



# Alfa Press



## Saudi Green Initiative: Greening the Desert

By: Abdullah Tahir, Fourth Year, Software Engineering



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In 2018, it was believed that only 1/3 of the world's old-growth forests remained standing, that almost all species had been reduced in population by 70% or more and that the background extinction rate was nearly a million times higher than normal. This process began in the 1800s with the industrial revolution and has continued unabated and accelerated. An astounding 70% of mammalian biomass belongs not to wild animals, but in fact to livestock (cows, goats, etc). Only a resounding 8-12% belongs to wildlife. Many significant species of cultural importance, including the African lion, the rhino, the Asian elephant, and various species of tiger, have declined in the past few decades with their habitat ranges becoming constricted due to human development.

The most drastic case is the iconic African elephant, which in 1800 had an estimated population of 27 million but today has been reduced to a mere 415,000. Marine life is also not exempt from these unfortunate trends, with many overfished species such as tuna becoming endangered and whale populations in some regions being reduced by almost 90%. Plastic waste has also entered marine ecosystems to such a staggering degree that if marine life continues to dwindle and plastic keeps being introduced, by 2050, we will have an ocean that has more plastic components than fish. In addition, due to increased carbon emissions and changing weather patterns, more stress is being placed on coastlines with a high potential for flooding cities and causing further environmental damage due to the lack of immediate adaptability by many animal species on the lower ends of the food chain. The organisms that our more familiar and iconic species feed off can lead to mass die-offs. The global environmental situation is not particularly stable; however, there is much hope despite the dire turn of events we find ourselves in as a worldwide community.

In 2019, the UN declared the decade of the 2020s to be the decade of ecosystem restoration, where countries across the planet will, for a more sustainable earth, begin to restore previously degraded ecosystems. Many countries have already begun massive tree-planting events and many countries have declared the 30 by 30 global plan, which aims to create green belts and environmental restoration zones by turning 30% of land and marine zones into protected areas. This will be combined with massive investments in ecotourism and renewable energy, which will stimulate job growth. Novel technologies like carbon sequestration and direct capture are being tried and experimented with in an effort to remove carbon dioxide from the air and store it to reduce the greenhouse effect. There is a broad effort to shift the concept of the circular economy, reducing waste and reusing older materials to prevent the need for more invasive resource extraction. Countries are now aiming for more sustainable growth in an attempt to preserve our planet for future generations. Even the conservation success we have had is beginning to look better. The Bengal tiger population has risen in the past decade. Whale populations, which were almost hunted to extinction, have been increasing in size and range over the past few decades, and even our overfished oceans, with the aid of more regulation, are beginning to recover. While this is all great news, environmental conservation will require more action on the national and international level and one of the most prominent players as of late has been our home, the Kingdom of Saudi Arabia.

From the oceans and coral reefs surrounding Saudi Arabia to the vast desert plains, the Green Initiative will become a major focus of Saudi Arabia's future. To an outsider, Saudi Arabia seems to be a rather barren environment; however, its deserts have a surprising amount of ecological diversity with multiple plant and animal species, while its coasts contain many marine species of fish, sea turtles, and even whale populations. Saudi Arabia has recently created many protected areas for endangered species and has declared its intention by 2030 to aim to plant 450 million trees and afforest the desert in order to improve air quality and reduce desertification. In addition, Saudi has one of the most successful stories of bringing a prominent species back from the brink of extinction: the scimitar-horned oryx, an animal which was reduced to barely 70 by the 1980s, now numbers at almost 1400, thanks to the cooperation of many gulf countries. The success of these programs is vital for the future of Saudi Arabia and will be an example to the countries of the region and the world.

These global initiatives are vital for human survival and the presence of future generations on a planet that we can proudly call home. If we are able to come together, the success of these global initiatives will be our legacy to our children and grandchildren and a monument to all humankind, including those past, present, and future.

# The Line: City of The Future

By: Anoud Alshaikh, Fourth Year, College of Business



The Line - NEOM

Saudi Arabia is on the brink of the future as Crown Prince Mohammad bin Salman announced the development of the Line project in NEOM. The Line is a vision of what the future might look like; some may even think it is something out of a sci-fi movie. The purpose of this project is to attain exceptional livability, allowing businesses to flourish and reinvent sustainability, in line with the 2030 vision. This project will be the greatest mega project Saudi Arabia will be developing as it is a vision of a 170 km long and 500 m tall city. After its completion, The Line will be the most colossal building structure in the world, providing futuristic residential blocks over the expanse of the Saudi desert in the province of Tabuk. As illustrated by the Crown Prince, The Line is said to house 9 million people, making NEOM the focal point of the most pioneering urban planning attempt in history. Speaking to The National, Giles Pendleton, the executive director of development at the Line,, claims the kingdom is building “120 Burj Khalifa’s” in real estate value in its first phase only. This gives Saudi citizens and people all over the world a glimpse of what this phenomenon will be. Not only is The Line a constitutive part of NEOM, but it will have a significant role in performing the ambitions of the 2030 vision that seeks to diversify the country’s reliance on oil for the economy. Undoubtedly, with a team of distinguished architects, this project will showcase a mirror facade integrating nature with its state-of-the-art design.



The Line - NEOM

The general public is questioning how its inhabitants will maneuver without cars or streets. Their questions were answered as a high-speed rail line will be developed to commute people across the city and bring forth a shorter journey through elevators and pods, fueled by a renewable electric system. According to the project’s contractor, Trevi Arabian Soil Contractors, The Line’s foundational work has already been initiated. The project is set to be completed as early as 2025, with a 25% projected increase in Saudi Arabia’s 35 million population. Its marketing focal point mainly revolves around a sustainable environment, fostering technology, luxury lifestyles, and innovation. Interestingly, the concept of a linear city was proposed in 1882 and plans were circulating up until the 1960s. Conveying ambition and hope, the designers aim to expeditiously evolve Saudi Arabia into a post-carbon future in the 21st century.

Implementing a green future is a vital objective for this project. The vertical city of the line will be functioning on 100% renewable energy through solar, wind, and hydrogen power, ensuring sustainability. Cars and streets will be nonexistent. Ever since the 18th century, the Industrial Revolution plagued the world by spreading pollution. This project aims to resolve this issue by stacking the entirety of the city above itself in an attempt to reduce pollution levels. Other than being vertical, this city is like no other as it will pave the way for its residents to move smoothly in three dimensions to access parts of the city. The Crown Prince defined this design as “Zero Gravity Urbanism”. The “zero gravity” concept will not carry anything that creates pollution. Rather, what The Line has is a plethora of wind and solar radiation. It will be the central source of energy supply augmented by green hydrogen, which Saudi Arabia will laboriously invest in.

## Life Is Strange

A Willow's Whisper, Life Sciences, Second Year

Life is strange. You'd think you've become the apex version of yourself with all the events in your life. Knowledge and experiences have never felt more fulfilling. Yet, life is strange. First, it knows you the way you know your own name. Then it treats you like a stranger, shooting its arrows, watching as they pierce through your body, leaving you numb from all the cries and pain you endured.

At this verdant crossroads, people are disparate and alike. Powerful emotions rush through you. As your heart beats, it intensifies. Thump thump, ba boom, ba bump and lub-dub. In the process, paths are carved to give you the ability to decide what you want to do next.

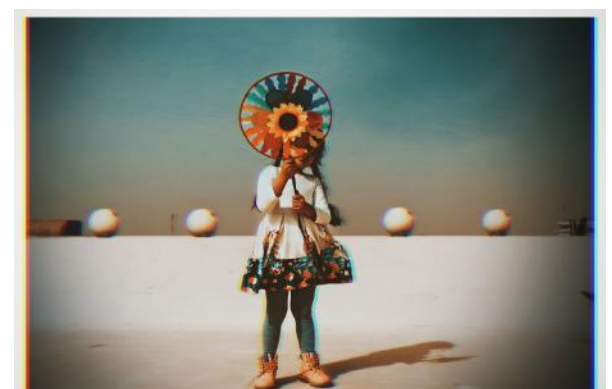


Photo Credits to Ghazal Tannous

Will you take the high road? Will you give yourself a pat on the shoulder and encourage yourself to move on, as life has always been rollercoaster after rollercoaster? Or, will you choose the treacherous path that not only harms you but harms your future, past, present, and all you hold dear in your heart? Here, dear reader, I must encourage you to close your eyes. Inhale and feel the air go through every passage it can find to give your body the attention it deserves. Don't forget to take care of yourself as much as you can. You're not becoming one with yourself at this age. You are the baby that came out of your mother's womb. The child that sat in a classroom, gazing up at the clock. The teenager who's deciding what profession to choose. You're all of you and never a portion. I suppose you might think everything I've written has already been said and done by far more experienced individuals. Howbeit, you still wound yourself with even more arrows because you forbid yourself to feel emotions, no matter how uncomfortable they may be and heal. Allow yourself to make mistakes, and you should also allow yourself to tend to your wounds to get back on your feet. "There is a light at the end of every tunnel. Some tunnels just happen to be longer than others." Ada Adams did not say these words in vain. There is light, but you must row your boat to reach that light and feel its warmth on your skin. This is why life is strange. Because with all of its anguish and torment, there is love and serenity.



Photo Credits to Leen Alanazi

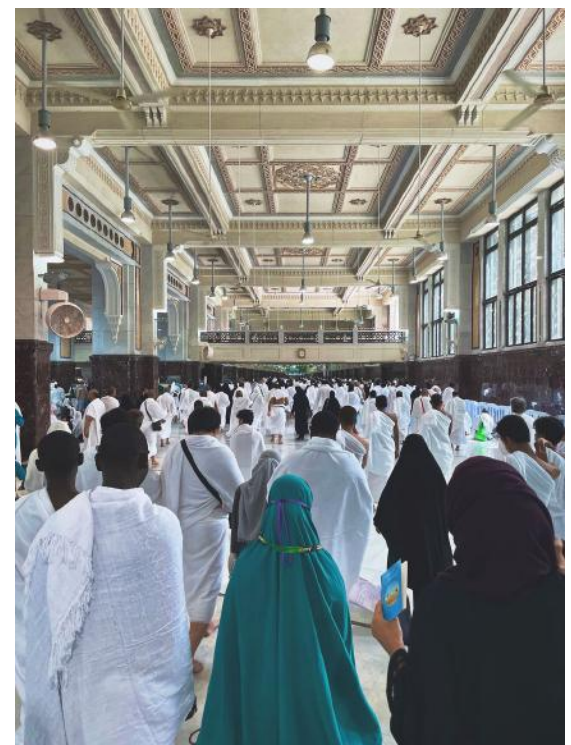
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Salma Abu Khodair, Second Year, Life Sciences



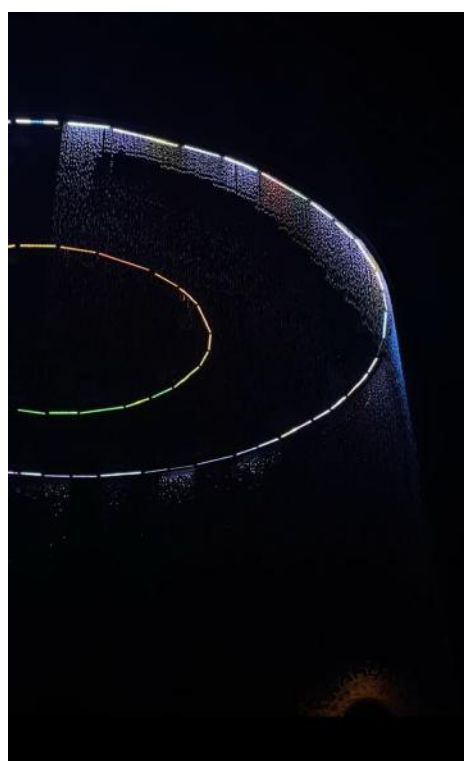
Salma Abu Khodair, Second Year, Life Sciences



Omair Sultan, Second Year, College of Medicine



Ghazal Tannous, First Year, College of Medicine



Omair Sultan, Second Year, College of Medicine



Lyan Tawfik, First Year, College of Medicine

# Maintaining the Divine Connection

By: Zain Sultan, Second Year, College of Medicine



So remember Me; I will remember you. And be grateful to Me and do not deny Me.

Medical school is a lifelong arduous journey that requires an immense amount of effort, dedication, and commitment. This applies especially to our group of people, healthcare professionals who are always busy serving humanity. But when it comes to the early phases of building this career path, it's even more of a struggle with endless lectures, assignments, midterms, and exams.

Waking up, attending college, having lunch with friends, joining late-night library sessions: we all are familiar with the 'med school drill' and how we get so deeply absorbed in our worldly affairs. Sadly, in the hustle and bustle of life, we forget to focus on our genuine goal in this world, our reasoning for being brought into this dunya; not getting an MBBS degree or matching of to the US with great USMLE scores, but serving Allah SWT, indirectly by serving humanity as our noble profession does and directly by worshipping him and staying on the *الصراط المستقيم*.

Med students often complain about the enormous amount of information we must learn during med school and the abnormally short period of time we have for digesting all of it. Owing to this, students suffer from poor mental health, which directly affects their academic performance, their relationships with friends and family, and their personal development and growth as human beings. From here on, students start falling into the toxic cycle of what we call "depression," and we try to get ourselves out of this by falling back on instant gratification from social media or music, or sometimes having a much-needed rant session with a loved one.

Here is where I ask you a question; how are you supposed to be satisfied with yourself when you are disconnected from Your Lord? The Almighty who created you, nourishes you? The One who blessed you with the financial stability to study at this prestigious college, gave you a family, health, and a pair of eyes to be able to read? How can we deny His existence with all the signs and blessings He's bestowed us with? The call to prayer itself says "حي على الصلاة , حي على الفلاح," which translates to "come to prayer; come to success," and even science itself has now proven that a strong connection to spirituality and prayer are linked to better mental health and has stayed consistent in saying so. We study health in books, only focusing on the physical and now more on the mental self, but how can we outperform in any dimension of life when we forget the main element that links the two in this "triangle of life," the spiritual self?

Last year during MSK, I remember having a considerable number of lectures accumulated before my upcoming final the following week. I would often just blankly stare at the walls, trying to clear my mind and desperately thinking of any solution which would drag me out of the mess I myself had created. Feeling genuinely overwhelmed and uncertain about my current state, I would constantly doubt myself, asking whether I could handle all this stress and workload and whether medical school was the right journey for me. And at one such moment where I truly felt I'd hit rock bottom, I remember laying down on my prayer mat after salah (something I do every once in a while, since it makes me feel at peace) and randomly taking my phone, scrolling through my gallery to distract myself. Subhanallah, what I came across was something I don't even think I'd ever saved but truly, truly needed right at that moment; a random screenshot taken from Instagram, with a verse from the Holy Quran saying,

**'But they plan, and Allah Plans. And Allah is The Best of Planners' (8:30).**

And right after that, another picture stating the verse,

**'And Allah does not burden a soul beyond what it can bear' (2:286).**

To finish off, here are some tips to help you get through:

1. Try your utmost at remembering your Lord at all times, during your good days and your bad days.
2. Do not forget that this dunya is a temporary place to stay and that the only test which matters lies in following what the Quran and Sunnah of the Prophet Muhammad (SAW) left behind for us. Our real life won't begin until after death, when we'll be submitted to the Hereafter.
3. Drop everything when you hear the adhaan, be it a lecture you are almost about to complete or any task you're currently doing, and go pray.
4. Take out time for reading the Quran every once in a while (Fridays for Surah-AlKahf), and remind yourself of your true purpose in this world.
5. And most importantly, if there is one request I'd make, it's to take out 15 minutes during your week, ONLY 15 minutes (not even daily) and sit down on your prayer mat. Make a Dua. A genuine one. Bleed your heart out to Him, ask for His forgiveness, Plead for His mercy and blessings, for happiness, for success. Prioritize His worship and His deen and trust me, you will thank yourself later.

## Tell Me Your Story

By Dr. Irene Chiotis, Assistant Professor

Ludy is in the Philippines now, but before her departure, she worked in the halls of Alfaisal University for nearly three years.

Ludy, one of eight children, was born in the beautiful province of Quezon in the Philippines in 1993. She describes her parents as humble people who “love the land and the ocean.” Growing up, she says they always provided for her and her siblings, as any other parents would do.

Her mother, she describes, “always has food on the table, always helps [her] father to collect the money from his side jobs. She is the type of Mother that would sacrifice herself for her children.”

“My father [is] the type that would discipline his children, even if it would hurt him seeing them cry.”

“Yes, those are my parents... I miss them and can’t wait to see them soon,” she whispered to me with tears in her eyes.

After graduating from high school, Ludy attended Our Lady of Fatima University in the Philippines and graduated with a Bachelor’s Degree of Science in Nursing, even though she never practiced.

Her mind was attracted to business. She got her first job at a Starbucks in the Philippines, and then she moved on to become an airline customer service agent.

But Saudi Arabia was calling her name. She applied to be a barista, and was ecstatic when she was accepted. This was her opportunity to explore another country and to help her parents financially. Once she arrived, she immersed herself in Saudi life. She enjoyed working at the coffee shop where she was hired as a barista, but after a year, the coffee shop went out of business.

But Ludy did not give up. In January 2018, she got a job at Alfaisal University.

“I was happy to be hired. Happy I had a job and could stay in Riyadh, even if that meant being a cleaning woman,” she told me, looking into my eyes for approval.

“No one ever looks down at me for being a cleaning woman here at Alfaisal University. I love the students, the professors, all the other staff, and sometimes wonder what their dreams are, what their purpose in life is, how will their jobs be in the future. This job has taught me to be patient, humble, and to always wonder how it would be if I was in one’s shoes...everyone has a purpose in life,” Ludy continued.

“I am grateful for this job here at Alfaisal... grateful to be able to send packages to family back in Cebu and see how happy they are when they open them. I love the culture, I love the dedication of Saudi’s people to family and friends. I love going to the malls and seeing fathers spending time with their children and wives. I am grateful for the wonderful food and for the wonderful people I have met here.”

Ludy took a deep breath after talking to me, as if she was relieved to have spoken to me. She smiled at me and asked, “Do you have any other questions you want to ask me?”



I smiled and then asked her, “How do you envision your yourself in ten years, Ludy?”

She looked at me and stared down at her feet and then began talking again, almost in a whisper, as if she didn’t dare plan ahead.

“Well, God willing, I’ll be living in Cebu, maybe working in the hospitality industry, something out of my comfort zone... Somewhere where they will call me ‘Ma’am.’”

As she walked out of my office, she turned, smiled, and said, “Thank you, Dr. Chiotis, for asking me about my story.”

I looked at her, tears in my eyes now, and responded, “You’re welcome, Ma’am Ludy.”



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## MSA Events: Behind the Scenes

By: Leen Alanazi, Second Year, College of Medicine and Jude Alkhawashki, Second Year, Life Sciences

They say the mitochondria is the powerhouse of the cell. Well, at Alfaisal, it's MSA - particularly their events team. Today, the Alfa Press team met with the heads of the events team: Amr Hajja and Miral Atout. To our students unfamiliar with them, Amr and Miral are both third-year medical students who have long been part of the MSA, now turned heads.

We spent our time discussing their experience heading the events team, the joy of hosting events, and the struggles they faced along the way, including one very important point they'd like to address.

### **“Why did you both choose the events team, of all the subdivisions in MSA?”**

“Event planning was one of the extracurricular activities that I enjoyed and excelled at in school; I was the social department's senior head, in which I used to organize community service campaigns and activities,” Miral explained, “Moving on to first year, I've been an active member in almost every part of MSA: treasury, events, medtimes...the whole package, but there's something special when it comes to organizing events to boost student morale, allow them to meet new people, and have them make life-long university memories. It also breaks the stigma of medical students being anti-social and having an inflexible study schedule.”

Amr had a similar experience: “Ever since I was in high school, I've always been a part of event-organizing groups. So when I was introduced to the events team in my first year, I knew I had to join. I really enjoy the process behind hosting and planning events... But more than that, you need to go out of your comfort zone and interact with people, strengthen your leadership and communication skills, improve interpersonal skills, learn how to negotiate, deal with conflicts, and all that. I like a challenge!”

### **“How was it like running and campaigning for heads of the events team?”**

With an exasperated laugh, Miral tells us about the hectic process behind it all. “It was the beginning of the academic year, We had so much to study and Amr hadn't even gotten to university till a week afterwards because he was abroad! I had to juggle the design process of the campaign with nerves and stress since it would be the first impression we make on both the students and doctors.

With all the bad, however, comes good, and as the classic Disney Channel slogan goes, the power of friendship made all the difference.

“I remember how important our friends were during that time,” Amr says; “they actually were a big part of the campaign process. They believed in us so much.”



Amr Hajja (left) and Miral Atout (right) - Photo credits to Ghazal Tannous

Miral: “When I didn't even believe in myself!”

Amr: “Yes, it was a big motivational factor for us and really gave us confidence throughout the process.”

### **What was it like hosting the first event of the year, and what were the struggles that accompanied it?”**

To our readers who may be unfamiliar with the events, MSA started off the year with a movie night for their students, which, as we came to find out, wasn't actually planned for. Both of our guests explained that they hadn't planned for an on-campus event. They both said that the initial vision was for an off-campus event, but that in retrospect, an on-campus event was the right choice because it was easily accessible by students.

“As for struggles... I'd say it was that Amr and I didn't have team-members up until midway through planning the event and on top of that, we had to study for our first final exam,” Miral explained. (For our non-medical readers, just know that third year is the “Hunger Games” of all the years when it comes to exams).

Despite all of the difficulties, we were able to host a new event that was a big success and had a lot of favorable moments.

### **“Are events really that hard to organize?”**

“There's much more that goes into it than what you see,” Amr explains. “Prior to the event itself, there's a whole process that needs to be done: first you've got to think of an event that most of the people like, implement the ideas, then create a plan. Starting to do proposals, submitting them, doing financial estimates and budget proposals. And with every proposal you've got a chance of getting rejected - in which then you've got to make a whole new proposal and resubmit it.” That is when the team work comes into an action. One thing both of our guests agreed on was that thanks to their amazing team, these hurdles were easily overcome.

**“What are your perspective visions and how do you plan to implement them over the year/semester?”**

Upon hearing this question, Miral said excitedly: “Mine is simply to get new ideas and organize fun events on campus!” Miral and Amr later shared how they were preparing a whole list of events and brainstorming ideas during the summer. These events included Mental Health Awareness Campaign, World Cup Match Night, Ramadan night, Sports Day, Go-Karting, and possibly a TedX. They also shared a new idea of running a marathon as a way to give back to the community by donating to a charity that raises awareness of disabled children in Saudi Arabia. Mental health awareness is also something both heads are extremely passionate about. “There’s so much stigma regarding mental health in our society”, stated Miral as she expressed the severity of the issue alongside the lack of awareness regarding its intensity.

Amr and Miral are hoping to make a difference when it comes to society’s perception on mental health. Amr subsequently shared his story with stress and how the intense feelings of anxiety that he encountered affected him and his outlook on mental health and medicine. “When starting university I experienced a tremendous amount of stress. I experienced stress from different aspects: the transition from high school to university along with the change and difficulty in curriculum and examinations—I actually considered leaving medicine. However, luckily I was able to manage and pull myself together. I recalled the immense passion I had for medicine and my dream to become a doctor and medical professional after working at hospitals alongside my uncles who are doctors.” Together as the new heads of MSA Events, Miral and Amr strive to make a difference that not only raises awareness, but also has a significant and positive impact on the students at AU.

**“What was your favorite event and why?”**

“Culture day,” said Amr with certainty. Miral has previously stated how culture day was the heart and soul of MSA events. With their new visions and ideas, Miral and Amr are planning on continuing the legacy of culture day since it's not only entertaining but also represents the unity and diversity of Alfaisal students. “Culture day is a great way to meet and befriend students from different backgrounds and ethnicities,” added Miral as she and Amr reminisced on the memories of planning and participating in culture day.

**"As heads of a team, how do you ensure that there are no biased decisions when recruiting, especially in an environment that is surrounded by all of your friends?"**

Due to their successful campaign alongside the substantial number of votes they received, Amr and Miral gained a newfound popularity and a reputation for being lovable and well liked. Although those are positive attributes that indicate both the heads are appealing characters, many students at AU had their doubts regarding MSA applications.

We have encountered many medical students who were hesitant to apply for the events team. The students often asked questions such as; “Should I apply even though I’m not friends with them?” and “Do they only accept their friends?” Student hesitancy to apply to the MSA events team is sometimes triggered by the fear of bias.



The Events Team

**“What is something you would like to tell your team and the students you make these events for?”**

Advice for members from Miral: “Work hard because at the end of the day your work will be appreciated. When I first worked in the events team in my first year, I did not think my work would be recognized until I was chosen as the best member in the awareness team which really boosted my confidence. Hard work does pay off.”

Alongside advice, Miral also stated the benefits of participating in the events team: “being a part of the events team not only looks great on your CV, but also gives you life experience”.

In addition to Miral’s wonderful advice and words of encouragement, Amr stated, “Participating in events helps you stand out and discover yourself from a variety of aspects”. To further motivate students to partake in events and break the med student stigma, Amr briefly mentioned how the members of the events team will receive a certificate per event, moreover showing appreciation and validation to the members for their hard work.

Meeting the heart of events face-to-face was truly an event in and of itself. We can’t wait to see their event visions come to life throughout the year!

Now for a concluding statement from the heads themselves:

It is not easy to lead MSA Events, but with a team like ours, everything seems to be effortless. The team has always pushed us to our limits so that the students can enjoy their experience on campus. Thank you so much for all your help and encouragement!

We would also like to thank Dr. Akef Obeidat for his unwavering support. We are very grateful for the assistance provided by the MSA's presidential office and all the other committees.

One last message: Always stay tuned for what we have planned for you!!

## Contributions in Sports: Roger Federer Bids Goodbye to Tennis

By: Mazen Hamze, Second Year, Software Engineering



Photo credits to Tom Jenkins for The Guardian

Roger Federer, a former Swiss professional tennis player, is considered one of the greatest tennis players of all time. With 103 career ATP titles and 20 Grand Slam victories, the Swiss Maestro has established his dominance on the court.

Before moving into a professional life, he was born in Basel, Switzerland, on August 8, 1981. His mother, Lynette Federer, is from South Africa, while his father, Robert Federer, is Swiss-German. His older sister, Diana, is his only sibling.

Off the court, Federer stresses the importance of being present with sponsors, the news media, the general public, and his family of six. He joined Twitter and Instagram somewhat late in the game and sometimes, but skillfully, he posts. He always seems to favor face-to-face interactions without interruptions, which at one point branded him old-school but later put him unquestionably ahead of the curve. Whether conducted over food or in the backseat of a courtesy car, an interview with Federer was more like a typical conversation. Paul Annacone, his former coach, once said, "Roger is so interesting because he's so interested."

Roger Federer is by far the most well-known Swiss person now living, according to Nicolas Bideau, a Swiss official in charge of enhancing Switzerland's reputation overseas.

To start his incredible journey, Roger made his iconic ATP (Association of Tennis Professionals) career debut at the 1998 Swiss Open Gstaad. Later that year, he won his first ATP match in Toulouse. Then, after winning his first singles title in 2001, Federer defeated Mark Philippoussis, a former Australian tennis player, in the Wimbledon final to claim his first Grand Slam singles victory in 2003.

Federer competed at a time when the "Big Three"—Rafael Nadal, Novak Djokovic, and Federer himself—were the three most dominant men's tennis players of all time, securing a total of 285 titles. Roger faced Rafael Nadal 40 times, winning 16, while defeating Novak Djokovic in 23 matches.

On September 15, 2022, in London, Roger Federer's legendary and inspirational career came to an end as he and his longtime friend and rival Rafael Nadal lost to the Americans Jack Sock and Frances Tiafoe in the Laver Cup. This match was the most-watched doubles tennis match in history.

Finally, and this is possibly the most intriguing aspect of his popularity equation, Federer was both a frequent loser and a champion, ranking among the most successful players in the long history of the sport.

Thanks, Roger. It has been an honor to witness.

## Society, The Rule Makers: Do They Have Us Within Their Grasp?

By: Rushdan Firdous, Second Year, College of Medicine

Society is all around us. It's the people who made this newspaper you are reading, the ones you spend hours alongside at university. It is the people in your home. Society is everything that crosses paths with you on your journey. But, most crucially, it is the primary governing body of our lives, the modern-age leviathan of our times. The endless opinions that society tends to throw into the world have created a version of 'beautiful' so unachievable that it has become the utmost cause of many individuals - especially teenagers - suffering from low self-esteem and a negative self-image. But what they don't realize is, by struggling to fit into the mould that society has crafted, they shed their skin, the petals that set them apart from the rest of the group.

They become one of them, blended into the crowd: ordinary, boring, and just plain old average. But why do we continue to fall susceptible to this trap, desperate to obtain approval? Is there something more to this than meets the eye? Humans are impressionable beings, dependent on the notions of society, vying for their attention with the single motive of reaching the top of their local hierarchy. While this may be considered toxic, it isn't uncommon and society is to blame; exposing children at an early age to 'harmless' modes of entertainment, comprising toy figurines and cartoon characters, that negatively impacts their subconscious mentality, driving their older selves to strive for an image that is both unrealistic and detrimental. While adolescent girls may be vulnerable to these ulterior tricks played beneath the sleeve, they aren't alone; boys too fall victim to the swindles of society.



Once boys reach a certain age, a switch is flipped, and they immediately think they must be strong, have a big build, buffed chests, muscular limbs, and a set of abs, without which they have been conditioned to feel out of place, unacceptable to societal standards. Though this may not be impossible, pushing oneself to accomplish the ideal body, while admirable, is only damaging to the individual, regardless of the mask they wear.

This has only worsened since the rise of social media, which has become a widely used platform among individuals for sharing flawless, aesthetic moments of their lives. But this has taken a toll on its viewers, reinforcing insecurities and adding fuel to the fire kindled by society, projecting strong beliefs as to how we must appear in the mirror. And the more we begin to compare ourselves to the perfect images of others, and the more we don't see those features in ourselves, the more insecure we become and the worse we feel about ourselves. It's a cycle. And this cycle of negative feedback can push one off the cliff, leading to drastic effects on both mind and body, starting with extreme dietary measures and fitness regimes, which can lead to eating and mental disorders, with the last straw being a shift to external appearance-enhancing alternatives. The only escape from this mental cage is acceptance. Acceptance for who you are and not for who society wants you to be. By merely coming to terms with yourselves that healthy, beautiful bodies can come in a multitude of forms and figures and that your exterior shell has very little bearing on your worth as a human being, you can choose to be liberated from your prison.



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The key you seek has been with you all along. A twist of a knob away. Let go of those derogatory ideations, voice your thoughts, and confront the oppressors. Open their eyes to the ramifications of their actions. Enlighten them. Let them see. For they are the root cause and have to be stopped. After all, it is only when we have a true-to-life depiction of our bodies, void of these external influences, do we learn to appreciate, accept, and celebrate ourselves for who we are. Break free of the negative societal conceptions and learn to develop a positive body image. You are wonderful exactly as you are.

## When I was a kid

By: Ismail Abdullah, Second Year, College of Medicine

When i was a kid  
I thought the monsters were under my bed  
In a blink of an eyelid  
These monsters turned to be in my head

When i was a kid  
I thought a heart of other rests on mine  
In a spot where i hid  
I saw the hate and war on their mind

When i was a kid  
I followed the stars to reach home  
Compasses turn and turn  
Now i trace the sparkles in eyes of another

When i was a kid  
My mother held my hand  
When life goes south  
Soothes me to sleep and whispers into my ear  
"everything will be fine"  
Above the same pillow sheet  
That now witnesses every grasp of breath and hugs  
every shed of tears.

## If I were a Lily and you were a Ryle

By: Meerab Waqar, Third Year, College of Science

I sat in the quiet backyard of my house  
Reading my favourite book for the 5th time "It ends with us" by  
COLLEEN HOOVER  
sometimes, I wonder how the dance of fate twirled in our realities  
Because If I were a lily and you were a Ryle  
My bones would break before I leave our home and say the word  
goodbye  
you know how it is, the good and the bad  
These parts of love we slowly brush under the rug  
These unsaid words that linger behind, while our voices fall in a hush  
Nothing to be read, nothing left to interpret  
Eyes devoid of any emotion we ever felt  
Is it possible our hearts died with one another before we truly  
disappeared?  
Is it possible that you loved me a little less with every piece you took  
and promised to return?  
Is it possible that promises between us always remained, somehow  
unkept?  
Is it possible? That we truly lost before we even began.  
Because it turns out, I am a lily, and you are a Ryle  
And our love my dear is so ugly and so brutal that it leaves its marks  
even when it disappears  
In other words,  
Our love is a eulogy spoken to remnants of us  
That still live beyond our death.

## AWARENESS COLUMN

## SAUT and Down Syndrome

By: Jude Alkhawashki , Second Year, Life Sciences



Down syndrome is scientifically defined as a condition where a person has an extra chromosome resulting in unique and distinct facial features alongside difficulties with cognitive functions and learning. According to statistics collected from United Nations, each year about 6,000 babies are born with down syndrome worldwide. In Saudi Arabia, a study on the prevalence of gene abnormalities in Saudi newborns showed the prevalence of Down syndrome in Saudi children at 6.6 per 10,000 babies born with Down syndrome. And it is more common in females than males. Due to the commonness of Down syndrome, the 21st of March is now known as World Down Syndrome Day. Down Syndrome Day was instituted to celebrate and appreciate people with Down syndrome, giving them the freedom to love and appreciate themselves and their uniqueness.

The reasons why the 21st of March was selected are truly fascinating and heartwarming. March 21st matches the 3 copies of chromosome 21, a distinct genetic feature that scientifically defines Down syndrome. March 21st isn't a regular day, however. It's a day of symbolism of equality, of promotion of human rights and awareness and lastly, of representation of humanity in society. Growing up we were always told how valuable a mother's love can be, how it's a representation of warmth and benevolence. A story that I recently heard from a friend about a mother, her mother, and her daughter was openly wholesome and inspirational. Ericka Koffroth Sabaan gave birth to a daughter with Down syndrome and was encouraged to open up a center, SAUT: the voice for Down syndrome society, for children with Down syndrome, in order to create a safe place where her daughter and other children feel validated and heard. SAUT is the first Down syndrome center in Saudi, being one of the first institutions to raise awareness alongside embracing Down syndrome.

This story is truly a representation of kindness, giving insight into the pureness and strength of a mother's love alongside a glimpse of humanity in each individual. Upon hearing this story, I was encouraged to study Down syndrome centers in Saudi Arabia and I encountered an abundance of centers such as DSCA. Looking into their programs and their accomplishments and achievements is not only impressive but beautiful. The progress in the way individuals, society and nations worldwide perceive Down syndrome is truly amazing. Down syndrome is not longer viewed as a defect in cell division, but is now a representation of innocence, beauty, strength, and individualism.

## Panic Attacks by Maria Bokeno, M.Ed, LPCC-S

It was 2:00am on a Saturday, when the Crisis Center called me that an emergency Mental Health Evaluation needed to be completed on a 48-year-old female, who was admitted for chest pains, inability to breathe, and arrhythmia. According to the ER physician, all preliminary testing, EKG, and blood tests were negative for a possible heart condition.



I opened the door of the patient's room. I saw her leaning over and holding her head. She was rocking back and forth, breathing hard and talking to herself. She appeared lost and scared. I approached her and asked her calmly if I could sit close to her. I introduced myself. She looked at me with clear anguish and said, "I think I am dying Mrs. Bokeno... I have chest pains, I can't breathe, I am shaking, and I know something will happen to me...my heart is beating like crazy, and I feel I am out of my body ... am I crazy?"

Oh !! Those panic attacks are so scary when you experience them! But let's explore a few aspects of what a panic attack is, its symptoms, its causes, how we diagnose it, what available treatments there are, and some myths and truths about them.

## ANATOMY OF A PANIC ATTACK





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According to Mayo Clinic, “A panic attack is a sudden episode of intense fear that triggers severe physical reactions when there is no real danger or apparent cause. Panic attacks can be very frightening. When panic attacks occur, you might think you're losing control, having a heart attack, or even dying.” A Panic attack is a real sudden extreme buildup of anxiety. My patient told me that her first panic attack came suddenly: “I was asleep, and I jumped out of bed because I thought I couldn't breathe, then when I was driving, I had another one of those scary feelings and now here I am, at the ER.” The weird thing is, although there is no imminent danger, your body goes on alert for no apparent reason. Usually when you encounter a threat, whether it is a dog attacking you, or a swerving car, a hormone called Adrenaline floods into your blood stream, putting your body on high alert, so your heart starts beating fast and your breathing becomes fast and shallow because you need more oxygen.

Symptoms of panic attack (from the DSM V)

A discrete period of intense fear or discomfort, in which four or more of the following symptoms develop abruptly and reach a peak within 10 minutes:

- 1) Palpitations, pounding heart, or accelerated heart rate
- 2) Sweating
- 3) Trembling or shaking
- 4) Sensations of shortness of breath or smothering
- 5) Feeling of choking
- 6) Chest pain or discomfort
- 7) Nausea or abdominal distress
- 8) Feeling dizzy, unsteady, lightheaded, or faint
- 9) Derealization (feelings of unreality) or depersonalization (being detached from oneself)
- 10) Fear of losing control or “going crazy”
- 11) Fear of dying
- 12) Paresthesias (numbness or tingling sensation)
- 13) Chills or hot flushes.

Causes: (From Cleveland Clinic)

What causes panic attacks?

“Experts don't know why some people experience panic attacks or develop a panic disorder. The brain and nervous system play key roles in how you perceive and handle fear and anxiety. Your risk of having panic attacks increases if you have:

- Family history: Anxiety disorders, (including panic disorders), often run in families. Experts aren't sure why.
- Mental health issues: People who have anxiety disorders, depression or other mental illness are more prone to panic attacks.
- Substance abuse problems: Alcoholism and drug addiction can increase the risk of panic attacks.”

Diagnosis: Your Primary Care Doctor, a Licensed Mental Health professional, or a psychiatrist, will be able to diagnose you if you are suffering from panic attacks. Your doctor may ask you if you worry about having more panic attacks, and how it affects your daily life. She or he may ask if you have changed your routine to avoid other attacks, or if you feel depressed because of your panic attacks.

After I explained to my patient about panic attacks, she asked me how could she get rid of these “attacks”.

Treatment: As a therapist, I believe when you have your first session with your patient, you should listen carefully, find out details of his or her problem, and provide coping skills to utilize until the next appointment. Even in the ER, I started with relaxation and breathing exercises, also muscle relaxation techniques, and educated her on Panic attacks and Panic disorders. Also, she was referred right away to a Counselor to start her therapy, to include:

- 1) Talk therapy: Treatment that focuses on the triggers, situations, and feelings that may anticipate panic attacks.
- 2) Pharmacotherapy: Referral to her Primary Care or Psychiatrist, who may prescribe an Antidepressant, or Benzodiazepine for anxiety.
- 3) Yoga, exercise
- 4) Stay away from substance use, caffeine, smoking.
- 5) Understand that nothing bad will happen to you physically. If you get a panic attack, tell yourself, “I know what this is, it will pass, nothing will happen to me”. Don't fight panic attacks. Take a deep breath from the nose and exhale from the mouth. Visualize a “safe place” – a place whether real or imagined that makes you feel calm – while you take slow deep breaths.
- 6) Download apps such as: Mind Swift, CBT, or Calm.

My patient attended the counseling sessions. She was also subscribed an antidepressant, due to her depressed mood stemming from childhood abuse and marital issues. She was treated successfully, was able to utilize her coping skills, and effectively deal with daily stressors.

According to Dr. Julia Englund, there are misconceptions about anxiety and panic attacks. So here is a list of Myths and Truths about them, from Englund's book, [Break Free of Anxiety and Overcome Fear](#).

**MYTH: A panic attack means there's something wrong with you.**

TRUTH: Many people experience panic attacks. Anxiety can be a completely normal part of the human experience. Some people are more susceptible due to factors largely outside of their control.

**MYTH: Having a panic attack means you have a mental disorder.**

TRUTH: Panic attacks occur in people both with and without an official diagnosis.

Only licensed mental Health professionals can determine whether you meet criteria for a disorder

**MYTH: Panic attacks are “all in your head.”**

TRUTH: Panic attacks are a form of anxiety, which is regulated by your brain and body via the stress response. Although you cannot be physically harmed or injured from a panic attack, the body symptoms and effects are real

**MYTH: Panic attacks will go away if you ignore them.**

TRUTH: Ignoring anxiety in any form for long periods of time often leads to avoiding people, places, and things you care about. The short-term relief from avoiding difficult situations usually leads to greater anxiety building up over the long term.

**MYTH: I am going to have panic attacks for the rest of my life.**

TRUTH: Some people have times when increased stress leads to more panic attacks and between times they have none. Others have them off and on for years and still others have one or few and then never experience them again.

My purpose in this piece was to provide information to those suffering, those who think they may be suffering, and those who know someone they suspect may be experiencing panic symptoms. As with any piece of general information, professional medical advice, as described earlier in the article, should be sought.

## Spotlight on Women in Business: SAK Outerwear

By Nora Alyousef, Second Year, College of Business

At the center of the ever-expanding Saudi fashion scene is one piece — the abaya. With countless abaya shops, both brick-and-mortar and online, women have more options than ever. Along with these options comes the need for abaya stores founded by women, who prioritize designs that women will covet.

The female entrepreneurs at the helm of SAK Outerwear are deeply involved in every aspect of the business and this involvement sets them apart in the crowd of abaya designers. “The market lacks responsible brands that introduce new perspectives and connect with clients’ interests and beliefs,” note SAK’s founders.

SAK Outerwear evolved as a passion project from its founders’ innovative ideas for durable and practical garments that suit every woman’s lifestyle and taste. “Over the past few years, women have been stepping out of their comfort zones and into the world in ways they never have before,” SAK’s founders point out.

These developments present the need for abayas that women can feel both confident and comfortable spending long hours in.



The sense of durability and empowerment at the center of their business philosophy traces back decades. “At SAK, we look at the exquisiteness of made-to-order tailoring, always linking it to the 1950s, a post-WWII era, where women just started to explore more elegant yet convenient fashion trends.”

While inspired by 1950's aesthetics, SAK offers something for every taste. With both casual and formal designs to choose from, SAK tailors every piece to their customers' liking - from the fabric right down to the array of buttons you can choose from. Offering both made-to-order and ready-to-wear items, SAK turns abayas into durable investment pieces for expressing your personal style.

Find SAK on Instagram @SAKwearsa.



## ASL LINE

## أصايل

By: Sarah AlHatlani, Second Year, College of Business



The brain behind this brand is a force to be reckoned with in the abaya industry. ASL Line is an abaya brand headed by the incredible Asayel AlOtaibi. The Saudi local designer was able to start her business and watch it blow up into one of the best abaya businesses in the industry within the short span of two years.

Most brands have humble beginnings, but this brand is not like most. ASL Line blew up with the drop of its first collection. A TikTok uploaded to promote the debut collection went viral for its uniqueness. The video showcased models walking up the stairs displaying the abayas in all of their glory. This might seem like a simple idea. However, the mix of fashionable garments, a fun Arab-pop song and an aesthetic location never looked better. The video not only helped kickstart AlOtaibi’s business but also became a viral trend that abaya businesses all over the world started following. Since the posting of the first viral video, the brand now has a cult following, with almost 300 thousand followers on Instagram alone. Another trend the brand started was dropping collections abroad. The last winter collection was promoted in London which caused quite a mayhem. With another viral trend under their belts, ASL Line is now unstoppable.

The major factors that set ASL Line apart from other brands are their marketing, quality, designs, and affordable prices. The marketing behind this brand is never before seen. Asayel makes exceptional use of social media. She curates a kind of friendship with her supporters on Instagram, often joking with them and in some cases about them – all in a lighthearted manner of course. This relationship makes consumers trust the brand and appreciate the products they are buying even more. Paired with a one-of-a-kind consumer-business relationship, Some may think that abayas with new designs and great quality must be expensive. However, ASL Line prides itself on their affordable pricing. The designer also makes a fun game with her followers by hiding discount codes in promo videos and giving hints and riddles to make the customers guess the codes.

ASL Line is constantly raising the bar with its fun marketing techniques and beautiful abayas, and this is just the beginning of their strong-sailed journey.



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## فاشل أو فاشلة

من: سناء محمد منظري ، السنة الثانية، كلية الطب



istock.com

ما هو الفشل؟ و ماذا يعني أن تكون فاشلاً؟ كأنك وقعت في حفرة عميقة، و تحلم بالوصول إلى الغيوم و التحليق معها، لكن الحقيقة أنك لم تصل إلى الأرض حتى، فكيف تريد الغيوم؟ هل يحق لك حتى أن تحلم بأشياء كبيرة؟ بأشياء شبيهة تعجيزية؟ هنا يأتي خوفك الأكبر، ماذا لو لم تستطع الخروج أبداً؟ ماذا لو أنك صاحب أفكار عظيمة و إبداعية، لكن بسبب مكوثك في الحفرة، لن تستطيع تنفيذها، فخوفك الأكبر هو أن تظل أفكارك محبوسة و مسجونة داخل عقلك و لن تستطيع إيصالها للناس أبداً، لن تستطيع إخراجها و ترجمتها إلى كلمات و أفعال أبداً. فالحقيقة، أنك لست سيئاً إلى هذه الدرجة، لكن تصرفاتك الطائشة في الماضي جعلتك تصل إلى ما أنت عليه الآن. فقد كنت تجري و تركض من دون أن تكون حذراً ، لم تكن تبالي كثيراً من الحجارة التي كانت على الأرض، وإحداها أسقطتك هنا، في هذه الحفرة. و بالمناسبة، الحياة بالحفرة ليست بتلك السوء، فقليل من النور يصل هنا، يوجد ماء، و طعام أيضاً، يمكنك العيش هنا. فقد وقع الكثيرون مثلك، لكنهم سعداء، بدأوا حياة جديدة في الحفرة. لكنك ترفض فعل ذلك، تظن أنك تستحق أفضل فأنت تود الخروج، و لا زلت تحلم بالغيوم كل يوم، لكن هل لديك خياراً آخر غير التكيف و العيش في القاع؟

لو تطلب النصح مني، سأخبرك ألا تستسلم، توكل على الله، و ادعه يومياً، و لا تفقد الأمل بعد، لا تفعل، أرجوك. صعبة هي طريق الحياة، لكنّها ليست مستحيلة، صدقني يا أيها القارئ، ستكون أعلى من الغيوم يوماً ما، و سيهتف لك الجميع

## رسالة إلى أبي...

من: محمد الزامل ، السنة الاولى، كلية القانون و العلاقات الدولية

بسم الله الرحمن الرحيم أما بعد

إن كنت سوف أكتب قصة كفاح ونجاح لن أكتب إلا عن أبي مصعب محمد رويان الزامل. قصة مليئة بالتعب والحياء الكادحة. دائماً أستمد الاستمرارية من النصائح التي أخذها منه ، وقصص التعب والعناء الذي عاش به حتى وصل إلى الشيء الذي هو عليه الآن ، زجّل بكل ما تحمله الكلمة من معنى لم أجد شيئاً أعبر فيه عن حبي لك إلا من خلال هذه المجلة ولو أصبحت الأشجار أقلماً و البحار صحفاً لما استطعت أن أوفيك حقك ، وأتمنى أن أفعل في هذه الرسالة

اكتشفت لاحقاً أن الرّجل لا يُقاس بما لديه من المال أو الجمال أو حتى القوة، الرّجل فعلاً من ينشئ جيلاً جديداً ويحاول جاهداً أن يكون هذا الجيل أفضل منه بمراحل ، لأن فاقده الشيء يعطيه ببذخ ، لأنه أكثر الناس درايةً بمرارة فقدانه

حفظ الله والدينا ووالديكم من كل شر

ابنك المُحب محمد



Photo Credit: Fine Art America

دعوة إلى المشاركة  
أعزائي القراء.. تحية طيبة وبعد  
يسرّنا أن ندعوكم إلى المشاركة في إثراء المحتوى العربي  
وذلك بإرسال مقالاتكم إلينا حتى يتسنى لنا نشرها في  
الأعداد القادمة. شاكرين لكم جهودكم وتعاونكم

لمزيد من التفاصيل يرجى التواصل عبر البريد الإلكتروني

tabdalwahed@alfaisal.edu

## عطر يفوح بخاطري

من: عبدالله عبدالعزيز المزيني ، السنة الرابعة، كلية الاعمال

ضاقَتْ قوافي الشُّعرِ حينَ أردتُ أنْ  
يا والديّ، وتُصعِّقُ الأفكارُ في  
وصى بكم ربي تعالى شأنه  
ورسوله أوصى بحُسنِ صحابَةِ  
عيناي، ما العينانِ في دربِ الهوى  
والقلبُ يخفقُ والهّا مُتعلِّقًا  
ذُكرَاكمُ عطرٌ يفوحُ بخاطري  
ووقفتُ في بابِ المديحِ مُحاولًا  
شفتاي أصغرُ أنْ تُلمَّ معانيًا  
أبواي يا روحَ الفؤادِ فدَاكمَا

أهديكُمَا بمقالتي بعضَ النشيذُ  
رأسي إذا حاولتُ أن أُلقي قَصيدُ  
وأبأن فضلكُمَا بقرآنٍ مجيدُ  
لَكمَا، فَمَا لي بَعْدَ هذا أنْ أزيدُ  
رُوحانِ في جَسدي، كياني، والوريدُ  
بِكمَا، وبعْدَ وصالِكُم ماذا يُريدُ  
يا مَنْ أنزَتمُ ظلمَتي وأنا وليدُ  
عجزتُ حروفي أنْ تُباشِرَ ما تُريدُ  
للشمسِ ضوءٌ يملأُ الأفقَ البعيدُ  
رُوجي وقلبي عن هَواكُم لا يَجدُ



Getty Images

## شكوك

من: لارا سمان، السنة الرابعة، كلية الطب

هل نطفو في منطاد مليء  
بالشكوك  
أم أن عقلنا مجرد شكوك  
هل الحياة تجعل أنفسنا أكثر  
ثقة  
أم أننا محاطون بالشكوك دائما

للبحث عن السلام في كل مكان  
مع عدم وجود أي مكان  
والأيام تمر وتستمر  
مع البحث المستمر عن السلام  
والشكوك التي ما زلت أغرق فيها  
...أغرق... وأغرق

هل سنصل إلى نسختنا الأصلية  
...في يوم ما  
أم سيكون يومًا قابلاً للبحث  
دائما

سُميتك و سُمومك ونفسك  
نعم، لا أحد هناك إلا أنت  
...عزيزي  
هل أنت إنسان  
أو شيطان ظاهر لنفسي فقط  
مع روح بيضاء القلب على  
التظاهر  
التظاهر لكل العالم  
ولكن الشيطان واضح جدا  
لعيني  
بالنسبة لي، وللأسف فقط لي

مع الهروب ليكون المنير  
بعيدا عن الأنظار  
في الزاوية ليتم العثور عليها  
ومحاولة الوصول إليها  
مع مرور الأيام  
والشكوك في تجاهلها

مع نفسي للتمكّن من الهروب  
وباب الهروب يجب الوصول إليه  
مع وجود باب مغلق  
ومفتاح مفقود للبحث عنه  
مع بعض الرحمة من شخص ما ليحدها  
...وباب يفتح  
مع كل الشكوك أن تفرق  
ونفسي أن تطفو بحرية  
..مع حرية الشكوك أن تتحقق



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## كأيّ من كان

من: البندري بنت فلاح الدامر، كلية الأعمال، السنة الثاني

نعلم جيدًا بأن هذه الحياة للفناء ونعلم جيدًا بأن ليس لنا فيها سوى فرصة واحدة لا تتثنى ... فلا تكن كأبيّ من كان.. لا تكن عابرًا ولا تكن شخصًا عاديًا، كن كالبحر اعلى ليل الدجى.. ساد الظلام وكلنا نتوق للنور. كن أفضل منك بالأمس وأفضل منك غدًا كن أفضل من كل أطوارك

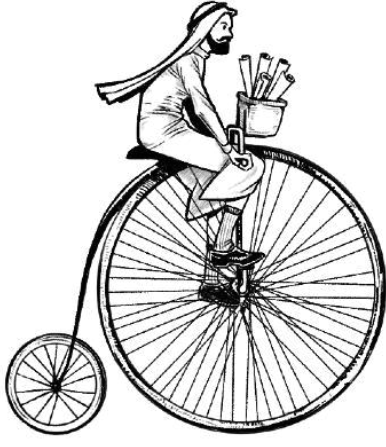
لا تسمح لذلك الصوت بأن يمرّ هامسًا يوهمك بأنك كمن سار على هذه الأرض بلا أثر. واعلم أن ذاك الصوت يقول لك بكل شغف أنت "شيّ عظيم" لم يكن يوما هبةً بلا موضع.. لم يهبك الله هذه الهبة ليشعرك مرارة الخذلان أبدًا.. بل نحن دائمًا من يخذل، نرى الفرص تمر مرور الكرام ولا نلقي لها بال.. أفق للنسيم من حولك وميل معه كن منسأبًا، ليّنًا اغتنم الفرص، فإن نجحت فهنيئًا وإن لم تنجح فاقتربت. في قاموس الناجحين ليس هناك فشل أبدًا هناك: (نجاح أو خطوة) والأهم أن تكون المثابرة تتلو ذاك النجاح. لا تظن أن الهدف قريب ولا تظن أن النجاح سينتقيك من بد الملايين لا تظن أنك وصلت لأهدافك لا تظن بأن الصراع هينًا ولا تظن بأنك لا تملكه، بل المعركة ملكك والخصم أنت! الخصم صوتك ذاك الذي يحبطك...تنفس بعمق وخض في متاهات النجاح ابتسم مع كل تحدٍ ففي كل مرة يشتد فيها القيظ اعلم بأن ربيعًا يليه. أجب تفاصيل النزاع وأجب خطواتك نحو النجاح مهما تعثرت وطالت

احذر من الشح واحذر من أخذ ما ليس لك. لا تلتفت لرزق غيرك ولا تطمع فيه. لا تنظر أساسًا! غض البصر لا ترى سوى ذاتك و أطوارها وكن على يقين بأن ما لغيرك ليس لك. لكل منا فرصة وخطواته ولكل ذي حق حقه. لن ينسأك الله، بل أنت من نسي فتح يديه لرزقه لن تأتيك الفرصة حتى تستحقها تمام الاستحقاق. أنت من يسعى لها، اسع و ستأتيك. كن راقٍ في فكرك وارتق بعيدًا عن صراع ابن آدم للمثالية والقمة. القمة تتسع لنا جميعًا، لكل منا مقعده بعيدًا عن الكل، بهيئة لا تليق إلا بك، تميّز وارتق وستصل

استعينوا على قضاء حوائجكم بالكتمان" سمعناها كثيرًا ورددوها ربما خوفًا من الناس؟ و لكنني أقولها هذه المرة كي " لا تستنزف من طاقة عطائك لأهدافك اسع لمبتغاك صامتًا.. فالصمت أرقى.. أسمى.. أنبل كن نبيلًا مع ذاتك واركض وراء أهدافك دون أن يُسمع لهيئك اجمع شغفك و طموحك اجمع أهدافًا بداخلك حتى تتجسد أمام عينيك، .تواضع مهما وصلت واقتربت ... عفوا من قال ..بأنك وصلت؟ مهما ارتفع الإنسان بمنصبه، مكانه، نجاحه، فلا حول ولا قوة لنا إلا بالله

انشغل تمام الإنشغال فيك فمن أحق منك فيك؟ ستلتفت يوما فلن تجد سواك.. عاهد نفسك بأن تكون لنفسك كل شيء.. كن الضياء قبل الظلال كن الأسباب والأماكن كن المحفز وكن العالم بأكمله.. لا تبخل على نفسك.. وإن مُدّت إليك يد بعونٍ فلا تأخذ، بل كن يد العون لنفسك.. منك لك.. كن شريك نفسك في النجاحات.. لن تجد أجمل من عطائك لنفسك، أنت في أمس الحاجة إلى نفسك

لا تتوقف أبدًا ولا تنظر للخلف انظر للأمام ولا تقف حتى ترفع القلم عن كتابة القصة.. القصة التي إما أن يصدر منها نسخًا لا منتهية يتداولونها من بعدك آخذين منها كل عبرة، حكمة وعظة.. أن تكون تلك القصة سيرتك أن تكون أثرًا ودافعًا وأن تكون جوابك حين تُسأل " عن عمرك فيما أفنيت، وعن شبابك فيما أبلت" ارحل مرتاح الضمير.. ارحل موقنًا بأنك فعلت كل ما بوسعك لأن تكون فارقا عمن كان ... لا تغادر وقصتك مهمة على ذاك الرف يمر من يمسح الغبار المتراكم عليها و يتساءل لم كُتبت؟ لا تغادر وقصتك لم تنته بعد لا تغادر وقصتك لم ( تصل للصراع).. بل ارحل وأنت على عتبة الصراع ارحل منازعًا لكسب النجاح.. ارحل محاولًا .. ارحل متأملًا .. ارحل راجيا " طيب الذكر طيب الأثر".. ارحل شغوفًا تواقًا للقمة دائمًا.. لا تكن كأبيّ من كان



# Alfa Press



## فوز الصقور الخضر ضد الأرجنتين الأسطوري

من: سناء محمد منطري ، السنة الثاني، كلية الطب



Photo credits to Lyan Tawfik

احتفل الشعب السعودي اليوم بفوز منتخبها العزيز على المنتخب الأرجنتيني بهدفين مقابل واحد، ببراعة لاعبيه المتميزين صالح الشهري و سالم الدوسري، والذي أقيم في ملعب لوسيل في دولة قطر في أولى مباريات المجموعة الثالثة لكأس العالم. وتعتبر 2022 المرة السادسة التي تأهلت فيها المملكة العربية السعودية لكأس العالم بتاريخ لعبتها.

لم يكن أحد يتوقع فوز السعودية، فمنتخب الأرجنتين يُعتبر من أفضل المنتخبات في العالم، فقد فاز كأس العالم مرتين. أما لاعبوها مثل ليونيل ميسي، فيُعتبرون نجوماً في عالم كرة القدم. وهذه خسارتهم الأولى منذ 2019، فقد لعبوا 36 مباراة متتالية لم يخسروا فيها قط.

كما يعتبر الأخضر السعودي أول منتخب آسيوي وعربي يفوز على الأرجنتين في المونديال ويسجل هدفين على الأرجنتين في مباراة واحدة في التاريخ فقبيل المباراة شجع ولي العهد الأمير محمد بن سلمان المنتخب، وألقى كلماته التحفيزية: "أنا أعرف أن مجموعتنا صعبة في كأس العالم، لا أحد متوقع منا حتى نتعادل أو نفوز، ما أريد قوله هو خلّكم مرتاحين، واستمتعوا في البطولة، مجموعة صعبة فيها من أقوى فرق العالم" و " ولا ابغى اي احد يكون تحت ضغط نفسي ممكن يؤثر على اداءكم الطبيعي"

كما أقام نادي التطوير و المجتمع في جامعة الفيصل فعالية لذلك، بحيث قاموا بعرض البث المباشر للمباراة في قاعة الأميرة هيا. حضرها العديد من الطلاب و الطالبات من مختلف التخصصات، و أبدوا حماسهم الكامل. كانت القاعة مليئة بهتاف الطلاب في جميع زواياها، و كان يسودها جو من الإثارة و الحماس، و أرواحٌ قلقة تطلب النصر من الله ، فالأغلب كانوا يحملون أعلامًا صغيرة يرفرفون بها، حتى أن البعض أحضر لافتاتٍ كبيرة كتب عليها عباراتٌ تشجيعية، حملوها عاليًا و اكتملت فرحة الطلاب و الطالبات بعد التوجيه الملكي الكريم بأن يكون يوم غدٍ الأربعاء إجازة لجميع موظفي قطاعات الدولة و الطلبة و الطالبات في جميع المراحل التعليمية بمناسبة الفوز الذي أبهج الجميع.

فاجأ المنتخب الأخضر اليوم بمهاراته العالم كله، و أدهشهم . وأصبحوا قدوةً لكل مجتهد يتعب و يعمل بإخلاص، بأنه مهما كان الخصم و العائق كبيرين، يمكن تخطيهم بالعزيمة والصبر الثاني و العشرون من شهر نوفمبر تاريخ لن ينساه مشجعي الصقور الخضر، فهو يومٌ تاريخي عظيم مخلص. ونسأل الله المزيد من التوفيق و الانتصارات.