

جامعة قطر  
QATAR UNIVERSITY



# CAMPUS Life

May 2026

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Rising Ambitions, a Future in the Making!

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*Campus Life* is a biannual magazine issued by the QU  
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# Inside This Issue



At the close of Spring 2026, we present a new issue of *Campus Life*, Qatar University's biannual magazine issued by the Communications and Public Relations Department. This issue continues to capture the pulse of campus life while reflecting a phase of steady progress toward a more impactful and forward-looking future. It comes at a particularly meaningful time, as the University approaches its Golden Jubilee next year—marking 50 years of sustained institutional development, aligned with its strategic priorities to advance academic and research excellence, support innovation, expand partnerships, and strengthen its role in serving the community.

This edition features the graduation of the 49th cohort, Class of 2026, at a key moment, on the threshold of five decades of the university's journey. It reflects the continued commitment to academic excellence, student-centered learning, and strategic collaboration, while reinforcing the University's vision for a future shaped by innovation and sustainability.

The issue also highlights a range of achievements and initiatives that reflect the vibrancy of campus life—from the launch of the first nanosatellite developed by QU researchers and students, to advancing innovation in AI in collaboration with Google Cloud, alongside coverage of the Annual Alumni Reunion and the third QU Book Fair 2026. It further includes an interview with Dr. Maryam Al-Kuwari, Director of the Gulf Studies Center, a new release from QU Press, as well as a roundup of college news and inspiring student stories.

These features are part of the magazine's regular sections, which collectively reflect the diversity of the university's academic, research, cultural, and community landscape throughout the semester.

In this issue, *Campus Life* continues to serve as a record of QU's journey, capturing its ongoing development and reflecting the voice of its academic community—at a time when the university is preparing to embark on a new chapter toward the next fifty years of impact and leadership.

Enjoy your reading, wishing you a successful semester ahead and continued progress for the university.

# University News and Achievements

## QU launches its first nanosatellite designed by researchers and students

Qatar University achieved a notable scientific milestone with the successful launch of its first nanosatellite, QUbeSat1, a (1U CubeSat). This project—initiated through internal efforts and later supported by the Qatar Research, Development and Innovation Council (QRDI) and Qatar Satellite Company (Es'hailSat)—represents the culmination of sustained academic and research work aimed at localizing space technology and building national capabilities in advanced sciences, positioning the university among academic institutions developing satellite technologies.

The launch represents the culmination of a long-standing academic journey that began in 2012 through self-funded student-led educational projects and the development of dedicated research infrastructure at QU. These efforts were later strengthened by a QRDI-funded research project spanning 2020 to 2025. More recently, the project received additional support through a funding agreement with Es'hailSat to cover the manufacturing, testing, and launch

phases of QUbeSat1 from 2025-2026.

The QUbeSat1 project aims to enhance the educational experience at QU by directly engaging students, faculty members, and researchers in the design, development, and operation of satellite systems. This initiative aligns with QU's strategic plan, which emphasizes experiential learning, student-centered education, and the development of national competencies in advanced scientific fields. Space science and technology also play a key role in fostering interdisciplinary integration between engineering and science disciplines and are recognized as drivers of scientific and technological advancement.

The nanosatellite's primary scientific mission is Earth observation using an onboard camera, supported by passive attitude determination and control systems (Passive ADCS). In addition to its scientific objectives, QUbeSat1 serves as an educational and research platform that enables students and faculty to gain hands-on experience in spacecraft engineering and mission operations.

QUbeSat1 is a 1U CubeSat-class nanosatellite designed and developed by researchers, academics, and students at QU. The satellite communicates wirelessly and transmits low-resolution images of Earth to the university's nanosatellite ground station, which was developed and is operated by QU. Managed by a team of students and researchers, this facility is the only academic ground station of its kind in the State of Qatar. The launch and operational process involved multiple stages, beginning with the launch vehicle liftoff, followed by orbital stabilization of the deployment containers and the release of QUbeSat1. This was followed by orbital stabilization and technical health checks prior to initiating full communication and operational activities with the ground station in the subsequent weeks.

The launch of QUbeSat1 signals the start of a sustained, forward-looking roadmap. This roadmap includes the design, development, and launch of multiple future nanosatellites led by QU researchers, academics, and students, in collaboration with national partners. The initiative aims to ensure the continuity of capacity building and skills development at the university, across the State of Qatar, and within the region.



## QU hosts annual Alumni Reunion 2026

Qatar University brought together its alumni community at the Alumni Reunion 2026, welcoming distinguished guests, senior officials, faculty and staff, alongside graduates representing a wide range of cohorts. During the event, the Distinguished Alumni Segment featured alumna Ms. Sabah Al-Haidous, recognizing her professional achievements and contributions. The program included several key segments, most notably the screening of a documentary film titled “And Say: My Lord, Increase Me in Knowledge,” in addition to honoring participating colleges and affiliated entities.

The reunion also marked the debut of the Alumni Village, a vibrant hub featuring businesses founded by QU graduates. The initiative spotlighted alumni entrepreneurship, turning the event into a live showcase of ideas, innovation, and real-world impact.



In his remarks on the occasion, HE Sheikh Dr. Faleh bin Nasser Al Thani, Chairman of the Alumni Association, stated, “This gathering has become a distinctive annual tradition that renews each year, strengthening communication and bonds between alumni and the university. It provides an opportunity to exchange expertise and ideas, revisit precious memories within the university’s halls and spaces that preserve a shared history and many aspirations, and serves as a forum that reunites one family and reflects the values of brotherhood.” The Alumni Reunion is held as part of QU's ongoing efforts to strengthen communication with its graduates and reinforce their connection to their alma mater. The annual event serves as an established platform to deepen alumni engagement, highlight successful alumni models, and renew a shared sense of belonging and pride in QU.



## QU to Accelerate AI Innovation with Google Cloud Collaboration

Qatar University announced a strategic collaboration with Google Cloud aimed at advancing AI capabilities, fostering digital transformation, and solidifying Qatar's position as a regional technology leader.

This collaboration unveils several key initiatives designed to enhance research, education, and operational excellence at QU. The collaboration underscores a shared commitment to innovation and directly aligns with the Qatar National Vision 2030 and Digital Agenda 2030, which prioritize the establishment of Qatar as a leading hub for emerging technologies, with AI at the forefront of digital transformation across all sectors.

Dr. Omar Al-Ansari, President of QU commented on the collaboration saying, “We are incredibly excited about this collaboration with Google Cloud, which marks a pivotal moment for QU's digital future. These initiatives will not only empower our students and researchers with cutting-edge AI tools and platforms but also drive real-world impact across various domains, contributing directly to Qatar's knowledge-based economy and supporting our national aspirations for innovation and technological advancement.”

The relationship between QU and Google Cloud will feature three key initiatives:

- **QU Spark AI Innovation Hub:** Scheduled to launch in 2026, this state-of-the-art center will serve as a comprehensive ecosystem fostering advanced AI development, machine learning, and data science at QU.
- **Expanding QU AI Platform through Gemini Enterprise adoption:** This upgrade involves transitioning existing NotebookLM Enterprise users to Gemini Enterprise. Gemini Enterprise will serve as a broader platform, helping to improve resources and provide a richer user experience, with NotebookLM as a core component. This initiative directly complements the AI Innovation Hub by significantly advancing the university's capabilities in AI and enabling in-house agent development by developers and advanced researchers.
- **Driving QU's multi-cloud strategy through the migration of its data center to Google Cloud:** Google Cloud will support QU in its comprehensive cloud transformation journey. This initiative will enable QU to leverage the scalability, flexibility, and advanced services of Google Cloud.



## QU Book Fair 2026 Returns for Its Third Edition

Qatar University, represented by its publishing house QU Press, in collaboration with the Ministry of Culture, organized the third edition of the QU Book Fair 2026, with wide participation from local and international publishing houses and strong attendance by academics, intellectuals, students, and members of the general public.

The opening ceremony of the exhibition was attended by Dr. Omar Al-Ansari, President of QU; HE Dr. Hamad bin Abdulaziz Al Kawari, Minister of State and President of Qatar National Library; HE Sheikh Dr. Abdulla bin Ali Al-Thani, Vice-Chairman of the Board of Regents and Chairman of the Executive Committee; and Jassim Ahmed Al-Buainain, Director of the Libraries Department at the Ministry of Culture, in addition to a number of QU Vice Presidents and Mr. Abdulkarim Al-Humaidi, Assistant Director of the Libraries Department at the Ministry of Culture.

The QU Book Fair reflects QU's continued commitment to supporting knowledge, promoting a culture of reading, and reinforcing scientific research as a cornerstone of its academic mission and community role. This commitment underscores the university's standing as a leading national academic institution that actively contributes to enriching the country's cultural and intellectual landscape.

The fair serves as an integrated knowledge platform that brings together local, regional, and international publishers, as well as professionals and stakeholders in the publishing industry. It enhances knowledge exchange, supports intellectual and scientific production, and opens avenues for collaboration in authorship, translation, and academic publishing. These efforts contribute to strengthening academic content in Arabic and other languages, while reinforcing the presence of scholarly and scientific publications and meeting the needs of students, researchers, and the academic community at large.

The exhibition witnessed the participation of 35 Qatari publishing houses out of 45 participating publishers, reflecting the strong local presence of the cultural sector. The fair also featured an accompanying cultural and knowledge-based program, including panel discussions and specialized activities. These initiatives reinforce the university's role in advancing knowledge and engaging the community locally and globally.



# Q&A

## Dr. Maryam Al-Kuwari, Director of the Gulf Studies Center:



“The center is a research platform aimed at advancing scientific understanding and informing policymaking in the region”

The Gulf Studies Center at Qatar University is a specialized research entity dedicated to examining political, economic, social, and cultural transformations across the Gulf region through a multidisciplinary academic lens. Since its establishment in 2013, the center has strengthened its position as a trusted reference for the production of rigorous, methodologically grounded knowledge that is closely aligned with national and regional priorities.

Through its institutional role, the center contributes to reinforcing QU's standing as a leading hub for Gulf studies at both the regional and international levels, further enhancing its academic presence and global positioning. Through its research programs, scholarly publications, and specialized conferences, the center fosters a dynamic space for academic dialogue that brings together researchers and policymakers, and supports the development of integrated strategic perspectives grounded in robust, evidence-based analysis.

In this interview, conducted by Campus Life, Dr. Maryam Al-Kuwari discusses the center's vision, research priorities, academic partnerships, and its role in supporting students and building capacity, as well as its future aspirations to expand its academic and societal impact.

### How would you describe the role of the Gulf Studies Center within QU's research ecosystem?

The center was established to provide a dedicated, multidisciplinary space for studying the Gulf region in depth. Today, it plays an important role in advancing research on political and geopolitical issues, political economy, as well as social and cultural transformations across the region. At the same time, it brings together academics and policymakers, helping bridge the gap between research and practice. This allows QU to contribute more effectively to addressing key regional priorities.

### What are the center's key research priorities at this stage?

We focus on a number of core areas, including regional politics and security, economic and development shifts, and social and cultural change. Environmental and energy policy are also key priorities. Our research agenda is continuously evolving to reflect both regional and global developments, while staying aligned with the priorities of the university and the state. A multidisciplinary approach is central to our work, as it allows us to examine Gulf issues within a wider global context.





**How does the center contribute to supporting policymakers and society?**

We place strong emphasis on producing research that has real, practical value. This includes policy briefs, working papers, and analytical reports, as well as publications such as Gulf Studies Reports, Gulf Insights, and Gulf Comments. These outputs provide evidence-based insights that help decision-makers in both the public and private sectors better understand challenges and opportunities, and make informed strategic decisions that support sustainable development.

**What about academic partnerships and research collaboration?**

Collaboration is a key part of what we do. We work with a number of leading academic and research institutions, both locally and internationally, including Waseda University (Japan), Doha International Family Institute (DIFI), and Qatar Museums, as well as partners across Europe and the region. These collaborations allow us to exchange expertise, organize joint conferences and seminars, and develop shared research projects, strengthening QU's presence within global academic networks focused on Gulf studies.

**How does the center support students and build research capacity?**

We're very keen on involving students in our academic and research activities. This helps them build both their research skills and their professional experience. Graduate students in the Gulf Studies program take part in the Annual International Interdisciplinary Conference, and they also engage directly with local and international experts through our regular academic sessions. We also offer field training opportunities in collaboration with national institutions, which adds a strong practical dimension to their learning. In addition, through our Visiting Researcher Program, we host researchers and students from outside Qatar, which enriches the academic exchange and dialogue around Gulf-related issues.

**The annual Gulf Studies Conference continues to grow in prominence. What is the significance of this event?**

The conference has become a well-established platform for academic dialogue on the Gulf. It brings together researchers from leading universities across the region and around the world. Each year, it focuses on a range of themes. For example, the 2025 conference covered topics such as family,

AI, cultural diplomacy, law, and language, many of which are closely tied to the region's ongoing social transformations. It also plays an important role in sharing knowledge beyond academia, through the publication of research and reports, which strengthens the center's contribution to knowledge production and development.

**What is the center's vision for the coming years?**

Our goal is to position the Gulf Studies Center as a leading reference point, both regionally and internationally, for multidisciplinary research on the Gulf. We aim to expand funded research projects, increase publications in high-impact journals, strengthen international partnerships, and deepen our societal impact by linking research more closely to real-world challenges and policymaking. At the same time, we are investing in young talent and working to build a flexible, dynamic research environment that encourages innovation and supports meaningful knowledge production.

**What message would you like to share with QU students interested in Gulf studies and research?**

Research is not just a theoretical path—it's a powerful way to understand the world and contribute to shaping it. The Gulf region is evolving rapidly across political, economic, and social dimensions, and there is a real need for researchers who can think critically, analyze deeply, and have an ability to connect the local with the global. My advice to students is to get involved early, take part in research projects, attend conferences and seminars, and make the most of the opportunities available. These experiences not only strengthen your skills but also open doors to a wide range of career paths in policy, research, and international organizations.



# In Focus

## QU graduates its 49<sup>th</sup> cohort

The graduation ceremony is one of the prominent annual occasions at Qatar University, celebrating the outcomes of the University's academic journey and its role in preparing graduates equipped to contribute to Qatar's sustainable development. The graduation of the 49th cohort carries particular significance as it marks a key milestone with the graduation of the first cohort from the College of Nursing, reflecting the University's continued expansion of its academic offerings in support of the healthcare sector in Qatar. This year also marks the graduation of the first cohort from the Fine Arts Program at the College of Arts and Sciences, underscoring the University's dedication to advancing diverse fields of knowledge, creativity, and innovation.

### Male Graduation Ceremony

Under the patronage of His Highness The Amir Sheikh Tamim bin Hamad Al Thani, QU celebrated the graduation ceremony of its 49th batch, Class of 2026, which took place on Monday, 4 May 2026. The ceremony was attended by distinguished guests, dignitaries, members of the University's Board of Regents, university vice presidents, college deans, and students' families.

During the ceremony, His Highness the Amir honored 180 outstanding students from various academic disciplines, while President of QU, Dr. Omar Al-Ansari, presented certificates to the 722 graduating students, bringing the total number of male graduates to 902.

### Distinguished Female Graduation Ceremony

Under the patronage of HH Consort of HH The Amir Sheikha Jawaher bint Hamad bin Suhaim Al Thani, QU organized the graduation ceremony of its distinguished female students on Tuesday, 5 May 2026.

The ceremony was attended by distinguished guests, dignitaries, members of the University's Board of Regents, university vice presidents, college deans, and students' families. HH Sheikha Jawaher honored 525 distinguished female students, out of a total of 3,122 female graduates from various academic disciplines at the bachelor's, master's and doctoral levels.

### Health Sector Graduation Ceremony

Her Highness Sheikha Moza bint Nasser, Chairperson of Qatar Foundation (QF), attended the graduation of QU's Health Sector cohort on Thursday, 7 May 2026.

This cohort included 130 graduates from the College of Health Sciences, 94 from the College of Pharmacy, 36 from the College of Nursing, 66 from the College of Medicine, and 23 from the College of Dental Medicine. For the first time, the ceremony also featured the Health Oath Recitation, symbolizing graduates' transition into professional practice and reaffirming the values at the heart of health professions—service, responsibility, compassion, and integrity. The moment marked not only the completion of their academic journey, but also their commitment to ethical and professional standards in patient care.

### Individual College Ceremonies

The University organized a series of graduation ceremonies, which included the College of Engineering, College of Sharia and Islamic Studies, College of Law, College of Education, College of Business and Economics and the College of Arts and Sciences. The 2026 Graduation Ceremony celebrates all QU graduates across various academic degrees, who have completed their graduation requirements by the end of the following terms: Summer 2025, and Fall 2025, in addition to those who are expected to graduate by the end of Spring 2026.

As QU graduates its 49<sup>th</sup> cohort, the university continues to chronicle a long history spanning decades in which it has heavily contributed to Qatar's development and prosperity, through supplying the labor market with qualified graduates.



# 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:

### Agreement with Weill Cornell Medicine - Qatar

QU signed a collaboration agreement with Weill Cornell Medicine in Qatar (WCM-Q) to strengthen joint efforts in graduate education and research training in the health sciences. Under the agreement, QU graduate students enrolled in the PhD in Health Sciences program will have the opportunity to conduct their dissertation research at WCM-Q laboratories, under joint supervision from faculty at both institutions. The collaboration aims to provide students with advanced research exposure within a world-class academic and scientific environment and interdisciplinary research advising. The agreement also provides for the appointment of eligible WCM-Q faculty as adjunct graduate faculty at QU, further enhancing academic integration and knowledge exchange between the two institutions. As part of the collaboration, WCM-Q will cover tuition fees and stipends for participating students for the duration of their PhD study, in accordance with agreed regulations.

### Agreement with Qatar Tourism

QU signed a cooperation agreement with Qatar Tourism to strengthen collaboration across research, education, consultancy, and training, while supporting the Endowed Chair in Business Sustainability in line with sustainable development goals and the development of national capacities. The agreement aims to strengthen joint cooperation through the exchange of expertise and knowledge, enhance scientific and research collaboration, organize conferences, seminars, workshops, and lectures, and deliver training programs that develop competencies and build the capacities of Qatari society. It also supports the role of both parties in knowledge production and community service and aligns with Qatar's national development priorities. As part of this collaboration, the agreement stipulates the funding of the Endowed Chair in Business Sustainability, with both parties jointly overseeing the selection and appointment of the Chair holder no later than the start of the Fall 2026 academic semester.



**Agreement with the Embassy of the Republic of Panama**  
 QU signed an agreement with the Embassy of the Republic of Panama to support Panamanian students through scholarships in the Arabic for Non-Native Speakers Program, as part of enhancing international cooperation and expanding programs directed at international students. The agreement stipulates the provision of a one-academic-year scholarship for a number of students who meet admission requirements, covering tuition fees in accordance with approved policies and procedures at QU. The agreement is valid for three years with the possibility of renewal by mutual agreement after periodic joint review, contributing to supporting Arabic language education and enhancing educational and cultural cooperation between the two sides.

**MoU with Qatar Foundation for Education, Science and Community Development (QF)**  
 Qatar University signed a MoU with Qatar Foundation for Education, Science and Community Development (QF) to enhance mutual cooperation and exchange of expertise in the fields of academic, scientific, and professional education and training. The MoU aims to strengthen collaboration between the two parties through the exchange of expertise related to the pre-university education sector, as well as joint cooperation in organizing seminars, conferences, events, workshops, and various programs. It also includes providing practical and field training opportunities for QU students at QF, in addition to offering five annual scholarships for students enrolled in education-related programs at QU, provided they meet the criteria agreed upon by both parties. Furthermore, the MoU outlines the establishment of a researcher database and cooperation with researchers to support educational development, as well as collaboration in other areas of shared interest between the two institutions.

**QU signs intellectual property licensing agreements during MWC25 Doha**  
 QU signed a series of intellectual property licensing agreements with several emerging and international technology companies on the sidelines of its participation in the Mobile World Congress (MWC25) Doha. These agreements aim to commercialize scientific research outputs and enhance knowledge transfer from research laboratories to the market and industry. The agreements



include collaboration with several companies to develop and market innovative technologies aimed at reducing emissions from combustion engines, enabling early medical diagnosis, and advancing pharmaceutical solutions based on nanotechnology. They also include the launch of a digital platform based on decentralized technologies for issuing and authenticating digital documents, supporting innovation and advancing scientific research applications across health, environmental, and digital transformation domains.

**Agreement with Es'hailSat**  
 QU signed a strategic cooperation agreement with the Qatar Satellite Company (Es'hailSat) to enhance collaboration in the development of nanosatellite technology within QU. The agreement aims to support the development and deployment of nanosatellite technology through the implementation of joint projects in the design, launch, and operation of nanosatellite missions, with a focus on scientific research, technical development, and outreach in STEM fields. The agreement also includes the exchange of expertise, technical knowledge, and resources between the two parties, contributing to the enhancement of scientific research and innovation and supporting national capacity building in the space sector.

**MoU with Joaan Bin Jassim Academy for Defense Studies**  
 QU signed an MoU with Joaan Bin Jassim Academy for Defense Studies to enhance cooperation in academic and practical fields. The MoU aims to exchange expertise and information, and cooperate in organizing conferences, seminars, and training workshops. Additionally, it aims to develop research and studies of mutual interest and to contribute to achieving integration and raising performance efficiency according to comprehensive quality standards.



# Under the Microscope

## Eight Weeks of Moderate Exercise to Rejuvenate Women's Health in Midlife

Researchers from the QU Health Sector and the College of Sport Sciences

What if, in just eight weeks, you could lower inflammation in your body, improve your blood lipid profile, and enhance your daily physical activity through a moderate, well-designed exercise program? This compelling question was the focus of a recent study conducted by researchers from the Health Sector and the College of Sport Sciences at Qatar University, led by Dr. Shamma Almuraikhy, Dr. Maha Sellami, and Dr. Mohamed Elrayess. Their work contributes to a growing body of evidence demonstrating that practical, sustainable lifestyle interventions can generate measurable health benefits within a relatively short period.

The study, published in a prestigious international journal in the field of endocrinology, involved women aged 30 to 60 years. Participants took part in an eight-week moderate exercise program carefully structured to reflect realistic routines that most women could incorporate into their daily lives. The activities included brisk walking, cycling on a stationary bike, and rhythmic aerobic-style workouts. Rather than emphasizing high-intensity or exhaustive training, the program focused on moderate effort, regular attendance, and gradual progression. This design ensured both safety and accessibility while aligning with global physical activity recommendations.

To assess the effectiveness of the intervention, researchers conducted detailed evaluations before and after the program. Measurements included body weight, body mass index (BMI), and body composition, allowing for analysis of changes in fat mass and muscle mass. Blood samples were collected to assess lipid profiles, including total cholesterol and low-density lipoprotein (LDL) cholesterol, commonly referred to as 'bad' cholesterol. In addition, inflammatory markers associated with increased risk of cardiovascular and metabolic diseases were measured. Participants' weekly physical activity levels were also tracked to determine whether the structured sessions influenced broader lifestyle behaviors.



The findings were highly encouraging. BMI decreased significantly, indicating improvements in weight management and metabolic health. Several inflammatory markers were reduced, suggesting that moderate exercise can effectively lower chronic low-grade inflammation, a known contributor to heart disease, diabetes, and other long-term conditions. At the same time, antioxidant defense enzyme activity increased, pointing to enhanced protection against oxidative stress. Lipid profiles improved as well, with reductions in total cholesterol and LDL cholesterol levels. Notably, participants reported spending more time engaging in moderate physical activity each week, demonstrating that the intervention promoted lasting behavioral change beyond the supervised sessions.

Importantly, these benefits were achieved without extreme workouts or demanding gym schedules. The study reinforces the idea that consistent, moderate physical activity can produce meaningful improvements in cardiovascular health, immune balance, and overall well-being. While further large-scale and long-term research is needed to refine exercise 'dose' recommendations, this study delivers a powerful message: even eight weeks of moderate exercise can serve as a transformative first step toward healthier aging and a more energetic life.



# QU Press Publications

## “Education Policies in the State of Qatar: From Inception to the Education Reform 2002”

By Prof. Dr. Hissa M. Sadiq

Published by Qatar University Press, “Education Policies in the State of Qatar: From Inception to the Education Reform 2002” is an attempt to document the historical evolution of education policy in the State of Qatar, tracing the development of the education system from the emergence of formal education to the launch of the major national education reform initiative in 2002. The author, Prof. Dr. Hissa M. Sadiq, approaches the subject with the conviction that understanding the present and anticipating the future requires careful reading of the historical trajectory through which educational policies were shaped, alongside the social, economic, and political transformations that influenced their priorities and directions.

Adopting a historical analytical approach, the book examines the challenges and issues that accompanied the evolution of education policies in Qatar, including institution building, workforce development, curriculum reform, and the alignment of educational outcomes with national development needs. It also explores

potential future challenges to educational policy effectiveness in light of rapid local, regional, and global changes, particularly those associated with the knowledge economy and the growing importance of quality assurance and good governance in education.

The book is organized into five interconnected chapters. The first chapter discusses the origins of education in the Arabian Gulf region, highlighting the social and cultural contexts that preceded the establishment of formal education systems. The second chapter examines the expansion of education following Qatar’s independence, focusing on the rapid institutional growth of the education sector and the development of the infrastructure necessary to support both general and higher education.

The third chapter provides a detailed analysis of the 2002 Education Development Initiative, which represents a major turning point in Qatar’s educational reform journey in terms of its philosophy, objectives, and implementation mechanisms.

The fourth chapter focuses on teacher preparation policies in Qatar, emphasizing the central role of teachers in educational reform. It reviews the evolution of teacher education, qualification programs, and continuous professional development, while also examining the relationship between the College of Education and the Ministry of Education in teacher recruitment and training.

The fifth and final chapter presents a comprehensive analysis of education policy development in Qatar from the establishment of the formal education system up to the 2002 reform initiative. It seeks to explain the factors influencing educational decision-making and assess policy effectiveness based on outcomes and results of policy implementation. The chapter also offers practical recommendations for future policy development, particularly in areas related to teacher selection, teacher training, and curriculum reform.

Overall, this book represents a serious scholarly contribution to understanding the dynamics of educational institutions in Qatar within the context of contemporary policy trends. It provides a critical yet constructive perspective on current educational practices and offers insights into the future trajectory of education in the country, grounded in a historical understanding of the education system and its relationship to comprehensive national development.

# سياسات التعليم في دولة قطر من النشأة إلى مبادرة تطوير التعليم 2002

حصة محمد صادق



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# College News

## Health Sector

### Enhancing Healthcare Team Performance through Interprofessional Education

Qatar University hosted an interprofessional education (IPE) activity titled “Being an Effective Team Member,” bringing together around 370 students and 50 facilitators from nine health disciplines. The initiative reflects the university’s commitment to developing professionals who can work effectively in multidisciplinary teams and deliver safe, high-quality, patient-centered care.

The activity brought together students from biomedical sciences, dentistry, medicine, nutrition, nursing, pharmacy, physical therapy, speech and language pathology, and public health. It offered an interactive learning environment that encouraged shared learning, role exchange, and the integration of perspectives—supporting the university’s focus on competency-based education and collaboration across health professions.

During the session, students discussed patient safety, examining how gaps in communication and leadership can affect healthcare outcomes, and highlighting the importance of coordination in reducing errors and improving quality of care.

A key component of the activity was a case study simulating a communication breakdown within a healthcare team. Participants analyzed information flow, identified gaps, and evaluated performance using the modified McMaster Ottawa tool, within a structured framework that promotes critical thinking and professional accountability.



This initiative reinforces QU’s commitment to interprofessional education as a core element in preparing qualified graduates, equipping them with essential skills in communication, teamwork, and collaborative decision-making—while supporting healthcare quality and system effectiveness in Qatar.

## College of Law

### Organization of the Doha Youth Legal Forum



The College of Law organized the Doha Youth Legal Forum, as part of its academic and community partnership with the Ministry of Justice, the Qatar International Court and Dispute Resolution Centre (QICDRC), and on the sidelines of the Doha Legal Forum 2026, held under the theme “Emerging Trends and Forward-Looking Insights.” QU participated in the forum as an academic partner.

The forum aimed to empower College of Law students to play an active role in national and international legal dialogue, and to enhance their engagement with contemporary legal issues related to economic and investment transformation, emerging technologies, corporate governance, and legal innovation, in line with Qatar National Vision 2030. Commenting on the occasion, Dr. Mohammed Al-Kaabi, Dean of the College of Law at QU, stated that the forum reflects a clear academic vision that views university students as partners in shaping legal awareness rather than mere recipients of knowledge. He emphasized that engaging law students in national and international discussions on contemporary legal issues represents a genuine investment in the future of justice and development in the State of Qatar.

The forum included two scientific sessions that discussed a number of modern legal themes, most notably dispute resolution in the investment and trade sectors, corporate governance, as well as legal developments related to emerging technologies, artificial intelligence, data protection, and renewable energy. Graduate students from the College of Law presented research papers reflecting their awareness of contemporary legal issues and their capacity for comparative legal analysis.

The organization of this forum reaffirms the commitment of the Ministry of Justice and the College of Law at QU to strengthening scientific research, promoting a culture of systematic legal dialogue, linking academic outputs to community needs, and preparing a generation of legal professionals capable of contributing to justice and sustainable development in Qatar.

## College of Arts and Sciences

### Innovative Agricultural Solutions at AgriteQ 2026



Qatar University, represented by its Agricultural Research Station and the Center for Sustainable Development, participated in the 13th edition of the Qatar International Agricultural Exhibition (AgriteQ 2026), which took place in February 2026 at Katara Cultural Village. The Center for Sustainable Development, under the College of Arts and Sciences, showcased research that supports sustainable agriculture and food security. A key highlight is its algae applications program, which converts locally sourced algae into high-protein feed for fish and livestock, reducing reliance on imports. The program also explored algae as bio-fertilizer and as a source for human nutritional supplements, linking agricultural innovation with public health and sustainability.

The Department of Biological and Environmental Sciences participated through three educational themes designed to promote environmental awareness and sustainability in Qatar, reflecting the university's role in connecting research with real environmental challenges. Visitors explored Qatar's plant diversity through the university herbarium and seed bank, including medicinal and endangered species, alongside educational materials on conservation. A parallel exhibit highlighted desert wildlife and ecological balance, while the final theme focused on marine conservation through ongoing research on whale sharks, an internationally endangered species that seasonally gathers in Qatari waters.

QU's participation in AgriteQ 2026 reflects its ongoing commitment to translating research into practical solutions that strengthen Qatar's agricultural ecosystem. By bridging academic research with real-world applications, the university continues to support innovation that advances sustainability, food security, and economic diversification.

# College of Engineering

## Launch of the 2026 Road Safety Schools Ambassadors Program



The Qatar Transportation and Traffic Safety Center (QTTSC) at the College of Engineering launched the seventh edition of the “Road Safety Schools Ambassadors Program” for the year 2026. The initiative was implemented by Mubadara for Social Impact, in collaboration with the Ministry of Education and Higher Education, the National Traffic Safety Committee, the General Traffic Department, and UNESCO, and powered by JTA Innovation.

The program aims to engage high school students across Qatar in innovative awareness campaigns that promote traffic safety and responsible road behavior. By empowering youth to become active advocates for safer roads, the initiative supports the objectives of the National Traffic Safety Strategy and aligns with the Human Development Pillar of Qatar National Vision 2030.

A key highlight of this year’s edition is the introduction of the AI-powered “Qatar Traffic Safety Challenge,” programmed and sponsored by JTA Innovation. The contents of this platform in terms of road safety scenarios and the feedback to participants were developed and verified by the QTTSC. This interactive and gamified experience enables students to test their road safety knowledge through engaging challenges and personalized AI guidance. The challenge transforms learning into a fun, immersive experience, inspiring students to become ‘road safety heroes’ and helping embed lifelong safe road habits.

In addition, each participating school appointed dedicated Road Safety Ambassadors, who led awareness initiatives and implemented student-led projects aimed at promoting safer roads within their school communities. These projects will be evaluated by a qualified team led by the QTTSC.

## College of Education

### The National Center for Educational Development Accredited by the CPDSO in the UK



In a significant milestone that reinforces Qatar University's standing as a leading academic institution regionally and globally, the National Center for Educational Development (NCED) at the College of Education received official accreditation from the Continuous Professional Development Standards Office (CPDSO), UK. This accreditation is a result of the center's unwavering commitment to implementing the highest global standards in the design and delivery of professional development programs for educational practitioners, following a comprehensive and rigorous evaluation process.

This accreditation represents a significant milestone in the center's journey to advance sustainable professional development and prepare educational leaders equipped to meet future challenges. It also opens new horizons for international strategic partnerships, enhancing the readiness of educational professionals in Qatar and ensuring the delivery of development programs that meet globally competitive standards.

# College of Business and Economics

## Organizing the Entrepreneurship & Innovation Forum 2026

The Center for Entrepreneurship at the College of Business & Economics organized the third edition of the Entrepreneurship & Innovation Forum 2026, a high-level platform bringing together business leaders, policymakers, and academics to examine the forces shaping the new global economic landscape and explore pathways for sustainable, innovation-led growth. The forum addressed the strategic challenges and opportunities emerging amid global uncertainty, rapid technological advancement, sustainability imperatives, and the rise of new markets and sectors.



The panel discussion focused on priority growth areas including renewable and clean energy, smart infrastructure, digital platforms, fintech, healthtech, advanced manufacturing, and innovation-led services. Emphasis was placed on execution—translating policy direction and market signals into scalable ventures with real economic impact.

The forum underscores QU's continued commitment to fostering entrepreneurship, strengthening collaboration between policy and industry, and supporting national priorities for sustainable economic development.

## College of Sharia & Islamic Studies

### Celebrating the Inaugural Graduates of the Professional Program in Family Mediation



Qatar University celebrated the graduation of the first cohort of participants in the Professional Diploma Program in Family Mediation in the presence of several official and academic entities and national institutional partners of the program. The program is the result of a collaborative partnership between QU's Community Service and Continuing Education Center, the university's College of Sharia and Islamic Studies, and the Supreme Judicial Council. It aims to prepare qualified national cadres equipped with the professional knowledge and skills required to address family disputes through precise, evidence-based mediation approaches that contribute to strengthening family and social stability.

The diploma program includes integrated training modules that combine theoretical and practical components, in addition to intensive workshops and case studies that reflect real-life situations encountered by family mediators in professional practice, thereby enhancing participants' readiness for practical application.

The program reflects QU's role in supporting community-related issues by offering specialized programs that contribute to national capacity building and the preparation of mediators capable of playing an effective role in promoting dialogue and resolving marital and family disputes through professional practices that respect social values and are grounded in approved methodologies and solid academic frameworks.

# College of Sport Sciences

## Training Students in CPR and Emergency Response



The College of Sport Sciences, in collaboration with Hamad Training Center, organized cardiopulmonary resuscitation (CPR) workshops for its students.

Supervised by the Sports Training Department, the initiative aimed to equip students with essential practical skills for handling emergencies, including recognizing cardiac arrest, performing CPR, using an automated external defibrillator (AED), and responding effectively in critical situations.

The workshops were delivered through dedicated sessions for female students, with a separate session for male students, ensuring effective participation and quality training. Participants received a certificate accredited by Hamad Training Center, supporting their professional readiness and contribution to the community.

This initiative reflects the College's commitment to promoting public health and developing life skills, in line with the University's direction and national priorities related to quality of life.

# Conversation with a Talented Student

## QU Talent, Salem Yousef Al-Malki:

“Squash has shaped who I am and my journey”

In this issue of Campus Life Magazine, we highlight the inspiring journey of Salem Yousef Al-Malki, a senior at Qatar University majoring in Physical Education. Despite his young age, Salem has built a strong presence in the sports field through his passion for squash, his primary talent, a passion he discovered in childhood and continues to pursue today.

This interview offers a closer look at his athletic journey and achievements, reflecting a story of determination and ambition in the pursuit of excellence.

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

My family played a key role from an early age. At five years old, my father would take me to the club, where I watched players train. My uncle was a professional squash player ranked among the top 100 globally, and I learned a great deal from him. I initially took up squash to channel my energy, but over time, coaches noticed my talent—especially since I play left-handed. With my family’s support and their encouragement to pursue sports instead of spending time on electronic devices, I officially joined the national team and have achieved several milestones since the age of eight.

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

Absolutely. Squash has had a profound impact on my life. It has become an essential part of my academic journey and influenced my decision to major in Physical Education. Through the sport, I’ve gained valuable practical skills and had the opportunity to interact with coaches and players from different nationalities, especially through international competitions with the national team. These experiences have broadened my perspective and strengthened my personality on social, athletic, and personal levels.

**What are your ambitions for developing this passion?**

At this stage, as a university student, my goal is to maintain my performance level and continue progressing steadily without rushing. After years of intensive training at Aspire Academy—training twice daily—I now train once a day. I aim to strike a balance between my studies and training until graduation, after which I plan to dedicate more time to further developing my athletic skills.

**Tell us about your top achievements in squash?**

I have been fortunate to achieve several milestones, including winning around six to seven medals at the GCC level, securing more than 50 local titles, and winning first place twice consecutively in the QU Squash Championship. I also placed fourth in the Arab Championship and reached a world ranking of 160—my highest ranking so far.

**Does having this talent present any challenge for you, especially considering you are in your senior year?**

Balancing academics and sports is challenging, but I’ve been used to managing both from a young age. Thankfully, I’ve been able to maintain this balance successfully. I cannot give up sports, as it is a core part of my life. In fact, it helps sharpen my focus and mental energy, which positively reflects on my academic performance.



# Student Writing

## Every Voice Has a Story... My Journey with Speech and Language Disorders

By student Al Dana Al-Haidous, Speech and Language Pathology, College of Health Sciences



My journey in speech and language therapy began through some of my colleagues who were passionate about it. At the beginning, we didn't realize the extent of the suffering this field could cause in others' lives. We were simply curious about it, but over time I discovered that it's more than just logical assistance; it's a powerful humanitarian endeavor, a precious journey to give people a voice.

It's a huge undertaking for me to talk about my journey in the speech and language therapy program, and I'd like to ask the reader: What is language in your opinion? How important is it in your daily life? How can you imagine your life without it? Language is a tool for communication and expressing support. It's how we ask for help, share our opinions, and exchange information. Whether it's spoken, written, or even sign language, it's a useful tool that connects us to the society around us, to our morals, customs, traditions, ideas, and more. Communication is the core of life and an essential part whose existence and importance cannot be denied, and its value must be respected. For example, as the climate shifts from autumn to winter, you can understand that the cool autumn winds do not merely carry falling leaves—they also signal the change in seasons. Communication is present now, and the importance of communication is highlighted in Surah Ar-Rahman:

"The Most Gracious, Who taught the Qur'an, Who created man, Who taught him eloquence." (Quran 55:1-2) The evidence here is that God Almighty bestowed upon humankind the gift of eloquence, that is, the ability to express and communicate through speech. This demonstrates that it is a great and fundamental blessing in human life.



Midway through my academic journey, I faced many challenges, including understanding some aspects related to speech, especially communication difficulties in children and stuttering, which should be addressed. However, with the support of my professors, dear colleagues, and clinical training, the picture became clearer, the gaps were filled, and the pieces came together transforming the journey into a meaningful and rewarding experience, with every step dedicated to supporting a remarkable group of individuals.

This journey taught me that progress can sometimes be slow, but every small step makes a significant difference. I also learned the importance of working within a multidisciplinary team and engaging with families, because therapy isn't just about the individual case; it extends to the patient's surrounding environment.

During this journey, I experienced moments of anger, exhaustion, and stress, especially when dealing with cases that required extra effort and patience. Not every step was easy, but I discovered that these difficulties weren't obstacles; rather, they were tools for refining my character and abilities. I became calmer, more beneficial to others, and, most importantly, more valuable to those around me.

Today, when I reflect on my journey in speech and language therapy, I feel proud of everything I've learned and the experience and knowledge I've gained. This field didn't just give me knowledge; it taught me the meaning of compassion, responsibility, and the importance of playing a real role in improving the lives of others.

# Creative Literature

## The Sound of Freedom

By Jana Ibrahim, English Literature, College of Arts and Sciences

We only came to understand the value of safety  
after we lost it  
After seeing missiles lighting the dark sky above  
our homes  
After the loud sounds of explosions drove the  
white birds away  
After getting in a state of panic with every light  
seen through our glass windows  
After getting anxious with every sound heard far  
or near  
This unsettling war made us understand the  
brutality of the genocide in Gaza even if it's only  
a fragment of it  
It taught us the value of freedom  
How something as simple as going out of the  
house suddenly became both a risk and a gift  
War makes you appreciate the silence of the  
night, the sound of birds, the cool air you breathe,  
the clean water you drink, the roof above your  
head, how hard your country works to keep you  
safe  
It makes you realize how much you care for the  
people around you  
It tears the veil covering your eyes and makes  
you see the cruel reality of the world How greedy

people in power deliberately destroy our fragile  
reality  
This inhumane situation forces us to see the need  
for fighting for our ummah, for what we believe in  
That our greatest power will always be in our faith  
in Allah and in being united, together as one  
It's teaching us that life is finite and we could die at  
any moment so we should hold on to what matters  
As much as I wish to have lived in a world of peace,  
war is our new reality, and we must endure it  
We should never stop fighting for a better world,  
even if we don't see it in our lifetime, it will soon  
come, it has to  
For all of our hearts and souls deserve to be free, to  
be at peace, to live a full life  
To look at the bright blue skies, hear the birds sing  
and feel the cool breeze with not a thought of dying  
young  
Not a thought of dying at the hands of a handful of  
people determining the fate of humanity  
The day will come when history will be on our side  
When life will get lighter again  
When we can all be safe in our homes again  
Until then we will do our best for the hope of a  
better world



## Cautious Hope

By Diaz Azzahra, Speech and Language  
Pathology, College of Health Sciences

My bottled emotions start to conflate  
A plethora of whimsy, worry, and sage  
Clouds within mirror the changing landscape  
On the horizon, ridiculing epiphanies late

These mists stay courageous, and ache  
As the grey velvet skies start to dissipate  
Icy, harsh winds confused by fate  
Hopeful, despite the odds at stake

Waves crashing a warning I tune out  
As you gently pluck out each seed of doubt  
Water the kindness and care that sprout  
From when you pushed back the thunderclouds

The sky clears with each step I take  
A sailing ship, I patiently await  
For even if hope details a different tale  
Trust in the Creator of vast oceans prevails



# The Horizon's Thread

By Maryam Al Mohammadi, English Literature, College of Arts and Sciences

The leather seat felt uncomfortable against her back, she tried to itch her shoulders, but she couldn't reach the exact spot. Noor glanced around the small car, too small for four people who carried around their silence as armor. The seats were stained with the smell of tobacco, suffocating the vehicle even more.

The father gripped the wheel in a tight fist, his knuckles pale against the dark leather, his gaze never leaving the road ahead. His fingers twitch ever so slightly for his box of cigarettes. The mother sat beside him, her hands absentmindedly glitching on her sides, her lips moving now and then, murmuring words that no one heard. In the back seat, two sisters, Noor and Huda, sat side by side, their faces leaning against the windows, each lost in their minds, gazing at the sprawling desert that seemed to never end.

The car noise was constant, regularly disturbing Huda's thoughts. Outside, the dunes rolled in golden waves, painting the landscape with a rich shadow as the sun began its slow descent. The light illuminated fractured patterns on the father's ageing face. The heat pressed in through all sides, a heavy, invisible presence, filling the car with something incomprehensible. Noor thought about asking where they were heading but stopped herself. It does not matter. Or maybe, it did, but only in the way the horizon did — always in sight and never reachable.

A sharp buzzing sound filled Noor's ears. The culprit is a small black beetle clinging to the windshield, tapping the glass like an insistent question going unanswered. She watched it for a minute or two, its wings a blur of motion, caught stuck in between the window. She should help the beetle escape, she thought. But she remained watching it.

Her mother shifted in her seat. "How much longer?" she asked, not directing it to anyone in particular.

Her father mumbled, still gazing on the road, "Soon."

"You always say that," Huda replied as she picked up a book to read. Her father says nothing.

Huda's face was impassive as Noor glanced sideways at her sister. Her forehead pressed against the window

as if she could become one with the glass. The golden dunes raced by in blurred strokes, but Huda didn't shift or blink as she read her book. Noor wondered how she could read at a time like this. She has always read in the car, as if she needed something to block out the spaces around her. Noor envied that. She never had the ability to disappear so easily.

The beetle is still insistent on escaping to the outside world. Her left wing is on the verge of tearing. Noor watched as the creature kept throwing itself away. She failed because it couldn't escape the dark side. The one-winged beetle skittered to the flat surface of the dashboard, its legs continuously restless and desperate.

"You should let it out," Huda said quietly.

"It got in," her father said. "It can get itself out."

Huda frowns and says in a hushed voice, glancing wearily at Noor, "But that's not how it works."

Her mother turned slightly, throwing a reprimand look at Huda, silently telling her to be quiet.

Huda turned back to her book. The sky's light began thinning, softening into its dark hues. The dunes turned into shadows, their curves now sharper and more defined. The road stretched on as the car moved forward ever so slightly.

The beetle returned to the back window, its tiny body falling still at last. Noor watched the new passenger closely, wondering if it had given up. Or maybe it was just waiting.

Noor's gaze wandered to her father in the front seat. His jaw was set in determination, the kind she recognized from common moments in his youth. The tales he told were scattered, fragmented pieces of a mosaic she had never been able to fully assemble.

A memory stood still in her mind, the time she asked her father, years ago, if the road ever came to a stop. They had been driving then, too, the same car, and a similar road. Her father glanced at her warmly, in the way he rarely does now, and said, "The horizon is unreachable, my Noor. It is always moving with you."

She frowned at her father, unclear of the meaning behind what he said. She's still unsure about it now.

Huda closed her book and stretched her legs slightly. Noor wondered if she could feel the suffocating atmosphere of the car. The air felt too thick, too still.

The beetle decided to move again. Its broken wings are the only sound in the car as it flaps rapidly. Noor could hear the tiny scratch of its legs against the leather seats. It was still trying to find an escape.

Noor feeling sympathy for the tiny beetle, reached her arm forward, slowly, and cupped her around the bug. Its wings buzzed widely as it struggled at first, but Noor held tight and didn't let go. She could feel her hands buzzing alive, the warmth of the beetle's body covering it.

With her other hand, she pressed the window button. The glass slid down with a quiet rush of dry air. For a single moment, she hesitated. Then, gently, she let the beetle go. For a second, the beetle hovered inside, unsure of its sudden freedom, then slowly, it flew away.

Her father didn't seem to notice, still stuck staring at the horizon. Her mother was lost in her thoughts while staring out the window. Huda had already opened her book again.

Noor settled back in her seat, her fingers resting lightly on the now-empty window frame. She didn't know how much longer they would be driving. Maybe forever. Maybe a little longer.

She looked at the waiting horizon; it was still there. Noor closed her eyes and let the car carry her forward.



# Art

**Artwork Title:** Authenticity  
**Student Name:** Sara Al-Awadhi  
**College & Major:** Art Education, College of Education  
**Artwork Size:** 40 x 45 cm  
**Materials:** Oil paints

Created for National Day, the artwork captures Qatari authenticity and heritage by combining traditional elements within a heritage boat set against a desert landscape.



**Artwork Title:** Childhood  
**Student Name:** Fatma Al-Rumaihi  
**College & Major:** Art Education, College of Education  
**Artwork Size:** 90 x 100 cm  
**Materials:** Oil paints

This painting captures a childhood moment during the Ramadan atmosphere. The girl is dressed in traditional Qatari attire, set against a backdrop of authentic heritage elements that evoke the past and reflect generations' enduring connection to Qatari identity.



**Artwork Title:** Knowledge is Light  
**Student Name:** Wadyan Al-Marzouqi  
**College & Major:** Art Education, College of Education  
**Artwork Size:** 50 x 70 cm  
**Materials:** Acrylic paints

The artwork portrays knowledge as a force that lifts the individual from ignorance, instills hope, and guides them toward the right path.



**Artwork Title:** Ramadan Mubarak  
**Student Name:** Fatma Al-Malki  
**College & Major:** Art Education, College of Education  
**Artwork Size:** 30 x 40 cm  
**Materials:** Gouache paints

The artwork conveys the spirit of the holy month of Ramadan, capturing its sense of spirituality and tranquility. It incorporates symbolic elements such as the crescent and mosque to reflect the sanctity of the month, while warm tones like gold and deep blue evoke the evening sky at iftar.



**Artwork Title:** Our Childhood and Al-Qais  
**Student Name:** Reem Al-Marri  
**College & Major:** Art Education, College of Education  
**Artwork Size:** 45 × 60 cm  
**Materials:** Black printmaking ink, lino, and paper

The artwork captures fleeting moments of childhood through expressive patterns that reflect the joy of the traditional game 'Al-Qais,' while highlighting a broader sense of cultural identity.



**Artwork Title:** Open Land and Falcon  
**Student Name:** Rodha Al-Mansoori  
**College & Major:** Art Education, College of Education  
**Artwork Size:** 50 × 60 cm  
**Materials:** Acrylic paints, colored and black printmaking inks, mixed media

The painting highlights Qatari identity through one of its most iconic symbols—the falcon—depicted with dignity and poise. It is created using lino techniques with the integration of mixed materials.



**Artwork Title:** Life and a Sailor  
**Student Name:** Jameela Abkar  
**College & Major:** Art Education, College of Education  
**Artwork Size:** 65 × 55 cm  
**Materials:** Acrylic paints, colored printmaking inks, mixed media

The painting presents the marine environment in an abstract style, conveying the dreams and aspirations of sailors through simplified, smiling forms. It is created using lino techniques combined with mixed media.



# Sports and Recreation

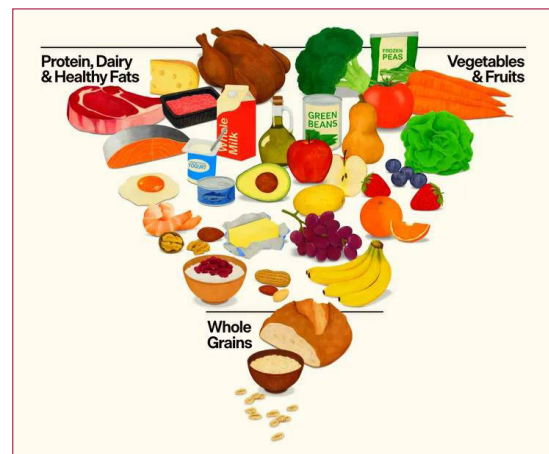
## The New Food Pyramid: A Nutritional Revolution?

By Noof Al-Mansoori, MSc, Teaching Assistant in the Department of Nutrition Sciences, College of Health Sciences

For decades, the traditional food pyramid served as the nutritional compass for millions. Since the 1990s, it promoted a broad base of grains and starches, followed by fruits and vegetables, then proteins and dairy products, and finally a limited apex of fats and sugars. However, with the advancement of scientific research and the worsening of health crises, the need to reassess these recommendations became evident.

The 2025–2030 Dietary Guidelines for Americans present a model that its authors describe as a “radical reset” of federal nutrition policy, declaring a health emergency that requires a return to basics. The most prominent shift is the flipping of the food pyramid: instead of a wide base dominated by refined grains and simple starches, fruits and vegetables are now positioned as the foundation of healthy eating. The guidelines also distinguish between types of fats, recommending that saturated fat remain below 10% of total caloric intake while prioritizing healthy fats such as those from nuts and olive oil. Additionally, there is increased emphasis on fiber and fermented foods to support gut microbiome health. Protein receives special focus, with recommendations of 1.2–1.6 grams per kilogram of body weight per day, particularly as emerging research suggests that current protein recommendations may be underestimated—especially for older adults, pregnant women, and populations at risk of malnutrition. However, the guidelines contain concerning contradictions. While they recommend limiting saturated fat to under 10%, consuming animal proteins alone—particularly red

meat—can easily reach that threshold. Although full-fat milk and butter are considered acceptable as natural products, balancing saturated fat restriction with increased animal protein intake creates a challenging equation in practice. The guidelines also overlook the needs of individuals who cannot consume dairy, such as those with lactose intolerance. More concerning is the likely market response: with heightened focus on protein, we may see an influx of lower-quality processed protein products. Even plant-based protein alternatives have increasingly become highly processed ‘plant meats’ that contradict the message of natural, whole foods.



This raises a fundamental question: can these recommendations be adopted wholesale within the Qatari context? Importing the American model without adaptation may fail to address diet-related health issues and may ignore Qatar’s unique cultural, economic, and climatic characteristics. Therefore, the solution lies not in the literal transfer of guidelines, but in tailoring them to the local reality through national nutrition policies grounded in Qatari data, respectful of cultural food practices, and responsive to actual behavioral patterns. Nutrition is not a universal template; it is a system shaped by the needs of each society.

The truth is simple: eat real food—fresh vegetables and fruits, whole grains, natural proteins whether animal or plant-based, and fats from nuts and natural oils. Food our grandmothers would recognize—not laboratory products, but a return to simplicity, to food that is grown rather than manufactured. That is the real revolution.

# Student Clubs

## Student Clubs and Organizations Forum 2026



The Student Activities Department, part of Student Affairs, organized the 13th edition of the annual Student Clubs and Organizations Forum, with broad participation from the university's recognized student clubs and organizations. The forum was attended by Dr. Omar Al-Ansari, President of Qatar University, along with a number of officials, faculty and administrative members, and a large gathering of students.

The forum is one of the university's flagship annual initiatives, serving as a dynamic platform to showcase the role of student clubs and organizations in enriching campus life. It also promotes student engagement in extracurricular activities that support the development of leadership and personal skills. In addition, the forum offers students the opportunity to explore various clubs and organizations, learn about their focus areas, and engage with their diverse programs and activities in an interactive environment.

During the forum, members from QU's various student clubs and organizations presented their achievements and initiatives, as well as their future plans and programs, through interactive booths and activities that attracted strong interest from students eager to get involved in campus life.



The Student Clubs and Organizations Forum contributed to strengthening collaboration and building partnerships among clubs, while fostering a culture of teamwork, initiative, and innovation among students—aligned with QU's vision of preparing graduates capable of making meaningful contributions to society.

The forum continues to establish itself as a key annual platform that brings together students from diverse disciplines and interests, offering a stimulating environment for creativity and the exchange of ideas and initiatives, further enriching the student experience and strengthening the presence of student engagement across campus.

# Feature

## What Else Do We Learn at University?

By Dr. Mohammed Shaheen Al-Kuwari, Associate Vice President for Student Experience at Qatar University

When conversations begin about the university journey, they often revolve around one central question: the major. Medicine, engineering, education? Universities are compared based on the number of academic programs they offer, the career opportunities associated with each field, and the nature of the expected professional path. Yet an important question is frequently overlooked: What does a student learn at university beyond their major?



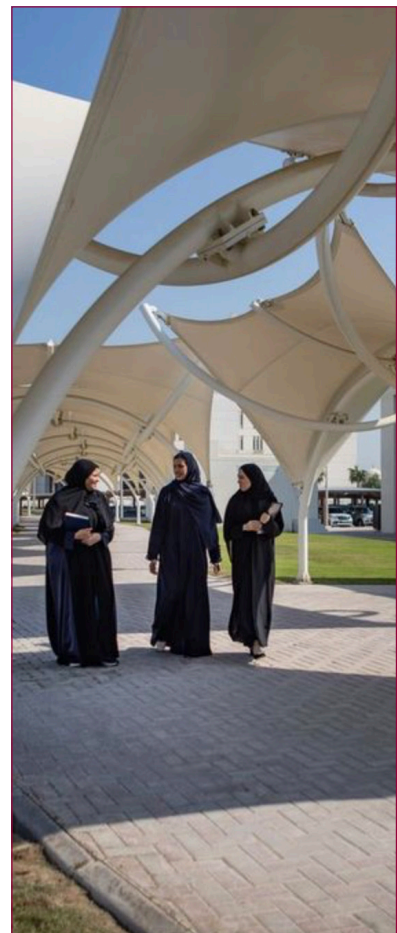
How much attention is given to the student experiences a university provides? Do we consider the values, skills, and attitudes that an institution helps cultivate in a student's character? Do universities differ in their impact on shaping identity and refining personality, just as they differ in their academic programs?

The answer is yes. Choosing a university not only determines the specialized knowledge a student will gain, it also determines the environment that will shape their awareness, maturity, ability to engage with the world, adapt to change, and make responsible decisions.

These dimensions are reflected in a university's mission and its vision for graduate outcomes, as well as in the range of out-of-class experiences it offers, such as student clubs, leadership programs, volunteer initiatives, intellectual seminars,

internships, and academic competitions. They are also evident in classroom practices that promote active learning, dialogue, teamwork, and real-world problem solving. Such experiences are no less important than formal coursework. They strengthen critical thinking, collaboration, leadership, time management, and effective communication skills. They also support students' social and emotional development, deepen their sense of responsibility and belonging, and instill values such as integrity and respect for diversity.

Many graduates who have excelled in their fields, whether within or beyond their original areas of study, attribute their success largely to these out-of-class experiences. Leading a student team, organizing an event, volunteering, or engaging in a meaningful internship can open doors that the classroom alone may not provide. These opportunities also help students build professional networks that support their future careers.



For this reason, I encourage students who are choosing a university, as well as those advising them, to include such questions in their decision-making criteria. What kind of learning environment does the university provide? How does it foster personal and leadership development? What opportunities exist for experiential learning and community engagement? Is there an effective student affairs system that supports initiatives and nurtures talent? University education is an investment in the individual before it is an investment in a profession.

I also urge current students to seize available opportunities, actively participate in programs that broaden their perspectives, build positive relationships with faculty and peers, and not limit their ambitions to academic achievement alone. The university years are formative; they shape both professional and personal identity.

Finally, I call on graduates who have benefited from such experiences to apply the values and skills they gained in their workplaces and communities, serving as ambassadors for their universities. A university is not merely a place to earn a degree; it is a space for developing a well-rounded individual capable of lifelong learning and responsible contribution.

# Performance Development

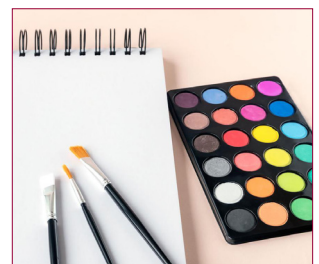
## Artistic Talent: From Potential to Expression

By Prof. Eyad Ta'meh, Professor of Art Education, College of Education

Every person carries, at a genetic level, a seed of artistic potential. What distinguishes those who become artists from those whose talent remains dormant is not ability alone, but timing and nurturing. A question we are often asked as art specialists is: how can a passionate child be guided toward becoming an artist?

Talent resembles a seed—it needs the right environment, a supportive atmosphere, and a steady, caring hand. Its beginning lies in early childhood, in that first moment when a child picks up a pencil and makes a simple scribble, unaware that this mark is an entry point into self-expression. At this stage, the family plays a foundational role—not as passive observers, but as the first nurturers of this spark. This does not require turning the home into an art academy, but rather creating a safe space where the child feels that what they create matters. Instead of correcting or directing too quickly, it is more valuable to ask: “What did you draw?” and “Why did you choose this color?” Such questions build confidence and reinforce the idea that art is a meaningful form of communication, even before language is fully developed.

As the child enters school, the journey takes on a new dimension. Spontaneity gradually develops into skill, and passion into understanding. An effective teacher does not impose rigid rules, but gently guides the process—explaining, for instance, how light shapes shadow, or how color relationships can bring a composition to life. At this stage, the teacher connects the child’s inner world with clearer forms of expression. It is also a sensitive phase; poor guidance can diminish enjoyment and turn art into a routine obligation rather than a creative outlet.



At the university level, the young artist enters a far more demanding environment. This stage is not simply a continuation of earlier learning, but a true test of resilience. Competition is high, and critical evaluation becomes part of the process. Here, the student faces a defining choice: to withdraw under pressure, or to transform uncertainty into motivation. Growth begins when the artist learns to accept critique and understands that setbacks are not failures, but essential steps in development.

Success at this stage extends beyond classroom learning. It depends on continuous visual and intellectual engagement—what may be described as ‘visual nourishment.’ This includes exposure to the works of major artists across different periods, from the Renaissance to modern art, such as Leonardo da Vinci and Pablo Picasso. Studying how Vincent van Gogh approached light, or how Gustav Klimt depicted form and symbolism, helps students build a richer visual language. The goal is not imitation, but critical understanding—analyzing, reinterpreting, and developing an individual voice.

Equally important is consistent practice. Talent, like muscle, requires regular exercise. Rather than waiting for inspiration, artists develop discipline through daily work. A sketchbook becomes more than a training tool—it is a space for experimentation, risk-taking, and reflection. Through repeated practice and exploration, small studies gradually evolve into more refined and confident works.

Because art is, at its core, a form of communication, true maturity emerges when artwork engages with an audience. While personal satisfaction is important, it is not enough on its own. When a viewer connects with a piece through reflection, emotion, or dialogue, the artist recognizes that their work has moved beyond personal expression to become a shared experience. This connection signals that their artistic language has developed the ability to speak to others and engage with the wider world.

# My University Album

## Engineering Laboratories (1984)



In this section, we revisit moments preserved in Qatar University's archive—an album that captures key milestones and major events in the university's history. This issue takes us back to 1984, where these images document the early development of the university's engineering laboratories, which served as a core environment for hands-on student training.

These laboratories mark an important phase in the evolution of engineering education at QU. They provided students with the opportunity to apply theoretical knowledge and develop practical skills across a range of engineering fields. Despite their modest nature compared to today's advanced facilities, they played a key role in preparing generations of engineers who later contributed to Qatar's development.

The images also reflect the university's early efforts to establish a supportive academic infrastructure, laying the foundation for the advanced laboratories and technologies seen today.

These snapshots stand as a testament to this continuous journey of growth, highlighting Qatar University's enduring commitment to advancing engineering education and supporting national progress.

