantee success in the labor market, and research has shown that many university graduates do not acquire all the necessary knowledge and skills during their university years and often need new additional skills and various knowledge to help them get distinguished jobs. So, never stop learning.
- Try very hard not to compare yourself to others. Be convinced and satisfied with your own talents and capabilities. Look for career opportunities that help develop you further and help you reach your goals. If you do not have the skills needed to match a job description, remember that this gap can be filled through continuous learning.
- Take an interest in learning personal finance. Regardless of your standard of living, wealth development and management are very important, so you must work hard to accumulate assets and

personal possessions that will benefit you in the future. Stay away as much as possible from unnecessary consumption and recreational expenses and strive to own assets with financial returns. Even if you're not the type to think about numbers or money, you can simply open a savings account from day one of your first day at work, where you deposit part of your income every month. Make sure you live longer and happier lives through financial stability.

- Make relationships and be social with others in your professional life. Communication is a fundamental basis in modern-day careers. You will be amazed at how much you can learn from others.
- Discover what you're good at and how to make the most of it. Usually, the greatest success comes from honing a specific talent or skill. Don't try to be good at everything, and make sure that as you progress in your career, you have plenty of opportunities to learn and grow.
- Get to know the diverse races of people and respect the values and beliefs of others; you will find your world expanding. Be open-minded. Travel. Learn new languages. Plan your future well, by setting a vision and choosing a path, keeping in mind that your plans can sometimes be thwarted, and you will have to become good at managing difficulties.
- Finally, try to balance your duties well, whether it is in your religion, your social life, your family, or your career. Be confident in your abilities and success will inevitably follow!



Performance Development

Spiritual Intelligence: Concept Development

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When the soul takes the place of the ego and an individual looks into the meaning of their authentic existence, delving into the secrets of their mind and approaching their pure emotions once again, the goals and mechanisms of reaching or activating such a state represent the subject matter and content of spiritual intelligence. Spiritual intelligence is one of the most modern and contemporary concepts in psychology. This type of intelligence is embodied in the individuals' ability to contemplate nature, the universe, and creation and to practice spiritual and religious rituals. Human inquiries about the nature of the universe and what it entails are capable of making them oriented towards the spiritual realm, seeking to possess a perspective that extends to interacting with all dimensions of human life.

The concept of spiritual intelligence explores several issues related to the essence of the human soul due to the depth of its meaning and its vast scope. It studies the deep communication between the material aspect of the human personality and the spiritual dimension represented in absolute consciousness, which transcends or surpasses the boundaries of his existence as a person in his environment.

On a broader level, spiritual intelligence discusses mental and spiritual hypotheses simultaneously, which are represented in a person's perception of their lived world (each individual sees the world in their own unique way). Each of us carries a unique perspective, which we try to use to build a position towards the world we live in, with all the natural phenomena, material, psychological, and social patterns that make it up. This includes tangible and intangible beings and forces, as well as prevailing systems, values, activities, and life principles that are tinted and colored by our spiritual abilities, which may have evolved from philosophical, religious, or scientific concepts.

Components and dimensions of spiritual intelligence: Perhaps the most important dimensions of spiritual intelligence, as supported by the theory of Emmons according to Gardner's standards are:

- The ability to be aware of transcendence (awareness of God's presence).
- The ability to enter spiritual states of consciousness.

- The ability to sanctify everyday experiences.
- The ability to benefit from spirituality in solving daily problems.
- The ability to engage in virtuous behaviors.

In the development of spiritual intelligence, spiritual intelligence can be developed through various practices such as self-awareness, transforming negative emotions into positive ones, and instilling moral behavior within oneself. Although spiritual intelligence is related to moral, cognitive, and emotional development, it does not necessarily follow sequential developmental stages throughout one's life. It can develop at varying rates in individuals, much like other types of intelligence (such as an individual excelling more in linguistic intelligence than in artistic intelligence). The growth of spiritual intelligence in an individual may also stop if they face difficulties that impede their moral and emotional development.

Developing Spiritual Intelligence: Modifying and changing behavior can indicate a modification in a person's spiritual level, as approaching and practicing spiritual experiences can increase that level. From among the theoretical models that have dealt with training individuals to adopt behaviors of spiritual intelligence, we can mention the following practices or steps:

- Adopting and deepening the practice of meditation in daily life (meditation, prayer, spending time in nature, etc.)
- Alternative learning from individuals who are positive role models
- Reading inspirational literature
- Engaging in the community
- Setting a daily schedule for positive actions and daily evaluation of self-thoughts and behaviors
- Focusing on serving others
- Playing with children
- Searching for personal value
- Empathizing with oneself and others
- Connecting kindness and gratitude

My University Album



In this section, we look back at a number of beautiful university memories. In this issue, we showcase some rare photos from our campus archives dating back to the eighties, specifically 1983. These photos show students studying in the QU Library.

To this day, nearly forty years later, the QU Library remains a scientific beacon that seeks to enhance academic and research aspirations and meet the educational and professional needs of the community.

