

CAMPUS Life

DEC 2024

Highlights of 2024:
Celebrating Milestones and Shaping Tomorrow



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Content

3	—————	Editor's Note
5	—————	University News
9	—————	Q&A
11	—————	In Focus
13	—————	Agreements and MoUs
15	—————	Under the Microscope
17	—————	QU Press Publications
19	—————	College News
27	—————	Conversation with a Talented Student
29	—————	Comics
31	—————	Student Writing
33	—————	Creative Corner
37	—————	Sports and Recreation
39	—————	Student Clubs
40	—————	Feature
41	—————	Performance Development
42	—————	My University Album

Editor's Note



As we wrap up a year full of academic and research achievements at Qatar University, we are pleased to present this latest issue of *Campus Life*, timed with the conclusion of the Fall 2024 semester. This edition reflects the aspirations accompanying preparations for a new academic term, celebrating the collective efforts of students, researchers, and university teams.

In this issue, you'll discover highlights of the semester's major milestones—from sustainability initiatives at the agricultural research stations to groundbreaking innovations by our research teams. It also features dynamic coverage of events like art workshops merging tradition and modernity, inspiring interviews with talented students, and notable academic and athletic accomplishments that add to the university's distinguished record.

Our goal with this magazine is to offer a platform for the university community to share their creativity, document their success stories, and strengthen their sense of belonging and excellence. We believe this issue provides a holistic view of campus life and motivates everyone to continue striving for greatness.

We hope you enjoy an inspiring read and look forward to your contributions to enrich future editions of the magazine.

University News

QU President visits Agricultural Research Station

As part of Qatar University's commitment to promoting environmental sustainability and in line with Qatar Sustainability Week 2024, Dr. Omar Al-Ansari, QU President, visited the Agricultural Research Station to explore the latest innovative and practical solutions in sustainable agriculture. Accompanying him on the visit were Prof. Aiman Erbad, Vice President for Research and Graduate Studies, and Dr. Mohammed Alsafran, Director of the Agricultural Research Station.

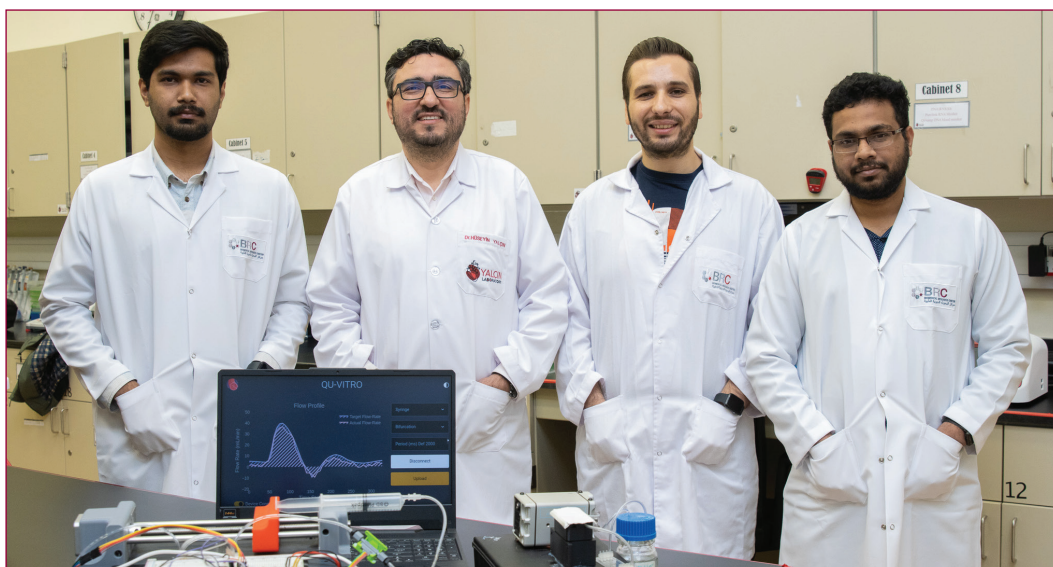
Commenting on the occasion, Dr. Omar Al-Ansari said, "I was delighted to tour QU's farm alongside several officials. The Agricultural Research Station is dedicated to developing innovative and sustainable agricultural technologies aimed at optimizing the use of natural resources and addressing the challenges of farming in arid regions."



As part of the university's efforts to create a sustainable environment, Dr. Al-Ansari highlighted the station's remarkable progress in developing and innovating sustainable organic farming practices. These innovations include crop rotation and the application of sustainable organic compost production on farms to enhance and preserve soil fertility.

It is worth noting that the station aims to be a leading entity in promoting food and environmental sustainability through scientific research, training, and community service. It also contributes to achieving sustainable development by supporting the national food security strategy, building human capacities, advancing the agricultural sector, and collaborating with related institutions.

QU researchers develop a programmable pump for cardiovascular investigations in the laboratory



Researchers at Qatar University are making strides in cardiovascular investigations with the development of a revolutionary programmable pump, named QU-Vitro. This innovative device is designed to accurately mimic blood flow in the cardiovascular system, significantly enhancing laboratory experiments on cultured cardiac cells. Dr. Huseyin Yalcin from the Biomedical Research Center is leading the project, which has the potential to revolutionize the way scientists' study both healthy and diseased cardiac cells.

Dr. Huseyin Yalcin, a principal investigator at QU's Biomedical Research Center, is leading a multidisciplinary team comprising experts from various departments. The project team includes Dr. Muhammad Chowdhury, Assistant Professor from the Electrical Engineering Department; Dr. Abdulla Khalid Al-Ali, Associate Professor from the Computer Engineering Department; and Dr. Abdelali Agouni, Professor of Pharmacology.

QU-Vitro is expected to revolutionize cardiovascular research by providing a more accurate and practical tool for studying cardiac cells. This device will support investigations into the initiation and progression of cardiovascular diseases, the testing of novel drug compounds, and tissue engineering applications. By closely mimicking native blood flow, QU-Vitro will enable researchers to achieve more reliable and relevant results in their experiments.

QU wins first place in University Chess Championship



Qatar University achieved a remarkable accomplishment by securing first place in the Universities Rapid Chess Championship at both the individual and team levels. The championship was held at Qatar Foundation under the patronage of the Qatar Olympic Committee, the Qatar Collegiate Sports Federation, and the Qatar Chess Association. The event featured intense and thrilling competitions.

Several local universities participated in the championship, including QU, Doha University of Science and Technology, Hamad Bin Khalifa University, Lusail University, and the Community College of Qatar. Representing QU were professional players Omar Abu Al-Rous, Omar Nazar, Ali Sharif, and Abdulrahman Al-Attas. The tournament was divided into team rounds representing universities and individual rounds representing players, culminating in five decisive rounds.

On the individual level, player Omar Abu Al-Rous clinched the gold medal by securing first place in the individual competition after a fierce contest with Mohamed Yilmaz from Doha University. On the team level, QU demonstrated clear dominance, earning the highest total points and securing first place, winning the championship trophy among all participating universities.

Champion Omar Abu Al-Rous expressed his immense joy over the victory, saying: "I thank Allah (SWT) for granting me success in this championship. My win is not a coincidence; I have participated in international tournaments since childhood. I am proud of the team's performance and the collective efforts that contributed to our university winning the championship cup."



QU organizes art workshops, merging Qatari heritage with contemporary art

The Culture and Arts Department, part of the Student Affairs sector, in collaboration with the Art Education Department at the College of Education, organized a series of art workshops aimed at exploring and developing contemporary artistic techniques by incorporating elements of Qatar's rich heritage. These workshops drew significant student participation, providing them with an opportunity to draw inspiration from Qatari cultural heritage and integrate it into their modern artistic creations.

The official opening of the workshops was attended by Dr. Mohammad Diab, Vice President for Student Affairs, who emphasized the importance of such workshops in refining students' talents and acquainting them with the distinctive features of Qatari heritage and identity. He also highlighted the need to enhance students' ability to draw inspiration from this heritage in ways that align with contemporary trends.

In his remarks on the occasion, Mr. Abdullah Al-Mulla, Director of Student Activities, stated: "These workshops aim to empower students to express Qatari heritage and identity artistically in innovative ways that resonate with the modern era. This initiative deepens their understanding of Qatari traditions and demonstrates how to incorporate these elements into contemporary art."



The workshops featured diverse creative activities that reflect Qatari heritage. In one workshop titled 'Qatar with a Van Gogh Touch,' students Badour Al-Ghraihiq and Falwa Al-Marri drew inspiration from Vincent van Gogh's vibrant colors and bold brushstrokes, incorporating elements of Qatari heritage such as cultural landmarks and natural landscapes. Another workshop, 'The Past and Present,' led by Reem Al-Humaidi and Shareefa Al-Maadadi, focused on blending traditional Qatari heritage with contemporary art, showcasing how traditional architecture and modern transformations can coexist in innovative ways.

Additionally, the 'Ceramic Art' workshop, presented by Sheikha Al-Muraikhi and Malak Al-Jalhani, explored Qatar's natural environment, including desert plants and marine life, through ceramic creations. The students creatively captured these elements, showcasing Qatari identity by reinterpreting traditional ceramics in a modern artistic form.

Q&A

In an Interview with Campus Life

Dr. Saeed Al-Meer, Director of QU's Young Scientists Center

“We focus on empowering Qatari youth in science and technology to achieve Qatar National Vision 2030.”



In an exclusive interview with Campus Life, Dr. Saeed Al-Meer, Director of QU's Young Scientists Center, highlighted the significant opportunities the center offers Qatari youth in STEM fields. He also discussed the center's vital role in empowering future generations to achieve academic and innovative excellence, as well as the challenges it faces in meeting its objectives. Dr. Al-Meer outlined the center's strategies for fostering a robust research environment and supporting Qatar National Vision 2030 through innovative programs and initiatives aimed at developing the skills of Qatari youth in these fields. Below are the key highlights of the interview:

Can you share with us the goals of the Young Scientists Center?

The Center aims to achieve research excellence that actively supports sustainable national development. Its research seeks to have a positive impact on society by providing innovative solutions that contribute to building a knowledge-based, innovation-driven economy, while aligning with Qatar National Vision 2030. The Center's mission is to establish a high-quality research community and create an educational environment that promotes scientific research and innovation. This empowers emerging generations to excel in the fields of STEM. The Center also nurtures students' skills, capabilities, and personal traits, preparing them to become future leaders of the nation.

How does the Center contribute to encouraging students to pursue STEM fields?

The Center plays a key role in encouraging students to pursue careers in STEM through a variety of programs and initiatives designed to enhance their skills in these critical areas.

The Center offers interactive, research-driven programs and hands-on experiences, allowing students to apply theoretical knowledge in real-world settings that reflect scientific challenges. It also organizes workshops, scientific competitions, and exhibitions to inspire innovation and creativity, helping students develop problem-solving abilities and critical thinking.

In addition, the Center provides mentorship and guidance programs, enabling students to engage with academics and experts from diverse fields, expanding their professional and intellectual horizons. The Center also works to establish connections with industry sectors and stakeholders, offering internships and field visits that enrich students' experiences and prepare them for the workforce.

Through these comprehensive initiatives, the Young Scientists Center plays a vital role in shaping a generation of graduates who are equipped with both practical and academic skills, empowering them to make valuable contributions to the development of science and technology.

How has the Center contributed to the success and development of its students in various scientific and innovative fields?

The number of students participating in all of the Center's programs and initiatives since its establishment has reached nearly 13,000 students from all educational levels overseen by the center. The Center has successfully worked with these students to generate 2,797 innovative project ideas, applying what they learned in workshops and scientific programs to develop and present solutions to contemporary challenges in various fields. The Center has also ensured student participation in local and international competitions and conferences, providing opportunities for them to showcase and share their ideas and research projects. Our students have won 103 awards in various competitions, including the ISEF competition in the United States, ITEX in Malaysia, iCAN in Canada, and other distinguished contests in scientific research and innovation. The Center itself has won 18 awards, including

the prestigious WISE Award for Innovation in Education in 2015.

Are there any other significant achievements the Center has made in the field of scientific research and innovation?

One key achievement is the authorship and publication of a book on the methodology and innovative approach to teaching scientific research, titled "Rebuilding Education: STEM Teaching Practices and Research in the Post-COVID-19 Age." In addition, the Center presented a theory titled 'Research Cognitive Theory,' which links the research learning environment to three main factors.

What are the Center's future plans for developing scientific research and student education?

The Center has an ambitious vision for the future, aiming to advance scientific research and student education in alignment with Qatar National Vision 2030 and the strategic goals of QU. The Center plans to increase research output by publishing papers that focus on innovative strategies and mechanisms in education, contributing to the creation of modern educational frameworks that improve students' skills and capabilities in line with job market demands.

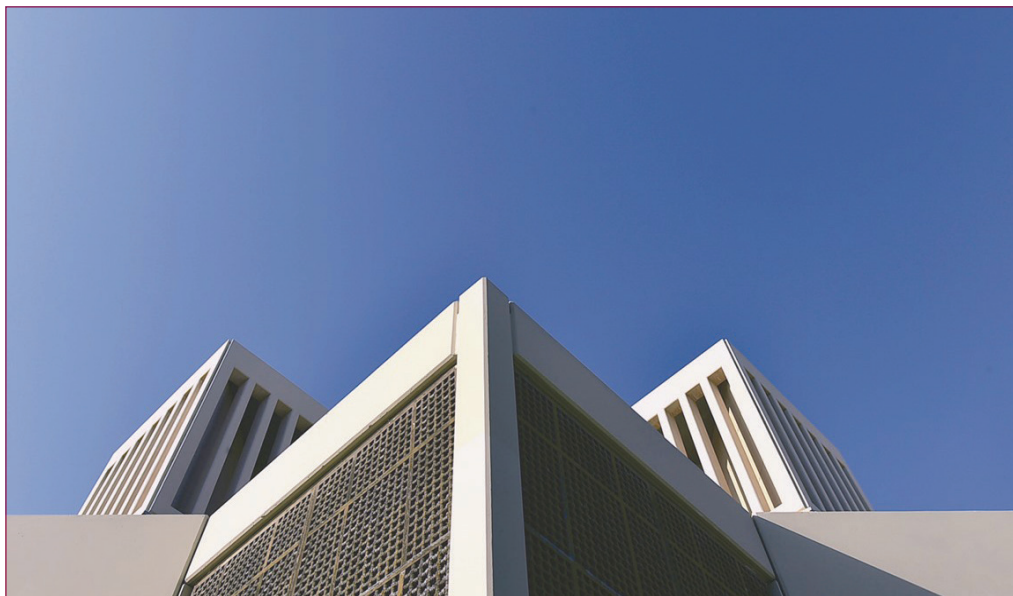
The Young Scientists Center also strives to expand its collaboration with various colleges and departments within the university, ensuring students from diverse disciplines have opportunities to engage in scientific research. This will foster their interest in STEM fields and enhance their passion for innovation and discovery. Furthermore, we aim to establish and strengthen partnerships with local and international institutions to offer joint training programs, facilitate knowledge exchange, and increase research and development opportunities for students.

Part of our future plans is to incorporate advanced technologies, such as artificial intelligence and data analytics, into educational and research environments, enabling students to benefit from the latest tools that enhance the quality of both education and research.

In Focus

The Honors Program: A distinctive learning experience that strengthens academic and professional skills

The Honors Program at QU's Deanship of General Studies, is the optimal choice for students seeking an advanced curriculum, exploring diverse perspectives, stimulating their intellectual curiosity, and fulfilling aspirations for leadership capabilities through their academic journey in the program. This special report sheds light on this unique academic program, as we interviewed the program's director, students, and alumni who shared their experiences and the program's impact on their academic journey.



Dr. Yousri Marzouki, Director of the Honors Program, stated, “The program aims to provide outstanding and ambitious students with a rich, interdisciplinary academic experience that emphasizes student-centered and experiential learning. The program focuses on developing essential skills that enable students to succeed academically and professionally, extending its benefits beyond the classical classroom settings. To achieve this, the program creates a dynamic environment that empowers students to become leaders and innovators by prioritizing active and interactive learning through small groups and co-curricular activities like field trips to museums and educational sites.”

Regarding the admission criteria and student selection, Dr. Marzouki said, “Enrollment opens every Fall and Spring semester for undergraduate students based on specific criteria. Students are selected based on their cumulative GPA and applicants must have completed 15 credit hours with no academic or disciplinary violations. After passing a personal interview, students are required to take an essay writing exam to assess the fundamental skills needed to complete the study plan of the program.”

Speaking about the program's benefits, Dr. Marzouki said, "The benefits are numerous, including being among the top honorees at graduation ceremonies, wearing the Honors Program sash, and receiving an official transcript reflecting participation in unique coursework. Students also enjoy early registration for courses, free enrollment in the program's exclusive modules, and the opportunity to undertake a distinctive capstone graduation research project that offers a unique learning experience."

Dr. Marzouki also highlighted the main challenges faced by the program, saying, "The main challenges lie in addressing the diverse needs of students, as it is difficult to design curricula that meet everyone's requirements, especially with the growing number of students. Finding the balance between academic education and extracurricular activities also poses a significant logistical challenge." He added, "Incorporating modern technologies, such as artificial intelligence, into the educational process requires continuous updates to the curriculum and ongoing training for faculty members."

Dr. Marzouki emphasized the importance of international partnerships, stating, "At the international level, there are plans to expand international partnerships, and we are currently enhancing collaboration with the National Collegiate Honors Council (NCHC) in the United States, enabling us to exchange experiences and best practices with other excellence programs worldwide. At the national level, the program is currently running pedagogical activities in collaboration with the National Museum of Qatar and Qatar National Library to create educational channels that provide students with a hands-on experience aligned with the learning outcomes of the program."

Student Feedback

Adeeb Khalil Ibrahim Al-Shabrami, a student in the program, shared his experience, stating, "I joined the Honors Program because it offers a rich, interdisciplinary educational experience focused on self-learning and skill development. The program will enhance my chances of being accepted into graduate studies."

Al-Anoud Al-Rumaithi, an alumna of the program, emphasized its impact on her career, "The program significantly enriched my personal and professional journey. It broadened my horizons and strengthened my resume, particularly during job interviews. Discussing the program and explaining its role is impressive for potential employers."

Abdulrahman Hashem Al-Sayed, a current student, highlighted the leadership skills he gained: "The Honors Program equips me with life and academic skills that prepare me for the evolving job market. It also enhances my academic leadership abilities, a realization I had after leading the Legal Awareness Club and QU Student Representative Board."

Mashael Mohammed Al-Dosari, a student in the program, noted, "I decided to join the program because it's an excellent opportunity to hone my academic and personal skills. It offers a diverse environment where we share knowledge and learn from each other."

Al-Dana Al-Kaabi, an alumna, shared how the program built her leadership skills, "The program provided me with valuable skills in problem-solving, analytical thinking, and adaptability, which helped me build leadership skills that have been beneficial in my career."

The Honors Program at QU is a leading educational model, equipping students with essential skills to achieve their academic and professional goals. It serves as an optimal platform for nurturing creative and future leaders in society.

Agreements and MoUs

QU 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.



The following are the main agreements of the year:

- QU and the National Service Academy (NSA) signed a MoU to strengthen cooperation in the fields of education, research, and training. The MoU reflects a shared commitment to exchanging expertise and enhancing institutional capabilities in alignment with mutual interests and to support comprehensive national development. The objectives include exchanging expertise and information between the two institutions, organizing joint conferences, workshops, and lectures to promote scientific collaboration, and offering training courses to enhance individual competencies and develop skills within the Qatari community. The MoU will also facilitate the implementation of educational, training, and research programs aimed at building the capabilities of Qatari youth and contributing to the spread of a culture of volunteerism.

- QU and QatarEnergy signed a MoU to reinforce cooperation in exchanging best practices and expertise in critical areas such as education, training, research and development, entrepreneurship, and strengthen the foundations of cooperation in education. Through this collaboration, QU and QatarEnergy will embark on implementing programs designed to develop the skills and competencies of Qatari nationals and will help enhance mutual efforts through shared initiatives in various vital energy industry sectors. These initiatives will cover a spectrum of disciplines, including engineering, information technology, and other vital sectors integral to the energy industry.
- In a significant step towards fostering collaboration in the pharmaceutical sector, QU signed a MoU with QLife Pharma. This agreement aims to strengthen partnerships in scientific, technical, administrative, and research domains, marking a pivotal moment for both institutions.
- QU and Manateq signed a MoU to strengthen cooperation in a variety of scientific, technical, research, and administrative fields. This strategic partnership aims to establish long-term collaboration that promotes the exchange of expertise and information, such as newsletters, journals, statistics, and data. It also encompasses joint efforts in organizing studies, conferences, meetings, training programs, research projects, and other activities of mutual interest.
- QU signed an MoU with Qatar Pharmaceutical Industries to enhance joint cooperation in the field of pharmacy. The memorandum aims to establish a foundation for collaboration in the exchange of expertise and information, including newsletters, journals, studies, statistics and other data. It also seeks to facilitate joint studies, organize conferences, meetings, training, research, and studies, as well as cooperation in other areas of mutual interest. Additionally, it encompasses collaboration in all scientific, technical, administrative, and research fields.



Under the Microscope

The Theory of Universes in Arabic Criticism and Rhetoric: Questions of the Apparent and the Limits of the Imagined



Professor Moulay Youssef El Idrissi, from the Department of Arabic Language at the College of Arts and Sciences, published a research paper titled “The Theory of Universes in Arabic Criticism and Rhetoric: Questions of the Apparent and the Limits of the Imagined” in the Association of Arab Universities Journal. This peer-reviewed, indexed journal is issued periodically by the Faculty of Arts and Sciences at Yarmouk University, Jordan. The paper was published in Volume 2, Issue 2, 2024.

The study builds on the ‘Theory of Universes’ from Aristotelian poetics, leveraging its theoretical and methodological transformations in cognitive sciences and modern epistemological approaches. It examines how Arab critics historically conceptualized creative phenomena and poetic activities, exploring their perspectives on cognitive determinants, psychological factors, mental processes, and the theoretical and practical components they employed to understand the intellectual activities and perceptive representations involved in navigating between worlds and objects through language. The study highlights how these processes, grounded in conceptual blending, allow for the reconfiguration and expression of sensory realities through diverse linguistic and poetic forms, transforming material realities into mental representations and aesthetic expressions.

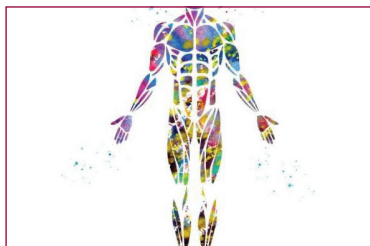
By adopting a cognitive science approach and analyzing poetics as an expressive activity linked to critical discourse, the research seeks to overcome the fragmentary perspectives that have often characterized studies on Arab critical heritage. It employs a systematic methodological approach to examine criticism and its concepts holistically, emphasizing their theoretical coherence and methodological consistency. The study also uncovers hidden interconnections between aesthetic, linguistic, cognitive, and functional aspects, which have been central to Arab critical thought despite their apparent divergence in traditional analysis. The systematic approach adopted in the study reveals that many of the concepts and terminologies in classical Arabic criticism were shaped by cognitive mechanisms. These mechanisms were concerned, to varying degrees, with the expressive and mental pathways of poetic experiences as they transcend the apparent to uncover the hidden beauty. The study sheds light on the unique psychological activities that influence a poet’s perceptions, enabling them to construct their ‘poetic universe’ by surpassing sensory realities and penetrating the visible and apparent to create new and distinct imaginative worlds.

The research concluded that examining classical Arab critical discourse, particularly through the tools and concepts of cognitive sciences, provides valuable insights. It highlights that the issues explored by prominent critics—despite their apparent divergence from the topic of poetic creativity—were fundamentally concerned with answering the question of the nature of poetic universes created by poets and the boundaries and relationships between sensory perception and mental imagination.

This focus is evident in their engagement with poetics, their dedication to defining its essence and characteristics, uncovering its creative secrets, and delineating the fine cognitive and mental distinctions between faculties such as acumen, sensation, intelligence, intuition, psyche, and imagination. They also sought to classify its psychological stages and emotional states, describing the unique features of each stage and state. Their analyses delved into the boundaries between natural talent and artifice, truth and falsehood, and their approaches to rhetorical genres and levels of meaning and suggestion.

Furthermore, their interpretations addressed the emotional immersion of the audience, which occurs ‘without deliberation or thought,’ in alignment with the imaginative demands of the poem. They also explored poetic structures, including the *nasib* (introductory section of classical odes), rhetorical genres, and other elements that reveal the mysteries of poetics. This detailed focus illustrates the cognitive specificity, expressive features, and imaginative qualities of poetry, closely linked to mental transitions, psychological representation, and perceptual conceptualization.

Fit, Fast, and Forever Young: The Magic of Exercise while Fasting



A recent study published in the journal *Biomedicine*, explores the joint effects of exercise and Ramadan fasting on telomere length, a crucial marker for cellular aging. This research was led by Shamma Al-Muraikhy, a PhD student at the University of Groningen and Senior Research Assistant at the Biomedical Research Center, Qatar University. It was conducted under the supervision of Dr. Mohamed A. Elrayes, Director of Basic Research at QU Health Sector, with contributions from co-authors such as Dr. Maha Sellami from the Physical Education Department in QU's College of Education.

The study highlights the significance of telomeres, which are protective caps at the ends of chromosomes. Their length is an important indicator of biological aging, with shorter telomeres linked to increased susceptibility to age-related diseases. With many individuals observing Ramadan, this research offers valuable insights into how fasting, when combined with regular exercise, may slow cellular aging and promote health.

The study involved 29 healthy, non-obese women aged 20-30, who participated in a four-week exercise program during Ramadan fasting. Participants were split into two groups, one followed a traditional exercise training program, while the other combined exercise with daily fasting for 14 hours. Various assessments, including fitness tests, blood samples, and cardiovascular measurements, were conducted before and after the intervention to evaluate changes in telomere length and overall health.

The findings were promising. The group that engaged in both fasting and exercise exhibited a significant increase in telomere length compared to those who exercised without fasting. Additionally, participants in the fasting-exercise group showed improvements in health markers, including reduced inflammation and elevated levels of high-density lipoprotein (HDL) cholesterol. These results suggest that this combined approach may be a natural strategy to promote health and vitality while potentially reducing the risk of age-related diseases.

The research underscores the importance of understanding how lifestyle factors, such as exercise and fasting, impact cellular aging. The findings suggest new pathways for accessible interventions that can contribute to longevity and well-being. This innovative approach may lead to practical strategies for individuals seeking to enhance their cellular health and improve overall vitality, particularly during Ramadan.

Building on these promising results, the research team plans to expand this study with a larger and more diverse participant group. Future research aims to confirm the initial findings and investigate how different types of exercise and fasting regimens affect telomere length and aging. The team also intends to explore the underlying biological mechanisms and assess whether the benefits of this lifestyle approach extend to various age groups and individuals with different health profiles.

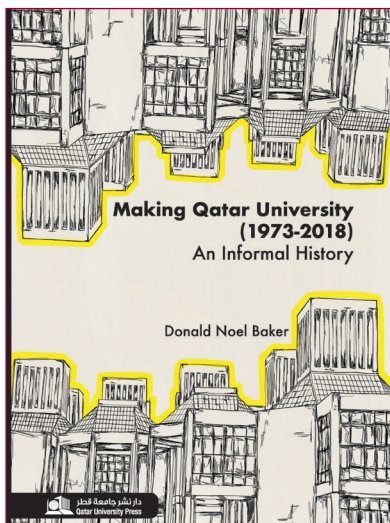
This significant research collaboration involved contributions from several key partners, including QU's Biomedical Research Center and the Physical Education Department, the Groningen Research Institute of Pharmacy at Groningen University in the Netherlands, Hamad Medical Corporation (HMC), and QU's College of Medicine. It was supported by QU's International Research Collaboration Co-Fund (IRCC).

QU Press Publications

Book Title: Making Qatar University (1973-2018): An Informal History

Author: Donald Noel Baker

Publisher: Qatar University Press, Doha–Qatar, 2024



Published a few months ago by Qatar University Press, this groundbreaking book explores the history of Qatar University. It traces the institution's five-decade journey as both an intellectual and scholarly hub and a driving force behind Qatar's cultural and socio-economic development.

The book makes the case for educational reality in the context of the prevailing social and economic situation in the Arabian Peninsula in the early 1950s. It provides systematic and comprehensive content on the historical development of QU. From its beginning in 1973 in teacher education programs through its founding in 1977 and its 40th anniversary in 2018, QU has evolved from an undergraduate university into a comprehensive national university offering undergraduate, professional, and graduate degrees to the PhD level.

The book focuses on a period of nearly half a century, highlighting how QU has shaped a unique intellectual journey. Indeed, QU has advanced its goals by moving from preparing teachers and academic graduates, to becoming a national institution and symbol that contributes to building a nation by expanding the scope of its programs to meet the growing economic, social and cultural needs of the state, and developing a shared sense of national identity for its students.

In addition, the book comprises chapters showing the development of QU's organizational and operational structure since its formal establishment, in terms of the development of the organizational structure of the university's departments, colleges, and research centers, in addition to detailed statistics on the development of the number of university members from faculty members as well as graduates at various stages.

The book emphasizes QU's accomplishment in keeping pace with a rapidly changing society at all cultural, and socio-economic levels, and its effective contribution to the development of a knowledge-based economy, which is a major national goal. The university has acquired a prominent position in international networks that produce research on local and global issues. Its partnerships with prestigious international research institutions has led to its steady rise in the international university rankings, reaching the 251-300 range in a list of more than 1,200 institutions in the QS World University Rankings in 2018, and it is now on track to reach 173rd place in the 2024 ranking. One of QU's most prominent achievements is its eligibility for American institutional accreditation, achieved in 2022. This makes QU an active player in enhancing Qatar's global standing.

A large section of the book also explores the impact of QU from several perspectives, such as its economic impact through the formation of human capital, its political impact by strengthening and sustaining state and civil institutions, creating political and social elites, its impact on the social structure of the state through influencing Qataris and residents' relationships and interactions, in addition to its cultural impact through the production and dissemination of ideas and modes of thinking.

The book concludes by highlighting QU's future role, prospects and challenges, as it seeks to be a platform of knowledge and enlightenment in Qatar's future. Thanks to its rising research profile, QU has risen steadily in international rankings and has become an important element in Qatar's international profile. QU's development during its first 40 years suggests that it will continue to serve as a vital interlocutor between the nation's past, present and future.

In summary, the book highlights how QU has supported a society experiencing exceptionally rapid transformation while contributing to the growth of a knowledge-based economy. It further illustrates how QU has become a vital national symbol, championing the public good.



College News

Health

Celebrating the First Interprofessional Education Passport Ceremony



Qatar University's Health Sector celebrated the inaugural Interprofessional Education (IPE) Passport Ceremony, recognizing 86 health professions graduates—71 from QU and 15 from University of Calgary - Qatar—who completed the IPE Passport Program, promoting collaboration among healthcare trainees.

Prof. Mohamed Ahmedna, Associate Vice President for Academic Quality and Strategy at QU Health, highlighted the development of IPE at QU, starting with its integration into the pharmacy curriculum in 2014 and later expanding to include other healthcare programs, leading to the establishment of the QU Health Sector in 2017.

Dr. Alla El-Awaisi, Director of Clinical Operations and Engagement at QU Health Sector, highlighted the importance of these graduates in driving change, stating, "The IPE program has equipped you to dismantle traditional silos and foster understanding and cooperation among various health professions. Equipped with a deep understanding of the importance of teamwork and collaboration; you will play a pivotal role in shaping the future of health."

The IPE Passport Program offers numerous benefits to students, motivating them to actively participate in structured interprofessional education activities that are integrated into their courses. Additionally, the passport provides formal recognition that students have met the IPE requirements, and upon completion, they receive a certificate signed by the Vice President for Health and Medical Sciences, enhancing their CVs and portfolios.

QU Health Sector's mission is to design, implement, and evaluate IPE initiatives, ensuring that health profession students from various professions develop the skills necessary for integrated, patient-centered care. The IPE Committee now includes representatives from 14 programs across four institutions: QU, Weill Cornell Medicine – Qatar, University of Calgary – Qatar, and University of Doha for Science and Technology.

College of Law

Hosting the Chief Justice of the Federal Court of Malaysia



Dr. Talal Al-Emadi, Dean of the College of Law, welcomed HE Tengku Maimun binti Tuan, Chief Justice of the Federal Court of Malaysia. He expressed gratitude for her lecture at the College of Law, titled “Insights into the Legal System of Malaysia,” and emphasized the value of exchanging knowledge and experiences between Her Excellency and the college's faculty.

In this context, the Dean highlighted the ‘Judges of Tomorrow’ program, launched by the College of Law in collaboration with the Supreme Judiciary Council. This initiative aims to prepare a new generation of law students with the core legal skills required to pursue a judicial career in Qatar, while instilling respect for the country’s esteemed judicial traditions and ethical standards.

He also discussed the unique characteristics of the legal systems in both countries, emphasizing how studying the differences between them can enrich the college’s comparative legal systems courses. Furthermore, he highlighted the value of learning from practical experiences through activities such as mock trials and legal clinics, in line with the college’s commitment to applied legal education.

College of Arts and Sciences

Honoring the winners of the University Fasih 2024 Poetry Competition



The College of Arts and Sciences celebrated the winners of the third edition of the University Fasih competition, organized by the Department of Arabic Language in collaboration with the Culture and Arts Section under the Student Activities Department. Held under the theme 'Our Values and Traditions Define Our Identity,' the event aimed to promote authentic Qatari values and traditions rooted in Arab-Islamic culture.

The competition saw extensive student participation, with many presenting creative poems inspired by Qatari values and traditions. A specialized judging panel of literary scholars and critics from the Arabic Department evaluated the submissions. The results crowned Abdulrahman Rajeh as the first-place winner for his poem 'Identity: My Final Will,' followed by Mohamed Yaqoub Al-Yousef in second place for his poem 'Our Values, Our Pinnacle.' Adel Mohamed Abdulhamid Al-Mawlawi secured third place for his poem 'The Ancestors' Legacy.'

Dr. Abdeslam Ismaili Alaoui, Head of the Arabic Language and Literature Department, described the competition as a distinctive literary season reminiscent of the ancient Arab poetry markets. He noted that such literary initiatives nurture student creativity and develop literary skills, expressing pride in all participants who delivered exceptional poems.

In his speech at the ceremony, Mr. Abdullah Hamed Al-Mulla, Director of Student Activities, congratulated the winners, commended their creativity, and emphasized the importance of students continuing to refine their poetic talents. He stated, "We are committed to honing student talents and preparing them to participate in local and international competitions, representing the university in the best possible way."

The University Fasih competition is part of QU's ongoing efforts to promote Arabic culture and language and to highlight the role of poetry in expressing national identity and solidifying cultural values.

College of Engineering

Strengthening communication between Electrical Engineering students and Industry Sector



The Electrical Engineering Department at the College of Engineering hosted a special event focused on fostering effective communication between electrical engineering graduates and QU students, exploring both opportunities and challenges. Alumni working in the industrial sector were invited to share their professional experiences with current students.

The event featured distinguished alumni, including Eng. Ahmed Al-Kuwari, Senior Engineering Support Manager at Barzan Holdings; Eng. Yazan Qablawi, Power Systems Engineer at Iberdrola Innovation; and Eng. Hamad Najjar from Qatar Airways. The session was moderated by Prof. Rashid Al-Amari, Professor of Electrical Engineering at QU, and was marked by open discussions where students had the opportunity to ask alumni about their experiences and professional lives.

In his remarks, Dr. Mohamed Al-Hitmi, Head of the Electrical Engineering Department, emphasized the importance of the event, stating, "We believe in the significance of strengthening the connections between students and graduates and providing such events that contribute to preparing our students to face future challenges. We are proud of our graduates who set exemplary models, and we appreciate their efforts in sharing their rich experiences with our students, which helps in preparing a distinguished generation of engineers capable of contributing to the development of society."

He added, "The real-life experiences shared during the event greatly inspired the attendees. The speakers provided valuable practical advice and guidance on how students can navigate the postgraduation transition."

At the end of the event, both students and graduates expressed their gratitude for this valuable initiative, which allowed them to exchange knowledge and experiences. The department hopes to continue organizing similar gatherings that enrich the academic and professional journeys of its students.

College of Education

Launch of the 9th edition of the Sheikh Faisal Bin Qassim Al Thani Educational Research Award



The College of Education, in cooperation with AlFaisal Without Borders Foundation (ALF) launched the 9th edition of the Sheikh Faisal bin Qassim Al Thani Educational Research Award for the academic year 2024-2025. This award is given annually to outstanding researchers from academic scholars, teachers, school principals, and professional practitioners in the Arab world. Its aim is to promote research, knowledge production, enhance educational practices, and develop educational policies.



HE Sheikh Faisal Bin Qassim Al Thani, Chairman of the Board of Trustees, celebrated the launch of the 9th Sheikh Faisal bin Qassim Al Thani Educational Research Award, emphasizing its role in supporting educational research across the Arab world. QU President Dr. Omar Al-Ansari praised ALF's collaboration and highlighted the award's significance in promoting excellence and innovation in teaching and learning.

Dean of the College of Education, Dr. Asma Al-Attayah pointed out that the award has become a beacon for developing educational research and providing an opportunity for researchers from various Arab countries and experts to exchange experiences and distinguished research ideas.

College of Business and Economics

Achieving Gold-Rating GSAS Certification for Sustainable Operations from GORD



The College of Business and Economics achieved a prestigious milestone by earning the Gold-rating GSAS (Global Sustainability Assessment System) Operations Certification from the Gulf Organisation for Research & Development (GORD).

This significant milestone underscores the college's unwavering commitment to advancing sustainability by developing responsible future leaders and providing knowledge-driven, context-specific solutions to address the region's unique sustainability challenges.

Over the past two years, the college has actively engaged not only students and educators but also practitioners, policymakers, and governments to drive sustainable change and contribute to the broader mission of integrating sustainability into business education and practice.

Prof. Rana Sobh, Dean of the College of Business and Economics, stated, "I am proud that we have achieved GSAS certification, demonstrating our commitment to practicing what we teach. Sustainability is at the core of our values, and this certification shows that we are not just talking about environmental responsibility—we are living it. By creating a sustainable campus environment, we aim to be a role model for our students and faculty, inspiring them to embrace and lead sustainability efforts in their own careers and lives."

Dr. Yousef Mohammed Alhorr, Founding Chairman of GORD, highlighted the critical role of sustainability in education, emphasizing that effective operational management is key to minimizing a project's long-term carbon footprint. He noted that prioritizing sustainability enhances campus life through energy efficiency, community well-being, and technological innovation, fostering a resilient environment for living, working, and studying.

Eng. Mai Fetais, Director of the Facilities and General Services Department at QU, stated, "We are proud to announce that building has been awarded the first GSAS Gold certification for operation. This achievement marks a significant milestone as the first GSAS Operations certification for the university, and we are committed to expanding sustainable operations across other areas of the campus in the coming years."

The college sees this certification as the beginning of a wider movement within Qatar's educational landscape. With this milestone, the college hopes to inspire other institutions to follow its example, creating a ripple effect that strengthens the sustainability culture throughout the country's academic institutions.

College of Sharia & Islamic Studies

Organizing a seminar on 'Dialogue in Universities: Bridging Culture and Practice'



The College of Sharia and Islamic Studies, in collaboration with the Doha International Center for Interfaith Dialogue (DICID), organized a cultural seminar titled 'Promoting the Culture of Interfaith Dialogue Among Academic Professionals and Intellectual Elites.' This event is part of the 'Dialogue in Universities: Bridging Culture and Practice' initiative launched by the center to foster values of tolerance and constructive dialogue among religions and cultures.

In his opening remarks, QU President Dr. Omar Al-Ansari emphasized QU's role as a platform for dialogue among academic elites striving to embody coexistence and mutual understanding. He expressed his delight at hosting this seminar in collaboration with the center, commending its efforts in promoting interfaith and intercultural dialogue. Dr. Al-Ansari reiterated the university's commitment to fostering dialogue and cultural rapprochement in line with Qatar's vision.

Dr. Ibrahim Al-Naimi, DICID Chairman, expressed his gratitude to QU for hosting the seminar and highlighted the ongoing collaboration between the two institutions in advancing the culture of dialogue and coexistence. He noted that this initiative reflects the university's dedication to raising awareness and promoting values of interfaith and intercultural dialogue.

The seminar featured a panel discussion moderated by Prof. Aisha Al-Mannai, Vice Chairman of the Center's Board of Directors, in which panelists explored the importance of interfaith dialogue within educational and cultural institutions. The discussions featured contributions from Dr. Dheen Mohamed, Professor of Comparative Religion at HBKU; Dr. Abdelkader Bekhouche, QU Professor; Dr. Azzeddine Mamiche, Chair of the ICESCO Chair for the Alliance of Civilizations at QU; and Dr. Sekou Marafa Touré, Senior Researcher at the Doha International Center for Interfaith Dialogue.



Conversation with a Talented Student

QU Talent, Rodha Al-Yafei:

“Creative writing is my way of sharing ideas and connecting with people”

In this issue, we shine a spotlight on the exceptionally talented Rodha Al-Yafei, a third-year Secondary Education – Social Studies student at Qatar University. At just 20 years old, Rodha has already left her mark on the university community, fueled by her passion for creative writing. Through this unique talent, she brings her ideas to life and shares her visions with others. In an exclusive interview, Rodha opens up about her inspiring journey, her impressive achievements, and the aspirations that drive her forward. Join us as we get to know her vibrant personality.



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

My family played a pivotal role in nurturing my talent for creative writing. From the very beginning, they created a supportive and inspiring environment that fueled my passion. Their unwavering encouragement and faith in my ability to express myself through words boosted my confidence and inspired me to delve deeper into the world of writing. They also took great care to nurture my skills by providing inspiring books and literary resources, which helped me refine my style and expand my horizons.



***Has this talent had a positive impact on your life?**

Creative writing has had a deeply positive impact on my life in many ways. It has been more than just a tool for expressing my thoughts—it has become a gateway to understanding the world around me and fostering meaningful connections with others. Writing has sharpened my ability to think creatively and systematically, while also helping me overcome life's challenges by channeling my emotions and ideas into artistic expression. This journey has not only boosted my confidence but also provided me with a platform to inspire others, spark meaningful conversations, and recognize the power and importance of my literary voice.

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

My passion for creative writing began in fourth grade when I discovered my love for literary expression and my desire to craft ideas and stories in new and innovative ways. Arabic

language teachers played a crucial role in fostering this talent, encouraging me to refine my style and showcase my creativity throughout my academic journey. Their continuous support and guidance helped me believe in my potential to excel in writing, and their inspiration drove me to keep developing my literary skills.

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

My creative writing journey is driven by a few key goals. I aim to deepen my understanding of both Arabic and global literature, seeking new techniques and inspiration to enrich my writing. I also plan to share my work—stories and articles—through various platforms like blogs and literary websites, reaching a wider audience. Connecting with other writers through workshops and seminars is a priority, as it will help refine my style through valuable feedback. Ultimately, I hope to publish a book compiling my best work and explore different genres to connect with a broader, more diverse audience.

*** Does having this talent present a challenge for you, particularly as you are nearing the end of your journey as a university student?**

No, creative writing isn't a challenge for me, even as a third-year university student. Despite the academic demands and tight schedule, I find writing to be a refreshing outlet and a source of positive energy that helps me manage academic pressures. In fact, writing helps me organize my thoughts and improve my focus, which in turn has a positive impact on my academic performance. I see my writing talent as an important part of my academic journey and strive to maintain a balance between both, enabling me to grow in each.

Comic

Artist: Abdulaziz Sadiq





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↑ WALK PRESS BOX 8411

SECTION 10 / القسم 10
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↑ OFFICE HOURS - MALE 8209
↑ OFFICE HOURS - FEMALE 8202
↑ AUDITORIUM 8208

Student Writing

Poetry: A Journey into the Art of Expression and Creativity

By Mohammed Al-Youssef Al-Tamimi, College of Arts and Sciences



My journey with poetry has spanned many years, during which I have explored the world of beautiful Nabati poetry. I have written in all its forms, experimented with various rhymes, and mastered its structure with careful attention to detail. I've engaged in poetic exchanges with other poets and published my first Nabati poetry collection, Baten Al-Hoot, nearly ten years ago. I later released Al-Yaqteen, and my third collection is soon to be published, as it is already prepared.

My path in classical poetry began at QU, where I am proud to be a student of Arabic. I take great pride in both my university and the Arabic Department, which works diligently to inspire students and nurture a love for our rich language. I also had the honor of reciting a poem for the 'Speak to Me in Classical Arabic,' initiative recently organized by the university.



Creative Corner

Does strength get tired?

By Shahd Jadalla, College of Pharmacy Student



Does strength ever get tired?
Does it always need to be so hard-wired?
Does it always have to needlessly go on and on?
Does it always have to find the power to move on?
Does it always have to relentlessly love and support?
Does it always look for independency and self-restraint as its last resort?
Does it always have to bitterly gulp itself to move on to the next day?
Does it always have to eventually find its way?

Strength has to find itself on its own
To fix itself with its two feet in spite of all thorns
To give itself the ability to continue on its own
Even if that means standing all alone
For strength can never be dependent
For the day it does so is the day it loses its throne
For it will be the day it will be heavy on its own
For it will be the day it remembers the reason why it always needs to stand alone...

Autumn

By Adiba Abbas, Business Major



It was autumn. A particular tree at the edge of a park stood its ground, as its leaves turned orange and detached themselves, ready to fly across the world.

On a windy morning, a special leaf separated from the tree. It rustled and twirled as the wind carried it along.

It flew towards a child, a baby boy, lost in his own world of fun and games as he kicked a colorful ball across the green field of the lively park. The ball rolled over and over as the boy continued to chase it, until it reached the feet of a young teenage girl. She was sitting on a wooden bench, sulking, arms crossed. She frowned and looked away.

The leaf fluttered on, escaping the park and breezing nearby a house, where a young couple sat in their lawn, speaking good words and expressing kindness towards one another. Not long after, the sound of a gate opening was heard, and members of the house next door began to pool onto the pavement, perhaps going for a trip with the family. The children were excited, the couple middle-aged and tired. Then came out the grandparents of the family, who looked somewhat happier, or rather, content. Unafraid of the eventual truth. Those who had embraced the reality of what was next for them. At last, the leaf swirled and swayed about to reach a nearby cemetery, where it finally began its descent. It lost its speed and balance, and eventually had a gentle fall on a fresh grave, where a man lay in his final place, just like the leaf.

Painting: “Reflections in the Shadows of History”

- Student Name: Nouf Al-Yami
- Painting Dimensions: 70x50
- Materials Used: Oil paints, canvas



Bathed in warm, earthy tones, an elderly man clad in garments of a bygone era sits against the wall of a mosque, its wooden carvings intricately telling the stories of master artisans of the past. With trembling hands, he turns the pages of the Quran, each fold in his attire, every carved detail, and every stone at his feet echoing a moment suspended in time—a moment filled with peace and faith.

Painting: “Our Heritage Through the Eyes of the Oryx”

- Student Name: Hanan Al-Qahtani
- Artwork Dimensions: 200x100
- Materials Used: White paste, acrylic colors, gold paint, canvas



This artwork embodies the essence of Qatar’s culture, intertwining its proud identity with the deep-rooted history of the Arab world. The oryx serves as a symbol of the feminine grace of the Qatari woman, firmly grounded in her Islamic values and heritage. The painting presents two scenes: a desert landscape highlighted by the majestic oryx and a surrounding frame resembling an intricately designed Islamic window. Through this window, the oryx gazes outward, offering a visual narrative of ancestral legacy and timeless traditions.

Sports and Recreation

Understanding the side effects and risks of GLP1- agonist weight loss medications: What you should know

**Tarik Al-Diery, Lecturer, Clinical Pharmacy and Practice,
College of Pharmacy**

GLP-1 agonists are medications that have become popular for treating type 2 diabetes and obesity. Drugs like Ozempic (semaglutide) and Victoza (liraglutide) work by imitating a hormone called GLP-1, which helps control blood sugar and reduce appetite. While these medications can be very effective, it's important for people to understand the possible side effects and risks that come with their use.

Patients who take GLP-1 agonists often experience nausea, vomiting, diarrhea, or constipation, especially when they first start taking the medication. This happens because GLP-1 agonists slow down how quickly food moves through the stomach and how fast it can be digested, leading to these gastrointestinal side effects. These symptoms usually resolve within a few days to weeks as the body gradually adjusts to these medications. To avoid these complications, it is best to start on a low dose of the GLP-1 agonists and gradually increase it to help reduce these digestive problems. If these symptoms persist, the doctor can adjust the dose further, or the pharmacist can provide you with advice on how to best take this medication (such as taking it with food) to avoid the issues of nausea and vomiting.

Serious Risks (Pancreatitis and Gallbladder Issues): While most side effects are mild, GLP-1 agonists can cause more serious problems, such as pancreatitis. Pancreatitis is inflammation of the pancreas, and it can cause severe abdominal pain, nausea, vomiting, and fever. It is important to notify your doctor should you experience any of these symptoms.

GLP-1 agonists also increase the risk of issues with the gallbladder because of their effect on slowing down digestion. As a result, they can lead to the formation of gallstones and inflammation of the gallbladder, known as cholecystitis. This can lead to sharp pain in the upper abdomen, yellowing of the skin (jaundice), or a fever, requiring immediate medical attention.

GLP-1 agonists can lower blood sugar, but they don't usually cause hypoglycemia (low blood sugar) unless they're used with other diabetes medications like insulin. Patients who are on a combination of medications to lower their blood sugar levels should monitor their blood sugar levels regularly.

In rare cases, people may experience allergic reactions while using GLP-1 agonists. Symptoms like swelling, rash, or difficulty breathing could indicate an allergic reaction, requiring immediate medical attention.



GLP-1 agonists are powerful medications that can help control blood sugar and promote weight loss in people with diabetes and obesity. However, they come with some potential side effects and risks, some of which are manageable, and some of which require medical attention. Patients considering starting GLP-1 agonists should have an open conversation with their doctor and pharmacist to understand the benefits and risks of the medication based on their individual health needs. Although GLP-1 agonists are effective in promoting weight loss, if used incorrectly and without professional monitoring, can lead to unwanted complications.



Student Clubs

In celebration of World Space Week

A collaboration between QU Astronomy Club, Qatar Calendar House, and the UAE Embassy to showcase astronomical achievements and future plans.



In celebration of World Space Week, the QU Astronomy Club organized a seminar titled 'Space Exploration and the Path to the Future.' The event was held in collaboration with the Qatar Calendar House and the UAE Embassy in Doha.

Mr. Abdullah Al-Mulla, Director of Student Activities, opened the seminar with a welcoming speech, emphasizing the importance of the event in raising awareness about the latest developments in space science and supporting students and participants in this field.



Mr. Hussein Al-Naqbi from the UAE Embassy presented an overview of his country's key achievements, such as the 'Hope Probe' for Mars exploration, Sultan Al-Neyadi's mission on the International Space Station, and the asteroid belt exploration project using the 'MBR Explorer.' Al-Naqbi also highlighted other projects, including lunar exploration and the development of satellites like 'KhalifaSat.'

Dr. Bashir Marzouq from the Qatar Calendar House discussed the evolution of astronomy in Qatar, stressing the importance of international collaboration and QU's role in supporting scientific research and developing local expertise in this sector.

Dr. Abdulrahman Asi, a founding member of the Astronomy Club, concluded the seminar by showcasing the club's initiatives, including field observation activities, interactive exhibitions, and the annual AstroCon conference, which brings together international experts to foster astronomy awareness among students. The event concluded with enthusiastic engagement from the audience, highlighting the increasing interest in space sciences and their contribution to scientific advancement.

Feature

Strengthening the bond between students and education: Paving the way for future leaders

By Dr. Sayed Ragab, Head of the Learning Support Unit,
College of Education



Education, in its broadest sense, is a deliberate process aimed at shaping individuals within educational institutions. This distinguishes education from learning, as learning serves as a vital tool for reinforcing and enhancing education. Together, they work hand-in-hand to mold personalities, develop skills, and unlock potential. To prepare a generation capable of independent thought and decision-making, quality education must rest on three essential pillars:

1. Educational Inputs

These focus on providing students with foundational knowledge, developing critical skills for learning, and enhancing cognitive and intellectual capabilities. They also promote personal and social adaptability, foster a culture of innovation and creativity, and nurture leadership skills within educational settings.

2. Educational Processes

This pillar emphasizes the adoption of modern, student-centered teaching strategies that encourage self-directed learning, critical thinking, and mastery of digital tools. It also highlights the importance of hands-on activities that connect theory to practice.

3. Educational Outputs

Outputs prioritize the ability to apply knowledge in innovative ways, transforming it into research, practical projects, and tools that address real-world needs. This ensures the relevance of education in everyday life.

Building on previous educational frameworks and the qualities students should possess as leaders, responsible individuals, and decision-makers, the key to achieving this lies in education in all its forms and pathways. This ensures the development of a conscious and independent generation, capable of driving societal change and growth while navigating its challenges with awareness. A pressing issue in education remains: how can we connect students to learning in both thought and methodology? Providing a clear and practical answer to this question is like navigating an endless sea—no sailor can find stability unless the foundational principles for survival are set from the start.

Performance Development

Anxiety: Definition, Impact, and How to Manage

Noof Rashid M A Fetais, Student Counselor

Anxiety is a natural feeling that everyone experiences in their daily life. It may appear due to exams, life pressures, or even social situations. While anxiety can sometimes be a motivator, pushing us to prepare well and make the right decisions, excessive anxiety may negatively impact one's life and hinder the achievement of goals.

Definition of Anxiety

Anxiety is a natural response to stressful situations or fear of the future. A person feels anxious when faced with an unknown or uncertain situation, such as waiting for exam results or a job interview. However, sometimes anxiety becomes more than just a normal reaction and starts to affect daily life.

Impact of Anxiety on Mental and Physical Health

Chronic anxiety can impact both mental and physical health. When a person experiences anxiety for extended periods, they may feel constant fatigue and stress, and they may encounter problems with sleep and concentration. Additionally, anxiety can lead to physical issues like headaches, stomach pain, and high blood pressure. If not properly managed, anxiety may develop into more serious disorders such as generalized anxiety disorder or depression.

How to Manage Anxiety

It's important to learn how to manage anxiety in a healthy way. Some strategies that can be followed include:

1. **Deep Breathing and Meditation:** Deep breathing helps calm the mind and body. Meditation can also reduce anxiety and increase focus.
2. **Time Management:** Planning and breaking down large tasks into smaller, manageable ones can reduce stress.
3. **Talking to Someone You Trust:** Sometimes, just talking about what is bothering us can be comforting and help us see things from a different perspective.

Anxiety from an Islamic Perspective

Islam places great emphasis on mental health and encourages taking steps to maintain psychological balance. We can find guidance in Islamic teachings on how to face anxiety and stress in a healthy manner.

- **Trust in God (Tawakkul):** Often, anxiety stems from uncertainty about the future. In Islam, we are encouraged to rely on God in all aspects of our lives. Allah (SWT) says: ((And whoever puts their trust in Allah, then He alone is sufficient for them.)) [Quran 65:3]. This trust provides psychological comfort, knowing that everything is under God's control and things will proceed as He has decreed.
- **Prayer and Supplication (Du'a):** Prayer is a way to connect with God and seek help and psychological comfort. When we turn to God in moments of anxiety, we give ourselves the opportunity to alleviate stress. The Prophet Muhammad (PBUH) said: "No one is ever afflicted by anxiety or grief and says: O Allah, I am Your servant, the son of Your servant, the son of Your maidservant; my forelock is in Your hand, Your command over me is forever executed and Your decree over me is just..." then Allah relieves the person's distress and replaces it with happiness.
- **Remembrance of God (Dhikr) and Inner Peace:** Remembrance is one of the greatest means of inner peace. Allah says: ((Surely in the remembrance of Allah do hearts find comfort.)) [Quran 13:28]. When a Muslim remembers Allah and seeks His forgiveness, they feel calm and serene, which helps reduce anxiety and stress.

Conclusion

Anxiety is a natural part of life, but it is essential to learn how to manage it in healthy ways. Through faith and reliance on God, along with regular acts of worship and remembrance, we can overcome moments of anxiety and stress while enhancing our mental health. Additionally, modern psychological techniques like meditation and planning can help create a psychological balance that contributes to a calmer and happier life.

My University Album

This section delves into cherished memories captured in Qatar University's album, which documents key events and milestones on our campus. In this issue, we revisit the 1990s to highlight a seminar held on June 11, 1994. The event gathered faculty members for a meeting titled 'The Future of the University,' where participants explored critical topics concerning the university's development and the evolving responsibilities of faculty in addressing future challenges.

The seminar showcased visionary ideas and played a key role in shaping strategies that strengthened the university's impact both locally and regionally. The 1990s marked a period of significant transformation, during which attendees aspired to build a future that aligned with the advancing needs of higher education. This meeting remains a treasured memory in the history of QU.

