



PRESIDENT'S NEWS DIGEST

30 October 2022

Issue 1, Volume 8



Message From the Editor

Welcome to the 1st issue of the 8th volume of the President's News Digest.

In this issue **Prof. Ghassan Aoud**, the President of Applied Science University will address the subject of "The President's News Digest starts its 8th year"



Email: hessa.almeraisi@asu.edu.bh
T: +973- 16036161

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من روائع الشعر العربي

Message from the President

The President's News Digest Starts its 8th Year

Welcome to the first issue of the 8th year of the President's News Digest. On Wednesday the 24th of October we celebrated the 7th anniversary in the presence of the Chairman of the Board of Trustees, Professor Waheeb Al Khaja, and a large number of colleagues from across the University. The President made a speech welcoming all colleagues and highlighting the benefits of having the News Digest as an archive of stories, events and news about the University for the last 7 years and concluded by stating that the News Digest is a real asset for the University in capturing the highlights of its achievements. The President thanked Professor Waheeb Al Khaja, Chairman of the Board of Trustees, for his vision and continuous support and also thanked all contributors and colleagues who attended the event. The President then thanked the editor of the News Digest, Ms Hessa Almeraisi and Ms Ayat Nass who produced the News Digest when Ms Hessa was on leave, Ms Diana El Hageova who provided us with many contributions related to learning the English Language, and Mr Muath who posted the News Digest on time on our web site.

In total we have produced 364 copies of the News Digest on a weekly basis so far including a message from the president, the President's weekly model/diagram when appropriate, and quote of the week in addition to all university's activities that involve staff and students. I strongly advise colleagues to write articles/stories in Arabic or English and publish them in the News Digest in order to share their experiences.

The MC for the 7th year celebration was our talented colleague Ms Ruqaya. The event was organised by our colleagues in Marketing and Public Relations (Ms Ruqaya, Mr Bahaa, Mr Hameed, Mr Yusuf and Mr Mohamed) in collaboration with the very capable Ms Hessa. I am grateful to all of them, A nice video was also shown during the celebration.

Happy 7th Anniversary to the News Digest and all the best for its 8th year.



Written By
Professor Ghassan
Aoud
The President of
Applied Science
University



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Strategic Foresight (2-3)

Strategic foresight and the United Nations (UN) agendas

In the late nineties, the United Nations started the Millennium Project (MP) that aims to find strategic solutions for global well-being by addressing number of challenges and preventing actions. The MP soon created a collective intelligence system administered by 50 countries around the world. This global foresight network provided a large number of researches include scenario building and foresight studies; in turn, these studies developed the goals and action plans for the world to achieve all UN agendas, including agenda 2030.

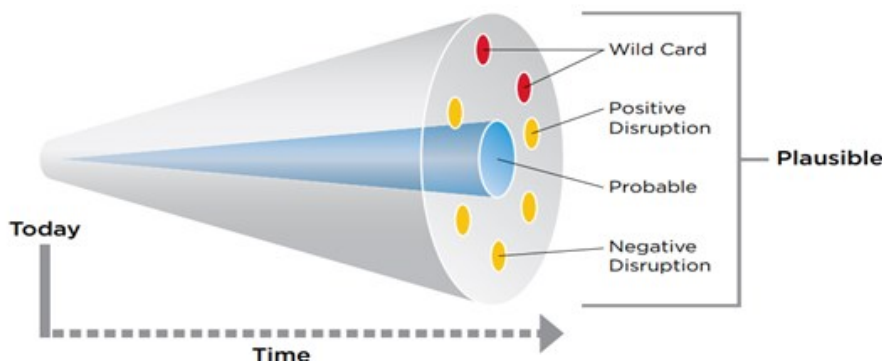


Written By:
 Eman Ahemd Alsadeq
 Head of Governance and Strategic Planning

Strategic foresight stages:

Strategic planning considers the multiple factors the institution operates in and how to shape the near future. On the hand, *strategic foresight* considers what the distant future might be and how to react at present. The process of strategic foresight consists of six stages*:

1. The first step is to identify the subject to explore and time horizon: Ex. the future of Fintech programmes in Bahrain by 2040.
2. Scan and analyze the trends of the external environment and build multiple plausible scenarios.
3. Build the cone of plausibility to distribute the scenarios within the upper and lower limits of plausibility.



*the remaining three stages will be covered in the next issue.



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Computer Science Department meeting with Marketing and Public Relations Directorate

On 19th Oct, Computer Science Programme staff had a meeting with Marketing and Public Relations Directorate (Mrs. Ruqaya Muhsin, Mr. Baha Karaimeh and Mr. Abdulhameed Baqi) , the meeting discussed in details the mechanisms of marketing the computer science programme. Prof. Ayman AlDmour – Acting Dean of College of Arts and Science thanked the Marketing and Public Relations Directorate for the continues support for all colleges and for the strong collaboration between the directorate and College of Arts and Science. Mrs. Ruqaya appreciated this meeting to see how can the Marketing and Public Relations and CS Dept can work together to promote CS programme more to the Bahraini market and beyond. Dr. Moaiad Khder – HoD of Computer Science Dept. briefed the audience about Computer Science Programme strengths, student achievements and successful stories. The meeting results in some agreed actions that can help to promote CS programme and the work on that actions started.



Written By:
Dr. Moaiad Khder
Head of Department of
Computer Science





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Computer Science Meeting with BCS, The Chartered Institute for IT

On 20th Oct, Computer Science Programme represented by (Prof. Ayman Aldmour, Prof. Hilal AlBayatti and Dr. Moaiad Khder) had an online meeting with British Computer Society (BCS) representatives (Prof. Mike Joy, Ms. Suki Gregory and Ms. Emma Caswell).

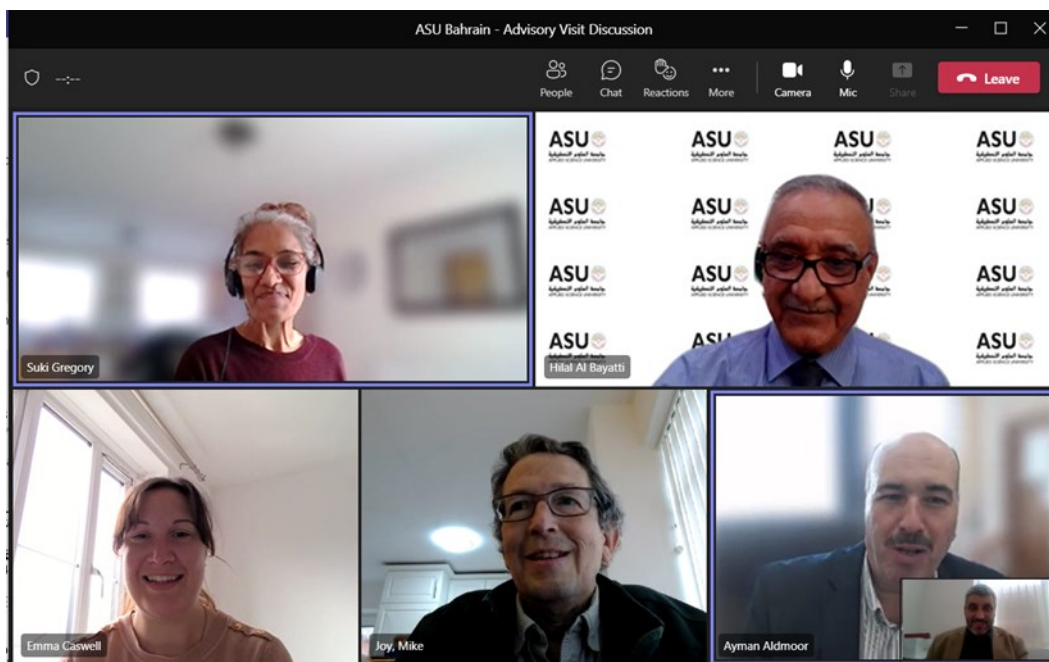
BCS, The Chartered Institute for IT, known as the British Computer Society until 2009, is a professional body and a learned society that represents those working in information technology (IT) and computer science, both in the United Kingdom and internationally. Founded in 1957, BCS has played an important role in educating and nurturing IT professionals, computer scientists, computer engineers, upholding the profession, accrediting chartered IT professional status, and creating a global community active in promoting and furthering the field and practice of computing.

The meeting purpose was to discuss the results of the initial review report for Computer Science Programme Accreditation by BCS. Prof. Joy discussed the details of the report with CS delegates, his questions were answered, and all ambiguities were clarified about resources, programme structured, academic staff, ...etc.

Ms. Suki briefed Computer Science Programme staff about the advisory visit process, which it will be the next step.



Written By:
Dr. Moaiad Khder
Head of Department of
Computer Science





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اليوم العالمي لهشاشة العظام.. نصائح ذهبية
للووقاية من المرض
بقلم الأستاذة : فريدة البلوشي - ممرضة الجامعة



نظمت الوحدة الصحية مؤخرًا حملة توعوية في الجامعة لمكافحة مرض سرطان الثدي تحت شعار " الكشف المبكر ينقذ حياتك " وبمشاركة مركز الشفاء الطبي وأستر كلينك تزامناً مع شهر التوعية بسرطان الثدي الموافق لأكتوبر من كل عام في بلدان العالم. أما الآن يسلم الضوء على اليوم العالمي لمرض هشاشة العظام تحت شعار " بادر لحماية صحة عظامك " و تشارك به جميع دول العالم في 20 أكتوبر من كل عام بهدف توعية الناس بالتدابير التي ينبغي اتخاذها للمساعدة في الوقاية من هذا المرض ومنع حدوثه، وتصنف منظمة الصحة العالمية هشاشة العظام، بين أكثر 10 أمراض انتشاراً في العالم، وتعد رقة أو هشاشة العظام حالة طبية تجعل عظام الشخص ضعيفة بدرجة كافية للكسر عند أدنى تأثير ويتم تشخيصه بقياس كثافة العظام BMD وهو اختبار تشخيصي يحدد بدقة كتلة العظام أو كثافتها ، حيث العظام هي نظام دعم الجسم الذي يحمل الوزن بالكامل، كما أنه يعطي الشكل ويحمي الأعضاء ويساعد في حرية الحركة في الجسم. هذا، ووفقاً لأحدث الأرقام التي نشرها موقع "اليوم العالمي لهشاشة العظام"، تعاني واحدة من كل 3 نساء فوق سن الخمسين من كسر هشاشة العظام وأيضاً يواجه واحد من كل 5 رجال نفس المخاطر، و فقط نحو 20% من مرضى هشاشة العظام محظوظون بالتشخيص والعلاج.



لمستقبل خالٍ من الكسور و حياة بعظام صحية يجب اتباع مجموعة من النصائح الذهبية أوردتها موقع "اليوم العالمي لهشاشة العظام"، كالتالي:

1. ممارسة الرياضة. تمرن بانتظام وحافظ على حركة عظامك وعضلاتك، وتعد تمارين حمل الأثقال وتقوية العضلات وتدريب التوازن هي الأفضل
2. التغذية. تأكد من أن نظامك الغذائي غني بالعناصر الصحية للعظام، ويعتبر الكالسيوم وفيتامين د والبروتين من أهم العناصر لصحة العظام. أيضاً يساعدك التعرض للأشعة الشمس في الحصول على ما يكفي من فيتامين د.
3. أسلوب الحياة. تجنب عادات نمط الحياة السلبية، ومن الضروري الحفاظ على وزن صحي للجسم، مع أيضاً تجنب التدخين والإفراط في شرب الكحول.
4. عوامل الخطر. اكتشف ما إذا كان لديك عوامل خطر، ويجب لفت انتباه طبيبك خاصةً إذا كان لديك كسر سابق، أو عمرك يزيد على 50 عامًا، أو لديك تاريخ عائلي من الإصابة بهشاشة العظام، أو تتناول أدوية معينة تؤثر على صحة العظام. رابط الاختبار - <https://riskcheck.osteoporosis.foundation>
5. الاختبار والعلاج. اخضع للفحص والعلاج إذا لزم الأمر، ومن المرجح أن تحتاج إلى أدوية وتغييرات في نمط الحياة إذا كنت معرضاً لخطر كبير وذلك للمساعدة في حماية نفسك من الكسور.



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Quote of the Week

"If you are working on something that you really care about, you don't have to be pushed. The vision pulls you."

- Steve Jobs

من روائع الشعر العربي

صحب الناس قبلنا ذا الزّمانا
وعناهم من شأنه ما عنانا

- أبو الطيب المتنبّي