



CAMPUS Life

May 2024

Graduating the 47th Class of 2024

Qatar University unveils its new visual identity

Launch of the Qatar University Strategy
2023-2027

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Editor's Note



This edition of Campus Life aligns with the end of the Spring 2024 semester, bringing with it the celebrations of the graduation of the 47th cohort, the Class of 2024. These graduates become part of the university's ambassadors and representatives across different fields, endeavors, and professional arenas, poised to make significant contributions towards realizing the goals of progress, sustainable development, and the Qatar National Vision 2030.

As this magazine serves as a reflection of the diverse facets of academic, student, scientific, and campus life, and as it articulates talents and ideas, this edition captures significant aspects of Qatar University's journey across various realms. It encapsulates the experiences of the current generation, their triumphs, challenges, and strategies for overcoming those challenges, serving as a wellspring of inspiration for future generations. The university transcends mere educational institutions, acting as a gateway to a world teeming with ideas, knowledge, activities, career opportunities, skill refinement, cherished memories, and groundwork for a promising future. Hence, readers will discover an array of news and articles in this issue, starting with graduation ceremonies to the adoption of the university's new unified visual identity, updates from various colleges, a showcase of student talents, agreements, initiatives, culminating in artistic displays and creative narratives alongside images capturing university memories. In between lie topics pertinent to the university community, including scientific research, publications, innovations, culture, arts, and student organizations, all conveyed within these pages to offer a comprehensive portrayal of the university community to its members and the broader society. This endeavor aims to foster communication and inspire individuals to strive for excellence and success, ensuring their stories feature prominently in forthcoming magazine editions.

As the magazine team, we are thrilled to welcome your active engagement, bringing forth your creativity, ideas, articles, and insights to enrich our publication, which serves as both your platform and your voice resonating within and beyond the university campus. We assure you of our unwavering commitment to delivering content that is distinguished and captivating, reflecting not only your aspirations but also those of your esteemed university, which holds you in high regard and envisions a bright future for you. We hope you find your reading experience enjoyable and rewarding, and we eagerly anticipate your contributions and feedback, which will enhance each subsequent issue of the magazine. It draws inspiration from your stories, it is dedicated to you, and together, we continue to evolve and elevate.

University News

QU announces the launch of its new strategy 2023 - 2027

Qatar University announced the launch of its new strategy (2023-2027) at a press conference. The new strategy is designed to establish the essential groundwork for realizing the university's goals in the coming four years. It prioritizes enhancing the quality of academic education to meet international standards and crafting educational initiatives that embrace contemporary technological and scientific progress, thus empowering students to adeptly confront forthcoming challenges.

QU President, Dr. Omar Al-Ansari said on this occasion, "I am pleased to be here with you at the launch of Qatar University's new strategy. This strategy follows over a full academic year of dedicated effort. Part of the effort was focused on evaluating the previous strategy and the challenges the university faced. The new strategy focuses more on the university's role in its surrounding community, aiming to be an active and influential element in society." Dr. Omar Al-Ansari highlighted that the efforts aim to steer the university towards serving the nation and realizing the targeted national objectives.

Dr. Khalid Al-Khanji, Chief Strategy and Development Officer emphasized the university's substantial and pivotal role in shaping and guiding both the local and national community. He emphasized that the new strategy places greater emphasis on the university's impact within its surrounding community, illustrating the institution's dedication to fostering change and innovation.



Dr. Khalid Al-Khanji also discussed the main objectives of the strategic plan, saying, "The strategy includes several key objectives, including providing flexible educational programs that align with the pillars of excellence in education and the characteristics of Qatar University graduates according to current and future needs, as well as enhancing the non-classroom student experience to ensure the continuity and success of students. The university also aims to enhance its leadership in interdisciplinary education for health professions, and to provide innovative research that meets the country's healthcare needs, in addition to enhancing the quality and impact of research in specific fields in response to the needs of the community. The strategy also includes the development of human resources and enhancing the efficiency and effectiveness of support services, as well as developing the university campus to support the university's mission and vision, as well as increasing sources of funding and diversifying investments to ensure sustainability and continuous development."

QU unveils its new visual identity

Qatar University unveiled its new visual identity in a special celebration attended by Dr. Omar Al-Ansari, QU President, along with vice presidents, deans of colleges, officials, and staff from various sectors of the university. QU President Dr. Omar Al-Ansari said during the ceremony, “There is hardly a household in Qatar that is without a graduate of Qatar University, a student, or staff member. Qatar University is a prestigious entity in the community and deeply rooted within its society. Thanks to the contributions of its faculty, researchers, and graduates, the university has achieved numerous successes and significant accomplishments and has climbed the highest ranks regionally and internationally. These successes strengthen loyalty to the university among the QU community, alumni and prospective students.” Dr. Omar Al-Ansari added, “We must first consider that rapid cultural and human growth necessitates that we work in parallel to keep pace with this development, while committing to preserving our identity, values, and achievements. Our goal as a university is to leave an impact on the local and international community through our graduates and educational and research outcomes. Hence, there was an urgent need for a unified identity that reflects the collaboration of various sectors, colleges, and centers within the university under a common slogan.”



Director of Communications and Public Relations, Eatidal Al-Qatami said, “We believe in the role of each individual in solidifying our position as the first and largest university in the country. Today, we reaffirm this commitment through our communication and public relations by introducing our new visual identity. We have ensured the preservation of the logo's identity, authenticity, and close connection to the name of Qatar University, while updating its elements. Our primary goal was to keep pace with the rapid development the university is undergoing, with its high-level programs, state-of-the-art facilities, and international achievements, to always provide the best for our university affiliates. While the change may appear simple to some, its impact serves the purpose of unifying all our efforts.”

The logo consists of three important elements, starting with the seven pillars representing the iconic architectural identity of Qatar University. The number one “1” reflects university's standing as being the first and oldest institution of higher education in the country, with nearly every household in the Qatari community having affiliates associated with the university. The commitment to preserving the design of the Islamic mashrabiya in the logo was also emphasized, reflecting adherence to principles, values, and Islamic identity with a subtle update to its lines. Al-Qatami added, “Our choice of the maroon color in the logo symbolizes our deep connection to national values and our commitment to our authenticity and heritage. Unifying the visual identity and branding of the university, including its colleges, centers, and programs, represents a significant step towards achieving visual consistency and distinction. Through this update, the marketing efforts of Qatar University will be unified to ensure clear identification.”

University Achievements

QU graduates the 47th batch, Class of 2024

Under the patronage of His Highness The Amir Sheikh Tamim bin Hamad Al-Thani, Qatar University celebrates the graduation ceremony of its 47th batch, Class of 2024, which took place in the QU Sports and Events Complex this morning.

The ceremony was attended by His Excellency Sheikh Mohammed bin Abdulrahman Al Thani, Prime Minister and Minister of Foreign Affairs, as well as His Excellency Mr. Hassan bin Abdullah Al-Ghanim, Speaker of the Shura Council, along with Their Excellencies the ministers, members of the QU's Board of Regents, university vice presidents, and students' families.

During the ceremony, His Highness the Amir honored 133 outstanding students from various academic disciplines, while QU President Dr. Omar Al-Ansari, presented certificates to the 761 graduating students.

Under her patronage, Her Highness Consort of HH The Amir Sheikha Jawaher bint Hamad bin Suhaim Al Thani, Qatar University was present to honor the 47th batch of distinguished female students at their graduation ceremony. Her Highness honored 478 distinguished female students out of a total of 2981 female graduates from various academic disciplines at the bachelor's, master's and doctoral levels.



As QU graduates its 47th cohort of graduates, the university continues to chronicle a long history spanning decades in which it contributes heavily to Qatar's development and prosperity, through boosting the labor market with qualified graduates.

The graduation ceremony for the Class of 2024 included graduates from the following degrees (bachelor's, diploma, master's, doctorate, and doctor of pharmacy) who completed the graduation requirements for the following academic terms: Summer 2023, Fall 2023 and Winter 2024, and those expected to graduate Spring 2024. A total of 3742 female and male students graduate as part of the Class of 2024.



Q&A

In an Interview with Campus Life Magazine

Dr. Fatima Al-Kubaisi, Dean of the College of Arts & Sciences

“We have introduced new programs and have distinguished research partnerships with both the industrial and research sectors.”

- More than 6242 students are pursuing their undergraduate studies, while 246 are enrolled in graduate programs.
- We guarantee that Qataris occupy positions within the academic and administrative framework of the college.
- We have 56 scholarship recipients, including 31 pursuing doctoral degrees and 15 pursuing master's degrees.
- Collaboration between the academic and industrial sectors is a driving force for digital transformation.

In her first interview since assuming the role of Dean of the College of Arts and Sciences, one of Qatar University's largest colleges, Dr. Fatima Al-Kubaisi affirmed that the college has finalized its new development plan. Additionally, it has revamped its academic structure by appointing several academic staff to key positions to lead the academic work of the college. Al-Kubaisi discussed the academic and research aspects of the college, as well as its relationships with the industrial sector in the country, and other issues relevant to the community in this dialogue with Campus Life.

What are the latest developments at the College of Arts and Sciences?

Our goal is continuous improvement, which is essential for maintaining the quality of education. At the college, we strive to nurture outstanding students and enable them to contribute to serving the community by joining the university as graduate assistants and then as scholars to eventually become faculty members in the future. In this context, we have prioritized the Honors Program at the college. Additionally, development plans have been prepared for the Mass Communications department and the International Affairs department to align with the job market and the university's vision, and to meet the standards of advanced international universities in these fields. These programs are popular among Qatari students and aim to prepare graduates who excel in the job market, demonstrating innovation, effective communication skills, research abilities, and meeting the needs of the job market. Moreover, we have launched a number of new programs.



What is the current number of students in the college, the number of scholarship recipients, and faculty members?

The college is considered the largest in terms of student and faculty numbers. According to the latest statistics, the number of undergraduate students (majoring) reached 6242, while the number of students (minoring) reached 1569. Additionally, the number of graduate students reached 246. The faculty comprises 406 members, of which 30% are Qatari, and there are 39 laboratory technicians, 46% of whom are Qatari. The total number of staff is 52, with 81% being Qatari.

What about Qatarization?

The college is keen on ensuring that Qataris take their rightful place in the academic and administrative hierarchy of the college. In this regard, one of the initial steps taken was the appointment of several Qatari assistant deans to roles that assist in steering the new direction of the deanery and the university. Dr. Fatima Al-Khayat was appointed as the Associate Dean for Sciences and Applied Sciences, Dr. Abdulaziz Al-Mannai was appointed as Associate Dean for Humanities and Social Sciences, and Dr. Seeta Al-Athba was appointed as the Associate Dean for Languages, Communication and Translation. Additionally, Dr. Ameera Al-Jabiry was appointed as the Assistant Dean for Student Affairs, and Dr. Dana Ali Al-Abdulmalik was appointed as the Department Head of Physics and Materials Sciences. Moreover, coordinators were appointed within the sectors.

How many scholarship recipients has the college sent to pursue doctoral and master's degrees?

The college prioritizes scholarships and the recruitment of exceptional Qatari students to its faculty. In this context, there are 56 scholarship recipients, including 31 pursuing doctoral degrees and 15 pursuing master's degrees. They have been sent to prestigious universities, and some have returned to teach at the college. The college intensifies its efforts in this field through the Talent Sponsorship Program.

What are the most important graduate programs at the college currently?

The college currently offers an MSc in Environmental Sciences, a PhD in Biological and Environmental Sciences, a Graduate Certificate in Environmental Sciences, an MSc in Applied Statistics, and a Graduate Certificate in Applied Statistics. Additionally, the college offers an MSc in Materials Science and Technology and a Graduate Certificate in Corrosion. These programs fall under the Sciences and Applied Sciences cluster. The college also grants a MS degree in Arabic Language and Literature, which falls under the Languages, Communication and Translation cluster. Moreover, it offers an MA in Gulf Studies and a PhD in Gulf Studies, falling under the Social Sciences and Humanities cluster.

How many academic departments and centers are there in the college?

The college includes three clusters: Languages, Communication and Translation cluster; the Sciences and Applied Sciences cluster; and the Social Sciences and Humanities cluster. Each of these clusters includes academic departments, academic programs, and research centers. The college has ten academic departments and a service center, namely the Arabic for Non-Native Speakers Center, along with two research centers: Gulf Studies Center and the Center for Sustainable Development.

How do you assess the college's relationship with the industrial sector?

The college maintains distinguished relationships with the industrial sector, and this partnership manifests in several aspects. Through the Department of Mathematics, Statistics and Physics, students graduate with a specialization in Actuarial Mathematics, which is strongly linked to sectors such as insurance, social security, and the financial sector in Qatar. Actuaries are experts in evaluating, analyzing, and managing financial, operational, and

strategic risks for various types of institutions, including industrial ones.

Actuaries play a vital role in the industrial sector, especially in areas such as insurance, banking, investment companies, consulting firms, financial institutions, and government agencies. Many of our graduate's work in various capacities in Qatar, utilizing their actuarial expertise, in institutions such as the Qatar Central Bank, the Qatar Investment Authority, the Ministry of Public Health, and others.

What role does the college play in sustainable development?

The Science and Applied Sciences cluster, and particularly the Center for Sustainable Development, are committed to enhancing environmental management and achieving the UN's SDGs. This commitment is realized through dynamic partnerships with the industrial sector in Qatar. We closely collaborate with our industrial partners to play a leading role in finding solutions to strategic challenges. This involves implementing pioneering projects, such as wastewater treatment and reuse, developing crop, animal, and fish production, producing biofuels and biogas, carbon dioxide conversion, as well as addressing waste management challenges and understanding the impact of human activities on marine biodiversity. Moreover, the cluster functions as an advanced scientific hub for conducting top-tier research on critical issues, thus playing a role in advancing the country's sustainable development objectives.

What are the key efforts of the Department of Biological and Environmental Sciences in the environmental field?

The collaboration between the academic and industrial sectors is considered a driving force for the digital transformation ultimately linked to participation and the relationship between individual academics and industry practitioners as partners. This aligns with Qatar's National Development Strategy 2024-2030 and Qatar National Vision 2030. The relationships with stakeholders have encompassed all forms of collaboration, including facility and equipment sharing, innovation through joint research projects, marketing for department graduates, capacity building in scientific and research fields for personnel from collaborating institutions, contribution to supervising or guiding research theses, proposing graduation projects, and cooperative education and learning. Additionally, many stakeholders contribute to funding scientific events that the department regularly organizes.

How many research grants has the college received during the current academic year?

The college has received 46 external grants and 12 internal grants, all of which are currently active. Additionally, during the current year of 2024, it obtained 25 external grants and 42 internal grants.





جامعة قطر
QATAR UNIVERSITY



تَهانِينَا

Congratulations

دَفْعَة 2024 Class of

In Focus

Dorm Life

Join Campus Life as it explores the experience of living in the student housing from the perspective of students who call the expansive QU campus home. For many students, the transition into dormitory life symbolizes a pivotal rite of passage, signifying the shift from the comfort of home to the unexplored realm of independence and self-exploration. We inquired with several students about their individual experiences residing in the Qatar University student housing and how it has shaped their academic journey.



Kholoud Al-Hamadi, Director of Student Housing and Residential Life Department at QU directs the daily operations of the department; she provides vision, leadership, and overall administration. Kholoud provides insight into what a student can expect from the QU dorms. “In addition to the rooms, students can enjoy a dining hall, which serves three hot and healthy meals daily, a fully equipped gym, television room, praying room and study rooms with computers, which offer students’ a safe and welcoming community to foster academic success, campus engagement, and personal development for our students.”

In addition, staff offer social and educational programs encouraging community development based on student’s interests and needs. Security staff are available 24 hours inside the student housing buildings and students also enjoy designated car parking spaces. As QU boasts a sprawling campus, transportation between student housing and university buildings is provided to all resident students daily according to a set schedule.

Dormitory accommodations are also not exclusive to international students. Students opt to reside in the student housing for various reasons and are eligible if their family residence is located more than

50 km away from the university. Additionally, students with specific needs may qualify after consulting with the Student Housing and Residential Life Department. Dormitory housing may also be accessible to students with certain scholarships.

Mohamed Sami ElSanosi is a Sudanese master's student who currently resides in the dorms says he does so due to sheer convenience. He says, "As I am living in Al Ruwais (Around 100 km away from QU) it is inconvenient to travel to and back from the campus daily. The dorms provide many benefits with a reasonable cost."

He adds, "The main advantage of living in the dorms is staying within the campus in a safe and secure facility with free transportation to classrooms through university buses. In the dorms undergraduate students usually live with a roommate, while graduate students stay in a single room. In both cases all the rooms are fully furnished."

Simon Coppieters is a first-year MA student from Belgium. He is enrolled in the Gulf Studies Center, part of QU's College of Arts and Sciences. He notes, "The biggest benefit of living in the dorms is that it is on campus and therefore very close to my classes. Furthermore, it provides everything an international student needs, regarding facilities and services."

Dorm life also provides students with a sense of community and an opportunity to get to know other students from QU's various colleges and centers. Simon notes, "There is a very diverse community at the hostel with students of many different nationalities, and thus with different backgrounds and cultures. For me, so far, it has been a very enriching experience."

According to Kholoud Al-Hamadi, students who live on campus are more likely to be involved in student organizations and develop leadership skills that will be invaluable for their future careers. Layan Al Said, a third-year student in the College of Dental Medicine from Oman says dorm life urges students to grow, discover themselves, and become responsible and independent. Offering guidance to prospective students who are interested in living on campus, she says, "Take advantage of the opportunities to connect with the other residents, engage in dorm and campus activities, and explore the resources available to you. Don't hesitate to reach out for support if needed, since we are far from our families it's important to have a supportive group of friends in the dorms, so you can look after each other. It will be tough, maybe the hardest thing you'll experience but you'll undoubtedly create lasting memories and valuable connections during your college journey."

Reem Saleh echoes similar sentiments, emphasizing that despite the hurdles that come with transitioning to dorm life, "the accommodation is extremely beautiful, comfortable, and very safe. There are negatives, but the positives outweigh them."

She adds, "One must be an accepting, understanding, and patient individual. There are many things here that teach you resilience and responsibility."

Ultimately, the students believe that living in the dorms offers convenience. Being in close proximity to campus facilities such as libraries and recreational areas streamlines their daily routines, allowing for more time to focus on academic pursuits and extracurricular activities. Additionally, the sense of community fostered within the dormitory walls creates a supportive environment where friendships flourish, providing emotional and social support during both the triumphs and challenges of university life.

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 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 Embassy of Panama in Qatar sign a letter of intent for academic cooperation, facilitating scholarship schemes, and fostering mutual understanding.
- QU and Mowasalat sign an MoU, aiming for closer collaboration in technology, research, administration, information exchange, publications, conferences, and training sessions.
- Genesis Technologies, a QU startup, collaborates with CPLabs, South Korea's leading blockchain company, to develop cutting-edge solutions for Qatar's digital landscape. The collaboration aims to enhance cybersecurity and support Qatar's National Vision 2030 for a digital economy, leveraging CPLabs' expertise and Genesis' innovation.
- QU and Qatar Manpower Solutions Co. (Jusour) sign an MoU to enhance cooperation in student employment, graduate retention, and talent attraction. The collaboration aligns with Qatar's vision and focuses on human talent development, emphasizing mutual benefits for both institutions.
- QU's College of Law and Georgetown University's O'Neill Institute for National and Global Health Law signed an MoU to foster collaboration in legal research and education. The agreement aims to enhance expertise exchange and training opportunities, aligning with Qatar's National Vision 2030.
- QU and ESCWA signed an MoU to enhance cooperation in the Arab region. The agreement aims to develop the Academic Network for Development Dialogue, ensuring long-term sustainability. It focuses on promoting the 2030 Agenda for Sustainable Development through academic curricula, involving graduates, academics, research organizations, and the public sector.

Extracting nanocellulose from palm trees at Qatar University

A promising research project by researchers from Qatar University Center for Advanced Materials (QU-CAM) will serve to extract nanocellulose from palm waste with the aim to overcome negative environmental consequences of its disposal and promote sustainability. This is in line with QU's commitment to tackling local challenges and seeking research solutions for real-world problems.



Under the Microscope

Breakthrough blood test for autism diagnosis in children developed by researchers at QU's College of Medicine



A study, led by researchers from Qatar University, Qatar Biomedical Research Institute, Sidra Medicine, and collaborating institutions in the United Kingdom and Pakistan, has successfully validated a blood test for diagnosing Autism Spectrum Disorder (ASD) in children aged 5–12 years. Published in *Molecular Psychiatry*, the study builds on previous research identifying blood protein modifications as potential biomarkers for ASD, offering not only a screening tool for autism but also insights into potential contributing factors.

The findings revealed a correlation between the reactive metabolite methylglyoxal and the severity of autism, indicating that increased methylglyoxal levels are associated with severe symptoms. This discovery opens new avenues for therapeutic approaches, including the potential use of a glyoxalase 1 inducer as a food supplement to alleviate severe symptoms.

ASD, affecting 78 million people globally, is challenging to diagnose early. The prevalence estimate in Qatar was found to be 1.14% among children aged 6 to 11 years. Current diagnostic procedures can take 3-6 months in Qatar and much longer in Europe and the USA due to a shortage of specialists. The newly validated blood test, with an 83% accuracy in identifying ASD in children aged 5–12 years, addresses this unmet clinical need, allowing for swift diagnosis and timely intervention.

The study involved 478 children from Qatar and Spain, validating earlier findings from a smaller Italian cohort and identifying four significant biomarkers associated with autism. From the 478 total participants, 311 were diagnosed with ASD and 167 were classified as typically developing (TD) children. The participants were recruited from three cohorts (416 out of the 478 participants were recruited in Qatar): the Qatar Biomedical Research Institute (QBRI) cohort (n = 167), the BARAKA cohort, Qatar (n = 249) which included plasma samples from unaffected siblings as the control group, and the Malaga cohort, Spain (n = 62) provided by a consulting investigator. The multi-center, multi-national approach ensured the robustness of the blood test's accuracy and applicability. The inclusion of additional glycation and oxidation features, along with age and gender, further improved specificity to meet the standards set by the American Psychiatric Association.

Inspiration of Traditional Values and Symbols in the poetry of the popular Mawwal in Qatar



Dr. Mahmoud Mohamed Nasser Kaheel, Assistant Professor, Department of Arabic Language, College of Arts and Sciences published a research entitled, “Inspiration of Traditional Values and Symbols in the poetry of the popular Mawwal in Qatar,” published in Ansaq Magazine, a journal by the College of Arts and Sciences and published by QU Press, Volume 7, Issue 1, 2023.

Through this research, Dr. Kaheel sought to elucidate the most prominent elements of the value system and its traditional symbols that were inspired by the popular poets in Qatar, and how the poets were able to employ them artistically in one of the most important types of popular poetry, which is the art of the Mawwal (Al-Zuhairi).

The art of Mawwal has its historical dimension, which dates back to the middle of the Abbasid era, and its heritage depth includes a set of inherited Arab and Islamic values. In addition to that it constitutes one of the seven arts that occupied a clear aspect of the Arab poetic heritage. Therefore, it is necessary to ask the following question: To what extent does the art of Al Mawwal reflect what it has been stored of those values and their religious, historical and popular symbols, in its own artistic methods of expression in a manner that reveals its general popular features and its heritage values that it was known for, mainly in Qatar.

The aim of the research is to monitor the representations of those values and their symbols in the poetry of Al-Mawwal and their impact on its enrichment and continuity to this day, by studying it and identifying its features, according to a descriptive and analytical approach.

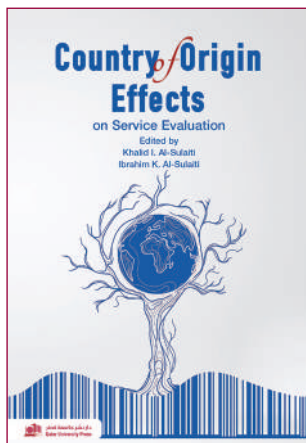
The research on the Mawwal poetry by Dr. Kaheel highlights the richness and cultural significance of this art form. It emphasizes the integration of traditional values and symbols, particularly from Islamic heritage, into Mawwal poetry. Contemporary poets in Qatar have actively incorporated heritage elements into their work, drawing connections between past and present experiences. However, the study suggests that further efforts are needed to systematically analyze and document Mawwal poetry, utilizing modern critical methodologies. This research underscores the ongoing relevance and importance of preserving and studying Qatari folk Mawwal as a vital aspect of cultural heritage.

QU Press Publications

Book Title:

“Country-of-Origin Effects on Service Evaluation”

Edited by Dr. Khalid I. Al-Sulaiti; Dr. Ibrahim K. Al-Sulaiti



The edited book titled “Country-of-Origin Effects on Service Evaluation” comprises eleven chapters authored by different writers; addressing its main theme through various perspectives and study cases. Well-known international researchers with cultural diversities have written the book’s chapters that define the relationship between service quality, brand image, and service evaluation concerning country-of-origin effects to address customer satisfaction.

The book describes the interplay between service evaluation and country-of-origin (COO) related to specific innovative services. In fact, the COO impact refers to the influence of the country-of-origin on consumers’ cognition and service evaluation of a specific service. This work also portrays the research covering international aspects with the COO effect and service evaluation.

Recent literature has shown that numerous past studies have examined the effects of service quality, brand image and product features with COO effects as customers pay attention to specific service evaluation. This book is a rare work exploring service evaluation with country-of-origin effects. The COO effect also describes bias of a specific nationality, which refers to consumers' psychology and the perceived value that influences the decision based on innovative service. Customers consider the impact of COO and service evaluation associated with a specific service. This work contributes to scientific knowledge on international marketing that describes country-of-origin, which influences consumers' decisions on service quality. The COO effect shows that end consumers decide on service quality and brand features. Service evaluation and the COO effect stimulate service quality and performance. Accordingly, brand features, service quality, and the COO effect promote consumers' perceptions and decision-making beyond their conscious control. The innovative models examine different factors of service evaluation. The work's generalizability supports insight into future research directions for various regions worldwide.

This edited book is one of the few and rare books that discuss various challenges related to the country-of-origin effect, and fills the identified literature gaps by providing scientific contributions to the literature related to service evaluation.

One of the most important things that makes this book unique is that everyone who contributed to this work has broad research backgrounds and specializations in this field.

Book Title: “Human duties or rights, which one should be given priority?”

Author: Prof. Muslim bin Salem bin Ali Al-Waheibi



In consideration of the negligence of the obligations and duties that the human conscience dictates, in addition to the blatant waste of human rights, this book titled “Human duties or rights, which one should be given priority?” authored by Professor Salem Al-Waheibi, sheds light on the philosophy of human duties and rights in light of an international system that is negligent in performing its duties and fulfilling its obligations, reminding us of principles and values that are almost disappearing from the collective memory of humanity. These are the same values whose practice is about to disappear, whether at the level of individuals, countries, or international organizations.

The book raises a number of questions that the study tried to answer; the most important of which: what are human duties? What are the consequences of violating them? What are the duties and rights that humans share regardless of gender, color, race or religion; whether those duties are legitimate, philosophical, social or ethical? Therefore, the study focused on moral duties and rights due to its comprehensiveness and inclusiveness, and because it is the standard to which the rest of the duties and rights refer.

In its theoretical framework, the book began with a presentation of the concept of the human being, his function, the concept of duties and the standards governing them, with an emphasis on the cultural role of those duties, and the impact of their performance in attaining rights, providing legal and social evidence confirming this. Within its practical framework, the book highlighted the most prominent duties of man towards his Creator. He began by introducing the Creator (Allah SWT), the creature's need for the Creator, and duties towards the Creator, then individual's duties towards himself and towards others. Then he touched on the concept of the other, the importance of coexistence, and sharing the universe based on the criteria of succession, such as respect, fulfillment of rights, dealing with compassion, and sharing the construction of civilization. He also touched on duties towards time and the means of life, and then towards the legal system that regulates human relations at the level of individuals, groups, and nations.

The book is considered a new intellectual attempt that fills a gap in the development library of the human; for him being Allah's successor on earth, and the main pillar of civil states. Moreover, the work is a contribution to achieving the UN 2030 Agenda for Sustainable Development, and presenting a new vision to handle the issue of human rights from an unusual angle. The study focuses on the priority of paying attention to human duties. If every individual, group, or institution performs duties in the best way, such rights would be accomplished automatically since when the legislator legislates a right, he simultaneously creates a duty to be applied to the person in charge of this right.

College News

QU Health

QU celebrates the first full accreditation for the College of Medicine



Qatar University celebrates its first full accreditation for the College of Medicine, demonstrating a significant milestone that represents national excellence aligned with international standards. The College of Medicine received the accreditation from the Association for Evaluation and

Accreditation of Medical Education Programs (TEPDAD). This accreditation serves as a testament to the immense efforts put forth by the college in line with the national goals of the State of Qatar, particularly the Qatar National Vision 2030. The TEPDAD accreditation is a fundamental step towards developing a robust health care system and graduating highly qualified doctors capable of contributing to the health care field.

QU President Dr. Omar Al-Ansari said in his opening remarks, “It is my pleasure to express my pride and joy for the College of Medicine at Qatar University on achieving its first full accreditation. This accreditation reflects Qatar University's commitment to the quality of education it provides to students. We emphasize that this recognition and accreditation are an addition to a larger system that the university highly values, especially in the field of health sciences and medicine, as well as other colleges of the university.”

Prof. Marwan Abu-Hijleh, Dean of the College of Medicine said, “This day marks a significant milestone in the history of Qatar University as we celebrate the full accreditation of the College of Medicine for a complete six-year term. This achievement is particularly noteworthy considering that the establishment of this college is only 8 years old. This outstanding accomplishment is not just a testament to the dedication of our faculty, staff, and students but also a recognition of our commitment to innovative leadership in medical education.”

Dr. Abdullatif Al Khal, Deputy Chief Medical Officer and Director of Medical Education, Hamad Medical Corporation (HMC) noted that the College of Medicine's accomplishments were remarkable by any standard, particularly for being a relatively young college, having received its first students less than a decade ago. The accreditation, he says, helps find areas for improvement and stands as a testimony to the public and community that the College of Medicine meets the highest and most rigorous standards. He noted that the college made a deliberate choice to learn from its international peers, developed itself and asserted its credibility, while at the same time aligning with international standards, quality and integrity.

College of Law

The College of Law receives international academic re-accreditation from the British Accreditation Council (BAC)



The College of Law was granted an institutional re-accreditation from the British Accreditation Council (BAC) as an Independent Higher Education Institution. In addition, in 2023, the College of Law received a five-year program re-accreditation from the High Council for Evaluation of Research and Higher Education (HCERES) in France.

In recommending the international academic institutional accreditation, BAC acknowledged the change in the college's leadership in 2022, the new purpose-built building, the high-quality facilities and resources, including a well-maintained residential accommodation which "provide an outstanding learning environment for students and staff."

BAC also acknowledged that QU Law had expanded the number of law clinics it provides. They noted that working in partnership with local law firm's clinics provides students with experiential learning opportunities, providing members of the public with pro-bono advice in areas such as employment law and human rights. BAC also mentioned that students are encouraged to participate in debates, problem-based learning, legal research, labs, and moot court sessions. BAC described the academic faculty as experienced subject experts who are highly qualified and stated that special courses, such as sports law, GCC law and procurement law help students to develop more specialized knowledge and skills including wider employability skills.

Commenting on this achievement, Dean of the College of Law, Dr. Talal Al-Emadi, explained, "Compliance with international standards in legal education is one of the key objectives of our mission to ensure our compatibility with comparative models and best practices. Our goal is to create a new generation of legal professionals who can contribute to the welfare of the State of Qatar and help build its bright future."

College of Arts and Sciences

QU's Arabic Language and Literature department launches "Speak Arabic Classically" initiative



In a significant move towards promoting the use of Classical Arabic, the Arabic Language and Literature department at the College of Arts and Sciences, in collaboration with the Culture and Arts Chapter of the QU Alumni Association, launch the 'Speak Arabic Classically' initiative.

The launch event featured welcoming speeches, an introduction to the initiative's goals and activities, and a theatrical presentation titled 'In Arabic,' written by Dr. Loui Khalil and performed by students from the Arabic for Non-Native Speakers Center. The play depicted the reality of Arab societies where the Arabic language is neglected in public life, rendering its speakers like strangers unable to find meaningful connections. Additionally, the event included a poetry recitation segment titled 'My Language,' presented by student poet Mohammed Yaqoub Al-Tamimi, and an Arabic calligraphy demonstration by Mr. Hussam Al-Nahas for all attendees.

In her address, Dr. Seeta Al-Athba, Associate Dean for Languages, Communication, and Translation at the College of Arts and Sciences, emphasized the importance of preserving Classical Arabic, stating, "It is important to preserve Classical Arabic as it is the official language of Arab countries, just as all nations worldwide prioritize their languages. Arabic holds a distinctive significance as the gateway to understanding the Holy Quran accurately, steering clear of misconceptions that give rise to distorted and deviant thoughts adversely affecting not only individuals but also the entire society." Dr. Al-Athba emphasized that employing Classical Arabic in communication and scientific research is an inevitable necessity for any intellectual rebirth, as nations rise through their languages; no nation rises without nurturing its language.

The 'Speak Arabic Classically' initiative represents a crucial step towards preserving and promoting the rich heritage of the Arabic language. It aims to create a vibrant academic environment that stimulates creativity, encourages dialogue, and reinforces the identity of the Arabic-speaking community.

College of Engineering and College of Education

The College of Engineering and College of Education launched the Engineering Education and Instructional Technologies Conference

The College of Education and the College of Engineering launched the Engineering Education and Instructional Technologies Conference (EEITC 24), uniting prominent local and international experts, educators, faculties, and researchers. Its primary objectives encompass the exchange of experiences and research findings pertaining to various facets of education. The conference explored strategies to re-engineer education, fostering excellence in both traditional and online learning environments. EEITC 24 is designed to provide an interdisciplinary platform where academics and researchers can present, discuss, and explore the latest trends, concerns, and practical challenges related to innovative teaching methods in education.

Professor Dr. Asma Abdullah Al-Attayah, Dean of the College of Education, noted, “The event brings together scientists, researchers, and educators from various countries. The aim is to facilitate the exchange of ideas and the sharing of the latest research findings and innovations in the realms of engineering education and advanced educational technologies. Topics covered include the intersection of economics and education, education in the era of generative artificial intelligence, the application of artificial intelligence techniques in basic education, the transformation of education using data and artificial intelligence, knowledge dimensions of engineering practices in the classroom, the role of augmented reality in teaching abstract concepts, and the integration of technology for effective impact. Furthermore, discussions will encompass the incorporation of assistive technologies in teaching individuals with visual disabilities, among other relevant topics.”

In his remarks, Dr. Khaled Kamal Naji, Dean of the College of Engineering, highlighted the fundamental role of science and knowledge in shaping individuals and emphasized that the advancement of education, including its plans and strategies, serves as the cornerstone of development. This aligns with the aspirations outlined in the Qatar National Vision 2030, which places a significant emphasis on human development. Dr. Naji underscored the pivotal focus on building human capabilities and fostering a competitive environment in the realm of educational technology as outlined in the Qatar National Vision 2030. He recognized conferences like the one at hand as effective platforms for sharing experiences, promoting exemplary practices, establishing valuable partnerships with society, and showcasing notable efforts.

The opening session of the conference included a speech by Dr. Yousef Hadi from the PAAET Basic Education College in Kuwait. He spoke about significant transformations following the global crisis in 2008, leading to profound changes worldwide. These changes brought about what can be defined as a Fourth Industrial Revolution, characterized by the integration of humans and machines, the emergence of 3D printing, and then artificial intelligence. He reminded the audience of the importance of keeping up with these transformations and presented a futuristic vision for how scientific research should be conducted in the GCC countries to deal with these changes.

College of Business and Economics

The College of Business and Economics hosts the third International Conference on Fiscal Policy and Economic Development in Qatar



The College of Business and Economics hosted the third International Conference on Fiscal Policy and Economic Development in Qatar under the theme 'Global Minimum Tax and its Impact on Tax systems in GCC countries.' The conference included the participation of experts and professionals in the tax and business sector, both locally and internationally.

In his opening speech, QU President Dr. Omar Al-Ansari said, "Qatar University's organization of this conference is part of its strategy to focus on increasing community communication and serving its current issues, by highlighting them and encouraging researchers to conduct research to address these challenges. This conference also reflects the interest of the university, specifically the College of Business and Economics, in discussing local and international economic and financial developments that affect the economy and serve decisions makers in a way, to contribute to the economy growth of the country."

President of the General Tax Authority, HE Ahmed Bin Issa Al Mohannadi said in his speech, "I extend my heartfelt gratitude to Qatar University for organizing this important conference to discuss the global minimum tax and its implications on the tax systems in the GCC countries. In recent years, we have witnessed numerous developments in the international tax system, following the adoption of new tax policies by the Organization for Economic Cooperation and Development (OECD), the latest being the endorsement of the global minimum tax. This has significant implications on the business environment and the flow of capital to countries worldwide."

The conference aims to strengthen collaboration with various government institutions, serving the financial and business communities, and align with the college's strategy to maximize its impact on society by discussing new economic issues and fiscal policies affecting the economy and business, which contribute to providing recommendations that serve decision-makers.

College of Sharia & Islamic Studies

QU's Islamic Studies Journal Ranks Second In 2023 By ARCIF in the Arab World



The Journal of the College of Sharia and Islamic Studies (JCSIS), a scholarly publication released by the College of Sharia and Islamic Studies in collaboration with QU Press, achieved a prestigious second-place ranking regionally in the Islamic Studies field for the year 2023. This achievement, certified by the Arab Citation and Impact Factor (ARCIF), reflects the journal's remarkable influence and scholarly impact.

This achievement marks a significant milestone as the journal achieved the second position among 91 journals in the field of Islamic Studies,

meeting the competitive criteria in the Impact Factor out of 1155 scientific Arabic journals considered for the 2023 report by ARCIF. It is noteworthy that the journal is categorized within the first category (Q1), the highest category, in the specialization of Islamic Studies.

Since its inception in 1980, the Journal has consistently published two volumes annually, totaling 41 volumes to date. It serves as a rigorously peer-reviewed scientific journal dedicated to publishing research within the field of Islamic Studies in both Arabic and English languages, available in both print and electronic formats through QU Press since 2018.

The journal's focus lies on publishing scholarly research addressing contemporary and emerging Islamic issues, advancing scientific research, and methodologies within the Islamic Studies field. Dr. Ibrahim Al-Ansari, Dean of the College of Sharia and Islamic Studies, oversees the journal. Comprising a distinguished editorial board of academic scholars from Qatar and beyond, the journal's editorial team covers diverse domains within Islamic studies. Furthermore, it boasts an international advisory board consisting of renowned academics and experts from various prestigious academic institutions worldwide.

The Journal adheres to stringent criteria for evaluating and adjudicating research, emphasizing authors' adherence to ethical research and publication practices. It has consistently met the highest internationally recognized publishing standards for two years, becoming the first Arabic journal in Islamic Studies to be indexed in the Web of Science Emerging Journals category.

This esteemed journal adheres to 32 key criteria established by Web of Science, including transparent publication policies, a competent editorial and advisory board, rigorous and unbiased editorial and review procedures, the selection of robust research, punctuality in publication schedules, and professional electronic publication ensuring descriptive and bibliometric data registration in international digital repositories.

Conversation with a Talented Student

QU Talent, Raqiya Al Marzouqi:
“I aspire to participate in national and international art exhibitions.”



Meet Raqiya Al Marzouqi, a budding talent in the world of fine arts. As a first-year university student, she's already making waves with her passion and skills. Delving into the realm of fine arts was a natural choice for Raqiya, driven by her profound love for drawing, handicrafts, and design. Dedicated to honing her craft, she refines her skills through continuous training and practice. Join us as we delve into Raqiya's journey, shedding light on her talent and future aspirations.

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

My family has played a pivotal role in nurturing our talents as children. From the moment any of us showed promise in a particular area, they've been supportive in fostering and honing it through practice, workshops, and other developmental avenues. Their support has been instrumental in my enthusiasm to this field since childhood. They also helped me cultivate this skill by providing access to artistic courses and workshops.

Has this talent had a positive impact on your life?

Of course. This talent has had a profound positive impact. I also find that it's therapeutic in ways, reducing my stress and improving my mood, and it also fills my leisure time. I remember diving into drawing as a child, spending most of my time on it as a hobby. Gradually, it evolved into a talent and a gift that develops day by day.

What are your aspirations for the future in this regard?

I aim to develop my artistic talent every day through practice and learning from contemporary artistic trends in drawing. I also hope to participate in local, Arab, and international drawing competitions and achieve accomplishments in this inspiring field.

Comics

Artist: Abdulaziz Sadiq



Student Writing

The moment of arrival

By Amir Agyuz, Media Major



Undoubtedly, university life represents a pivotal phase in education, where students pursue academic excellence by diligently participating in classes to broaden their knowledge. Ultimately, they graduate with credentials validating their proficiency in their chosen field, empowering them to embark on careers, establish livelihoods, form families, and actively engage in societal endeavors, all while acknowledging and appreciating the blessings they've received.

However, this transitional stage is different; if the learning journey is a train, its starting point is elementary school, and its destination is the job market. Therefore, the university stage is the last opportunity for students to break out of their compartments, open the window to contemplate the sky and the moon's reflection on the water's surface, explore different carriages, mingle with other passengers, and learn from them. It's the final chance before the driver announces the last stop.

Some students' problem is their tendency to remain confined within the walls of their classrooms, forgetting that the university is a comprehensive educational system with all its activities and events. When they cross the gateway to the job market, they encounter a new scene they are unaccustomed to, perhaps unable to find the key to this gateway, or not even seeing the gateway at all. Students must be ready for the job market, armed with skills not found within the pages of books or on classroom seats.

However, these abilities are present within the university's premises, whether in the extracurricular activities coordinated by the administration, student clubs uniting individuals from diverse fields

around common interests, or through student employment opportunities akin to the university's micro job market. These initiatives collectively enhance, polish, and broaden students' aptitudes, expertise, preparedness, and vocational training for the workforce.

Activities and competitions, for example, are not organized by the university merely to scatter financial rewards here and there. Instead, they aim to create communication among students, motivate them to express their bright ideas and talents, divert them from the monotony of studying, assignments, projects, and lectures, and recharge their physical and mental batteries to continue their learning journey.

Engaging in student clubs isn't a diversion from academic pursuits but rather an opportunity to instill responsibility and decision-making skills in students. Pursuing objectives, spearheading personal projects, broadening networks with peers of similar interests, and undertaking designated responsibilities all contribute to students' moral and tangible advancements. Although participation in these clubs is voluntary, it equips students with valuable skills applicable to their future careers.

Perhaps the student employment offered by the university is the epitome of the job market. There are certain expectations that the student (employee) is required to fulfill, and based on these, they are compensated. This can directly expose students to their future profession, allowing them to learn in a real-world setting. Or it could provide sufficient financial support for the student to bear responsibilities at an early age.

The array of extracurricular activities offered by the university aims to provide students with the necessary tools for success as they transition into the workforce. If you require further explanation of their significance, I'd describe it as akin to rubbing a magic lamp, prompting the genie to proclaim, "Your wish is my command... This is your gateway to the job market, and the key lies within your hands... Step through it confidently, guided by divine protection."



Twin Doctors

By: Mohammed and Abdulaziz Al-Tawanji



Our experiences as brothers have often been exceptional. Now, as we prepare for a new phase in our academic and professional lives, graduating from the prestigious College of Medicine at Qatar University, we reflect on the beginning of our journey into higher education. After completing our secondary education at Ahmed bin Hanbal Secondary School for Boys, we were blessed to achieve the second highest rank in the State of Qatar with identical grades.

At that time, we deliberated between studying medicine and engineering, and it was Allah (SWT) will that we pursued human medicine. It was a divine blessing and grace; we felt contentment from the outset of our distinguished journey at the college. We diligently dedicated ourselves over six years, day and night, and today we are preparing to graduate. We are filled with enthusiasm and eagerness to begin our professional lives as skilled physicians.

Our six years at the College of Medicine were

filled with challenges and accomplishments. Academically, we maintained high grades and achieved top scores in international exams, consistently appearing on the Dean's List. This is a testament to our excellent preparation and the outstanding quality of our college, its management, and teaching staff.

One of the highlights of our journey was representing the College of Medicine in our first clinical experience in Italy alongside a group of our peers from various health colleges. This experience paved the way for international perspectives and experiences, aligning with the college's continuous pursuit of excellence and development.

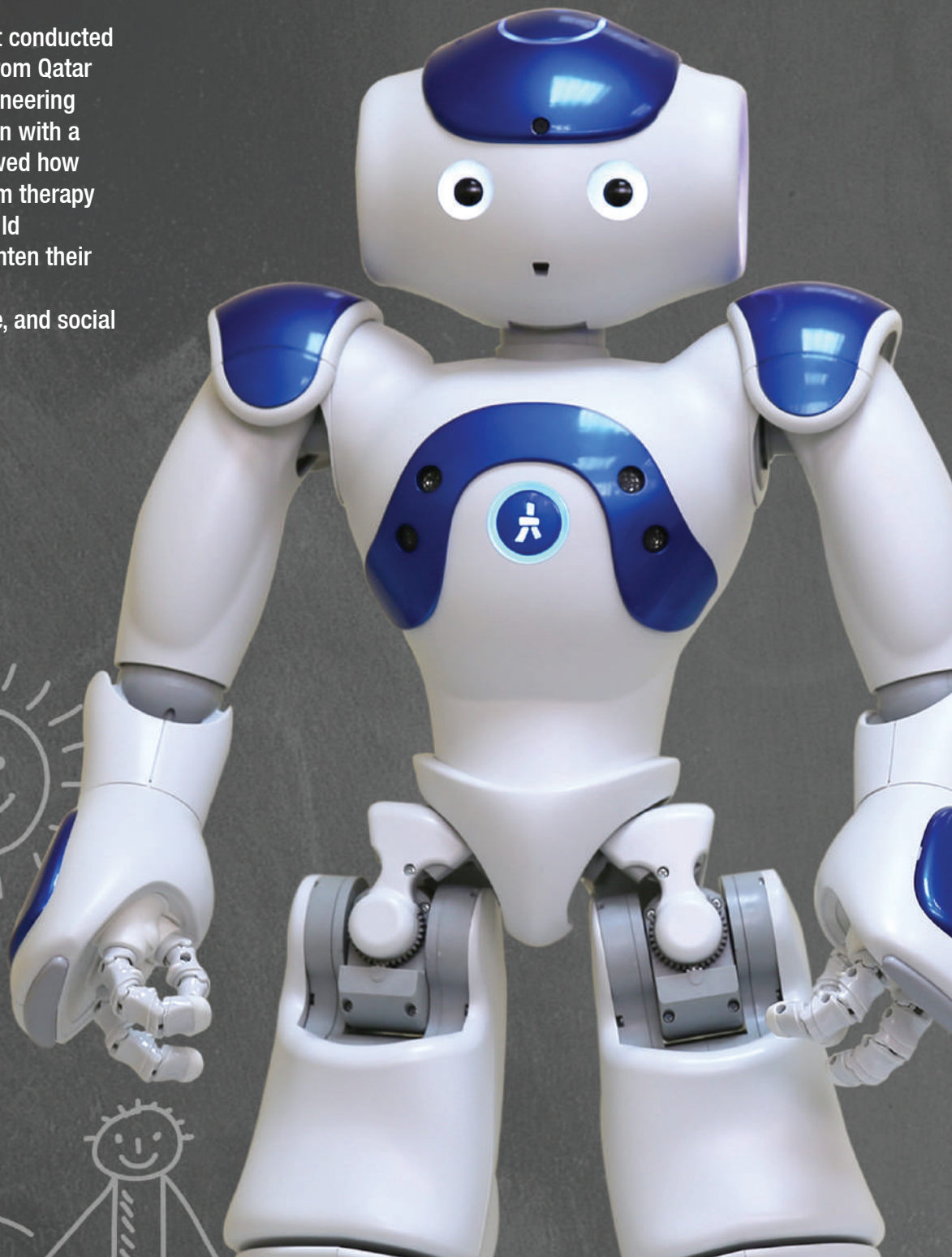
Closest to our hearts are our diligent efforts, alongside a brilliant group of our peers, to play a role in enhancing our fellow students' achievements at the College of Medicine. This was embodied in the establishment of a student group named 'Legacy Leavers' in a unique and unprecedented experience. Through this initiative, we aimed to share our college journey with our peers, enriching and empowering them to excel academically.

During the current academic year, the College of Medicine celebrated receiving full accreditation from the prestigious Association for Evaluation and Accreditation of Medical Education Programs (TEPDAD). This was a source of great pride for us and a culmination of the efforts made by the university, the college, and various medical and governmental institutions collaborating with the College of Medicine. They tirelessly strive to achieve impressive standards that compete globally, earning admiration and praise from all.

QU cutting-edge robotic research promotes inclusion

Social robots for use in autism research

A unique research project conducted by faculty and students from Qatar University College of Engineering (QU-CENG) in collaboration with a team of researchers showed how the use of robots in autism therapy has been beneficial to child sufferers, serving to heighten their attention, organization, communication, language, and social skills, among others.



Creative Corner

Buried Ice Mountain

By student Ahmed Boubait, Electrical Engineering,
College of Engineering



A mountain of ice
Piece of it is seen and the rest buried under the
deep ocean.
That is metaphor.
Expressing people's emotion
we enjoy the white piece.
Neglecting the hardship, the hidden part is
frozen.
Although it is in the frozen pole
The climate's changing the ice's melting.
The water's rising and he's sinking.
But everything will be good
Hard days never last.

Entangled Hearts

By student Shemookh Alyafei, English Literature & Linguistics,
College of Arts and Sciences

Entangled Hearts

Tear, tore, and a lore,
Eyes, skin, scars with memories,
To have eyes that felt covered,
But it was all air yet I couldn't discover,
A truth from a lie I had uncovered,
My reality was a cloudless sky,
Yet my delusions veiled it like the bottom of the
ocean,
How ironic for me to be fooled,
By the tongue that I speak so fluent?
Beauty of words, coming from a smart mouth,
I thought I finally had my muse.
Papers I held with nonsense letters, created
gibberish words I dared to call a sonnet,
For thou my beloved, I have let it all consume,
Bewitched my heart, hooked on you
I lost only but a half of myself,
The other mirrored you.
A liar and Aromantic- Call it philophobia.
Yet I still cannot detach,
I can see myself grow white hair with you.

Farewell to what perhaps could have been

My worth did not drop,
My love had never decreased,
My will had not died,
Part of me may have shattered,
Putting my lips to play some melancholic
sounds,
A moment of realization yet had hit,
Awareness had set,
Stood up and wiped my tear,
Stared at myself, and i came clear,
Love hurts, but it does not break you,
Limerence harms, it shattered me.
I know my truth,
And so do you,
Yet to deceive me with words I adore,
In spite of my feelings, I had to abandon.
Regret will sink, 1912 deep,
But not on my end,
To love is not to expect, but to except,
But this was not love from you, accept to
expect,
If a genie is in-front of you,
May all your wishes is to be accepted, back to
me.

Creative works in Arabic calligraphy

By: Rozna Thothathil, student at the Arabic for Non-Native Speakers Center

Font type: Simulating Fatimi Kufic script

The two phrases written on the panels:

“Knowledge is light and ignorance is darkness.”

“Reading is the key to knowledge and understanding.”



Short Story: Creature with Two Legs

By: Ahmed Atta Al-Badeerat



It was a cold December night in the family house located on the shores of the Mediterranean Sea, where sixteen-year-old Rashid lived with his grandfather, Faleh, and his mother, Halima, who was busy preparing a farewell dinner for her only son. Rashid was planning to move to a nearby capital city to continue his university studies in architecture, filled with excitement for the future he dreamed of. However, his mother's anxious words echoed in his ears, mixed with her heartfelt prayers for her only son, after losing her husband in the war that ravaged the country years ago. As for his grandfather Faleh, he constantly warned him that cities were not like their small town, and that the city was the creation of human greed for the riches of the untouched environment, repeating a phrase somewhat ominously, "In the city, monsters walk on two legs... while humans walk on three..."

In the bustling city, Rashid was still trying to adjust to its daytime noise and fast-paced nights, while trying to take advantage of the new opportunities and activities that were now available to him as he prepared for the future. During every break when he returned home, he pondered over the shape of the city, immersed in his dreamy imagination of a city abundant with blessings, teeming with natural life. In the university campus, Rashid began to rally a small group of his friends to work on an important study about some ideas that could preserve the beauty and tranquility of the city, making it a better place to live, such as the presence of green spaces and parks in cities, and their healthy and psychological impact on residents as one of the most important of these ideas. The recommendations of this study included the obligation of housing companies to take care of green spaces and refrain from encroaching on agricultural lands, while reducing factory waste. The supervising professor was impressed by the students' activity and promised to assist them in conveying these recommendations to the city authorities.

The echoes of Rashid's efforts and those of his friends reached the city newspapers, which began to anticipate the importance of the project and its results. Experts analyzed its goals, praising their

efforts, and hoping for a promising generation that would lead the near future. However, a group of influential businessmen with profit-oriented goals, known for their narrow ambitions and disdain for others, were not pleased with this project, which they considered to be a restriction on their work and a reduction of their benefits and interests. They took it upon themselves to oppose these recommendations, refuting them with flimsy arguments, sometimes downplaying their accuracy, and citing the freedom of individuals to use their land and resources for their own benefit only.

At the entrance of the city's architecture authority, after Rashid left a meeting where he presented his study and research to the city mayor, he noticed a tall, bulky man waving to him from a distance. Rashid realized it was none other than Mr. Abbas, the famous businessman, owner of notorious real estate companies, and also known for his greed and selfishness. He had previously expressed his anger at Rashid's ideas and project.

Abbas: "You seem enthusiastic, young man... Do you think you will change the city's landscape and boost its economy with these ideas of yours?! Or will the city's people be happy with spacious gardens while they find no walls and houses to care for?"

Rashid: "I cannot be sure of what I can achieve, but I will be content knowing that I tried to preserve my land as much as I could. For me, one right step in a direction that preserves the blessings of our land and its spirit is better than a thousand steps in a matter that benefits only me. If you don't know, Mr. Abbas, you don't live on this land alone, and neither do I. When you don't preserve the public interest, its path remains uncertain; the road doesn't end where you want it to."

Abbas, in a subdued voice, trying to conceal his displeasure at Rashid's confident words, said: "I think, my boy, it's better for you to think of your own interests first... for the city has no place for emotions or aspirations... and I offer you to work with me, guaranteeing you abundant income and a future where you walk on two legs with full pockets."

Rashid: "One dinar taken from a thousand people does not delay a cohesive society where the strong uphold the rights of the weak and the affluent take care of the less fortunate, and a thousand dinars in one person's pocket does not satisfy greed at the expense of his family and land. Virtuous societies rise with justice that preserves the rights of its people and mercy that safeguards the rights of the weak before the strong, just as trees and animals have their sanctuaries and villages."

Their short meeting ended with a warning hinted at by Abbas, promising Rashid that he would not get what he wanted from the city authority.

Rashid returned home, with some of Abbas's words lingering in his ears. He recalled his grandfather's words about the monsters of the city that walk on two legs, seeing in Abbas the embodiment of his grandfather's description of humans who become monstrous in their pursuit of their desires and interests and disregard for those around them. Rashid interpreted the humans who walk on three legs as those who are carried by their sincere and compassionate souls towards their families and companions.

In the final semester of his studies, a few months before Rashid's graduation, he had an important appointment in the corridors of the city authority when the city council voted to adopt legislation

resulting from the studies Rashid had conducted, after a long battle. This step marked a small victory for his hard work, reinforcing his belief that no effort is wasted no matter how humble or insignificant it is, if conducted with good faith and a noble cause.

In his final days of study, the newspapers carried bad news, warning that an imminent war was threatening his large city and reaching his coastal town, fueled by the wicked ambitions of an invading enemy that knows no justice and recognizes no falsehood, an old yet renewed enemy who had ignited wars in which there was no victory for good and no care for land or life. This was the same war that had forced Rashid to endure the heavy loss of his father before, and its effects were still indelible in his heart.

The wheel of war extended until it encompassed all surrounding towns. Rashid was filled with fear for his mother and grandfather in their small town after losing contact with them. He continued to search for a way to reach his town. After much hardship, he reached the outskirts of the town, but he could barely recognize it, as the war had changed its features. The people had terror and sadness in their eyes and the streets displayed the remnants of crumbling walls.

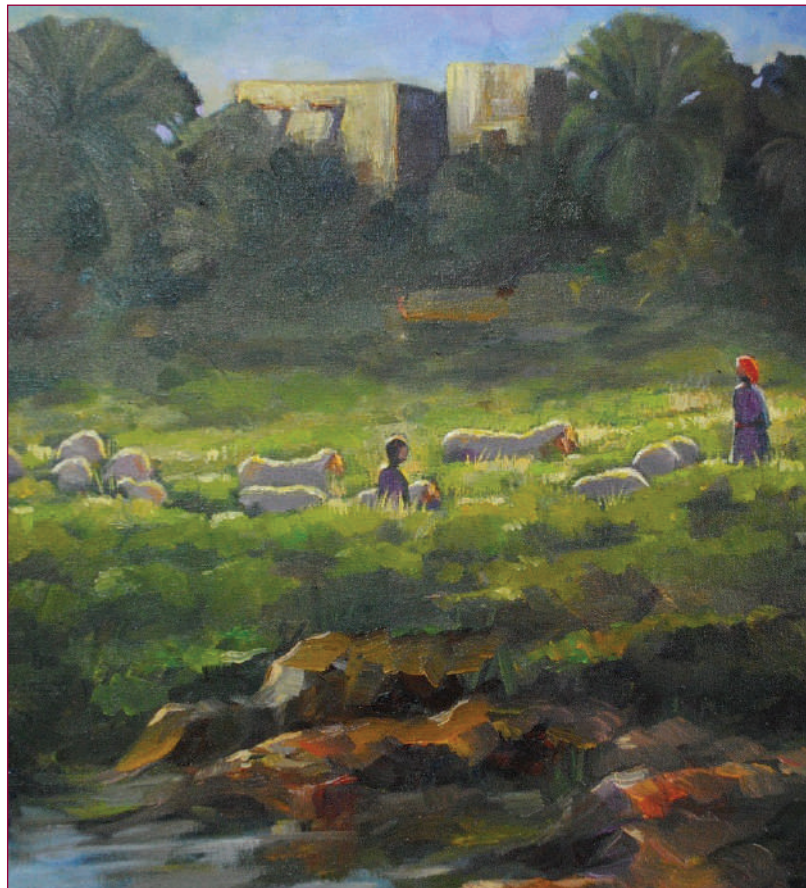
Rashid made his way to his family's house on the outskirts of the town, and the road seemed longer than usual. When he reached the neighborhood, he found his house in ruins with no recognizable entrance. And close to that scene, the enemy soldiers wreaked havoc in the neighborhood, while death planes rained their flames on everyone. Rashid quickly began to lift the rubble of the house with his bare hands, searching for hope for the lives of his loved ones. When his neighbors noticed him, they rushed to him, helping him lift the debris and reassuring him that his mother was still safe. His fear subsided a little, until he heard about the death of his grandfather.

Rashid raised his head to the sky, filled with smoke, the ground littered with destruction, and he realized that the monsters of the city had reached everywhere, and that man was the enemy of land and peace, and also his own enemy once his desires and sins became monstrous. He understood that only those with compassion, who move forward with sincerity and belief, could halt this destruction.

An artist's brush

Painting: (The Shepherdess)
Canvas size: 50x70 Oil

By Prof. Ayad Taama, Professor of Art Education, College of Education



“In the morning, she begins her day with her brother, caring for their sheep. Sometimes, she strolls through the fields, while other times she ventures toward the Euphrates River. The sight of the radiant sun reflecting on the river's surface, with the green palm leaves dancing in the breeze, embodies the teachings of nature, imparting the essence of belonging.”

Sports and Recreation

Achieving Hormonal Balance through Dietary and Lifestyle Choices

By: Dr. Maya Bassil, Head of the Human Nutrition Department,
College of Health Sciences

Diet plays a crucial role in maintaining hormonal balance. Specific nutrients or overall nutrition can either support or hinder hormonal balance. Leptin, an appetite hormone released from fat cells, is affected by dietary choices. Anti-inflammatory diets, such as the Mediterranean diet rich in whole grains, fruits and vegetables, fish and olive oil, was shown to improve leptin sensitivity and metabolism. On the contrary, western dietary patterns rich in processed food, high in fat and sugars, can induce leptin resistance, leading to metabolic and health problems. This diet is also linked to an increase in cortisol, the stress hormone associated with increased inflammation and chronic diseases like heart disease, stroke, diabetes, obesity, and neurodegenerative disorders. Additionally, extensive research reveals that adopting a plant-based diet, particularly rich in polyphenols, is associated with numerous health benefits, including hormonal balance. This leads to improvements in mood, stress and blood pressure, and thus lower risks of chronic diseases. Polyphenols are natural components, found in foods like berries, raw nuts, pomegranate, dark chocolate, and green tea. The regulation of thyroid hormones is also influenced by adequate intake of nutrients like selenium, iodine, and iron playing a crucial role. While selenium and iodine are rich in fish and seafood, iron is found in red meat, legumes and dark leafy vegetables like spinach, kale and mallow.

Food packaging may also influence hormonal balance. Plastic packaging, a common source of endocrine disruptors, can be minimized by opting for BPA-free and BPS-free alternatives. Choosing glass or stainless steel containers over plastic can reduce the risk of exposure. Avoiding the use of plastic containers in microwaving is also crucial in preventing potential harm.

Maintaining a healthy hormonal balance goes beyond just dietary considerations; lifestyle choices also play a pivotal role in this equilibrium. Physical activity is a key factor in promoting a natural production of hormones and regulating their levels. Engaging in moderate exercise for 1.5-2.5 hours per week contributes to hormonal well-being. Simple changes in daily habits, like opting for walking or cycling instead of driving and choosing stairs over elevators, can have a significant impact on overall hormonal balance. Additionally, regular and sufficient sleep is paramount for maintaining hormonal balance. Striving for at least 7 hours of uninterrupted sleep at consistent times each night promotes overall well-being and energy levels. Adopting practices such as having an early dinner and avoiding screens before bedtime can enhance the quality of sleep.

Student Clubs

Launch of the Medad Club for Arabic Calligraphy



The Student Activities Department launched the The Medad Club for Arabic Calligraphy, in a ceremony attended by esteemed local calligraphers. The club, supervised by Mr. Mohammad Hossam Al-Nahas, the club's faculty advisor, intends to offer a series of artistic activities highlighting the beauty of Arabic calligraphy, such as organizing an introductory competition on calligraphy styles and workshops for writing names in Arabic calligraphy on wood.

The inauguration ceremony was also attended by renowned calligrapher Obeida Al-Banki, famed for his calligraphy in the Qatar Mushaf (Quran). It also featured a concise overview of the club's vision and objectives, followed by a stimulating dialogue with Al-Banki about his artistic journey and his notable experience with the Qatar Mushaf competition, culminating in invaluable advice for emerging calligraphers. Obaida Al-Banki expressed his delight at participating in the event, stating that he was pleased to engage in dialogue with the attendees. He found joy in observing the Arabic calligraphy works of the students, emphasizing the presence of promising talents that require nurturing and training, and expressing his belief in their eventual success.

Reflecting on the inauguration, Yousef Hassan, the Club's President, remarked, "It was an incredible feeling. The conversation with Mr. Obeida was not only enlightening but also inspiring. I was also proud to have some of the most esteemed calligraphers present at the opening of our club." The event concluded with a practical calligraphy session led by Al-Banki, where he demonstrated his skill by writing artistic phrases, allowing students to showcase their talents and benefit from his seasoned advice.

Feature

Maximizing the campus experience through active sports participation

By: Dr. Senaid Al-Marri, Director of the Sports Affairs Department



Many researchers believe that sports are an essential part of the comprehensive educational process. Engaging in collegiate sports, especially in contemporary settings, is regarded as crucial for students' integration into society, influencing their academic journey, fostering national progress, and serving as essential outlets for self-expression.

Dr. Ayed Ali Zureigat (2009) defined sports activities as physical and kinetic activities undertaken by individuals to achieve health, psychological, and social benefits. Engaging in these activities is considered one of the optimal ways to enjoy health and well-being, combat sedentary lifestyle diseases, enhance the efficiency of vital organs such as the respiratory system, and relieve neurological and psychological tensions, providing a sense of happiness and joy (Jennifer & Kimberly, 2021) without quickly feeling fatigue or exhaustion. Moreover, it aims to utilize leisure time, invest energy for the student's benefit, gain new experiences in various fields, foster social cohesion and healthy competition, develop leadership spirit, and promote sports awareness and culture (Awuf, 1978, p. 193) and (Al Ali, 1997).

Numerous studies have indicated that allocating time for students to engage in physical and kinetic activities enhances their ability to concentrate, focus, perceive, observe, visualize, imagine, and innovate, contributing to improving their academic performance compared to students who do not have such opportunities. Hence, emphasizing the importance of encouraging students continuously to engage in physical and kinetic activities and excel in them.

Qatar University is known for its diverse and qualified sports facilities capable of accommodating activities, training courses, sports tournaments, and students' healthy lifestyles in a safe environment without risks. The Sports Affairs department plays a vital role in meeting the sports needs of students, providing them with endless opportunities to join specialized sports teams, such as football, basketball, volleyball, and others, organizing tournaments, hosting university leagues, and academic events under the umbrella of the Qatar Collegiate Sports Federation. The department also seeks to attract students and train them to organize sports tournaments and events, aiming to increase the number of participants in sports facilities to include all students.

Performance Development

How can we listen better?

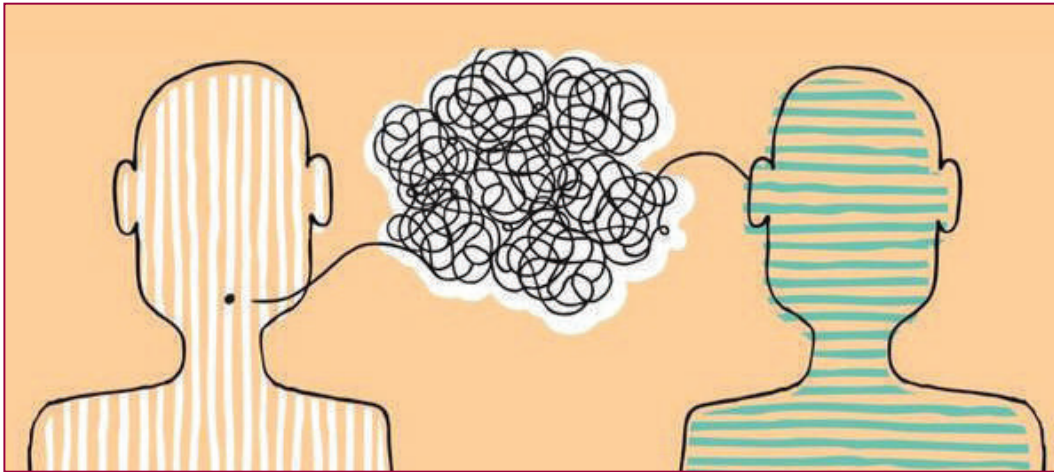
By Dr. Emad Abdellatif, Professor of Arabic Language, College of Arts and Sciences



Humans tend to learn speaking skills, but their need to learn listening skills might be greater. Al-Jahiz once said, “Whoever does not master silence cannot master listening, and whoever does not master listening cannot master speech.” While being an effective speaker is important, being a keen listener is equally vital. Eloquent speech may open doors to success, but attentive listening helps maintain those achievements. Good words are complemented by good listening. Observing those around us, we see that the most influential people are often not the best speakers, but the best listeners.

It's important to differentiate between hearing, listening, and active listening. Hearing is an involuntary process where our auditory system automatically picks up all sounds around us. Listening, on the other hand, requires intention and attention but is less focused than active listening, which involves fully engaging with the speaker. We need to recognize when to simply hear, when to listen, and when to actively listen, and also how to improve our listening skills. Enhancing our ability to actively listen involves several key recommendations:

1. Listen more than you speak: We have one mouth and two ears, and we benefit ourselves and others by resisting the urge to speak and prioritizing listening.
2. Understand your speaker: Effective listening involves being aware of who the speaker is, their context, and their purpose. It's important to accurately identify the speaker, understand the context, and grasp the intent behind their words. Additionally, one must comprehend the message and its deeper meaning, distinguish between fact and opinion, and assess the reliability of the information. Being mindful of the nature of the conversation is also crucial, whether it's a casual chat, a formal discussion, or a social small talk.



3. Engage all your senses: Listening isn't just about using your ears; it involves all your senses. Be mindful of the following:

- Look into your speaker's eyes to establish good visual communication.
- Avoid distractions, especially with mobile phones.
- Maintain consistent facial expressions aligned with your conversation goal.
- Avoid showing signs of boredom unless intentionally done.
- Don't yawn, check the time, or appear distracted unless intentionally done.
- Resist mental distractions and thoughts unrelated to the speaker's words.

4. Adjust your listening according to your relationship with the speaker:

- Listen to a friend showing signs of understanding, support, and encouragement.
- Listen to an adversary displaying signs of strength and contention.
- Listen to a stranger displaying signs of warmth and welcome.

5. Respect cultural sensitivities: One must be aware of cultural sensitivities when listening to individuals from different races and cultures. Sitting arrangements, personal space, interruption manners, and disagreement strategies vary from one culture to another, and one must be aware of these differences to avoid unintended offense.

6. Understand the unheard:

- Focusing on main ideas and the most important points.
- Paying attention to implicit and indirect communication as much as explicit speech. Trust your intuition.
- Attending to what's not said as much as what's said. Humans communicate in silence as much as in words.
- Noticing the speaker's tone and performance as much as the content; we can learn a lot about the speaker from their speech style.

7. Listen with your pen: If you're listening in a professional context, jot down what's most important. Memory can be unreliable, but writing is trustworthy.

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