



Space Lead Conference 2025: When Students Took to the Stars and Became Innovators

Written by Husam Eldin Mohamed, Year 3 CoE

I have strolled through Alfaisal University dozens of times, yet the week of Space Lead 25 did not feel like an average week on campus. The future seemed to have dropped down into our university. Megascreeens were lit with mission images and simulations, scientists orated in every corner, and people crowded around posters dotted with ideas destined to be implemented in worlds other than Earth.

And in the midst of all this was our team, The Skychain. We did not feel like the most experienced or the most confident team. Our team consisted of students from various majors who attempted to combine engineering, medicine and business into a single concept to help us sustain the health of astronauts on deep-space missions. We were not sure half the time of what we were doing; the other half, we were too excited to remember the doubt. It was not assurance that kept us going; it was faith and the assumption that students do not need to wait until their graduation to work on space research. We were convinced that an interdisciplinary approach could overcome challenges that no single discipline could solve on its own.



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(Alfaisal University)

Later that evening, the five of us were not ready to go home. We didn't talk about winning. We talked about continuing. What would it look like to continue the project? What if we launched a startup? What if this was not the best part of the journey, but the start of it? Space Lead did not simply give us an award; it provided us with direction.

Prior to this conference, space exploration felt distant, as though it was something that others have the privilege to play a role in. It now feels like something that we can belong to—not tomorrow, not in the future, but today. We are students, but also people who can create solutions, engage in interdisciplinary collaboration and contribute to research that extends beyond our planet.

Skychain is not just a team name. It reminds me that we do not do great things on our own. We grow because we connect: to ideas, to mentors, to one another. And to all Alfaisal students who at some point in their lives might find themselves standing in my shoes, not knowing whether they belong, I just want to tell them this: greatness does not need certainty. It requires courage. You are already in the future if you are curious, persistent and have a team that picks you up rather than dragging you down.



(Alfaisal University)

That was the moment our idea became real—when we presented it at the hackathon. Experienced professionals addressed us: professors, engineers, scientists and company leaders. I recall a shiver of fear when the first professional inquired: “What is the scalability of this?” The fear almost took over, until the team responded. Then followed another question, and another, and we continued answering. Not flawlessly, but intensely. And people were listening. They challenged us and they even liked our idea. They did not address us as students; they addressed us as contributors. At some point, the fear blended with pride without me realising it.

At the beginning of the awards ceremony, I was standing there alongside my teammates with only feelings of exhaustion, gratitude and disbelief that we had gotten this far. I was not expecting anything; I was just full-hearted. And then it happened. Ms. Rana announced: “Best Interdisciplinary Poster Award: The Skychain.” Everything stood still for a moment. Then the room burst into cheering, applause and pure emotion. We crossed the stage in a group, and it was not because we were lucky; it was because of effort, strength, and the chain we refused to break.



(Husam Eldin Mohamed)

The sky is not the limit when you build the chain that holds you together, and keeps pulling you upward.



Qiddiya City: The Entertainment Oasis of the Desert

Written by Reem Bin Muammar, Year 3 CoM

Imagine this: between the massive peaks of the Tuwaiq Mountains, southwest of Riyadh, a luminous city has come to life. After being announced as one of the many initiatives of Vision 2030 in early 2017, Qiddiya City has, day by day, through enthusiastic media coverage and national campaigning, become the embodiment of revolutionary innovation.

Spanning a total area of 376 square kilometers, Qiddiya is roughly three times the size of Florida's Walt Disney World and Paris, and more than twice the size of Washington, D.C. As abundant as the land Qiddiya stretches across, the number of purposes and opportunities it shall open is equally impressive, leaving no room for doubt or disappointment.

All this illustrative talk about an innovative city raises a question: How does Qiddiya fit into Saudi Arabia's journey in pursuit of a thriving future, built on the pillars of economic variety, cultural promotion, and global integration? In short, Qiddiya can be described as the key to that future, opening doors through all three pillars. In a single word, it represents opportunity.

Qiddiya City has attracted significant media attention since its inception. Much of the talk had centered on the city's entertainment offerings, so much so that rumors of a Six Flags amusement park found their way into the national conversation.

If you haven't heard of Six Flags, you have missed out on one of the most renowned entertainment hubs in the USA, Canada, and Mexico. Six Flags is a North American-based entertainment enterprise that manages not only the trademark parks but also over 40 entertainment properties, including resorts, water parks, and fairs across the Americas. The parks themselves are well-known for featuring DC Comics superheroes and thrilling rollercoasters, including the record-breaking Kingda Ka at Six Flags Great Escape in Jackson, New Jersey. Kingda Ka, which was the tallest rollercoaster at its opening, stood at about 140 meters tall and reached speeds of up to 200 kilometers per hour.

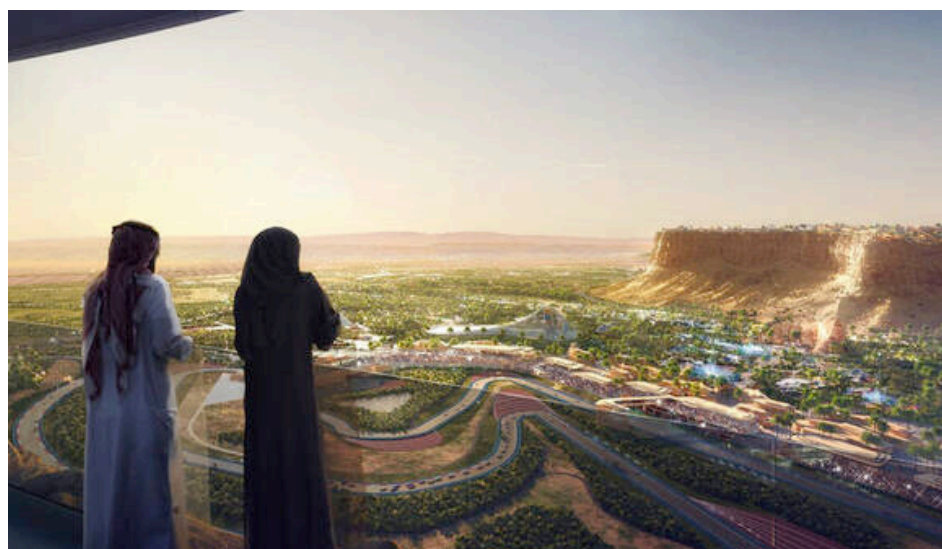


(Qiddiya)

The year 2025 proved to be a successful year of achievement for the Kingdom. Over the course of the year, more than a dozen major projects were brought to life, providing a significant boost to the nation's rapidly growing economy and its lively entertainment industry. As 2025 drew to a close, the Kingdom took an extra step to mark the year's accomplishments by officially announcing the launch of Qiddiya City, set to open between late 2025 and early 2026. This announcement also confirmed the long-standing rumor of a national Six Flags amusement park for residents and visitors to experience under Saudi skies.



(Saudi Press Agency, 2025)



(Saudi Press Agency, 2025)

Six Flags Qiddiya City will operate 28 rides, five of which are record-breaking attractions. For starters, the park will feature the world's tallest and fastest rollercoaster, The Falcon's Flight. This coaster stands at about 180 meters and can reach speeds of up to 240 kilometers per hour. The theme of The Falcon's Flight gives a nod to Saudi Arabia's falcon culture. Falcons are also a symbol of courage and nobility. Other attractions include Iron Rattler, Spitfire, and Sirocco Tower, thrilling names for equally thrilling experiences. There will also be a plethora of activities for everyone to enjoy. This includes 25 shopping experiences and 29 dining halls with exquisite takes on international cuisines.

Qiddiya City promises to be a premier destination for entertainment, sports, and culture, embodying the spirit of Vision 2030. Through its world-class architecture and the inclusion of the renowned Six Flags amusement park from the Americas, Qiddiya leads the way in sustaining economic diversity while fostering cultural vitality and global connectivity. The long-awaited launch marks a remarkable conclusion to the year and a bold step in pushing limits beyond even the heights of the Falcon's Flight.



Conveniently Coming to a Library Near You—The ENT Group’s Influenza Vaccination Drive

Written by Samir Odeh, Year 3 CoM

Whether it is right before an exam or at the start of a well-deserved trip, it is everyone’s least favorite seasonal occurrence—viral influenza.

Luckily for us however, this does not have to be the end of us or our studies (no matter how much we’d want the latter); the flu vaccine exists to protect us and lessen the time spent holed up at home hunched over a hot drink. A single dose of pure 0% caffeine but 100% immunity goodness.

Alfaisal Students might have noted that we recently had an in-university vaccination drive over the span of three days that occupied the ground floor. This drive was hosted by the College of Medicine’s *Ear Nose & Throat (ENT) Group*—a student club of future physicians with a strong interest in the field of Otolaryngology.

The drive allowed the Alfaisal community to pass by the ground floor, sign up, and get “vaxxed” all within the span of minutes (and probably took less time than that order from Archi). Better yet, the vaccines are recorded in your Sehhaty account, seamlessly tying them to your online medical record.



Prof. Alice Kenney after receiving her seasonal influenza vaccine at the ENT Group’s vaccination drive (ENT Group)

To understand more about the ENT Group’s initiative, I interviewed Faisal Alkhwaiter, a fourth-year medical student and the Director of the ENT interest group, to learn more about the why and how of flu vaccination. Below is an edited transcription of the interview:

S: Faisal, it’s great to have you here, and thank you for taking time out of your probably very busy day today. First off, great job on the vaccination campaign, which I believe was your first event as the ENT Group here at Alfaisal. Could you let us know more about you and the ENT Group?

F: Thank you, Samir. Likewise, it’s great to be here. To start off, my name is Faisal Alkhwaiter, a fourth-year medical student and Director of the ENT Interest Group at Alfaisal University. Our mission is to raise awareness about the broad field of otorhinolaryngology and head and neck surgery among students and the general community. ENT conditions, from sinusitis to hearing issues, are common, and we aim to provide accurate education and early exposure to the specialty.



HE Prof. Mohammed Alhayaza, President of Alfaisal University, signs up to receive his Influenza vaccine at the ENT Group’s vaccination drive (ENT Group)

S: Wow, incredibly interesting topics indeed! I am assuming seasonal influenza (*medically termed as a rhinovirus infection*) is one such ENT condition and why we ought to protect ourselves with the vaccine?

F: Absolutely! What looks like a simple infection could easily send others to the clinic. Seasonal influenza vaccination is one of the simplest and most effective ways to protect ourselves and those around us who aren’t as strong. The vaccine strengthens the immune system against circulating strains of the flu virus, reducing the likelihood of severe illness, complications, or hospitalizations.

When more people get vaccinated, we create herd immunity, which limits the spread of the virus across campus. This provides crucial protection for individuals who cannot receive the vaccine by lowering overall transmission and reducing their risk of exposure.

S: The vaccine truly is a marvel of modern medical science—protecting not just us, but also those we care about. As you no doubt have witnessed firsthand, there was quite a turnout at the ENT Group’s vaccination drive! From the gifts to the organization, you guys truly went all out. In particular, I enjoyed the “Winter is Coming, get your Flu Shot!” sticker inspired by Game of Thrones. Could you let us know more about the drive?

F: Thank you, Samir. We tried our best to make a successful event that benefits our community. We can safely say that our vaccination campaign was highly successful. Over two days, we vaccinated more than 500 students, faculty, and staff. Moreso, we were honored to have His Excellency Dr. Mohammed Alhayaza, the University President, get his flu shot with us. The turnout reflects the strong community spirit and shared commitment to public health at Alfaisal University.

S: Indeed the Alfaisal community’s shared commitment to public health is now stronger than ever with our newfound shared immunity to the flu. Faisal, thank you greatly for joining me here and sharing with us a little bit about the flu vaccination campaign by the ENT Group.

F: Thank you for having me! It was our pleasure.



When Fire Becomes a Mission: An Interview with Alfaisal University’s Head of Security and Safety, Mr. Mued Madawi Almontasheri

Written by Dr. Irene Chiotis, Assistant Professor of English

(The interview was conducted in Arabic and interpreted by Mr. Abdel-Salam Al-Drouby into English)

At first glance, Mr. Mued Madawi Almontasheri strikes you as a calm, soft-spoken presence on campus. His manner is gentle, his voice steady. Yet behind that quiet exterior lies a lifetime of extraordinary service—years spent confronting fire, danger, and loss. Today, he leads Alfaisal University’s Security and Safety Department with the same sense of purpose that guided him through some of the most challenging moments of his military career.

Born and raised in the city of Medina, Mr. Mued later joined the military and chose to serve in the Civil Defense Fire Department. He recalls those years not as heroic adventures, but as acts of humanitarian duty. For him, responding to emergencies was a calling—“a responsibility God places in the heart,” as he describes it.

When he speaks about the realities of firefighting, his voice shifts, carrying the weight of memories forged in heat and smoke.

“A house fire... you never know what waits for you inside,” he says quietly. **“Every door you open could reveal a family praying for help—or it could be your last moment. And you never know if you’ll make it out alive to see your own loved ones again.”**

He shares one of the most difficult moments of his career—a massive fire involving a complex of ten buildings.

“The flames were everywhere,” he recalls.

“You don’t walk into a fire like that—you push your way through the smoke. You hear metal collapsing... glass exploding... people shouting for help.”

Then he pauses, and his voice softens.

“One of my colleagues couldn’t escape. He jumped from a window of the burning building... and we lost him.”

That loss stayed with him, shaping not only his understanding of risk, but his commitment to prevention and vigilance.

When Mr. Mued retired from the Military Fire Department Service, he knew he wanted to continue serving his country. He accepted the role of Head of Security and Safety at Alfaisal University, where he now oversees three major responsibilities: the security of the institution, the safety of staff and students, and the prevention of hazards across campus.

Though he speaks calmly, it is clear he is always alert. He is often seen inspecting electrical systems, checking equipment, and reviewing potential risks—not because danger is present, but because he knows how quickly it can appear without warning. His approach is proactive, grounded in decades of experience.

Yet beyond the uniform and responsibility lies another side to Mr. Mued—his deep love for his family. He speaks warmly of his nine children, and with quiet sorrow about the loss of one child and later a grandchild. The grief is still present, reflected in his eyes.

“I hope my children continue the values I live by—faith, service, and resilience,” he says.



(The English Department)

Despite the hardships he has faced, he remains content and grateful for what God has given him. And his dedication to Alfaisal University is evident in every corner of the campus he carefully protects.

His vigilance is constant and almost unseen—a quiet awareness that never rests. He notices what others overlook, senses danger before it takes shape, and moves through the campus with a calm alertness born of long experience, ensuring safety not through noise or display, but through presence, precision, and unwavering focus.

We walk our halls safely, unaware of the watchful eyes that guard us, protected by a silence that never sleeps.

A Child of War

Written by Dr. Irene Chiotis, Assistant Professor of English

Please give me a border, a line to trace

A sign so I don’t vanish without a place

A name to call, so I won’t be lost

A lullaby to soothe the storms I’ve crossed

A tune to prove my soul belongs

A reason to stay, a right to songs

And then I’ll gift you a child’s pure prayer

A soul laid bare, with no despair

Another chance for your heart’s release

But give me a spark, a shred of peace

Something to hold, so I won’t decay

Or fade to injustice and drift away



(Google)



When Ambition Loses Direction

Written by Jamaalia Bishri, Year 4 CoM

University life moves fast. Deadlines, grades, plans stacked on plans. Everyone seems to be running toward something—internships, approval, a version of success that looks safe because most people are chasing it too. But if you stop for a moment, it's hard not to wonder: do we even know why we're running? We talk a lot about ambition, but less about direction. Ambition without direction just burns energy. It's easy to get caught in that loop—doing what everyone else is doing because it feels risky to step off the track. Yet following the crowd isn't the same as finding purpose.

These years—the so-called “best years of life”—are the ones with the most freedom and the least responsibility. They're meant for exploration, learning, and laying foundations that will outlast grades and job titles. But that freedom can slip away quietly. We fill it with activities that look productive—extra committees, leadership roles, endless networking—until every spare moment is spent building something called a “CV.” It's not that ambition is wrong. It's that it can quietly take over. We start stacking achievements not because they are meaningful, but because we're afraid of being left behind. One step leads to another: a polished résumé to get a good job, to earn a good title, to join a good institution, to gain the kind of status everyone seems to want—until the cycle loops back again. Somewhere in all that movement, the question of why gets lost.

The people who stand out in the long run aren't usually the loudest or the busiest. They're the ones who've chosen their path deliberately. They measure progress by alignment, not applause. That kind of clarity doesn't come from trends or pressure. It comes from asking hard questions about what matters and being honest with the answers.

Finding purpose doesn't mean having everything figured out. It means knowing what you stand for and letting that shape your choices—even when it costs you comfort or approval. It means setting your intentions before the world sets them for you.

The truth is, much of what's meant for us will find its way to us. No number of late nights or overfilled schedules can bend destiny. What we can shape is how we spend our time and what kind of people we become while waiting for life to unfold.

Maybe the better use of this freedom is not to collect experiences for show, but to do the quiet, meaningful work that builds substance—learning deeply, helping others, developing good character, strengthening the mind and heart. Those things won't fit neatly on a résumé, but they last longer than anything that will.

Beneath all the noise, every one of us senses a pull toward what's right and real—a built-in compass that points us there if only we think and reflect...

Saudi Arabia Bound for World Cup 2026!

Written by Reem Bin Muammar, Year 3 CoM

Let's kick things off by giving a big round of congratulations to Saudi Arabia's very own Al-Suqour Al-Khodhur (The Green Falcons) for securing the FIFA World Cup qualifications for the third time in a row. Our congratulations also go out to all the other diligent teams from every part of the world.

The FIFA World Cup 2026 will be marked as the second World Cup to be co-hosted and the first to be hosted by three countries. The one-month global event will be co-hosted by the Americas: the United States, Canada, and Mexico.

HRH Prince Abdulaziz bin Turki Al-Faisal, Minister of Sports, was in attendance during the Asian qualifiers this past October. Prince Abdulaziz showed up with strong support and a powerful message in which he thanked King Salman and Crown Prince Mohammed bin Salman for their continued support. He also recognised the sports sector, the winning athletes, and all athletes and sports fans of the Kingdom for their constant support.

Looking back at 1994, you realize that even simpler times held major milestones. For starters, Nelson Mandela became president of South Africa, marking a historic turning point. TV changed forever after the premiere of the iconic first episode of *Friends*. And, of course, one of sports culture's greatest events took place: the 1994 World Cup, hosted for the first time by the US. More importantly, it marked Saudi Arabia's first World Cup qualification.

Thirty-two years later, so much has happened. The Saudi team has undergone immense development, so much so that they have qualified for the World Cup more than once. They have participated in the French, Japan-South Korea, German, and Russian editions.



(Saudi Pro League)

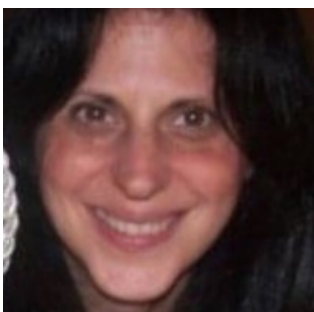
Most notable is their memorable performance at the 2022 Qatar World Cup, the one featuring the Falcons' sensational goal by Salem Al Dawsari against Argentina, led by none other than Lionel Messi. According to FIFA, “They [The Green Falcons] shocked the world by beating Argentina at Qatar 2022.” While it was not frequent enough to be deemed a signature moment, nor rare enough to be called a miracle, it was purely a testament to the artistry of Saudi sports.

The 2026 World Cup qualification is not a ticket for rest and celebration; rather, it is an opportunity to showcase team diligence and sportsmanship to the world. Not much time separates the present from the global summer event awaiting in 2026, so get your sports channels ready to witness another sensational Falcons goal against the world.



Frozen in Thought: Understanding OCD and the Power of Psychological Treatment

Written by Maria Bokeno, M.Ed, LPCC-S



Maria Bokeno, M.Ed, LPCC-S



Photo provided by stepaway

A Winter Night

It was a winter night when the crisis center called.

A passerby had found a young man walking slowly through the snow, counting under his breath as he stepped over small stones. His face was pale, his breath visible in the icy air. When asked what he was doing, he replied softly, *“If I don’t count them all, something terrible will happen.”*

What might seem strange to an observer was, in truth, a desperate act to relieve unbearable anxiety—the visible manifestation of an invisible struggle known as **Obsessive-Compulsive Disorder (OCD)**.

What is OCD?

Obsessive-Compulsive Disorder (OCD) is a chronic, often disabling mental health condition characterized by:

- Obsessions: Unwanted, intrusive thoughts, images, or urges that cause significant distress.
- Compulsions: Repetitive behaviors or mental acts performed to neutralize the distress or prevent a feared outcome.

People with OCD are usually aware that their obsessions and compulsions are excessive or irrational, yet they feel driven to perform them to relieve anxiety. According to the National Institute of Mental Health (NIMH, 2023), OCD affects approximately 1-2% of the general population worldwide.

Prevalence in Saudi Arabia

Recent national data from the Saudi National Mental Health Survey (SNMHS) found that the lifetime prevalence of OCD is about 4.2%, with a 12-month prevalence of 1.8% and 30-day prevalence of 1.6%—higher than many global averages (Altwaiji et al., 2024; Saudi Ministry of Health, 2021).

Symptoms of OCD

1. In Adults

Adult symptoms typically include both obsessions and compulsions that interfere with daily life, work, and relationships. Common patterns include:

- persistent intrusive thoughts of harm, contamination, or immorality;
- excessive handwashing, cleaning, checking, or ordering items;
- mental rituals such as counting, praying, or repeating phrases;
- avoidance of certain people or situations that may trigger obsessions;
- feelings of guilt, shame, or fear of losing control;
- significant time spent performing rituals (often hours daily);
- high levels of distress and difficulty concentrating on normal tasks.

Adults are often aware that their fears are irrational but feel powerless to stop the compulsions.

2. In Children

OCD can appear in childhood—sometimes as early as 6-7 years old—but is often missed or mistaken for stubbornness or perfectionism. Children may not recognize that their fears are unreasonable and may describe their rituals as “just needing to feel right.”

Common symptoms in children include:

- excessive concern about germs, dirt, or illness;
- repetitive washing, checking, or counting behaviors;
- needing objects arranged symmetrically or in a specific order;
- repeating words, prayers, or movements to prevent “bad things” from happening;
- asking parents for constant reassurance (“Are you sure I didn’t hurt someone?”);
- strong distress if routines are interrupted or items are moved;
- difficulty focusing in school due to intrusive thoughts;
- physical signs such as red or sore hands from over-washing.

Children’s OCD can cause intense family stress, as parents may feel pressured to accommodate rituals to prevent meltdowns or panic (Freeman et al., 2014; Mayo Clinic, 2024; NIMH, 2023).

Common Types of OCD

1. Contamination and Cleaning
 - Obsessions: Fear of germs, dirt, or contamination.
 - Compulsions: Excessive cleaning, washing, or avoiding perceived contaminants.
2. Checking
 - Obsessions: Fear of making a mistake or causing harm.
 - Compulsions: Repeated checking of locks, appliances, or safety behaviors.
3. Symmetry, Order, and “Just Right”
 - Obsessions: Intense discomfort when things are uneven or imperfect.
 - Compulsions: Arranging, counting, or repeating actions until they feel “right.”
4. Forbidden or Taboo Thoughts
 - Obsessions: Intrusive thoughts
 - Compulsions: Mental rituals focused on neutralizing “bad” thoughts.
5. Moral or Scrupulosity OCD (Moral Compulsions)
This form of OCD revolves around morality and guilt.
 - Obsessions: Fear of sinning, lying, cheating, or being “immoral.”
 - Compulsions: Excessive confessing, reassurance-seeking, or reviewing one’s thoughts to ensure purity or honesty.
- People with scrupulosity often confuse normal moral awareness with pathological guilt, spending hours analyzing their thoughts or intentions.
6. Hoarding
 - Obsessions: Fear of losing valuable or sentimental items.
 - Compulsions: Inability to discard possessions, leading to clutter and distress.
7. Counting and Repeating
 - Obsessions: Belief that failing to perform an act (like counting or touching) will cause harm.
 - Compulsions: Counting, tapping, or repeating words, as in our opening case.

(APA DSM-5-TR, 2022; NIMH, 2023; Abramowitz et al., 2009)

Psychological Treatment: Exposure and Response Prevention (ERP)

What is ERP?

Exposure and Response Prevention (ERP) is the gold-standard psychological treatment for OCD—a specialized form of Cognitive Behavioral Therapy (CBT). It directly targets the cycle of anxiety and ritual by helping patients face fears without performing compulsions.

How ERP Works

1. Assessment: The therapist and patient identify obsessions, compulsions, and triggers.
2. Exposure: The patient is gradually exposed to feared thoughts or situations.
3. Response Prevention: The patient refrains from performing the usual compulsion.
4. Learning: Anxiety naturally decreases, teaching the brain that the feared outcome doesn’t occur.

Why ERP Works

ERP breaks the OCD cycle:

Obsession → Anxiety → Compulsion → Temporary Relief → Reinforced Obsession. By resisting the compulsion, patients learn to tolerate uncertainty and regain control (Foa et al., 2012; Abramowitz et al., 2009).



(Google)

Other Psychological Approaches

1. Cognitive Therapy

Targets distorted beliefs such as “*Thinking something bad is as bad as doing it*” or “*I must prevent every possible harm.*” By challenging these beliefs, patients develop more balanced thinking and less anxiety.

Mindfulness-Based Cognitive Therapy (MBCT) and Acceptance and Commitment Therapy (ACT) help patients accept intrusive thoughts without reacting or avoiding them. Instead of trying to suppress thoughts, individuals focus on living in accordance with their values (Twohig & Hayes, 2010).

2. Family-Based Therapy and Support

Families often become unintentionally entangled in OCD rituals—a pattern known as **family accommodation**. While meant to help, accommodation strengthens OCD by avoiding triggers rather than confronting them.

Examples:

- Reassuring the person repeatedly.
- Helping clean or check locks.
- Allowing avoidance of anxiety-provoking situations.

Families can help by:

- Supporting ERP goals.
- Encouraging gradual exposure.
- Praising progress, not perfection.
- Setting consistent, calm boundaries.
- Participating in family therapy to reduce accommodation and improve communication.

(Freeman et al., 2014)

The Role of the Psychiatrist

While therapy is the cornerstone of OCD treatment, evaluation by a psychiatrist is essential for comprehensive care.

A psychiatrist can:

- Confirm the diagnosis and rule out related conditions.
- Determine if medication (often SSRIs) could help reduce symptom severity.
- Monitor treatment progress and safety.

Medication can make therapy more effective for those with moderate to severe symptoms (Mayo Clinic, 2024; NIMH, 2023).

Who Should Provide OCD Therapy?

OCD treatment should be delivered by licensed mental health professionals with specialized training in OCD-focused CBT and ERP.

Qualified providers include:

- Clinical Psychologists (Ph.D., Psy.D.)
- Licensed Counselors (LPC/LMHC)
- Clinical Social Workers (LCSW)
- Marriage and Family Therapists (LMFT)
- Psychiatrists (MD/DO)

Therapists must hold at least a Master’s degree, maintain active licensure, and have specific expertise in OCD. Untrained therapists may unintentionally reinforce compulsions by emphasizing reassurance or avoidance.

Living Beyond OCD

Recovery from OCD doesn’t mean eliminating every intrusive thought—it means no longer being controlled by them.

The young man from that winter night began ERP therapy. His first step was standing near the stones without counting. Then, he walked past them once, resisting the urge to turn back. Gradually, the compulsion lost its hold. He learned that uncertainty was survivable—and that freedom was possible beyond the counting.

OCD is treatable. With a skilled, licensed therapist, supportive family, and when appropriate, psychiatric care, people can reclaim their lives and find peace beyond the rituals.



(Google)

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Who Killed Motivation? How the Academic Success Center Brought It Back

Written by ASC Site Manager Jamileh Afaneh

Mid-semester can feel like a monster hiding behind every assignment—energy drops, focus slips, and motivation starts to disappear. To bring some life, and a little fun back to campus, the Academic Success Center hosted a Halloween-themed promotion table, complete with pumpkins, cobwebs, tiny spiders, and treats to draw students in for a quick study break. But the table wasn't just about festive decorations. It was also a chance to remind students that support is already here on campus—through trained, high-achieving peers who understand the challenges of university life and are ready to help with study strategies, time management, planning, note-taking, and building academic confidence.



(Jamilah Afaneh)

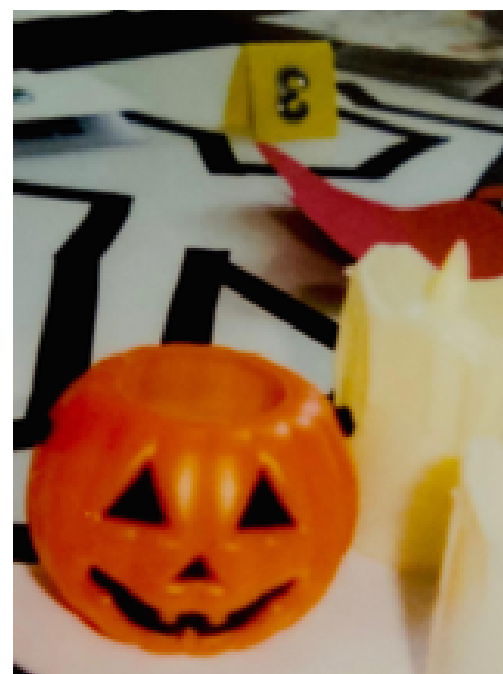
To make things interactive, students took part in a playful “motivation mystery.” Motivation had been “killed,” and the only way to revive it was to find a hidden Halloween weapon—a toy knife or fake gun—carefully hidden across the entire promotion table. Students had to solve riddles combining general knowledge and ASC tips to locate it. Anyone who found the weapon won a prize, turning the activity into a fun challenge that got everyone moving, thinking, and exploring. Some students solved every riddle, others picked up new study tips, and a few even booked ASC sessions right at the table. Small interactions like laughter, curiosity, and students motivating one another captured the spirit of the event perfectly.

One of the best parts was watching students bring friends along—some came to solve the mystery, others came to cheer, take photos in the Halloween photo booth, or grab a treat and reset before heading back to class. The table became a hub of excitement, connection, and fun, showing how a little imagination and seasonal flair can turn a simple study break into a memorable experience.

In the end, the goal was simple: remind students they're not navigating university alone. Judging by the excitement, the crowds, and the smiles walking away—mission accomplished, proving that even mid-semester chaos can be tamed with some imagination, a dash of Halloween fun, and a lot of student-centered support.



(Jamilah Afaneh)



Vocabulary of the Issue!

Written by the AlfaPress Team



Medicine:

Nosology – the branch of medical science that deals with the classification of diseases.

Architecture:

Entasis – a subtle curvature in columns used to correct visual distortion in classical architecture.

Law:

Jurisprudence – the theory, philosophy, and study of law.

Business:

Synergism – the increased effectiveness that results when two or more people or organizations work together.

Marketing:

Psychographics – the study of consumers based on psychological traits such as values, desires, and lifestyle.

Pharmacy:

Pharmacokinetics – the study of how drugs move through the body (absorption, distribution, metabolism, excretion).

Artificial Intelligence:

Heuristics – problem-solving strategies used by AI to speed up decision-making when perfect solutions are not feasible.



Falling Walls Lab Winner Mokshit Sathish

Written by Maren Sophie El-Tayeb, Lecturer of German and DAAD

On September 29, 2025, the Falling Walls Lab Riyadh took place for the second time at Alfaisal University. Nine presenters from different academic backgrounds pitched their ideas to break the wall of the most pressing challenges in science. Only one of them won and got the chance to present at one of the most prestigious global science stages: The Falling Walls Science Summit in Berlin.

Mokshit Sathish is his name: a second-year medical student with a passion for cardiovascular phenomena. With his pitch presentation, “Breaking the Wall of Invisible Heart Attacks in Women,” he won the competition and presented his invention of an AI-regulated biosensor for women on the Grand Stage in Berlin. As an advocate for cardiovascular research and as a representative of Alfaisal research excellence, he performed confidently, strongly and passionately. Thank you, Mokshit, for being such a great representative of our university and the College of Medicine.

Lab Organizer Maren Sophie El Tayeb interviewed Mokshit regarding his experiences and future outlook for *Alfa Press*:

1. How long did you stay in Berlin, and how was the overall organization of the event and your stay?

I stayed in Berlin for six days, and the entire experience was exceptionally well-coordinated. The Falling Walls team ensured seamless logistics from start to finish, with clear communication, structured schedules, and a welcoming environment. Everything was organized in a way that allowed me to focus entirely on my pitch, networking, and absorbing as much as possible from the global community.

2. What was your experience like on stage, presenting your research in a three-minute pitch to a global audience?

Being on stage was both intense and exhilarating. Presenting “Breaking the Wall of Invisible Heart Attacks in Women” in just three minutes required absolute clarity and conviction. It felt powerful to highlight an overlooked issue in women’s cardiovascular health on a global platform. The atmosphere was charged with innovation, and it pushed me to deliver my message with precision and purpose. Having my Lab organiser, Ms. Sophie, present in the audience made the moment feel grounding and reassuring. And knowing that my parents were watching the livestream from home gave me an additional sense of purpose and strength.

3. In Berlin, you had the opportunity to meet people from around the world including presenters, researchers, and stakeholders. Could you share a particularly memorable encounter with us?

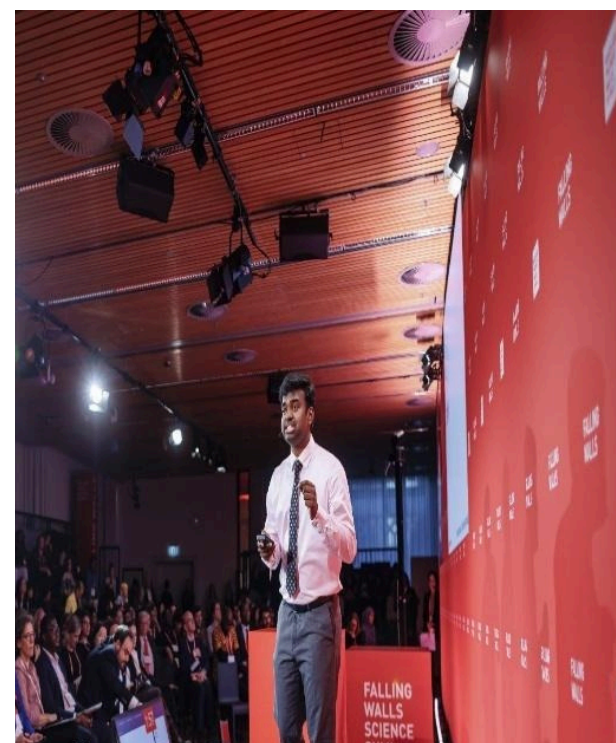
I met several people from top global institutions, and every conversation opened new perspectives. But two moments stood out the most. The first was our excursion to the Max Planck Institute for Molecular Genetics; seeing cutting-edge research up close was truly inspiring. The second was meeting Nobel Laureate Dr. Katalin Karikó, whose work on mRNA technology has transformed modern medicine. I also met multiple innovators who expressed interest in collaborating and transforming my idea into a real, scalable product. Those discussions were invaluable and deeply motivating.

4. What happened with your project after your trip? How is your work progressing, and were you able to connect with any interested researchers?

After receiving feedback in Berlin, I revisited the scientific details, noted all necessary tweaks, and am now finalizing the framework of the project. I am currently gathering the essential data, refining the methodology, and preparing the concept so it can be developed into a strong, practical product. The connections I made at the Lab, especially with researchers interested in diagnostics and innovation in women’s heart health, have positioned me well for collaborative work moving forward.



(Maren Sophie El-Tayeb)



5. What advice would you give to someone interested in applying for the next Falling Walls Lab in 2026?

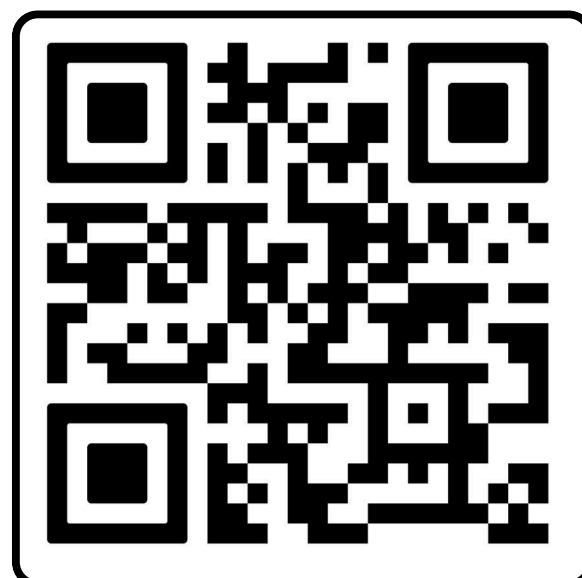
Apply with an idea that is meaningful to you and has real-world potential. Falling Walls values clarity, originality, and impact. Use the pitch to tell a compelling story backed by strong science or innovation. And most importantly, be open: the Lab is as much about learning and connecting as it is about presenting. The networks you build can shape your project long after the three minutes are over. Representing my university and my region on such a global stage was an honour. The experience reaffirmed that innovation thrives when diverse minds come together and Berlin was the perfect place for that.

For everyone with bold innovative ideas: Watch out for the next call for applications to join the next Falling Walls pitch competition 2026!

The next call will be published here: <https://falling-walls.com/lab>

INTERESTED IN
CONTRIBUTING
AN ARTICLE OR WORK
FOR THE ALFA PRESS?

SCAN HERE TO SUBMIT YOUR MATERIAL OR
PROMOTION IN OUR NEXT ISSUE!





Poetry, Art, and Language Corner

Collection of Works by Alfaisal Students and Faculty

Gaza
By Hala Rassas, Year 2 CoB

how have we come to a time where the life of a baby is in the hands of a stranger's sympathy?
how has it become normal that the first video on my feed is a baby begging and crying for me to share so they can afford milk?
not for taste, not for joy, but for survival
so they can make it to tomorrow
every day it's a new video, hundreds of starved babies and the pain paints their mothers' faces
displaced and cold, the constant endurance to survive.
their life is in the hands of a couple of buttons and our cruel skipping hands
the beating heart of all those lives in such small hands?
those weak hands of society who find it easier to ignore and regard a simple act as a huge task.
a burden
a baby shall starve, a mother shall endure the pain of weakness because it's all out of her control.
a toddler shall be stripped of their childhood while they go on endless and purposeless searches for their needs
for water for food, in an empty strip
with no energy to push them but that lingering hope, i hope they never lose
for endless hours they fight a brutal obstacle because that's what it takes to survive
kids must watch their siblings wounded in front of them
how will they ever forget?
will they ever forgive you, silent watcher?
the silence may never be forgiven
the cold hearts shall be held accountable
and how shall i watch those around me pay no care?
how can i be silent to the unjust?
all because it doesn't affect you? is this how lost we've become?
how can i go on with my day while i watch those small acts of those around me kill millions?
to all those crying babies, those toddlers that have lost the innocence of childhood, to all those mothers whose pain is louder than their mask, and to all those fathers who feel like they failed.

We shall not be silent.
I will not let comfort blind me to your cries

Time
Written by Zara Khan, Grade 9 at Al-Faris International School

Time, the greatest illusion
And the fittest of them all
For, they say, he's always running
Running and standing tall
His hands hold an oath
True and clear
"You must always keep on running, it is your destiny I fear"
And so time kept on running
He ran every day
He never got sore but his mind felt astray
People begged him to stop
To stay in just one place
But the people, he thought, should've had a better play
They sat around all day
Working and sending others away
And time would come
To see their wrinkled face
They would wonder what had happened?
Why did they feel so numb
Because time is always running
So with time you must run.



(Google Images)

Ma
By Meher Banu, Year 1 CoM

I felt that I must write
In the middle of night
Relating and reminiscing
Our past, your beauty
If were to disregard as duty
The greatest sin indeed
Because what about
How she felt
With little chores as you dealt
I failed to see for long
As you make me do
Miniatures of what you used to

I don't remember everything
Each detail
But in my memories live little pieces
So beautiful as if from another world
All these years hidden but preserved
Little snippets from when
I was a child
Beauty was you and me, and
Your smile

I stood still
And didn't move on
I was in ignorance until
When upon me did it dawn,

For some reason that they existed
In this ill heart surprisingly persisted
Enchanting scenes of you and me
Still sunny in my memory



(Canva)



The First Grail
by Margaret Keane, 1962



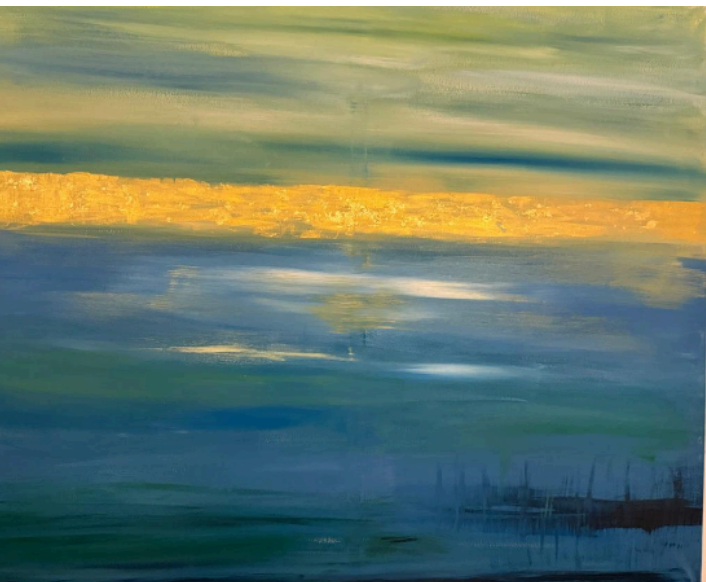
by the AlfaPress Team



by the AlfaPress Team



The Hive
by Dr. Emily Wilson



Horizon Gold
by Dr. Irene Chiotis

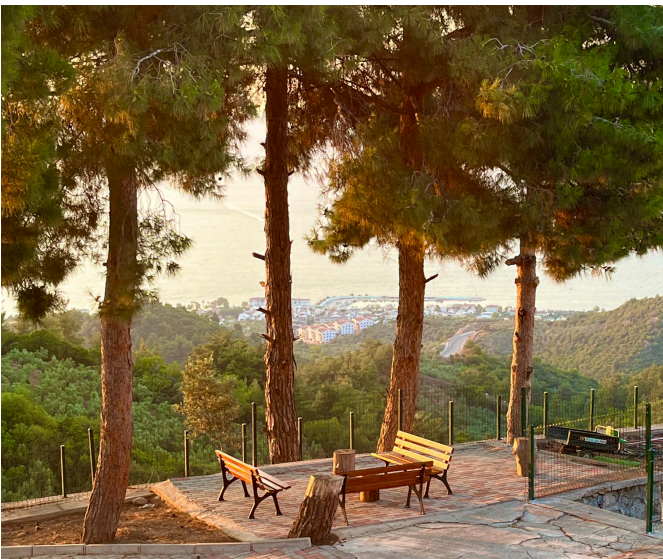


Wadi Hanifa
by Dr. Emily Wilson



Taken by Abdulrahman Othman

Taken by Abdulrahman Othman





Exclusive Release: *Renaissance— Two Thrones and an Empire*

Written by Abdulrahman Othman, Year 1 CoM

“In the middle of the world, (Deskara) a small continent. Deskara is nearly an island, but it is connected to the northern lands by a narrow path. To reach it, you either must pass the harsh lands in the north or travel by sea. For decades, it wasn’t anyone’s aim. There were many reasons for this—the smallest continent, wasted goods, backward people, weak kingdom—and the strongest reason they would never admit: the fear of the north. The kingdom that once lived there was always despised and was never recognized in the first place.

A simple king ruled this kingdom. All he wanted was a simple life full of peace. He often heard of the other kingdoms around the world, of glory, knowledge, evolution, strength. He and his people were far behind the other nations and kingdoms of the world. He hated the constant humiliation directed at him and his kingdom, and he often felt inferior to the rest of the world. Yet, he set those feelings aside, as long as his people lived in peace and comfort. He had a wife, and he loved her more than anything else. As long as she was safe and happy, everything else could wait.

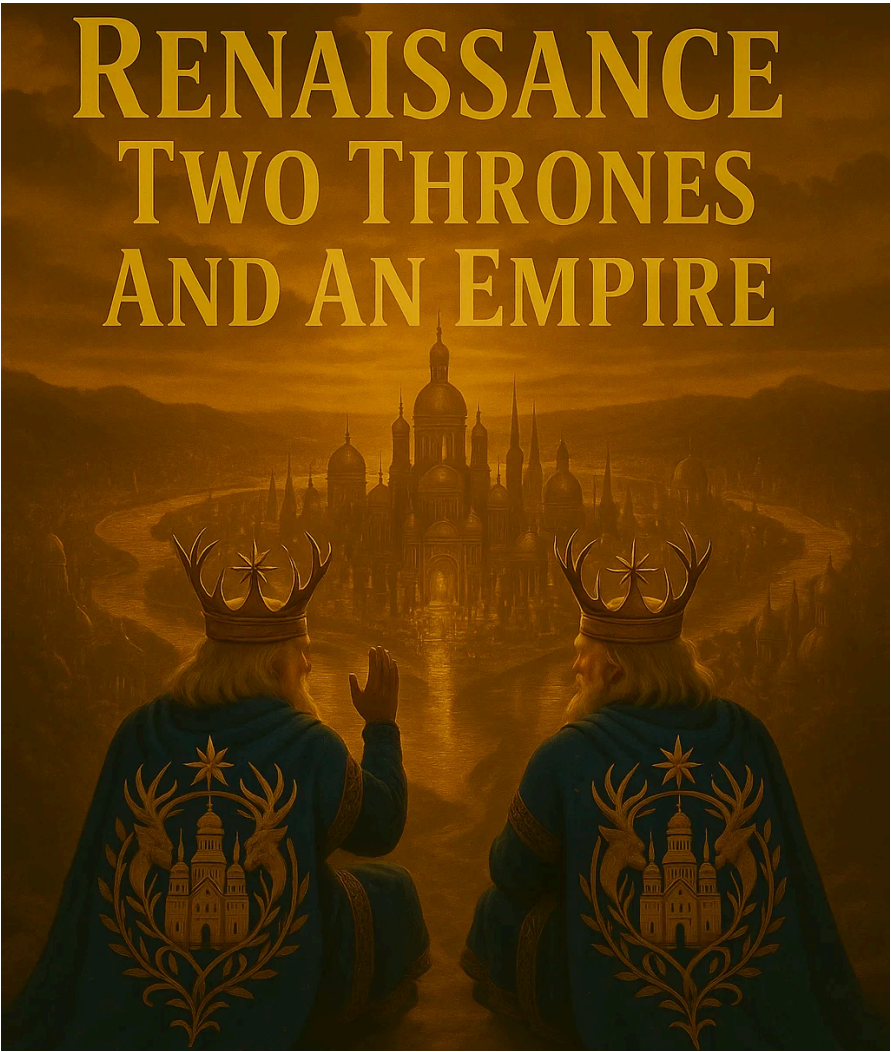
His life was full of hesitation: leaving everything as it was or pushing himself to raise his kingdom and give his people a better life. He thought about it constantly but never acted. Such is human nature: always running toward comfort, even when knowing that a little effort could lead to a better life. But suddenly one day, the hesitation vanished. His wife finally gave birth to his children—two brothers born at the same time, twins. His happiness should have been unimaginable, but complications during childbirth changed everything. In what should have been the happiest moment for him as a father, he didn’t know what to do. He stood silent and confused, unable to smile or cry. His wife didn’t die that day, but her condition never improved, and she remained bedridden for quite some time. The natural smile of his happiness vanished. She tried to force herself to smile, to comfort him, but he knew it wasn’t real.

He thought of searching and asking for expert doctors, but none existed in his kingdom. Such experts lived only in those kingdoms he hated—kingdoms that had despised him and his kingdom for years, kingdoms that never even acknowledged his name, nor the land he ruled. Of course, they wouldn’t even respond. They would burn his letters; they wouldn’t care. Or maybe that’s what the king thought. In that situation, there wasn’t any choice for him except the north. But at that time, Skorn ruled the north. Skorn was a source of fear; no one dared place a foot on any land of the north.

From that day, the king’s vision changed. He aimed for a better life for the kingdom and his children. He raised them with intensity and discipline, determined that everything would one day fall under their banner. They were raised only by their father; tenderness and love from their mother were missing. Their childhood was shaped by lessons of ruling, fighting, and conquest.

The king focused on building an unbreakable bond between the brothers. He made them do everything together, eating, playing, training, learning, and many other things, believing that “the power of two united men is far greater than that of one.” When they turned ten, he allowed them to govern small regions of the kingdom. In those years, the king’s time was divided between his children and his wife. By the time they reached sixteen, he granted each of them half the kingdom to rule, while he remained the king.

The twins grew into strict and powerful leaders. They gathered warriors from every corner of the realm and built a massive army within just a few years.



(Abdulrahman Othman, made with SoraAI)

During those years, their queen died. But her death didn’t change much; the brothers kept following their path, though it did matter to their father. The king left everything to his sons and stepped aside, giving them the banner to achieve the dream he always wanted.

When they turned twenty, their father officially named them kings. But how could that be? The whole kingdom disagreed: having two kings was something no one could accept. The twins went out to face the crowds who stood against them and gave a speech. They said, “This kingdom has been silent for too long. No one cared about its rules or how it was ruled. We’ve ruled it for years and now just because a title has changed, you refuse us?” Some people agreed, but most didn’t. Still, they couldn’t change anything.

The first thing they did was to make a peace treaty with the north that would allow them to reach the others easily. They focused not just on the lands, but also the sea. From that moment, the writers of history couldn’t stop writing about their victories. They conquered the world. The twins always fought side by side; they didn’t leave each other.

Their wives existed only by name, nothing more than a way to bring them children. Their eyes were set on the world, chasing the dream their father had left behind. They cared for nothing else, not even their families. The brothers were always together, distant from everyone around them. When they had been young, they had made a promise to each other: even when death came, they would die together.

They didn’t stop. The kingdom became an empire, and the kings became emperors. At that time, there was an empire in the south-west of the world, over 250 years old. “The Aurethian Empire” was well-known for its gold, glory, and staying on the top of the world for years. That empire was ruled by a strong leader and emperor. He first gained the respect and admiration of his army and then the whole empire. He was a symbol of peace but was also known for being ready for any war. That emperor was Invidar.



The twins knew that this was the hardest and most important obstacle to overcome. The Aurethian Empire named the twins as enemies from the beginning for a reason, and they didn't back down. All the world knew that the war between these empires would decide the whole world's path. Fear, hesitation, anxiety, and many feelings were widespread among the people.

Both empires were ready for the war; each were ready for the number of things they could lose in this war. Hundreds of thousands of lives, castles, farms, goods, horses, and many other things were at stake and could vanish. A world war was about to happen, one that would change history forever.

The war started, carrying the fate of many in its outcome. But an unexpected thing happened, and the war was later named the fastest and most ridiculous war in history. The twins' empire won with an overwhelming result. They were totally on a different level; they dominated that huge army within days. Emperor Invidar, his own guard and some others disappeared. People say he ran away leaving everything behind when he saw the coming domination.

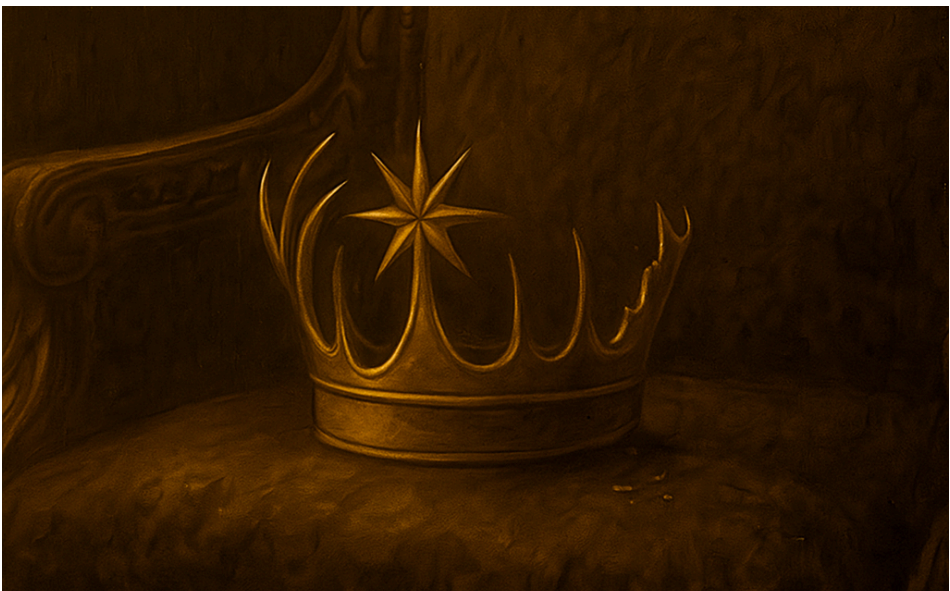
The twins were officially rulers of the world; most of the world was in their hands. That victory made them feel invincible. That war was the final step toward ruling the world. Only small lands here and there remained, including a knowledge centre in the west, which signed a peace treaty with them. The north did the same, but for different reasons.

Forty years had passed from the day they became kings till the day they won that war and became legends. That era was later named "The Twins' Era."

Until one day, a disease spread across the empire and many people got infected. The disease wasn't harmful; resting for a week and seeing a doctor was enough. One of the twins became infected. It should have been normal, but "a huge, magnificent emperor, a man who rules most of the world, a legend who had never lost a battle in his life, a body full of proud scars, how could it care for such a trivial unseen thing?" the emperor thought. Days passed and his body struggled with no improvement. Doctors noticed his condition and asked him to rest a bit, but his pride refused. He continued riding into battle as usual. Then, after a dominating victory, a magnificent legend, an emperor who ruled the world, fell off his horse. His body couldn't resist anymore; he was carried to doctors in the empire. The disease was already widespread through his body. At that moment, his brother stood beside him, completely convinced that his twin would survive this. But something was different this time. For the first time in his life, he felt danger and fear. It didn't take long. Everything ended so fast, and calamity descended upon the empire.

The room was dark and full of fearful eyes. No one could believe what had happened. All eyes were on the shocked twin, on his unaccepting stare and his confused soul. He was the emperor who had faced the mightiest armies and the finest warriors, who had lived through a life of hatred and contempt, yet never tasted defeat. But watching his brother draw his final breath... that was a defeat he could never rise from.

The days that followed the death of his brother were dark and silent. People say that the sun didn't rise those days. The promise they once made was betrayed, his dreams were lost, his determination was broken, and no one was there for him. He searched for his wife or children, but no one cared. Wherever he went, he was ignored. Once the most renowned man in the world, a legend spoken of by all, he was now alone in that vast palace, where glory once echoed—abandoned by the same hearts he had once chosen to ignore. His wife, his children, his blood—all gone. Only silence remained. Their children began arguing about the future of the empire; there could no longer be two emperors. He tried to intervene but was ignored; even his title meant nothing anymore. He thought maybe he and his brother had always been different. Everywhere he went within the palace they had built, he could see his brother, hear his voice, and feel his presence. He couldn't accept his brother's death; he couldn't live without him. One day, he laid the crown on the throne and walked away, leaving behind not gold, but everything it once meant.



(Abdulrahman Othman, made with SoraAI)

He rode into the distance, tears falling as he looked back at their glory, but not the way he once imagined it. He met a farmer on his way, a man with his wife and two children. The farmer was harvesting what he had planted, smiling as his children laughed around him. Their house was small, simple, and had a small garden with some sheep.

On the road, there was only a man on a horse, tired, silent, like someone who had forgotten how to smile. He had left behind a great palace with endless gardens. He saw that family and felt something he couldn't understand. He didn't stop, just kept going, until he heard someone calling. He turned around and saw the farmer.

The man gave his name so the farmer could address him. The sadness on his face was clear, and the horse he rode showed he wasn't an ordinary traveller. The farmer called to him again, asking him to come and eat lunch with them. He spoke kindly, trying to make him smile, even for a moment. The emperor didn't stop. He only asked one question before leaving: "What makes you happy?" The farmer smiled and said, "To see my family happy, to live safely with them, to stay healthy, and to have what we can eat for tomorrow." The emperor didn't say a word. He just looked at the man for a moment, then turned his horse and left.

The next day, the farmer felt sad that he couldn't change that man's expression. He didn't know who he truly was, only his name. Later, he found him near the edge of the forest, alone, no one beside him, not even his horse. He was leaning back against a tree, but without his soul. The farmer buried him there as a last favour and wrote only his name on the grave."

*"A throne has been shared
Thought by most to fade
But glory was what they gained
And legends became their name*

*Stories have been told
Of twins who ruled
Who raised their throne
And conquered the world*

*Invincible they thought
Yet not by war they fell
A trivial wound unseen
Enough to break the spell*

*At the end they learned
They were humans after all
But wisdom came too late
When silence filled their halls*

*The empire turned to shadow
Its glory could not save
All that what remained
Was a name on a grave"*

- Muismahari

To Be Continued...



From Engineering to Medicine: The Story of Dr. Arafat Khondokar

Written by Jalawee Alkahtani & Mohammad Abu Bakr,
AUPP College of Medicine

When Alfaisal University opened its gates for the first time in October 2008, one honorable individual—Arafat Khondokar—was among its earliest students. He was issued student ID number **0001**, making him one of the very first students at the university. Recently, Dr. Arafat was invited by Professor John Fulghum to speak to UPP medicine pathway students in order to help them better understand the medical field and how they can succeed in it. Last month, he visited our preparatory English class and shared insights from his journey as both a former Alfaisal student and a practicing physician.

Dr. Arafat spent two to three years studying engineering, even though it was never his true goal. Deep down, he had always wanted to study medicine, as it was his real passion. However, due to a lack of communication, he felt hesitant to share his feelings with his family. Eventually, he reached a point where he could no longer ignore what he truly wanted. To his relief, his parents understood his situation and supported his decision to change his academic pathway from engineering to medicine. This experience serves as a powerful example of the importance of being open with those closest to us, as their support and guidance can significantly change our lives for the better.

During his journey to becoming a doctor, Dr. Arafat initially planned to specialize in neurosurgery. However, the reality of hands-on work in the hospital led him to reconsider his path. This eventually guided him toward rehabilitation medicine, a specialty focused on helping patients regain basic functions after illness, injury, or disability. Before starting his work in this field, Dr. Arafat felt optimistic. However, over time, he began to experience emotional challenges due to the deep bonds he formed with his patients, many of whom were elderly. He explained that one of the most difficult aspects of being a rehabilitation physician is losing patients to illness or chronic conditions—an experience that represents one of the hardest realities of being a doctor.

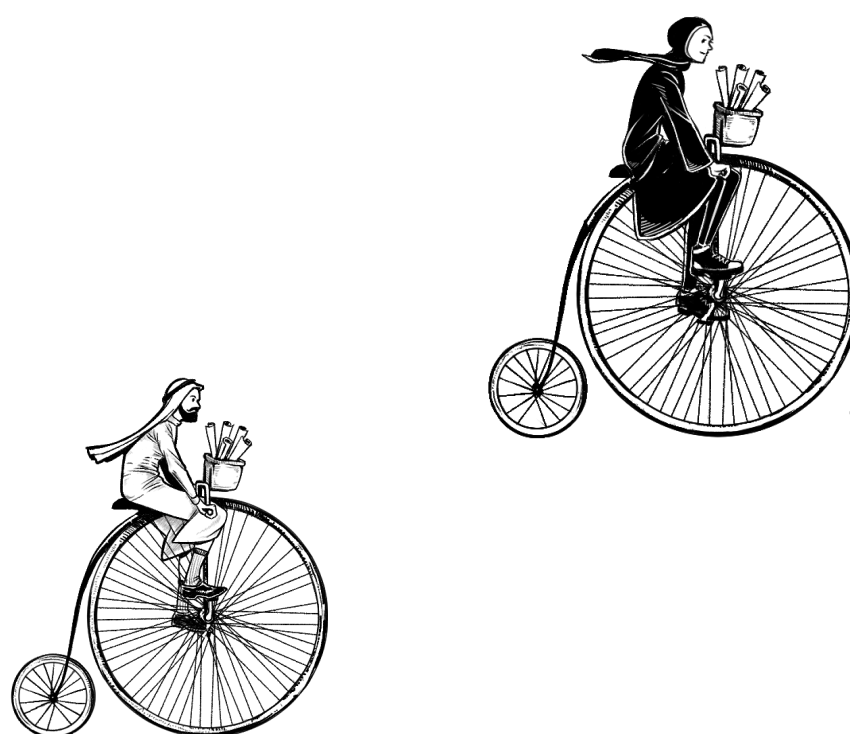
As a physician, one must learn to accept these losses, even when strong emotional connections are involved. This highlights the challenge of balancing professionalism with empathy, which is an essential part of building a doctor's character. Communication, he emphasized, is one of the most important aspects of medicine. Without effective communication, a doctor cannot truly comfort or support patients. Dr. Arafat also stressed the importance of socializing both inside and outside the workplace. Strong communication skills help build positive relationships with colleagues, family members, and friends. Being socially engaged can enhance both personal well-being and professional performance. Whether working independently or as part of a surgical team, people often judge professionals based on their actions, making strong character development essential.

Dr. Arafat also shared an important lesson about surrounding oneself with the right people. He described an experience involving a former colleague who failed to follow hospital guidelines, which ultimately led to serious trouble involving the hospital administration. As a result, Dr. Arafat was forced to cut professional ties with that colleague. This experience taught him the importance of working with individuals who respect rules, demonstrate professionalism, and provide mutual support.

Dr. Arafat Khondokar's journey teaches us that the goals we set for ourselves may change in unexpected ways. Even if the path does not lead exactly where we originally intended, ambition and self-awareness help guide us toward what truly matters. By listening to ourselves and remaining committed to our aspirations, our ambitions can ultimately shape the direction of our future.



(Photograph by Dr. Irene Chiotis)





أردو

الكتابة: سناء محمد منطري
كلية الطب

استوقفني هذا الملصق وأخذتُ أتأمل كل تفاصيله. وهو أحد الملصقات الفائزة بمسابقة الملصقات العربية، التي شارك فيها طلاب وطالبات مادة اللغة العربية في جامعة الفيصل من متحدثي العربية وغير الناطقين بها. لطالما كنت مهتمة لهذا المجال، والملصق أعاد إلي هذا الشعور ذاته، وجعلني أرغب في الكتابة عن تفاصيل العلاقة بين اللغة العربية والأردية:

اللغة مثل النهر؛ تجري، وتميل وتنحني يميناً ويساراً. وتتأثر بعوامل كثيرة تغيرها مع مرور الزمن، كالجغرافية، والتاريخ، وحتى السياسة. فاللغة لا بد أن تتغير، وقد ينتج عن هذا التغير نشوء لهجات متنوعة، أو حتى لغات جديدة. لأنها إن بقيت كما هي، تموت وتندثر. وهذا ما حدث مع لغات كثيرة في الماضي، ويحدث الآن مع لغات أخرى. وهو أمر طبيعي.

واللغة الأردنية (اردو) هي مثالٌ حي على ذلك، وهي من إحدى اللغات التي وُلدت من اللغة العربية. فهذه اللغة الساحرة تشكلت بمزيج من الفارسية، والعربية، والتركية، والسنسكريتية. فكلمة "اردو" تعني "جيش" باللغة التركية (تركي: Ördü). ويرجح أنها تطورت من احتكاك جنود قادمين من دول ولغات مختلفة اجتمعوا في الهند حوالي القرن الـ 15 (كانت الهند دولة إسلامية حتى الاحتلال البريطاني) اردو هي لغة الأدب والشعر، ولغةٌ دونت به الكثير من الكتب الإسلامية، من تفسير آيات الله إلى الفقه، والتاريخ الإسلامي. نشأت هذه اللغة في الهند. وبعد استقلال دولة باكستان عن الهند وهجرة الكثير من متحدثي اللغة الأردنية إلى هناك، أصبحت اللغة الرسمية لدولة باكستان.

إذا نظرنا إلى هاتين اللغتين، العربية والأردية (اردو) من منظور لغوي بحت، نجد أنهما تنتميان إلى عوائل لغوية مختلفة. فالعربية تنتمي إلى عائلة اللغات الهامية. وتعد اللغة العربية اللغة السامية الوحيدة الباقية الحية التي لا تزال تكتب وتُحكي، بينما اندثرت أخواتها كاللغة البابلية، والآكدية.

أما الأردنية (اردو)، فتندرج تحت عائلة اللغات الهندو-أوربية العتيقة، لغة قديمة نشأت في مكان ما في آسيا ثم تفرّعت وانتشرت إلى أماكن شتى، فأنتجت لغات كثيرة مثل اللغة الفارسية، والانجليزية، والروسية، والألمانية، والأردية وغيرها جميعها تنتمي إلى العائلة اللغوية نفسها.

بعد معرفة ذلك، قد يظن البعض أنَّ اللغة العربية والاردية (اردو) مختلفتان تماماً، غير أنَّ الحقيقة، على الرغم من اختلاف تصنيفهما اللغوي، إن هاتين اللغتين أقرب مما يتصوره المرء. حاولتُ مرة أن أدون جميع الكلمات المشتركة التي أعرفها بين اللغتين، حتى أدركت أن ذلك غير ممكن؛ فالأمر أبعد من كونه مجرد كلمات قليلة مشتركة، بل إن العربية تشكل جزءاً لا يتجزأ وجوهراً أصيلاً من اللغة الأردنية.

ولا يقتصر هذا التشابه على المفردات فحسب، بل يمتد ليشمل الحروف، والقواعد، والأدب، وحتى الثقافة. فمن حيث الحروف، تستخدم اللغة الأردنية (اردو) حروف اللغة العربية للكتابة، بخط نستعليق. وإضافةً لذلك، تستخدم حروفاً أخرى ابتكرتها، وأخرى استعارتها من الفارسية، لعدم وجود أصواتها في العربية، وهي على النحو الآتي:

ب (p)، ث (t)، چ (ch)، د (d)، ژ (حرف بين الـ r و الـ d)، ژ (zh الفرنسية)، گ (g)، ں (نون الغنة)، ے (a في bay مثلاً)

وأما من ناحية الكلمات والقواعد، فهناك العديد من المفردات في اللغة الأردنية تنحدر من العربية. معلومة طريفة: كلمة "كلمة" و"لفظ" كلاهما تستخدم بالأردية. هذه الكلمات تظهر في مختلف المجالات، سواءً بالحديث اليومي، مثل: كلمة "حال" و"جواب" و"مرض" و"نفس" و"موت"، أو في المجال القانوني مثل كلمة "قانون" نفسها، و"مجرم"، و، أو في الأدب مثل كلمة "أدب" نفسها، و"محبوب"، و "جنون" و"عشق". إضافةً إلى مجالات أخرى متعددة.

بحسب ملاحظتي، يمكن تقسيم المفردات المشتركة إلى ثلاثة أقسام:

- كلمات تكتب وتنطق كما هي بالعربية بالضبط، مثل: قانون، كتاب، قلم، خلاف، غلط، سلام،... وغيرها.

- كلمات أخذت من العربية ككلمات مركبة، مثل: "ما حول" (وتنطق مَهول) بمعنى الأجواء المحيطة. و "غلط فهمي" التي تعني سوء الفهم... وغيرها.

- كلمات تعيَّرت قليلاً، مثل: شكرًا أصبحت "شُكرية". صعب أصبحت "مُشكل" (من مشكلة). "مُحبَّت" (أصبحت التاء مفتوحة)، سوال (حُدفت الهمزة) ... وغيرها.



(العلاقة بين اللغة الأردنية والعربية)

وجميع هذه المفردات التي ذكرتها ماهي إلا قطرة من بحر واسع وعميق، لا يمكن حصره في صفحة واحدة.

ولا ننسى أن هناك كلمات أخرى انتقلت في الاتجاه العكسي. من اللغة الأردنية إلى اللغة العربية، خصوصاً في اللهجات الخليجية، نتيجة الاحتكاك المتواصل وتاريخ مشترك:

- "سيدها" تعني مستقيم، و"بيزة" (من بيسه) تعني العملة، و"جوتي" تعني الحذاء، و"كريم" تشير إلى اللعبة الشهيرة، و"تاوة" بمعنى المقلاة.

وهناك كلمات عربية تغيرت معانيها في اللهجات العربية مع مرور الزمن، بينما بقيت بمعناها العربي الأصيل في الأردنية. مثل كلمة "شاطر" التي تعني ماهر باللغة العربية الفصحى، لكنها أصبحت تستخدم للدلالة على الذكاء في اللهجات العامية، وبقيت بالأردية بمعناها الأصلي. وكلمة "أجنبي" الذي أصبح يستخدم معناها في العربية بمعنى شخص من دولة أخرى، بينما بقيت باللغة الأردنية بمعناها الحقيقي و هو الغريب.

أمّا من ناحية التاريخ والأدب والثقافة، فأكبر رابط بين العربية والأردية هو الإسلام، الذي شكل هوية اللغة الأردنية. ففي الماضي، كان لا بد لأي متحدث بالأردية يدعي أنه عالم أو شاعر أن يجيد اللغة العربية مع الأردنية. ويمكننا أن نجد أغلب عناصر الشعر العربي في اللغة الأردنية، كالبحور، والأبيات، والقصائد، والرباعيات، بل وحتى أنها تستخدم المصطلحات نفسها. أمّا من ناحية المواضيع، وبما أن اللغة مرتبطة بالإسلام، فهناك العديد من المواضيع المشتركة مثل الأدب والترجمات اللغة الأردنية، اللغة الفاتنة، لغة الشعر والأدب الإسلامي، لها صلة عميقة وعتيقة باللغة العربية، لا تقتصر على بضع كلمات فقط، بل تمتد جذورها بعمق. وهكذا هي اللغات تتناقل، فتقابل، فتؤثر، وتتأثر.



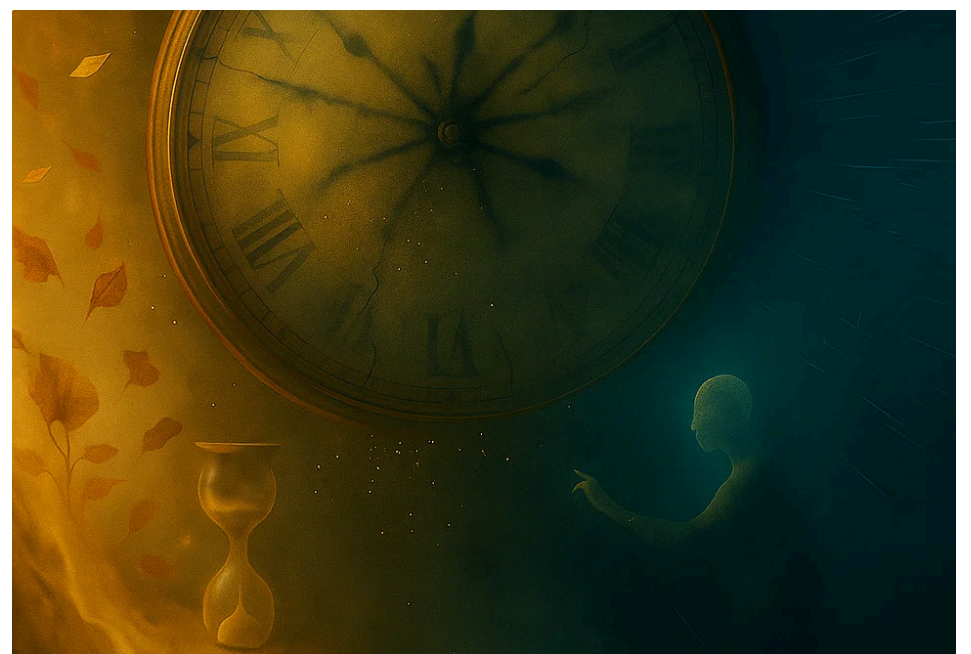
Alfa Press

هل الأيام أصبحت أقصر؟

الكتابة: عبدالرحمن عثمان
كلية الطب

سحر اللغة

الكتابة: سناء محمد منطري
كلية الطب



(عبدالرحمن عثمان)

نستيقظ كلَّ صباح دون نيةٍ جديدة، نبدأ يومنا كما لو كان تكررًا لآخر، ثم نجد أنفسنا ليلاً نتساءل: أين ذهب اليوم؟

لم تعد الأيام تشبه ما كانت عليه، أو هكذا نشعر. كأنَّ الوقت لم يعد يتسع لكلِّ شيء، كأنَّ اللحظات تُسرق منا دون إذن. نحاول أن نلحق بكلِّ شيء، لكننا في الحقيقة لا نلحق بأيِّ شيء.

ربما السبب ليس في الزمن نفسه، بل في تكررنا. نفس الجدول، نفس الطريق، نفس الوجوه، نفس المهمات. نعيش الأيام كما نعيد مشهداً نحفظه جيّداً؛ فلا ننتبه لتفاصيله بعد الآن. وهكذا تتراكم الأيام بلا طعمٍ جديد، حتى تصبح الأسابيع أشبه بيومٍ واحد طويل.

نحن لا نفقد الوقت فقط بسبب تكرر الأيام، بل لأنَّ عقولنا تعيش خارجها. نصفنا مشغولٌ بالمستقبل، قلقٌ مما لم يحدث بعد، ونصفنا الآخر عالقٌ في الماضي، يندم على ما لا يمكن تغييره.

وهكذا نمضي بين خوف لم يأت بعد وحزن مضى، ننسى بينهما أن نعيش الآن. وفي ضياع اللحظات دون وعي، لا نخسر الوقت فحسب، بل نخسر ما هو أعمق: اتصالنا بالحاضر، وسكينتنا، وما يجعل للحياة معناها.

في وسط هذا الضجيج، نفقد الإحساس بالوقت لأننا لم نعد نعيش الأشياء بوعي. ننتقل من محاضرةٍ إلى واجبٍ إلى شاشة، ثم نغلق أعيننا لنبدأ الدورة من جديد. ننجز، نعم، لكننا لا نعيش.

قد لا تكون الأيام أقصر، بل نحن الذين امتلأت رؤوسنا بالضجيج، وفقدنا البساطة التي كانت تجعل الساعة تمرّ ببطءٍ جميل. في الماضي، لم يكن الهاتف يقاطعنا، ولا المقارنة تلاحقنا. كانت الساعة تسير بالسرعة نفسها، لكن القلوب كانت أبطأ، أصدق، وأكثر حضوراً.

ربما لم تتغير الأيام، بل نحن الذين تغيرنا. نحن من جعلناها تضيق لأننا لم نعد نترك فيها مساحةً للحياة. فلتكن دعوتنا القادمة بسيطة: أن نكسر الروتين قليلاً، أن نجرب شيئاً جديداً، أن نعيش اللحظة كما هي، حاضرين مدرّكين أنها رأس مال روحنا، دون استعجال الغد ودون حنينٍ للماضي.

لأنَّ الأيام لا تقصر حين نعيشها، بل حين نمرّ بها غائبين. وكلَّ لحظةٍ نعيشها بصدقٍ، نصيف إلى عمرنا عمراً آخر.

"إضاعةُ الوقت أشدُّ من الموت؛ لأنَّ إضاعةَ الوقتِ تَقطَعُكَ عن الله والدارِ الآخرة، والموتُ يَقطَعُكَ عن الدنيا وأهلها."
— ابن القيم

أقام نادي نون، نادي اللغة العربية بجامعة الفيصل، محاضرةً بعنوان "سحر اللغة" والذي قدمه الضيف الدكتور ياسر الحازمي الحاصل على رقم قياسي بوصفه صاحب أكثر بودكاست عربي استماعاً.

امتلات القاعة بالطلّابات المتحمسات من كل التخصصات، حتى أن بعضهن لم يجدن مقاعد فجلسن على الأرض من شدة حماسهن وشغفهن.

"لماذا نتعلم اللغة العربية؟" افتتح الدكتور محاضرتَه بهذا السؤال، فتنوعت الإجابات تراوحت بين: "لنعتز بثقافتنا" "لتعلم القرآن الكريم" "لتعلم البلاغة" "لبلوغ الفصاحة"

ثم انتقل الدكتور إلى مثال جميل ذكر فيه قصة رجل ادعى أنه وجد تناقضاً في القرآن الكريم مستشهداً بالآية الكريمة: "إِنَّكُمْ وَمَا تَعْبُدُونَ مِنْ دُونِ اللَّهِ حَصَبُ جَهَنَّمَ أَنْتُمْ لَهَا وَارِدُونَ (98 الانبياء)"، قال الرجل: إذا كان كل ما يُعبد من دُون الله في حصب جهنم، فهذا يعني أن عيسى الذي يعبدّه المسيحيون في جهنم أيضاً. احتار الحضور، حتى أجابه أفقهمهم: إن الآية استخدمت كلمة "ما" التي تستعمل لغير العاقل فقط، بينما "من" تستعمل للعاقل، فالآية هنا لا تقصد عيسى عليه السلام. ومن هنا أوضح الدكتور كيف أن فرقاً بسيطاً بين كلمتين قصيرتين قد يغير المعنى تغييراً كاملاً، لتتجلى أهمية الكلمات ودقتها.

كما بين أن فروقا بسيطة كالفرق بين حرفي العطف "ف" و "ثم" قد تغير المعنى تماماً، فكلاهما يدل عن التتابع، لكن الفرق يكمن في الفاصل الزمني. وقد يقول بعضهم من شدة حزنه "مدري شفيني" أو من شدة فرحه "مدري كيف اوصف حالتي" وهنا نرى مثلاً آخر عن ضعف المفردات، والعجز عن التعبير في المشاعر. فالكلمات هي مصدر الأفكار والمشاعر. "بنقص المفردات، تموت الفكرة"

المفردات تعطي انطباعاً عن الشخص، وقد جعلنا الدكتور نلاحظ من خلال الأمثلة الواقعية أن معظم الناقدين على مواقع التواصل الاجتماعي يركزون على الكلمات، حتى لو كان الشخص مديراً ناجحاً مثلاً.

اذن كيف يزيد المرء من معجمه اللغوي؟ شرح الدكتور عن ثلاثة معاجم في ذهن الانسان، وكيف أن بعضها تعتمد على الأخرى. فهناك معجم استيعابي، والتي يفهمها المرء من سياق الجملة دون أن يكون قد عرف الكلمة من قبل: ومعجم لفظي، وهي الكلمات التي يستخدمها بحديثه، ومعجم كتابي، تلك الكلمات التي يستخدمها أثناء الكتابة.

وبين الدكتور أن المعجم الاستيعابي هو أكثر ما يستخدمه المرء. وأن المعجم الكتابي أكبر من المعجم اللفظي. وأن طلاقة اللسان يعتمد على المعجم اللفظي والذي يعتمد بدوره على المعجم الكتابي، والذي يقوم أساساً على المعجم استيعابي، وهي القراءة والكتابة.

وأوضح أن الإلقاء يعتمد على سؤالين "ماذا تقول" و "كيف تقول". ماذا تقول أصعب، وكيف تقول مرهونة بماذا.

"اللغة مثل السحر، يقرب البعيد، ويبعد القريب، ويجمل القبيح، ويقبح الحسن، تفعل كما يفعل السحر فاللغة لا تسحر السامع فحسب، بل تسحر المتكلم أيضاً، فاخترارك للألفاظ يغير المشاعر، ووردود الفعل وعلاقاتك مع البشر. وهذا مأخوذ عن حديث شريف والذي قال فيه النبي صلى الله عليه وسلم "إنَّ من البيان سحر" وهو يقصد خطابات الجمعة في هذا السياق. ومن أهم النصائح الذي قدمها الدكتور هو: "نقي مصادر التلقي، نحتاج كل فترة أن نغتسل لغوياً، اقرأ واسمع الفصحاء"

سبع و ثلاثون دقيقة مرت لمح البصر اندمج فيها الحضور حتى النهاية . وتمنينا لو كانت المحاضرة أطول. بعده ذلك، كرم نادي النون برعاية الدكتور سيف الفائزين في مسابقتي "سادة الإلقاء" ومسابقة "ملصق اللغة العربية"



التنمر من زاوية مختلفة

الكتابة: مريم سيد أحمد
كلية الهندسة (الفائزة بالمركز الأول في مسابقة "أسياد الإلقاء")

• أنا أؤمن بشدة أننا لم نتغير عبر آلاف السنين فالتجارب والأخطاء التي نرتكبها هي ذاتها منذ بداية الخليقة. و من هذه الأخطاء المستمرة إلى يومنا هذا هو التنمر و قد سمعنا الكثير من المواقف في هذا الباب ، لكنها دائماً تركز على ضحية واحدة و هي المتنمر عليه. ولكن، للتنمر ضحايا كثر، ومنها المتنمر نفسه. لذا، لنسمع القصة هذه المرة من جانبه.

• هل يتطوع متنمر ليخبرنا بقصته؟؟

حسناً، سأخبركم أنا بقصتي.

• في طفولتي، ولسنوات قليلة من بداية الصف الثالث الابتدائي، كنت أكبر متنمر في مدرستي ، وكنت دائماً النجاة بفعليتي. واستمر الأمر هكذا إلى أن قمْتُ بشد شعر صبي لأجلس مكانه، ووصفت شعره بالمكنسة. فذهب الصبي وأخبر معلمتنا التي كانت أكثر شخص مرعب في المدرسة آنذاك .

• تجاهلتنى المعلمة في البداية فظننت أنني نجوت مجدداً. لكنها نادتنى يوماً، فذهبتُ إليها لأجد الغرفة مليئة بكل من أعرفه. أجلسنني أمام الجميع، وصرخت علي بنبرة لم أسمعها قط، وأهانتني إهانات لم أُنسَ وقّعها. توقفت بعدها طبعاً عن أفعالي خوفاً منها. و اليوم لا أتذكر مما قالتة شيء، إلا جملة واحدة لم أفهمها وقتها و هي "إن أعمالك ستقلب عليك يوماً، ولن يدمرك إلا نفسك، وما تفعلينه."

• لم أفهم هذه الجملة وقتها ولا في قصتي ، لكنني فهمتها لاحقاً في قصة شخص آخر...

• و هو إيفان الرابع، المعروف بإيفان الرهيب، قيصر روسيا في العصور الوسطى. و كان له من قصص التعذيب ابشعها : من حرق، إغراق، غلي في الزيت، وكل أنواع التنكيل و كان يحضر حفلات التعذيب هذه بنفسه. لكن إيفان الرهيب لم يكن دائماً رهيباً ولا طاغية مجنوناً! تولى إدارة موسكو وهو طفل، وتولى الحكم مستقلاً في السادسة عشرة، وبدأ فتوحاته في الثانية والعشرين، متخذاً لقب القيصر.

• كانت أول أعماله الرهيبة هي الانتقام من النبلاء الذين تجربوا عليه أيام

وصايتة ، فاتهمهم بالخيانة وأعدمهم. استمر في بطشه حتى هرب صديقه المقرب. طلب إيفان من النبلاء بعدها أن يولّوا عليهم من يريدون. لكن النبلاء، خوفاً من حرب أهلية، أصروا عليه أن يعود للملك. وهنا كانت غلظتهم الكبرى. اشترط إيفان أن يمنحوه سلطة مطلقة، ففعلوا، وندموا على ذلك أشد الندم. كان عمله الرهيب الثاني تأسيس أول جهاز شرطة في بلاده ضد النبلاء المعارضين. كانوا يعذبون الناس ويقتلونهم لمجرد شك لا أصل له . وفي هذا الحين، بدأ إيفان يحضر جلسات تعذيبه المبتكرة.

• كلما ازداد بطشه، ازداد خوفه وكل ما ازداد خوفه ازداد بطشه كالأفعى التي تأكل نفسها. فنحن البشر، في أعماقنا، نخاف أن يُفعل بنا ما نفعله بالآخرين. و بعد هزيمته على يد التتار، عاقب إيفان شرطته على هروبهم معه ، وبدأ يعذبهم و سقوا من الكأس التي كانوا يسقون الناس منها!

وصل به الشك و الخوف إلى أن ضرب زوجة ابنه الحامل حتى قتلها هي وابنها. وعندما دخل ابنه معترضاً، ضربه بصولجانه على رأسه فقتله، وهي اللوحة الشهيرة التي ترونها أمامكم:



يقال إنه عندما رأى ابنه غارقاً في دمه، صرخ بعبارته الشهيرة : "يا إلهي، ماذا فعلت؟". وبعد فترة قصيرة، مات إيفان بحسرتة عندما أدرك أنه قتل ابنه وقطع سلالته بنفسه.

بهذا، هو الضحية وهو الجاني على نفسه.

اقول ما الفرق بين قصة إيفان وقصتي؟
الفرق أنه لم يجد أحداً يوقفه في بداياته. و لقد صمم أولئك النبلاء على توليته الحكم رغم كل ما فعله بهم، و لم يبقى منهم احد لكي يندم ا.
هدف من هذه القصة هو القول: إذا لم يكن عليك رقيب، فاجعل نفسك عليك رقيباً، حتى لا تصبح الضحية والجاني معاً.

ارفع راسك انت سعودي!

شعر صاحب السمو الملكي الامير خالد بن فيصل بن عبدالعزيز آل سعود (حفظه الله)



ارفع راسك انت سعودي

مالك مثل (ن) بالدنيا

فارس و اجدادك فوارس

مغروس بالمجد وغارس

علمك غانم وجارك سالم

راعي صمله دايم والم

طبيك جاو كل حدودي

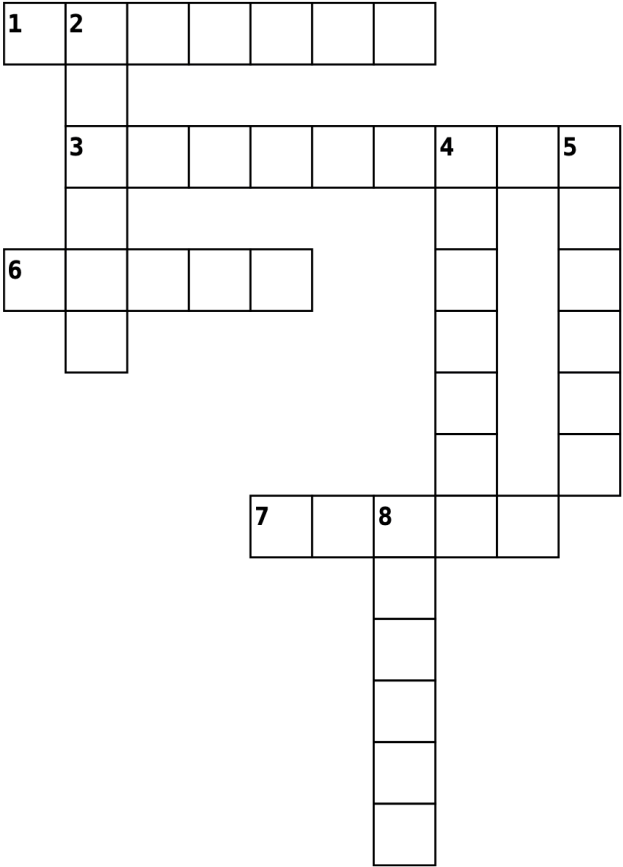
غيرك ينقص وانت تزودي

واصبحت لبيت الله حارس

في ميدان العز شهودي

يخشى من هيبتك الظالم

سيف وقلب وفعل زنودي



Across

- 1. A skill AU students are deficient in and need more of
- 3. Alfaisal's very own periodical
- 6. An additional credential that a student can pursue in college
- 7. Café near CoM

Down

- 2. Language of Saudi Arabia
- 4. Language of AlfaPress
- 5. Re-addition to the cafeteria
- 8. The fuel of AU students

WIN BIG WITH THE ALFAPRESS!



Scan the QR code to be one of AlfaPress's lucky readers and receive a coupon and a coffee mug from Dunkin Donuts!

AI GRADUATES



Winners will be chosen at random and contacted to receive their prize.



KEGLU

KETO & GLUTEN FREE BAKERY

من نحن

KEGLU هي علامة تجارية مبتكرة مختصة في تقديم منتجات غذائية صحية تهدف إلى تلبية احتياجات الأفراد الذين يتبعون أنظمة غذائية متخصصة مثل النظام الغذائي الخالي من الجلوتين لمن يعانون من حساسية القمح والجلوتين، إضافة إلى متبعي حمية الكيتو. بالإضافة إلى المنتجات المتوافقة مع نظام الكيتو. نؤمن دائماً بأنه يوجد خيار بديل يتناسب مع نظامك الغذائي لا يقل جودة ولا طعماً وبقيمة غذائية أعلى.

اخترنا اسم "KEGLU" ليعكس فلسفتنا، حيث يشير "Ke" إلى الكيتو، وهو أسلوب حمية غذائية نهدف من خلاله إلى استخدام مواد خام منخفضة الكربوهيدرات مع تجنب السكريات بجميع مصادرها في عمليات التصنيع، وتوحيدها بمحليات خالية من السعرات الحرارية، لتتلاءم مع مرضى السكري ومقاومة الأنسولين ومتبعي حمية خسارة الوزن. وتشير "GLU" إلى مادة الجلوتين التي يتم استبعادها من جميع مراحل الإنتاج بدءاً من المواد الخام وصولاً إلى المنتجات النهائية، بالإضافة إلى خيارات مصممة خصيصاً للأفراد الذين يعانون من حساسيات أخرى مثل البيض، اللاكتوز، الصويا وغيرها.

نسعى إلى مساعدة عملائنا في الحفاظ على أسلوب حياة صحي ومتوازن، مع ضمان تقديم منتجات تليق باحتياجاتهم الشخصية. نطمح لأن نكون الخيار الأول لكل من يبحث عن غذاء صحي وآمن يتناسب مع احتياجاته الغذائية الخاصة.

اهدافنا

تحقيق رضا العملاء من خلال تقديم منتجات تليق باحتياجاتهم وتجمع بين الجودة والطعم المميز.

تحقيق الريادة في سوق المنتجات الصحية من خلال الابتكار والجودة.

تحقيق أحد مستهدفات رؤية 2030 بتخفيض محتوى المنتجات الغذائية من السكر والملح والدهون المشبعة والمتحولة، بالإضافة إلى توفير منتجات غذائية صحية وآمنة تلاءم المصابين بالحساسيات ومرض السكري.

تعزيز الوعي بأهمية الغذاء الصحي

منتجاتنا

100% KETO

مخبوزات كيتو وتشمل:

المخبوزات بأنواعها والحلويات الشرقية والغربية ووجبات خفيفة متكاملة.

Gluten Free

مخبوزات خالية من الجلوتين والقمح تشمل:

المخبوزات بأنواعها والحلويات الشرقية والغربية ووجبات خفيفة متكاملة.

رؤيتنا

أن ترسخ مكانتنا كعلامة تجارية رائدة في تقديم منتجات غذائية صحية ولذيذة خالية من الجلوتين متوافقة مع احتياجات الحميات الغذائية المختلفة.

نحن ملتزمون بتلبية احتياجات الأفراد الذين يعانون من حساسية القمح والجلوتين، إضافة إلى متبعي حمية الكيتو.

نعمل على تمكين عملائنا من تبني نمط حياة صحي وحيوي من خلال توفير خيارات غذائية متميزة تجمع بين الجودة والتنوع.

خدماتنا

تقديم مخبوزات صحية تتناسب مع أنظمة الكيتو والحميات الخالية من الجلوتين والقمح، لتلبية احتياجات الأفراد والشركات.

توفير خيارات مخصصة للشركات تشمل مخبوزات كيتو وخالية من الجلوتين وفقاً لمتطلبات قوائم الطعام الخاصة بها.

عملائنا

نيارة

شاورما ابو ريان

كلنر اند جلو

بتيل

نادي النصر

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We Serve Diet Food

تواصل معنا



عن الرشاقة المثالية

منذ عام 2014، تخصصت الرشاقة المثالية كوجهة رائدة في المملكة لتقديم حلول علمية متكاملة لإدارة الوزن حيث نعتمد منهجية تجمع بين أحدث تقنيات الفحص والمنتجات الطبيعية المعتمدة، لتمكين عملائنا من الوصول إلى أهدافهم الصحية والبدنية بفعالية وأمان.

خدماتنا



ضمان ذهبي نزول الوزن 4 إلى 10 كيلو شهرياً



خصومات عالية على أفضل المكملات الغذائية والمنتجات الصحية



استشارة اختصاصي التغذية لتصميم برنامج غذائي مناسب



خدمة مجانية لقياس الوزن والدهون والسوائل والعضلات وأملاح الجسم

منتجاتنا

ننفرد بتوفير أكثر من 100 علامة تجارية عالمية ومحلية جميعها مرخصة من هيئة الغذاء والدواء

- الأغذية والمشروبات الصحية
- المكملات والجاميز
- السنكات الصحية

خيارات غذائية متنوعة منخفضة السعرات لتلبية الاحتياجات اليومية دون زيادة في الوزن.

لماذا الرشاقة المثالية؟

التنوع

حلول وبرامج مخصصة لخسارة الوزن أو زيادة الوزن، أو تحسين الأداء البدني.

الانتشار

أكثر من 30 فرع تغطي أغلب مناطق المملكة لسهولة الوصول والمتابعة.

الموثوقية

منتجاتنا معتمدة ومرخصة رسمياً من هيئة الغذاء والدواء السعودية (SFDA).

خصومات خاصة 20%

لطلاب جامعة الفيصل

يتم تفعيل العرض بموجب البطاقة الجامعية أو عبر كود الخصم ALFAISAL

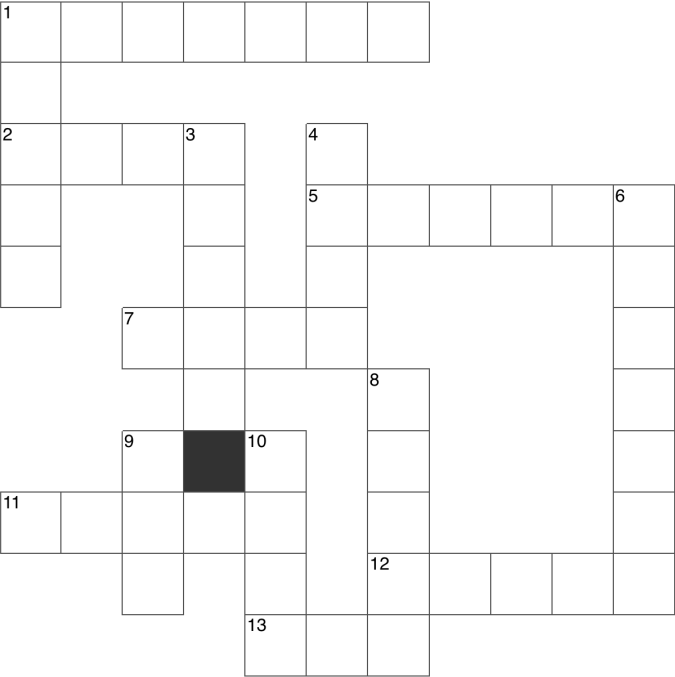
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idealfitness.sa
fitnessway-sa.com

ACROSS

- Rich chocolate baked good, can be keto
- Binders providing structure in keto baked goods
- Popular low-carb flour for keto baking
- A sweet baked dessert, often made keto-friendly
- Adds flavor to baked goods, like cinnamon
- Flavor profile of many bakery items
- Flour that must be certified gluten-free

DOWN

- Staple often made gluten-free and low-carb
- Sweetener often avoided in keto baking
- To cook with dry heat in an oven
- Sweet course, many keto options
- Leavening agent, often absent in gluten-free recipes
- To combine ingredients for baking
- Diet focusing on low-carb, high-fat baked goods



Mental Muscle crossword

ACROSS

- Joint inflammation, impacting mobility
- Core exercise holding a push-up position
- Exercise that makes your heart beat faster for fitness
- To raise weights for strength training
- Essential for hydration and overall health
- Mind-body practice for flexibility and peace

DOWN

- To move at a speed faster than walking for cardio
- To rest after exercise for recovery
- Heartbeat felt at the wrist, a fitness indicator
- Tissue that contracts for movement and strength
- Planned intake of food for health or weight
- Inhale and exhale, crucial during exercise
- Mid-section muscles important for stability
- Basic low-impact exercise for daily health



About Ideal Fitness

Since 2014, Ideal Fitness has specialized as a leading destination in the Kingdom for providing integrated scientific solutions for weight management. We adopt a methodology that combines the latest examination technologies with certified natural products to empower our clients to reach their health and physical goals effectively and safely.

Our Services



Free Body Analysis Track your weight, fat, muscle, and fluids accurately.



Expert Nutrition Plans Personalized dietary programs designed by our specialists.



Exclusive Supplements Deals High discounts on premium and certified health products



Golden Weight Guarantee Lose 4 to 10 kg monthly with guaranteed results

Our Products

We take pride in providing over 100 international and local brands all of which are licensed by the Saudi Food and Drug Authority (SFDA).

- Healthy Food & Beverages**
Green coffee, Spanish Vida tea, sugar substitutes and a wide range of fat-burning beverages.
- Supplements & Gummies**
Innovative "Gummies" (such as Green Gummies and Apple Cider Vinegar) that support metabolism and suppress appetite.
- Healthy Snacks**
Diverse low-calorie food options to meet daily needs without weight gain.

Why Choose Ideal Fitness?

Reliability

Our products are officially certified and licensed by the Saudi Food and Drug Authority (SFDA).

Nationwide

More than 30 branches covering most regions of the Kingdom for easy access and follow-up.

Diversity

Customized solutions and programs for weight loss, weight gain, or improving physical performance.

20% Special Discount

for Alfaisal University students

The offer is activated upon presenting the University ID card or by using the discount code: ALFAISAL

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