

MED TIMES

YEARBOOK
2022

Setting trends.

Touching Lives.
- KFF



Table of Contents

Messages

Message from the President Prof. Mohammed Al-Hayaza	6
Message from HRH Princess Dr. Maha bint Mishari Al Saud	7
Message from the Dean Prof. Khaled Al- Kattan	8
Message from the Vice dean Dr. Akef Obeidat	9
Message from the Director of Academic & Student Affairs Prof. Wael Bin Manna Al- Kattan	10
Message from Med Times' Director Zainab Ifthikar	12
Message from Med Times' Vice Director Raghad Hejazi	13
.....	
Meet the Med Times Team	14
Exclusive interview with HH Prince Bandar bin Saud bin Khalid	16
History of Med Times	22

Welcome to Alfaisal

Why Alfaisal? (4 Cross College Interviews)	
Medicine	26
Pharmacy	28
Engineering	30
Law	32
Interview with Dr. Akef Obeidat	34
Interview with the Dean of College of Engineering	36
Alfaisal Alumnus Wins the Osler cup	38

Alfaisal University World Rankings	40
College of Medicine Affiliations	43
Memorandum of understanding	44
Discover your future with AU	45

The Match 2022

UK	48
KSA	49
Germany	49
PhD	49
USA - residency, fellowship	50
.....	
Graduations across the years	54

A Day in the Life of a Resident

USA	60
UK	62
Germany	64
.....	
The Alfaisal Geographical Footprint	66
Faces of Alfaisal	68

Programs on Campus

Facilities at Alfaisal : a 360° view	98
Premed 2021 coverage	100
AACME: USMLE PREP Course	104
Alfaisal Med Hub	106
Research Programs	108

Med student Time log

Pre-clerkship	114
Clerkship	116
Navigating your internship year	118

Creative minds

A conversation between an introvert & extrovert	122
Authentic leaders	124
Community	126
What it means to be the 1st doctor in the family	128
Major transitions in life	130
Inner child	132
Of clouds & silent storms	134
In loving memory	136
Identity in the ever-changing landscape of the 21st century	138
Controversy	140
Colors	142
Red Gold hearts	144
Take care	146
.....	
Doctors' Appreciation post	148

Faculty & Staff Group Pictures

Facilities group picture	150
IT group picture	152
College of Medicine Faculty	154
.....	
The MSA board: An Insider's Look	156

Events

Med Times Gallery	164
Emergency Awareness booth	174
Alfaisal Open House	176

Batch Pictures

1st Year pictures	178
2nd Year pictures	196
3rd Year pictures	208
4th Year pictures	220
5th Year pictures	230

Graduate's Section

Dear 10th batch	270
Seniors' Corner	272
Graduation Ceremony Moments	292
Dear Loved One	316
.....	
Med Times family picture	318
Med Times Committee (2021-2022)	320
Autographs	322

Message from

The President

H.E Prof. Mohammed AlHayaza

Alfaisal University

*has come a long way since it first opened its doors
for its students.*

Year after year, ranking higher and higher, improving bit by bit. Indeed the leaders and faculty of the University have played a great hand, but ultimately the core reason behind Alfaisal's success is the student body.

The different faces of Alfaisal at the college of Medicine are truly astounding. We have hidden gems from athletes to artists, all working for a common goal but reaching their target from different paths.

If there is one thing to be learned from our students is how capable humans are of juggling multiple tasks at once. That surely can only be done with proper time management and perseverance.

I feel proud and honored to overlook such a talented student body.

I would also like to congratulate our 10th batch on reaching the end of their journey at Alfaisal. You have faced many challenges along your way but have managed to overcome those challenges. You have gained skills and acquired tools that you will need for your upcoming endeavors.

This year's yearbook will be memorable for us all surely.



Message from

HRH Princess

Dr. Maha Bint Mishari AlSaud

It is with great pride

that I write this message this year to testify that our students have in simple words: gone above and beyond! A true characteristic of our College of Medicine is that they set the bar for achievement so high and then go on to surpass it themselves.

Alfaisal is never in a state of equilibrium, we are continually evolving and dynamically growing. The only constant in our formula is success, and you will witness this in the awe-inspiring stories and achievements bound within the pages of this unforgettable issue- Faces of Alfaisal.

Thinking out of the box, with multiple functioning teams, and working tirelessly to showcase Alfaisal in such a fresh, new electrifying light is no simple task, and yet again Med Times has done it! They've brought to your table a magazine that represents who we are as an institution in all of its glory.

Thank you to our student body, deans of colleges, faculty members, and support staff for their true dedication and sincere efforts.

Last but not the least, congratulations to our graduating class of 2022. Several years of your hard work have culminated in this one celebratory moment, and I hope it is all that you dreamt of it to be. Wishing you the very best in your endeavors; a great future is waiting for you out there.



Message from

The Dean

Prof. Khaled AlKattan

Dear Alfaisal students,

One of the main success elements of Alfaisal is its culture. We created a family environment with team-based activities. This safe environment has enabled you, our students, to flourish and reach your full potential.

Certainly, behind each success story, there is a hero. Recognizing those heroes is always needed; it helps in encouraging and appreciating such hard work. Hard work mixed with talent is a recurrent theme in all success stories.

MedTimes' idea of showcasing the achievements and skills of those students by putting a face to the talented names is excellent.

Showcasing the faces that make Alfaisal as great as it transmits an important message to the students: there is a reward for every effort, and there is recognition for every leader.

Congratulations to the graduating class of 2022. Exam after exam, challenge after challenge, you are finally here. I am sure it has not been easy, but hopefully, it has been worth it for you all. I am sure this issue will motivate all students to be the world's future leaders.



Message from

The Vice Dean

Dr. Akef Obeidat

MSA Supervisor

Vice Dean of Quality Assurance & Accreditation

As this academic year,

and probably many other (personal) things, comes to a gala end, I am enthralled to reiterate our MSA motto: run by the students, for the students. We pride ourselves at Alfaisal on the creative freedom and liberty given to students to express their opinions. This is reflected in the achievements done by our MSA committees across these last two semesters; that is what distinguishes Alfaisal University from the rest: autonomy in line with valuing student-centeredness.

Here we are holding another Med Times issue that was meticulously designed to showcase what makes Alfaisal incredible. From a detailed compilation of student and graduate achievements to shedding light on the hidden gems in our university, Med Times heads and team have truly outdone themselves with this issue! This yearbook will surely be one to leave an everlasting mark in both Alfaisal history, my heart, and the hearts of its community.

Lastly, my heartiest congratulations to our graduating class of 2022. This is a moment of joy not just for you, but also for your parents and family members who were behind this success. My best wishes to them as well. May the Almighty continue to bless the path ahead of you.



Message from

Director of Academic & Student Affairs Prof. Wael Bin Manna Al-Kattan

*From years to
months to days,*

the 10th batch graduates have been catapulted through a lifetime of experiences to land here at this very moment – Congratulations class of 2022 on making it this far!

We hope that your journey at Alfaisal has been fruitful in both your personal and professional growth. We hope that you will always uphold the conviction with which you recited the medical oath on your graduation day. Above all, we hope that you will continue to make Alfaisal proud with all your future endeavors.

Last but not the least, congratulations to the leadership of the college of medicine, faculty, and students for the big and small successes you have encountered across this year.





Message from

Director of Alfaisal Med Times. Zainab Ifthikar

Dear Reader,

Welcome back to the Med Times magazine, this time with our new theme- Faces of Alfaisal.

This idea was lovingly and freshly brewed right here at Med Times to highlight what it means to be a product of Alfaisal. We aspired to create a memorable yearbook for you, reporting the laurels of the College of Medicine and the achievements of our alumni and students in multiple avenues.

For you see, we are more than just medical students. We are tomorrow's physicians and an elite group of scientific minds. But amongst us, you can also spot a violinist, gymnast, leader, researcher, (an occasional annoying gunner) and so much more. We are part of something bigger than ourselves and this university has facilitated us to be and become beyond an Alfaisal medical student.

I hope that while you leaf through this magazine you are reminded of the undying spark that lies within you. We see you; we seek you, and we send you this magazine with a message full of hope.

The magazine you are holding today is the result of months of arduous labor from a team comprising of more than 50 students, without whom this yearbook would not have been possible. Thank you to the sincere efforts of our members and external contributors for adding color and life to their meticulous work. To my dearest vice Raghad, MT committee heads, and coordinators- thank you for being the best team anyone could have asked for.

Special thanks to Dr. Akef Obeidat for always guiding and supporting us come what may and for promptly helping us in every single MT request we put forth throughout the year. Thank you to our Dean Prof. Khaled Al-Kattan, the President H.E Prof. Mohammed AlHayaza, and HRH Princess Dr. Maha Bint Mishari Al-Saud for their constant encouragement that pushed us forward.

With the contentment of this yearbook's success & having found this beautiful MT family, I bid y'all a sentimental farewell, wishing you the very best in all that life has to offer!

Ciao for now!

Signing out,
Zainab Ifthikar



Message from

The Vice Director of Alfaisal Med Times.

Raghad Hijazi

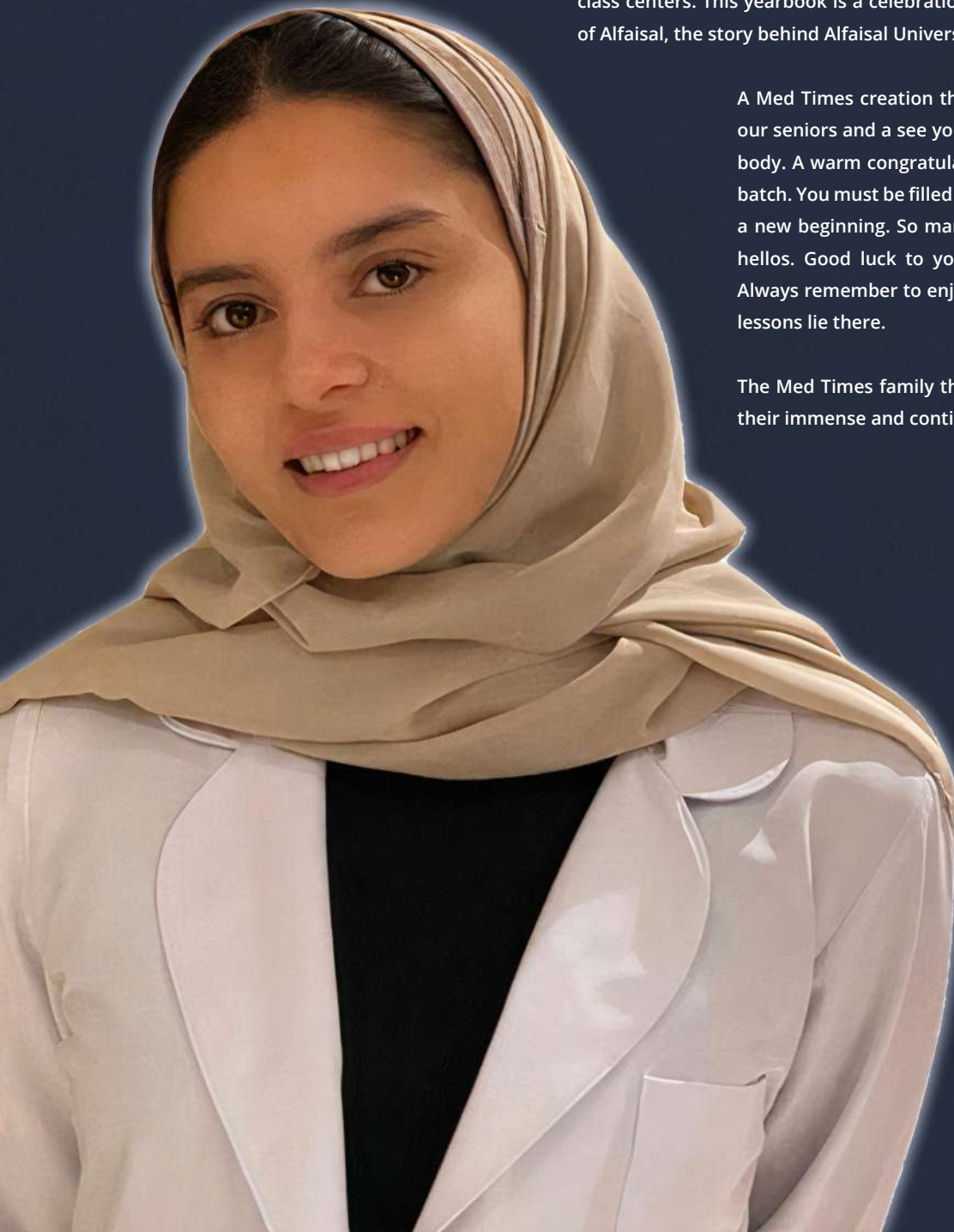
*You see a doctor walking down
the hospital hall,*

and to you, they are just that, a doctor. You see a student studying at the library, and to you, they are just that, a studious student. You look at Alfaisal University from afar, and to you, it might just be another university. Little do you know that the doctor is also an athlete, the student is also a singer, and Alfaisal University has reached world rankings and is affiliated with world-class centers. This yearbook is a celebration of just that, the different faces of Alfaisal, the story behind Alfaisal University, and discovering much more.

A Med Times creation that provides as a grand finale for our seniors and a see you soon for the rest of the student body. A warm congratulations to our graduates, the 10th batch. You must be filled with mixed emotions. An end and a new beginning. So many goodbyes and yet many more hellos. Good luck to you all on your future endeavors. Always remember to enjoy the journey as all the valuable lessons lie there.

The Med Times family thanks the College of Medicine for their immense and continuous support.

Now let's uncover,
Raghad Hijazi



Meet the



Zainab Ifthikar
Director



Raghad Hijazi
Vice-Director



Raaina Mahevish
Co-ordinator



Momo Arai
Co-ordinator

Team



Mohammad Halawani
Head of Writing



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Head of Design



Miral Atout
Head of PR/Events



مُؤَسَّسَةُ مَلِكِ فَيْصَلِ الْحَزِينِ
King Faisal Foundation

THE SUCCESS STORIES OF MANY STILL ECHO OFF THE WALLS OF ALFAISAL. THOSE ACHIEVEMENTS AND THESE WALLS THEMSELVES WERE BUILT ON THREE KEY PRINCIPLES- FAITH, KNOWLEDGE, & PERFORMANCE.

THE KING FAISAL FOUNDATION (KFF) IS AN INTERNATIONAL PHILANTHROPIC ORGANIZATION ESTABLISHED IN 1976 WITH THE MISSION OF PRESERVING KING FAISAL'S LEGACY.

KFF HAS MADE MORE THAN JUST DREAMS COME TRUE, THEY'VE MADE GENERATIONS GROW, AND HELPED PEOPLE FIND LIVELIHOOD IN TIMES WHEN LIFE ITSELF HAD GIVEN UP ON THEM. SUCH IS THE GREAT BOUNTY THAT THEIR SELFLESS PHILANTHROPY HAS MANIFESTED.

IT IS OUR HONOR AND PRIVILEGE TO PRESENT TO YOU THIS FIRST-EVER, SIT DOWN INTERVIEW OF MED TIMES WITH THE ESTEEMED SECRETARY GENERAL OF KFF, HH PRINCE BANDAR BIN SAUD BIN KHALID.

With HH Prince *Bandar bin Saud bin Khalid*



The work being done at the King Faisal Foundation (KFF) is truly phenomenal. It has allowed youngsters like us to dream and achieve. **We would like to start off by asking for a brief introduction on Your Highness's role at the Foundation and on the establishment of Alfaisal University itself.**

I am the Secretary General of King Faisal foundation, and I have been entrusted by the Board of Trustees to manage the day-to-day work of the foundation. This includes two sides: the philanthropic side and the investment side. I've been in this post since 1993; however, I joined the foundation initially in 1983. So, it has been almost 40 years now.

The university has been in the minds of the Board of Trustees since the inception of the foundation itself. And therefore, if you go back and read the bylaws of the foundation which came out with the Royal Decree, you will find that one of the goals stated is establishing universities.

HRH Prince Khalid Alfaisal, who was the managing director of the foundation and the CEO of the KFF, had the dream of building a university from the very beginning. At that time, the laws in Saudi Arabia did not allow for private universities. The first step was a private college that we started in Abha, which inspired the idea of a fully-fledged university. Hence, that was when we thought about Alfaisal University. I, along with others, were entrusted by the Board of Trustees to establish Alfaisal University.

We formed multiple committees to help set it up. We embarked on a world tour to the United States and Europe to visit some of the top international institutions. We managed to not only gain knowledge, but also to create lasting relationships with faculty members and top-class administration teams.

Stevens Institute of Technology in New Jersey was amongst the first ones who became an integral part of the team that established Alfaisal. We visited Harvard University and formed a relationship between Harvard medical school and Alfaisal University. In addition, during our international trip, we met with great minds like the faculty of MIT and Cambridge. At the end of the trip, we formed a core team of eight members; half of whom were from MIT and the other half was from Cambridge. Between Harvard and this core team, we went on to establish the first three colleges: Medicine, Science, and Engineering. We also had a local team here that worked with Stevens to establish the College of Business.

Then Alfaisal was launched with these four colleges.

Dr. Khaled Al-Kattan was a member of our initial College of Medicine team, and he is still with us today, thankfully. He was the first dean of the medical school and now he is also the Vice President of the university. My role was to lead the core team in the establishment of the college, formation of relationships, setting of laws and bylaws, and finally forming a system that we could take to the Ministry of Education. A private university was a new experience for the Ministry of Higher Education at that time and it wasn't easy at all, but it was a learning curve for both of us. There were no bylaws for private universities to guide us, so we had to come up with our own and then the ministry had to come up with something generic for all of the universities; to match the two took a long time.

The King Faisal family donated the palace to the King Faisal Foundation and then the board of the Foundation decided that this is where the university should be. Next to the palace, we built Alfaisal campus. We were also pioneers in another sense; we introduced the first ever co-ed education in Saudi Arabia and I believe till now it is the only university with co-ed. So, we had to be creative, we wanted to provide young women with the same quality of education which the young men received and to ensure that they were equal in every sense. Hence, we came up with the idea of having classrooms split into two levels in order to meet the laws. Students were all in the same class, learning from the same professor, but just on two different floors. It was a challenge, but it was achieved.

After that, we had to choose the people who were going to be part of the university. One of the first individuals that joined us was HRH Princess Maha bint Mishari. Thank God, today, we're sitting here, talking about it, and we can see the results. It is something that we are all proud of. This wouldn't have been possible, if it weren't also for the quality of students that we have.

At the end of the day, buildings and all other resources don't mean anything. They are just a means to allow for a good education to be practiced. The core of any university is excellent faculty and students.

We only see the success story in front of us, but the herculean efforts that went into building this success remain unknown to many, and people are eager to hear them in your own words. **What was the initial vision that KFF sprouted on and what was the motto that it stood for?**

When I met with the Minister of Education at that time to try and get more independent bylaws for the university, he asked me, "why do you need that?" I told him,

— “

"YOUR EXCELLENCY, WE DON'T WANT TO SOLVE THE ISSUE OF THE NUMBER OF STUDENTS IN THE KINGDOM. WE'RE NOT HERE TO JUST BUILD ANOTHER UNIVERSITY. WE'RE HERE TO BUILD A DIFFERENT UNIVERSITY. WE WANT TO SHOW YOU A DIFFERENT KIND OF EDUCATION, AND TO GIVE STUDENTS IN SAUDI ARABIA AN ALTERNATIVE."

” —

If we were to simply build a cookie cutter university, it'll just be duplicating what was already available. We can all generate new ideas and learn from each other; and that can only lead to elevating education to a higher standard than what we have right now. The main goal for us is to reach the highest possible level of education that we can offer. Quality is the main goal.

The student is the core of the whole university and that's why we say Alfaisal is student centered. We don't want it to have a one-way teaching system, we want to foster creativity and research.

When I went to Harvard Kennedy School of Management, the Dean asked me, "what kind of faculty are we looking for?" I told him:

"I don't want to hire faculty that will teach from the books. I want to hire the faculty who wrote the books."

It's very important that we graduate leaders, not employees. People who can create jobs, not just fill them. Our country is young, but it has huge potential. With the right education, equipped with the most brilliant youth, there is no limit to what we can achieve. We just need to provide them with the right tools to excel.

KFF has given the opportunity for 100s, if not 1000s of students to prosper and through the KFF's philanthropic endeavors you've touched so many lives, not just in Saudi Arabia, but even across the globe. How does that feel, Your Highness, to have transformed so many lives?

Well, that's our motto, setting trends, touching lives. We think that we can still do more; there is no limit. And the need is much larger that we will always look for new ways in which we can serve societies and improve people's lives be it young, old, men, women, or children, especially in developing countries.

The King Faisal Foundation has an international reach and is not limited to Saudi Arabia. We take our goals from the late King Faisal. If you go back to his history, a video shows he was asked in an interview, "where do you see Saudi Arabia 50 years from now?" He said,

“

"أتمنى أن تكون المملكة مصدر إشعاع

للإنسانية"

”

Which translates into: I hope Saudi Arabia will become the source of enlightenment for all humanity. For us, that's a mission, and we strive to do different things to achieve that for the Kingdom of Saudi Arabia and from Saudi Arabia. We believe that education is the agent of change. If you want to accelerate a society's progress, you have to provide it with proper education. So that's how we do it. This is what we aim to continue to do. This will forever be the foundation's aim for hundreds of years to come. We're all not going to be here, but the foundation will be. We wish to leave behind something that is sustainable and long term that never veers from the goals that it was established for.



If we take a look at Alfaisal University as an institution, it has grown in terms of its research and world university rankings. More importantly, it's a very unique university providing extracurricular activities to even medical students. **How do you feel when witnessing Alfaisal's growth across these years?**

I feel very proud. It's the students of this university that have made this possible. It's not only the growth; it's also the achievements and recognition that they have earned. This university is really young. For us to achieve such accomplishments in such a short period of time is truly remarkable. We are now number one in the Middle East especially in terms of the College of Medicine. This is something I have been humbled by and I thank everybody, especially the faculty and students at CoM, for contributing to this growth. Part of the success is also because of the rigorous acceptance policy of the university; we concentrate on accepting excellent students that are able to contribute to their community. In order to achieve that, we introduced the King Faisal Foundation Scholarship Program.

**WE DON'T WANT ALFAISAL UNIVERSITY TO BE FOR THE
FINANCIAL ELITE; WE WANT IT TO BE FOR THE INTELLECTUAL
ELITE.**

We want those who excelled in high school and don't have the financial means to have a chance at attending an excellent university like Alfaisal University.

If they cannot afford it, we will pay for them to get a good education.

We have also equipped our students with the skills they in order need to succeed internationally. Around 30 of our graduates this year are in American fellowship programs. Last year, we had more students going abroad; about 39 out of 43. So, I'm very happy. However, happy doesn't mean we stop here. We have to aspire for more. Because if you stop, you die; you have to continue achieving more. Your ambition should always be higher than where you are today. That's how we continue excelling. It is easy to get to the top, but it's very hard to stay at the top. So, we still have a lot of work ahead of us. Not only us, you too; we hope together we can continue this journey forever.

I'm one of the final year medical students graduating this year. Along with me, there are many future physicians, pharmacists, scientists, engineers, and the future visionaries of the Kingdom of Saudi Arabia. What are your expectations of the graduating students from Alfaisal university?

Well, first of all, we expect students to go back to their societies, wherever they are, and to serve them. That's the only condition we have for the scholarship program. As this program is international, we have students coming from different parts of the world. Their family, university, and society have provided for them all their life; now they are ready and it's their duty to give back to their societies.

The question is, what do you want? What do you want for your society? How do you want the place you live in to be? Don't you want good schools, hospitals, roads, services, and a good life for you and your kids? If you want that, then start working on it. Do your part; your small part coupled with his small part and her small part will make a dramatic difference.

Your Highness, as you mentioned, the King Faisal Foundation has accomplished so much already and has touched so many lives. Concerning Alfaisal University specifically, what are some future plans that you have in place for it?

As of now the main goal is to reach a state of balance. We're still expanding and adding new programs. The next step would be expanding to other areas in Saudi Arabia. Having said that, our aim is not the quantity but the quality of the university.

For example, if you go to MIT, it hosts 4000 students. It's exactly where we are today. Another aim is to put more money into research and have more labs. We want projects that can help solve problems in Saudi Arabia.

For example, the Kingdom gets almost all of its water from desalination. Why not explore a more affordable method of doing so? Another important area to research is sustainable clean energy. As a university, we need to start tackling such issues involving the colleges of engineering and science. The college of Medicine should shed light on prominent health problems, like cancer and obesity and attempt to address them. I truly believe that we have the faculty and the students that can accomplish such goals.

Looking at all that you have accomplished at the King Faisal foundation, **what is one accomplishment that you hold near and dear to your heart and why?**

Alfaisal University is definitely at the top. There are also other projects in Saudi Arabia, like Al Habala project, which was a very important project. We went to areas where there was near to nothing and created educated communities. In Al Habala, the people used to live on the side of a mountain and to reach their houses by climbing down the mountain with ropes. King Faisal Foundation built a village at the top of the mountain for them. We moved their houses out of the valley, and the newly established town was provided with all the services they needed, including clinics, small schools, social services, and fire services. Years later, these villages now have professors and universities. The foundation also built a cable car to go from the top of the mountain to their old houses. By doing so we were able to convert that society from a stagnant one to an active one that is now giving back. This is the transformation we're looking for. These projects are very dear to my heart because we did not go and just build things; we actually transformed people from one state to another, making them active members of the society. They now have a decent lifestyle and are very well educated. Another very special project is Alfaisal Scholarship program.

Three special words, faith, knowledge and performance. These three words were chosen to represent the university. Why were these three specific words chosen?

Because those were the words of King Faisal. We took the three pillars and made them our motto and goal. Education is the best way to do it. Hopefully through the upcoming generations, this goal will become a reality

If you were to give one piece of advice to the future generations, what would that be?

Two things. First thing is faith. Don't move away from whatever your faith is. For us, in Saudi Arabia, of course, it is Islam. Nowadays, it is easy to stray away from your faith. The second one is hard work. Work hard for whatever you believe in. Work hard for your country, work hard for your family, and for yourself. If you have the faith and you work hard, you will go places and reach farther heights in life, and you will achieve worthwhile goals and ranks.



Interviewed & written by: Zainab Ifthikar & Raghad Hejazi
Photography by: Mylia Abu-Shaar
Designed By: Mayar Amboun



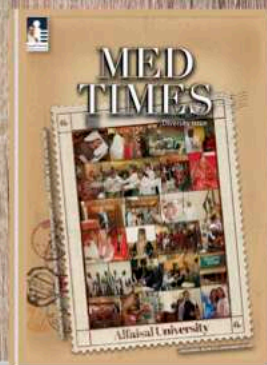
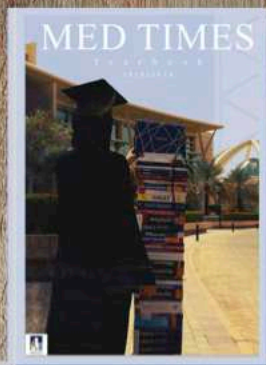
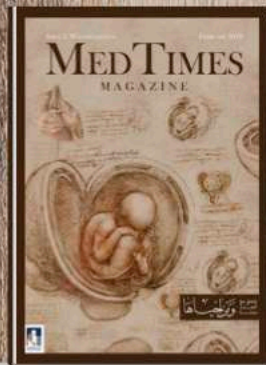
مُؤَسَّسَةُ الْمَلِكِ فَيْصَلِ بْنِ خَلِيفَةَ
King Faisal Foundation

History of



Med Times

SINCE 2009



DESIGNED BY MAYAR AMBOUN

WHY

Written by: Dareen Alshehri

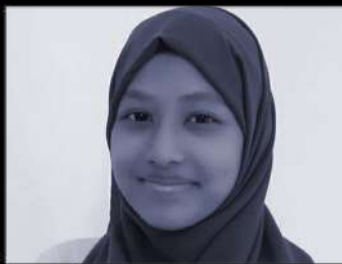


Alfaisal?

Why Alfaisal? A question asked with every incoming and outgoing batch, yet it never gets old. Being a student of this university, I was inquisitive to hunt for an answer; so, I set out on a quest to find out what makes us outstanding in the eyes of our fellow student body. Through this series of sit-down candid interviews with Med Times, I met up with 10 students from 4 different colleges here at Alfaisal to help form a collective answer to this one BIG question.

A large, stylized pink heart shape is centered on the page. A pink stethoscope is superimposed over the heart, with its two earpieces at the top and its chest piece at the bottom. The text "College of Medicine" is written in a white, elegant script font, centered over the heart and stethoscope.

College of Medicine



Students: Payam Amin Saydo, Alaa Hamad, Momo Arai, and Alwalid Hejazi

What drew our students to Alfaisal? The interview commenced with Alwalid saying that he had witnessed his older siblings grow up on our campus, experiencing education, friendship, and growth. He wanted to pursue that life for himself as he sought true community and partnership through learning. Payam expressed that she had always been interested in research, and was fascinated by the opportunities our university served that allowed students to prosper in gaining a sound background through research and experimentation. In addition, our university ranks high in the number of medical graduates that are matched into U.S residency programs, which further drew her to join Alfaisal. On inquiring Momo about what she thinks makes our community unique, she beautifully mentioned how the MSA has taught her the true value of working together as a group to reach a certain goal. Whether it was the alumni or other students helping, you truly feel at home and find your true passion through teamwork.

Payam described how her journey at Alfaisal had started through the CVP block, and how she had learned through the tribulations of a new and competitive environment, how to maintain patience and perseverance. She emphasized her likingness for challenges, and how it has gotten her very far in her journey. Alaa stressed on how her experience as a medical student helped her acquire many skills through academic learning and extracurriculars. She highlighted how the uphill battle was -and still is- worth it. I was interested in knowing if any of the students had an experience that had solidified

their experience on campus subjectively. Premed, for Momo, was incredibly constructive and helpful as a freshman, so much so that she volunteered to be a part of the team the following year.

How has our university helped them prepare for the world of work? Having started her clinical years, Alaa drew the comparison between our academic environment and the hospital environment as one that was similar, yet still required vital preparation, as managing workload and exercising critical thinking are essential to both. She placed emphasis on the Professional Skills course, as she credits it for being one of the most beneficial and eye-opening courses she has taken. She learned how to deal with patients, their mannerisms, and how to reach a differential diagnosis professionally.

Our services in Alfaisal are also known to be exceedingly exceptional. Astonishingly, all the students mentioned how our university's subscription to Amboss, the universal medical library, had contributed to a lot of the assistance they needed. They mentioned being equally proud of the impressive rankings that the College of Medicine has acquired and the endless opportunities it offers to perform research both locally and abroad. Lastly, I wanted to know how each of them would describe Alfaisal in one word. Momo and Alwalid used the word diversity, while Alaa said opportunities, and Payam, unity.



College of Pharmacy



Students: Areeg Majdi Abumostafa, Raghad Alamodi

What drew our students to Alfaisal? Academically, for both Areeg and Raghad, being intrinsically involved as students in a new college has been refreshing for them. Our faculty is proficiently sharp and helpful. Paying credit to the faculty and the practice they have achieved over the years, Areeg expressed how the feedback they constantly receive as students from the doctors they train under, has been incredibly pleasing to hear and inspiring to continue their hard work.

How has our university helped prepare Pharm.D students for the world of work? For Raghad, the integrated blocks that correlate pharmacology with therapeutics and treatment, which she studied during her 4th and 5th years, have been especially helpful. She stressed the importance of case-based seminars and presentations, which she experienced during her 5th year and internship as part of the routine and very demanding. Luckily, for Areeg, she also had the opportunity to visit the United Kingdom during her UPP year under a College of Pharmacy program, as part of a summer course in Forensics. She got to explore the different options of work and the variety of Master's programs for Pharm.D graduates. Raghad and she proudly described the atmosphere at Alfaisal as being one that consolidates both knowledge and practice from an early stage. Raghad highlighted that the unique clubs and associations at our university have been pivotal in shaping every student's experience and individualistic personality. Assigning a lot of the credit to the Pharmacy Student Association (PSA), community training opportunities, and conveying what they have learned to other students, has collectively guided them towards their future in the pharmaceutical industry. Furthermore, serving as the second president of the PSA, Areeg, filled me in with all the latest updates on

their work. Despite being a fairly new association, they are operating at full capacity and are recruiting Medical and Pharmacy students from all academic years. They have collaborated with many pharmacy clubs from multiple universities, including Princess Noura University. They have also been approached by King Saud University and Almaarefa University's pharmacy clubs to host events and form beneficial alliances. Areeg goes on to thank Dr. Nahla Aldahian and Dr. Sarra Zarea for their continued support and describes how they both have been substantial components of her success, enthusiasm, and passion, crediting them for shaping the person she is today.

Raghad shared that she had always been interested in chemistry from a young age. In regards to her graduation research, she described how it had been a struggle for her to search for a preceptor to help her integrate pharmacy, her specialty of interest, and nano-chemistry into one project. By the end of it, she was appreciative of the fact that she was finally able to bridge her two favorite worlds. Lastly, they both were ecstatic in sharing how the College of Pharmacy's Dean, Dr. Manal Alem, has greatly influenced them in carrying forth the knowledge they gained over the years to the external world by participating in clinical competitions like SIPHA (the Saudi International Pharmaceutical Sciences Meeting and Workshops), which benefit both patients and the community as a whole.

To describe our Alfaisal community in one word, Raghad said it was diverse, and Areeg described us as dedicated. Being a CoP student myself, conducting this interview with my fellow senior colleagues has been delightful. Watching how fruitful their journey so far has been, will continuously spark my passion for my field.



College of Engineering

A large, stylized graphic in a light pink color that combines a gear shape with a circuit board pattern. It features a central gear-like structure with various lines and circular nodes extending from it, resembling a complex engineering or electronic design.



Students: Tareq Alsagga, Dana Kharrat

What drew our students to Alfaisal? Dana stated that our excellent academic reputation drew her to join our community. As for Tareq, he expressed that there was always something so unique about being an Alfaisal student. We proudly watch all our graduates excelling in their field and standing out to employers in various industries every year. He quoted: "You can spot an Alfaisal graduate in a room full of students." Upon further questioning, Dana mentioned what she thinks stands out the most in our community is how multicultural we are, and how we all come from different cultures, yet still possess a common mentality when working towards our goals.

How has our university helped prepare them for the world of work? Tareq strikingly answered by expressing that he is confident in any industry he works in, giving credit to his experience as a student and as the president of the Capture club. The workload of their projects is justified as they are applied to real-life scenarios and presented to prestigious companies and professors; equating the amount of academic learning to the amount of work and practice gained. Dana and Tareq both emphasized the significance of joining a club, working with students from different backgrounds, and resembling real-life endeavors between companies. Students are also allowed to access labs and resources once they are finished with a certain course and use it for their personal knowledge, making space for more self-based learning. Dana shared that our university also requires engineering students to do an 8-12 week internship during the summer of their 3rd year. Amazingly, the faculty can apply on behalf of their students to local and international reputable companies to gain experience and get a taste of what their future holds. If they are lucky enough, students can also secure

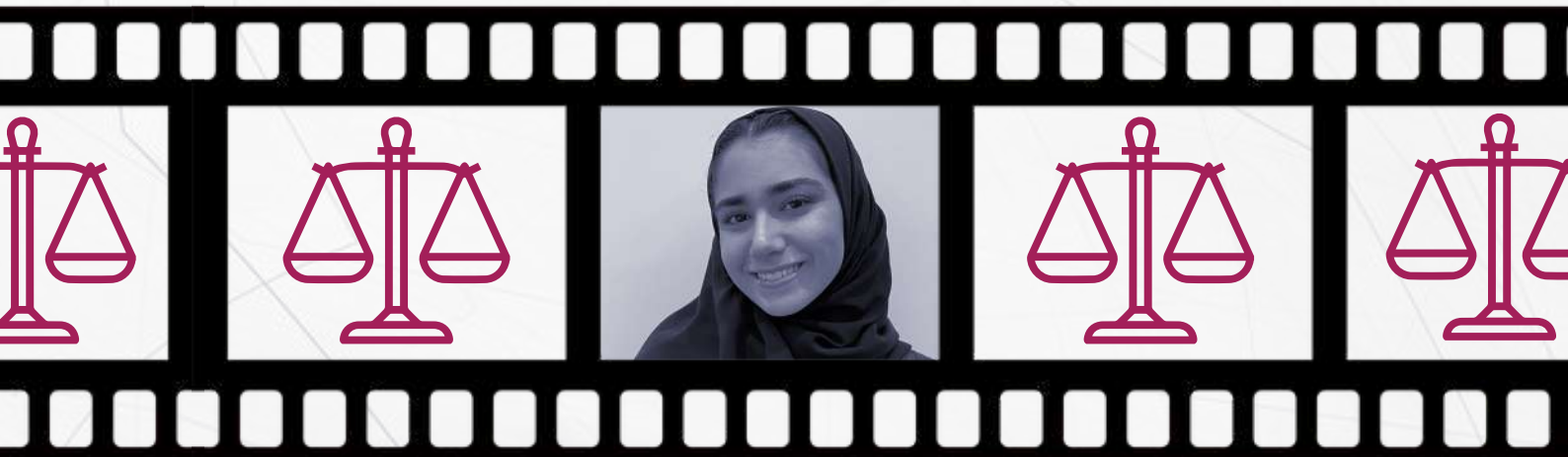
a job at those companies once they have graduated, and earn an abundance of work experience first-hand.

Dana sincerely and proudly described her vulnerable journey from being an introvert, to slowly developing skills and a love for socializing with people as time passed by, saying that she now completely fits into such a diverse community. As for personal experiences, Tareq shared that a milestone for him was taking over Capture. He learned how to organize various events, manage a budget, and form executive relationships. Remarkably, two years later, Tareq has started his own media production agency, describing it as a tipping point for himself.

Lastly, I wanted to know how Dana and Tareq would describe Alfaisal in one word. Dana said eventful, and Tareq said exquisite.

Students from the College of Engineering are known to be creative, smart, and confident. We are infinitely proud to host and represent such advancement and originality in our university.





Students: Sireen Sandokhji, Mishael Alsaif

What drew our students to Alfaisal? Mishal had already done pre-courses at our university during his high school years, and hence, had an eligible background on how our campus operates. "Personally, I think it is the best university in Saudi Arabia," says Mishal.

Sireen was drawn to the idea of joining our new law-school program, being among the first batch along with other students who were looking to find a career in law and pursue their dreams at Alfaisal. Along with others, the idea of being a new student at a top-quality education facility certainly appealed to them. Sireen describes her journey -thus far, being a freshman- as one that had its own set of ups and downs in the beginning, but upon adapting to our elements and climate, she kept up her passion for learning and has grown accustomed to her fellow colleagues. They both highlighted the fact that the pandemic had altered their experience going from a traditional high school to a university pathway, but made their acquisition for transitioning all the more enlightening.

What opportunities or services are unique at Alfaisal? Mishal pointed out that the College of Law's education system allowed them to study constitutional and criminal law based on examples illustrated by the United Kingdom's law system. Sireen further emphasized that it also allowed them to study international law and relations in tandem with studying our country's law and government. They applauded the College of Law's efforts by expressing how their dean has been greatly resourceful and always accessible to their batch. With plenty more to discover, Sireen was surprised at how our university carries and supports multi-faceted clubs, claiming she was overwhelmed by attempting to choose just one club that appealed to her. By the end of her first semester, she decided to join Model United Nations as

she thought its debate aspect went hand in hand with her field.

As Sireen and Mishal are both growing familiar with our campus, I wanted to know if they've had an experience that has shaped their first year at Alfaisal. For Mishal, he is thankful that his professors are regularly checking up on him and uplifting his spirits both, inside and outside of class. Sireen bravely opened up about experiencing an ADHD diagnosis while learning to simultaneously keep up with her studies. "With support from my family and friends, I learned that I am not lesser than, just different than my peers. I always try to do my best despite my struggles. ", she quoted. Both Sireen and Mishal are confident in the relationships they have formed with their faculty and are always persuaded by them. They hope to see their newly budding college grow and flourish in Alfaisal, as it surely will.

Mishal described being an Alfaisal student in one word, and with a broad smile, he said proud. Sireen translated our university into the word inimitable (meaning, it is so unique that it is almost impossible to copy).

We hope to see our future lawyers prosper and accomplish their various duties to serve our country and bring back pride to our University.



Dr Akef Obeidat

The Backbone of MSA

DESIGNED BY RUSHDAN FIRDOUS

Dr. Akef Obeidat is the faculty mentor and supervisor of the Medical Student's Association (MSA). He has been leading the MSA since 2012 and has stood by it through thick and thin, being its guiding light and backbone.

He ensures the smooth running of all MSA activities, including supervising the MSA board election, discussing and approving the team's future plans for serving the student body, and providing insight on how the system should work to maximize efficiency & efficacy. Over the years, Dr. Akef has played a pivotal role, taking time out of his busy schedule to meet with students regularly, looking at the MSA's action plans, as well as post-event analysis. Additionally, he has also been coordinating on the organization's behalf with other colleges, deans, faculty departments, I.T., and finances to secure all the necessary support they seek. In Dr. Akef's heartfelt words, he says: "I am always here for the MSA if they need anything."

During this interview, Dr. Akef recounts some of his fondest memories in the MSA. He started with the AMEE conference in Glasgow, where our medical students presented 25 posters and won several awards. Another cherished one was hosting the Saudi International Medical Education Conference 2016 (SIMEC) at Alfaisal. In addition, they also hosted the council of deans for all medical schools in the Gulf region with 66 international and national speakers, transforming Alfaisal into a landmark. He recalls how the event received support at all levels, and it was the talk of the town at that time. This was also around the time when the first-ever Alfaisal Cultural Day event was hosted in parallel to the conference, an idea that was founded by Dr. Akef himself! That tradition is still being carried forth by the MSA annually to date.

Dr. Akef urges students to join the MSA as he views it as our duty to contribute to the Alfaisal community and a great avenue to acquire soft skills that cannot be learned buried behind a book. It gradually chisels and polishes the individual into a physician and leader by exposing them to work-life balance, leadership opportunities, and teamwork. He advises 1st years, who might be apprehensive, to take their first semester to acclimatize academically and socially before joining the MSA in the forthcoming semesters, because it is sure worth joining.

Ending on a touching note, Dr. Akef says that he is infinitely proud of all the MSA's achievements from the time of its inception: the International office with its SPIRIT program sending over 500 students across the globe for research, MSA events that keep the students engaged year-round, treasury for finding sponsors to support such events, P.R. that echoes the voice of MSA, G&D and Academic Aid who advance academic growth, Q&S for ensuring quality control, and the presidential office for overseeing the MSA's work. He also highlights his delight at seeing the monumental progression of Med Times from being a newsletter of a couple of pages to what you see today- a distinguished magazine in terms of its innovative contents and the people who contribute to that.

Dr. Akef finally wishes to thank the leadership of the University: the president Prof. Mohamed Al Hayaza, HRH Princess Dr. Maha Bint Mishari Al-Saud, our dean Prof. Khaled Al-Kattan, and the facilities and I.T. department, in particular Eng. Malek and Eng. Abdullah Shah, for their constant support in driving MSA to its final destination. However, he still believes that this will always be a journey without a destination, continually generating a momentum of success.





An Insight into the CoE

DR. MUHAMMAD

ANAN

Dr. Muhammad Anan is the Dean of the College of Engineering at Alfaisal. In this feature, MedTimes had the honor of interviewing him, where he gave us a glimpse into the College of Engineering as well as its activities and student accomplishments.

WRITTEN BY TEHREEMAH RAZIQ & DESIGNED BY RUSHDAN FIRDOS

Dr. Anan graduated with a B.S. degree in Computer Engineering from King Fahd University of Petroleum and Minerals (KFUPM) in 1997. He then migrated to the United States where he received a Masters in Electrical and Computer Engineering from the University of Missouri in 1999 and a Masters in Software Engineering from Kansas University in 2003. While working in Sprint and IBM, Dr. Anan completed his Ph.D. in Computer Engineering and Telecommunications Networking. In 2008, Dr. Anan transitioned into academia, teaching first at Purdue University Northwest for 6 years and then at Alfaisal University in 2014. During his tenure at Alfaisal, he was first an Associate Professor in Software Engineering, following this he became Chair of the same department, he then took on the role of Vice Dean of Student and Academic Affairs of CoE, and was eventually appointed the Acting Dean of CoE in the year 2017.

Dr. Anan tells us about the development of the CoE and its curriculum. The college was started in the same year Alfaisal University was founded, in 2008. It commenced with 3 departments - electrical, industrial, and mechanical engineering. In 2009, the CoE witnessed the implementation of two more departments, architecture and software engineering. Throughout the years, the college's student population has expanded from 21 to 780 students. The College of Engineering has an Advisory Board of 25 members (The Shell Company, Boeing Saudi Arabia, SABIC, and King Saud University to name a few) that represent all 5 departments from software to mechanical engineering. By maintaining affiliations with these members, it is ensured that the college's curriculum is aligned with industrial needs and job market demand. The companies also offer

summer internships and eventual employment as well as provide feedback to the college on the student's overall level of competency relative to their industry.

The curriculum helps students choose a field of specialization through summer internships conducted before their final year. Consequently, when the students begin their senior year they'll be introduced to concentration tracks. The first concentration track was implemented in software engineering with courses such as Artificial Intelligence and Cybersecurity and has been the track with the most demand. The department of Electrical Engineering offers three tracks: AI & Robotics, Renewable Energy, and Innovation & Entrepreneurship. The architectural engineering track offers courses on sustainable development and construction management, while tracks for industrial and mechanical engineering focus on advanced manufacturing and digital design also known as Industry 4.0. In addition to its interesting curriculum, the college boasts many achievements. It was the first-ever college at Alfaisal to receive international accreditation with ABET (the Accreditation Board for Engineering and Technology). Moreover, its student cohort is very active in the form of clubs, community service, and research. Recently engineering students presented 6 papers at an international conference in Spain and have also participated in Alfaisal's Annual Research Day. A few months ago, students were awarded first place in the Hackathon organized by PwC. The college is also famous for their manufacturing of several cars such as the fuel-efficient car made for the Shell Eco-marathon, which is displayed on the ground floor of the university. These cars are part of the graduation project (Capstone Project) where students run the whole process of design, simulation,

fabrication, and implementation. The processes of building all parts of the car from the carbon fiber-based body to tuning the engine in Alfaisal's state-of-the-art labs, take students at least a year to complete. The recent solar car for instance took 4 years to build and was invited by the Saudi Motor Commission and Ministry of Culture to an exhibition during the Formula 1 races in Jeddah last year. Students have also built a Formula Student car which participated in Silverstone UK winning the Team Spirit Award. The college plans on developing another formula racing car and introducing a hydrogen-based car both of which are going to be enormous milestones.

Additionally, the college hosts the Engineering Design Expo & Boeing competition twice a year where students present their Capstone projects and research posters.

Finally, we asked the Dean for a message to share with our student body. He wants us to always be a part of what's going on - to develop our technical and interpersonal skills and not just focus on the curriculum. Participation in various activities and competitions help develop soft skills such as management and team building while being excellent opportunities to fuel creativity and innovative minds. Dr. Anan urges us to take full advantage of all the resources and opportunities provided by Alfaisal University. Dr. Anan also commented on how the faculty at Alfaisal have an open-door policy and are always happy to help - we are encouraged to seek their guidance and advice.

We thank Dr. Anan for his valuable time and insight. It has indeed been an honor to have him featured in this month's issue.

NEW
ISSUE

ALFAISAL ALUMNUS WINS THE OSLER CUP



Dr. Omar Ahmad Khdeir is a graduate of the 6th batch of the college of medicine at Alfaisal. He is currently a 2nd year Internal Medicine resident at East Carolina University in North Carolina, United States.

During his time as a teaching assistant at Alfaisal, Dr. Khdeir has been an extraordinary educator to his students and an even more supportive mentor. He has a gift of simplifying any complex topic into a digestible format and goes above and beyond to devise new teaching methods to get the message across. In his PRO classes, he used to pull up UWorld questions as soon as he finishes teaching the physical examination skill for that particular topic and this teaching method easily hit a home run amongst many of his ardent listeners.

In recent times, Dr. Khdeir has added a feather to his cap by winning the distinguished

**American College of Physicians
Doctor's Dilemma competition.**

This is the biggest Internal Medicine knowledge-based competition in the world. It brings together some of the brightest residents from across the globe in a friendly but highly competitive environment.

Each training institution nominates three of its residents to form a team to compete at the state/regional level. Winning teams then advance and represent their state in the international championship. The competition layout is similar to the famous TV show Jeopardy, where each game consists of a set of questions that teams can answer by buzzing in first; depending on their answer they either gain or lose the points assigned to that question. Finally, each team must wage from their collected points before they see the final dilemma question. Team members write their answer on a piece of paper and if they get the answer right, they gain the waged points or otherwise they lose them.



Their journey started by winning the local chapter competition after which Dr. Khdeir became the captain of the North Carolina team, and with two of his colleagues, Dr. Swethaa Manickam and Dr. Alex Bradu, they competed against all the training institutions in the United States, Canada, Central America, and the Caribbean in a three-day competition.



What ensued after that comes as no surprise, they won first place and were awarded the Osler Cup, securing their names in the history of the American College of Physicians.

When asked about what he loved about the event, Dr. Khdeir said, "before the final round I told Alex and Swethaa that I have already won two cups today- their company. They are an amazing couple, and I am glad to have met them."

We waged all our collected points in the final dilemma and got the question right. After we won, we took turns calling our parents on speakerphone. Seeing our parents and siblings proud and happy was the biggest award we got."

Even several years after leaving Alfaisal he continues to be an unforgettable TA to the batches he taught. When we asked Dr. Khdeir to share with us a special message from thousands of miles away, he fervently conveyed, "Do not sell yourself short, you can reach what you aspire for one day; help others and purify your intention. Recognition and awards will follow without you asking for them."

With his undying passion for medicine Dr. Khdeir, without a shadow of doubt, will continue to make us proud, and we pray that the Almighty will light up his path with everlasting wins.



Designed by: Mayar Amboun

**201–
250**

2022
Globally

TIMES HIGHER EDUCATION YOUNG UNIVERSITY RANKING 2022

1ST

ALFAISAL RANKED 1ST
IN KINGDOM OF SAUDI ARABIA
YOUNG UNIVERSITY 2022

1ST

ALFAISAL RANKED 1ST
IN ARAB REGION
YOUNG UNIVERSITY 2022

9TH

ALFAISAL RANKED 9TH
IN "THE WORLD'S BEST SMALL
UNIVERSITIES 2021"

MATCH22

447

MATCHED IN TOP
SPECIALTIES

774

ALFAISAL.COM
ACTIVE APPLICANTS
TO THE U.S. NRMP

MATCH RATES

63.5%

STUDENT NATIONALITIES
AT ALFAISAL

India	2.2%
Pakistan	2.4%
Yemen	2.7%
United States	3.0%
Egyptian	3.1%
Jordan	3.2%
Syria	10.0%
KSA	65.2%

College of Medicine

Affiliation

Academic Partners

Academic partnership with PHI Partners Healthcare International

Affiliated Hospitals: KFSHRC King Faisal Specialist

Hospital & Research Centre,

Security Forces Hospital, and King Saud Medical City

Collaborations

King Saud Medical City

King Faisal Specialist Hospital

Security Forces Hospital Program

Siemens Ltd

University Of Kentucky

George Washington

McGill University

Medical Board Of California

Arabio-Arabian Company For Pharmaceutical

Industries

Case Western Reserve University

Al-Amal Complex For Mental Health

BMG Foundation

The American College of Physicians [ACP]: Saudi

Arabian Chapter

The Miami Project To Cure Paralysis

The Texas A&M University System Health Science

Centre

Kaplan Higher and Professional Education's U.S

University Of Arizona - Mel And Enid Zuckerman

College Of Public Health

The Saudi Attention Deficit Hyperactivity Disorder

[ADHD] Society [AFTA Society] Horvath & Partners

Middle East GMBH

St. Boniface Hospital

Aldara Medical Corporation

Johns Hopkins Aramco Healthcare

National Board of Medical Examiners

University of Louisville

Syracuse University

Los Amigos Research Institute & Rancho Los

Amigos National Rehabilitation Centre

THE UNIVERSITY OF SHERBROOKE/Canada

Dr. Suliman Alhabib Hospital

GLOBAL HEALTH LEARNING OPPORTUNITIES

[GHLO®]

ISLAMIC MEDICAL ASSOCIATION OF NORTH

AMERICA [IMANA]

Memorandum of Understanding

Utah Valley University & AU

Rand Health and COM

Fraport & AU

Effat & AU

SHI Consulting

KSU dean of library & AU

SOIETZ & AU

KFSH&RC

KACST

SWCC & AU

CEREM & AU

Security Forces Hospital - SFH

Queen Mary & AU

Toulouse University

Queens College

UC Berkley

RTI [Research Triangle Inter.]

Discover Your Future With

Alfaisal University

57/43

FEMALE TO MALE
STUDENT RATIO

25 Degrees, 52% receiving financial aid 5 Colleges.

1/10

FACULTY TO
STUDENT RATIO

50+ Student Clubs & Associations

68/32

SAUDI TO INTERNATIONAL
STUDENT RATIO

200 Events Annually

44+

NATIONALITIES

4040 Students

A decorative geometric pattern consisting of interlocking squares and lines, rendered in a light gold color, located in the top left corner.

The Match '22

A decorative illustration of a branch with several elongated, pointed leaves, rendered in a light gold color, located in the bottom left corner.



Congratulations to our Alfaisal graduates for matching into top programs across the globe!

The students have never failed to bring pride to their alma mater, with this year holding one of the highest match record for Alfaisal.

Through this special feature of our matched graduates in Med Times, we wish to acknowledge and honor them for their great accomplishment. Thank you for inspiring our Alfaisal community time and again with your hard work and perseverance. We pray that the Almighty blesses you with continued success in every step of the way.



United Kingdom

Residency



Dr. Khulood Kuhiel

Internal Medicine
Worcestershire Acute Hospitals
NHS Trust, IMT-1



**Dr. Rana Abdalla
Mohamed Fayed**

General Surgery, Basildon and
Thurrock University Hospitals - Mid
and South Essex NHS Foundation
Trust, FY-2



Dr. Sarah Yusuf Hossain

Acute Internal medicine, SHO



Dr. Abdalla Ghazal

Internal Medicine
NHS, South Wales, IMT-1



Dr. Hanaa Fatoum

ENT Themed Core Surgical
Training
CT-1



Dr. Lin Tuleimat

Internal Medicine
King's College Hospital, IMT-1



Dr. Saad Mansoor

Internal Medicine (Cardiology)
SHO



Dr. Isra Syed Siraj

Trust Grade Core Trainee in
Spinal Injuries, Buckingham-
shire Healthcare NHS Trust



Dr. Vikram Kumar Rohra

Psychiatry
South London and Maudsley
NHS Trust, CT-1

SHO = Senior House Officer

IMT-1 = Internal Medicine training year 1

FY-2 = Foundation Year 2

CT-1 = Core trainee year 1

Canada

Residency



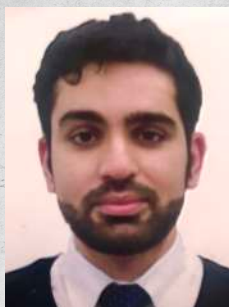
**Dr. Amal Abdulqeb
Mohammad Ali**

Family Medicine
Vancouver Fraser Program



Dr. Zahraa Qamhie

Internal Medicine
Western University



**Dr. Syed Ahmed
Neamatullah**

Family Medicine
Western University



Dr. Jumana Sarraj

Allergy and Clinical Immunology
Western University - London
Health Sciences Center

Residency



Dr. Abdullah Hamad Salim
Preventive Medicine



Dr. Ali S. Alzahrani
Paediatric Medicine, 1st Health Cluster, Riyadh



Dr. Aws Abdulrahman Ibrahim Alsuhaibani
Internal Medicine, King Fahad Medical City



Dr. Faisal Mohammed Alyahya
Internal medicine, KFSH



Dr. Faten Alsomali
OBGYN, KFSH



Dr. Hayfa Alotaibi
OBGYN, KFSH



Dr. Lama Aljuaidan
OBGYN, KFSH



Dr. Maha Alzahrani
Pediatrics, KFSH&RC



Dr. Nouran Al-Khairi
Pediatrics, KFSH



Dr. Rami Mohammed Alhayaza
ER, KFSH



Dr. Rula Sallout
General Pediatrics, Eastern Health Cluster-Dammam



Dr. Mohammed Taher Jawhari
Neurosurgery, KFSH

PhD



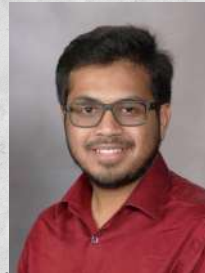
Dr. Reema Bassam Abu-Dawas
Delineating the role of posttranscriptional regulatory events in physiological and pathological processes, MD-PhD Program: Smart Health Initiative at King Abdullah University for Science and Technology



Dr. Mohammed Khalifa Drad AlEnezi
Regenerative Medicine and Bioengineering, King Abdullah University for Science and Technology (KAUST) Bioscience Program



Dr. Mohammed Soheib
Neuroscience (Sensory Perception)



Dr. Ismail Mohammed Shakir
Stem Cells and Regenerative Medicine, King Abdullah University of Science and Technology (KAUST) MD-PhD Program

Germany

Residency



Dr. Mussab Chaballout
Orthopedic surgery and rehabilitation

UNITED STATES

RESIDENCY



**Dr. Abdelrahman
Elfaham**
Neurology
Henry Ford Hospital (Detroit,
Mi)



**Dr. Abdulelah
Almanie**
Emergency Medicine



Dr. Abeeda Anjum
Internal Medicine



Dr. Ahmad Al Homaïd
Internal medicine - Categorical
Trinity Health Mid-Atlantic,
Nazareth Hospital



Dr. Aida Ali Saad
Internal Medicine
Hospital: UMASS Chan
Baystate



Dr. Amal Farouk
Anesthesiology



Dr. Amani Elshaer
Internal Medicine
Mayo Clinic - Arizona



Dr. Amr Jijakli
Neurology



Dr. Anas Al-Suraimi
Internal Medicine
Henry Ford Hospital, Detroit



Dr. Areej Rahman
Internal Medicine
University of Alabama at
Birmingham - Montgomery



Dr. Aseel Alfateyeh
Internal Medicine
St. Vincent Hospital Program



Dr. Dalia Siriwi
Internal medicine
University of Wisconsin
Hospital and Clinics

UNITED STATES



Dr. Ahmed Al Shaer

Internal Medicine
University of Wisconsin
Hospitals and Clinics



Dr. Anas Idris

Neurology
Henry Ford Hospital



Dr. Fareeha Abdulwali

Internal Medicine
University of Alabama -
Montgomery



Dr. Feras Jazaeri

Neurology
Geisinger Health System
(Danville, Pennsylvania)



Dr. Fouad Yousuf

Internal Medicine
Ascension
Providence/MSUCHM



Dr. Hamad Althumairy

Internal Medicine



Dr. Hussam Al Hennawi

Internal Medicine



Dr. Joud Enabi

Internal Medicine
Texas Tech University Health
Sciences Center



Dr. Judy Alrukby

Internal Medicine
Lahey Hospital & Medical
Center, Burlington
Massachusetts



Dr. Khaled Abdullah

Internal medicine
University of California, San
Francisco/ Fresno



Dr. Maan Awad

West Virginia University
Internal Medicine



Dr. Maya Talal Soufan

Pediatrics
Beaumont Health Royal Oak

RESIDENCY



Dr. Mohamad S. Abdaljabar

Internal Medicine



Dr. Mohamed Alashwal

Adult Neurology
Yale University



Dr. Mohamed Iesar Mohamed

Internal Medicine
University of Maryland Medical
Center - Midtown Campus



Dr. Mohieddin Albarazi

Internal Medicine
Creighton University
(Phoenix, Arizona)



Dr. Safia Mohamed Ali

Internal Medicine
Hennepin County Medical
Center



Dr. Susan Alideeb

Internal Medicine



Dr. Talal Almasri

Internal medicine
Hennepin Healthcare



Dr. Tarek Alsibai

Spectrum Health/Michigan
State University
Internal medicine



Dr. Ommaya Maimoona

Internal Medicine
University of Alabama at
Birmingham, Montgomery



**Dr. Ragaa Osama
Elkabbani**

Pathology



Dr. Wassel Sanaa

Internal Medicine

FELLOWSHIP



Dr. Khalid Jazieh

Hematology / Oncology
Mayo Clinic, Rochester
Minnesota



Dr. Ibrahim Muhsen

Hematology & Medical
Oncology
Baylor College of Medicine,
Houston, TX



Dr. Haneen Salah

Anatomic and Clinical
Pathology
Houston Methodist / Weill
Cornell Medicine, Houston, TX



Dr. Gilles Jadd Hoilat

Gastroenterology &
Hepatology
University of Iowa Hospital &
Clinics





2013 1st Batch



2nd Batch 2014



2015 3rd Batch



4th Batch 2016



2017 5th Batch



6th Batch

2018



7th Batch 2019



8th Batch 2020



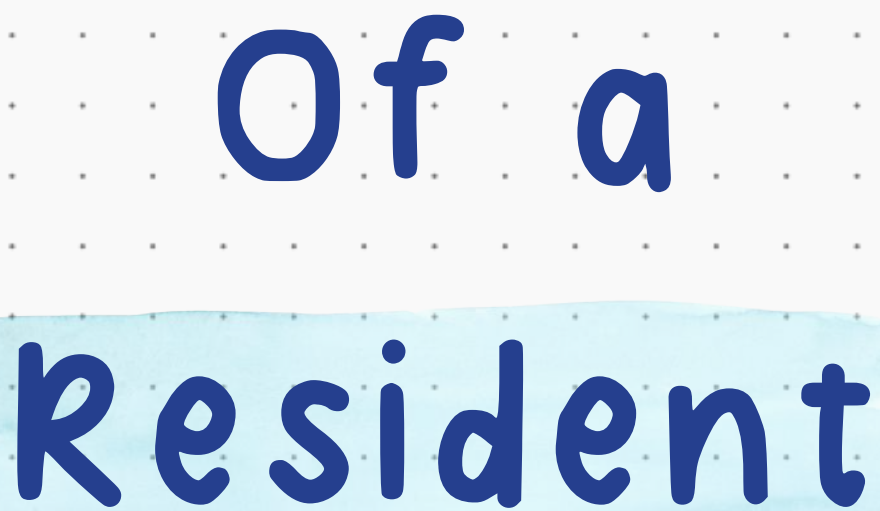
2021 9th Batch





Day in the life





59

Life of a resident United States of America



I am Omar Javed Baqal, a 7th Batch Alumnus from Alfaisal University and I am now working as a PGY-2 Internal Medicine resident at the Mayo Clinic in the United States. I came to choose this specialty after my positive experiences during clerkship rotations and I do recommend using these golden years to gauge your interests. I also mentor medical students/graduates including those pursuing the US Medical Residency, and in my leisure time I am a freelance writer as well.

Residency programs in the US can have different rotation structures and scheduling systems, but generally a major factor that will determine what your daily routine looks like is whether you are on an inpatient or outpatient rotation. My program follows a 4 + 4 system which means 4 weeks of inpatient rotation alternating with 4 weeks of outpatient rotation. Outpatient rotations which are clinic-based usually have an 8am to 5pm daily schedule. Inpatient months can vary between specialties, but on our hospital Internal Medicine rotation, we get to the hospital at 6:00 a.m., take a hand off from the night team and then proceed to review our patient charts. After that we see all our patients and then round with the attending physician, usually at 9:00 or 10:00 a.m.

Once rounds are over, we prioritize calling consults and placing orders for medications and labs, and once all time sensitive work is done, we then start working on our progress notes. We have a noon conference from 12:00 p.m. to 1:00 p.m. everyday which is one of our program's educational activities. Depending on how many patients are on our service, we may also be up for new admissions. PGY1 residents are capped at six patients, but you may notice this is lower than the cap of 10 patients you might have heard residents carry in other hospitals - this is due to the higher complexity of patients at our hospital. Residency programs all over the country are expected to follow ACGME work hour laws which set a limit of working 80 hours per week averaged over 4 weeks. The day shift can finish as early as 4:00 p.m. if you are done with all your work and hand it off to your senior. Most often, I would personally finish the day at 5:00-6:00 p.m. The night shift runs from 7:00 p.m. to 6:00 a.m.

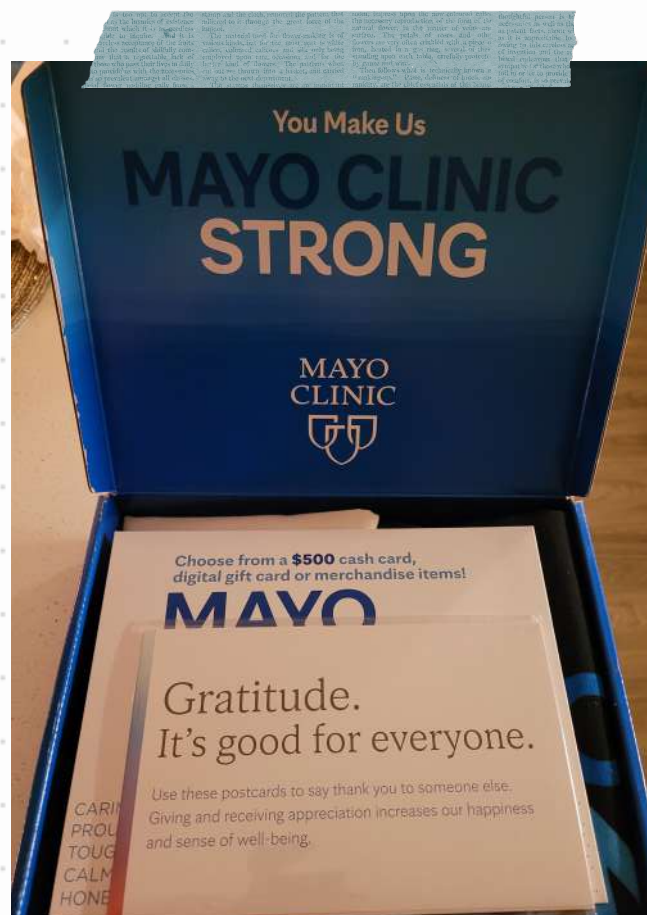
Every rotation I have done so far in my residency has been an enriching experience in its own way. My Internal Medicine inpatient experience has to be my favorite. It was like my residency personal statement coming to life. All the cliché things I had mentioned in it about internal medicine - great variety of cases, holistically caring for your patient, critically analyzing clinical information - were actually true!! Additionally, the support of my co-residents and the guidance of my attendings made it memorable.

Multidisciplinary teamwork defines healthcare in the US, especially at large centers. At any given time, you have multiple teams participating in a patient's care - the primary care team, consulting services, nursing staff, pharmacists, dietitians, physical therapists, care coordinators and social workers. Mayo Clinic in Arizona is smaller in size than its parent Rochester location, and that likely enhances its family-like atmosphere. There is a great culture of camaraderie, respect and support. Help is always nearby and people will often go the extra mile for you. I do not think all this can be fully appreciated and felt unless experienced in person. My past experiences in the US through SPIRIT (Columbia, 2016 and Mayo, 2017) were very positive and my interactions with people in the system were extremely encouraging, as they spoke highly of its merit-based structure. Your hard work is recognized and you are appreciated and rewarded for it.

A healthy work-life balance is very much encouraged, and everyone respects the "family first" approach. COVID-19 certainly complicated a lot of the social engagements that trainees would participate in. Co-residents occasionally get together, the residency program organizes a yearly retreat and local medical bodies such as the American college of physicians and the State medical board also organize social events for trainees to get together and network. Phoenix is the 5th largest city in the US, and offers a lot in the way of leisurely activities, food, and recreation. Arizona is home to the world-famous Grand Canyon, Horseshoe Bend and the red rocks of Sedona. A 4-5-hour drive West will get you to California while a short drive South gets you to Mexico. Discovering new places on walks and hikes is a staple at Phoenix, there are many great restaurants that have come up in my search.



Overall, a residency in the United States comes with its own working demands but also not without its unique blessings. For more on this roller-coaster ride, follow me on my YouTube Channel- @Dr. Omar Baqal, as I journey through residency.





Life of a resident United Kingdom



Dr. Sharique Ahmed is a 5th batch alumnus from Alfaisal University and is currently in his 2nd year of residency, known as CT2 (core trainee), in the United Kingdom. He was a part of Med Times during his undergraduate years, so it's pretty near and dear to him. He was the head of photography in 2013-2014 and then served as the director of Med Times in 2014-2015, and it was during this year, that he and his team created the first-ever Alfaisal Yearbook. Eight years later, he is now writing this article for yet another memorable yearbook. He has always been an avid photographer, winning the Med Times photography competition (now equivalent to the Med Times gallery) 3 years in a row.

I always knew psychiatry would be my first and only choice if I were to pursue medicine further than medical school. To understand how the human mind works, why it works the way it does, and how dysfunction in the brain can be the reason behind individuals' illnesses, has always been a fascinating prospect. Best of all, through intervention, we can help them recover or at least manage their illnesses.

In the UK, before you join residency (known locally as "training"; as in, you are being trained to become a specialist), you are meant to work as a "non-trainee doctor" for a year. You can apply to any specialty you want in any hospital - there are no limits. My application focused on psychiatry, and I was absolutely over the moon to receive interviews from psychiatric hospitals. I could finally learn and understand the human mind. Imagine my surprise and disappointment when my consultant asked me to carry out a blood sampling and an ECG on a patient, followed by interpreting it on my very first day. She was not testing me - psychiatry in the UK, for junior doctors, especially in their first year, is less about psychiatry and more about medicine.

Let me explain!

As is the case in many parts of the world, psychiatric hospitals are usually separate from medical hospitals. They have their own teams and doctors. In the UK, most of the psychiatric components of a patient's care are the responsibility of registrars (reached after three years of residency/training) and consultants (reached after training as a registrar for three or more years - so eight years in total when counting your pre-residency years). The Junior Doctors (anyone in their first five years of clinical practice) take care of all the physical health-related concerns, especially in their first year. They are then slowly transferred more and more towards the world of psychiatry in their second and third years of training.

Why? This brings me to the first important point about psychiatry in the UK. As a junior doctor in psychiatry, you are considered the only one with enough knowledge to deal with medical problems in the entire hospital. The registrars and consultants are psychiatric experts, not physical health experts. The nurses in psychiatry go through different courses and degrees to become mental health nurses. They are taught about the human mind and how to talk to and deal with patients' emotional health, not how to deal with physical health. You are the only one expected to be good at medical problems. You have just come from two years of foundation experience in medicine, obstetrics and gynecology, surgery, and pediatrics. This is a challenging responsibility to uphold. Add in the fact that during on-calls, you are the only doctor in the entire hospital (responsible for fifteen to twenty wards); this is somewhat stressful.

Worklife balance and leisure activities:

One of the biggest perks of working in the UK is the work-life balance. By contract, you cannot be made to work more than 48 hours a week. This is an excellent deal and gives plenty of time for doctors to focus on other more important aspects of their life like family, friends, entertainment, hobbies, and progress in other life goals if they so wish to pursue them. UK's mindset (and Europe in general) to work is that it is there to sustain your quality of life - not there to be the focus and primary aspect of your life. I've been able to continue my love of photography here due to the ample time provided to take time off from work.



A typical working day schedule:

Days/nights are split into on-calls or "normal days." During normal days, junior doctors in psychiatry work from 9 a.m. to 5 p.m. and are expected to carry out:

Any physical examinations depending on the patient's complaints: this is our primary purpose as juniors - we are the most relied on for physical health concerns. It is essentially like being a medical resident in a psychiatric hospital.

Investigations (mostly blood and ECGs) as needed: psychiatry junior doctors are expected to be experts in ECG interpretation and are provided several courses to achieve this. The main reason for this is that antipsychotics can have several cardiac side effects. Therefore, it is important to regularly check patients' ECGs to ensure that they are safe to continue prescribing their psychotropic medications.

MDT (multi-disciplinary team) meetings: psychiatry is unique because the doctors do not exclusively make decisions. There are team meetings for every patient (a bit like ward rounds but instead happening in a meeting room) to decide their plan and management for the day. These teams include nurses, social workers, pharmacists, family members, and any other expert in their respective fields if relevant to the patient. Psychiatry prides itself in treating all these contributors as equal - and thus, everyone has an equal say in how the patient will be treated. A psychiatric patient's well-being and treatment are not only decided by what medication they are on but also by the observations that the nurses have made, insight from their social workers, and the valuable information that their family members can provide. On any typical day, there are about two to four MDT meetings (lasting 1 hour each). During the day, there are many doctors and staff in psychiatric hospitals. However, it is the on-calls where things get a little complex. During an on-call, you are the only doctor in the entire hospital. These on-calls are split into twilight (5 p.m. to 9 p.m.) or nights (9 p.m. to 9 a.m.). Your responsibilities are exclusively physical health. Medical emergency? Tough - you're on your own. Do you not know how to treat a problem? Tough - figure it out yourself. If there are any psychiatric problems like mania, psychosis, or acute agitation, then you can call the registrar (who is not on-site) for advice. Everything else is your problem to solve. On the positive side, in a few years, you'll have extensive knowledge and exposure to all kinds of medical conditions and their treatments. As I am now a second-year trainee, my job is a lot more focused on psychiatry. Therefore, my current rotation is exclusively to train in providing counseling and psychotherapy to patients.



Challenges of living in the UK:

- Why is petrol so expensive?!?! I miss Riyadh's petrol prices (yes, I'm aware they've gone up, but we are literally paying 9 SAR a liter in the UK)
- Why are bills so high?!?!?
- Why is food so.... Come to think of it; basically, everything is extremely expensive.
- Pay is not as good as in other western countries – income is much higher in the USA, Canada, Australia, etc. This even further highlights the issue with everything being so expensive.
- You are assigned to a different hospital every six months for the first six years as a psychiatry resident. This means that you will always be on the move. This can be pretty challenging for many people (and perhaps exciting for others).
- It is often difficult to integrate into society here; most locals spend their free time at the pub. Most non-locals spend their free time, not in the pub. This causes a bit of a social divide.
- Much is said about the dreadful weather here. I can confirm this – the weather here is horribly gloomy. It is always cloudy; it is always wet and often cold. Coming from Riyadh, this was amazing for the first month before I realized just how depressing your mood could become with this type of weather.

Upsides of living in the UK:

- Priority is given to the quality of life. They provide many paid leaves: thirty-five days of paid leave a year (forty days if you have five years of work experience), thirty days of paid study leave a year, twelve months of paid maternity leave, paid paternity leave, as well as paid compassionate leave (death of a loved one).
- Free education and healthcare
- English Premier League Live. Self-explanatory.
- Many nearby destinations for holiday travels.

The UK has specific mental health laws and regulations to protect mentally ill patients. It revolves around maintaining an individual's dignity and free will, and I believe it is one of the most beautiful things about working in psychiatry here. There are over one hundred laws in place for mental health patients, and psychiatrists are given the responsibility to learn, understand, practice, and enforce these laws in their day-to-day practice. It is the only specialty in the UK that trusts the doctors to use these laws in the best interests of patients, and that is one of the most significant privileges that society places on psychiatrists.

Concerning holiday plans, COVID-19 meant that I spent my holidays within the UK when not isolated or locked down. It's a tiny island, though it would take centuries to be able to visit all the beautiful places it has to offer. I'm training in the northwest, where we have the cities of Manchester and Liverpool. An hour-long drive to the north takes me to the Lake District, which has the largest lake in England, and an hour to the south takes me to the Cotswolds, an area of England almost exclusively built on stone. Fifteen minutes to the west, and I'm in Blackpool. An hour to the east, and I'm in the historical region of Yorkshire. I have been to some breathtaking places here over the past few years, such as Bath, one of the most picturesque towns in England, known for its famous Roman baths.

"The strength of a society is measured not by the wealth of its most affluent members, but by how well its most vulnerable citizens are able to cope. The question we need to ask is whether everyone has the chance to lead a life of dignity" Sanna Marin

A Day in the Life of a resident: Germany



Before diving into how life as a resident is in Germany, let us first introduce our beloved alumnus, Dr. Mohammed Chaballout. Dr. Chaballout is a graduate of the 4th Batch from Alfaisal College of Medicine. He is currently completing his residency in vascular surgery in Germany. Being a well-rounded person, it is not surprising that Dr. Chaballout is not just a surgical resident but also a photographer and cinematographer and has a knack for event management. Even as a student, he made extensive contributions to the student body during his undergraduate years. He was an integral part of several committees, notably Med Times, the SMILE You're Blessed Cancer support group, and the Alfaisal PreMed program. Follow him as he walks us through a day in his life as a resident doctor in Germany!

Our typical day starts at 7:30 a.m. with a morning report, followed by morning rounds. Those take about an hour to two hours. Once those are complete, we divide ourselves to either do ward work (including tasks such as admitting, discharging, and preparing for next-day O.R.s) or be at the OR that day. Then, at approximately 12:00 p.m., we take a half-hour break if possible, after which we attend the daily radiology meeting to discuss our endovascular cases of the day. Finally, we have a small afternoon round and finish the day at 4:00 p.m.

Of course, the daily routine differs from one hospital to another, but the main outline remains the same. Finally, the night shifts at my hospital are conducted from 7:00 p.m. to 7:00 a.m., where two attending doctors stay in the E.R. and manage patients. The doctors are also responsible for managing and overseeing the surgical wards, emergency O.R.s, and the IMC (intermediate care unit).

How is residency in Germany different from other places?

The system is not centralized, which means if you want to work in a specific hospital, you have to contact them independently. There is no generalized application system and no residency matching. The pros of this are that you can choose where you want to go, from the city to hospital to specialty. This gives you more freedom to find a program better adjusted to your needs. Additionally, the training in Germany is more of a working system than a learning system. There are no annual exams. Only one final board exam is conducted at the end of the residency, meaning you have to keep tabs on yourself and study regularly.

How is Germany unique in terms of structure and number of years of training?

The program structure is unique because we don't have residency followed by fellowship. One can directly enter their specialty of interest from the get-go. For example, I am currently training in vascular surgery without having to do three years of general surgery prior to this. Instead, I do different surgical rotations within my program itself (adding up to six years in total).

Are there any world renowned hospitals that are in Germany?

Definitely! The first is the Charité Hospital in Berlin. Another is the Universitätsklinikum Hamburg-Eppendorf (UKE) in Hamburg. Finally, one of the world's most prominent institutes that sets the guidelines for infectious diseases, the Robert Koch Institute, is in Germany.

How is Germany different in terms of work life balance?

One of the highlights of working in Germany is the work-life balance. What's beautiful about Germany is that there are strict laws that mandate and ensure a good work-life balance. For example, working hours are strictly limited to eight hours a day, and if one happens to stay longer, their overtime is compensated. Furthermore, no employee is permitted to work over forty hours per week, and should they be compelled to do so due to unforeseen circumstances, they are to be given time off the following week (e.g., a post-call day off). This way, all residents and physicians have enough time to spend with their families, engage in their hobbies, and study.

What are some leisure activities physicians do in their free time in Germany?

Personally, the most attractive leisure activity to me is traveling. Living in Europe, traveling is made easier as all countries are very close to each other. In addition, I get to do my other hobbies on the weekends or during my free time. Many sports are also played here, like football, handball, rowing, ice hockey, and basketball. Other widely enjoyed activities include hiking and cycling.

What are some upsides of working in Germany?

The lifestyle – allows you to have more time for yourself and time to spend with your family.

It is possible to do your residency in the same field you want to subspecialize in the future. Similarly, it is possible to directly do your residency in cardiology rather than doing a residency in internal medicine first.

Health insurance, free education, and a secure lifestyle in the event of pregnancy, disability, or unemployment, are other perks of living in Germany. Additionally, German nationality can be acquired in just five years of working there.

What are some challenges of living in Germany?

The language barrier, the language barrier, and the language barrier! This was by far the most challenging obstacle for me. Others include the differences in culture and lifestyle, many laws, and huge amounts of paperwork required for almost anything.



What teams or medical practices are involved in patient care that are unique to Germany?

Orthopedics and trauma surgery are considered specialties under the same department in over 90% of hospitals in Germany. Thus when someone specializes in these fields, they are known as an orthopedic/trauma surgeon.

What has been your best rotation experience so far?

I have had many great experiences in my rotations; each of them is unique, but what makes them all special is how informative, nice, and hard-working the German people are. It truly makes every experience worthwhile.

What is the working culture, lifestyle, and population like there?

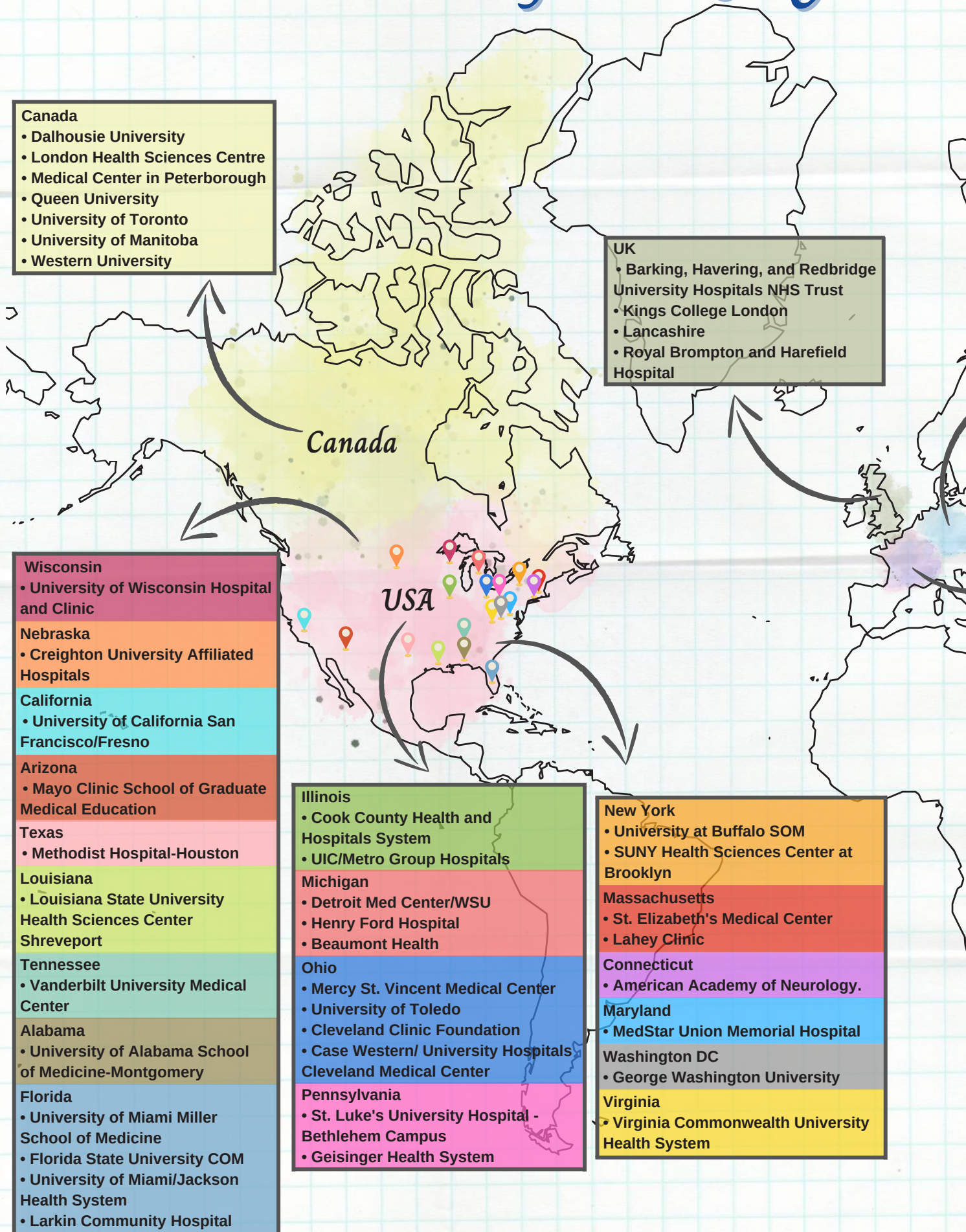
Germans are the same as any other people. Some are nice, and some are not. In general, they are very friendly, very hard-working, and very trustworthy people. They're not as cultural or hospitable as Middle Easterns or Asians, which may be misinterpreted as cold. They like to get things done and are objective-oriented.

What are some of your most memorable/funny encounters in residency?

Do you really expect Germans to be funny? Haha, but no, I can't think of a specific encounter that would be worth mentioning, but I will say there are many.

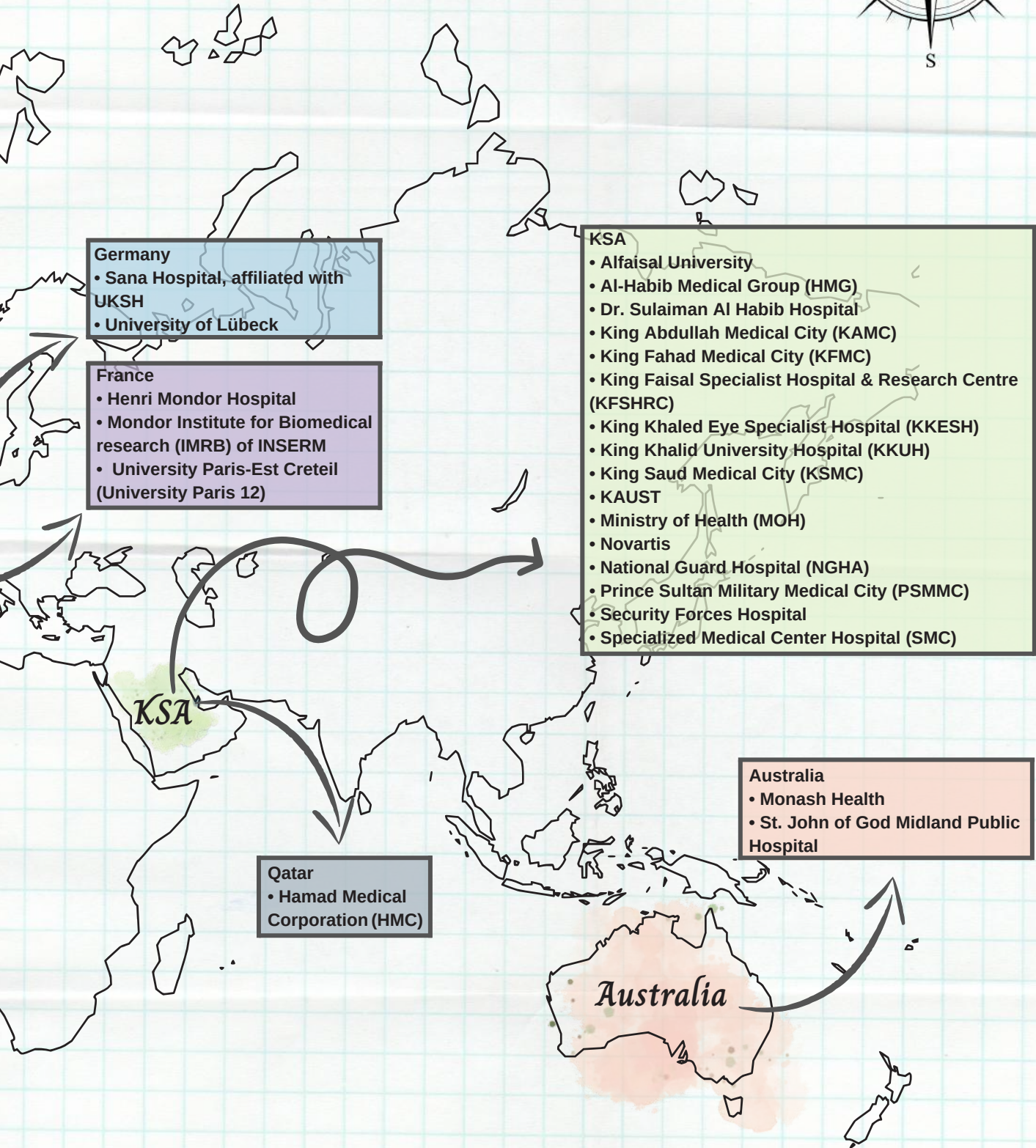
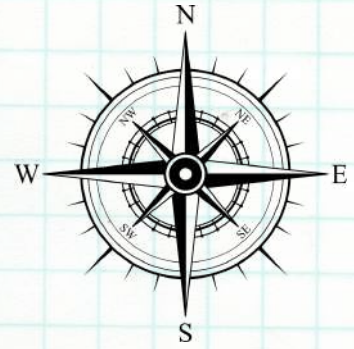


The Alfaisal Geogra



Physical Footprint

A record of where our CoM graduates have learnt or worked across the globe



Designed by: Fatoon Alzabidi



FACES OF ALFAISAL

A series of student interviews showcasing hidden talents at Alfaisal University.

Written by:
Tasneem Al-Ibrahim
Laiba Yaseen
Faateh sohail

Designed by:
Sheikhah Almoaily AKA -Elias

SINGER



NOUR

Nour is a 4th-year medical student and a euphonious singer. She started singing from a young age and grew up loving music and appreciating songs, especially those by Um Kolthoum, Abdelhalim, and many more. She comes from a very musically oriented family, including her sisters, mom, and dad. Nour has kept her love for singing alive by actively participating in musicals during high school and uploading her song covers on different social media platforms.

Nour describes singing as a beautiful form of self-expression and a way to relieve stress during medical schools' stressful exam seasons. However, she has faced challenges, especially since a female singing publicly is not socially accepted. She has never considered singing as something she would do professionally but is determined to keep her hobby alive while pursuing her medical career. In her closing remarks, she says, "I hope to see more people in our university find the courage to share their talents and pursue what makes them happy without the fear of judgment."

Her Instagram account: @nourosings

Disc Jockey & Guitarist



Alfaisal Abdullah
Albekairi

Alfaisal Abdullah Albekairi is a first-year medical student and a DJ, Guitarist, and performer. He is self-taught and believes that it only takes 21 hours to learn a new skill, even learning a new language.

He plays the guitar and DJs professionally in public places and performs magic and mystery arts. Alfaisal Abdullah usually performs at cafes and has played once at Live Cafe during the New Year's Eve of 2022. He recalls it being an amazing opportunity that has helped him improve!

Instagram: @Famb._

VLOGGER



Fatenology

Faten is an intern who has a passion for vlogging and has her own YouTube channel.

Faten says she routinely watches vlogs and has developed an interest in vlogging herself over time. With some encouragement from her friends, she started making and uploading videos. In addition, she posts medical school vlogs showing the less heard fun times in medical school. She also outlines the late nights and efforts that come with being a medical student. It has been challenging juggling residency applications, internship, and the channel, but she's working on scheduling it all to balance it.

Faten hopes to grow the channel and help others get into medical school by showing them that although difficult, medical school can still be a place to enjoy and make friends. After her channel, she wants to start a podcast of her own. Her closing remarks? "Like/comment/subscribe!"

Her Youtube channel: [fatenology](#)



Dr. Khaled Abdullah, an alumnus from the 8th batch, is a YouTuber who takes great pride in teaching and helps students through his videos. He started the channel simply to provide a biostatistics series for the USMLE Step 1 exam for his juniors and colleagues; however, the videos kept reaching a wider audience, leading him to continue the channel with more content. Dr. Khaled has experimented with different types of videos, including medicine vlogs, reacting to medical shows, and teaching videos. In the future, he looks forward to talking about pursuing a residency in the United States.

"There is this wonderful spark in a person's eyes when they finally understand a concept; that huge moment of relief is what I feel when I finish explaining a concept to people, and I hear this collective 'Ahh' of comprehension."

This aspect of teaching is what makes it so special to him. Communicating ideas and concepts effectively is an essential pillar in life and medicine.

Dr. Khaled aspires to pursue cardiology, and as he gears up for his residency and fellowship years, he also wishes to take on more academic roles in the future. In his final remarks, he shared his wisdom, stating, "During stressful times, you have to do all you can to look back with complete confidence that you truly did do everything you could. Likewise, don't blame yourself for things that are out of your control, for even the bravest hearts can only bear so much."

Instagram account and YouTube channel: @Khalemedic

PIANIST



Serene is a 2nd-year medical student who enjoys playing the piano. She started to explore the beauty of playing the piano when she was 9-years old, taking private classes every weekend for eight years. During this time, she was part of piano recitals hosted by her tutor and assessed by the Associated Board of the Royal Schools of Music.

As for the components of her work, Serene plays: Nocturne Op.9 No.2- Chopin, Moonlight Sonata- Beethoven, Rondo Alla Turca-Mozart, Tarantella-Pieczonka, A comme amour-Richard Clayderman, Habbaytak bil sayf-Fayruz, and Beethoven Sonata No.8 in C minor Op.13 "Pathétique."

Serene says she has faced some challenges, especially when learning to play pieces by respectable pianists like Beethoven or Chopin. Learning to play these pieces for annual recitals attended by hundreds of people was stressful. However, it was always worth it in the end. During her time playing the piano, she has received two of the "American Board of the Royal Schools of Music Certifications" for playing the piano.

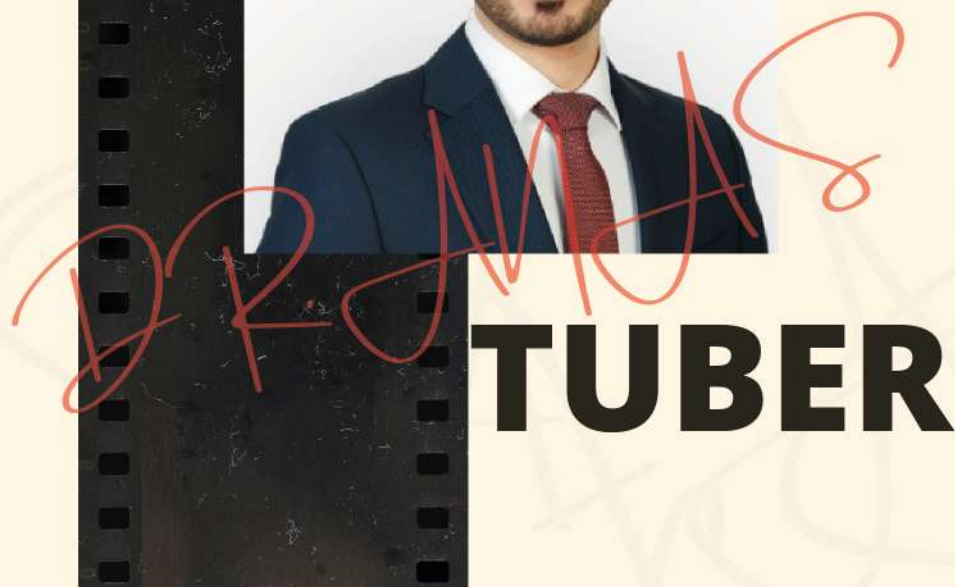
Serene says, "playing the piano was the best way to express my emotions and let it all out. I communicated my feelings and thoughts through a musical instrument. It was the best way of communicating with my inner self". She advises anyone looking to take on an instrument to give the piano a try since it is an amazing way to relieve stress!

Her instagram account: @skef_piano



Belal is a 3rd year medical student who enjoys playing video games and is one of the avid gamers at Alfaisal. He started out at the young age of seven with his first game being 'Call of Duty'. He described the first time he picked up a game's console as being a moment of epiphany. He describes it as the ability to teleport oneself to a parallel world where feats that are impossible in real life can be put into action. He enjoyed the feeling of belonging to a fraternity of fellow gamers. Over time, he had developed enough experience to play in counter-strike tournaments where he won large cash prizes, started a team of his own, and made a name out of himself in the process. He then established his own community in a game called "Arma 3" which focused on military simulations. It was at this point that Belal realized that his fun hobby of video games is quite lucrative and has taught him several life skills which he extrapolates to his daily life in medical school, such as attention to detail and allegiance to a team that helps you reach a common goal. He shares how people seldom appreciate gamers and solely view it as a pass time; in many ways it is an art in its own right, demanding great dexterity and prowess. With that being said, medical school has kept him busy during the academic year, however, you bet this enthusiastic gamer will be behind the consoles soon this summer!

YOU



TUBER

Dr. Anas is a 2020 Alfaisal graduate and the Co-founder of the YouTube channel- ATP (@Atp_Edu on Twitter). He is also passionate about graphic designing and video editing. He was first introduced to the world of graphic designing in high school starting with Adobe Photoshop and moving on to even more challenging software such as Hitfilm Express and Adobe After Effect, something that made him feel highly empowered in the realm of designing and creativity. In the summer of his second year, he came up with the idea of combining his love for teaching and passion for editing, into a YouTube channel. With the support of his colleagues Mohammed Saleh Abduljabbar and Abdullah Tajeddin, ATP was born in September 2017. ATP contains videos on microbiology, neuroanatomy, and biostatistics to name a few. These videos are also being translated into Arabic so that they are accessible to students studying medicine in the Arabic language, like in Syria. The most challenging time for him was the launch of the channel during his third year, which meant having an extremely hectic schedule whilst managing the channel's content. Dr. Anas says "the best and most fulfilling part of the project is when you see that the work that you contributed to has helped hundreds of thousands of students from all around the world." He wishes to expand the channel to reach more people in the future. His advice to students is that persistence and patience are critical to any success, alongside a supportive community. Slow growth is better than fast growth when it comes to side projects, especially in a college as demanding as Medicine.

INSTAGRAMMER

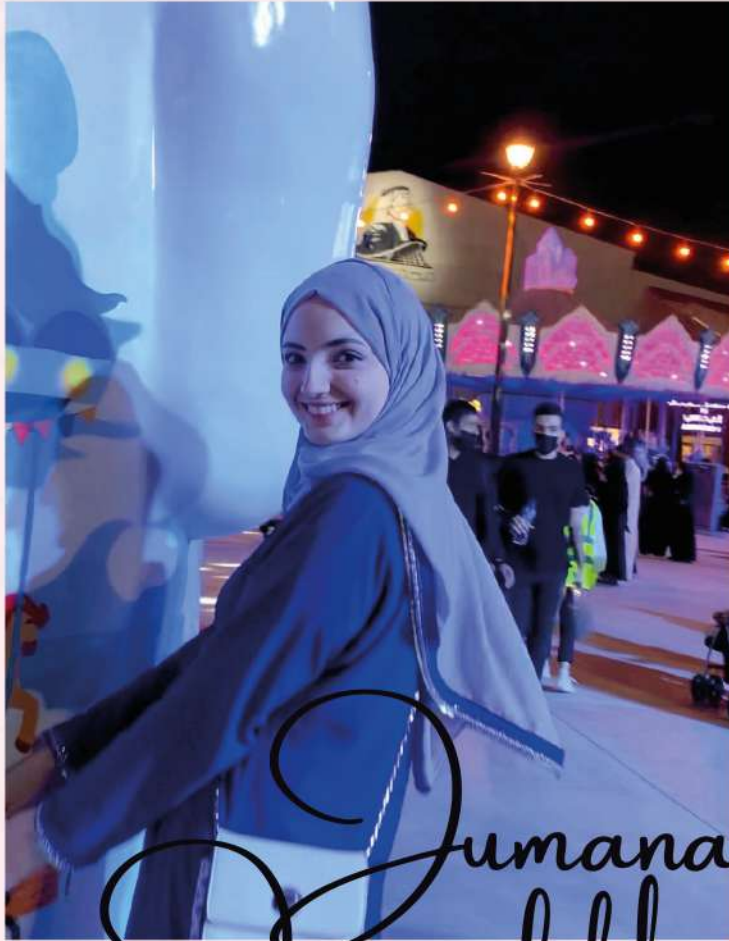


Raghad Almamlouk (@iri.med) is an Instagram influencer and a medical graduate from the class of 2020. During her 4th year of medical school, she embarked on this fascinating journey to share glimpses of her life as a medical student. Her account features a balance between medicine and lifestyle. She recalls her childhood saying “I’ve known since I was a little girl that I wanted to be a doctor. I wish I could say that everyone around me was encouraging of that little girl’s ambition, but they weren’t. People have always told me that I can’t have a life outside of medicine. That I would have to give up my hobbies, miss important family events, and spend all my time simply studying.”

Fortunately for Raghad, medical school was where she spent some of the most exciting years of her life. She was active in research and extracurricular activities having led several clubs and organizing large-scale events. She cherishes the nostalgic memories of having traveled with her friends, making time to enjoy newly found hobbies like horseback riding, and even getting married during med school. Despite having this holistic life outside of medicine, she graduated as an honors student.

She wanted a platform to document and share these colorful shades of medicine that are seldom painted by others. Hence, she started her Instagram account to show other medical students (and aspiring medicos) that they too CAN have a life outside of medicine that’s both beautiful and fulfilling.

Since starting this journey, she says that many aspiring medical students have reached out to her for advice, and it brings her great joy to know that she might have inspired someone through her posts. Raghad concludes by saying that she has made countless friends through this space. We are proud to say that this bright Alfaisal alumna (and definitely a fashion trend setter) has now reached over 10K followers on Instagram and growing.



INSTAGRAMMER

Jumana
Jameel khader

Jumana Jameel Khader is a fifth-year medical student and an Instagram influencer who enjoys creating content about her day to day. She films short videos and combines them to make Instagram reels, or sometimes on lazy days, a couple of pictures can go together for a post! "It is like having a visual diary," says Jumana, who has been obsessed with creating memories and documenting them ever since she was a teenager. She does so by collecting things that remind her of a special day, taking pictures, recording videos, or writing in a diary. She wanted to try vlogging on YouTube; however, she chose Instagram reels since they are brief, easily made, and not time-consuming. When asked what she loves the most about her hobby, Jumana said that it is something that brings joy to her and her followers. "I get to save my memories and go back to them whenever I feel like it, and most importantly, it is my getaway and the perfect break from the stress of studying."

Her instagram account: @jumanakhader_



BLOGGER

Laiba Zahid

Laiba Zahid is a 3rd-year medical student and study blogger on Instagram. She posts all about her lifestyle as a medical student, including her daily schedule at university, study routine, and some snippets of her personal life.

Laiba was first introduced to the world of Study Blogging during high school and was delighted to relate to a community of passionate students that helped motivate her to work towards her goals. Her main intention is to inspire students. She wants to influence people positively, and encourage them to work towards their goals and aspirations enthusiastically. She uses her platform to help assure other students that they are not alone in their journey of working towards their dreams and building a future for themselves.

This page has served as Laiba's creative outlet in her hectic life as a medical student. It allows her to dwell on other interests she enjoys, such as creating and editing content. The positive response from her followers has always been incredibly heartwarming and is something she says she's grateful for. It helps motivate her on days when she has no desire to post as she realizes that there are people that look up to her making her sense of responsibility drive her towards further betterment. She admits that it often gets tough to constantly post content and think of new ideas because of how repetitive and monotonous some days may be. There are also the judgmental opinions that come with putting herself out there publicly. She takes pride in not worrying about the logistics and reassures herself that she started this as something fun to do on the side. An important factor in developing this mindset has been her mother's support throughout her life as a best friend and sister by her side with continuous encouragement.

@The.MedDays has become an extension of Laiba's personality, a form of self-expression. She has high hopes of carrying it along with her while pursuing a full-time medical career.

Her instagram account: @the.meddays

Wareef
Alghamdi

PHOTOGRAPHER



Wareef Alghamdi is a first-year medical student and an avid fan of photography. She found her passion back in 6th grade and has continued to pursue it ever since. She joined the Colors of Saudi exhibition back in 2016, and since then, she has been capturing portraits and performing wedding photography. Her passion surely comes with its challenges; her biggest challenge is balancing medical school with her work. For Wareef, it is a challenge worth taking up as she loves seeing the look on people's faces when they see their photographs. She has earned several gratitude letters from different philanthropic societies for volunteering to document their events. In the future, she would like to continue down this path to develop her skills further and become an entrepreneur by establishing a business. In her final remarks, she quoted Alexander Graham Bell: "When one door closes, another opens, but we often look so long and regretfully upon the closed door that we do not see the one which has opened for us. Defeat is nothing but education; it is the first step towards something better."

Her instagram account: @wwa_photo

PHOTOGRAPHER



*Faaezuddin
Syed*

Faaezuddin Syed is a fifth-year medical student who takes great interest in photography and professional photo editing. His journey started by taking pictures on his mobile phone, which his family and friends praised, and that made him realize that there was more to photography than just expensive cameras. After that, he experimented with a DSLR camera that his brother gifted him, getting creative with the shutter speed, ISO (related to light sensitivity), and aperture. Faaez also took a photography course to gain more in-depth knowledge and enhance his skills. He enjoys capturing multiple photos, selecting the best ones, and then post-processing them with professional editing software.

"I love how with photography it is possible to make a scene static and convert it into a memory," says Faaez, who went on to elaborate how different angles and compositions can completely alter perspectives of the same scene. The ability of longer shutters to capture what our eyes are not capable of is a satisfying feeling when hours of effort finally convert into a breathtaking image.

His love for his art does not come without its fair share of challenges. Bad weather, having to hike for miles for a good shot, and often not getting the results he wished for.

In his final remarks, Faaez expressed his wish to expand his skills with different lenses, cameras, and shooting setups as well as wanting to master the technicalities of different editing softwares.

Instagram account: @lensamaze

APP DEVELOPER



Ibrahim Albalkhi

Ibrahim Albalkhi is a third-year medical student and an app developer. He developed his first app back in high school, which included entering two numbers and having it summed up for you. One of his favorite things is to merge medicine and programming. He previously developed an app for First Aid back in his first year; however, due to medical/legal reasons, it was not published. Ibrahim likes to work on small projects that can come in handy, for example, he once built an app that converts videos to live photos, and this app has more than 21 thousand downloads. He owns a company in the UK that develops these apps called, "APP AND DEV LTD". However, he had his fair share of challenges, as he said, "it is not easy at all because I never had a mentor, instead I had to manage everything on my own, this has led to a lot of trial and error, but was an advantage in retaining the information."

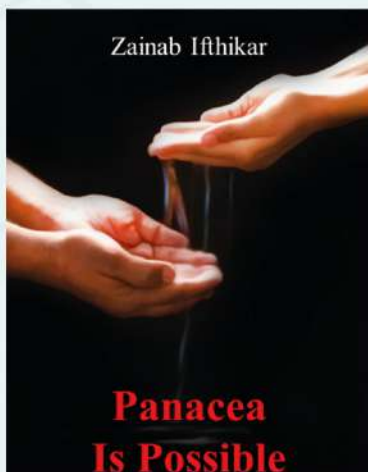
When asked about his future, Ibrahim stated that he plans to combine machine learning with medicine which is a new trend that can be seen in newly published articles.

He has also recently taken great interest in 'R Programming' which is used for data analysis and statistical manipulation. He plans to dig deeper into this specialty along with machine learning. In his final remarks he said: "Programming has incorporated itself into the field of medicine and just like pathology, it can one day become an integral part. We live in an era where memorizing medicine and acing exams, as great as that sounds, isn't something that distinguishes a student."

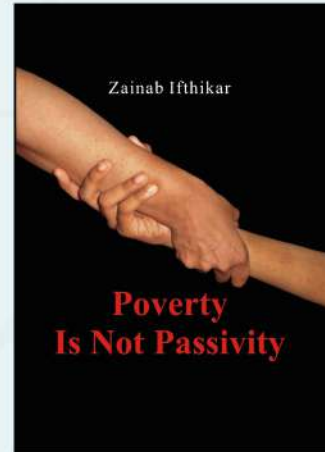


' Pick up your pen and write down your dream; your dream is not a luxury, it's your priority.'

In a short interview with Med Times, 5th-year medical student, Zainab Ifthikar, shared with us her success as an author of two books. Inspired by her mother's social work, little Zainab was also fond of dribbling pieces of prose and mimicking news anchors on television. She spoke of her upbringing's impact on her growth: "I am grateful for the go-getter attitude that my parents have raised me with, to never let go, never give up till you've reached the goal." Zainab has worked on many impressive projects over the years, notably writing and publishing her 1st book titled "Poverty Is Not Passivity" in 2015 and her 2nd book titled "Panacea Is Possible", published in 2019. In addition, she founded an NGO in 2016 for helping the underprivileged called the MEI Foundation in her home country Sri Lanka (@_mei_foundation_ on Instagram).



AUTHOR



Zainab Ifthikar

Zainab has won many awards for her work, including the Sri Lanka Foundation (Los Angeles, California)- "Rising Star Award 2022," the McKinsey & Company Women's Achievement Award winner 2021, the Imperial College London Global Medical Student Creative Competition winner 2021, and the Social Accountability Award by the University of Toronto Alumni Meet at Alfaisal University. In 2018, she was also nominated for the International Children's peace prize.

Passion has led her to so many corners of her mind that may have remained undiscovered - she recounts to Med Times that "it was through her passion for writing that she ended up becoming an author, a public speaker, and community worker." Striving for what she loves, Zainab dreams of pursuing Internal Medicine in the near future.



Lara Samhan is a third-year medical student with a love for writing, art, and beautiful recitation of the Holy Quran. Since high school, she has been an aspiring author and began writing her first motivational quotes book back in 2015. Approved by the King Fahad National Library for publication and printing, Lara is the author of "IS IT ME," and her editor is our very own Dr. Emily Wilson. Sincerity is her biggest virtue and what she loves about her work, and it most certainly shows in the six long years of meticulous effort dedicated to creating her book. What started as writing quotes on her mobile and compiling them in a word document now lies in Jarir Bookstores and Virgin megastores. Lara wishes to pen down many more books in the future and looks forward to a future filled with many good things. Her optimism towards life is portrayed in her closing remarks, a quote that inspired her: "If you had a dream and an actual dream, a dream that you couldn't survive except with! Then, this dream is considered a true dream... A dream that will be achieved and achieved very soon..."

Her Instagram account: @bookz_lara

AUT



HOR

YASMIN
YOUSSEF

In an interview with Med Times, Yasmin Youssef, a fifth-year medical student, provided us with a window into her journey in writing. She discovered her passion back when she left her home country, Egypt; she described having "found in writing a place where [she could] pour [her] feelings on paper and a mirror in which [she could] see the reflection of [her] soul." Soon enough, writing became a hobby and a passion. She nurtured her hobby, which led her to publishing a book and creating a literature page with a growing audience on Facebook. She notes, "all I ever need are my feelings, thoughts, and a pencil." For Yasmin, "writing is an art, and every feeling is like a color that can be turned into a painting." This painting can be seen by a countless number of people, and it can leave different impressions on their hearts. Yasmin has accomplished truly magnificent deeds - she describes the process as being not solely about passion but one about dedication, clear vision, and hard work. Indeed, her hard work can be felt through her book, "Hakaya AlYasmin," which she describes as being "a collection of stories inspired by the reality of people's lives - each story discusses a common social dilemma that many individuals of our society may encounter."

Yasmin's literature page can be found on Facebook (@ياسمين هاني) and her podcast on SoundCloud (@حكايا الياسمين).

QURAN RECITATION



'The Quran fills my mind with factual meanings about the life we live, the universe we live in, the self we live by, and the god we live for.'

Ahmed Albdulrahman Batheeb, the soon-to-be graduate of the 10th batch, spoke to Med Times about his blossoming journey with Quran memorization and being a holder of an Ijazah, a certificate symbolizing that its holder reads the Quran just like the Prophet (Peace Be Upon Him) did. Ahmed recalled his father's recognition of his memorization skills, which led to his decision to utilize them by having a sheikh introduce Ahmed to the path of enlightenment. Since then, Ahmed has been diligent in memorizing the Quran, using "a method that was similar to the spaced repetition technique, [as well as] learning how to apply the tajweed rules such as pronunciation, understanding the meaning of Quran phrases, and learning the rules and the arts of recitation." Sustaining his reviewing schedule was a bit of a challenge, for he had to balance his hobbies, schoolwork, and now medical school. Nonetheless, Ahmed has been able to go as far as participating in Quran competitions in Makkah Al-Mukarramah. Memorizing the Quran came with so many benefits. Ahmed found himself admiring "the fact that we don't only read the Qur'an due to its influential effects on our lives such as happiness and enlightenment, but [that] it also guides [us] to the most valuable rewards on the day of judgment." And so, his wish was for everyone to start their journey with this holy companion. He described becoming proficient in it as, "the most satisfactory achievement that one can get." Following up by assuring us that, "it is not as hard as someone would expect."

PILOT



"The skies have always sparked wonders for me, but being a passenger never seemed to suffice my urge to explore them further," says 1st year medical student Sarah Haque. At the age of 16, Sarah began her venture to become a pilot: to experience how it feels when the sky is the least of her limits.

Pushing the throttle and steadily taking off from the runway, she recounts how she could feel the inertia pushing her body back and her heart dropping down. Her initial sympathetic response kicked in: shaky and afraid. A plethora of worst-case scenarios flew through her head. What if the engine fails? What if the GPS router malfunctions? What is my escape plan? But there was no going back. She reluctantly pulled back her yoke and ascended higher and higher into the skies above until soon she loosened her grip on the controls and cruised at 2,000 meters off the ground. For the first time during her flight, she said she could appreciate her view. In her vivid recollection of events, she says, "I popped open the canopy lock and left it slightly ajar. The cool mist of low-rising clouds seeped through my fingers, sending a chill down my body and relaxing my cautious state. Through the haze of the propeller, I gazed down at the seemingly infinite horizon below."

Finally, Sarah wishes to send a message, "you do have to risk falling to be able to fly. Flying has taught me that those risks are always worth it." Rightfully so, without the risks she has taken, Sarah couldn't have worked towards becoming one of the Kingdom's youngest female pilots.

CYC



LIST

Ali Alsughayir

When Ali Alsughayir went on a trip with his friends, cycling for hours on end, he discovered the thrill of this sport and found himself hooked on the trials that come with it. Cycling is a sport that involves many obstacles and challenges, thereby teaching what Ali describes as “the art of risk-taking,” a discipline that allows one to assess whether a risk is worth taking. Moreover, the pressure Ali is exposed to while cycling has enabled him to learn more about how he operates under such circumstances. For instance, the grind involves heavy training, such as simulating race conditions - by cycling up and down mountains. Challenges that come with cycling, from the difficulty of planning a ride, both its duration and timing, to recovering from a ride, which he elaborated on by saying, “sometimes I find it harder to recover than to ride.” Nonetheless, Ali’s passion for cycling has propelled him to aim for the skies, as he hopes to set the Saudi record for the highest distance covered in 24 hours and the best distance covered in one hour. One would imagine that the further one would progress into medical school, the less time or passion they could have; however, Ali is a living example that passion can outride the demand of academia.

ATHLETICS



Afaf Al Tayeb

It will never be too late to embrace passion. Afaf Al Tayeb is a fifth-year medical student who was captivated by the buzz of sports during her first year of medical school. Afaf's introduction into the fitness world was back when she started hitting the gym, a place where she found a community that drove her forward. From there, she got into multiple sports, such as CrossFit, running, and even rowing. Her keenness drove her to participate in a number of both local and international competitions, earning her many rewards, including:

- 2nd place in Asian continental qualifier for rowing (under 23 category), qualifying her for the world rowing championships.
- 1st place in Saudi rowing indoor championships (under 23).
- 2nd place in SASEM 5K race open category.

Certainly, the balance of studying, social life, and a burning passion is not easy - especially with the long training hours required; even so, Afaf believes that one must make time to do what they enjoy, whatever it may be.

COMPETITIVE SWIMMER



Eman
Chaudhri

Eman Chaudhri is a 4th year medical student and a former competitive swimmer. Eman started swimming as soon as she could run. At the age of nine, she started training privately with a coach in hopes of joining the Flyers Swim Team in Riyadh. Four years later, her coach asked her to instead compete for his team. She joined the Barracudas Swim Club at the age of fourteen, where she trained three to four times a week for two to three hours. She quickly excelled and competed on behalf of the American International School in a Gulf tournament in Dubai, where she was in the Top six swimmers for the four-hundred-meter freestyle event. She won numerous medals while also being awarded 'Best Swimmer' in her age group at fifteen years old in local tournaments. Eman attributes her discipline and drive from spending her days in the water when she was not in school. She loved being challenged by her teammates and that it pulled her out of her comfort zone. In fact, her favorite feeling in the world is the cool of the water that hits as soon as she enters off the diving board. Eman faced challenges in achieving balance between her academic, personal, and athletic life, because her team's training pool was far from her school and home. She ended up leaving swimming competitively when she started her IB Diploma in 2016, and instead continued in school Varsity sports teams, including Volleyball, football, and basketball, for which she competed regionally, nationally, and abroad. Eman loves to share her ideas, endeavors in other areas of life, and writing on her website EmanChaudhri.com. She firmly believes everyone should find something to challenge themselves in and see how much it changes them for the best.



BALLET

'It gives me life and energy.'

That's how Raghad Hijazi, a 4th-year medical student, described how ballet positively impacts her life. Raghad began her dancing journey at the young age of 10-years-old at a dance studio in Riyadh. As the years passed and her skills and passion grew, she decided to take on a course that enabled her to further solidify her place in ballet by becoming a certified barre instructor. She acquired numerous skills during her journey, including but not limited to: learning the techniques of classical ballet, working on fitness, building stamina, and refining her leadership skills; but most importantly, Raghad gained the irreplaceable blessings of love and passion. Her journey did not end there, for many challenges came with being an instructor, such as balancing her time between medical school and ballet and trying to attract people to her classes. This challenge pushed her to think outside the box to develop different ways to enchant people into signing up for her course. However, the rewards that came with it were bountiful, for Raghad found much joy when she noticed the confidence of her clients growing, their moods improving, and happiness being painted on their faces every time they attended. Raghad has emphasized the importance of having a hobby, or "an outlet," as she spoke to Med Times, saying, "We often get lost in our work and future careers. We work day in and day out; we work on weekdays and weekends. Working is important but having time for yourself to refuel [and find joy] is just as important". Moreover, she has also encouraged venturing outside one's comfort zone, for sometimes, "discomfort [can be the] golden ticket to growth."



FEMALE BASKETBALL PLAYERS

The ABA (Alfaisal Basketball Association) is a club currently headed by two female Alfaisal students: Farah Barakat (3rd year medical student) and Ghada Dahman (2nd year PharmD student). They both have been partaking in basketball games since the fifth grade and had joined a professional basketball team during their high school years called 'Basket-In'. At first, basketball was just a regular sport like any other sport. However, with thorough commitment and with every win and loss they faced, basketball became a lifestyle and the one thing they both were very passionate about. Since joining Alfaisal University, one of their prime goals was to gather like-minded students to continue playing the game they loved. In February earlier this year, they played their first game against Dar Al-Uloom university, which they won with an astounding score. Currently, the team is gearing up for the end of March 2022 to join the Basketball Saudi National league where ABA will be representing Alfaisal and playing against 22 other universities! They conclude by saying "We are truly thankful for this opportunity and are super excited to represent our university as a women's basketball team under Alfaisal University."

Basketball team players: Ghada Dahman (captain), Farah Barakat, Raidah Razack, Yara Abdullah, Tala Nammor, Leen Sammour, Leen Alqassim, Momo Arai, Rand Turko, Amani Zainab, Hamna Abdul Muthalib

ABUSULYMAN



ARTIST

Everyone can create art, don't be afraid to try and experiment, and remember: no piece of art is [left un]appreciated - there will always be someone who will love and support your work.'

For Lina Abusulyman, a fourth-year medical student, art is a means by which she can express herself in a way that is much more "tangible" than any other. Lina's use of different mediums - such as colored pencils, oil paint, charcoal, and 3D mediums including; clay, silicone, and fabrics - has allowed her to render her stories in ways that speak to and resonate with her onlookers. Art reflects intimate parts of us - displaying vulnerable pieces of ourselves can sometimes be unnerving; however, Lina has learned not to take the criticism she gets personally because no matter what, her art will always be "valid and worthy of praise." Furthermore, because art can be interpreted differently, it never fails to spark interesting conversations where ideas are shared passionately. In the future, Lina hopes to continue creating art and sharing it with those around her.

Instagram: linlin.jpg



DIGITAL ARTIST



MAYAR AMBOUR

'Paper and pen are the easiest things to carry around, so I would practice wherever I went. I remember drawing on napkins in restaurants.'

Drawing has always been woven within Mayar's being. As a child, she designed her notebooks and always went the extra mile when she worked on her art assignments. Art cemented its place in her life when she integrated it further into her spirit by using it to narrate the stories in her mind. Although finding inspiration and staying motivated challenged Mayar, her love for art was more significant than the obstacles she faced. Her art is best described as being vivid and surreal. The colors and brush strokes used often a times do not look as if they were drawn by hand but rather captured through the lens of a camera. Despite being a fourth year medical student, she has a part-time job as a designer for a company based in Riyadh. Mayar also won an award in high school for the best design for International Youth Leadership Conference in America. In the matters of passion and craft, Mayar gave inspiring advice: "Perfecting a craft takes patience, practice, and self-discipline. All in all, one's art is an act of self-love, so I encourage you to do what you love."



Sana Aswad, a fifth-year medical student, is a self-taught pianist. She started learning and practicing the piano five years ago on a random piano application on her iPad. One of the challenges she faced was playing with both hands simultaneously. She says with a profound enthusiasm in her eyes, "The fact that the left and right hands have totally different movements, and the brain has to tell each hand separately how to move makes playing the piano a beautiful brain exercise."

She shares with Med Times how playing for a few minutes carries her to a world of peace, relieves her stress, improves her mood, and makes her feel more positive. So far, Sana has learned to play over 50 songs and music pieces.

In addition to this, she has also performed at several Alfaisal University events namely, Waman Ahyaha (2018), the Dean's list ceremony (2018 and 2019), and PreMed (2019). Sana is a truly gifted pianist; with every note played she captivates the attention of passersby. Whenever she performs, people immediately gather to listen intently, and all her performances end in an eruption of applause.

As a closing remark, she would like to thank her family, friends, and colleagues for supporting her through her journey which encouraged her to keep going.

CROCHET



*Linah
Zaman*

With just a hooked needle and some yarn, the young talented Linah Zaman, a 5th-year medical student, brings life to her passion for crochet in her free time. Crochet is the meticulous process of creating textiles or textured fabric using yarn. She began crocheting when she was 12 years old and continued to practice her art. Today, she looks back to recount her various projects ranging from carpets to items of clothing to stuffed animals, which she shares on her Twitter account @linahhzaman. Projects usually take her between a week to a month to complete. She completed two carpets, two toddler garments, and ten stuffed animals during the last summer vacation in just three months! She sometimes teaches her friends and family as well when she finds them interested.

Linah loves working with her hands and enjoys the intricate details and the world of possibilities she can explore through crochet. She sometimes contemplates opening an online shop and a social media account where she can teach crochet, but for now, she is invested in fulfilling requests and gifting her handmade work to loved ones. Linah is also an avid piano player. She graduates this year and is considering many career paths. Finally, she wanted to thank her family and friends for their support and encouragement and hopes to inspire anyone looking for a creative outlet.



Omar
Mobarak

COOKING



5th-year medical student Omar Mobarak has a special gift for cooking. What was once just a shimmer of curiosity soon turned into a fully-fledged hobby that went on gaining ground and throwing flames (quite literally). Omar recounts how his dad used to cook for him as a child. Eventually, he became interested and slowly got drawn into cooking while trying to help him out; now, it has come full circle with him cooking for his dad instead. He cycles through various cuisines including, but not limited to, Indian, Thai, Italian, French, New Orleans, etc. He also loves to try new recipes. If he fixates on a particular fusion of flavors, he remakes it till he creates his own version and preserves its essence by jotting it down in his recipe book.

Omar says: "A knife I can trust, a willingness to learn, and a dash of patience is all I really need. It doesn't take fancy tools or a lot of equipment to make some soul food (save it for the ingredients!)."

He recalls how initially he got panicked at even the slightest splatter of oil or how clueless he was about even making rice. Fast forward 8 years later, he is now a lot more confident in the kitchen and always willing to learn more!

Omar says: "There's a certain serenity when cooking where I can just turn off my brain and focus on only one singular dish. It's a whole journey from shopping for the ingredients to curating something that ignites your tastebuds; a complete story arc for me with a self-contained reward at the end." He elaborates, "Food ties back to basic principles of science where you have to think about every step of the process. It allows you to express yourself in the recipes you make. There's a lot of room for creativity in the culinary world."

This young home cook aspires to pursue a career in ICU and ends by saying, "If there's something you want to pursue, whether it be a hobby or otherwise, stop thinking about all the specifics. Just get out there and do it."

Twitter: @potato24770190

Facilities

Written by: Omnia Adil

From *Clinical Skills* ——— to *Internship*

The backbone of any successful establishment is the facilities it offers. Whether it is libraries, labs, or internships, Alfaisal is renowned for possessing a wide range of facilities that aid in creating competent and well-established student physicians.

Due to the vastness of the facilities offered at Alfaisal, an interview with Dr. Ismail Mohammed Shakir was conducted to achieve a better understanding of the services provided at Alfaisal University. To begin, students are given free access to the Alfaisal University Library, which was funded by Mr. Hassan Abbas Sharbatly and is directed by Dr. Mustafa Abdelwahid. The library was one of the first digital libraries in the Kingdom and includes a wide range of e-books, dictionaries, articles, and databases, as well as more than 300 hard-cover books which are provided on campus.

Every well-established medical school requires a clinical skills lab and an anatomy lab, and Alfaisal is recognized for having both. The clinical skills lab is a vast program directed by Prof. Mohammed Zafar and is one of the most significant courses offered at Alfaisal. Students begin attending the clinical skills lab during their first year and they attain many important skills which include doctor-patient communication, history taking, physical examination, venipuncture, intubation, and CPR, among other key clinical skills. Furthermore, the anatomy lab is another important element of the students' education at Alfaisal. Directed by Dr. Paul Ganguly, the anatomy lab is constantly being improved to advance the students' learning. From imported cadavers to advanced virtual technology, the anatomy lab provides an ideal learning environment for future doctors.

One of the most crucial opportunities offered at Alfaisal is that students spend their clerkship and internship years at the renowned King Faisal Specialist Hospital & Research Centre (KFSH&RC) located in Riyadh. KFSH&RC was founded in 1975 and is known as the "Mayo Clinic of the Middle East" due to its professional services and competent doctors. Alfaisal students are provided with the opportunity to learn and attain important clinical and communicational skills first-hand at this hospital.



At *Alfaisal*

a 360° view

On campus, resources are provided to students through the help of a team of well-established individuals who ensure that all events at Alfaisal proceed without setbacks; the Facilities Department. The facilities department is one of the most vital departments at Alfaisal - it maintains the functionality, efficiency, and comfort of the entire system.

A short interview was conducted with Engineer Malek Al Mobarek, who is the Director of the facilities department at Alfaisal University. Eng. Malek is a graduate of King Saud University with a Bachelor's and Master's degree in Industrial Engineering. He then proceeded to become the operations and maintenance manager at National Gas and Industrialization Company (GASCO) as well as the engineering department manager at Dallah Healthcare, before joining Alfaisal in 2013.

The facilities department is composed of 180 individuals and is divided into four subgroups: Operations and Maintenance, which includes engineering, maintenance, house, and land keeping; Security and Safety, which includes both male and female security guards as well as the safety equipment; Procurement and Inventory, which navigates suppliers and requesters and lastly Logistics, which includes catering, transportation, accommodation, and shipping services.

The college of medicine has many events, including the annual MSA hike and the MSA Medical Emergency Campaign. Ensuring the safety and success of these events relies on the facilities department as it provides the guests, volunteers, and students with transportation, security, and catering.

The facilities provided at Alfaisal are broad, and each one provides the students with exceptional opportunities to develop into the best physicians they can be.

2021 PREMED

Alfaisal College of Medicine's renowned PreMed 2021 program was one thing we couldn't get enough of last summer. Hosted by Rawan El-Shaer & Hassan Shah as directors, PreMed 2021 was a program founded under the Medical Students' Association with its main goal being to help freshmen at the College of Medicine get a headstart in their med school journey. The program provides students who are fresh out of high school numerous opportunities for growth, learning, and getting attuned to Alfaisal's College of Medicine. The program helps them to acclimatize to the university's system and teaches them how to navigate through their academic tenure in the years to come, both literally and figuratively!

As always, a great effort is undertaken each year by the PreMed Team behind the scenes, to make sure the program shines the way it does. The steps involved are plenty, but one of the best ways to guarantee the success of the program is through obtaining feedback. At the end of every PreMed cycle, feedback is collected from the PreMed attendees, directors, team members, and tutors to ensure the program's continuity in effectively highlighting salient points for Year 1 students and improving the structure of future cycles. The following year before the start of the next PreMed program, tutors and team members are chosen based on a strict criteria that revolves around how well the candidates present themselves, along with their ability to engage and communicate with students.

Of course, it can't be a summer program without exciting activities and fun surprises, all of which were managed by the Student Affairs team. Led by Sara Garatli, the team focused on conducting student-centered events and engaging with sponsors. Sponsors varied from restaurants and cafes like Dunkin' Donuts and Wokkong, to stores that sell scrubs and medical instruments, such as Medical Zone and Torch. Nearly every day, the students left with coupon cards or free gifts! All the events circulated around spoiling the students and making sure they could unwind after a long day of academics. Events included Movie Night, Games Night, Doctors Feud, Coffee with Seniors, Scavenger Hunt, and many more! The program also hosted several talks given by seniors, professors, and doctors. Some of the talks included:

- The High School to Med School Transition, by Dr. Abdul Jabbar
- Mental Health Talk, by Dr. Homoud Alarbi
- Journey Through Med School, given by multiple seniors
- Introduction to MSA, given by the MSA Board

Despite all the great things the program has accomplished, none came without hardships. To begin with, managing an assemblage of students at once on campus in the midst of a pandemic, was no easy feat. Ask anyone from the PreMed Team and they will admit that from maintaining social distancing at all times, to planning each day so the students would have something to look forward to, to organizing a spectacular closing ceremony with gift bags and T-shirts for all students, PreMed 2021 was nothing short of blood, sweat, and tears from the PreMed Team. It goes without saying that as long as you have a great team by your side, the hardships along the way become trivial things that one can overcome with proper communication.

Furthermore, the PreMed family is divided into three teams: Academic Affairs, Students Affairs, and Social Media. Thanks to the incredible social media team, the Alfaisal PreMed Program of 2021 rose to become what was by far PreMed's biggest success story yet. The posts, stories, and reels reflecting the day-to-day activities held on campus drew the attention of many, gathering over tens of thousands of views. Together, the team was able to impressively convey just how fun and engaging the program was, not only for the students but also for everyone involved.

As stated earlier, one of the primary aims of PreMed is to give students a glimpse of medical school without the added pressure, but at the same time accurately depict lectures and extracurriculars taken during the school year nonetheless. Here is where the efforts of the Academic Affairs team come into play! Led by Alaa Hamad, the team made sure that all presentations, content, and information conveyed were clear and concise. Accordingly, the tutors started off by teaching the basics of each topic at hand and steadily built on to the students' understanding from there. All academic sessions were made to be as interactive as possible, keeping the students engaged with questions, pop quizzes, Team-Based-Learning tests (TBLs), fascinating lab sessions, and a final exam at the end of the program to assess what the students had learnt throughout.

COVERAGE

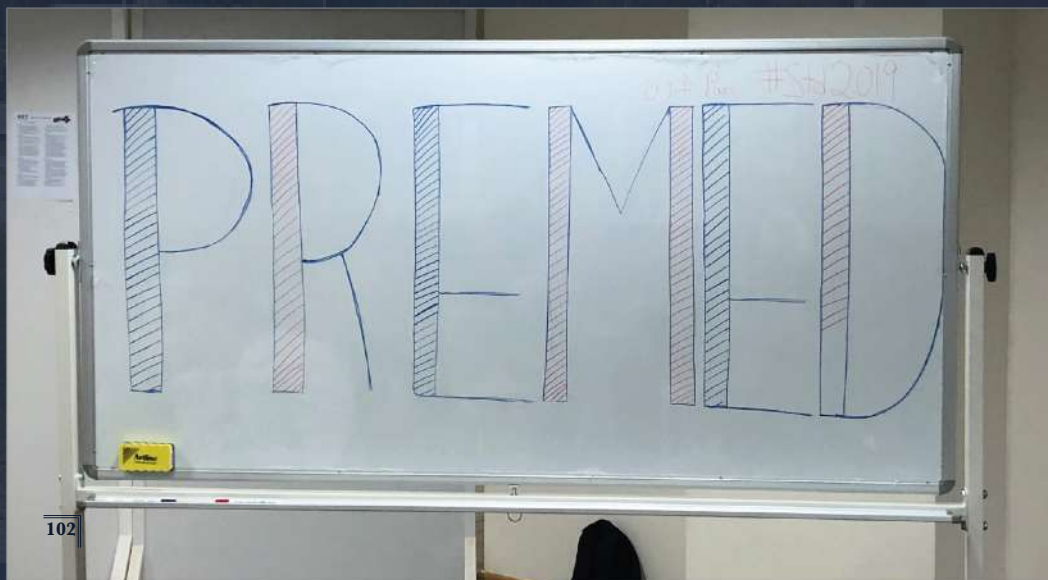
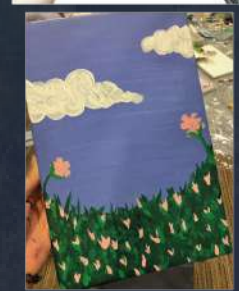
Testimonies by students of PreMed 2021:

"Premed was the perfect transition from high school to medical school. I liked how it was student-led as it allowed me to feel more comfortable and somewhat assured that I've made the right decision. They integrated academics with fun activities, and the team couldn't have done a better job. The activities allowed me to get to know my batch mates and make friends, while the academic aspect helped me get accustomed to the workload as well as get an early exposure to some of the important terminologies and concepts I would face in first year. I'm beyond grateful to have been a part of Premed 2021 (2nd cycle), and I would recommend it to anyone."

"As a newcomer to Riyadh and alfaisal as a whole, premed gave me the opportunity to explore the university, get acclimated to aspects of starting med school, and confirm that studying medicine was the right choice. The program is one I would recommend to anyone whether or not they feel like they need the preparation, premed is a chance to grow from an educational and a personal perspective."

"It was the best way to end our summer! This program slowly introduced us to university life and helped us transition while having so much fun. Getting to know our batchmates, seniors and curriculum as a whole definitely made 1st year easier, so I recommend this for all new AU students!"

MEMORIES





USMLE by Alfaisal Academy for Continuous Medical Education (AACME)

Step 1 Preparation Course

Written by: Tasheel Shabir

ABOUT

The USMLE Step 1 exam requires laborious training for extended periods of time, ranging from 4 to 12 months. Preparing for this exam requires a student to invest dedicated time and effort for several months, most preferring the summer months.

The USMLE Step 1 Preparation Course under the umbrella of the Alfaisal Academy for Continuous Medical Education (AACME) provided students who intend to take the USMLE Step 1 exam with a unique opportunity. The students were provided the chance to commit themselves to a study plan that is not crammed yet intensive enough for an average student. This course allowed students to discipline themselves by battling their procrastination and persuaded them to confidently set foot in their USMLE journey.

The course was delivered on the premises of Alfaisal University along with live streaming via zoom for international participants, with a total of over 30 students attending the first cycle.

Scholarships

The attendees received partial scholarships from our valued academic partner AMBOSS.

Course Syllabus

The course covered the entire content of the First Aid for the USMLE Step 1 (2021) and about 1600 AMBOSS questions, for 60 days, through a unique teaching model. The schedule had several catch-up/recap days interspersed throughout the course and 2 dedicated weeks for revision. The students also received targeted mentoring based on their performance.

Assessment and Feedback

The students attempted a pre-course self-assessment exam and post-course self-assessment exam by AMBOSS for measurement of student learning. The pre-course self-assessment determined focus areas for teaching during the course, while the post-course self-assessment enabled us to analyze course effectiveness and student learning. Data from student course and tutor evaluation surveys will be used to improve teaching practices and the overall learning experience in future courses.

Teaching Methodology

The course provided the students with structured learning through multiple teaching strategies including but not limited to, pre-reading assignments, short teaching sessions (STS) (~30 mins) incorporating high yield content, comprehensive TBL sessions that employed questions from AMBOSS, and end of day wrap-up sessions.

Another important feature of the course was that it incorporated reflective and cooperative learning at every step, where the students had the opportunity to analyze their performance on the go and discuss explanations for both right and wrong answers with their group mates as well as with their tutor. Such reflective and cooperative learning strategies generated valuable discussions that addressed learning gaps, improved understanding of high yield concepts, and enhanced knowledge retention. The course also incorporated occasional information sessions on the US medical residency pathway.

Course Director

Dr. Ahmed Yaqinuddin, AU faculty

Course Coordinator

Dr. Ismail Shakir, AU graduate

Course Tutors

Dr. Ahmed Yaqinuddin, AU faculty

Dr. Muhammad Salik, AU graduate

Dr. Ali Mushtaq, AU graduate

Dr. Abdulaziz Bakhashwin, AU graduate

Dr. Maan Awad, AU graduate

Dr. Anas Idrees, AU graduate

Dr. Abdullah Niyas, AU graduate

Dr. Hamzah Afaq, AU graduate

Dr. Eman Haque, AU graduate

Dr. Khaled Abdullah, AU graduate

Student Feedback

"Attending the USMLE Prep course was probably the best decision I made while preparing for Step 1! Not only did it allow me to complete studying the First Aid within two months, but also thanks to the tutors, I got a much better understanding of the basic concepts and challenged my knowledge with practice questions."

Saima Fakih, final year medical student

"This course was hands-down one of the best ways to finish your first FA pass. Although I went in being a little skeptical, I was surprised as to how powerful and intensive of a training it provided, and I can say with full confidence that this was one of the best decisions of my life!"

Aisha Siddique, final year medical student

"It was one of the most amazing experiences Alfaisal has gifted me. It helped me understand the meaning of 'high yield' concepts and taught me some wonderful exam taking strategies too. The support given by the tutors was so heartwarming and I'm grateful to have learned from these geniuses. Suddenly, the daunting task of taking the STEP 1 doesn't seem that daunting anymore."

Zara Ahmed, final year medical student

"One-on-one mentorship and real time feedback from the tutors were the highlights of this course for me. I was simply in awe of the intellectual capacity that filled the room during TBL discussions, with each clinical vignette being dissected by both like-minded colleagues and refined tutors. They inspired me to question the how & why behind every line I read."

Final year medical student

Tutor Testimonials

The USMLE prep course provides a rapid, comprehensive review of the First Aid material. But most importantly, it connects you with enthusiastic colleagues who encourage you to achieve your goal, in a supportive, motivating environment.

Dr. Maan Abdulaziz Awad,

First year Internal Medicine Resident, KSMC

This course was taught in an innovative fashion by employing effective short teaching sessions combined with daily TBL style USMLE Practice Questions and discussions that significantly enhanced the Student's understanding of the high yield concepts of the entire First Aid 2021 in around 60 days only.

As an instructor, it was a wonderful experience as it not only helped me revise and better understand the core concepts of Medicine but also provided a platform to improve my teaching abilities by receiving continuous valuable feedback from the students.

Dr. Muhammad Salik

MBBS, Teaching Assistant - Graduate Studies,

College of Medicine, Alfaisal University

Alfaisal MedHub

Alfaisal MedHub is an initiative under the umbrella of IO that aims at creating an online global community of medical students. Alfaisal MedHub covers a broad range of topics that are common to medical students all around the world. The Career Guidance Series and Podcasts are two of its prime initiatives.

MedHub Career Guidance Series (CGS)

Since medical students are always confused about the career paths that lie ahead of them, MedHub's Career Guidance Series addresses this concern through the perspective of accomplished seniors as well as residency program directors. The CGS talks are streamed online to a global audience and are also published on Alfaisal's MedHub YouTube channel for medical students around the world to benefit from. The CGS talks cover multiple career pathways:

- Medical Residency Pathways in KSA, USA, UK, Canada, Australia, Germany, and Qatar.
- M.D. Ph.D. Career pathway
- Ph.D. Pathway
- Healthcare Consultancy Pathway

So far, 1,300+ live attendees and 5,000+ views on YouTube have been recorded in 24 CGS talks. ***All Career Guidance Series talks can be found on Alfaisal MedHub's YouTube channel:***

<https://www.youtube.com/alfaisalmedhub>

MedHub Podcasts

Alfaisal Medhub Podcasts aims to provide holistic coverage of topics on its platform to support and enhance the growth of its listeners in their medical journey. Discussions cover a wide range of areas under professional and personal development such as career guidance, residency highlights, work-life balance, self-sustenance, the importance of mental and physical health in the field, and much more. While knowledge and advice on academic excellence is thoroughly addressed, the podcasts also shed some light on non-academic trivia such as dissection of medical dramas and books, addressing controversial ethical cases, and the importance of inculcating hobbies, among many others.

Guest speakers walk listeners through the fascinating world of medical experience and knowledge, sprinkled with timeless anecdotes and personal stories. ***Listen to Alfaisal MedHub Podcasts here:***

<https://anchor.fm/alfaisal-medhub>

Alpha-Med - Alfaisal's Medical Community Platform

IO has recently announced the launch of Alfaisal College of Medicine's very own Digital Community Platform: AlfaMed. The primary goal of the AlfaMed platform is to strengthen student, alumni, and faculty relations in support of the University's mission, expand opportunities for students, alumni, and faculty to maintain their relationships with one another, and engage in an ongoing planning process to meet the needs of an ever-growing Alfaisal medical community. AlfaMed is an online platform that will:

- Facilitate the Alumni-Student Mentorship Program by matching alumni who have volunteered as mentors to current students via a built-in compatibility algorithm. In addition, junior alumni can also seek mentorship from senior alumni.
- Incorporate a Medical Alumni Directory and an interactive map, which will provide a quick snapshot of where Alfaisal medical alumni currently are and what they are doing.
- Give new alumni a platform through which they can ask for assistance from senior alumni.
- Allow alumni to create their own groups and reconnect with other alumni.
- Showcase student, alumni, and faculty achievements to all registered users.
- Present all news and events related to the ongoing events at the University to the users in the form of a newsfeed on the main page.
- Grant students, alumni, and faculty the opportunity to view all past, present, and future Alfaisal publications such as MedTimes, USMLE Experience booklet, etc.
- Be used to announce alumni centered events (such as the CoM Alumni Meet)

Institutional Subscriptions and Discounts:





RESEARCH Programs

Alfaisal University

Summer Program for International Research Internship and Training (SPIRIT)

SPIRIT is an intensive 10 to 12-week summer research scholarship program for Alfaisal undergraduate medical students. It is designed to provide international research experience and mentorship for medical students (sophomore and above) interested in basic or clinical research. Under the guidance of renowned researchers, students work on a research project and present their findings at competitive research symposia and conferences.

The SPIRIT program also contributes to the College's vision of creating physicians who actively contribute to medical research.

Currently, there are 15 participating institutions and more than 50 summer research internships offered with some of the prominent researchers in various fields of basic and clinical research. So far, more than 550 students have participated in the SPIRIT program with several of them publishing their work in prestigious scientific journals.

More information about the SPIRIT program can be found here: <https://www.iocom-alfaisal.org/spirit>



> 50 summer research internship



> 550 students have participated



15 institutions

Freshman International Research Summer Training Program (FIRST)

The FIRST program was launched to recognize and reward those individuals with extraordinary potential, services to the community, and achievements in domains other than academics. Selected students are awarded the FIRST scholarship to pursue a research training program abroad. In addition, they have the opportunity to expand their network and connect with colleagues and researchers from the other side of the globe. This program is exclusive to Alfaisal freshmen medical students.

For the summer of 2022, IO has arranged with the University of Bristol a 5-week training program. More information about the FIRST program can be found here: <https://www.iocom-alfaisal.org/first>

Designed by: Wassima Kaidali

International Clinical Experience Program (ICEP)

IO has so far successfully secured at least 11 clinical elective agreements for hands-on rotations in the United States and is actively working towards expanding the list, for Alfaisal medical students interested in pursuing the US residency career pathway. These 11 clinical electives are apart from the 3 third-party platforms with whom agreements have been signed for hands-on clinical rotations.



All listed programs are excellent opportunities for our students and help them in obtaining high-quality Letters of Recommendation (LoRs) necessary to get matched to the top US Residency Programs.

Link to the list of available hands-on clinical rotations and requirements:
<https://www.iocom-alfaisal.org/icep>

Local Research Training and Internship Program (LRTIP)

LRTIP was launched to establish and enhance research collaborations between KFSHRC and Alfaisal University.

The program provides Alfaisal medical students with opportunities to get started on clinical and basic research projects.

This program has emerged as a twin of the SPIRIT program (Summer Program for International Research Internship and Training) and is heavily supported and encouraged by the college deanship.

Since its establishment, the LRTIP program has evolved significantly and has received promising feedback from students, mentors, and the college alike.

Since its establishment, the LRTIP program has evolved significantly and has received promising feedback from students, mentors, and the college alike.

The LRTIP program pairs more than 100 students with research mentors at KFSHRC annually.

Alfaisal Scholar Program in Research Excellence (ASPiRE)

ASPiRE is an in-house sister program of the Summer Program for International Research Internship and Training (SPIRIT) that offers participants a unique and immersive experience and training in basic, clinical, and medical education research. The ASPiRE program contributes to the College's vision of preparing physicians who actively contribute to medical research and accommodates more than 200 participants annually under three of its tracks.

ASPiRE - Basic Research Track (BRT)



The ASPiRE BRT program, an 8-week immersive experience in a laboratory setting within the labs of Alfaisal University, offered qualified Alfaisal undergraduate medical students the opportunity to train in basic research and become members of research teams. Each week of the program focused on a specific theme within biomedical research that allowed students to discover first-hand the broad spectrum of research activities and fine-tune their skills in basic laboratory techniques. The themes covered under the program were as follows: Oncology, Neuroscience, Developmental Biology, Microbiology and Infectious Diseases, Immunology, Metabolic Disorders and Diabetes.

More information about the ASPiRE-BRT program can be found here: <https://www.iocom-alfaisal.org/aspire-brt>

ASPiRE - Clinical Research Track (CRT)



To build a strong clinical research foundation among healthcare professionals, the Clinical Research track was designed by employing a multitude of resources, tools, and teaching strategies. The objective of this track was to provide a solid foundation for clinical and patient-oriented research for the participants.

The program was carefully designed to effectively cover all essential and practical aspects of performing clinical research including, but not limited to, hands-on workshops, journal clubs, pre- and post-course assessments, poster presentations, and possible placements on clinical research projects. This clinical research track brought together world-class faculty to deliver the workshops and journal clubs. By the end of the program, the participants acquire all the essential concepts for conducting clinical research. More information about the ASPiRE-CRT program can be found here: <https://www.iocom-alfaisal.org/aspire-crt>

ASPiRE - Medical Education Research Track (MERT)



Designed to teach medical students the basic principles of conducting research in medical education through a series of presentations and small group activities, the 4-day program comprises 8 workshops. Each workshop is about 2-3 hours long. Groups of participants actively work and apply the concepts they learn on an actual medical education research project as they traverse through the eight workshops. By the end of the program, attendees acquire a framework for understanding and applying essential concepts and principles in medical education research. More information about the ASPiRE-MERT program can be found here: <https://www.iocom-alfaisal.org/aspire-mert>

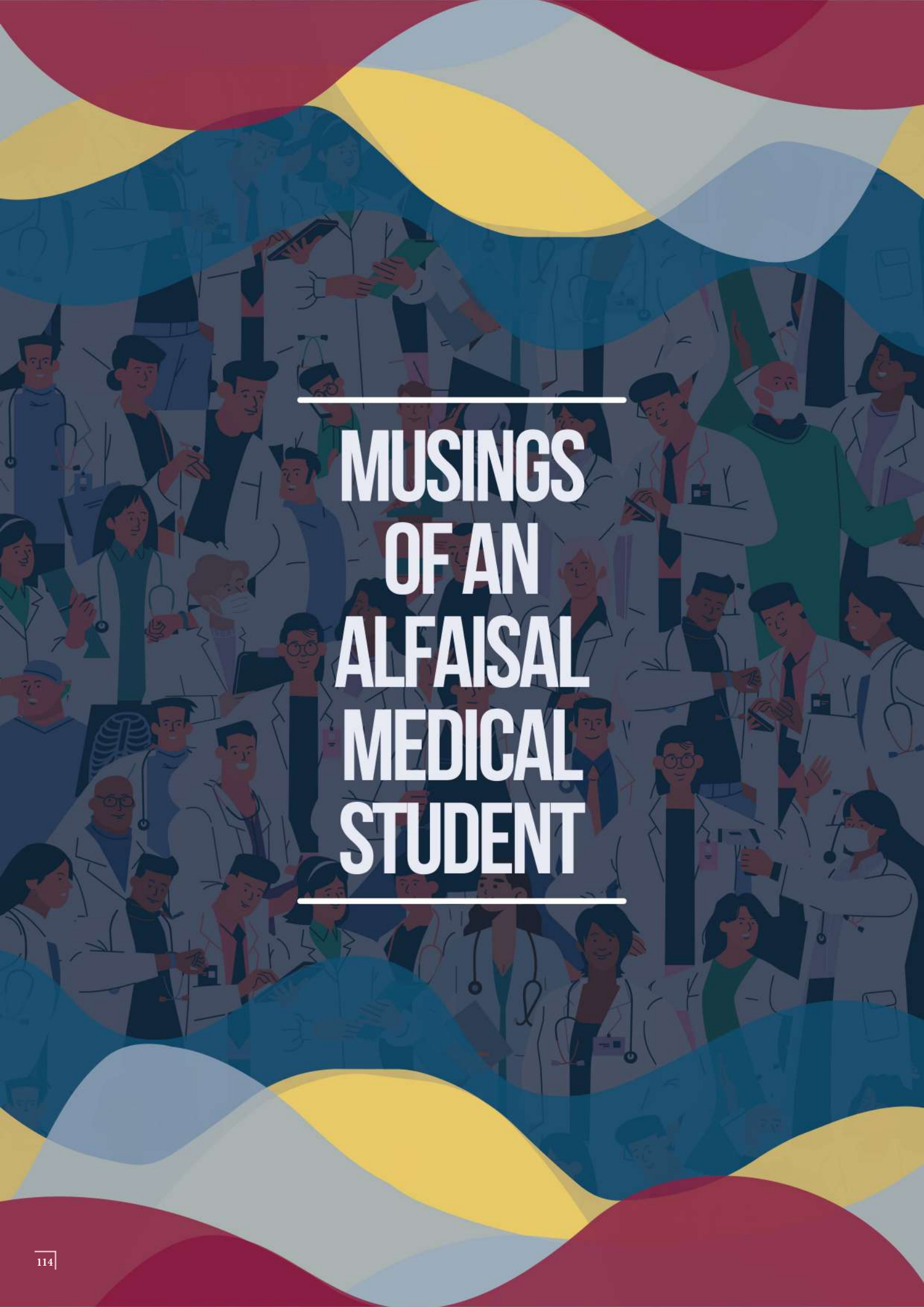
Medical Student Journal Clubs (MSJC)



So far this year, seven journal clubs have been conducted in the presence of reputed physician researchers from King Faisal Specialist Hospital and Research Center (KFSHRC) and a total audience of more than 500 attendees.

The aim of the MSJC is to familiarize students with research by increasing their proficiency in reading, understanding, analyzing, critiquing, presenting, and evaluating scientific literature. These interactive sessions help them understand the best practices in research and also help them become more confident in conducting projects of their own.





MUSINGS OF AN ALFAISAL MEDICAL STUDENT

Pre-Clerkship

Laiba Zahid

3rd Year Medical
Student



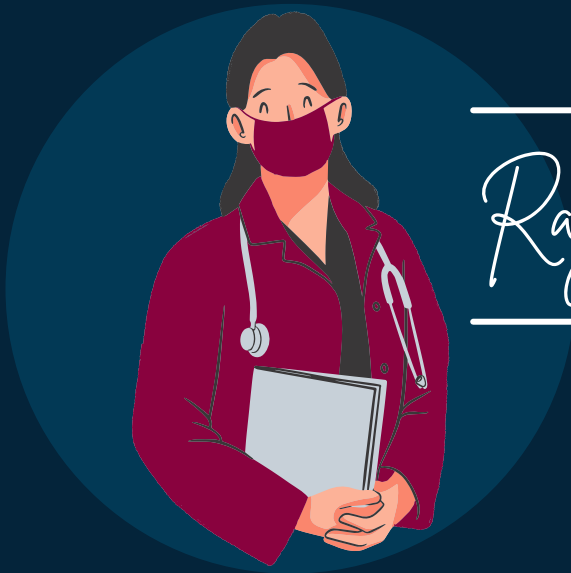
Attending Al-Faisal University as a medical student has completely transformed my life in many ways; not only in my daily routine but also in my perception of life. Spending my days at a multicultural institute has allowed me to grow and evolve as a person by learning and interacting with people from all sorts of different backgrounds and personalities.

My typical day starts anywhere between 7:00 AM - 9:00 AM depending on what time my classes start since we have different schedules daily. I routinely take the mornings as opportunities to dedicate time solely to myself; an hour to start the day right and set an optimistic tone for the remainder of the day. It involves me peacefully enjoying the silence of the early morning as I get ready for my day and the serenity of my surroundings before the day gets chaotic. This has made the mornings become one of my most cherished moments throughout the day. After that, it's a rush of ensuring I have breakfast before heading out of the door to get to classes on time, and get the day started. On a regular Monday, it would start with an hour of a PBL case study followed by lectures that could end anywhere from noon to 5 PM. On Tuesdays I typically have a tougher day with classes running all the way to 6 PM as per my scheduled Islamic elective. In between my classes and spending free hours in the library, I always make sure to take some time out and catch up with my friends over lunch or take a walk in the garden, and though it's been a learning curve I have now finally been able to manage a decent work/social life balance that keeps me both efficient academically and successful socially, alongside the occasional group meeting for extracurriculars. Apart from that, one major part of my daily life for the past year has been sharing what I do throughout the day on my instagram page (@the.medddays) to give an insight on the daily life of a medical student. This helps me include in my routine something I truly love, which is documenting my life to look back to as memories later, but also helps keep my days interesting.

I won't deny that spending more than half of my day on campus may seem indefinitely repetitive where day after day, it's spent with the same people in the same classroom as we walk the same hallways and the cafeteria. But regardless of the redundancy, I've begun to find beauty in the routine. It's not nearly as monotonous as it may seem, there are new conversations everyday, new emotions everyday. There's a difference in the people we speak to, a difference in the knowledge we gain. I find myself facing new situations and obstacles each day, some of which require me to allow myself the space and opportunity to challenge myself. There's a uniqueness in how each day ends, some of them better than others but I strongly believe it's those very days that shape our lives; they build our lives up to be something that we can say was worth living.

Despite the tough and long days that may often seem endless, I carry their burden with pride since the opportunity to be able to build a future career in what I'm truly passionate about is something I am eternally grateful for. I gain strength by knowing that there have been many sacrifices by those in the past for me to stand where I am today and that it is my responsibility to continue building bridges for the future generations.

Written by: Laiba Zahid
Designed By: Rushdan Firdous



Clerkship

Raghad Hijazi

4th Year Medical
Student

A mixed bag of skittles, that is how I would describe my emotions as I transitioned from the daily schedule of lecture halls to now seeing patients and applying all the knowledge I have attained.

So what do our days look like? Well, it differs from rotation to rotation, but generally, this is how it goes; bright and early; I usually wake up to the beaming sun rays at 6 am. I am a morning person, so I like to finish some of my work before going to the hospital, whether it is a research project I'm working on, tasks related to the Med Times magazine, or just a nice long morning stretch.

Our days at the hospital usually start at 8 am, whether we have procedures to attend, ORs, clinics, or a nice cocktail of everything.

The wonderful thing about clinical years is that every rotation has its own identity. Internal medicine is like the great grandfather. It is the essence and origin of medicine, the trunk from which everything branches. Days in internal medicine usually consist of morning rounds (checking up on the inpatients with the managing team), afternoon clinics, and teaching sessions.

Pediatrics is the caring grandmother of medicine. It is the kiddy version of internal medicine.

Surgery is like the crafty edgy uncle. Knowledgeable, skilled, and a bit intimidating. Some surgical specialties include both ORs and clinics, for example, Urology. Our urology rotation was intense. Their days start at 6 am and usually end at 5 pm. Vascular surgery was the most amusing of them all. Shifting from using my imagination to visualize the heart to seeing it in front of me was amazing.

Obstetrics and gynecology, or shall we say the kind, loving mother of medicine. What is more joyful than starting your day by helping a mother bring life to the world? During my OBGYN rotation in King Faisal Specialist Hospital, I was scheduled for labor and delivery in the morning; it was a c-section where I got to scrub in and help in suturing. Indeed there is nothing more wonderful than hearing a baby cry for the first time and seeing the mother holding her child after a nine-month wait.

We usually have a 12-1 pm break for lunch in all of our rotations. After two months of eating out of vending machines, my friends and I discovered the KACOLD cafeteria, a wide selection of food from pasta to burgers to desserts. After a satisfying lunch, we recommence whatever afternoon activity we have scheduled.

One of the most important lessons I have learned this year is the importance of being proactive; if you want to examine the patient, ask the doctor for it because he will probably not offer it. If you wish for that research opportunity, approach the necessary individuals to land it. Always be proactive in the pursuit of your dreams.

Written by: Raghad Hijazi
Designed By: Rushdan Firdous



Written by: Dr. Ali Hassan Mushtaq

NAVIGATING YOUR INTERNSHIP YEAR

Dr. Ali Hassan Mushtaq is a 9th batch alumnus from Alfaisal University, currently in his intern year. He has been involved in extensive research, teaching, and mentorship during his time at Alfaisal, namely as a tutor in the PAL program and the USMLE prep course 2021. He writes about how to navigate through internship with special tips on clinical electives.

Obtaining Electives

A US hospital-based work experience in a clinical specialty like Surgery/ Medicine allows one to get acquainted with the routine functioning of the US healthcare environment: history taking and physical examination, using EPIC (Electronic Medical Record), and providing assessment and management plans. However, the primary goal of an elective for an IMG is securing LORs (Letters Of Recommendations) and interview spots for the upcoming Match.

Your goal is to secure clinical electives within the 12 months of internship. The best type of clerkship is a sub-internship where you have the added responsibility of on-call participation and treatment similar to a PGY1, but this differs from one institute to another.

The process is tough and lengthy; be prepared for many rejections. Most institutions host only their students or medical students accredited by the Liaison Committee on Medical Education (LCME) or Alpha Omega Alpha Honor Medical Society (ΑΩΑ). To optimize your chances, start the process early, preferably right after finishing 5th year. Some institutions require you to apply at least 6 months in advance, but most have a window period of 3 to 6 months before the start of your rotation date.

While most electives appear on VLSO (Visiting Student Learning Opportunities), quite a few require you to apply to individual institutes. Online forms can be found on their websites or simply email en masse to medical education coordinators.

Another way is to employ 'the wasta card': contacts, family friends, relatives in the US, whoever it may be, reach out and ask. Aim for a hands-on elective. However, a hands-on observership is also quite useful.

Things I wish I knew

- The experience one individual has in year X will be different in year Y, simply due to changing situations (e.g. COVID) and new collaborations being established.
- Not all doctors are going to hand out LORs. You will get rejected so take the feedback positively and work on yourself to make improvements.
- Avoid comparing your experience with another individual in the same institute. It depends on various factors, most of which are out of your control. Do the best you can and enjoy the experience.

Requirements

Try to finish a few prerequisites while searching for electives:

- Letters of recommendations
- USMLE Step 1 (required by many institutes)
- Personal statement: Convey your passion for the specialty, your accomplishments and how they have developed you as a person, your future plans, and how this experience in their institute will help you to accomplish those goals.
- CV: Structured, to the point, highlighting professional accomplishments.
- Letter of good standing: Mentions that you are in good standing, have completed core clinical clerkships and all courses have been taught in English (obtained by emailing Ms. Mariam Tabrizi).
- Make an account on VSAS (Visiting Student Application Service)
- Complete the AAMC (Association of American Medical Colleges) immunization form
- Criminal Background Check/Police Clearance: from the local police station (obtain a letter from the university to facilitate the process)
- HIPAA and OSHA certifications (some institutes)
- Valid BLS Certificate
- School final transcript
- TOEFL (some require a score of 26 or 28 in speaking and listening)
- B1/B2 Visa (usually after acceptance, since you need them to send it to you)
- Extras: Malpractice/ professional liability insurance, urine drug screen (some institutes)

May Allah make this journey easy for all of us! Keep us in your prayers!

Obtaining Electives

- At this point you may be unsure on what you want to peruse. A good way to make that decision is by the process of elimination. Do you absolutely hate the OR setting, refuse to stand for hours and hours during internal medicine rounds, do you simply dislike dealing with adolescents or do you want to take the ROAD to easy life (Radiology, Ophthalmology, Anesthesia, Dermatology). Make sure you know what route you want to take. You can choose to apply to multiple specialties during the match process (IM and family medicine).
- Look at the prospects; salary offered, work/life balance (working hours, how many weeks do they work each year), chance of matching. Residency is a grueling process, and the institution you train at will dictate your fellowship options and employability in popular states.
- If you want neurosurgery, which is one of the most competitive options out there, don't give up simply because its difficult. People have matched there but they did put it significantly more effort than other specialties (a few years of research in US). But be realistic; you reap what you sow.

Getting letters of recommendations (LORs)

Show interest, participate and get along with your colleagues. Ask questions, act interested and participate in discussions. Be careful, don't overdo it. Everyone wants to leave early so a few questions here and there are acceptable but to question everything will annoy others and effect you negatively. Another vital point is to be interesting, some of my closest friends secured LORs based on discussions about novels and the stock market. Your performance will atleast for IM be gauged by your presentation skills, using the SOAP criteria. Most important aspect of your presentation includes your assessment of the patient and the tailored management plan. If you do not know simply point that out. Do not give false/ inaccurate information. Best way to excel at this is by having open □ Participate in discussions and ask questions but be careful not to overdo it. Everyone wants to leave early so a few questions here and there are acceptable but questioning everything will annoy others and affect you negatively. Show interest and get along with your colleagues. Some of my closest friends secured LORs based on discussions about novels and the stock market.

Your performance, at least for IM, will be gauged by your presentation skills of the SOAP criteria. The most important aspect of this includes your assessment of the patient and the tailored management plan. If you do not know, simply say so. Do not give false or inaccurate information. The best way to excel at this is by having an open conversation with residents and asking for their feedback before presenting in morning rounds. Many times, the resident may provide tailored plans for you to present if you build a good relationship. Similarly, if a resident is asked a question and you know the answer, do not interject until it is redirected towards the team. Do not try to undermine the residents in any way. They have a say in your residency application and sometimes the attending gets feedback on your performance through them. End of the week, first ask for feedback and how to improve yourself. If you receive a positive response, proceed to humbly inquire if they are willing to write you a LOR and specify its importance for IMGs. If they accept, write them an email mentioning what you have learned with them along with your CV and personal statement. Inform them that they will be required to upload the letter on ERAS (Electronic Residency Application Service) once you get your token, after graduation.

Aim to obtain 4+ LORs. People have matched with 1 or 2 but aim to get at least 4 as not everyone who promised a LOR may deliver when match season approaches. The finest LORs are from institutes like Mayo or Cleveland Clinic, from a core faculty member who writes you a personalized LOR. This is the bar that most students don't get to meet, which is okay. While it may be debatable, a personalized LOR, written by someone you worked with for a long time from a small institute is probably better than a generic one written by someone from a top institute. Alternatively, some program directors would not prefer a LOR from someone who shares your last name or nationality. However, something is better than nothing so don't feel shy in asking, with your residents and asking their feedback before presenting in morning rounds. Many at times, the resident will provide the tailored plans for you to present if you build a relationship.

Choosing the right elective

You may be unsure about which field you want to pursue right now. A good way to make this decision is by the process of elimination: Do you absolutely hate the OR setting, refuse to stand for hours and hours during internal medicine rounds, or simply dislike dealing with adolescents? Do you want to take the 'ROAD to an easy life' (Radiology, Ophthalmology, Anesthesia, Dermatology)? Make sure to decide which route you want to take. You may choose to apply to multiple specialties during the match process (e.g. IM and Family Medicine).

Look at the prospects: salary offered, work/life balance (working hours, weeks per year), and the chance of matching. Residency is a grueling process and the institution you train at will dictate your fellowship options and employability in the popular states.

If you're interested in neurosurgery, one of the most competitive options out there, don't give up simply because it seems difficult. People have matched there, although they had to put in a lot more effort than other specialties (e.g. a few years of research in the US). Above all, be realistic; you reap what you sow.

End of the week, ask for feedback first and what steps need to be taken to improve. If a positive response is received then proceed to asking in a humble manner if they are willing to ask write you an LOR and its importance for us as IMGs. Once they accept, write them an email including what you have learnt with them, your CV and personal statement. Inform them that they will be required to upload the letter on ERAS once you get your token (after graduation).

Your aim is to get 4+ LORs, people have matched with 1/2 but aim to get atleast 4, as not everyone who promised an LOR will deliver when match season approaches

The finest LORs are from institutes like Mayo/ Cleveland/ Yale where you have done a clinical elective, from a core faculty member who writes you a personalized LOR. This is the bar which most students don't get to meet, which is okay.

While it may be debatable, LOR which are personalized, written by someone you worked with for a long time from a small institute is probably better than a generic one written by someone from a top institute

Again, some program directors would not prefer an LOR with someone with your last name or same nationality. Something is better than nothing, don't feel shy asking.

Tips

- Apply as a medical student (includes interns): Considered the highest level of experience a student can obtain in the US, superior to observership/ externships. Inpatient should be prioritized over the ambulatory setting.
- Clinical electives may be done between your 4th and 5th year summer but prioritize your STEP examinations instead
- Complete Step 1 and 2 before going for electives as studying for Step 2 during rotations is difficult (yet not impossible)
- As per university policy, half of your internship in Riyadh can be done in private institutes so finish them in the first 6 months while you prepare for exams and electives.
- Some sub-internships, e.g. Mayo Clinic, may require you to have completed at least one month of USCE (US clinical experience)
- Avail the health insurance discount offered through the IO website.
- Understand that even when thoroughly planned, things may not go your way. You may not get into the program you wanted or have to rent a car to get to different places but in the end, make sure to not make compromises on what you went there to achieve.
- Electives have more to do with your personality and social skills rather than your knowledge. Try to present a reliable, amiable personality.
- Take advice from students who have recently gone through the process as things are rapidly evolving.



Creative Minds

Hey!

Written by: Raffi Almutawa
Designed by: Fatoon Alzabidi

Hello!

Helloooooo!

Can you hear me?

Yeah, but I didn't know how to respond ✓✓

All you gotta do is say hi back

Oh right, my bad! ✓✓

So, hi how are you?

Oh wait, we're doing it for real this time ✓✓

Hi. I guess I'm fine ✓✓

Normally you'd ask how I am, but you know what, whatever

What are you up to today?

Probably staying indoors watching my favorite movies that I've seen a few hundred times alone with my comfort food ✓✓

Don't you want to, I don't know, leave your house?

NO, ABSOLUTELY NOT! THAT'S CRAZY! ✓✓

WHAT IF I...? ✓✓

Introvert



WHAT IF I...?

WHAT IF I...? I DON'T KNOW

The world isn't that scary ✓✓

We live in a society that undermines a global pandemic, judges people for opinions, thinks judging people by intangible factors is okay, and so much more

We live in a scary world

Geez, you might have a point, but what about hanging out with friends? ✓✓

I don't really feel like it to be honest.
The movie sounds like fun

Okay, how about we call up everyone to join you at your place? ✓✓

Why are all of your ideas so insane?!

It's good to socialize with people ✓✓

It's also good to be comfortable

So what's the solution? ✓✓

Beats me, I'll just go ahead and watch this movie

Okay, but we'll be watching it behind you ✓✓

WE???????

Extrovert

Authentic Leaders

A CALL TO EVERY LEADER ACROSS THE GLOBE

Empathy. A seven-letter word that holds more power than what meets the eye. Authenticity. A twelve-letter word that most leaders have struggled with at some point in their life. What do those two words entail for you? Perhaps staying true to yourself. Perhaps staying true to your values. Perhaps staying true to your purpose. Perhaps all of the above. Yet which self? The past, the present, or the future? Perhaps one beyond them all; your aspirational self. Leadership, growth, collectivism, and the future. They are all key elements that gravitate towards those whom we call natural-born leaders. On the contrary, however, I believe leaders are formed as the sum of their experiences and aspirations, they are not simply born. Everyone can be a leader. Then one might ask, if we were all to be leaders, then who would be a follower? Although the thought may be daunting, the answer is painstakingly simple. If we are all leaders, we are also all followers.

Allow me to elaborate. If our traits could be scaled like a battery, there is no scenario in which we could be 100% full at all times. There are skills we grow and develop in order to both lead and follow within different segments of our lives. The most common way that we give away our power is by thinking that we don't have any, and convincing ourselves that we are just not built to lead. Yet we have every piece of the puzzle within ourselves. To lead outwardly, we must first learn to do so from within.

Leaders are made through values, virtues, principles, and character. We follow those who lead for ourselves, not because we have to, but instead because we feel driven to. Those who are successful ask their audience to look within themselves because every single one of us has a quenching thirst to find our purpose, make an impact, and leave our mark. They are not great because they have amounted to positions of power, but instead, their greatness comes from their ability to empower others.

Leadership is the responsibility to see those around us rise. It is the responsibility to take care of those around us. It is not about being in charge, it is about taking care of those in our charge. To be a leader is to sacrifice yourself so that others may gain, choosing to look after the person to your left and to your right. To lead with empathy — that is how people advance the world. To lead authentically is to lead with intuition. Listen to your core inner compass, and take accountability for your actions. For one to be praised means they also must be just. As with everything in life, like yin and yang, it is all about balance. Every single one of us has the opportunity to be the leader we wish we had, even without being in a position of power. The only thing title and authority will allow you to do is lead with greater scale. I hope that the next time someone asks you to think of a leader, you take a look introspectively into the looking glass.



Written By: Maryam AlTayeb
Designed By: Rushdan Firdous

This Is the Way the World Ends : Not with a Bang , But a **Whimper**

Something in me shifted when I was around my extended family for the first time in 14 years; there was a spark that was never there before - there was a warmth, a comfort. At first, it felt **unfamiliar**, but in a good way- like a breath of really crisp, cold mountain air that is **welcomed** so eagerly that it burns. For the first time in an achingly long time, I **smiled** so genuinely. When I had to leave, I did lose a bit of that sense of belonging, but I also left with the understanding that I needed to find it again, and again, and again. I needed to find that **feeling** - the warmth, the **tenderness**, the "I've got you, and you've got me" - I needed to find community. What are we without each other? What's a human wandering alone in a sea of bricks and lights so blinding?

It's **scary** to consider being a part of something big, especially when you might have spent so long alone; it's **terrifying** when all you've ever known was silence, that you seek it even when it pushes you further, and further away into isolation and loneliness. It **hurts**, but you feel **helpless** - your only safety was a danger that slowly ate away at your heart. So, then what? How can we deal with **craving** being loved, being (genuinely) asked how we're doing, and being able to **laugh** freely, yet being so **starved** from all this that it hurts to be around such things or to even consider that?

Being a part of **a community** feels like this: water. They say humans belong to the water, for we have practically been created in it; however, coming into contact with water is a less-than-gentle experience. If you have ever tried dipping yourself into a body of water - such as a pool or even the ocean - you would probably be familiar with how **unnerving** the first contact with water is. And so, to avoid this **distress**, many people simply dive in headfirst. Personally, I fear both the slow dipping and the reckless diving, yet I would confirm that I feel such a good feeling after diving headfirst - not thinking too much, **just doing**, just feeling - that is my advice for following one's aching needs, and in this case, the **human** need to be around humans. It sounds silly, but if you know, you know.

Get yourself in there, somehow, some way. The feeling of being wanted, loved, and cared for is unmatched. The feeling of (finally) wanting, loving, and **caring** is truly unmatched. You have so **much love** inside you, and there is nothing more that your **inner child** wants than to shower those **you love** with it, as though it were petals gently cascading down onto the world. One of my favourite artists, Nat King Cole, once said:
"The greatest thing you'll ever learn is just to love and be loved in return".



"The greatest thing you'll ever learn is just to love and be loved in return".

Written and Designed By Tasneem Al Ibrahim



The first Doctor in my Family

~Ayesha Mohamed Fahim~

To be the first doctor in the family, not just in your family but in your extended family, can only mean immense joy, a sense of glory, and a distinguished level of respect. It is the dream of many to get into medical school, let alone become a doctor. Within the borders of one's extended family, being a doctor or a medical student is interchangeable with being a celebrity, from how famous you are within society to how well you get treated as an individual.

The most priceless thing one could ever have in their lives is the look on your parent's faces when they proudly talk to others about you as though you are a doctor while you are just a medical student. Their joy in seeing us study to become a doctor one day fuels them, despite different encounters and hardships in life and school. They may not know how hard medical school can become for someone from a background with no doctors in the family, but parents are always there for support through these times and stand as a firm rock for us to lean on.

I am sure every medical student has experienced this scenario: as soon as you arrive in your native country, the very first reaction from your relatives is, "Oh! Doctor! How are you?" This is the case even with a simple video call. Everyone is thrilled at the fact that the family now has a doctor. Some days, those distant relatives you had never met come over and ask, "Oh! you are the doctor, right?" And that is how an unceasing conversation will begin.

Being the first doctor in the family certainly does get everyone excited. But while being a medical student, without a complete understanding of all types of clinical conditions yet, family and relatives expect you to know why they have shoulder pain, abdominal pain, or light-headedness. As medical students, we claim their symptoms to be something dangerous that requires urgent medical attention, considering referring them to the hospital as the best choice, only to find that it is a benign condition. Being the first almost always leads to conflict due to the wrong understanding and unnecessary worry for minor symptoms.

I realized that it is not just an addition of joy and happiness to your family but to the entire society. This is because of your ability to indulge in your cultural aspects while diagnosing someone familiar, hoping to provide an experience of comfort and understanding. This position in society represents strong and permanent roads of inspiration and motivation for those that will follow in our footsteps.



Yomna Aloufi

Major Transitions *In Life*

With a huff and a puff and a big blow, little Yusra blows out the eight candles for her eighth birthday. She felt like she's lived for an eternity - time always seems to run slower for a child. The days until her next birthday seemed endless, but birthdays never signified growing up for her. It was when she lost her first tooth, or when she learnt how to ride a bike, or even when she successfully made Mama a cup of tea for the first time (behind her back, of course) with no ER visits! For us too, it's these small milestones that signify turning points in our lives.

College is another major life transition that many people go through. The college experience in itself is a very romanticised turning point in life. For many, it comes with various other milestones - first car, first apartment, and with it, their first experience living alone. Navigating through such a new environment can be frightful and daunting. It can feel lonely leaving a place of comfort like high school, where you had a stable routine, and saw the same people every day - people who you saw yourself in. For many, high school was a taste of hell. For others, it was the last time they felt truly happy. Whatever the metamorphic shift is, one needs to quickly learn to adapt; to change one's self to be able to thrive in a new environment.

There's beauty in change. Very often, we're forced to pick it out like a needle from a haystack. If you don't do so, you may end up freezing in time. You'll find yourself sitting in a snow globe on a bookshelf, watching everyone around you grow and change while you long for a past that will never come back. That's the main point to be made - a life transition means a change in you as well. Little Yusra won't be the same person entering college as she was when she was eight. Change on change, a poem by English poet, Elizabeth Barrett Browning, touches on the bittersweetness of change, and how we must change as well.



Three months ago, the stream did flow,
The lilies bloomed along the edge;
And we were lingering to and fro —
Where none will track thee in this snow,
Along the stream, beside the hedge.
Ah! sweet, be free to come and go;
For if I do not hear thy foot,
The frozen river is as mute —
The flowers have dried down to the root;
And why, since these be changed since May,
Shouldst thou change less than they?

And slow, slow as the winter snow,
The tears have drifted to mine eyes;
And my two cheeks, three months ago,
Set blushing at thy praises so,
Put paleness on for a disguise.
Ah! sweet, be free to praise and go;
For if my face is turned to pale,
It was thine oath that first did fail —
It was thy love proved false and frail!
And why, since these be changed, I trow,
Should I change less than thou?

She describes changes that take over other changes, pondering over how winter comes and spring takes its place. She wonders if we should be changing as well. Change is seen all around us, the trick is to not get caught up in the shifting tides and to change something within us as well.



Designed by: Massima Kaidali

Inner Child

Written by Maryam AlTayeb

Little one, have you come to seek for refuge or have you come
to open up the wide sea?

Have you come to blaze the trail of a raging fire or have you come
to seek silence?

For the peace you seek you shall find within me.

Has your mind burned brighter than a flickering switch as your thoughts come
upon these riddles?

Little one, have you come to seek refuge from this pain,
building walls around it in vain?

Have you come to stagnate in your growth?

Are you yet to see that you are safe here with me?

For your mind can run rampant and
your heart can run wild without fear of annihilation.

Here, your soul may reside at peace — devoid of cuts that run deep.

Your childlike spirit shall roam anywhere from the sky to the sea.

You are safe here; you are safe with me.

Lift your head a little higher — let your fire burn brighter.

In this reflection, you are seen.

In this echo, you are heard.

In this soul we call home, you are loved.

You are protected.

Listen, and breathe.



Of Clouds and Silent Storms

A fire burns deep inside
And I can taste the bitter ashes on my tongue.
My throat constricts and forms that small ball
And I think I may never be able to speak again.
My heart cries to The One above
Asking for ease, for ease, for ease.
Ease comes, to be gone too soon
And I am left with my aching heart again.
Trying to see the silver lining isn't as easy as the poets say.
Clouds are made of darkness
and the readiness to burst into storm;
When did silver ever have a place?

But when my happiness is snatched once more,
I begin to understand
That had it not gone again
I would not know how much I'd transgressed;
In terms of love, tolerance and humility
In terms of faith, prayer and patience.
Allowing anger and frustration to wash over
Then to look over your shoulder at
pain, regret and broken relationships.
I do not relish these times the way a masochist
or a damsel in distress would.
I gulp down the lessons and when He throws me another curveball
Then maybe it's because I have more to learn.

Design:
Wassima Kaidali

*Should I not be grateful then?
For the ability to see and hear
Then correct what has gone astray?*

*Should I not exalt His Name?
For the conscience that still preys
And for having not given up yet.*

Yes I am tired.

And sometimes I do feel sorry for myself.

*And when they complain and share stories,
Should I not be relieved that only a smile plays on my face
and bitterness does not seep into my speech?*

*When I want to throw it all away and just scream,
Should I not be amazed at how much a human can be pushed
and can still not break?*

*For I have been promised that I shall not be burdened
more than what my soul can bear.*

Should I then be honored?

That I have come this far.

And although not the most righteous

Or the most faultless in the room,

I am still hopeful.

*And my faith, although not the strongest,
still holds on,*

Holds on,

Holds on.

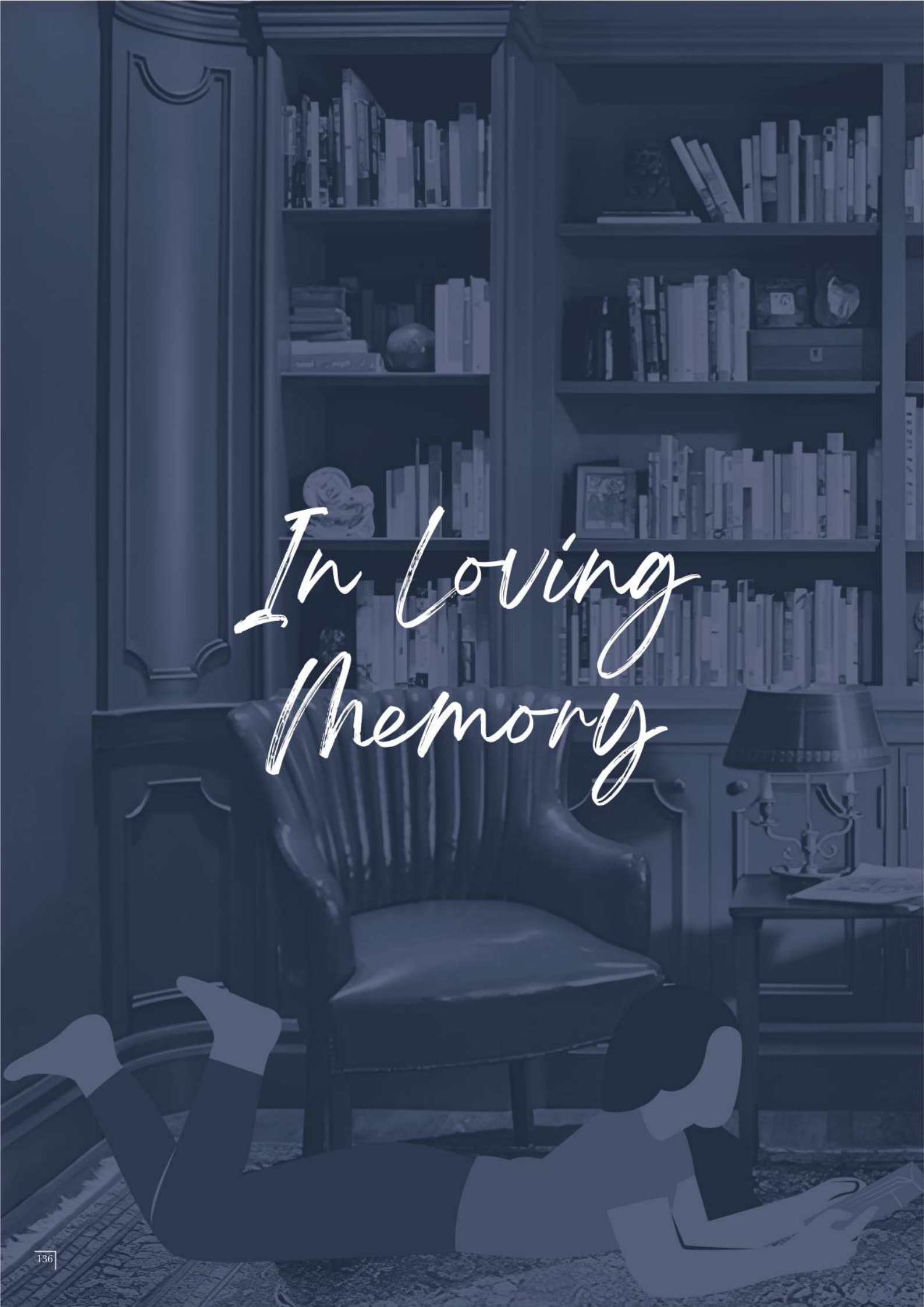
Ease shall come,

It shall,

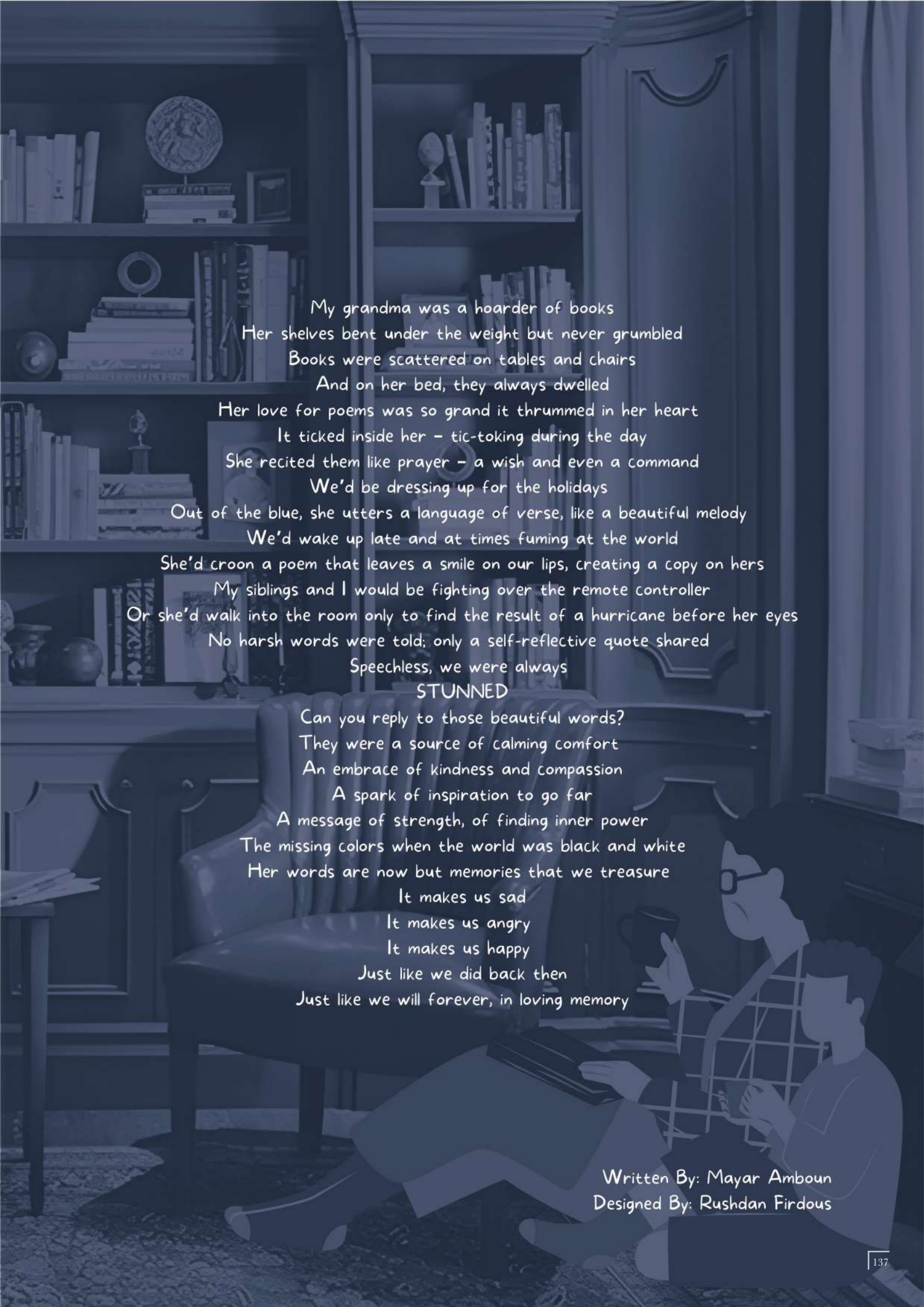
It shall,

And till then, I suppose it is only right to not give up

~ Tehreemah Raziz At least not till the end.

A monochromatic, blue-toned photograph of a library interior. In the foreground, a person is lying on their stomach on a patterned rug, reading a book. Behind them is a large, dark leather armchair. The background is filled with tall bookshelves packed with books. To the right, a small table holds a lamp and some papers. The overall mood is quiet and studious.

In Loving Memory



My grandma was a hoarder of books
Her shelves bent under the weight but never grumbled
Books were scattered on tables and chairs
And on her bed, they always dwelled
Her love for poems was so grand it thrummed in her heart
It ticked inside her – tic-toking during the day
She recited them like prayer – a wish and even a command
We'd be dressing up for the holidays
Out of the blue, she utters a language of verse, like a beautiful melody
We'd wake up late and at times fuming at the world
She'd croon a poem that leaves a smile on our lips, creating a copy on hers
My siblings and I would be fighting over the remote controller
Or she'd walk into the room only to find the result of a hurricane before her eyes
No harsh words were told; only a self-reflective quote shared
Speechless, we were always

STUNNED

Can you reply to those beautiful words?
They were a source of calming comfort
An embrace of kindness and compassion
A spark of inspiration to go far
A message of strength, of finding inner power
The missing colors when the world was black and white
Her words are now but memories that we treasure
It makes us sad
It makes us angry
It makes us happy
Just like we did back then
Just like we will forever, in loving memory

Written By: Mayar Amboun
Designed By: Rushdan Firdous

Identity in the Ever-changing Landscape of the 21st Century

Written by: Yomna Aloufi

Designed by: Raghad Hijazi

Identity is cosmic and dynamic. What defines a person's identity in the morning could change by night, and that identity in its nature holds no bounds. Bounds are set in place by those around us. One often wonders how their life and beliefs would be if they weren't in the area they currently were, surrounded by the people who now surround them. Would we still have the same music tastes and favorite colors? Would we still hold the same religious values? Are humans nothing but blank slates waiting to be painted on by the world around them? These questions often fill our minds.

The 21st century is mighty, but not by the length of it. No matter what, a century is still one hundred years. However, this century is mighty because of how big the world seems relative to a person. In the 1920s, a person's world was the city they lived in, what was read in the papers, and what was heard on the morning radio. A teenager residing in the United States most likely had no clue of the trends and tastes of the average Egyptian teenager. The world seemed small and limited. Today, we live in a parallel world whilst still grounded on planet earth. A world where we all see each other and speak to one another from opposite ends of the natural world down below. We live in the world wide web, a web of different ideologies, beliefs, and trends that change from hour to hour. So, in this ever-changing climate, how does our identity remain constant?

Our identity remains constant due to many reasons, the most obvious being how humans love to label themselves.

Whether through mundane labels such as doing online tests to know what type of animal they are to labels that define a person's entire livelihood. More often than not, we depend on these labels for some sort of closure and definition in our lives. We live by these statements and names and allow them to affect everything that makes a human unique. Zodiac signs, MBTI personality types, and even Hogwarts houses are all examples of these compelling labels. In fact, we tend to behave in certain ways to support the label we were assigned. The APA defines this concept as the Labelling theory. When we label a person consistently, they will adopt it consistently to fulfill some sort of self-prophecy. It is no doubt that the generations that have lived in the 21st century have found it much more challenging to hold onto individuality due to being exposed to so many more types of people and ideologies than the generations that have lived before us.

On the other hand, many would say discovering your identity nowadays is much easier than in previous times. This is because we're exposed to so much at such a young age that we hold our sense of individuality close to our hearts. We've got to also make note of the importance of changing this identity. We change in response to changes in our environment and our age, and when one holds onto certain traits from their youth for the sake of remaining "the same old person," then we have stunted growth and a lack of self-fulfillment. Whatever the case may be, nothing can deny the vastness of identity or the inevitable human need to find out what flavor ice cream they are or if a fish is in fact their spirit animal.





Controversy

by Shaima Sadeq

*"All portraits are pretty,
but what makes the Mona Lisa stand out?"
I asked my mom.*

*"It's the countenance," she said.
Eyes that betray sorrow are hidden
by a mystical smile.*

*Today's rain made me ponder,
aren't we all similar?
Putting on a mask for the world to see,
concealing sorrow in the depths of this galaxy...*

*Eyes are windows to the soul,
never-ending galaxies that run deeper and deeper....
Like fools,
we bury sentiments into this pit hole
unwilling to reveal the secret weeper.*

*If joy and sadness are both natural,
why do we need to conceal
all the pain and ache,
when we can simply reveal and feel?*

*If your actions don't match your emotions,
then, how do you expect harmony
amongst a mankind filled with controversy?*

*Some will judge,
but others will motivate.
Some may bicker
while others inspire.*

*If it's raining on you today,
you'll have a rainbow tomorrow.
Please don't hibernate on a bad day
because nothing lasts forever, not even sorrow.*



Colors of the Wind

The weather and our ambience reflect on our moods. - Or perhaps, it goes the other way around; we see everything around us to be serene or a whirlwind depending on our emotions. Subconsciously, our feelings do project onto our environment.

But it also has the power to turn things around - a breath of fresh air is all you need in the storm of your busy day to truly appreciate where you are now. It makes us just be in the midst of it all, rather than constantly doing.

Its rays allow us to get up every day and put one foot in front of the other.

It serves as a reservoir of memories. A particular smell or a shift in the breeze reminds us of moments both good and bad. The core memories that shaped us and made us who we are today.

It makes us count our blessings, every single day. And when we fall short of them, they take over as one.

It comforts, hugs, and cries with us when we feel unheard. When we feel alone, it's always there, a constant that remains.

Even if it was everchanging, with dynamic shifts from gusts of winds to full-on storms, it always comes back - calm and collected.

Because if not for these moments, we wouldn't learn how it's the small things that we can be grateful for if nothing else, be it a blue sky full of clouds or a celestial starry night.

It is true that the weather runs wild and free, but so does it reign power over our feelings in its wake.

And with time, we learn to let it take over. And lean on it when we feel overwhelmed, caught in a hurricane of emotions.

It is in that standstill when we begin to truly see the world in a divine light, appreciating the full palette of colors that surround us.

Written by: Momo Arai
Designed by: Fatoon Alzabidi





Red Gold Hearts

*Written by: Zainab Ifthikar
Designed by: Mayar Amboun*

Oh, dear heart of gold, bleed a shade of crimson please.
For calloused people know not that this stunned heart is in fact alive; for all they know is to stab it in anticipation that it will bleed only shades of glitter and gold.
Kindness is noble, that's true, but they think it is nothing but your gullible virtue.

Sometimes the mind feels so heavy with thoughts that must not conquer.
Why must the weakest soldiers get the torments they cannot incur?
With every morning light, there is a wait for a new beginning; but sometimes there's not much hope left as much as there is for some barren longing.

How many scars do you have soldier?
I have heard your stifled cries in my dreams, like the scared cat that's purring on the streets.
Why do you choose this pain when peace is so easy to attain? Is it because you believe that choosing pain will make it all painless someday?

How hard it is to live in a world where judgment is plenty, but appreciation nil.
Where be yourself is so easily said, but the meaning behind it is seldom meant.
Where materialistic livelihoods are keenly sought, whilst the underprivileged are left distraught.
Where taking a bullet to the chest is your duty, and any collateral damage becomes your liability.

Alas, the battles will wage on. Some in raging ocean waters that will try to drown you out; icy cold winters that will cover you in an avalanche of snow; sweltering summers sucking the light from within.

Feed not the soul with sorrow; it will pompously build castles and fortresses in the sky only to tear them down to rubbles again. You don't want to end up having to pick up these pieces all your life, lonely and one, with a heart so hollow that it cares for none.
I know, little soldier, that you wish to transit an oasis one day where the reward will finally feel like spring again; with bumblebees and scented flowers and green meadows that engulf a retiring sun as it ignites the dusky sky in hues of purple, orange, and red.
Well, here's a secret to remember then: even after all the annihilation, you will still find it in you to care for others, holding on to a sliver of silver lining.
So, waste no time trying to bleed that crimson, for your kind heart will never know a color other than golden.



Take Care

On taking care of things,

It is difficult to create, of utmost ease to dismantle; so is the nature of creation.

Lo and behold around you...

An earth of almost five billion years can be threatened to its demise in a matter of seconds by a nuclear bomb.

The human species, with all its glory, is to be brought to extinction by an invisible biological being akin to a nuclear bomb.

Generations of wealth, to be squandered all away in minutes, even seconds, depending on the squandering abilities of its keeper.

Years of carefully gardened and weaved relationships, to be burned to flames by deadly sins of dishonesty and disloyalty.

Days and nights of career-building ended by the irreversible doings of a scandal.

A finely decorated, multi-colored, multilayered cake, brought to ruins by a mere bump of a table, followed by the sheer pull of gravity.

Lo and behold around you, and take good care of all that surrounds you...

By Anonymous
Designed by: Mayar Amboun



@AUMedtimes

Doctor's Appreciation



“ **Dr. Hana Abdullah** supported me when I was about to give up after POD; I've never looked back Alhamdulillah. ”



“ **Dr. Khaled Abdullah** helped us pass BEP. He makes sure that everyone in the room understands the concept from the roots and teaches with such profound interest in the subject. ”



“ **Love Dr. Ani!** She is the sweetest doctor and always looks out for her students. Her summaries and simple explanations have saved me. ”



“ **Dr. Atif** made me change my perspective on how I approach medicine. He takes time out of his schedule to make videos about hard anatomy lectures to help us easily understand the topic. ”



“ **To all the TAs:** thank you for your help in lab sessions, you made many lectures easier! ”



“ **Dr. Fadi Alaloush** is the best doctor ever! He helped us through everything, be it a difficult topic or going through tough times in med school. I believe the uni is proud to have a doctor like him. ”

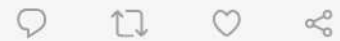


“ The way **Dr. Raihan** always waves at us in the hallways and says hello makes my day. ”

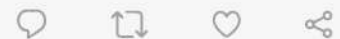




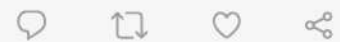
“ Thank you **Dr. Talal Almasri** for being the kindest, most helpful, and understanding instructor and brother. ”



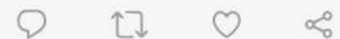
“ **Dr. Ahmad Aljada** is the reason I passed MOL. Prayers for him every day!!! ”



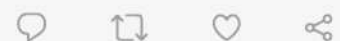
“ To all our **CoM doctors**: thank you for being there for me and helping me adapt to this new way of life. ”



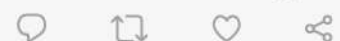
“ **Dr. Abdul Jabbar Rasool** once printed out research papers on the treatment of Vitamin D & Psoriasis and gave them to me to read because I was worried about a family member suffering from the condition. I will never forget that kind gesture. ”



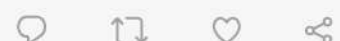
“ Thank you to **Dr. Akef** for being a father figure to all of us and for being a lantern of guidance to the MSA. ”



“ **Dr. Fahad Alsohaibani** was the first one to teach us in clerkship years how a physician must dress formally and carry himself professionally in a hospital setting. He always treated us like we were actual doctors. ”



“ **Dr. Abdal Jabbar**- thank you for your valuable advice and wisdom. ”



Facilities

Department

These are the people behind the scenes at Alfaisal, ensuring that
we receive an excellent learning experience.
Our deepest appreciation for their hard work and dedication.



IT

Department

These are the people behind the scenes at Alfaisal, ensuring that
we receive an excellent learning experience.

Our deepest appreciation for their hard work and dedication.



College of Medicine

Faculty



HEAD



ZAINAB
IFTHIKAR

VICE HEAD



RAGHAD
HEJAZI



HEAD



MAYRAM
ALAMODI

VICE HEAD



SARAH
ALSALEH



HEAD



BASEL
ALKHATIB

VICE HEAD



SERENE
SKEF



HEAD



ALWALID
HEJAZI

VICE HEAD



LAMA
ALTARIFI



Medical Stude

Presidential

PRESIDENT



Mhmd
Yman
Brghwth

VICE
PRESIDENT



MARYAM
ALTAYEB

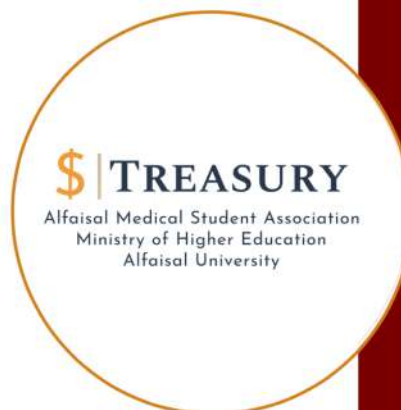
Students' Association

Office

GENERAL
SECRETARY



Tafe
Badghaish



HEAD



AISHA
SIDDIQUE

VICE HEAD



BELAL
SABBAH

HEAD



FARAH
BARAKAT

VICE HEAD



RAFFI
ALMUTATWA

HEAD



ADHIL
RAZAK

VICE HEAD



LAIBA
ZAHID

HEAD



IBRAHIM
ALBALKHI

VICE HEAD



ALANOUD
ASAAD

HEAD

SHEIKHAH
ALMOAILY

VICE HEAD

LINAH
ALGHERYAFI



MESSAGE FROM THE



Medical Students' Association

PRESIDENTIAL OFFICE

“By the students, for the students.”

That is a phrase that holds great value to us as the Presidential Office and has echoed in our intentions. From the moment we decided to run, we knew our aim was always to do right by you - the student body. If not for you, we would not have been able to reach the high standards the MSA has reached. As the first team to lead the MSA Presidential Office for 2 consecutive years, it goes without saying that this journey has been a rollercoaster — full of highs and lows, but most importantly full of lessons that we will carry with us. If there is one lesson that has been instilled in us above any other, is it this:

فَمَنْ يَعْمَلْ مِثْقَالَ ذَرَّةٍ خَيْرًا يَرَهُ

“Whoever does an atom’s weight of good will see it (will be rewarded for it accordingly).”

“Alone we can do so little; together we can do so much.”

Beyond everything that has already been said, this piece is a dedication to our incredible team. To witness others triumph is a triumph in and of itself. Words cannot express how thankful we are to have had such hardworking volunteers, members, subheads, coordinators and committee leaders. You are the backbone of the MSA. We extend our most sincere appreciation to Prof. Khaled Al-Kattan and Dr. Akef Obeidat for never failing to encourage us, teach us and nurture us. Our combined effort is what unites us in pursuit of collective improvement.

**“The strength of the team is each individual member.
The strength of each member is the team.”**

Thank you for making the MSA a family and this journey historic. We could not have done it without you. As we take our steps forward into the world, we will carry all the cherished memories, friendships, and life lessons to always strive towards excellence.

**Mohammed Yaman Barghout, Maryam Thamer AlTayeb,
& Tafe Badghaish.**

THE MSA FAMILY: AN INSIDER'S LOOK

Med Times is the annual official magazine publication team of the College of Medicine at Alfaisal University. It produces an all-inclusive magazine covering a broad range of topics from captivating interviews to awe-inspiring articles, creative proses, snippets of major events, and showcasing the achievements of our students, alumni, and faculty. Providing an insight into their lives on and off-campus whilst compiling personal and professional experiences in medical school all in one book. Writing workshops and the Med Times Gallery are also some of the events hosted by Med Times. We end the year on a memorable note with the yearbook, recapping memories and bidding a nostalgic farewell to our graduates.



We are celebrated as an integral part of the MSA's success with our emphasis on maintaining cohesiveness, acting upon your feedback, as well as celebrating all our accomplishments as students, MSA members, and individuals. Our SS team collects feedback to ensure future events reach the high standard of being infor-ative, inclusive, and fun. With the feedback we receive, our reports team works tirelessly alongside other committees to acknowledge any grievances and acclamations to better ourselves for the next event. They are also responsible for the Semester End Report that commemorate all activities and accomplishments the MSA has achieved. The prosperity of our team could not be possible without our wonderful coordinators and subheads that make each task flow with ease while being in close liaison with the rest of the MSA.

QUALITY
&
SUPPORT

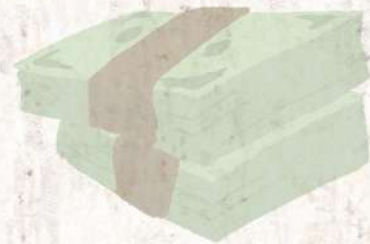
Green team has been established 4 years back by two of Alfaisal students. The idea was to gain more attention towards our environment in and outside the university. Being green does not only mean planting but also involves the aspects of sustainability, animal care as well as food saving and fighting pollution. It's crucial to enhance student's awareness about such events in order to live peacefully. Our goal as green team is to create a positive, healthier atmosphere to all well-beings by increasing awareness and shine executing ways to make ourselves more green and environmental friendly. A change starts from you, so GO GREEN!



Treasury is the financial side of the MSA. Think sponsorship, think transaction logs and funding. Our aim is to make sure each committee is funded at the exact time within the budget allocated! It consists of two committees Sponsorship and Accounting. The role of sponsorship is to get funding and support for events and the MSA. Accounting will ensure the delivery of transactions in time and make sure that everything is in the books.

\$ TREASURY

Alfaisal Medical Student Association
Ministry of Higher Education
Alfaisal University



The growth & development committee aims to strengthen the skills of medical students from both academic and non-academic aspects. The G&D committee is one that involves plenty of activities ranging from self-development to interactive heated competitions.

- Future Planning: prepares students for life after graduating by hosting talks about different specialities and residency.
- Self-development: provides students with nonacademic skills and things they wish they were taught at some point in their lives through talks and workshops.
- Communications: nourishes the relationship of students and those between doctors and students by hosting fun events like game-nights and competitions.
- Academic: organizes crash courses and PAL sessions for topics that students struggle with.
- Batch Coordination: ensures batch committees and batch leaders' work are organized and maintains steady workflow.



MSA PR is the image and voice of Alfaisal's College of Medicine, its faculty, and its students. It broadcasts their achievements, activities, and what's happening on campus to the outer world. It is the network that gathers the family of Alfaisal medical students online.

According to the team our students have chosen:

- Social media team will be working on social media accounts of MSA and keeping them interactive. Students are allowed to explore the web and share all the interesting stuff they learnt on the media accounts.
- Website team will be constantly updating the website of the MSA and providing the latest news.
- Design team: Responsible for designing logos, posters, posts .. for all other committees. It is a wonderful experience to learn and develop your designing skills using Canva.



Academic Aid committee oversees the educational affairs and provides academic services to medical students at Alfaisal University. The committee is responsible for creating guides to support students in all aspects from medical school to residency. Mock exams are formulated to allow students to prepare for any challenges they may face in their exams. This year an "Alfaisal Master Anki Deck" has been established with decks for all the blocks and the most significant parallel courses taken in preclinical years. Lastly, it prepares curriculum and exam feedback reports that are sent to block directors. With the start of a new block, a themed Notion Template is sent that contains a schedule for keeping track, a gallery for quick access to various useful links, a calendar for the important deadlines, and subpages for note taking.





The International Office establishes, maintains, and expands the College of Medicine's (CoM's) global network through local and international partnerships. We aim to support students at every stage of their med school journey and even after graduation. The Office actively discovers innovative and collaborative opportunities in medical education, clinical training, research, community service, and volunteering. The Alfaisal MedHub platform, the Office's online global career guidance and community service arm, organizes the Career Guidance Series and Podcasts with engaging topics. Through the AlfaMed Digital Platform, the Office also brings together the CoM alumni, students, and faculty. Additionally, the Office also works toward establishing institutional subscriptions and discounts for educational resources, Qbanks, insurances, immunizations, flight tickets, and other services.

MSA EVENTS



The Events Committee is responsible for many different events and activities taking place inside and outside Alfaisal University. Through organizing and preparing different events, we create memorable experiences and charitable environments that bring joy and relaxation to medical students.

Party Team: Organizes entertaining and joyful events that help the students in having fun, creating memories, and relieving stress. The team will be planning events such as culture day, the hike, movie night, sports league and many more.

Awareness Team: Gives back to the society by raising awareness about several crucial issues faced by the society and sheds light on some public interests. The awareness team will be responsible of conducting events like breast cancer awareness, health check up booths and monthly online awareness campaigns.

Awards Team: Manages and improvises conferences and awarding ceremonies. This team will take care of events like the dean's list ceremony

MEDTIMES GAL



LE RY 2022



MEDTIMES
GALLERY
WINNERS
PHOTOGRAPHY





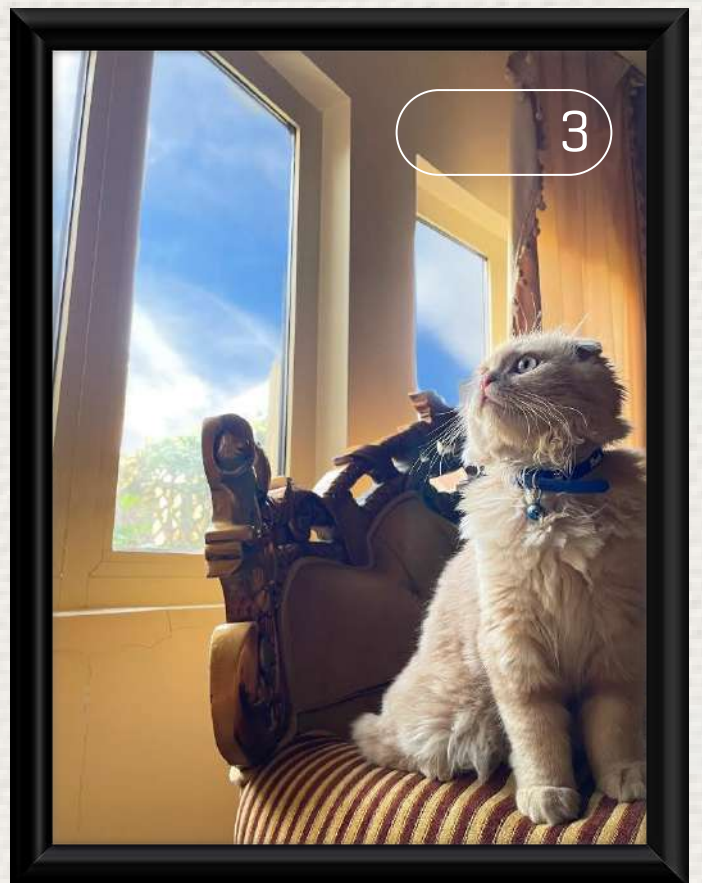
2

Second Place: Huda Syed



3

Third Place: Bana Alabrash



3

Third Place: Heeba Jamour

MEDTIMES
GALLERY
WINNERS
ART

1



FIRST PLACE – RAFFI ALMUTAWA

2



Second place- Yazan Almasry

3



Third place - Ghayed AlWassiah

Artwork descriptions:

1st place:

Dreams are the catalysts of any human life, they are my catalyst. They may be fun, scary, surreal, obscure, but they have shaped me, starting from my childhood and retaining as a part of my identity today.

2nd place:

This piece is called "Echoes of A Lost Life". I wanted it to represent how my memories fade out as life goes on.

3rd place:

This piece represents how physically small we are in a world of multiple universes, yet how big we can be when we can feel when we find a place that brings us a sense of belonging.

MEDTIMES
GALLERY
WINNERS
WRITING

First place - Reema AlSalami

Second place - Huda Syed

Third place - Mohammed Sherif

FIRST PLACE



Title: One fourth

Twenty-one and three quarters standing on the edge of
womanhood

Four grey hairs and counting, ninety- one gut wrenching
breakdowns that have somehow found a home in the
dirty hamper of disappointments inside my linen closet.
No longer the poster child for compulsive disordered
behavior, things no longer come in threes, come in
threes, come in threes

At sixteen, I used to hide behind corn starched school
uniforms; stiff and wrinkle-free
I liked it when my 2B pencils were the same height
Placed neatly in the right corner of my desk
I'd press gently on the pencil writing letters to a rather
distant and unreachable twenty- something version of
me

Twenty-one and three quarters
I watch myself relapse and remit baton twirling the urge
to relive old habits that only exist in a set of threes
Rooms that felt like air tight containers and disturbed
sleep over misaligned linens

Twenty-one and three quarters
Calmer, peaceful and more tranquil
Somehow,
I have grown fonder of the little things...
A rainy afternoon
My father talking to me about the man he used to be
pre-fatherhood in complete assurance that he was once
considered the coolest.
I have grown fonder of Friday afternoon baked goods
and the sound of silence penetrating my eardrums as I
take the time to enjoy my own company

Twenty-one and three quarters...still trying to find the
missing fourth.

By: Reema Alsalmi

SECOND PLACE

A Piece of Me

The most startling is the sensation
Of feeling the world slip away
As sound is replaced by silence and its companion
Stillness that seems to stop time,
I feel a strange tranquility as my head goes under
And the pool of water engulfs me whole

The novelty of surrendering control
Of letting my body untether from the earth
I feel my thoughts and worries drift away
into the vast sea of nothingness
As I let go and leave the current take me
In a euphoric feeling of weightlessness
Not wondering where the next stop may be

The feel of absolute quiet
An echoing murmur in my head
The only sound I hear
Is the mere impression of a world that seems so far
As I look around and marvel
at this world underwater

Where the lights seem distorted
Swaying as if to a beat
And if you could see each ray,
They paint a mosaic that no hand ever touched
Dangerous enough to take your breath away

For a while it seems I'm the only being
At the center of this empty universe
With my hair spreads around me
Like a lullaby in the wave
And if you look from afar
You may wonder; is that perhaps a siren
Or a body a mere step from its grave

For the burning in my lung rises
And soon my legs kick up
Though I dread breaking the surface
And leaving a piece of me behind,
As I feel the cool current of wind rush into me
I see through blurred eyes
The lights and buzz and aroma of life
I know, deep down
Here is where I truly lie

By: Huda Syed

THIRD PLACE

Angra Mainyu

Every facet of one's life could seldom be expressed in minuscule manuscripts, and even less commonly the tales of the great and revered. Whilst I do not enjoy the prospect of reverence and praise, there remains a tale to be written and recorded. Thus I proceed to find shelter at the base of a great oak, and, laying pen on paper, start writing away, for a scribe's last tale should be of none other than himself.

And none the more difficult than to lay your life on a sheet, and witness the sequences of one's life, hidden beneath a veil of flesh unmasked by ink. A visceral view of oneself, made manifest with the darkened ink of their sins, written to highlight imperfection. A broken arm, a crying child, and a tortured mind resemble a few of the chapters that come to mind. I can pride myself in innocence and modesty as much as possible, yet the guilt does not simply wash away; rather, it lingers, for it yearns to define a part of us.

On the contrary, I am no merely sinful creature, I have been helped and have helped. I know not whether I am revered or not. Neither am I properly aware of the impact I had or still have, but I so dearly hope that I have at the very least made one life slightly happier. And this is me, an amalgam of high and low tunes, a song I sung and yet sing.

By: Mohammed Sherif

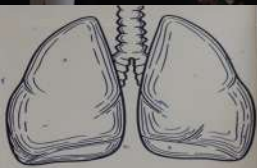
EMERGENCY AWARENESS BOOTH

2022





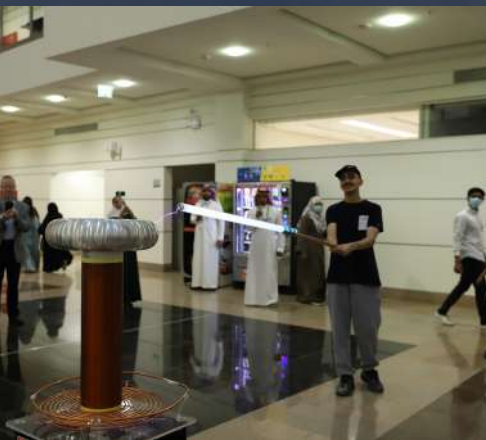
ASTHMA
ATTACK



BE THE **HERO** IN THE CROWD
SAVE LIVES HERE

OPEN HOUSE





The background of the entire page is a dark, blue-tinted photograph of a modern building with large windows and palm trees in the foreground. The text is overlaid on this image.

CLASS of 2026

14th Batch | Year 1



14th *Batch*



Females | Year 1





Yafa Alomari



Haif Ghazal



Leena AlZayer



Jude Jamjoom



Ruchira Gayatri
Sivakumar
"FAITH over fear"



Rand Ahmad Turko



Faiza Albader



Dania Ibrahim
"I am the better Dania!"



Nour Alhaj



Haifa Altemyatt
"C'est la vie -Dr Abduljabar Rasool"



Yomna Aloufi
"I'm Live Laugh Loving my way through med school :D <3"



Tasnim Tawfik
"14:54, Attack on Titan S4 (pt. 2): episode 2"



Leanne Alhabib



Nora Abushnan



Baan Alzuhair
"Gods plan is 100x better than yours, trust him"



Gheeda Armosh
"brain dead, demotivated, discouraged"



Manal Altunusi



Joudi AlOudah



Iylin Abdallah Ali



Ghayed AlWassiah



Salsabil Haque

"Taking medicine is like life giving you lemons, and expecting you to make a sandwich."



Huda Syed

"Live life like Dora: deaf, blind but happy"



Noor Al Eman

"Don't be trapped by dogma, which is living with the results of other people's thinking."



Shahd Al Heijani

"Sleep peacefully? What does that even mean?"



Jana Basmaih



Heba Ibrahim

"If my mind is set on something, i just keep rolling"

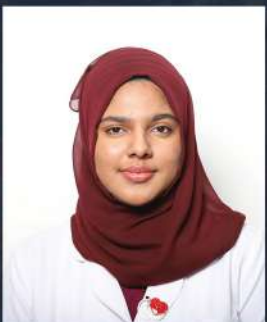


Dania Ahmed

"No, I am!"



Nour Maher Alfarra



Fathima Raahima

"How's everything? - nope, don't ask about it"



Farah Alhamdan



Syeda Sumaima Adnan

"AOT, season 4 part 2: episode 2, 14:54 "



Rodan Desoky

"Your entire composition is made up of cosmic fragments of infinite proportion. Matter can't be destroyed or made so we are billions of years old!"



Sarah Alharthi



Amal Obaid



Nouf Alhedeithy

"The only time you should ever look back, is to see how far you have come."



Fatima Abu Shagra



Omaima Almomen

"I swear I be chilling, then all of a sudden, i feel indescribably empty "



Emmain Radifa

"ERROR 404 "



Jood Fallatah



Bushra Syed



Dana Almazroua



Lujayn Ghandourah

"Everybody wanna know what I would do if I didn't win... I guess we'll never know - Kanye west "



Tanisha Armin Taher

"You'll find me wherever there's food <3 "



Aya Mousli



Maya Alhalabi



Naseel Moursy

"Now I understand why they said "Med-school is hard" "



Haleema Shafiq

"Success is not final, failure is not fatal: it is the courage to continue that counts." -Winston Churchill



Duae Albeen Abonjab



Fatimah Malik

"My favorite study method is asking my mom to pray for me."



Sana Farook

'Don't count the days make the days count' -Muhammad Ali



Sara Siddiqi



Yasmeen Taha



Rand Maarouf

"Now that was a lot of damage"



Samia Khurshed

"...Regression to the mean... No matter how bad things get or how good it will always come back to the middle"



Safia Elhassan

"It's going tibia okay 🙌🏻"



Amina Mariam Syed

"Will I end medschool or will medschool end me?"



Noor Waseem

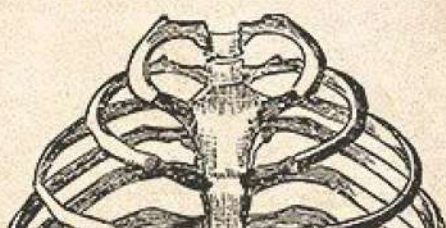
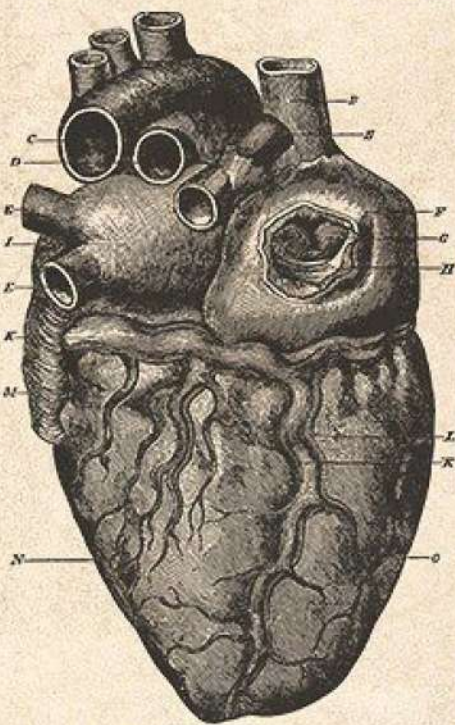
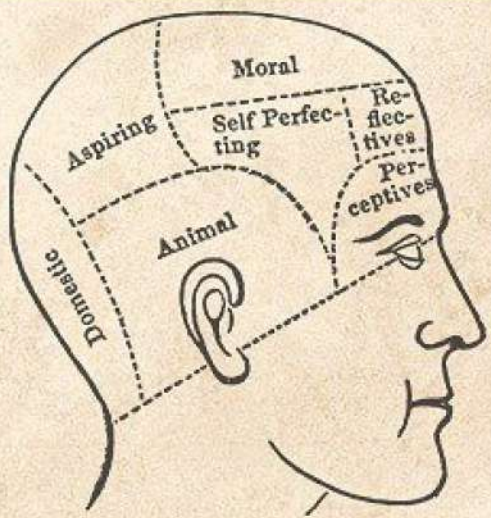


Layla Raddaoui

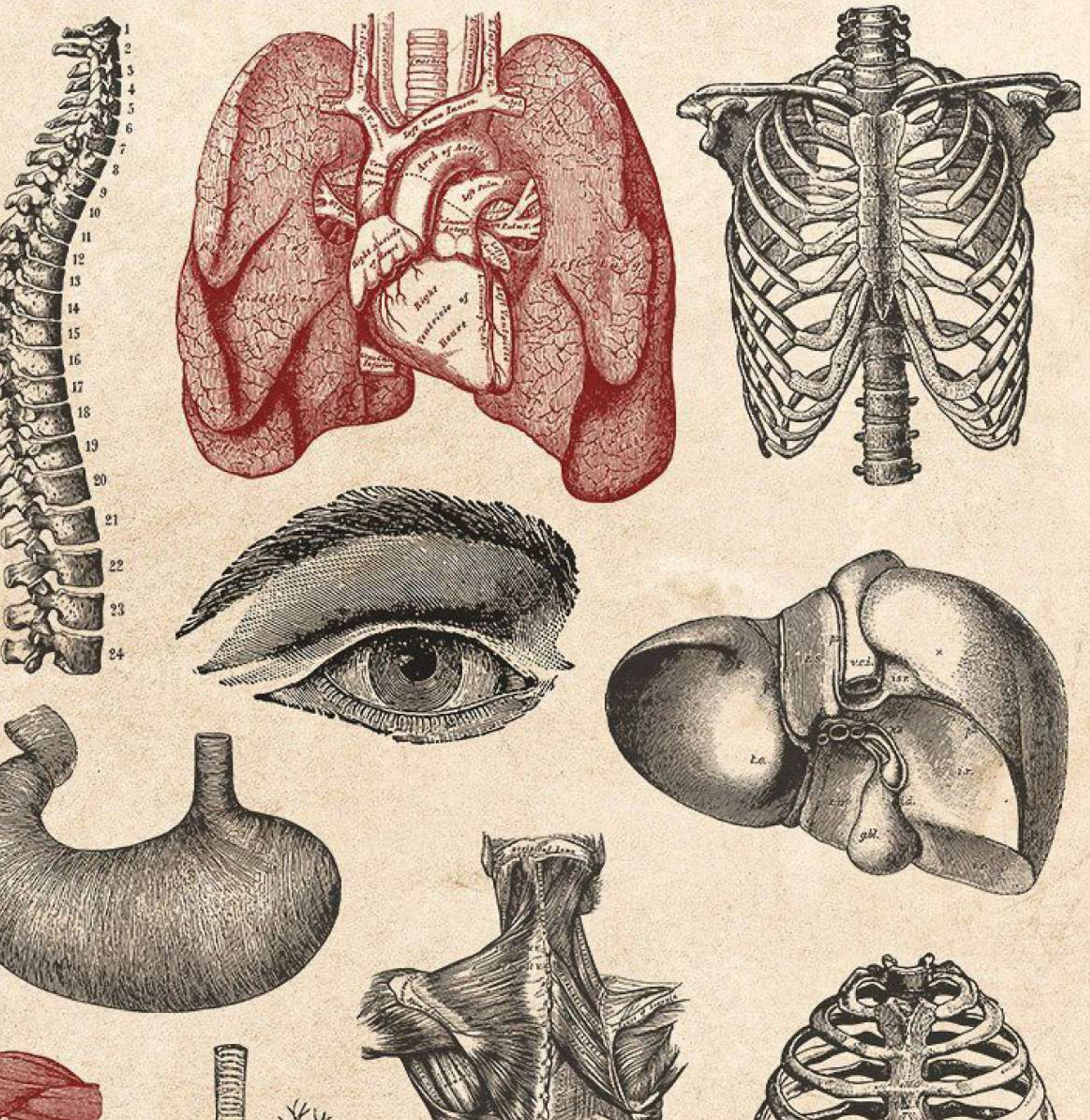


Ashna Majid

14th *Batch*



Males | Year 1





Abdulaziz Bassam Alhaj



Mishal Khalid Alzahrani



Mohammad Al Saeed

"Time doesn't pass, it revolves around itself"



Bakr Jamjoom



Badr Ansary



Hamzah Anan



Mohammad Kardesh

"Work until you no longer have to introduce yourself"



Mohammed Haddad



Hashim Alawami



Abdulrazzaq Qattee

”فوض لمن وسعت الطافه أممًا
نعم الوكيل ونعم العون
والمدد“



Mohammed Alsaadouni

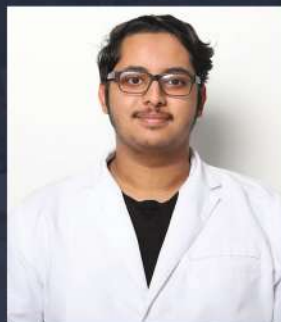
"Yesterday is history, tomorrow is a mystery, but today is a gift."



Yahia Tahmaz



Faisal Hossain



Yousef Alghamdi

"Yesterday is history, tomorrow is a mystery, today is a gift! That is why it is called the present. Enjoy the moment 🥰"



Saud Khalaf



Abdulrahman Fadi Safour



Hasan Refai



Abdulrahman Yasir Almeir



Saud Alanazi



Ali Alhilal



Ahmed Mohamad



Amro Badra



Rasoul Turko



Omar Waheed
*"Someone get me outta
heerrrrree!!"*



Abdul Rahman Sukar
*"Our life is what our
thoughts make it "*



Qazi Hakam



Abdulrahman Al Abyad
*"Procrastination: 100 -
adding this 9 mins after
the deadline"*



Syed Idris Shah



Saif Iqbal



Mahdi Najjar



Rayan Tamimi



Haadi Syed
"It's not rocket science "



Musab Umair



Ismail Abdullah
"Let's take this one step further ~ Dr.AJ"



Mohammed Aamir



Ibrahim Alqunayah



Abdulaziz Dahhan



Talhah Amerali



Ahmad Mohammed
 Magableh



Khaled Elshaer
"No, I am not a poet."



Yousef Hamed
*"Rick and Morty S3 E6
 1:50 "*



Khaled Hamwiah
*"إذا رَأَيْتَ نِيَّوبَ اللَّيْثِ بَارِزَةً فَلَا
 تَظُنَّ أَنَّ اللَّيْثَ يَنْتَسِمُ"*



Jamil AlGhanem



Tarek El Hayek
*"It will take a nation of
 millions to hold me back "*



Abduljalil El-Sibai



Adel Kalou
"God is great "



Wael Kalou
"الحمد لله"



Abdulrahman Alhajji
"it's not looking good brev"



Rami Garatli



Faisal Ghazal



Kenan Badran

"I'm a mountain climber , my goals is my Everest . Only till I reach the top shall I get to rest. "



Rushdan Firdous

"And suddenly you know it's time to start something new and trust the magic of a new beginning! -Meister Eckhart "



Ahmad Waseem Hajar

" Since I started reading I have not been the same. "



Nasser Alsaleh



Mohammed Almashal



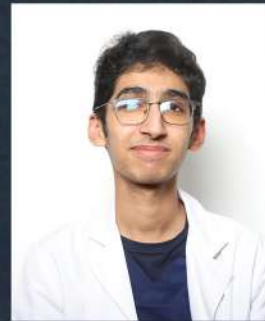
Yasir Jasim



Mohamed Anas



Abdallah Abdelfattah



Muhammad Zain Sultan

" CTRL + C "



Muhammad Omair Sultan

" CTRL + V "



Ismail Saeed



Mohamed Khalil

"A bit of science distances one from God, but much science nears one to Him "



Yousif Shahwan



Mohammad Hamza Shahid



Safwaan Shaikh

"MBBS is easy" Said none



Ragheb Gheith



Abdousabour Tidjani

*"Stay locked in...
(Abdousabour Tidjani) "*



Mohammed Fazl



Abdul Razzak Chalab
Cham



Mohammed Nahar



Samhar Alouch

*"You can wait for miracles
or you can make one "*



Aghiad Alkhachem

*"Only 5 minutes were left
till the quote deadline... "*



Huzaifa Altaf

*"I rather die before I come
in last. "*

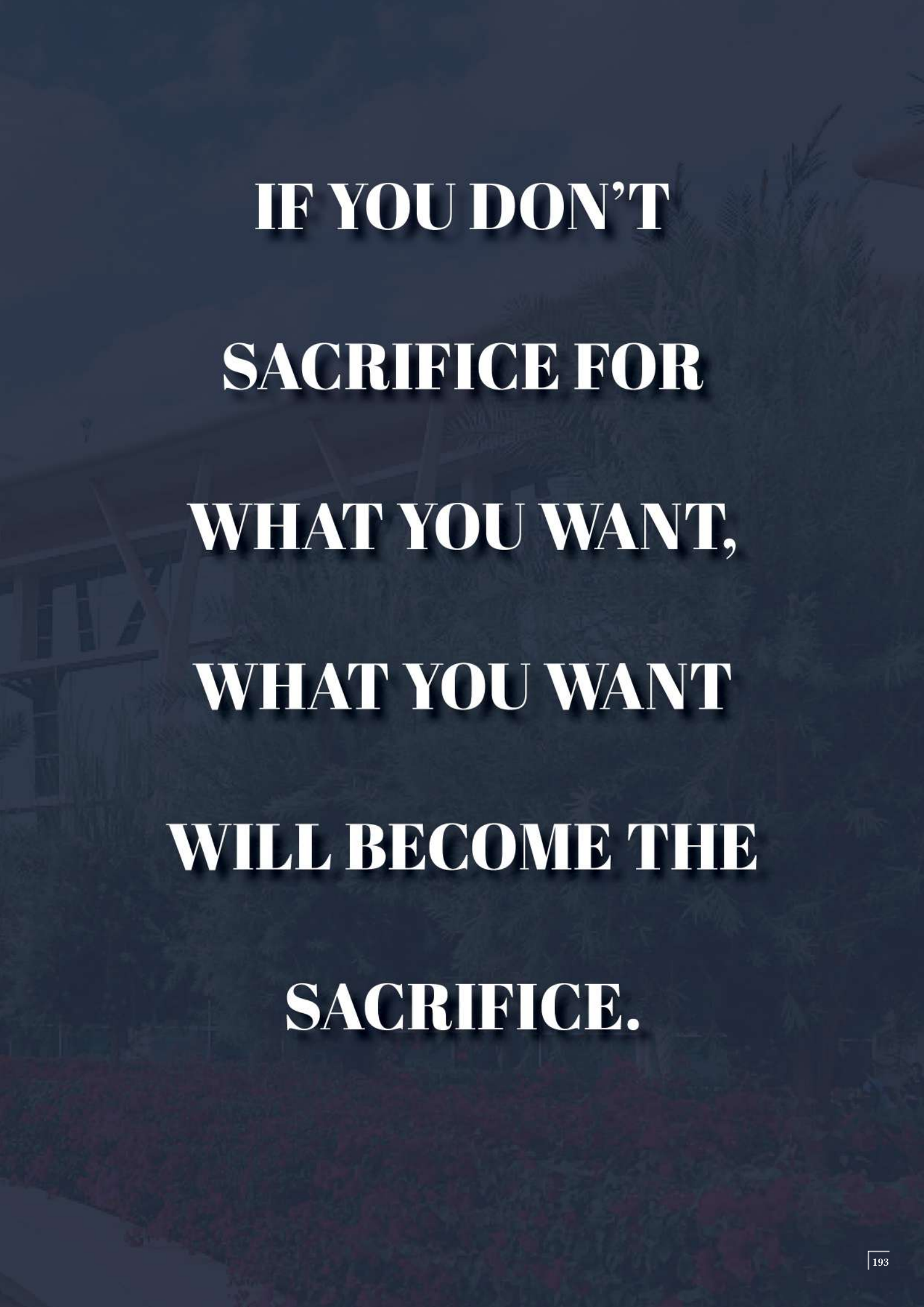


Ibraheem Masoud

"Lucky cadavers.. "

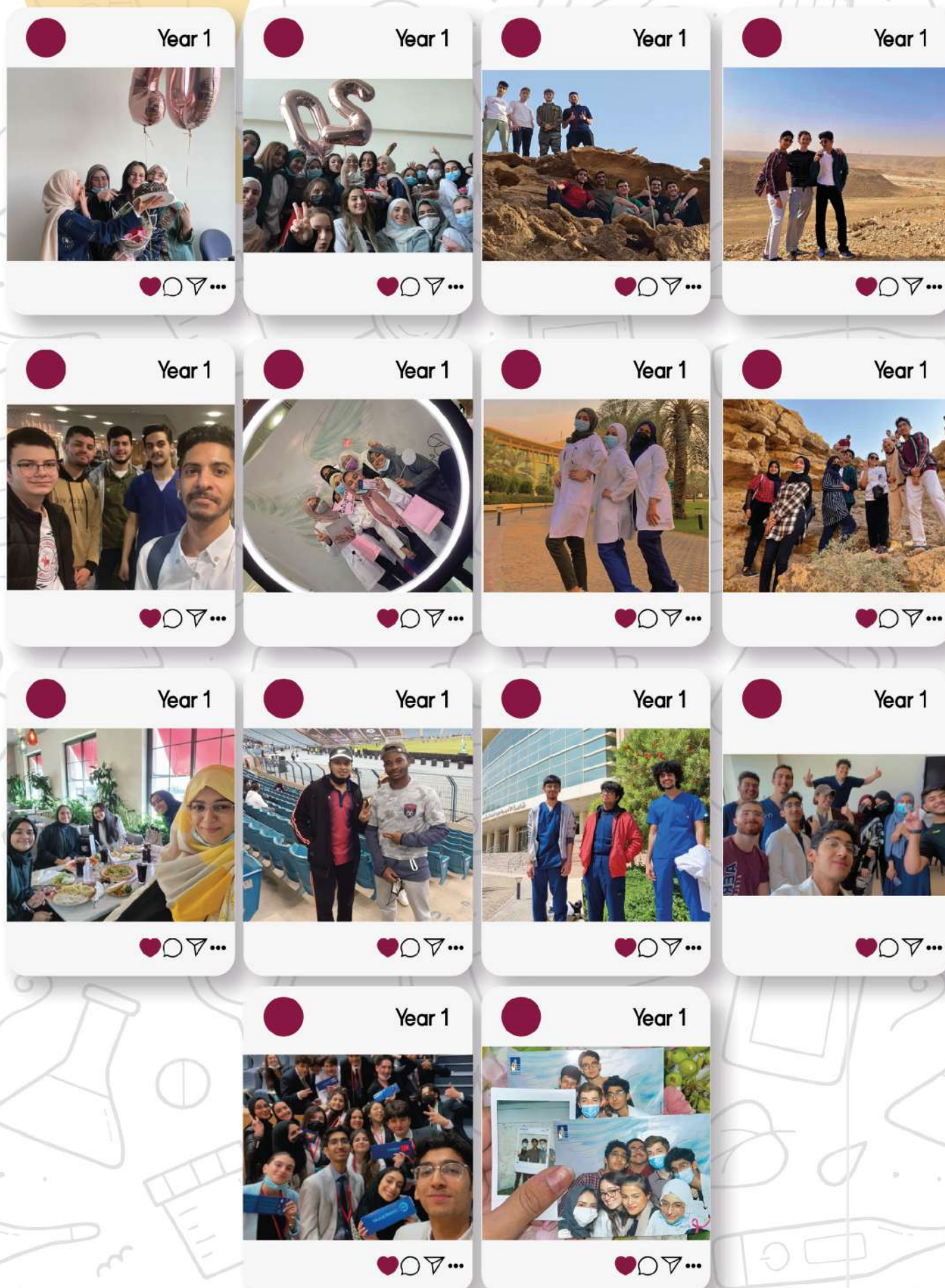


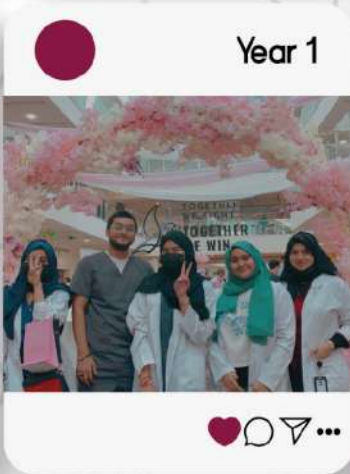
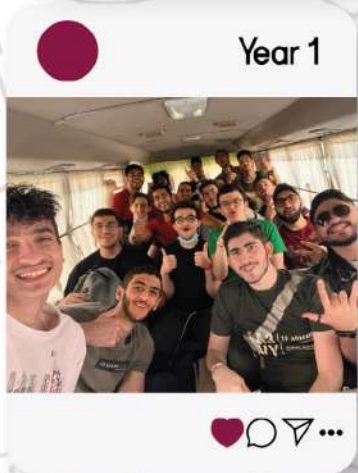
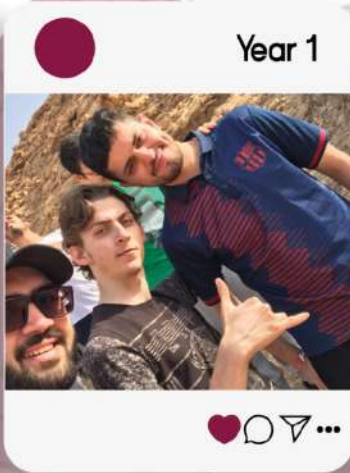
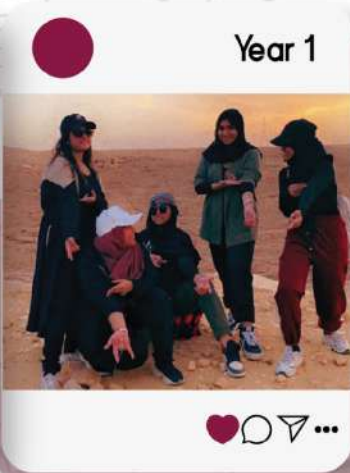
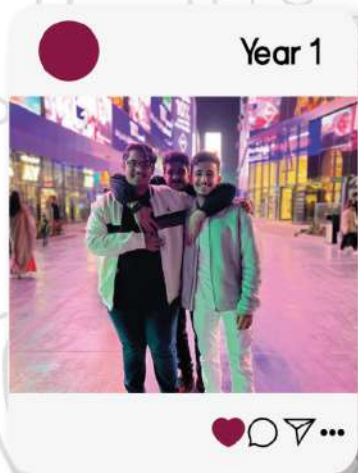
Shahan Javed



**IF YOU DON'T
SACRIFICE FOR
WHAT YOU WANT,
WHAT YOU WANT
WILL BECOME THE
SACRIFICE.**

MEMORIES





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CLASS of 2025

13th Batch | Year 2



13th *Batch*



Females | Year 2





Afnan Alsayed Ahmed

"Don't stop thinking about tomorrow. It'll soon be here."



AlAnood Ahmed Algerainees

"I was always late, but right on time"



Aliyah Alabdulqader



Tehreemah Raziq



Hadil Mahmoud



Huda Dahman

"You can't move forward without saying goodbye to the past."



Talah Nammor



Maryam Anwar

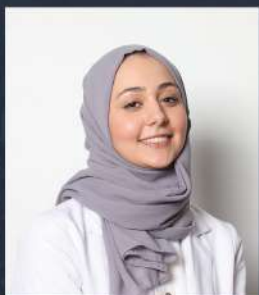
"You yourself have to change first, or nothing will change for you."



Meral Alzayer



Miral Atout



Mylia Abu-Shaar



Salma Adeeb



Sarah Alhasoud



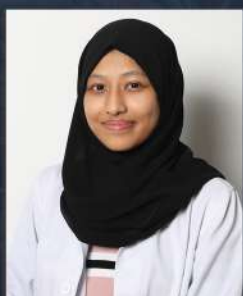
Sarah Neemat



Sulaf Alfares



Yasmeen Indarkiri

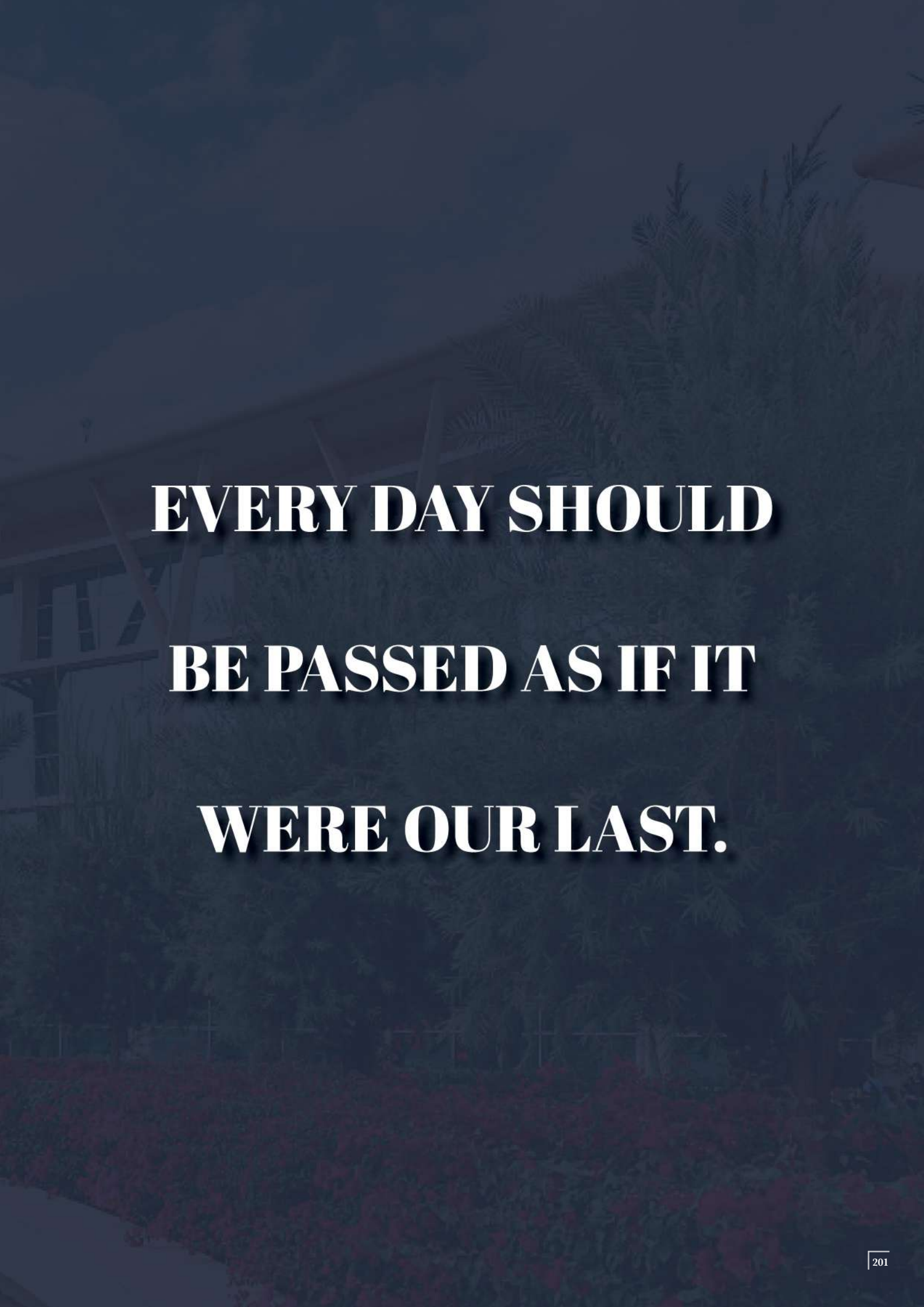


Momo Arai



Mariam Mahmoud

"Be the change you always wanted to see"

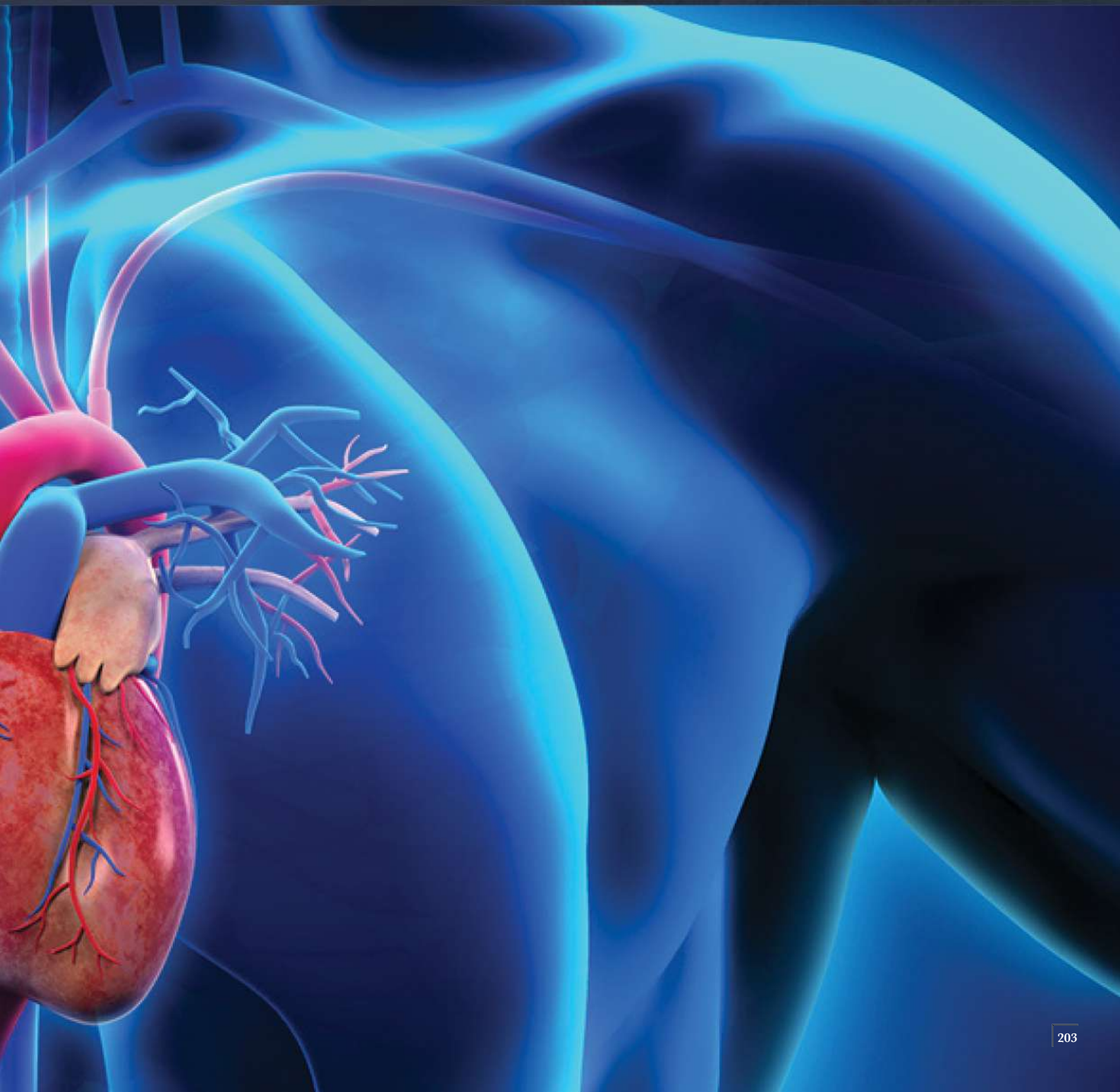


**EVERY DAY SHOULD
BE PASSED AS IF IT
WERE OUR LAST.**

13th *Batch*



Males | Year 2





Abdulqader BaAbbad
*"Not all angels have wings,
 some have stethoscopes."*



Ahmed Nizami



Amro Hajja
*"Dear semester, PLEASE
 END :")"*



Attas Alattas



Hashem Thalaj



Elrashid Haroun



Fares Eladrouri
*"I'm smiling but inside
 I'm dying."*



Fayez Alhabib



Ghaith Adi
*"Luck is for losers; Hard
 work is for winners."*



Ghaleb Shacfe



Ghazi Alabdul Razzak
*"تريد النجاح ثق بالله ثم بنفسك
 وتجاهل من يقول هذا صعب وهذا
 مستحيل. الثقة بالله هي عقلية
 العظماء"*



Golam Mahamud



Hamzah Shukri



Mohamad Aljejakli



Mohamed Adil
*"Lasciate ogne speranza,
 voi ch'intrate."*



Ibrahim Alodhaibi



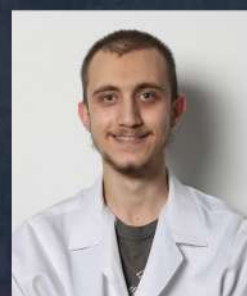
Khaled Hamsho
*"Every day here is a blessing.
 Seeing my friends and colleagues
 here everyday and spending time
 together brings me true joy."*



Kusay Adwan



Mohammed Shaath
*"Thank you to my wonderful family
 for always believing in me and
 pushing me, especially during
 difficult times. Thank you to my
 second family, my amazing friends
 and peers. I am looking forward to
 this journey with you. Having this
 incredible batch by my side makes
 everything easier. الله يوفقنا جميعا"*



Omar Barbour



Raffi Almutawa



Rian Balafkhar

"If you win, you live. If you lose, you die. If you don't fight, you can't win"



Mohamed Yousif

"وَأَنْ لَيْسَ لِلْإِنْسَانِ إِلَّا مَا سَعَى"



Mohammed Alfuwais



Sami Qattea

"Thought it was impossible, but here we are"



Tariq Makhzoum

"We might not be able to stop people from doing dumb things, but with your help we can always call them out on it, which is what truly matters."



Walid Nassar



Omar Bawazir



Omar Subih



Sultan Aldabek



Yazan Almasry



Zaki Obaid



Zohaib Asim



Ahmad Sabbah

*"ک عمر سے یوں لذت گریہ
سے بھی محروم اے راحت جاں
مجھ کو رلانے کے لیے"*



MEMORIES



Year 2



Year 2



Year 2



Year 2



Year 2



Year 2



Year 2



Year 2



Year 2





Year 2



Year 2



Year 2



Year 2



Year 2



Year 2



Year 2



Year 2



CLASS of 2024

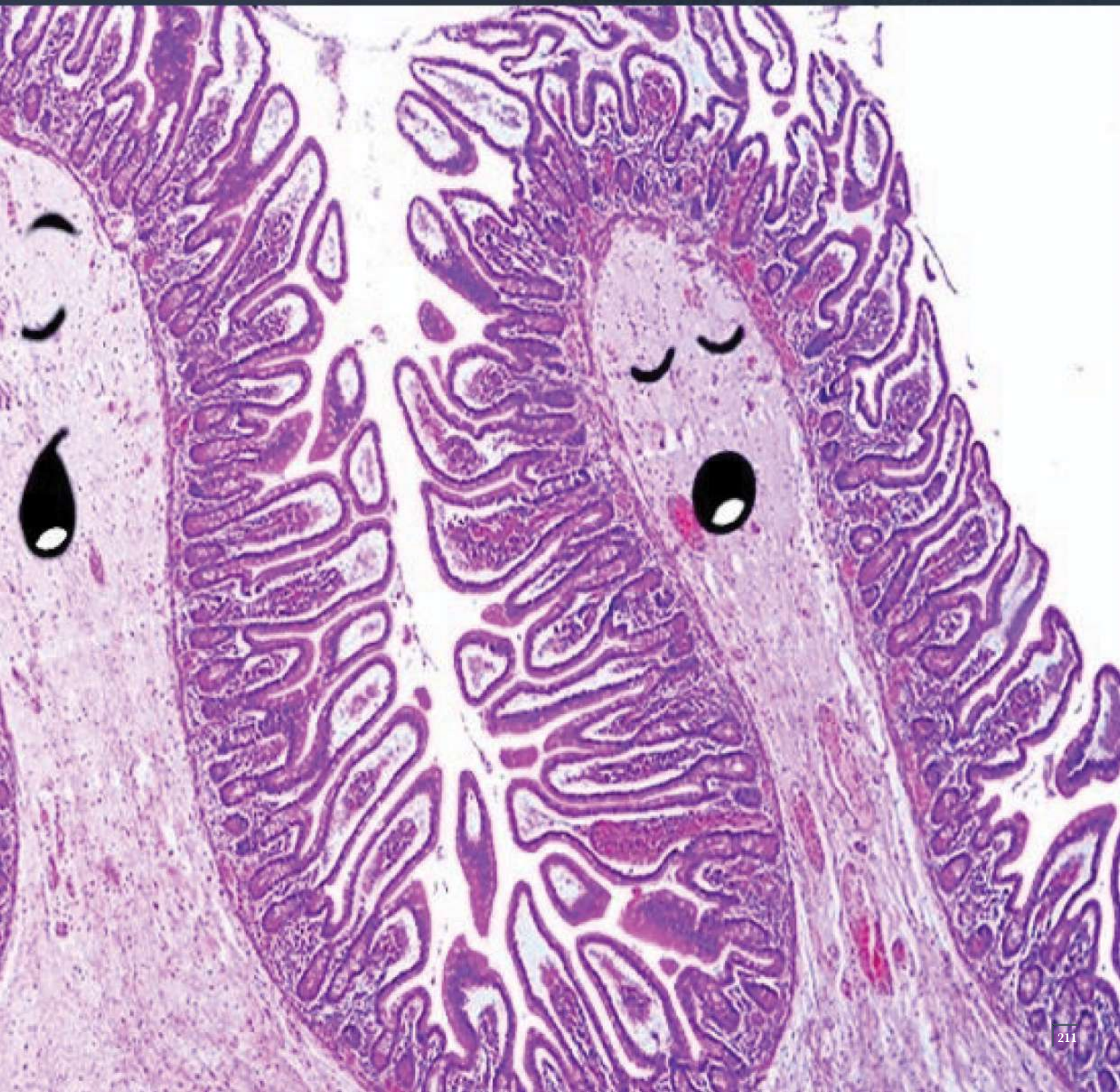
12th Batch | Year 3



12th *Batch*



Females | Year 3





Alanoud Asaad



Aya Yousif



Eman Ijaz



Eman Javed Baqal



Farah Barakat



Hania Farhan



Heba Jaamour

"I'd like to thank my cat for keeping me mentally stable this year "



Jana Raed



Juman Alammar



Laiba Yaseen



Laiba Zahid

"the babes that focus are the babes that win" ♥♥



Lara Samhan

"IS IT ME motivational book AuThOr !!! "



Manar Karkour



Nida Mariyam



Raziqa Hazari



Sana Butt

"I work hard so my cat can have a better life "



Sara Abid



Sarah Alsaleh

"I don't need a legacy, I just need to get some sleep "



Sarah Garatli



Tafe Badghaish

"My cat works hard so I can have a better life "



Tasneem Mohammed

"I would need to treat my self by the time I become a "good doctor ""



**WHEN NOTHING
GOES RIGHT...
GO LEFT.**

12th *Batch*



Males | Year 3





Abdulaziz Mohanaya



Abdulkarem Devol



Abdullah Laradhi
"that's what was said" by she



Abdulrahman Qusaibati



Abdulrahman Suliman
"Sleepless nights , massive amounts of caffeine & sugar intake and Ramen Noodles all day to become a "better doctor " :)"



Ahmad Ghosheh



Ali Almowais
"Hi mom.. yea I tried to smile.. "



Ayman Almairi



Bader Taftafa



Faateh Sohail



Hamza Enabi



Hamzh Jaber
"Look around, nothing like me!"



Hassan Altalag



Jibran Ahmad Khan



Mohamed Alsharif
"Like my photo? "



Mshal Alhatm



Rashed Oduibat



Sultan Alharbi



Tariq Saleh



Waleed fallatah
"The blacker the berry the sweeter the juice "



Adhil Razak
"The most excellent jihad is the conquest of one's self." - Prophet Muhammad (SAW)"



Faridul Ahsan



Mohammad Salman Khan



Ziad Helaly



Maeen Aldamouni



**NEVER STOP
ONE DAY YOU'LL BE
SOMEONE'S HOPE,
SOMEONE'S HERO.**

MEMORIES

Year 3



Year 3



Year 3



Year 3

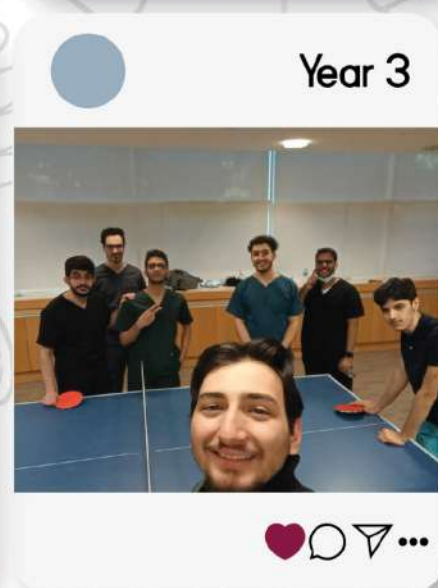
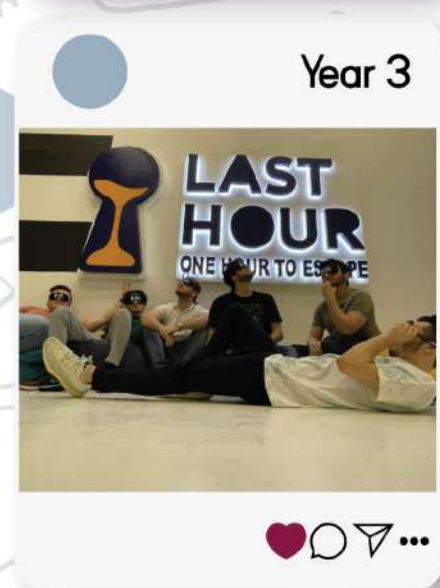
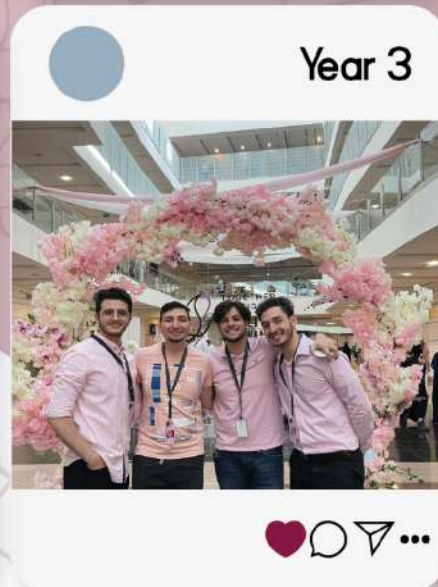
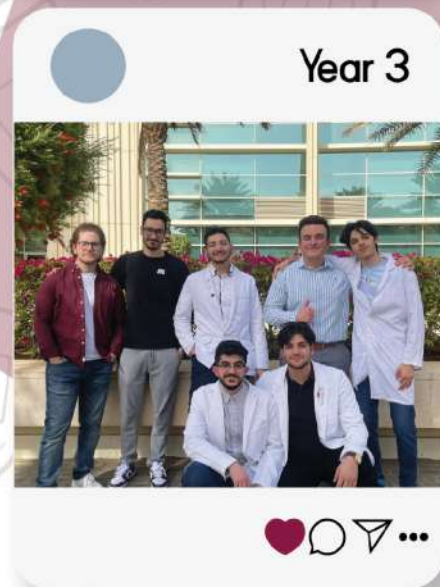
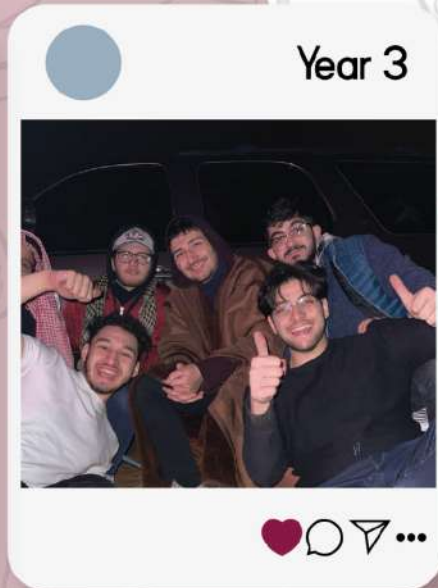
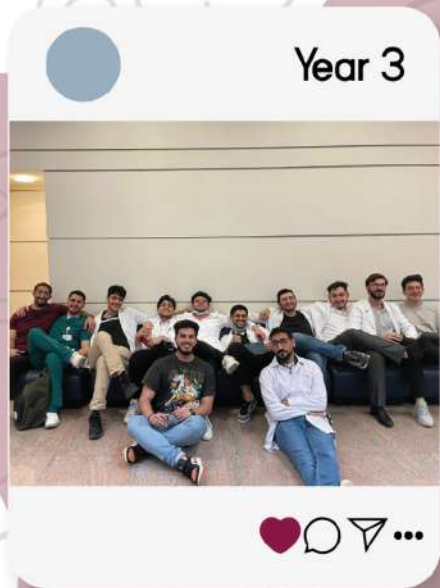


Year 3



Year 3





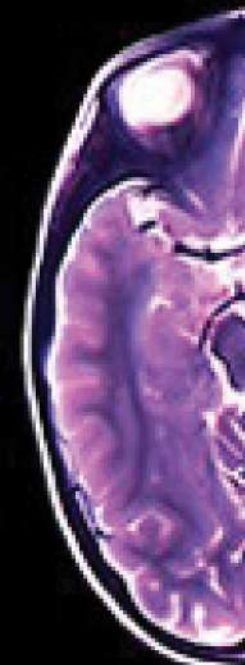
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CLASS of 2023

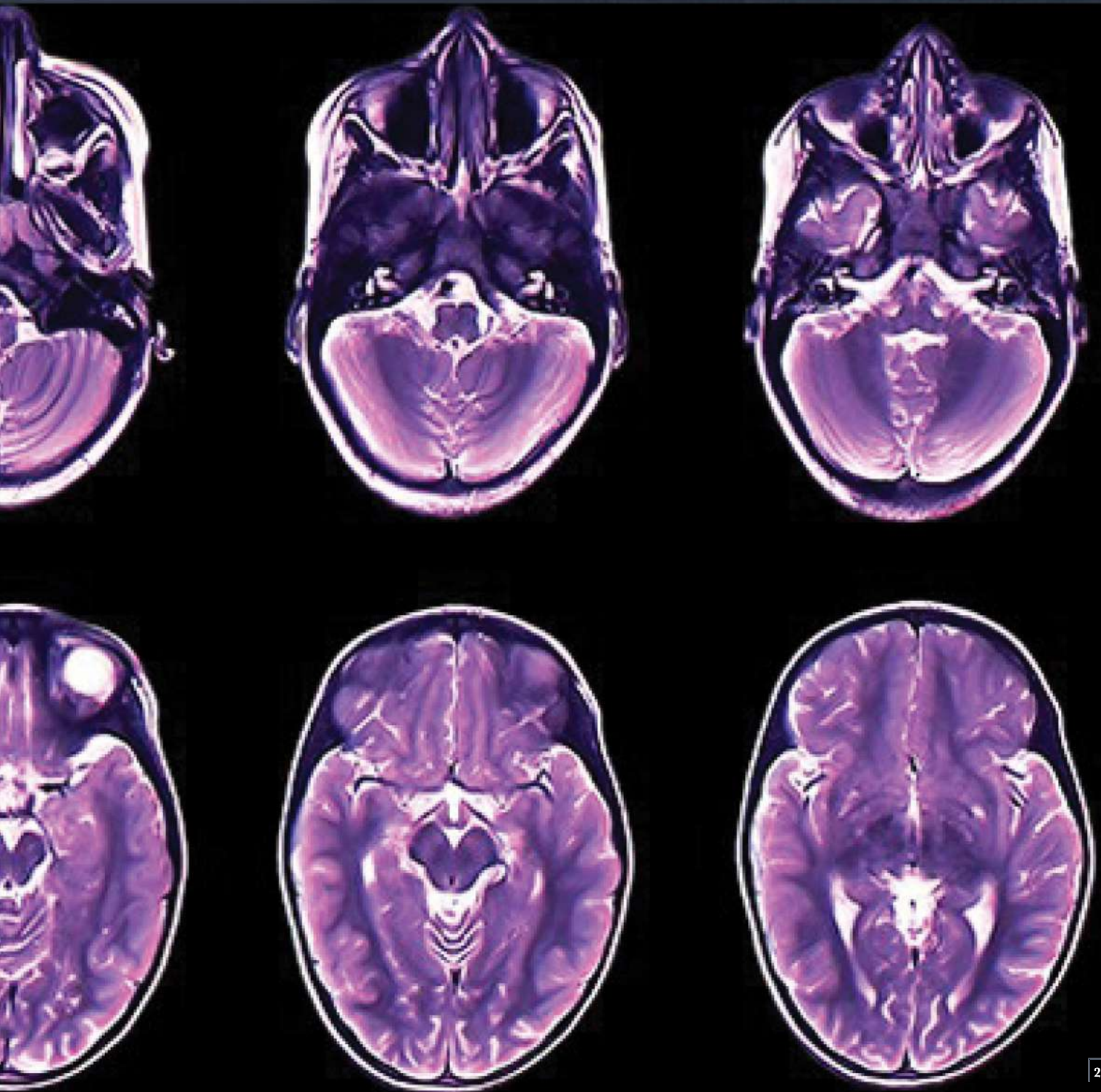
11th Batch | Year 4



11th *Batch*



Females | Year 4





Adeen shaikh



Aisha Khan



Hiba Raheel



Bana Alabrash
Alshaar

"This year's yearbook quiz is to know who is who without the mask"



Bana Tarek Dalati



Hareem Rashid
Mahmood

"A ship is always safe ashore but that is not what it's built for. -Albert Einstein"



Jenan Shawwaf

*"تعلّموا العلم ، وتعلّموا للعلم
الوقار"*



Mais Gheith

"اللّهُمَّ هَبْ لَنَا مِنَ الْأَقْدَارِ أَجْمَلَهَا"



Raaina Mahevish



Saleha Abdul Rab

"But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not — Quran 2:216"



Tasneem imbarak

"My biggest enemy is myself"



Yasmin Tuleimat



Fathima Iamya
amanullah



Tala Husam Husein

*"إن كُنَّا مِنْ تَرَابٍ، فَكَيْفَ لَا يَنْبَغُ
الْوَرْدُ فِينَا"*



Maryam AlTayeb

"You should know that no one can make you feel inferior without your consent."



Ola AlDoumani



Tamara Alsheikh



Salwa Aljarayhi



Eman Chauhdri



Eesha Anwar



**SOMEDAYS I
AMAZE MYSELF.
OTHER DAYS I PUT
MY KEYS IN THE
FRIDGE.**

11th *Batch*



Males | Year 4





Abdul Rahman Khan



Alhomam dabaliz

"hey ive been using this sick SRS system for my japanese, id reckon it would work with ur studies?"... and the rest is history...



Ali Alsughayir



Ali Mustafa Sheikh

"جہاں بھی آزاد روح کی جھلک دیکھو جان لو وہی میرا گھر ہے"



Faisal Joueidi



Hani Alaswad

"Friends- S 09- Ep 11- 00:00:18 "



Mhmd Yman Brghwth



Muaz Mumin Wahed

"One day at a time 🙌"



Osama Jnied



Yazan Al Khatib



Abdallah Khasawinah



Ward Numan

"One more left... then we start counting again "



Nayef Samer Latta

"وقد يدرك المجد المؤئل أمثالي"



Mouad Aboussekhr

"Jusqu'ici tout va bien..."



Mohamed Abdelaal

"Jusqu'ici tout va bien..."

**A SYNONYM IS A
WORD YOU USE
WHEN YOU CAN'T
SPELL THE OTHER
ONE.**

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CLASS of 2022

10th Batch | Year 5

BINT TURKI AUDITORIUM

مركز هيا ومنت



Batch^{Of} 2022



Dr. Afaf Altayeb



Dr. Aisha Siddique

Alhamdulillah for every moment encountered since I stepped into Alfaisal; for the people I met, memories created, knowledge gained, and opportunities I got. It has been nothing less than absolutely rewarding. All this wouldn't have been possible without the unwavering support from my parents, brother, and life-partner. Thank you Mamma and Papa for all your sacrifices, and Ismail for being the most supportive husband in the entire world.

Indeed, there were hiccups and bumps along the way, but that sculpted me into the person I am today and the physician I will be tomorrow.

"Allah does not burden a soul beyond that it can bear" (2:286)

One piece of advice to the budding Alfaisal generations: this journey will feel like a hundred years but will also pass by in a jiffy. So grab every opportunity to build different skills, go out of your comfort zone, try to help whenever you can, and always watch your intentions.



Dr. Alanoud Albekairi



Dr. Aljohara Alsaud

Females | Year 5



Dr. Amal Albalawi

“ستين الجهد إن طالَّت ستطوي
لها أمدٌ وللأمد انقضاءُ
فبعد العتمة الظلماء نورٌ
وطول الليل يعقبه الضياء
أمانينا لها ربِّ كريم
إذا أعطى سيِّدهشنا العطاء”



Dr. Atheer Alsaleh

Remember: “That dream was planted in your
heart for a Reason”



Dr. Aya Arwadi

الحمد لله
It was not always easy but it was always worth it”



Dr. Aya Meqradh

أتفقد ذكرياتي اليوم على عجل، فلا أجد إلا أجملها وأثمنها.. لا بد أنني سعيدة، يقال أن كل ما يضاف إلى ذات المرء هو عبء مثلما هو مفخرة. اليوم يحلو لنا الفخر، وعدًا نتعلم كيف نحمل العبء. ما تعلمناه حتى اليوم، لا يكفي لشيء سوى ليدراك حجم ما نجهله.. أمل أن نبقي فضوليين نتعلم. أن نكبر لتجاوز ذواتنا للأجل من نحبهم، وأن يؤتينا الله الحكمة لنطرح الأسئلة والصبر لنجد الإجابات. أمل أن نحفظ الجميل ونبادل الود ونواضع لله ولخلق ما استطعنا، فنكون ممن قال عنهم عز وجل: “الذين يستمعون القول فيتبعون أحسنه”
قدمت إلى هذا المكان وحدي، واليوم أخطو خارجه مع رفاق كثير، كل حبي وعرفاني لكم. ومن ثم شكرًا.. لأعز الناس وأقربهم، أبي جميل مقرض وأمي أنوار مقرض.. وإخوتي الثلاثة أيمن وألاء وياسين.

Batch^{Of} 2022



Dr. Basant Mahmoud Elaasser

My name means spring.



Dr. Dana Abbara

"In response to those who say to stop dreaming and face reality, I say keep dreaming and make reality."



Dr. Danah Majed Alsaeidi



Dr. Eman Alosaif

Females | Year 5



Dr. Farah Alswailem



Dr. Farah Alturkumani

"And I knew exactly what to do. But in a much more real sense, I had no idea what to do."

— Michael Scott



Dr. Fatima Sheikh Alaidaros

{وَكَانَ مُضِلُّ اللَّهِ عَلَيْكَ عَظِيمًا}
الحمد لله شكراً وامتناناً، وإقراراً بفضلِهِ، واعتراضاً بعظيم كرمِهِ، الحمد لله ليلاً ونهاراً، وسراً وجهراً،
والحمد لله حمداً يملأ الميزان. إلى أمي وأبي، كل الشكر لا يكفي، كل الحب لا يكفي، كل البر لا
يكفي، بكم ولأجلكم أنا هنا. فاللهم ارزقنا البرّ بالدين، واحفظهم من كل سوء، وألبسهم ثوب العافية
في الدنيا والآخرة، يا ذا الجلال والإكرام.

تت



Dr. Fatima Zain Eddin

سألت الله إن كان هذا خيراً لي... وهاقد منّ الله عليّ بأن أعطاني ما
سألت... اللهم كما أحسنت إليّ، أعني على الإحسان والشكر لكرمك
شكراً أبي و أمي على دعمكم لي
شكراً إخوتي لجعل الحياة "ديزني لاند" بعيني
شكراً أصدقائي لمرافقتي دربي

Batch^{Of} 2022



Dr. Ghadir M Khdair

لم تكن سهلة لكنني فعلتها ..!
اليوم يُشارف المشوار الطويل جدًا جدًا على الانتهاء..
اليوم بفضل الله، ثم بفضل والدَي العزيزين، ودعوات كل الغاليين على قلبي تخرجت من كلية الطب..
لطالما راودتني الخيالات حول هذا اليوم وكيف سيكون، ولطالما شككت في كونه قادم أصلاً!
لكنه أتى مختلفاً، فريداً، فائقاً كل التوقعات.

عجلة الأيام دارت بي لن أقول 180 درجة بل 540 هي أقرب للواقع ..
فهي دارت بي كثيراً كثيراً .. وأعادتني للصفر مرة ..
ولنني لم أسمح لها بالتوقف يوماً، انتهت بي في مكان جميل جداً، مختلف جداً، ورائع جداً ..
أحمدُ الله أن بلغني هذه المرحلة من العلم وأسأله التمام على خير بإذنه ..



Dr. Hadeel Alarfaj

It's a long journey ahead, be proud of every step
you take and appreciate how far you've come. Hold
your head up high because you made it!



Dr. Hadeel Muharib Mughari

"To my great mother, who has never left my hand since I was born.. She is my compass
so I'll never be lost.
To my father's soul, Without you I would never have been.
To my friend, Dr. Ahmed Muharib, Who supported me throughout this journey, this
success is your's, now we are colleagues💖
To my family, who was always beside me..
To my soulmate, my sister Mariam Al-Umran, My greatest success in this life is that we've
met together
This success couldn't happen without you all, LOVE YOU my big family💖 "



Dr. Haifa Alsheikh

Females | Year 5



Dr. Haifa Alsuwaine

اهدي تخرجي الجامعي لأبي و أمي الغاليين الذان كانوا لهم أعمق الجهود
في تحقيق النجاح في هذه الرحلة العلمية



Dr. Hala AlBaiz



Dr. Hamna Abdul Muthalib

Alhamdulillah. It's been a beautiful chapter in the book of life. These 5 years that were filled with love, joy, happiness, tears, sleepless nights and coffee right now feel like fleeting moments that were merely few days but are filled with memories to last a lifetime. To my superheros Ma and dad, this is our achievement and it would not be possible without your constant and endless love and support. To my Akka (older sister) and better half, thank you for being my backbone and support system. To my friends who became family, thank you for being the best part about this journey, from long hours of group study to impromptu plans you made even the hardest of days feel like a breeze. As one chapter has come to an end another is just about to begin. #TheTassleWasWorthTheHassle



Dr. Hamsa Aldebakey

وأن أكون على الدوام من وسائل رحمة الله " آمين..."
ممتنة لكل اللحظات التي رأيت فيها قرب الله مني ومعرفته بي.. ما يزال الله يلفظ
بعبدته ويرحمه
أهلي وأصحابي، جزاكم الله خيرا

Batch^{Of} 2022



Dr. Hayam Shash



Dr. Hayat Mhannayeh

الحمد لله الذي بنعمته تتم الصالحات ..
الحمد لله حتى يبلغ الحمد منتهاه ..
أتقدم بالشكر بعد الله تعالى إلى من أرشدني وساندني وقدم لي العطاء والدي العزيز وإلى من
أمنت بصغيرتها ودعمتها وسهرت الليالي معها إلى أن تحقق حلمها أمي الحبيبة ..
وإلى سندي أخي عبدالعزيز وإلى أجزاء من قلبي أخواتي حلا والمأ وإلى أصدقائي وكل من حظيت
بمعرفته خلال ٦ سنوات من الطب ..
وأخيرا أشكر كل من علمني دروسا لا تنسى خلال رحلتي هذه ..



Dr. Hegazia Alnaqlah

الحمد لله الذي ما قُطع شوط و لا تم درب و لا
أزهر في العقل علم إلا بمنته و فضله



Dr. Hirdah Tauqir Rana

Females | Year 5



Dr. Jumana Khader

رَبِّ أَوْزَعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَى وَالِدَيَّ
One more Palestinian doctor on board!



Dr. Kauthar Jaffar Altawfiq



Dr. Khadeejah Moustafa



Dr. Laila Mohammed Fathy

ولسوف يعطيك ربك فترضى

Batch^{Of} 2022



Dr. Lama Abdulelah AlSenani

(ذَلِكَ مَقْصُودُ اللَّهِ يُؤْتِيهِ مَنْ يَشَاءُ وَاللَّهُ ذُو الْفَضْلِ الْعَظِيمِ)



Dr. Lilas Khoulani

"Dad, I know you are happy for me. I have made your dream true, I wish you were here to see.
Mom, You have been my strength and my inspiration. On my graduation, I thank you for being there for me. And to my brothers, you always believed in me and supported me, Thank you.
Love you all..

”والحمد لله رب العالمين“



Dr. Linah Zaman



Dr. Loulwah Almainan

عَظُمُ الْمُرَادُ فَهَانَ الطَّرِيقُ ... الْحَمْدُ لِلَّهِ عَلَى التَّمَامِ وَخُسْنِ الْخَتَامِ.

Females | Year 5



Dr. Luma Alkhani



Dr. Maha Nassar

وفي الختام، أود أن أهدي تخرجي لوالديّ اللذين سهرنا ودعوا وكانا مصدر
قوة وإلهام لي لأصل لهذا اليوم. وأما عن حبيب القلب مازن، فلولد
تشجيعك وحبك المستمر لما وصلت إلى هنا ♡



Dr. Maha Saud Almslam

“Well I am not usually one for
speeches. So, Goodbye.”



Dr. Mayar AlAtout

Anddd we're out!
Thank you mom & dad, my sisters and my friends
for supporting me in the past 5 years!
Never again Inshallah

Batch^{Of} 2022



Dr. Mona Abdulhakim Asaad

لن تنطق الكلمات في هذا المقام فقد تكلمت عيناى حين لمعتا وانطلق منهما
شعاعاً ينير العالم كله
انطلقى يا دموع فرحتي فقد اشتعلت مصابيح النور فوق أشعتك الذهبية وأنارت ما
حولك ... وسيملا هذا النور كل الدنيا ... وستبدأ رحلتك نحو المستقبل لتملئي الكون
كله علماً وعطاءً ... انتظري أيتها القلوب الدامية فما هو بريق الأمل سيمسح تلك
الجراح ، ويعطي الأمل وبيت الحياة ... ولربما يد عالم قد استطاعت أن تمسح آلاف
الدموع..



Dr. Muna Albashari

آن للدرب أن ينتهي، وأن نصل الى نهاية مرحلة كبيرة في العمر، تعلمنا منها العديد وكسبنا منها
الكثير وها انا اليوم ارى نفسي على اخر المسير من هذه المرحلة لنبدأ طريقاً جديداً ودروسا اخرى تأتينا
بها الحياة، ممتنة لهذه الأيام والحمد لله دائماً وابدأ



Dr. Muneerah Alromaizan

”ليس أكبر انجاز لي أنني أصبحت طبيبة بل أن أهلي اصبحوا فخورين بي“



Dr. Noon Abdelgadir

Too young to feel this old.

Females | Year 5



Dr. Nour Alhuda Aljumaa

وما كنتُ لأفعل لولا أنَّ الله مَكَّنني، فالحمد لله عند البدء وحين الختام.
بقدر ما تدين لذاتنا بالتعب وتحمل السنين الطويلة، نحن ندين لعائلتنا بأضعاف ما ندين لأنفسنا. لقد
كانوا شركاء رحلتنا الحقيقيين في كل مرحلة .. فهُم يستحقون أن يرفعوا قُبعة نجاحاتنا أكثر مِنَّا
أهدي نجاحي هذا لأبي وأمي ♥
وإلى جدتي الحبيبة -رحمها الله- التي لطالما تَمَنَّيت وجودها معي في هذه اللحظات.



Dr. Nour Bazoun

Thanks god for this amazing day. Thank you for blessing me with the best parents and the best siblings, who are willing to do the dishes instead of me when I'm being dramatic over studying for exams.



Dr. Rana Mostafa Abdo

{وَمَا تَوْفِيقِي إِلَّا بِاللَّهِ عَلَيْهِ تَوَكَّلْتُ وَإِلَيْهِ أُنِيبُ}
شكراً بابا، ماما، أخي وأختي.
شكراً لصديقات دربي و لكل من عبر طريقي. و بالطبع شكراً لأساتذتي.
دمتم سالمين



Dr. Rana Othman

Forever grateful to my family and friends for being there for me through my highs and lows.
Thank you for your endless support.
Thanks to my mom for always being my pillar of strength.
Thanks to my dad for being my biggest source of inspiration and role model.
الحمد لله عند البدء و حين الختام

Batch^{Of} 2022



Dr. Rand Mohammed Taha



Dr. Reem Ashoor

(وَمَا تَوْفِيقِي إِلَّا بِاللَّهِ عَلَيْهِ تَوَكَّلْتُ وَإِلَيْهِ أُنِيبُ)



Dr. Rghd Anas Sadkh

اللهم علمنا ما ينفعنا وانفعنا بما علمتنا وزدنا علماً..

Never give up on yourself..your story is not done yet, and always remember that " A doctor is a student till his death, when he fails to be a student, he dies."



Dr. Sadia Asad

The medical school journey at Alfaisal would not have been possible if not for the unrelenting support & belief of my Family. It was my Father's dream to see me become a doctor & although he is not with me today, I hope he is resting in peace knowing that his dream came true. Thank you to my Mother & Sister who have been through the ups & downs of this journey & have always encouraged me to never give up. I owe this degree to my Abbu, Ma & Didi. I love you all wholeheartedly ❤️. Keep me in your prayers as always. Nevertheless, made some really good friends on the way so know that I will always cherish your presence in these crucial years and more. Heartfelt love and best wishes ❤️. #TheTasselWasWorthTheHassle

Females | Year 5



Dr. Saima Fakih

Simply grateful for all the memories and amazing experiences this place has given me. A huge thank you to my parents, brother, sister and close friends for all the love and support they have given me during this journey. It is you who have made my childhood dream change into a reality. I couldn't have done this without you. #TheTassleWasWorthTheHassle



Dr. Salsabil Abbad

اللَّهُمَّ كَمَا أَنْعَمْتَ فَرِّدْ وَكَمَا زِدْتَ قَبَارِكْ وَكَمَا بَارَكْتَ قَتِّمَمْ
وَكَمَا أَتَمَمْتَ قَثِّبْتَ

All that I am or ever hope to be, I owe it to my parents.



Dr. Sana Aswad

"Believe you can and you're halfway there." - Theodore Roosevelt



Dr. Sara Abdelfattah

وَقُلْ رَبِّ أَدْخِلْنِي مُدْخَلَ صِدْقٍ وَأَخْرِجْنِي مُخْرَجَ صِدْقٍ وَأَجْعَلْ لِي مِنْ
لَدُنْكَ سُلْطَانًا نَصِيرًا

Batch^{Of} 2022



Dr. Sara Alasfoor



Dr. Sara Dost Mohammad Khan

Work hard and one day when they open the books, your name might be there!



Dr. Sarah Nazneen

"a jack of all trades is a master of none, but oftentimes better than a master of one." ~Robert Greene



Dr. Sarah Alhabyan

And we're finally done!

Females | Year 5



Dr. Sarah Alrashdan

الحمد لله حتى يبلغ الحمد منتهاه ♥



Dr. Sayyada Ifrah Naaz

Five incredible years here at Alfaisal gave me the much-awaited Dr. to my name. I share this with my family and friends, especially my parents, for their constant cheers and support. Through the memories made and opportunities in challenges, I believe that dreams can come true and that the end of an endeavor is just the beginning of the next. الحمد لله



Dr. Sedra Alhalbouni

Never stop..
One day you'll be someone's hope,
someone's hero..



Dr. Shaima Sadeq

Batch^{Of} 2022



Dr. Sommaya Alnajjar

الحمد لله



Dr. Susan Boukhet

Next stop, real life



Dr. Touqa Amr Khalil



Dr. Yara Abdulkader Akkielah

اجعل من يراك يدعو لمن يراك

Females | Year 5



Dr. Yara Mahmoud Mohamad

" Last but not least, I wanna thank me
I wanna thank me for believing in me
I wanna thank me for doing all this hard work
I wanna thank me for having no days off
I wanna thank me for never quitting" - Snoop Dogg



Dr. Yasmin Youssef



Dr. Zahraa Alqassab

{وَمَا تُؤْفِقِي إِلَّا بِاللَّهِ عَلَيْهِ تَوَكَّلْتُ وَإِلَيْهِ أُنِيبُ}
الحمد لله الذي ما خُتِمَ جهْدُ إِلَّا بِعَوْنِهِ
قد تحقّق الحلم وأصبح هاجس الّلمس ذكرى الفدا!
أهدي فرحتي لوالديّ العزيزين، ولجدي شاكراً القصاب رحمه الله ...



Dr. Zainab Hussain Bozaid

Batch^{Of} 2022



Dr. Zainab Ifthikar

"Thank you to mom & dad for making me who I am today. I can never repay them for their sacrifices, even if I tried for a lifetime. Thank you to my Poma & Fairoza aunty who raised me with love. Shout out to my dear family and friends who were always the first ones to support me. Looking back, the days in med school were long but the years flew by so fast. Alfaisal was more than just a university, it gave me a sense of belonging. Sincere thanks to all the doctors who taught us and the patients who prayed for us. My respect to the souls who donated their bodies to be used as cadavers for the purpose of our medical education. I am ecstatic to see where life takes us next. With this stethoscope in our hands and hopes of finding greener pastures, we leave our safe haven as ambitious doctors. Congratulations class of 2022! #TheTasselWasWorthTheHassle"



Dr. Zara Ahmed

"Qualities you need to get through medical school: Discipline. Patience. Perseverance. A willingness to forgo sleep. Ability to weather crises of faith and self-confidence. Acceptance of exhaustion as a fact of life. Addiction to caffeine is a definite plus. Unfailing optimism that the end is in sight. #TheTasselWasWorthTheHassle"

Females | Year 5

**BE FEARLESS IN
THE PURSUIT OF
WHAT SETS YOUR
SOUL ON FIRE.**

Batch^{Of} 2022



Dr. Abdalrahman Maher Abuzubida

الحمد لله الذي وفقنا لهذا، والذي أعاننا على قطع هذا الشوط الطويل من حياتنا، شوط مليء بالمواقف والذكريات، التي دام جميلها بفضلها وتخطينا شديدها برحمته. لا زلت أذكر ذلك اليوم بعد تخرجي من المرحلة الثانوية وزيارتي لجدي، ورؤيته لي حاملاً تلك الشهادة. لا زلت أذكر فرحته وفخره بي وقوله "من الآن، اسمك الجراح عبدالرحمن". لا زلت أذكر حمله شهادتي والتي خطّ عليها عبارة: "If you work hard, by Allah's will, you will succeed" واليوم أرفع شهادة الطب عالياً حامداً الله عليها وراجياً منه كما أعانني في جميع مراحل حياتي، أن يعينني في المرحلة القادمة؛ لأعود بعدها لجدي قائلاً له "قد جعلها ربي حقاً"



Dr. Abdelgaleb Samer Jandali



Dr. Abdelrafour Houdane

To YOU, decades into the future. Never lose your momentum, your drive, your passion. Never forget your roots, your failures or your successes. Don't let a harsh unforgiving world change you or cause you to lose yourself. No matter how devastated you may be by your own perceived weakness or uselessness, set your heart ablaze. Grit your teeth and look straight ahead. Even if you stop and crouch down, time won't wait for you, snuggle or grieve along with you. March forward with courage and spirit. Proud but never satisfied.



Dr. Abdulaziz Al Mana

Males | Year 5



Dr. Abdulaziz Alhassan



Dr. Abdullah Mohammed Taha

Precision is the difference between a
butcher, and a surgeon.



Dr. Abdulmalek Bawazir



Dr. Abdulnasir Hasan AlMassloom

"Do not judge me by my successes, judge
me by how many times I fell down and got
back up again."
- Nelson Mandela

Batch^{Of} 2022



Dr. Abdulrahman Baqatyan



Dr. Abdulrahman Jamal Alturkmani



Dr. Abdulrahman Senjab

اللهم لا ترينا فيمن نُحِب الا ما نُحِب ❤️



Dr. Abdulrahman Walid Rasheed

You live you learn

Males | Year 5



Dr. Abdulrhman Jamal Eldeib

Medical school is like hiking Its hard at the beginning and its bumpy along the way, but once you reach the top YOU WILL NEVER REGRET THE JOURNEY



Dr. Abid Dababo

"It's not how good you are, it's how bad you want it"



Dr. Ahmad Alhamshari

الحمد لله الذي تتم بنعمته الصالحات، الحمد لله على التمام والكمال، الحمد لله القائل "وسنجزي الشاكرين"، الحمد لله الذي وفقنا للقبول بالجامعة والذي ألهمنا الصبر في لبالي الامتحانات الصعبة والذي كتب لنا النجاح
هي الحياة مراحل ومحطات، مررنا ببعض منها وبقي البعض، كلية الطب هي إحدى هذه المحطات، قد تكون أصعب المحطات ومن الممكن أجمالها. ولكننا بالتأكيد أكثر المحطات المليئة بالذكريات والمواقف والصداقات الجميلة التي لا يمكن للزمن أن يمحوها
لكل أطباء الدفعة: كان لي الشرف أكون معكم وشكراً لكم على كل اللواتك الجميلة معكم وأتمنى دائماً رؤيتكم والسماع لتدخر أخباركم



Dr. Ahmed Batheeb

كلمح البصر، شارفت رحلتنا المليئة بالمشاق على الانتهاء، وباتت رحلتنا القادمة ترقبنا من بعيد، ولسان حالنا من رحلة إلى أخرى: الحمد لله على واسع فضله وجزيل عطاياه

Batch^{Of} 2022



Dr. Ahmed Essam Maklad

You only need 3 real friends, 3 tough ones,
and you conquer the world



Dr. Ahmed Gamal Abdulfattah Sayed

بسم الله الرحمن الرحيم

All thanks to Allah. A long journey's is at its peak, but that does not mean that it is the ending, in fact it is the beginning of a new chapter. I will always cherish the memories that I made in this university the friendships that I made and the bonds that I have forged. And I want to thank everyone who has helped me as I could not make it this far without the support of my precious family, colleges and friends who kept always cheering me up and providing me with everything I need. Finally I will always never forget my grandma as she always aspired that I become an active member in society and so in her long lasting memory I want to dedicate this graduation for her and everyone else whom I love.

Always stay safe and healthy! Your best friend
Ahmed sayed



Dr. Ahmed Khedr



Dr. Ahmed Mahmoud

Males | Year 5



Dr. Ammar Hassib Alabsi

"The end of a journey and the start of a new one.

Drawing a smile on patients' faces gives me happiness.. and for that, I owe this happiness and my life to my parents, my family and my friends, for all the support they've given me throughout the years.

I hope I can continue to make them proud and serve my purpose as a medical doctor."



Dr. Amr Fayssal Farahat

توجت بتاج العلم وطويت صفحات من الجهد .. فخور بما
حققت من انجاز بفضل الله تعالى .. وأسعى لتطبيق ما
تعلمت لإسعاد من حولي وخدمة الناس، شكرا أبي وأمي ..
..شكرا أساتذتي .. شكرا زملائي ❤️



Dr. Anas Abdulkarem Alsibai



Dr. Anas Alkhabaz

"How lucky I am to have something that
makes saying goodbye so hard"

- Winnie the Pooh

Batch^{Of} 2022



Dr. Bader Abou Shaar

وفي الصبر مشقةً يتبعها فرحٌ جميل
اللهم لك الحمد، سالتك فأعطيني، ودعوتك فأجبتني، وشكرتك فزدتني.
شكراً أبي وأمي ... يا قرة عيني، وسر نجاحي، قد كنتم خير سند لي في أيامي الصعبة .. شكراً أُمي
في كل لحظات التعب والجهد. وأبي ... فقد كنتم الطمأنينة
اللهم كما مننت عليّ وجعلتني طبيباً، اجعلني قرة عين لوالديّ، واجعل للناس شفاءً على يديّ،
وانفع بي، ووفقني لكل ماتحبه وترضاه. أتوجه بالشكر لأخوتي وأخواتي ... لأساتذتي ... لرفاق
الدرب أصدقائي ولكل من تبسم فرحاً لأجلي
سريعة هي الأيام كيف مضت، هاقد أتى يوم التخرج حاملاً معه مسؤولية وأمانة وآمالاً وأماناً
إلى رحلة أعظم بإذن الله ... عظيمة، وما هذا اليوم إلا محطة



Dr. Baraa Abdulbasset Altajjar

الحمد لله، أسأل الله لي ولزملائي التوفيق في بقية المشوار



Dr. Bashar Abdulbasset Altajjar

الحمد لله



Dr. Basher Mohammed Almadani

Males | Year 5



Dr. Bassam Ali Makd

"Your life is your story and the adventure ahead of you is the journey to fulfill your own purpose and potential" Kerry Washington



Dr. Ehab Ayman Takrori

It'll be better next year



Dr. Eyad Taufik Aljijakli

Today I Can Officially Say:
"An Apple A Day Keeps Me Away"
والحمد لله رب العالمين



Dr. Faaezuddin Syed

Although the journey was infused with continual episodes of highs and lows, it was the blessing of the Almighty, support and prayers from the family, and nonstop encouragement from friends, what kept me going to achieve my goal. Thank you to my Alfaisal family who were my support system all the time. I am so glad I got to know each one of you, and I pray we cross paths in the future as well. Thank you to all my family members for always believing in me and motivating me. I wish you were here Dad to see your son become a Doctor. The honored feeling on your face is what I desperately wanted to witness. Your kaddu has done it Dad! Alhumdulillah.

Batch^{Of} 2022



Dr. Fadel Rafe Ali Basha

الحمد لله حتى يبلغ الحمد منتهاه



Dr. Faisal Abdulaziz Alsaif



Dr. Faisal Mohammed Farwana

Tend to the part of the garden you can touch
- Dr. Giuseppe A. Botta



Dr. Feras Mahmoud Ataya

Males | Year 5



Dr. Ghaith M Yasir Meir



Dr. Hafss Mohammed Bashaiwth



Dr. Hamza Gungadoo

"I don't know half of you half as well as I should like, and I like less than half of you half as well as you deserve." – Bilbo Baggins



Dr. Hamzah Koujan

ومضت تلك السنوات التي كانت في البداية تنهيك لي على أنها لن تنتهي ، وما كانت لتمضي بهذه السرعة واليسير لولا الدعم المتواصل من الأهل والنخبة. أهدي هذا التخرج لأبي وأمي وأخوتي وأشكر لهم تضحيتهم المستمرة لكي يوفروا لي هذه الفرصة لبداية مشواري العلمي والمهني. وأشكر جامعة الفيصل والقائمين عليها لأنهم وفروا هذه البيئة الدراسية المتميزة ودعموا هيكلهم الطلابي المتكون من خلفيات ثقافية متنوعة بشكل مستمر.

Batch^{Of} 2022



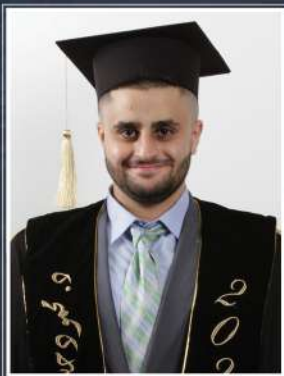
Dr. Hani Kadan

What am I doing after graduating from medical school? Business.



Dr. Haroon Ahmed Javaid

وما توفيقى إلا بالله
I am forever grateful to my wonderful parents, lovely sisters, brilliant mentors (yes the mentorship program works wonders!), superb faculty and amazing friends for making these 5 years an extraordinary experience!
For my juniors, I would like to quote Iqbal:
تندی باد مخالف سے نہ گھبرا اے عقاب
نہ تو جلتی ہے تجھے انجا آزانے کے لیے
Don't get frightened of these furious, violent winds, Oh Eagle!
These blow only to make you fly higher.



Dr. Mahmoud Kazkaz



Dr. Mohamad Ahmad Alhabchi

الحمد لله
& Good Luck

Males | Year 5



Dr. Mohamed Khedr



Dr. Mohammad Haitham Derbas

I'm MD and I'm an MD



Dr. Mohammad Sajid

While the idea of graduating from medical school has yet to sink in I can't thank God enough for this opportunity, for the supportive family, and for the people I have met who are now my closest friends.

Graduating from medicine is not the end but just the beginning of our story.



Dr. Mohammed Almairi

Batch^{Of} 2022

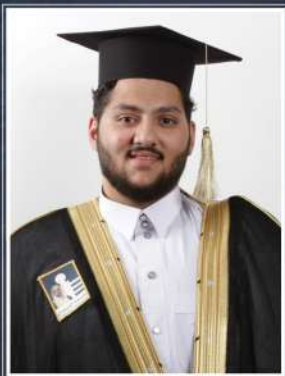


Dr. Mohammed Bin Shuayl



Dr. Mohammed Kamal Filli

"Proud to be graduate of Al Faisal University where I turned to be a different person with the concept of goal-setting and master skill of success. For most what I have learned is life's challenges are inversely proportionate to faith, the bigger the faith you have the smaller the challenges are."



Dr. Mohammed Khaled Abushanab



Dr. Mohammed Mandourah

Males | Year 5



Dr. Muhammad Affan Elahi

I owe an enormous amount of gratitude to God, my parents, my friends, and all those who taught me for it is on their shoulders I stand. I would also like to thank my batch as a whole for I have truly come to believe that I could not have been part of a better batch. Finally, I sincerely appreciate all my mentors across this long and arduous journey who made sure to support me and continue to do so. I must admit that time has really flown by, and the journey now retrospectively seems bizarrely ephemeral. Tempus fugit!



Dr. Muhammed Adnan Al Doumani

دَعِ الْيَّامَ تَفْعَلْ مَا تَشَاءُ
وَطِبْ نَفْسًا إِذَا حَكَمَ الْقَضَاءُ



Dr. Muhammed Yaman Swied

I'm gonna stand outside. If anyone asks, I'm outstanding



Dr. Mujahid Daoud Hamdan

Batch^{Of} 2022



Dr. Nader Ashraf Fawzy

"Make it simple, but significant."



Dr. Najmudeen Rashdan



Dr. Omar Alrifaaai

وَاللّٰهُ أَخْرَجَكُمْ مِّنْ بُطُونِ أُمَّهَاتِكُمْ لَا تَعْلَمُونَ شَيْئًا وَجَعَلَ لَكُمُ
السَّمْعَ وَالْأَبْصَارَ وَالْأَفْئِدَةَ لَعَلَّكُمْ تَشْكُرُونَ



Dr. Omar Rajab

Males | Year 5



Dr. Omar Temsah

"I think I want to be as beautiful as the ocean."

- Jules Vaughn



Dr. Oudai Sahwan

الحمد لله حمداً يليق بعظيم فضله وجزيل عطائه وحسن تيسيره وتوفيقه ..
الحمد لله عليك، أبي.. صديقي الذي لا أرجو من الحياة إلا أن أرتقي لأشبهه بكل شيء..
الحمد لله عليك، أمي.. قرة عيني، حبيبة قلبي، رفيقتي الأولى، وأبيستي في كل حين ودرب..
الحمد لله عليكم، نور، عبادة، وإبراهيم.. أنتم والله مفخرتي وسندي ونور عيني الذي لا ينقطع..
شكراً الفيصل.. شكراً الدفعة العاشرة.. شكراً يا أصدقاء!



Dr. Radwan Alkhatib

في كل يوم يُباغتك فيه اليأس، وفي كل لحظة تطنّ فيها أنّ كلّ الطرق قد سُدّت، وأنّ لا نور في
آخر التّفق، تذكر دائماً قول الله تعالى ((وَقُلْ أَعْمَلُوا مُسِيْرِي اللَّهِ عَمَلَكُمْ وَرِسُوْلُهُ وَالْمُؤْمِنُونَ))،
وتذكر قول الإمام الشافعيّ "لا أعلم علماً بعد الحلال والحرام أنبل من الطبّ". اعقد العزم، جدّد
النية، توكل على الله، وامض في سبيلك، فالنهاية دائماً مُستبشرة



Dr. Raed Alshawaf

Batch^{Of} 2022



Dr. Rafea Ismael Hakki

"I gave up my life to learn how to save yours."



Dr. Safwan Urooj Abbasi

The unity of blessings from Allah, prayers of Ammi and Baba, support from siblings and camaraderie from friends has birthed this unparalleled success. I promise to pay the dividends due to all the shareholders in this victory. For a moment or two, let's bask in the shine of this monumental achievement. Then, let's roll up our sleeves and get to work.



Dr. Saleh Alobaid



Dr. Senan Abdulhamid Alshawaf

Finally, we'll start hearing and reading the word "doctor" before our names. The pride and joy lies not in the fanciness of this title but in the great responsibility taken for having one of the most humanitarian professions, the art of Medicine. Congratulations 10th batch!"

Males | Year 5



Dr. Talal Alharbi

I'd like to thank The Weeknd and Frank Ocean
for getting me through this.
XO



Dr. Tariq Fadul



Dr. Yazan Chaiah

نهاية لمرحلة جميلة
و بداية لقصة نجاح طويلة

And of course

Enjoy the little things throughout the journey 🌟

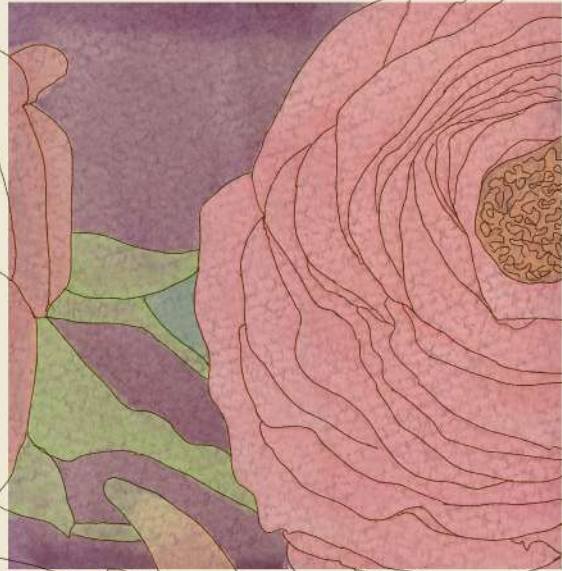


Dr. Youssuf Alaa Ali

No, it wasn't difficult at all. We've only been
through a pandemic, lockdown, and war.

The Last Au Revoir

DESIGNED BY TASNEEM AL IBRAHIM



Dear 10th batch,

Welcome to the grand finale. This is the last episode of a long saga, but I hope that it will also be the premiere of a new blockbuster movie yet to be released.

I shudder to think how far we've come. Are we really those naïve little first years who cluelessly walked into Princess Haya auditorium on orientation day 5 years ago? The first day of college- 17th September 2017, still feels like it happened yesterday and now we've already hit our last submit button on Exemplify.

We've grown tremendously ever since then, and it is indeed a thing to marvel upon. Our voice doesn't squeak anymore when speaking to a doctor for the first time; we've become confident and poised. Our body might be exhausted after a long day of standing in rounds, clinics, and ORs but we still manage to show up like a clean slate, ready to take on a new day. Our minds are definitely going haywire with all the medical information being pumped into it, but we have learnt to gradually decode the puzzle one piece at a time.

From poking mannequins in PRO class to learning how to do the "dance" when donning a surgical gown, your leaps have been astronomical. Please take a moment to rewind the clock and reminisce: the cadavers that kept us company at 9 pm during evening labs, the perplexing brachial plexus and biochemical pathways (that always seem to have an additional step), running around like a chicken with its head cut off in 3rd year, and figuring out hospital scrub access in 4th year. All the social gatherings you declined because of an exam every week, and the impending feeling of doom as each of those exams lurked by; from drinking liters of coffee for pulling all-nighters to holding your heart in your hand when opening emails to check the grades- Oh the good old times eh!

1792 calendar days, 10 semesters, countless blocks, parallels, electives, and rotations after, you are finally here at the finish line. From the tears you shed to the smiles you sprouted, this moment is your medallion- redeem it, relish it. Congratulations, you can breathe now.... almost.

I for one am going to miss the blizzard inside the campus even when it is 40 degrees outside. McDonald's and Dunkin' doughnuts that kept us alive and the library couches that kept me warm and cozy to doze off on... I mean study on. When I hear random abbreviations like STP, SGD, BST, LGD, POD, or SSP I promise I'll think of you. And of course, the phenomenal people I met here who made the ride magical, some of whom I am grateful to call my closest friends today.

Thank you for embedding in our system words like: Tasleek, ya3ni, mishwaar, & 3adi. Thank you for the kind camaraderie, helpful notes that people shared selflessly, the simple sabah alkhayrs in the hallways, and more importantly your overwhelming support and awe-inspiring aptitude. This batch, without a shadow of doubt, will be cherished for years to come.

As I write this letter, my eyes well up with tears: partly for the nostalgic memories and the rest proud of the people, or rather the doctors, we have become. I am endlessly elated for the collective success of our batch.

Keep all of this intact even when you turn old and grey.

*Smile at the lives you save. Pray for the lives you lose. Conquer the future.
Shatter the glass ceiling.*

Au revoir!

Yours truly,
One of you

Tenth Batch Mem

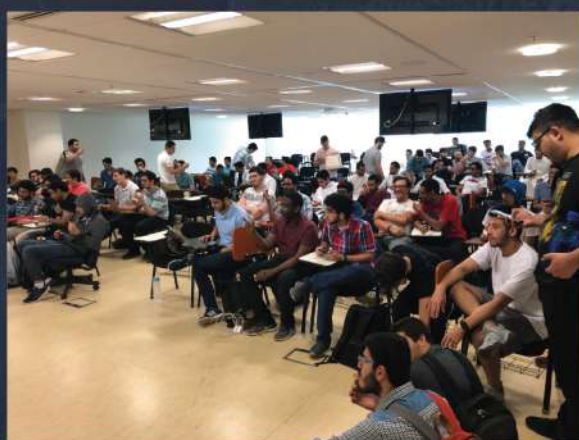


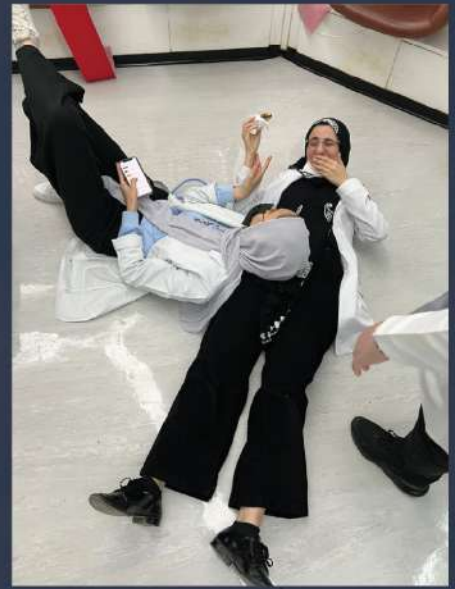
ories































Sat, 12/03/22

13.00 PM

*“Precious memories with you; the only thing
I want to remember through and through.”
A compilation of anecdotes from the 10th
batch graduates.*

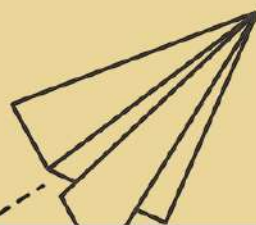
Reply

I feel proud that I was the first student in the batch to have heard the word **Shabash** from Dr. Zafar.

It was 8:30 AM, we were attending a 3rd year Pharma lecture by Dr. Dileep. A friend sneaks into the class and sits beside me and tells me the following. "I had trouble sleeping last night and barely made it to class. It was difficult for me to understand the Dr's accent, so I tried reading his lips. I swear to God, his lips weren't moving but I could hear his voice and see him standing on the stage!" At this point, he rubs his eyes and looks bewildered. He continues "I thought to myself, either I'm daydreaming or I'm about to die. The Dr. while talking to us, then started drinking from a water bottle at the same time! Okay, now I'm definitely not seeing things! I started panicking and looked around, nobody else seemed to find it strange!" Struggling to contain my laughter, I point him towards the corner of the screen. "Man the Dr. was playing a recording of himself while standing in front of the podium!"

Huh? When did we take this???

CSSD = MSSB



I wonder if the consultants ever dread about medical students following them into the washroom.

Confusing the hand soap for sanitizer in the OSCE really shortens the station.

Given the number of videos my friends have of me sleeping throughout med school, they could easily make a 3-hour long movie out of it.

If you remember who said this, then you've been paying attention in class: 1) You are an Alfai-z-al medical student! 2) Allora! If you don't prescribe him the antibiotics you-will-kill-the-patient & you-will-go-to-jail. 3) Apoptosis is the first world way to die; necrosis is the third world way to die.

ENT OSCE is at 5.30 am Ortho OSCE is at 5.30 pm. There is no in between bro.

You have to click the green share screen button below. Noooo not that one...The zoom meeting has ended for all. <face palm>

Your mic is unmuted! I can hear all the Bartan in the background.

Nodding at indecipherable radiology images, scanning QR codes for attendances, saying every SP has a pulse of 72bpm- somehow, we all made it through the preclinical years.

I got some bad news one day and ran into the stairway area; my best friend was waiting for the elevator outside. I instinctively hugged her and started crying. The best part was she just held me, no judgment, no questions asked, and she hugged me tightly. That's all I needed then.

Trust me, in year 4, you will spend the first half of every rotation figuring out where to go (also in year 5, my bad).

In the middle of every OSCE: "Dr I forgot my name sticker in the previous station."

4th year prepares slides for 4 hours, practices presenting 3 times, and includes MCQs at the end. 5th year: what our STP is tomorrow??! Finds old ppt --> Ctrl C + Ctrl V

The smell of formaldehyde on Wednesday evenings down in the wet lab. The hassle of which nerve passes through which skull foramen. The burden of a million midterms in 3rd year. The smell of freshly cauterized tissue in the ORs. The long ER shifts down in B1. From TBLs to PBLs to OSCEs to realizing the time to freely err is over. The sinking in of the fact that the prefix that'll soon precede my name is now a reality, and that every moment of every day for the past five years was spent well in earning it. Do YOU remember?

Yes, the TBLs were fun! Yes, POD was outstandingly hard! Yes, COVID in 3rd year was a highlight. Yes, the clerkships were exciting! But the moments I truly cherish were the ones I spent getting to know the absolute best freaking people in this world!!!

Patient with Dizziness comes to ER: Patient: "Dr, how likely am I to experience an episode like this again?" Alfasal Medical student: *stares at the patient for 2 mins* and says, "Let me look that up for you real quick."

ER physician: "Our doctors will tell us today what TIMI score means."
Me: *turns behind to search for the Dr he is referring to.* ER physician: "I meant you guys."

We attended clinics once in HEM/ONC and occupied a room to see patients. 30 mins later the nurse walks in: " Umm Dr, who put you here? This is the COVID isolation room."

Trying to present the history I took, I told the doctor "she has varicocele" instead of "varicose veins"

Best memory in med school: right after PRO 355 midterm :)

That one time in 3rd year, a week before forensics midterm, I woke up a random batch mate who was peacefully sleeping thinking that he was a 1st year missing his OSCE.... (If you ever see this, I'm sorry for the scare!!!)

I got some bad news one day and ran into the stairway area; my best friend was waiting for the elevator outside. I instinctively hugged her and started crying. The best part was she just held me, no judgment, no questions asked, and she hugged me tightly. That's all I needed then.

In POD during a finals review session, I missed writing a few pointers, so I looked at my friend's iPad as she was busy diligently taking notes when the session started, only to find her drawing a detailed animation of a student jumping off of a cliff screaming "I hate POD."

As my friends and I entered the grad gown fitting area and were asked to write our information, we had to add Dr. before our names, and it finally hit us- we were actually at the end of the journey we started together.

Post-exam hangout with my boys will forever be my favorite. Surely gonna miss it :(

This memory is a very special memory for it encompasses the kindness of our entire batch. I once missed an ophthalmology lecture during year 2 and I was really excited for the lecture. When I came to the class, after having found out that I had missed the lecture, my friend amusingly suggested that I attend the lecture with the female group. Little did he know many a true word is spoken in jest. Our BLC contacted the female BLC, and everyone made it happen. That day I felt so blessed to be part of this wonderful batch.

Long hours of study sessions with my study partner, from academics to discussing life. Definitely one of my top Alfaisal memories!

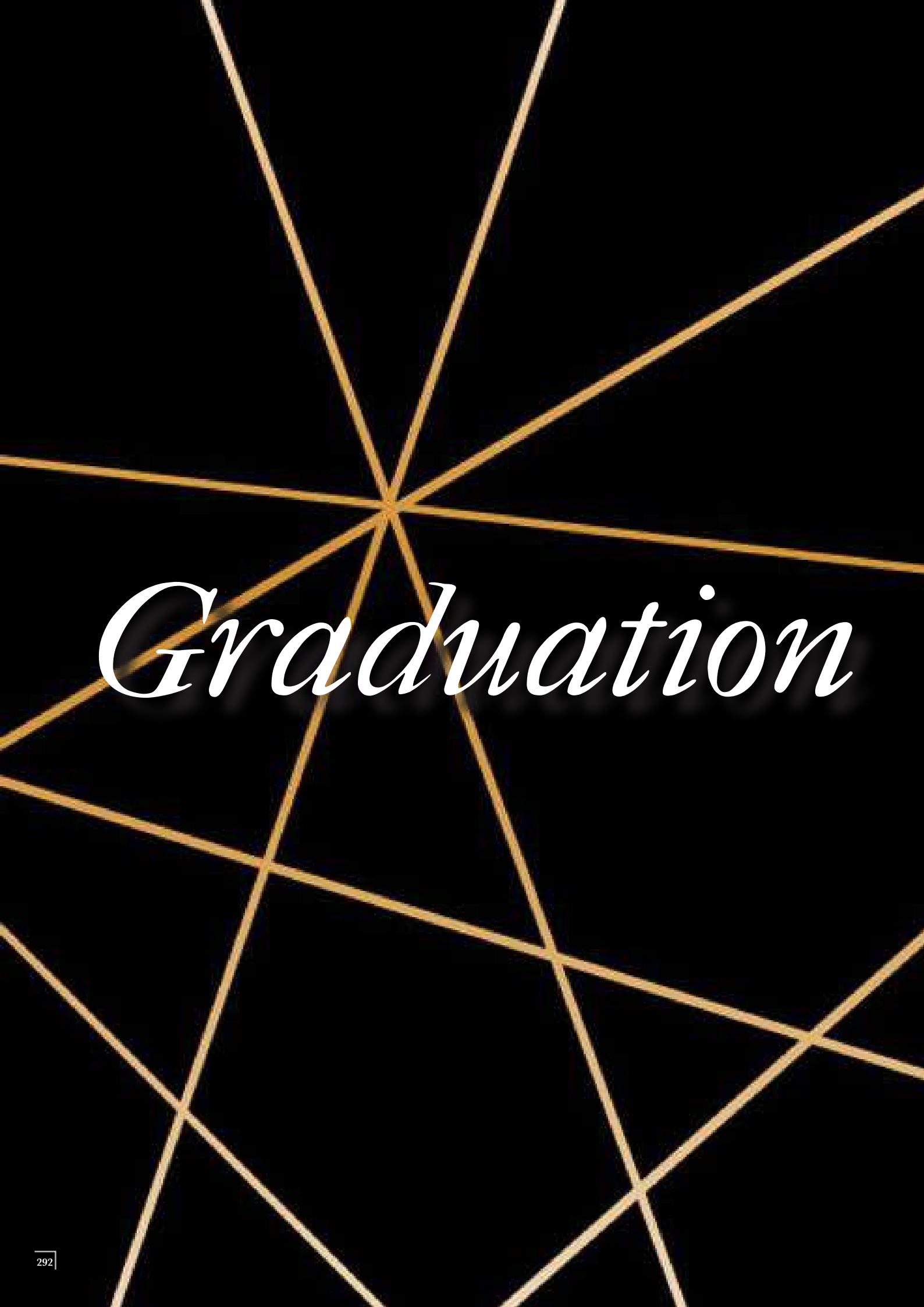
Alfaisal made 'back to school' a happy feeling, just because I got to reunite with my lovely friends.

When I left the 9th batch and my friends there, I was very depressed, lonely, and scared about how the 10th batch will be. Now I am glad I joined you guys, our batch is way better than my expectations, and I got the chance to make new friends with very kind people. And guess what?! Two of my best friends joined the batch, and we are now in the same group graduating together. That is the best thing Allah can give to me. Always trust Allah's plans

In 2018, my sister graduated from med school, and I wanted to buy her an expensive gift, but the only money I had was not enough, and I didn't want to take the remaining money from my family. That semester our uni hosted a short story competition in Arabic; I won 1st place in it and finally bought the gift, and she was so happy. Thank you Alfaisal

Doctor finishing his lecture on medical errors: "what did you learn today?" Us: "we should try and prevent errors." Doctor: *chuckles* "no, it means remember to get good malpractice insurance when you graduate."

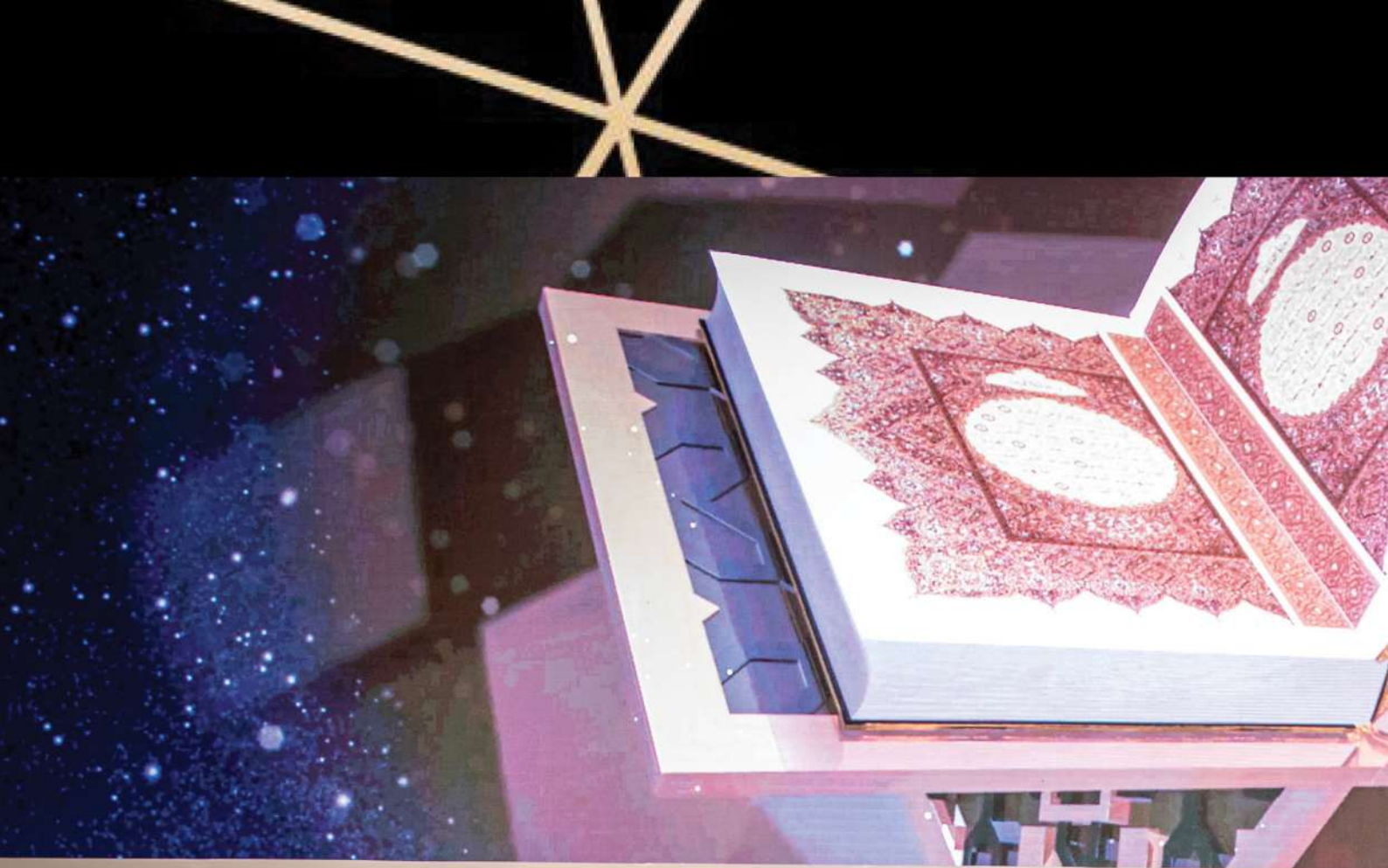
I panicked a lot during POD so much so that once I freaked out my best friend who ended up driving back 40 min just to comfort me. After that, we'd spend hours studying together every single day. What we didn't realize then was we didn't just study, but throughout the process, we made tons of memories for life.



Graduation

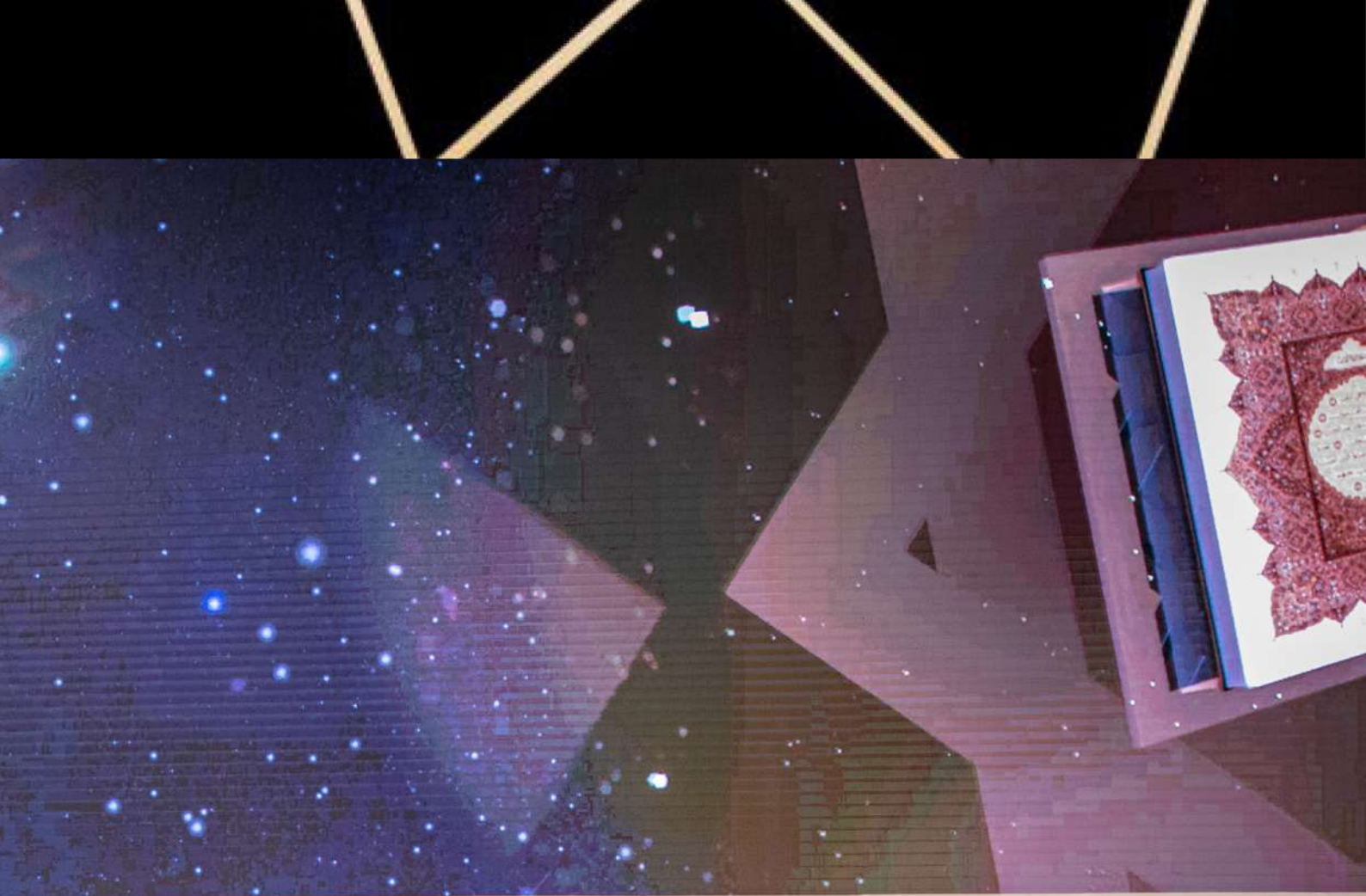


Moments







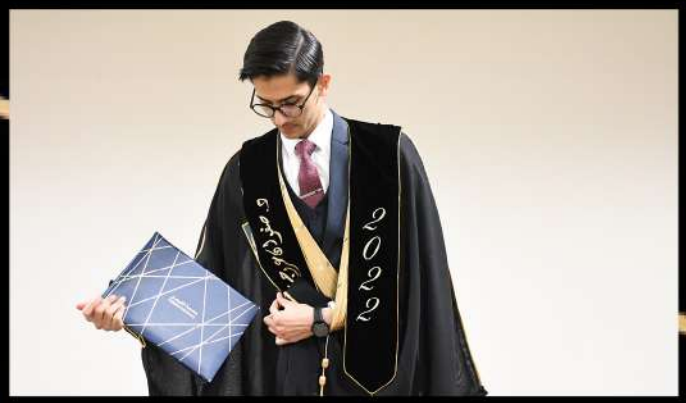






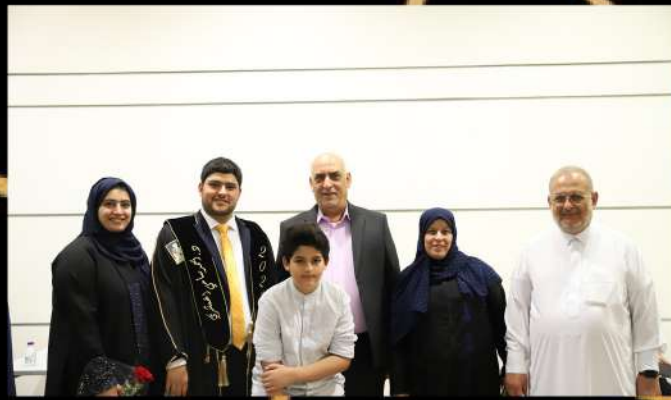
































Dear Loved Ones,
You've always pushed us into
the spotlight, now it's our turn...

Designed by Minal Atout





Real Times
Family





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