

CHS Newsletter



In this issue of the College of Health Sciences Newsletter, we celebrate the dynamism, resilience, and ongoing successes of our entire college community—from faculty to students. Here, we don't just share and exchange knowledge; we create lifelong memories and nurture future leaders in health who are ready to serve society. If you are ready to embark on a journey of transformation and growth, you're in the right place. Welcome to the College of Health Sciences, where collaboration, communication, and support shape every student's academic, professional, and personal journey.

DEAN'S MESSAGE



Dear CHS Students,

Every academic year has its own rhythm, and this one at the College of Health Sciences is declared as the year of research and industry engagement. Now, before you imagine research as endless spreadsheets and sleepless nights with lab goggles glued to your face...think again. Research is adventure with a purpose. It's about curiosity, creativity, and asking "what if?". Through our RICH Initiative (Research Initiative for the College of Health Sciences), we want to match you with faculty projects where your ideas, enthusiasm, and fresh perspectives can truly shine. You'll gain skills that no textbook alone can offer. You will learn how to solve problems, analyse data, collaborate, and maybe even discover something worth bragging about at family gatherings! But research is only half of the story.

We are also strengthening our industry partnerships, creating more chances for you to engage with hospitals, labs, community and health organisations that are shaping the future of healthcare. Think of it as your backstage pass to see how science becomes real-world impact. So this year, I invite you to join a research project, step into an internship, attend a conference, ask questions, make connections, and enjoy the exciting process of learning by doing.

At the CHS, we don't just prepare students for the future; we prepare them to create it. Let's make this a year of discovery, laughter, and maybe a few moments of discovery along the way. Stay curious, stay bold, and remember that every great scientist once started by volunteering for something they didn't yet understand!

Warm regards,

Prof. Mohamad Alameddine

Dean, College of Health Sciences

University of Sharjah

Postgraduate Physiotherapy Students Insights

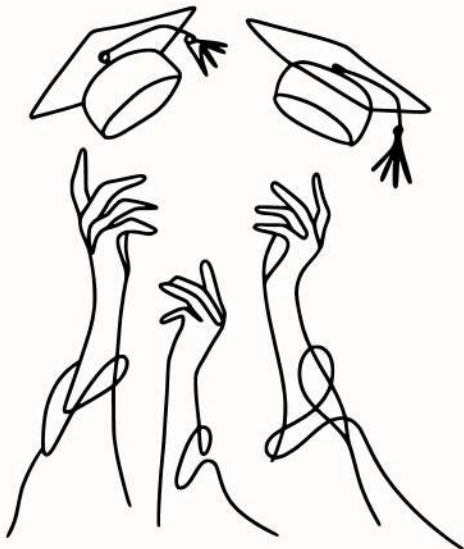
We recently had the opportunity to interview some of our postgraduate master's and PhD physiotherapy students to learn more about their journeys, achievements, and experiences.

ACADEMIC AND PROFESSIONAL ACHIEVEMENTS

"I have had the privilege of presenting at international conferences. For example, at ACAPS in France, we presented normative data on the paediatric Emirati population, including anthropometric measurements and physical activity levels. I also participated in FIMS last October in Dubai, where we presented a study on nutrition for athletes as part of Sharjah Women's Sports."

FUTURE OPPORTUNITIES AND CAREER GUIDANCE

"While career opportunities after graduation can be challenging, networking and professional links are essential to secure roles. Mentorship and connections through the university would be very helpful."



INSPIRATION FOR PURSUING A MASTER'S DEGREE IN HEALTHCARE SCIENCE

"I have always enjoyed research, starting with my undergraduate studies, where we published our findings. After graduation, I worked as a research assistant and clinical tutor, which deepened my interest in the academic field. My goal is to transition from clinical practice to academia, which is why I chose to pursue a master's degree."

ADVICE FOR FUTURE MASTER'S STUDENTS

- "Start your thesis early and follow your passion. Choose your supervisor carefully and communicate about your expectations, resources, and research goals." – Student A
- "Be proactive in networking and seek mentorship. It's important to understand funding, available equipment, and practical steps in your research journey." – Student B
- "Focus on both clinical and research skills. Balance is key, and don't hesitate to ask questions or seek guidance when needed." – Student C

CHALLENGES AND SUGGESTIONS FOR POSTGRADUATE STUDENTS

"Many of us balance work and study simultaneously. Offering flexible learning options, such as a 50/50 mix of online and in-person classes, would greatly support students in managing both responsibilities."

Graduate Students' Reflections

01

On choosing the study speciality:

"I was fascinated by how rehabilitation can transform lives. Physiotherapy allows me to combine science and practical care to help people regain independence."

02

On surprises in the Master's programme:

"I didn't expect how much emphasis there would be on interdisciplinary collaboration. Working with colleagues from different healthcare backgrounds has been eye-opening."

03

On impactful projects:

"Yes, I worked on a community initiative for children with motor development delays. Seeing tangible improvements in their daily activities was incredibly rewarding."

04

On skills developed:

"Beyond clinical skills, I've learned project management, data analysis, and how to effectively present research findings to different audiences."

05

On future career goals:

"This degree will open doors to academic roles and research positions. I also hope my work will contribute to improving healthcare practices on a national level."

06

On balancing responsibilities:

"Time management is key. I schedule focused study blocks, take breaks to recharge, and make sure to maintain social connections to stay motivated."

07

On staying motivated:

"Knowing that the skills and knowledge I gain can directly improve patients' lives keeps me focused. Every small achievement feels meaningful."

These insights highlight the dedication, achievements, and aspirations of our postgraduate physiotherapy students. Their experiences underscore the importance of research, mentorship, and flexible learning in shaping the next generation of healthcare professionals.

DEPARTMENT OF NURSING

BEST IDEA AWARD ACHIEVEMENT

The College of Health Sciences, University of Sharjah, proudly congratulates Ms. Amina Mussa Abdallah Ahmad, Senior Clinical Tutor in the Department of Nursing, for her outstanding achievement at the Nursing and Midwifery Professional Development 2025 conference, where she received the Best Idea Award under the Challenges of E-Learning Effectiveness category. Her award-winning project, titled **"AI-Driven Simulated Patient Program: Transforming Mental Health Nursing Education Through Artificial Intelligence"** presents a groundbreaking innovation in nursing pedagogy.

The initiative leverages ChatGPT Pro for an AI-simulated psychiatric patient, offering students an immersive and interactive platform to practice clinical communication, mental status assessments, and care planning in a safe and controlled environment.

This AI-based teaching method connects what students learn in theory with actual clinical experience, solving a long-standing problem in mental health nursing education. The program can be adjusted and expanded to include other areas of healthcare, supporting a long-lasting and tech-driven way of learning skills based on competency.



Ms. Amina's achievement exemplifies the University of Sharjah's commitment to educational excellence, innovation, and leadership in the integration of artificial intelligence within health sciences education. Her work stands as a model of how emerging technologies can be effectively harnessed to enhance student learning outcomes and advance the future of nursing practice.

Medical Diagnostic Imaging

FACULTY AWARDS!

Dr. Dilber Uzun Ozsahin, Associate Professor, was awarded the UOS Annual Faculty Incentive Award (Scientific Research Category) for her outstanding research contribution and her publication in prestigious and high-quality research and scientific journals.



MEDICAL DIAGNOSTIC IMAGING WORD SEARCH:

RADIOGRAPHY
PATHOLOGY
XRAY
MEDICAL IMAGING
TOMOGRAPHY
DIGITAL IMAGING
RADIOBIOLOGY
RADIATION



WELCOMING THE NEW CHAIR OF ENVIRONMENTAL HEALTH SCIENCES DEPARTMENT



**DR.
KHALED
ABASS**

Khaled Abass completed his PhD in Medical Sciences (Toxicology) at the University of Oulu, Finland, in 2010. He became a Certified European Registered Toxicologist in 2011 (Geneva, Switzerland) and was appointed Associate Professor in Environmental Toxicology at the University of Helsinki in 2014 (Finland). Since then, he has also served as Finland's designated expert to the Arctic Council's Human Health Assessment Working Group.

He joined the University of Sharjah in August 2022. He is currently an Associate Professor at the College of Health Sciences, University of Sharjah, UAE, and an Adjunct Professor at the Faculty of Veterinary Medicine, University of Helsinki, Finland. His research focuses on toxicology, environmental health, human health in a changing climate, and epidemiology, with over 70 peer-reviewed publications and book chapters.

MESSAGE TO EHS STUDENTS

From Dr. Khaled Abass

I am honored to welcome you as the new Chair of the Department of Environmental Health Sciences. This field is vital to our collective future—ensuring safe food and water, protecting human health, advancing occupational safety, and shaping our response to climate change. I encourage you to approach your studies with curiosity and dedication. The knowledge and skills you gain here will open doors to meaningful careers where your work can directly improve lives and promote sustainability. Our department is committed to supporting you – not only as students but also as future leaders. Take part in seminars, engage with your peers and faculty, and never hesitate to ask questions or share your ideas. Together, we will build an environment where learning thrives, innovation grows, and responsibility toward society and the environment guides our actions. Best wishes for a successful and inspiring journey.

Meet the New Faculty Extending Our

EHS FAMILY



Dr. Minashree K Mandal



Dr. Paul K Botwe

EHS Department is pleased to announce that Dr. Minashree K Mandal has joined as an Assistant Professor. She holds a PhD in Environmental Sciences from IITISM Dhanbad, India and has completed a Postdoctoral Fellowship (PDF) at IIT Delhi, India. Dr. Mandal brings a wealth of expertise in water treatment technology, emerging contaminants, and Environmental health risk assessment.

EHS Department is pleased to welcome Dr Paul Kingsley Botwe as an Assistant Professor. He brings extensive expertise in environmental epidemiology, occupational hygiene, and safety management, with a strong focus on high-risk sectors. His research focuses on community-based, participatory approaches to understanding occupational and environmental health risks, particularly among vulnerable and marginalised populations.

MESSAGE TO STUDENTS

Dear Students, your growth and success matter. Your academic journey is my commitment, and I encourage open communication about your progress and goals. Together, through active engagement and collaboration, we can make this a rewarding academic year.

~ Dr. Minashree K mandal

To all my students, your presence truly matters. Teaching is a shared journey of discovery and growth built on dialogue, curiosity, and respect. I am always available to support you, not only in mastering the course content but also in developing the critical thinking, resilience, and ethical values necessary for leadership in public and environmental health. Together, we'll create a rigorous, inclusive, and empowering learning environment.

~ Dr.PaulK Botwe



NURSING STUDENTS SHINE AT SIMULATION WEEK 2025



The nursing students had the opportunity to participate in **Simulation Week 2025**, an engaging and educational event that combined fun with learning. Accompanied by their mentors — Dr. Jacqueline, Dr. Mini, Dr. Vidya, and Dr. Janisha — the students immersed themselves in activities designed to enhance clinical skills, teamwork, and professional growth.

The Olympic-style games were a highlight of the event, where students showed their knowledge, creativity, and teamwork. The atmosphere was filled with excitement, laughter, and camaraderie, ranging from skill-based challenges to interactive competitions.

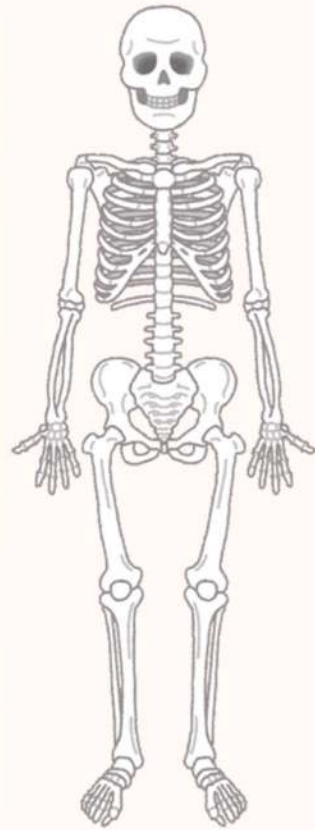
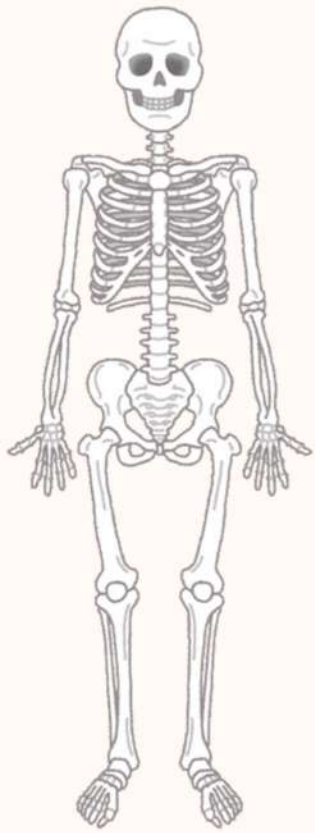
The event was further enriched by a motivational speech from Dr. Jacqueline, who emphasized the importance of teamwork, resilience, and continuous learning in the nursing profession. Her words motivated the students to do their best and reminded them of how important nurses are to the future of healthcare.

The presence of the professors added tremendous value to the event, as they actively participated, encouraged the students, and created a supportive environment. Their guidance transformed the event into a memorable experience, bridging education with enjoyment.

The students expressed how Simulation Week was more than just a learning platform — it was a chance to bond with peers and faculty, celebrate teamwork, and strengthen their confidence as future nurses. The event truly highlighted the perfect balance of education, collaboration, and fun.

Department of Physiotherapy

ANNUAL INCENTIVE AWARD



A moment of immense pride for our community as Prof. Fatma Hegazy has secured First Place in the Annual Incentive Award for University and Community Service. This distinguished recognition celebrates her unwavering commitment and remarkable contributions to both the University of Sharjah and the wider community. Prof. Fatma's efforts continually embody the spirit of service, leadership, and inspiration, reflecting the values of collaboration and progress at the heart of our institution. Her dedication to bridging academic excellence with community engagement highlights her vision and devotion to the betterment of society. This achievement celebrates Prof. Fatma's excellence and marks an honorable milestone for our department, motivating students and colleagues to pursue impactful service and dedication.



MYTH OR FACT? — “THE SURPRISING SIDE OF ENVIRONMENTAL HEALTH”

- **Houseplants always purify indoor air effectively.**

➡ Myth – You’d need hundreds of plants in a small room to noticeably clean the air; ventilation is far more effective.

- **The ocean produces most of the oxygen we breathe.**

➡ Fact – Tiny ocean organisms called phytoplankton generate over half of Earth’s oxygen supply!

- **Turning off lights saves more energy than unplugging electronics.**

➡ Myth – Many devices use phantom energy even when off; unplugging or using power strips can save more.

- **The smell of rain (petrichor) can carry bacteria into the air.**

➡ Fact – When raindrops hit soil, they release tiny aerosols that can lift bacteria and organic matter upward.

- **Melting glaciers can release ancient viruses.**

➡ Fact – Scientists have found dormant microbes and viruses frozen in ice that could awaken as glaciers thaw.

- **There’s plastic in the air we breathe.**

➡ Fact – Microplastics are now found in air samples, falling from the sky like invisible dust.

- **All biodegradable plastics are eco-friendly.**

➡ Myth – Many need specific industrial conditions to break down and can still pollute if littered in nature.



DID YOU KNOW?

Every semester, hundreds of plastic bottles are used across our campus — most for just a few minutes before being tossed away. Yet, each of these bottles can take over 400 years to decompose, and if we keep this pace, by 2050 our oceans could hold more plastic than fish. But here’s the good news! Every single bottle you recycle truly makes a difference!



LEAF X CHS

Through the  LEAF x CHS Initiative, we’re collecting used plastic water bottles to be recycled into new materials instead of ending up in landfills.

Your small action can spark a ripple of change — and those who contribute will receive a Certificate of Appreciation for their sustainable effort.

 Join Us Via the QR Code and Let’s turn waste into worth — one bottle at a time. 

CHS Newsletter

“
Exploring, learning, and growing
together—one day, one lesson,
and one success at a time!
”

April 16, 2025 – Branding for Healthcare Event



On April 16, 2025, the Department of Healthcare Management organized the Branding for Healthcare event, focusing on the importance of building strong and credible healthcare brands. The event explored strategies for effective healthcare communication, patient-centered engagement, and the role of branding in enhancing trust within the healthcare sector. Faculty and students participated in discussions and activities that connected academic insights with real-world healthcare marketing practices.

May 3rd, 2025



Shamma Khalid Almarzooqi

Shamma Khalid Almarzooqi, a healthcare management student from the Department of Healthcare Management, has recently achieved distinction through two important contributions. She participated in TEDx University of Sharjah – Fight4 Me, where she shared her insights and passion for advancing healthcare solutions. These achievements reflect her entrepreneurial spirit and her commitment to improving healthcare delivery in the UAE. Shamma is also the founder of Awn, an innovative initiative that deploys emergency response drones to deliver life-saving medical supplies and support paramedics in reaching patients more quickly.

May 15, 2025 – Graduation Project Posters Presentation

On May 15, 2025, the Department of Healthcare Management proudly participated in the College of Health Sciences Graduation Project Poster Day. Students presented a variety of innovative projects addressing key issues in healthcare management, ranging from digital health solutions and policy analysis to quality improvement and patient safety. This event provided an excellent platform for students to present their research and applied knowledge while receiving valuable feedback from faculty and peers.





MEDICAL LABORATORY SCIENCES



CELEBRATING THE SPIRIT OF RAMADAN

IN MARCH 2025



THE MEDICAL LABORATORY SCIENCES STUDENTS CAME TOGETHER WITH FACULTY AND STAFF TO CELEBRATE THE BLESSED MONTH OF RAMADAN, A BEAUTIFUL REMINDER OF COMMUNITY, CONNECTION, AND THE SPIRIT OF GIVING THAT DEFINES RAMADAN.

THE EVENING WAS FILLED WITH WARMTH, GRATITUDE, AND UNITY AS EVERYONE SHARED IFTAR, STRENGTHENING BONDS BEYOND THE CLASSROOM.

EHS Department Booth DURING HEALTH WEEK “QUALITY OF LIFE”

18 FEB
2025



Environmental health sciences department has been present in Health Week event focused on improving quality of life at the main building of the university, where a diversity of students came by from different disciplines and backgrounds interested in learning about environmental health and sustainable practices. Our students have been able to deliver complex environmental concepts in a fun and understandable way for all to understand and take part of.

“Best part of being there as EHS department in a university wide event is the students who pass by, expressing their environmental concerns and their little big actions which shows how much environment and nature is what makes us all connected, no matter what the discipline each one has chosen, our environment is still shared with all and when it is affected we all can feel it, it's here when we remember that taking care of the environment is also a shared responsibility all are able to do.”

~ Nesrine Haddana (EHS Undergraduate Student)

Designing Motherhood": UOS Nursing Students Bring the Miracle of Motherhood to Life



The journey of motherhood—from pregnancy to postpartum and newborn care—is filled with excitement, challenges, and countless learning moments. To bring this journey to life, third-year nursing students at the University of Sharjah took their maternity course beyond textbooks, hosting an immersive event titled "Designing Motherhood" on November 13, 2024.

Spearheaded by Dr. Mini Sara Abraham and Dr. Vidya Seshan, esteemed faculty of the Maternity Nursing Course, the event transformed the space into a series of interactive booths, each representing a crucial phase of motherhood—antenatal care, labor and delivery, postpartum recovery, and newborn care. Through live demonstrations, educational materials, and hands-on activities, the students engaged, educated, and empowered every visitor, from expecting mothers to healthcare professionals.

Adding to the event's prestige, Prof. Mohamad Alameddine, Dean of CHS, Dr. Nabeel Al Yateem, Chairman of the Nursing Department, and Dr. Amina Al Marzouqi, Vice President of Student Affairs, attended and commended the students for their creativity and commitment to maternal health education.

More than just an academic project, "Designing Motherhood" was a celebration of life, learning, and the incredible strength of mothers. With expert guidance from their dedicated professors, UOS nursing students proved that nurturing knowledge is just as important as nurturing new life!





DESIGNING MOTHERHOOD": UOS NURSING STUDENTS BRING THE MIRACLE OF MOTHERHOOD TO LIFE



◆ MLS Department at Career Fair 2025

The Department of Medical Laboratory Sciences proudly took part in the Career Fair 2025, hosted by the College of Health Sciences

The event kicked off with inspiring sessions to help graduating students shape their career paths, followed by a vibrant fair connecting them with leading organizations and companies.



With the interactive MLS booth being at the heart of the fair, powered by enthusiastic fourth-year students which offered visitors a chance to explore the exciting world of medical laboratory sciences.



The MLS department's collaboration with Siemens Healthineers, which introduced an exclusive pre-employment development initiative for postgraduate students, was a special highlight, providing opportunities for real-world experiences and professional growth. The Career Fair was not just an event; it was a launchpad for future healthcare leaders!

EHS FAIR

19 FEB
2025



EHS students lead the 1st Environmental Health Science Fair, representing the different disciplines within the environmental field including, air and water quality, environmental toxicology, food safety, vector control, marine ecology, occupational health and safety and waste management.

The event was filled with fun activities, quizzes and prizes that encouraged participation while simultaneously increasing awareness on various environmental issues. Through this event, the students aimed to expand their peers' knowledge on environmental health and its role and relation to the health sciences fields.



The EHS department had the opportunity to showcase its hidden treasures and talents in the CHS corridor, One of the biggest Events for our Department for a while was a successful attempt to create a portal for others to see how we all as health passionate young people have the ability to contribute to a more sustainable future ! Seeing the entire department connect, share, and enjoy their shared purpose was a warm reminder to why we do what we do.



BRANDING FOR HEALTHCARE EVENT



On April 16, 2025, the Department Healthcare Management organized the Branding for Healthcare event, emphasizing the importance of strong and credible healthcare brands. The event explored strategies for effective healthcare communication, patient-centered engagement, and the role of branding in cultivating trust. The Department of Physiotherapy actively participated by promoting their newly launched elective course, Understanding Disability, introduced in Spring 2025. This highlighted the department's commitment to raising awareness about disability issues and integrating inclusive practices into healthcare education. The event reflects UOS's commitment to fostering academic excellence while addressing the needs of society, bridging knowledge with impactful action.



COLLEGE OF HEALTH SCIENCES PARTICIPATES IN AL-MIR RAMADAN EVENT



The College of Health Sciences participated in the Al-Mir Ramadan event under the supervision of the Deanship of Student Affairs. The initiative brought together students, faculty, and staff in the spirit of giving, collaboration, and collective responsibility during Ramadan. With the active involvement of Prof. Fatma Hegazy, the college emphasized service, unity, and compassion. This participation reflects the university's mission to cultivate future healthcare professionals who embody empathy and leadership.





MLS Makes It 3 Years in a Row at 3MT!

The Department of Medical Laboratory Sciences proudly celebrated another milestone at the UoS 3MT Competition 2025, securing 2nd place for the third year in a row!



Under the guidance of Dr. Mohammad Ghalib

The talented team :

- Judi Maksoud (Presenter)
- Zahra Muheddin Al Muwaness

Arin Ayman Al Jeghami left the judges impressed with their groundbreaking project: “The Black Fungus, *Rhizopus delemar*, Dampens Inflammatory T Helper Lymphocyte Response in a Delayed-Type Hypersensitivity Mouse Model.”



CONGRATULATIONS TO OUR BRILLIANT STUDENTS FOR THEIR DEDICATION AND FOR CONTINUING THE MLS-TRADITION OF EXCELLENCE IN RESEARCH AND INNOVATION!!



FROM SOCIAL MEDIA PRESSURES TO SMART CHOICES: EMPOWERING TEENS TO EAT WELL



Senior students from the Clinical Nutrition and Dietetics program took their knowledge beyond campus on April 17 with a vibrant outreach session at Al Ma'arifa International Private School. Their mission? To help Grade 8 girls rethink the way they view food, emotions, and body image. The interactive workshop, “Mindful Munching: A Guide to Healthy Eating Habits,” explored how social media and peer pressure can shape body confidence and eating choices. The students broke down the difference between disordered eating patterns and clinical eating disorders, while also warning against fad diets that do more harm than good.



10TH WORLD CONGRESS ON CIVIL, STRUCTURAL, AND ENVIRONMENTAL ENGINEERING (CSEE 2025), BARCELONA, SPAIN



APRIL 10-12, 2025

Dr. Lucy Semerjian presented her research on emerging contaminants in the 10th World Congress on Civil, Structural, and Environmental Engineering (CSEE 2025), Barcelona, Spain, and received the Best Paper Award.

This international recognition not only celebrates her research excellence but also reflects the values of dedication, innovation, and integrity she brings to our college.



MAY 27-28, 2025

1ST INTERNATIONAL CONFERENCE ON PUBLIC HEALTH @ UOS

Dr. Lucy Semerjian contributed to the 1st International Conference on Public Health at the University of Sharjah (May 27-28, 2025), cross-bridging the impacts of emerging environmental contaminants on environmental, human and animal health under the theme “Driving Innovation, Engagement, and Collaboration for a Healthier UAE”. The EHS department showcased the “one health” approach, highlighting the association of environmental health with that of animal and public health.



June 1, 2025 Graduation Celebration

On June 1, 2025, the Department of Healthcare Management celebrated the graduation of the 2025 cohort from the Bachelor of Healthcare Management. The event honored the achievements of students who successfully completed their academic journeys and are now ready to contribute to the healthcare sector as skilled professionals. Faculty, families, and colleagues joined in recognizing this important milestone, marking a proud moment for the department and the College of Health Sciences.



May 27, 2025 – Public Health Conference Campaign

On May 27, 2025, the Department of Healthcare Management led an awareness campaign activity as part of the Public Health Conference, highlighting the launch of the new Master of Public Health (MPH) program. The campaign engaged participants in discussions about current public health challenges, the role of advanced education in addressing them, and the opportunities offered by the MPH program. This initiative strengthened the department's commitment to preparing future leaders in public health.



Exciting Learning Opportunity for Health Professions Students at University of Sharjah!

On Saturday, October 5th, 2024, the University of Sharjah's Medical College hosted an engaging and insightful session for first-year students in the Masters in Leadership in Health Professions Education program. The spotlight of the day was on Simulation-Based Education in Medical Education, a dynamic and interactive approach to learning that's rapidly transforming healthcare education.

Dr. Jacqueline Maria Dias, a renowned expert in simulation-based teaching, led an inspiring two-part session, where students delved into the exciting world of realistic medical simulations. Joining her as co-facilitators were Dr. Amy Wong and Dr. Jeremy Sokhi from the prestigious University of East Anglia, UK. Together, the trio guided students through the cutting-edge methods used to bridge theory with practice in medical education, emphasizing the critical role of simulation in enhancing hands-on learning.



This unique opportunity allowed students to explore the future of healthcare education in a fun, practical, and innovative way. It was a day full of energy, inspiration, and fresh ideas that left participants eager to apply their new knowledge to their careers in health professions leadership!





FUTURE OF HIGHER EDUCATION COMPETITION



Prof. Fatma Hegazy and her team achieved Third Place in the Design for the Future of Higher Education Competition within the Sustainability and Social Impact category. Their project, UniVerseIn Classroom, was recognized for its innovative approach to sustainable and socially impactful educational solutions. The achievement reflects their commitment to inclusive, future-ready, and environmentally conscious academic practices. It inspires students and faculty to embrace sustainability, social awareness, and innovation in education.

GRADUATE STUDIES OPEN DAYS



The College of Health Sciences participated in the Graduate Studies Open Days, welcoming new students and providing guidance on programs, resources, and campus facilities. Prof. Fatma Hegazy engaged directly with students to ensure they begin their academic journey with confidence and clarity. The event reflects the college's dedication to mentorship, student support, and preparing future-ready scholars.

FIELD TRIP TO SHAJAR AND MANBAT

**FEB 24,
2025**



The Department of Environmental Health Sciences decided to make a field trip to Shajar and Manbat in Sharjah, which are a great destination for nature lovers and environmentalists to discover one of the largest nurseries dedicated for trees here in UAE, where students had the opportunity of observing different types of trees and plants and gets a hands on workshop of planting Al Ghaf tree seeds which is one of the national trees here in the UAE that symbolizes resilience, peace and unity.

Students also got the chance to have a look into Manbat's organic produce store, where fruits, vegetables and nuts are all coming from local farms and farmers who values sustainable agriculture practices and are utilizing organic and sustainable ways of agriculture, making the environment a vital part of planning a sustainable food supply for generations to come, in addition a hydroponic garden system was observed fuelling hope for alternative crops production in UAE across the entire spectrum of the year.



UOS Nursing Students Lead the Charge for Breastfeeding Awareness!



The third-year nursing students at the University of Sharjah turned their knowledge into action during Breastfeeding Week, hosting an engaging awareness event at University of Sharjah Hospital on November 5, 2024. With passion and purpose, the students educated new mothers, families, and healthcare professionals on the lifelong benefits of breastfeeding—from boosting a baby's immune system to strengthening the mother-child bond. The event featured interactive discussions, myth-busting sessions, and expert insights, making learning both informative and inspiring.

This initiative not only highlighted the dedication of UOS nursing students but also reinforced their role as future healthcare leaders committed to improving maternal and child health. Their message was clear: breastfeeding is more than a choice—it's a powerful start to a healthy life!





HONORING ACADEMIC ADVISING CHAMPIONS

Prof. Fatma Hegazy was one of the distinguished speakers at the Academic Advising Champions ceremony, celebrating 39 faculty members for their achievements in student mentorship. The event was held in the presence of Prof. Hamid Majoul Al Nuaimi, University Chancellor, and organized by the Higher Education Leadership Institute in collaboration with NACADA. Prof. Fatma's participation highlighted her dedication to fostering student success through guidance, support, and mentorship. This recognition reinforces the university's mission to uphold excellence in academic advising.



MEMORANDUM OF UNDERSTANDING WITH RASHID PEDIATRIC CENTER



The College of Health Sciences signed a Memorandum of Understanding with Rashid Pediatric Center to enhance collaboration in healthcare education, research, and community service. The partnership fosters joint initiatives in pediatric care while strengthening academic-community engagement. Faculty and students will engage in research, educational programs, and projects that nurture skilled, compassionate, and socially responsible healthcare professionals. This partnership empowers both institutions to make a lasting positive impact on the community.

Nursing Students Serve the Community at the 15th Medical Camp in Kalba



On April 27, 2025, at Al Mawaddah Hall, Kalba, the 15th Medical Camp was held under the esteemed presence of Sheikh Haitham bin Saqr Al Qasimi. Third-year Nursing students from the University of Sharjah, guided by Mr. Jalal, proudly joined this community initiative organized by the Sharjah Charity Association.

The students provided a wide range of essential nursing services, including vital signs assessment, BMI measurement, and blood glucose testing. Patients presenting with abnormal results were promptly referred to local clinics and the Emergency Department of Kalba Hospital for further evaluation and treatment.



This impactful initiative reached over 1,200 patients, showcasing the students' commitment to public health, preventive care, and community service. Their active participation not only supported the health of Kalba's residents but also reflected the University's dedication to preparing future nurses as compassionate caregivers and community leaders.



**MAY 15,
2025**



On the 15th of May, the EHS department participated in the Graduation Project Poster Day presentation discussing a range of environmental topics from seafood contamination to air and water quality assessments in the UAE. The students showcased their findings and shared solutions to improve environmental and public safety

WORDS FROM GRADUATES

“Proudly as an environmentalist, I experienced our graduation project as more than just research; it was a meaningful journeyhand in hand with nature, reflecting our deep bond with the environment and the purpose behind our work. Every step, from brainstorming to collecting samples from the mangrove-fringed channel, filled our spirits with pride and appreciation for nature. The poster day was the perfect closing to our academic journey; each booth voiced months of effort. We met warmly, spoke proudly, expressed our gratitude to everyone who supported us, and left the day feeling fulfilled. and it all was remembered.”

~ Alya Saif

"Working with my teammate Halima on our One Health publication was an enlightening experience that highlights the interconnectedness of environmental health. With the guidance and support of Dr Khaled and Dr Lucy, we turned our ideas into something meaningful and impactful. On poster day, we had the honour of presenting our work to the dean, Prof. Alameddine, whose encouragement and interest made the moment even more rewarding. It was a proud conclusion to a journey filled with learning, teamwork, and purpose."

~ Ibraaheem Khaleel Hinkston





SECOND SHARJAH INTERNATIONAL CONFERENCE ON EDUCATION



Prof. Fatma Hegazy actively participated and chaired a session at the Second Sharjah International Conference on Education, held May 12–13, 2025. Her session, “AI and Beyond: Smart Education Unlocking Potential in the Digital Age,” featured discussions on innovative educational approaches and the role of technology in enhancing learning. Her leadership facilitated dialogue between theory and practice, highlighting the critical impact of smart education solutions in shaping future-ready learners.



NATIONAL MS SOCIETY AWARENESS SESSION



The University of Sharjah welcomed the National Multiple Sclerosis Society for an awareness session with physiotherapy students, emphasizing rehabilitation for individuals living with MS. Led by Dr. Alham Al-Sharman, the session focused on early intervention, individualized rehabilitation programs, and patient-centered care. Students engaged in interactive learning, gaining insights into their future roles as healthcare professionals. The session reflects UOS' commitment to bridging academic learning with real-world healthcare experiences.



LUNCH BREAK MAKEOVER: SIMPLE ROUTINES FOR A HAPPIER YOU



sharjah_health

جامعة الشارقة
UNIVERSITY OF SHARJAH

Health Promotion Dept. - إدارة الترويج الصحي
مركز الترويج الصحي - إدارة الترويج الصحي

نمط الحياة الصحي

المحاور الرئيسية :

- التغذية المتوازنة
- النشاط البدني اليومي
- الصحة النفسية والتوازن العاطفي
- النوم وجودته
- العادات الصحية اليومية
- البعد البيئي والاجتماعي

د. ناديا الكلباني
أستاذ مساعد في قسم
التغذية العلاجية والحميات

On May 29, employees in Sharjah logged in for an energizing wellness session led by Dr. Nadia Al-Kalbani, Assistant Professor in the Department of Therapeutic Nutrition and Dietetics. Her message was simple: you don't need a complete lifestyle overhaul to feel better, just a few smart habits can go a long way. Dr. Al-Kalbani spotlighted three non-negotiables for better health: balanced meals, regular movement, and good-quality sleep. She also shared why mental health and social connections are the "secret ingredients" for staying strong, resilient, and motivated. Participants walked away with practical hacks for making their routines healthier, from easy swaps at mealtimes to sneaking in activity during the workday. The big lesson? Wellness doesn't have to wait for the weekend, it can start right at your desk.

Nursing Students Represent the UAE and the University of Sharjah at the 20th Arab Media Forum in Kuwait



Sultan Abdulla Alshaer Almarzooqi and Abdulla Al Hammadi, **nursing students**, proudly represented the United Arab Emirates and the University of Sharjah at the 20th Arab Media Forum, hosted by the State of Kuwait under the esteemed patronage of Sheikh Ahmad Abdullah Al-Ahmad Al-Sabah. Their participation reflected the UAE's strong presence at the event, where the country was honored as the Guest of Honor.



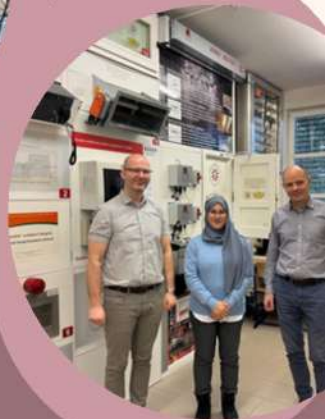
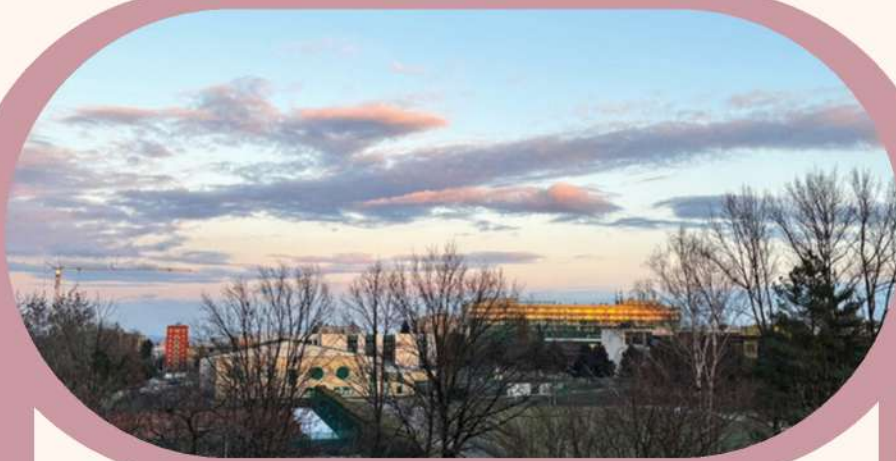
The forum highlighted the importance of media, culture, and youth engagement across the Arab world. Sultan and Abdulla had the privilege of meeting distinguished figures, including H.E. Sheikh Abdullah bin Mohammed bin Butti Al Hamed, Chairman of the UAE National Media Office; H.E. Abdulrahman Al-Mutairi, Minister of Information and Minister of State for Youth Affairs in Kuwait, H.E. Dr. Matar Hamed Al Neyadi, UAE Ambassador to Kuwait, and Mr. Madhi Al-Khamis, Secretary General of the Arab Media Forum. The students expressed their deep gratitude to the University of Sharjah for its continuous support and for empowering its students to represent their nation at prestigious regional platforms.



EHS MASTERS STUDENTS PARTICIPATION IN THE ERASMUS STUDENT MOBILITY PROGRAM

**SPRING
2025**

Throughout Spring 2025, graduate students Fatima Alyassi and Mahra Alzarooni from the MSc Environmental Health program (Track: Occupational Hygiene and Safety) have actively participated in the Erasmus student mobility program as part of the joint collaborative Memorandum of Understanding between the Department of Environmental Health Science at University of Sharjah, and Faculty of Safety Engineering at Technical University of Ostrava, Czech Republic. The students have actively engaged in lectures, hands-on laboratory experiences, simulation activities, as well as industrial training and had an enriching teaching and learning experience.



As per Mahra's testimonial: "My ERASMUS experience at the Technical University of Ostrava (TUO) was truly enriching both academically and culturally. The warm hospitality of the TUO team, coupled with the well-structured program and collaborative environment, made the stay memorable and productive. During the program, I took specialized courses including Impact of Environmental Accidents, Major Accident Prevention, and Management of Occupational Risks, which broadened my understanding of critical safety issues on both industrial and healthcare fronts. One of the highlights of my stay was the opportunity to meet with a safety expert at a local hospital, where we discussed real-world applications of occupational safety measures in healthcare settings. Additionally, I visited a Medical Simulation Center at the University of Ostrava, Faculty of Medicine, which showcased innovative training methods for healthcare professionals. This experience not only deepened my expertise in occupational safety but also strengthened my appreciation for interdisciplinary collaboration. I am truly grateful to Department of Environmental Health Science and TUO for facilitating this enriching exchange"



PARKINSON'S AWARENESS MONTH EVENT



On May 25, 2025, the University of Sharjah participated in an event recognizing Parkinson's Awareness Month, uniting healthcare professionals, researchers, and physiotherapists from across the UAE. Dr. Alham Al-Sharman represented the University, emphasizing evidence-based practice, collaborative care, and innovation in neurorehabilitation. Organized by the Emirates Physiotherapy Society, the event provided a platform for sharing knowledge and exploring best practices in Parkinson's care, reinforcing the University's dedication to healthcare innovation and professional development.

NMSS 2025 RESEARCH GRANT ADVANCING NEUROREHABILITATION, INNOVATING CARE!

Dr. Alham Al-Sharman, Associate Professor in the Department of Physiotherapy, was awarded the NMSS 2025 Research Grant for her project on digital health innovations, including augmented reality-based training programs for individuals living with MS. Her work reflects the University's commitment to interdisciplinary research, technology integration, and advancing patient-centered care. The achievement positions UOS as a leading institution in rehabilitation science and healthcare research.



UNIVERSITY OF SHARJAH TEAM WINS FIRST PLACE FOR BEST TECHNOLOGICAL PROJECT AT RUBU' QARN INNOVATION SEASON



Sultan Abdulla Alshaer Almarzooqi, along with his team members Hamid Albastaki, Reem Al Shamsi, Hanan Alyassi, Rayan Mohammed, and under the mentorship of Ali Al-Baiti, proudly represented the University of Sharjah with their project Noor. The project, which provides a hybrid solar-wind energy solution to empower students in rural Nigeria with clean and sustainable electricity, won First Place – Best Technological Project (University Category) at the Rubu' Qarn Season for Innovation, held on February 22–23, 2025. This award reflects the innovative spirit and commitment of University of Sharjah students toward addressing global challenges through sustainable solutions.



In addition, the Noor project was showcased during Abu Dhabi Sustainability Week 2025 at the Youth 4 Sustainability (Y4S) Pavilion. The team had the honor of presenting their work to several distinguished leaders, including H.H. Sheikh Khalid bin Mohammed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi, H.E. Dr. Sultan Al Jaber, Minister of Industry and Advanced Technology and COP28 President, H.H. Sheikha Shamma bint Sultan bin Khalifa Al Nahyan, and other global figures. This recognition not only highlights the University of Sharjah's dedication to empowering its students but also underscores the role of youth-led innovation in shaping a sustainable future.



YOUR HEALTH, YOUR BALANCE: A HOLISTIC APPROACH TO LIVING WELL



Who says wellness has to be complicated? On April 21, students and community members tuned in for an online session with Dr. Nadia Al-Kalbani, Assistant Professor in the Department of Nutrition and Dietetics, to discover how small changes can create a big impact. Her talk, titled “Healthy Lifestyle”, wasn’t just about eating your veggies, which is still essential! Dr. Al-Kalbani unpacked the essentials of living well, from staying active and fuelling your body with the right foods to getting quality sleep and protecting your mental health. She also reminded everyone that good health doesn’t stop with personal choices, but it’s influenced by our environment, habits, and even the people we surround ourselves with. Attendees left the session not just with tips, but with a whole new outlook: “health is about balance, joy, and creating routines that actually work for you.”



EHS MASTERS STUDENTS PARTICIPATION IN THE 4TH ENERGY SECURITY & CHEMICAL ENGINEERING CONGRESS, PUTRAJAYA, MALAYSIA

**AUGUST
12-14,
2025**

Amna Ahmed Ghuloom Abdalla Alfarsi the MSc of Environmental Health (Occupational Hygiene and Safety Track) Student together with Dr Ahmad Rasdan Bin Ismail (as her main supervisor for her MSc EH OHS thesis) has attended and delivered an oral research presentation entitled “ Laboratory Safety Awareness and Practices in Academic Settings: A Review Focused on Sustainable Risk Management” in the 4th Energy Security & Chemical Engineering Congress (ESChE 2025) on 12-14th August 2025 at Putrajaya, Malaysia. The submitted paper has been awarded the Best Paper Award.



Amna Ahmed Alfarsi, Dr. Ahmad Rasdan Ismail
Department of Environmental Health Sciences
University of Sharjah, United Arab Emirates

Laboratory Safety Awareness and Practices in Academic Settings
A Review Focused on Sustainable Risk Management

PROFESSOR IOANNIS SAVVAIDIS RECOGNIZED AMONG TOP SCIENTISTS IN THE UAE

Professor Ioannis Savvaidis has been ranked among the top five Best Biology and Biochemistry Scientists in the United Arab Emirates, according to the 4th edition of Research.com's ranking of leading scientists. His research primarily focuses on food science and preservation, with particular emphasis on bacteria and enzymes. One of his most cited works, “Combined effect of oregano essential oil and modified atmosphere packaging on shelf- life extension of fresh chicken breast meat, stored at 4°C”, has received over 500 citations—underscoring the impact and quality of his research. In addition to his ongoing contributions, Professor Ioannis is preparing to release his upcoming book, “Marination: A Novel Technology to Improve the Quality and Safety of Foods”, scheduled for publication in July 2026.



UOS ANNUAL FACULTY INCENTIVE AWARD CELEBRATING EXCELLENCE, HONORING DEDICATION!



On May 15, 2025, Prof. Fatma Hegazy received the UoS Annual Faculty Incentive Award, recognizing her contributions in teaching, research, and service. This award highlights her dedication to academic excellence, mentorship, and advancing knowledge within the university. Prof. Fatma's achievements reflect her leadership and inspire faculty and students to strive for excellence in every aspect of academic and professional life.

WEBINAR ON CEREBRAL PALSY MANAGEMENT ADVANCING KNOWLEDGE, TRANSFORMING CARE!



Prof. Fatma Hegazy, Chair of the Education Committee of AACDD, hosted a webinar titled “Cerebral Palsy Management in Tunisia: Between Scientific Evidence and Contextualized Multidisciplinary Practice.”

The session explored multidisciplinary approaches and the latest evidence in pediatric rehabilitation. The webinar engaged healthcare professionals, educators, and researchers, promoting collaboration and best practices in cerebral palsy care. This initiative reflects UOS's dedication to integrating research, education, and professional development.

Medical Diagnostic Imaging



Here's what has happened in the Medical Diagnostic Imaging Clinical Workshop!

Department Events On August 31st, 2025, the Department of Medical Diagnostic Imaging organized a clinical preceptor workshop titled "Shaping the Next Generation of Professionals 2025."

The workshop, which offered 5 CME points, highlighted the role of clinical preceptors, the challenges associated with preceptorship, insights from current students and alumni experiences, as well as the diverse perspectives of clinical preceptors.

A group of students presented their research project on Parkinson's disease and the role of Magnetic Resonance Imaging (MRI) in its diagnosis and study.

Professor Bashar Afif Issa, Chair of the Department of Medical Diagnostic Imaging, delivered lectures on MRI safety, including magnetic materials, static and gradient bio-effects, device safety, and thermal burns.

31 August 2025...



WELCOMING HIGH SCHOOL STUDENTS EXPLORING HEALTH SCIENCES, SHAPING FUTURES!



The College of Health Sciences welcomed high school students during the Open Days, offering interactive campus tours, program overviews, and insights into student life. The event aimed to help students make informed decisions about their future studies. By connecting prospective students with faculty and current students, the college fostered curiosity, exploration, and inspiration, reflecting the University's mission to prepare future healthcare leaders.



WORKSHOP PARTICIPATION: BIBLIOMETRICS ANALYSIS

ENHANCING RESEARCH IMPACT, FOSTERING ACADEMIC EXCELLENCE!



Prof. Fatma Hegazy participated in a faculty development workshop on “Bibliometrics: Bibliometric Analysis”, presented by Dr. Khaled Abdulmounhem Obaideen. The session offered insights into improving research visibility and understanding the role of bibliometric analysis in academia. Her participation reflects a commitment to scholarly excellence and continuous faculty development, supporting the College of Health Sciences' mission to promote impactful research and academic leadership.



كلية العلوم الصحية COLLEGE OF HEALTH SCIENCES

DEAR READERS,

AS YOU TURN THE FINAL PAGES OF THIS EDITION, I WRITE TO YOU WITH A HEART FULL OF GRATITUDE AND PRIDE. THIS ISSUE MARKS MY LAST AS THE SUPERVISOR OF THIS NEWSLETTER – A JOURNEY THAT HAS BEEN NOTHING SHORT OF INSPIRING. WORKING ON THIS PUBLICATION HAS BEEN A TRULY MEANINGFUL EXPERIENCE, FILLED WITH LEARNING, CREATIVITY, AND COLLABORATION.

I SINCERELY HOPE THAT EACH STORY, ARTICLE, AND FEATURE YOU'VE READ HAS BROUGHT YOU AS MUCH JOY AND INSIGHT AS IT HAS BROUGHT US IN CREATING THEM. YOUR SUPPORT AND ENTHUSIASM HAVE BEEN THE TRUE HEARTBEAT OF THIS NEWSLETTER, MOTIVATING US TO STRIVE FOR EXCELLENCE IN EVERY EDITION.

TO ALL THE DEPARTMENTS OF THE COLLEGE OF HEALTH SCIENCES – THANK YOU FOR YOUR CONTINUED CONTRIBUTIONS AND ACHIEVEMENTS THAT HAVE SHAPED OUR CONTENT AND ENRICHED OUR READERS. AND TO OUR AMAZING TEAM, YOUR DEDICATION, PASSION, AND TEAMWORK HAVE TURNED EVERY IDEA INTO SOMETHING SPECIAL. IT HAS BEEN A PRIVILEGE TO GROW AND CREATE ALONGSIDE YOU.

THOUGH THIS IS MY FINAL EDITION UNDER SUPERVISION, MY HOPE IS THAT THE SPIRIT BEHIND THIS PUBLICATION CONTINUES TO FLOURISH – INSPIRING, INFORMING, AND CONNECTING READERS JUST AS IT ALWAYS HAS.

THANK YOU FOR BEING PART OF THIS JOURNEY AND FOR ALLOWING ME TO BE A SMALL PART OF YOURS. I HOPE YOU CONTINUE TO ENJOY AND SUPPORT THE NEWSLETTER IN THE MANY WONDERFUL EDITIONS YET TO COME.

WITH WARMEST REGARDS,

SINDYA SAIF ALMAZROUEI

COORDINATOR OF THE HEALTH SCIENCES MAGAZINE

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