

Dedicated to all those who made Alfaisal what it is today

*To 15 years of growth and success,
For the minds and hands that made Alfaisal University*



**WELCOME TO
MEDTIMES**

Contents

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.....
.....

24
24

Meet the Team

Board of Directors
Heads

Messages

From The President - Prof. Mohammed Al Hayaza	10
From HRH - Princess Dr. Maha Bint Mishari-AL Saud	12
From the Dean of the College of Medicine - Dr. Khalid Al Kattan	14
From the Vice Dean - Dr. Akef Obeidat	16
From the Vice Dean - Dr. Wael AlKattan	18

From the Board of Directors	
From the Director of MedTimes - Hiba Raheel	20
From Vice Director - Mohammad Halawani	22
From Vice Director - Rushdan Firdous	23

Interviews

Alfaisal University, A New Medical Standard with Dr. Khalid Al Kattan	26
Dr. Mustafa Abbas Abdelwahid - The Dean of Student Affairs	28

A Spotlight on the College	
Paving the Way to a more Just Future with Dr. Torki Alshubaiki -The Dean of College of Law	30
Interview with the Dean of College of Science - Dr. Hassan Shatbah	32
Interview with the Dean of Business - Dr. Bajis Dodin	34
Interview with the Dean of Engineering - Dr. Muhammad Anan	36
Empowering the Future of Pharmacy: An Inside Look at Alfaisal University's Program and Student Success - Dr. Manal Alem	38
Revolutionizing Medical Education - Dr. Abdurrahman Ouban - Director of Preclinical Years	42
From Classroom to Clinic: Medical Clerkship in Alfaisal University - Dr. Sabri Kemahli - Clinical Clerkship Director	44
Unveiling the Transformative Journey of Internship at Alfaisal University - Dr. Abdulkarim Almakadma - Internship Director	46
His Royal Highness King Faisal Al-Saud: A Biography of a Prolific Story and the Story behind our Campus	48
An Interview with the Founder of MedTimes - Dr. Mohammed Khusheim	50
One Small Step For AU, One Giant leap For The Women Of Tomorrow!	52
Gone But Not Forgotten	54

Creative Minds

Evolving Beyond the Shackles	58
Community: The Essence of Us	60
Dear Future Me	62
Success in Dunya and Akhirah	64
A Tree Yields a Thousand Branches...; So Does an MBBS Degree	66
That's the SPIRIT!	68
The Astronomical Beauty of the First Step	70
Maintaining a Sense of Childhood Wonder As You Grow Up	72
Dearest Nostalgia	74
Masterpiece	76
Alma Mater	78
A Trip Down Memory Lane	80
Message from PO	88
Accomplishments	90
See You On The Other Side	92
The Great Accomplishments of Alfaisal University throughout History	94
Major Statistics: College of Medicine	96
MedTimes Logo Timeline	98
The Delightful Seasons of Alfaisal University	100
Alumni	102
Let Me Strive	104
Pioneers of the Female Medical Community	106
Wasn't Funny Then, But Is Funny Now	108

Yearbook Photo

202	*****	Year 1
216	*****	Year 2
226	*****	Year 3
236	*****	Year 4
240	*****	Graduates
278	*****	Baby Pictures of Graduates
282	*****	Graduate Memories
334	*****	MedTimes Family
336	*****	Members
338	*****	Autographs



Message from

THE PRESIDENT

PROF. MOHAMMED AL HAYAZA

Dear Reader,

It is with utmost pleasure that I welcome you to the **18th publication of Med-Times**. Another unforgettable year has come to an end, bestowing upon us a wealth of blessings and miracles. Dear students, dear alumni, dear esteemed reader, thank you for your spectacular efforts. Your brilliance never ceases to make us proud. You are beacons of knowledge, diligence, and compassion.

A new year dwells on the horizon, another success story waiting to be written; it is none other than you, hard-working students, who will write that story. The power of education, empathy, and resilience is limitless. Wield that sword with an upright spine and a serene mind. Perfect its edges, but make certain that it radiates with virtue and benevolence. I am confident that each and every one of you will blossom into passionate and inspirational leaders who will guide our world into a dazzling, prosperous future.

Before we journey on, let us enkindle a moment of reflection as we look back at this wonderful year.

All the best,
President
Prof. Mohammed Al Hayaza



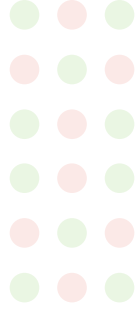
Message from

HRH PRINCESS DR. MAHA BINT MISHARI ALSAUD

Over 15 years ago, we set ourselves the ambitious goal of building this university from the ground up, aiming to be student-centred with an international outlook. Just as each student enters this institution kindling the flickering flames of their hopes and dreams, so did we start out as nothing but a vision.

Looking back at the past with all of the challenges and successes we've experienced, gratitude is what I feel. I am grateful for the risks we took, the goals we set and for the countless people who have helped stoke the flames of our dreams into the beacon of light that we are today. I am grateful for the thousands of students entrusted to us for influence and guidance, for their perseverance and the collective brilliance they carry forward into our society. Since the past 15 years proved we can achieve things greater than we once hoped for, we look towards the future with higher aspirations than ever before- to be trailblazers, to innovate, to inspire, to give back and to spread our light as far as it can go.

Congratulations to all the students who graduated in our 15th year, we look forward to celebrating your success as Alfaisal alumni! I hope you will take what you have gained in your years here and use it to contribute to the greater good, remembering that we are always here to support you along the way.



Message from **THE DEAN** **PROF. KHALED AL-KATTAN**

“It is the time you have wasted for your rose that makes your rose so important.”

– Antoine de Saint-Exupéry, The Little Prince.

As we bid farewell to yet another remarkable academic year, filled with countless achievements and personal growth, I am delighted to reflect upon the remarkable progress Alfaisal University has made over the course of **15 years**. It is with immense pride and confidence that we, as an institution, have invested in individuals like you, the esteemed reader of this magazine. Witnessing your journey and envisioning the limitless possibilities that lie ahead fills me with profound joy.

Today, I extend a warm and heartfelt welcome as we embark on an enchanting voyage together through the captivating pages of the latest issue of MedTimes.

Within these carefully crafted articles and thought-provoking features, we aim to inspire, educate, and illuminate the path towards success and fulfillment.

In particular, this edition holds special significance as every Yearbook before as we celebrate and honor the graduating batch of 2023. With unwavering dedication, perseverance, and the pursuit of

knowledge, you have reached a significant milestone in your academic journey.

Congratulations on this remarkable achievement! Your hard work, resilience, and commitment have undoubtedly shaped you into the exceptional individuals we see before us today.

As you prepare to embrace new opportunities and face the challenges that lie ahead, I encourage you to reflect upon the words of Antoine de Saint-Exupéry, who reminds us that the time and effort we invest in something ultimately make it invaluable. Your experiences, both inside and outside the classroom, have undoubtedly shaped your character, intellect, and future endeavors. Embrace these moments, for they have contributed to the magnificent roses blooming within each and every one of you.

With a bouquet of well-wishes, I send my warmest regards and deepest admiration,

Prof. Khaled Al-Kattan
Dean, Alfaisal University



Message from

THE VICE-DEAN DR. AKEF OBEIDAT

Vice Dean of Quality Assurance & Accreditation
MSA Leader & Faculty Mentor

Dear Reader,

It is my utmost pleasure to extend a sincere invitation to each and every one of you as we embark on a captivating journey celebrating our past, present, and future with the latest issue of MedTimes, our esteemed university magazine. In this remarkable instalment, we bring to you a tapestry of stories that capture the essence of our vibrant community. It is a celebration of the incredible achievements and milestones accomplished by our students throughout their transformative five years of medicine. Within its pages, you will find an inspiring showcase of dedication, resilience, and the unwavering pursuit of knowledge and compassion.

Moreover, this issue of MedTimes pays homage to the exceptional accomplishments of our esteemed alumni as they embark on internships, residencies, and beyond. ***They serve as beacons of inspiration, carrying the torch of wisdom and empathy as they venture into the wider world.*** Their journeys illuminate the transformative power of education and the boundless possibilities that lie ahead for each and every one of you.

I wholeheartedly encourage you to immerse yourselves in the captivating stories presented within this special edition of MedTimes. Allow them to ignite your passion, fuel your aspirations, and deepen your understanding of the profound impact we can make in the world. Together, we can celebrate our community's accomplishments, honour our shared history, and shape a future filled with compassion and innovation.

I extend my deepest appreciation to the dedicated team behind MedTimes for their tireless efforts in curating this extraordinary publication. Through their exceptional craftsmanship, they have artfully woven together the very fabric of our community, giving voice to the remarkable stories that define us.

Welcome to this extraordinary issue of MedTimes, where our journey through time converge in a heartfelt exploration of our collective journey towards excellence and compassion.

*With warm regards,
Dr. Akef Obeidat.*



Message from
Vice Dean of Academic and Student Affairs
College of Medicine
Prof. Wael Bin Manna Al-Kattan

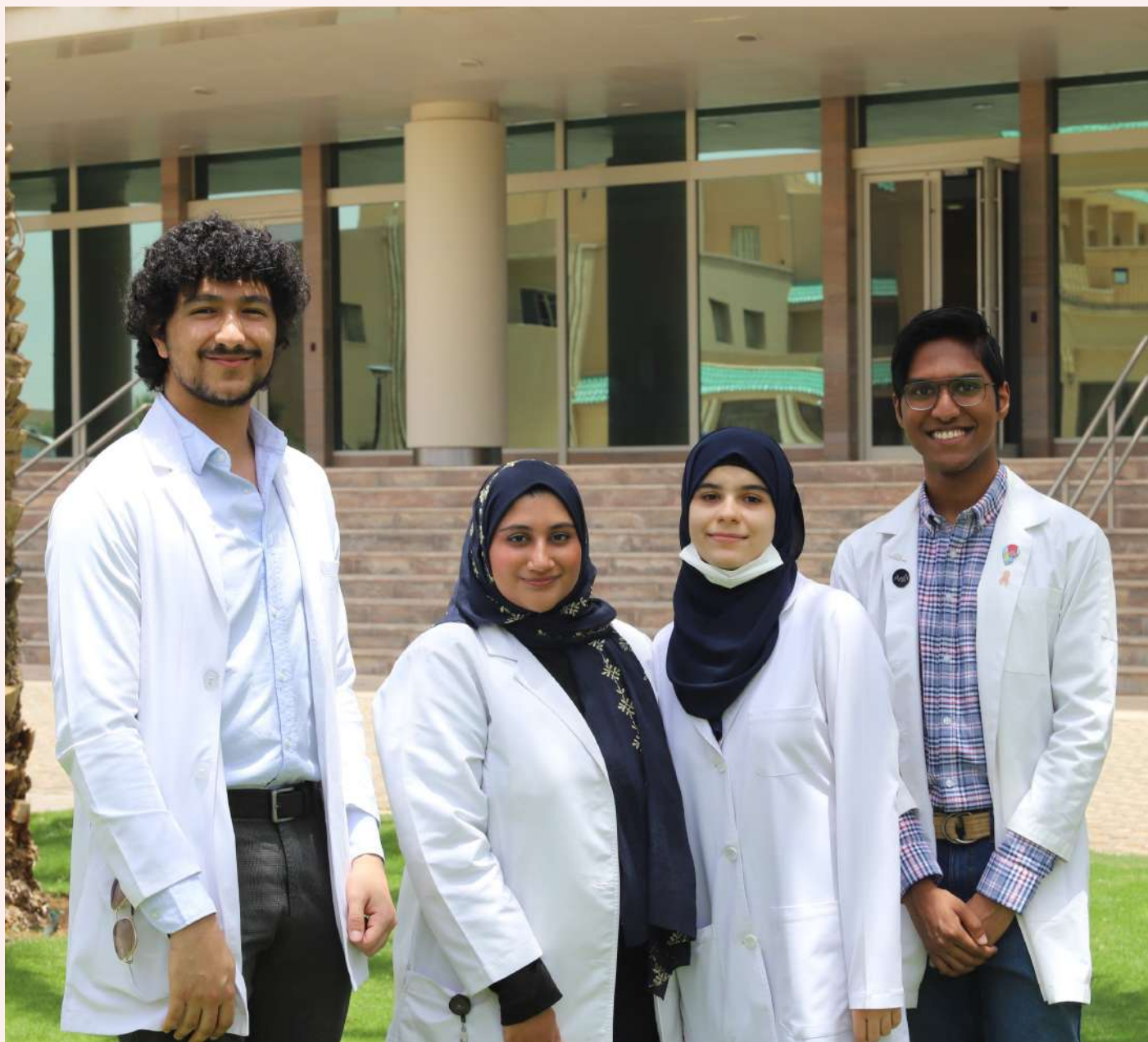
Dear Students

With this issue of the MedTimes Yearbook, I welcome you back to yet another compilation of some of your most cherished moments throughout the past year; truly a mosaic of memories. I hope that as you flip through the pages of the yearbook, you see the reflection of your laughter, tears, joy, friendships, hard work and dedication twinkling back at you. As you flip through the pages, reflect on the incredible journey that led you here, immortalised into these pages forever.

As the academic year unfolds and comes to an end, I extend a warm welcome to our new students and a heartfelt goodbye to our cherished graduates.

Now as you, the graduating class of 2023 stand at the threshold of this new chapter in your life, I am filled with immense pride and joy. You have overcome innumerable challenges, beat unimaginable odds, built long lasting relationships and embraced opportunity with open arms. Thus, as you step into the next chapter of your lives I trust that we have equipped you with the tools and skills to conquer any challenges thrown your way. Tackle the next leg of your journey with the same resilience, courage and integrity that we have fostered here at Alfaisal University, for the last couple of years; and know that the Alfaisal family is proud to have had a hand in raising you. I have no doubt that your journey ahead will be filled with purpose, fulfilment, and excellence. I look forward to meeting the seasoned professionals you evolve into and basking in the embrace of change you bring about!

MESSAGE FROM



THE BOARD OF DIRECTORS

From the Director of MedTimes Hiba Raheel

Celebrating 15 Years of Excellence: A Chronicle of Achievement

Dear Esteemed Readers,

I am delighted to welcome you to this special edition of our magazine, dedicated to commemorating the remarkable journey of excellence that our esteemed Alfaisal University has embarked upon over the past 15 years.

It is with great pride and joy that we reflect upon the transformative impact our institution has had on the lives of countless students, faculty members, and the broader community. This milestone serves as a testament to the collective dedication, unwavering commitment, and unyielding spirit of innovation that have come to define our university.

Throughout this commemorative issue, we aim to take you on a captivating journey through the significant milestones, outstanding achievements, and inspiring stories that have shaped our institution into what it is today. From groundbreaking research endeavors to the nurturing of creative talents, we have consistently strived for excellence in all facets of academia.

As we turn the pages of this edition, you will witness the incredible stories of our faculty, and the profound impact our university has made on its prized students. We are immensely proud of the role our institution has played in shaping the minds of future leaders and contributing to the advancement of knowledge.

I extend my heartfelt gratitude to every member of our university community – past and present – for their invaluable contributions in making this journey possible. It is your dedication, passion, and unwavering belief in Alfaisal University's that have propelled it to this significant milestone.

May this special edition be a source of inspiration and a testament to what we can achieve when we come together with a shared vision. Here's to the next 15 years of even greater achievements, deeper impact, and boundless excellence.

Lastly, I would like to thank **Dr. Akef Obeidat** for always being the pillar of support that MedTimes needs. Thank you to our esteemed **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 bought us this far.

Thank you for being a part of this extraordinary journey.

Warm regards,
Hiba Raheel
Director

From the
Vice- Director of MedTimes
Mohammad Halawani

Dear Reader,

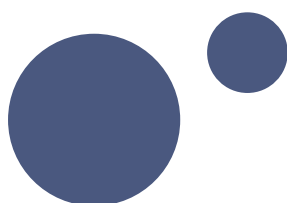
This yearbook is not only a celebration, but also a vessel for every medical student to express themselves. We are here celebrating the continuous growth of every member of this university.

Medical students in our university continue to grow despite all the challenges they face, and continue to find new friends and laughs to enjoy throughout journey.

Hopefully this yearbook not only highlights the memories that we have all created together but also our ideas, and thoughts all expressed in one place.

One day we will look back, and hopefully appreciate that we gave ourself a chance to be special and to grow.

Thank you for picking this yearbook up and
I hope that you enjoy!



From the
Vice- Director of MedTimes
Rushdan Firdous

Dear Reader,

Welcome to MedTimes, the living embodiment of **15 years'** worth of stories from Alfaisal University. As **Vice Director** of this cherished magazine, I extend a warm welcome to the medical students and staff who have played pivotal roles in our journey.

Within these pages, we invite you to embark on a heartfelt exploration of our past, present, and future. MedTimes captures the essence of our community, showcasing the incredible accomplishments of our students across five transformative years of medicine. We also celebrate the achievements of past students as they venture into internships, residencies, and beyond, carrying the torch of knowledge and compassion.

Yet, ***MedTimes is more than just a commemoration of students;*** it is a testament to the dedicated professors who have shaped our institution over these 15 years. Their unwavering commitment and wisdom have guided us, fostering a legacy of excellence and compassion that defines our noble profession.

Together, we rejoice in the celebration of change and growth. This yearbook encapsulates the triumphs, sacrifices, and indomitable spirit that have shaped our collective journey. Each story within these pages serves as a reminder of our purpose—to heal, innovate, and make a profound impact on the lives of those we serve.

As you immerse yourself in MedTimes, let nostalgia mingle with anticipation. May this yearbook inspire future generations of medical students and honor the enduring legacy we leave behind. Our 15th anniversary celebration is a catalyst for even greater achievements in the years to come.

Thank you for joining us on this journey of celebration, reflection, and anticipation. Together, let us bear witness to the incredible stories that have shaped us and will continue to shape the future of medicine.

Celebrate With Us,
Rushdan Firdous

MEET THE TEAM

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Co-Director

**Hiba
Raheel**

Director

**Tasneem
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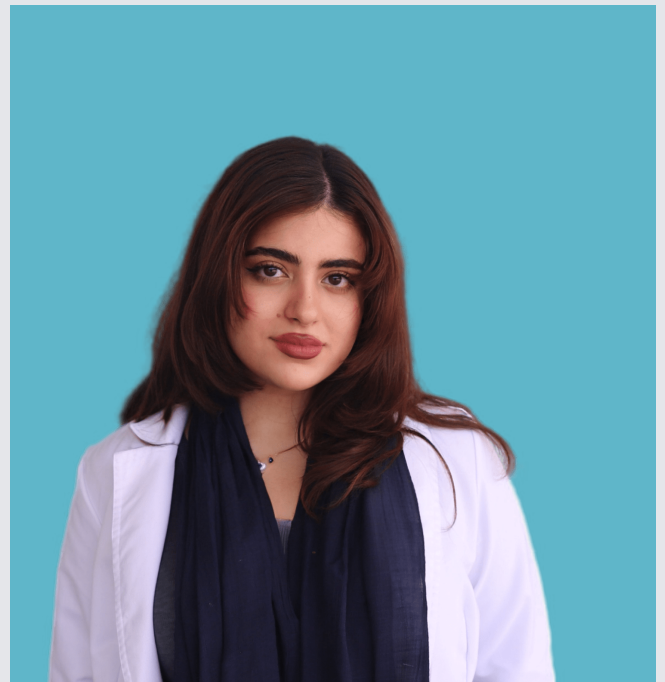
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Co - Head of Design

ALFAISAL UNIVERSITY

A New Medical STandard



With Dr KHALID KATTAN

Many things on this earth grow, from aging trees to ever-evolving technologies. It's natural to continuously change. 15 years ago, Alfaisal has come to life, not just as a place to change with time, but also to be the facilitator of change to a brighter future. We've had the chance to learn more about our university in an Interview with our highly accomplished and beloved dean of medicine, Dr. Khalid Kattan. Follow along as we go through the timeline of where we first started and where are we heading.

For a university to be followed with a reputation of success it must be earned and surely nothing is earned without difficulty. Alfaisal biggest challenge was and now is its greatest asset, the student. With the help of the government and the King Faisal Foundation, Alfaisal had fewer problems in starting up compared to other universities. Yet even when backed with support, the university lacked a student body. Deciding to study in a new university with no record of its performance and status is a risk to many high school graduates looking to enter the next phase in their life. In addition to this, there was also the difficulty of appearing more appealing to the Saudi demographic who had free and much safer alternatives at the time. As a result when Alfaisal's doors opened only 50 students entered. Little did they know at the time they were going to be the ambassadors to an ever-growing successful association on a global level.

The beauty of change lies in the fact that sometimes you could be a part of it without actually knowing. As Dr. Kattan states "The students of today are smarter than before". He further emphasizes our adaptability to utilize technology which should be taken advantage of. Since medicine is rapidly evolving, Alfaisal strives to develop well-rounded physicians with a wide skill set to flourish when they enter an extremely dynamic professional world. To achieve this, changes to the curriculum, campus, and facilities are always in motion.

“ Little did they know at the time they were going to be the ambassadors to an ever-growing successful association on a global level.”

Academics and environment are two sides of the same coin, both are needed to bring out the best in students. When compared to several years ago, the campus had undergone several upgrades. Our dean informs us that the COM building is expected to be inaugurated in the very near future. This building is designed to have newer facilities such as animal and simulation labs to further enhance our future physicians' skills. Future campus expansions aren't only for academics but for extracurriculars in mind as well. In regards to the curriculum, several changes will soon be implemented to align it with the level of knowledge not on a local, but global level. New changes include introducing electives from other colleges such as the College of Law. This will further increase the versatility of the students broadening their aspects career-wise.

Obviously, these changes yield results. As of 2023, our students attained the highest average score on board exams, and with 65% of all international applicants who got accepted into the US being graduates from our outstanding university, in addition to the countless published papers by the students and several hours of service to the community to educate, guide, and simply put a smile on their faces.



Photo Credit to Alfaisal University

Alfaisal University repeatedly mentions how success wouldn't be without its students. Dr. Kattan describes medicine as the noblest of careers, as it involves caring for the most valuable resource to any nation, its people. This career doesn't come without its extreme responsibilities. The dean shows his love to the students as he says "Thank you for believing in Alfaisal just as Alfaisal believes in you as we both work together to make you leaders not in Saudi Arabia, but worldwide". He also acknowledges that 15 years is very short, but that is compensated with very high achievements with the graduates, standards, and contributions to serve as proof. Yet these achievements are just the start, Alfaisal will continue to grow and evolve till it becomes a world-class leading College of Medicine with a strong impact locally and globally. And surely with your tenacity, our future leaders, what once was a dream will very soon be a reality.

Written by: Kenan Badraan

Designed by: Mayar Amboun

Edited by: Sidrah

Interview with Dr. Mustafa Abdelwahid

by Abduhu Amer

Change. It surrounds us wherever we turn. Butterflies curiously crawling out their cocoons to be tickled by their first feathery breeze. Tulips quietly blooming as the first stroke of Spring warmth greets the Earth's canvas. Skies blushing a gentle pink hue whilst the Sun gradually retreats into the ocean for another nighttime. Each day invites its own unique joys, challenges, and experiences, and it's exactly what fascinates Dr. Mustafa Abdelwahid about his role as Dean of Student Affairs.

Life before Alfaisal, he explained, was no different. With a background in International Law, Global Affairs and Political Science, and Library Information Science, including a PhD in Public Policy and Public Administration from Auburn University, a penchant for knowledge on the surrounding world and a keenness for exploration led him on his own Homeric odyssey. Travels across Sudan, UAE, the former Soviet Union, and the United States allowed him to evolve just as they did, experiencing numerous periods of reform first-hand, including the election of the first African-American president. So, when AU underwent change of its own, opening its doors to female students for the first time in 2011, there was no doubt that Dr. Mustafa's path would once more become intertwined with new beginnings.

An avid frequenter of Riyadh's International Book Fair, he initially joined the university as librarian, wearing his heart on his sleeve when it comes to his love of reading. A devoted seeker of change however, his fascination with the King Faisal Foundation's vision of diversity and growth meant it was only time before he'd be compelled to surf AU's shifting tides as Dean of Student Affairs. As a father of 5, there's only so many times he could watch his own children traverse the wilderness of university applications, but now, he feels blessed having a constant reminder of its irreplaceable awe and euphoria across every unique journey. With an integral position like his, there's been no greater fulfilment than following the success of each new batch as he pursues his own array of new milestones being served his way like a five-course meal.

Designed by: Nassima Kaidali



Whether it's the thrill of welcoming new nationalities to the Alfaisal family each year (standing at almost 50 countries so far!), the rapid embracing of equal opportunities between genders, or the exponentially rising global recognition of this only 21-year-old institution, there's never a dull moment in his day-to-day, the 43 quintillion possibilities of unexplored ventures like a Rubik's cube keeping his passion burning a fiery glow. With upcoming projects like a renovation of the historic palace into leadership offices and a museum on the horizon, perhaps his aspirations of seeing dorms and sports facilities at AU may also be realised someday...

Regardless, there's no denying that thanks to Vision 2030 continuing to change the face of the Kingdom, the future remains only more promising at our ever-expanding campus with the now staggering 1000+ students joining UPP and 1st year each year! To those newcomers, he encourages them to not shy away from the delectable charcuterie board of resources available across the colleges. Treat yourself to a helping of the free-of-charge Academic Success Centre's snug environment to learn from the triumphs and pitfalls of your seniors. Drink from the fountain of endless information that is the assortment of English and Arabic literature (including course-specific titles) offered by the university.

Perhaps even follow in the footsteps of Dr. Mustafa with late nights in the serenity of the only library open until 2AM in Riyadh at Alfaisal University!

No matter the road, he assures that hard work will bear its luscious fruits, so remember to make the most of it!

"I still until now believe I made the right choice", he said with a hearty smile, his eyes twinkling upon reflection of the past decade, leaving with them a comforting air like a toasty mug of coffee on a rainy day.

PAVING THE WAY TO A MORE

COLLEGE OF LAW

Directing a college certainly requires having vast experience in the respective field and its academics, and Dr. Torki is no exception. His career started as a secretary on an arbitration board. Meanwhile, Saudi Arabia signed the New York Convention, so he then pursued a Ph.D. in the London School of Arbitration, wanting to be able to play a role in helping Saudi Arabia become more conducive to arbitration while addressing Islamic legal issues. Soon afterward, he began his academic career, where he started teaching in the UK at workshops and specialized classes. After having returned to Saudi Arabia in 2008, he was offered a position in PSU where he taught MBA students and the very first batch of female law students conflicts of law and business law.

As we celebrate 15 years of success in our university, we welcome a new college on campus. As Alfaisal University recognizes the demand for diplomats to help continue developing the country, the College of Law has come to fruition. Although very young, it has a bright future ahead of it, being led by the esteemed Dr. Torki Abdullah Alshubaiki. We had the opportunity to speak with him and gather more insight into the college and the dean himself.

Not everything is always smooth sailing, however, and such was the case with developing the curriculum for the College of Law. The biggest issue faced was several applicants and their families asking why certain components of typical law colleges weren't present such as Sharia law. The curriculum is designed for those who want to be involved in politics, diplomacy, or international financial transactions, among others. The dean ensured that graduates of Alfaisal would encompass knowledge equivalent to that of an MLB in the UK, and a BA from a Saudi university. Hence, Dr. Torki repeatedly emphasized that students should know what career path they desire to follow. Moreover, they must be aware that not all paths are provided by Alfaisal, such as that of a litigator, which requires fluency in the Arabic language, while all subjects in the university are delivered in English.

Written by: Kenan Badraan

JUST FUTURE WITH DR. TORKI

COLLEGE OF LAW

While the College of Law did face certain issues, it was provided a great deal of support. Thanks to the outstanding reputation of our university not only locally but internationally as well, several benefits were gleaned. This included deals with Salah Al Hejailan LLC and Al Tamimi & Company providing scholarships and taking students in during their co-op years.

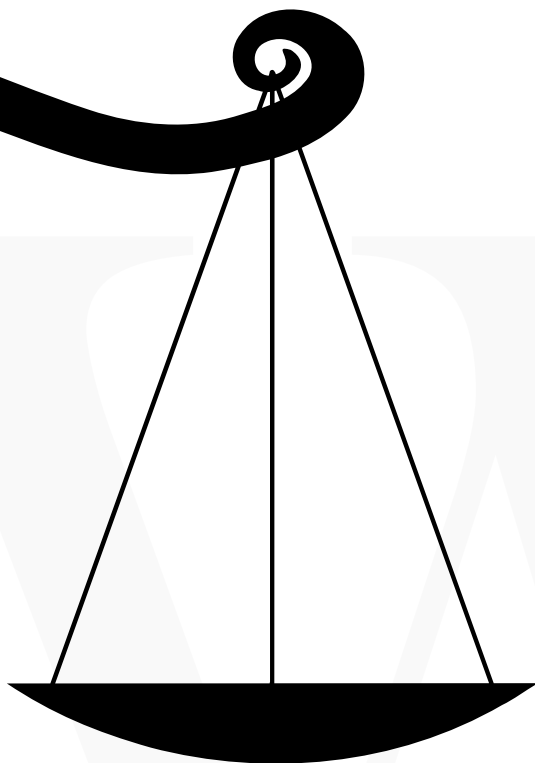
Since the college has just recently been formed, there's still a lot of room for it to grow. Dr. Torki wants to ensure it exceeds expectations, bearing several plans in mind. This includes securing essential tools for students, such as LexisNexis. He is also continuously working with other universities and associations to enable students to take the Bar exam internationally, as well as developing student exchange programs.

Edited by: Jannah

Lastly, there is no graduating batch to measure the success of our students, but Dr. Torki sees great potential in them. This is because when compared to his experience teaching in 2008, the gap in skill and knowledge has narrowed, where most students now are fluent English speakers and can enroll directly at the College without requiring the UPP year first.

Potential students who want to enroll may fear they might not have the skills to make it in the real world, however during the interview Dr. Torki assures them, saying: "The combination of many types of subjects will result in having someone in the comparative world develop a comparative perspective over everything they come across in the legal field". In other words, Alfaisal's College of Law is equipped to qualify students with all the essential skills to make a difference in their line of work.

Designed by: Wassima Kaidali



Interview with the
Dean of College of Science
Dr. Hassan Shaibah

“

Success is not a
straight line



Author: Sarah Tullah

Editor: Jamalia Bishri

Designer: Bushra Ismail

Dr. Hassan Shaibah is a well-known personality at Alfaisal. Along with being the dean of the College of Science, he is also a professor in the College of Medicine.

Due to his versatile experience working at Alfaisal, he has some very wise words to share with the readers of MedTimes.

Dr. Hassan believes that to pursue something, you must have a passion for it, and that passion is what serves as "fuel" to keep you going. This applies to not only the students applying to the College of Science but to any student pursuing a particular major. It is imperative to not give in to parental or peer pressure and to choose what makes you happy.

The College of Science is very special as it oversees the journey of multiple students who enter other colleges through the UPP program. It is a warm and welcoming environment for newcomers, earning it the allusion of a gentle mother, coming from the dean himself. Speaking further on the innovations of the College of Science, Dr. Shaibah mentions that it has launched sustainability initiatives not just to preserve the environment but also the local Saudi culture. He gives us a glimpse into a culinary project it is working on, which aims to gather different agricultural products from all across Saudi Arabia and introduce us to the Saudi cuisine.

It saddens him to see the false perceptions the rest of the world has about Saudi

culture, and he hopes that through initiatives like these, those perceptions can be eliminated.

The students of the College of Science are second to none, as per their dean's words. They are flexible and diverse and have the capability of entering different fields after graduating. They are fit to meet any market need through their remarkable efforts. Some of them even go on to participate in joint degrees with KAUST (King Abdullah University of Science and Technology) in Jeddah.

Treasured Moments

When asked about his favourite memory at Alfaisal, Dr. Hassan recalls the transition he made from dean to professor and then to dean again. To him, it was an experience that taught him flexibility, a quality that makes the best leaders. Passing on his leadership skills to the students of Alfaisal, he reminds them not to let failure hold them down. ***"Success is not a straight line,"*** says Dr. Hassan. "No one wants to watch a movie where the hero doesn't encounter any opponents." Others, as well as your own attitudes, can influence your performance to a great degree. Therefore, it is important to surround and fill yourself with positivity and not lose hope.

Final Take

Ending our conversation with Dr. Hassan Shaibah, we can only thank him for the uplifting advice and leadership skills that

he would like to pass on to all the readers of MedTimes. We hope our readers take something away from his optimistic words.



INTERVIEW

with

DR. BAJIS DODIN

Dean of College of Science

Written By: Sarah Tullah
Edited By: Lara Samhan
Designed By: Bushra Ismail

The MedTimes team had the wonderful opportunity of interviewing perhaps one of the most jovial personalities at Alfaisal University, Dr. Bajis Dodin. Dr. Dodin has a charm to his words, through which he manages to enrapture his company into a delightful conversation. He mentions his college like it is a beautiful name (which he later reiterates), expressing every little detail that makes it special.

Dr. Dodin begins by passing on important advice to prospective College of Business students, ignoring all that current business students say and learning about the course through their designated CoB100 program. The program, in brief, is a glimpse into the college life of any College of Business student, simulating an accurate academic experience.

Furthermore, to ensure student satisfaction throughout their time at the College of Business, the faculty, curriculum, and supervision must be meticulous. The dean reveals that they recruit the finest candidates to represent their faculty and have one of the best business faculties in all of the GCC. The curriculum is a perfect blend of local business as well as the latest curricula in the United States. They endeavour to keep it in line with Vision 2030. Additionally, the supervision and quality checks of their services and provisions ensure the best facilities are provided to their students. He believes supervision is the foundation of all their services; without it, everything would collapse. They do not tolerate cheating or any sort of misconduct.

It is well known that most College of Business students come from privileged backgrounds. However, according to Dr. Dodin, this does not predispose them to an advantage. No student holds superiority over another. Every student is granted a fair chance, regardless of their status. Dr. Dodin even shares some lighthearted stories about the infamous business students who stand out among not only other Alfaisal students but students across the world. Their splendour has earned them the notoriety of being the beautiful daughters or sons of the Alfaisal family.

He went on to say that when training his students, the faculty instils respect for the law in them. They learn to grow through fair trials and tribulations, saying, "We hope the four years here are therapy; when they enter the workforce, they are good citizens." He is proud to admit that Alfaisal business students are sought out by the most prestigious companies as soon as they graduate, making a name for themselves and their university. He does fear, however, that with the recent economic effects settling in, the financial incentives given to students might decline, further making education less accessible.

As someone who has been a part of this university for several years, Dr. Bajis recalls multiple positive changes he has seen not just in Alfaisal but around the kingdom in general. He expresses great satisfaction in witnessing the commendable efforts undertaken by Alfaisal University, alongside numerous other establishments in the Kingdom, to reduce gender segregation. By acknowledging the inconveniences that arose from the previous restrictions, such as the need to be secluded when visiting restaurants with one's spouse, the Dean views these progressive measures as a significant step towards increased inclusivity and equality. Moreover, by fostering greater interaction and collaboration between genders, these transformations have the potential to cultivate a diverse and inclusive learning environment that benefits not only the students but society as a whole. In the years to come, the dean believes the students will only become more empowered as they are the future of the workforce.

The wise Dr. Bajis concludes our conversation with some very valuable pieces of advice for all students at Alfaisal University.

Learn and grow socially and academically, develop yourself as a person, do not rely on your familial connections, and do not forget the university that taught you to be humble.

Interview with the Dean of College of Engineering *Dr. Muhammed Anan*

15 Years of Celebrating Excellence: The Evolution of Alfaisal University College of Engineering

As Alfaisal University's College of Engineering marks its 15th anniversary, now is the perfect opportunity to consider the accomplishments of the past and the goals for the future. Since its inception, the college has come a long way with a focus on giving its students an excellent education while remaining current with market trends and technological advancements.

Alfaisal's Accomplishments

Dr. Muhammed Anan, the college's dean, is pleased with the institution's accomplishments and the success of its graduates. Nine years ago, Dr. Anan began teaching software engineering at the college. Since then, he has held a number of posts, including chair of the department, vice dean for student affairs, and now dean.

Determining whether the college is in line with the university's goal and vision, providing top-notch instruction, and upholding the high standards on which Alfaisal University was founded, according to Dr. Anan, is a significant responsibility.



Alfaisal 's Growth

Architecture, Mechanical Engineering, Electrical Engineering, Industrial Engineering, Software Engineering, and Computer Engineering are the five engineering programs that the college now provides. When the institution first opened, these programs were carefully selected because they matched the demands of the job market and were flexible enough to change as circumstances changed. The college offers specialist fields including artificial intelligence, cybersecurity, and digital design and manufacturing in addition to standard degrees.

The college's software engineering program, which has seen a large increase in enrolment, is one of its attractions. Students have benefited from the college's emphasis on providing specialized areas of study by becoming more focused and competitive in the job market. Internships, co-op programs, and research opportunities are just a few of the experiential learning possibilities provided by the college.

Secret to Success

According to Dr. Anan, the secret to success in the engineering college is picking a field that satisfies your goals and interests rather than one that has the highest employment. Although the job market is always changing, students who study what they are passionate about will succeed and like what they do. In addition to the courses they attend, Dr. Anan recommends students to continue seeking for opportunities to develop their technical or soft skills, such as leadership and public speaking.

By collaborating with stakeholders and partners to continuously enhance its curriculum, the institution hopes to expand on its current success in the years to come. The school is open to new ideas and is thinking about launching new majors including biomedical engineering with concentrations in radiology, devices and instruments, and artificial intelligence and healthcare. Additionally, the college wants to expand both horizontally and vertically by introducing double majors.

Final Take

It is evident that Alfaisal University's College of Engineering has a lot to be proud of as it marks its 15th anniversary. The college is in a good position to maintain its success in the years to come because it places a strong emphasis on providing top-notch instruction, offering specialized fields of study, and preparing students for the workforce.

Written By: Ismail Abdullah

Edited By: Tafe Badghaish

Designed By: Bushra Ismail



INTERVIEW

Dr Manal M. Alem

BY ISMAIL ABDULLAH

EMPOWERING THE FUTURE OF PHARMACY

An Inside Look At Alfaisal University's Program and Student Success

Recently, I had the privilege of interviewing the dean of Pharmacy at Alfaisal University, Dr. Manal M. Alem. The focus of our conversation was the progress of the pharmacy program at Alfaisal University over the past 15 years, the courses offered, the student body, and what makes this program unique.

Dr. Manal was proud to say that the College of Pharmacy at Alfaisal University was established in 2016 and has made significant strides in just a few years. One of the main degrees offered is Doctor of Pharmacy (Pharm.D.), awarded to students who have completed all courses, including the Advanced Pharmacy Practice Experience (APPE) rotations in their final year.

In terms of courses offered, the Department of Pharmaceutical Sciences focuses on educating and training pharmacy students in subjects related to the design, action, and disposition of drugs. This requires a solid foundation in a range of disciplines, including calculus, general chemistry, organic chemistry, biochemistry, molecular medicine, and biomedical subjects such as anatomy, histology, physiology, microbiology, and immunology.



The curriculum includes modules on medicinal chemistry, pharmaceuticals, pharmacokinetics, and pharmacology. Students will gain knowledge of the biological activities of drugs derived from their chemical structures, drug formulations designed to optimize drug delivery and stability, and the effects of drugs on the human body. The department also offers courses in basic research methods, biostatistics, and laboratory practice to help students acquire the necessary skills for research.

The dean was enthusiastic about the student body at Alfaisal University, describing them as highly motivated, hard-working, and passionate about their field. The program attracts students

from diverse backgrounds, committed to making a difference in healthcare.

Alumni of the program have gone on to achieve great things, such as successful careers in pharmacy, research, and academia. Dr. Manal advised current students to seek them out and ask about their experiences to gain a deeper understanding of the program's impact on their careers.

When asked what sets this program apart, she highlighted the college's commitment to providing a holistic education that prepares students for accomplished careers. In addition to the high-quality curriculum and experienced faculty, the College of Pharmacy benefits from tremendous



support and contributions from faculty in the College of Medicine and the College of Science. This cross-disciplinary approach provides students with an all-encompassing education that prepares them for the complexities of the healthcare field.

In conclusion, the pharmacy program at Alfaisal University has made remarkable progress over the past few years. The program

offers a rigorous and comprehensive curriculum that prepares students for a thriving career in pharmacy. The highly ambitious student body and experienced faculty are committed to ensuring students have the tools they need to succeed. The program stands out for its multifaceted methodology, which engages professors from different colleges and provides students with a distinctive and well-rounded education.

COP STUDENTS

1.

Alfaisal COP students participated with a total of seven posters in the Young Pharmacist Research Award Competition as a part of the 12th College of Pharmacy Research Day, which was held at King Saud University, and two students achieved the 2nd place winners

3.

This year's (2022-2023) graduate and first in her batch, Nada Salaas, achieved the highest score in the Saudi Pharmacist Licensing Examination (SPLE) across the Kingdom (746 out of 800)

2.

Many research articles by the students were published in high-reputation h-indexed journals:

2022: Comparative Evaluation of Amlodipine Besylate Generic Tablet and Capsule Brands in Riyadh, Saudi Arabia

2023: Discovery of natural-derived Mpro inhibitors as therapeutic candidates for COVID-19: Structure-based pharmacophore screening combined with QSAR analysis

2020: Electrosprayed Alginate Nanoparticles as CRISPR Plasmid DNA Delivery Carrier: Preparation, Optimization, and Characterization

ACHIEVEMENTS

2022-2023

5.

One of the students was the recipient of 1st place in The Second Najran Health Conference in 2020 for a research project entitled Current COVID-19 vaccine candidates: Implications in the Saudi population

4.

Two students achieved the 1st place winner in the "Innovative insights on Hospital Pharmacy Practice" (IHOP) conference for discovering new treatments for COVID-19 from natural sources. The results of this project were published in a reputable journal of "Molecular Informatics"

6.

One student achieved 1st place winner in the Clinical Pearls competition at Saudi Society of Clinical Pharmacy conference, 2022

INTERVIEW

DR. ABDULRAHMAN OUBAN

Director of Preclinical Years

Revolutionizing Medical Education



Alfaisal University has become one of the leading institutions in medical education in the Middle East for the past 15 years. With a unique curriculum and dedicated faculty, Alfaisal has produced numerous successful graduates, who are contributing to a booming healthcare industry. In this article, we interview the Director of Preclinical Years, Dr. Abdulrahman Ouban, at Alfaisal University to learn more about the program and its success.

When asked what advice he would give to a student entering the university, the director emphasized the importance of hard work and dedication.

He stated that it is essential to take every lecture seriously and to always be prepared. He also advised students to take advantage of the resources provided by the university, including the library and study groups, to enhance their learning experience.

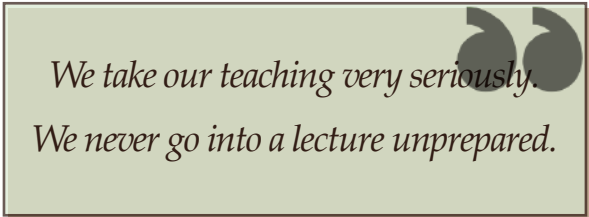
According to the director, what sets Alfaisal University apart from other institutions is its revolutionary curriculum. The university has integrated several concepts that are not commonly found in other programs in the region. For example, the use of professional teachers, in addition to clinicians, to teach students ensures that they receive a well-rounded education. Additionally, the university has implemented several types of integration within the curriculum, which provides students with a deeper understanding of the topics covered.

Over the past 15 years, Alfaisal University has undergone several remarkable changes. Dr. Ouban highlighted the constant review and improvement of the program, which is done on a monthly basis. This ensures that the curriculum is up-to-date and effective.

Then he went on to discuss the integration of technology into the learning process, which has enhanced the students' experience. Looking forward, the director expressed his excitement about the future of Alfaisal, particularly the expansion of facilities and the implementation of new programs.

In conclusion, the success of Alfaisal University's preclinical years can be attributed to the dedication of its faculty along with its innovative curriculum. With a strong focus on review and improvement, Alfaisal is committed to providing the best possible education to its students.

As the director stated,



*We take our teaching very seriously.
We never go into a lecture unprepared.*

This dedication to teaching and learning has undoubtedly contributed to Alfaisal's 15 years of success and will continue to do so in the future.

Written By: Ismail Abdullah
Edited By: Linda Ibrahim
Designed By: Bushra Ismail

INTERVIEW WITH

DR. SABRI KEMAHLI

Clinical Clerkship Director



From Classroom to Clinic: Medical Clerkship in Alfaisal University

Alfaisal University has a budding yet rich and inspiring history. It established a 6-year medical program 15 years ago, in 2008, consisting of a spiral curriculum that continuously expands students' medical understanding and comprehension.

Becoming an accomplished doctor takes time, patience, and knowledge. Hands-on experience is fundamental to becoming a well-rounded doctor.

Written By: Ismail Abdullah

Edited By: Nabah Hussain

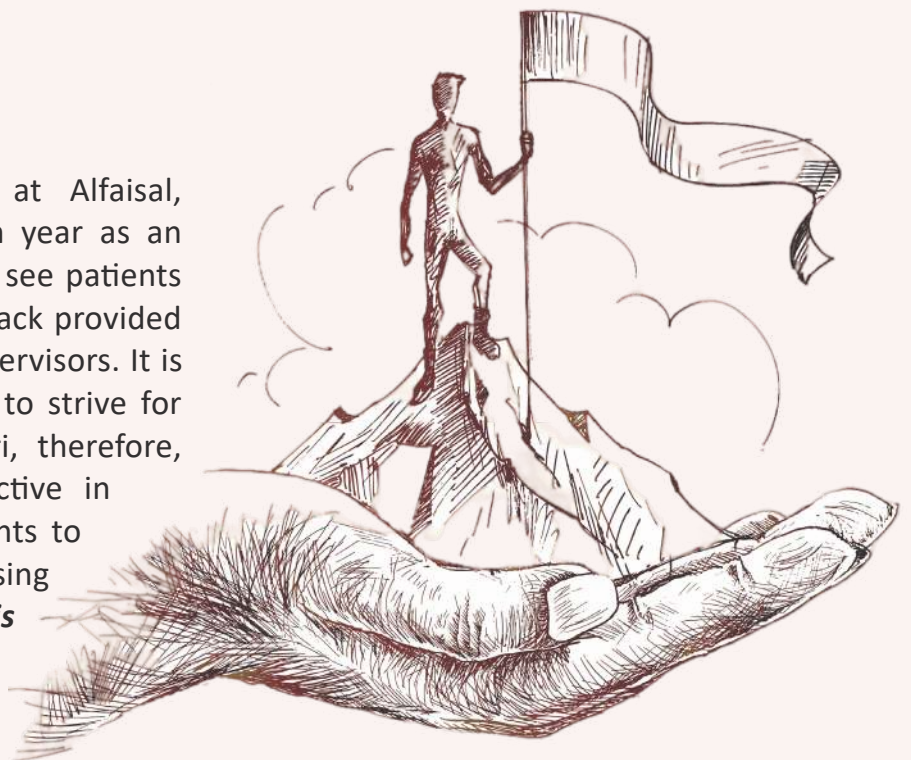
Designed By: Bushra Ismail

This experience is provided in the final three years of the medical program, which incorporates a clerkship program in the 4th and 5th years and an internship in the last year. In the 4th year, students rotate in various departments, namely pediatrics, surgery, internal medicine, and OBGYN, in order to develop a foundation in their practical clinical skills. Essential skills, such as diagnosis, history-taking, physical examination, and patient management, are later perfected and expanded upon in their 5th year. Students get to practice integrated medicine, which allows them to gain knowledge in multiple related subspecialties concurrently, like pediatric neurology, neurosurgery, and psychiatry. In addition, students rotate at 3-week intervals in medical subspecialty departments, including cardiology, hematology, and oncology, as well as subspecialty surgeries incorporating ophthalmology, ENT, and orthopedics. Lastly, the clerkship also includes ambulatory care, where students rotate in specialties like family medicine, emergency medicine, and anesthesiology.

But what makes Alfaisal's clerkship program different from other colleges and universities in the Kingdom of Saudi Arabia is the ultimate goal of Alfaisal, which is to ensure that students are confident, prepared, and skilled by guaranteeing extensive practice in common medical cases. Hence, students are presented with rare and unique cases that motivate, diversify, and broaden their medical experiences, and they are even encouraged to complete their internship and clerkship abroad if possible.

Along the way, clerkship directors and the university's clinical and internship directors, Dr. Sabri and Dr. Makadma, continuously supervise the program to provide guidance, assistance, and progression. Initially, students only attended the tertiary care hospital, King Faisal Specialist Hospital and Research Centre. Throughout the years, with the intake of more passionate students and the expansion of the university, primary and secondary care hospitals such as King Fahad Medical City and King Saud Medical City have been included.

Dr. Sabri, the Clinical Director at Alfaisal, advises students to take their 4th year as an opportunity to develop their skills, see patients on their own, and utilize the feedback provided by their healthcare seniors and supervisors. It is a core belief at Alfaisal University to strive for greatness and evolution. Dr. Sabri, therefore, hopes to integrate a clinical elective in the following years to allow students to delve into a specialty of their choosing during the clerkship. ***The future is bright for Alfaisal University and for the multitude of students who can proudly serve their communities as accomplished and well-rounded doctors.***



INTERVIEW

DR. ABDULKARIM S. ALMAKADMA

Internship Director

**Unveiling the Transformative
Journey of Internship at
Alfaisal University**



As Alfaisal University celebrates its 15th anniversary, we had the privilege of interviewing Dr. AbdulKarim S. AlMakadma, a distinguished physician, renowned researcher, and the head of internship at Alfaisal University. In this article, we delve into Dr. AlMakadma's insights and the remarkable achievements of Alfaisal University's medical internship program.

When asked about his advice for students entering the college, Dr. AlMakadma emphasised the importance of dedication, empathy, and perseverance. He encouraged students to approach their medical education with a genuine passion for helping others, maintaining a strong work ethic, and embracing lifelong learning. Dr. AlMakadma stressed the significance of maintaining a balance between academic excellence, personal well-being, and compassionate patient care.

Dr. AlMakadma proudly spoke about the exceptional qualities that set Alfaisal University apart from other institutions. He highlighted the university's commitment to cultivating a student-centric learning environment, combining theoretical knowledge with hands-on clinical experiences. Alfaisal University's collaboration with renowned teaching hospitals, including King Saud Medical City, King Faisal Specialist Hospital and Research Centre, and King Fahad Medical City, provides students with diverse exposure to various medical specialties.

Alfaisal University has established itself as a beacon of excellence over the past 15 years, thanks to the dedication and expertise of individuals like Dr. AbdulKarim S. AlMakadma. The interview highlighted the valuable guidance provided by Dr. AlMakadma, the unique qualities of the college, the remarkable progress made thus far, and the exciting prospects for the future. As Alfaisal University continues to nurture the next generation of healthcare professionals, its commitment to delivering high-quality education and compassionate patient care remains unwavering.

Reflecting on the past 15 years, Dr. AlMakadma emphasised the remarkable changes witnessed within the college. Alfaisal University has consistently expanded its facilities, enhanced faculty programs, and strengthened its research capabilities. The internship program, in particular, has flourished, offering students invaluable opportunities to refine their clinical skills, interact with patients, and learn from experienced physicians. Looking to the future, Dr. AlMakadma expressed his anticipation for further advancements in medical technology, increased research collaborations, and the continuous growth of the college's academic curriculum.

As medical students and leaders of the future face of medicine, remember that each patient you encounter carries a unique story, and it is our duty to listen, heal, and advocate for their well-being. Embrace challenges, cultivate empathy, and never cease to expand your knowledge. Together, we can make a lasting impact on the lives of countless individuals.

Inspirations

As medical students and leaders of the future face of medicine, remember that each patient you encounter carries a unique story, and it is our duty to listen, heal, and advocate for their well-being. Embrace challenges, cultivate empathy, and never cease to expand your knowledge. Together, we can make a lasting impact on the lives of countless individuals.

Written By: Ismail Abdullah

Edited By: Linda Ibrahim

Designed By: Bushra Ismail

His Royal Highness King Faisal Al- Saud

**A Biography of a Prolific Story and the Story
Behind our Campus**



His Royal Highness, King Faisal Al-Saud was born in Riyadh in 1906, and is considered one of the most prominent figures in modern Saudi Arabian history. He was the third son of His Royal Highness King Abdulaziz Al-Saud, the founder of the modern Saudi state.

King Faisal received his early education from traditional Islamic scholars, and later attended schools in Riyadh and Cairo. He became involved in government affairs at a young age, serving as his father's advisor and representing Saudi Arabia in various international forums.

In 1953, His Royal Highness was appointed as the Crown Prince of Saudi Arabia, and he played a key role in the development of the country over the next two decades. Under his leadership, Saudi Arabia underwent significant economic and social reforms, driven by the country's petroleum wealth. He oversaw the construction of new infrastructure, the establishment of the country's first universities, and the creation of a modern legal system.

HRH King Faisal was also a prominent figure in the Arab world and was known for his commitment to Arab unity and opposition to Israel. He led the formation of the Organization of the Petroleum Exporting Countries (OPEC) in 1960, which allowed oil-producing countries to set prices and control production levels.

Despite his many achievements, HRH King Faisal's reign was not without controversy. In 1975, he was assassinated by his nephew, Faisal bin Musaid, who was reportedly motivated by political differences with the king.

HRH King Faisal's legacy continues to be felt in Saudi Arabia and throughout the Arab world. He is remembered as a leader who brought significant reforms to his country and worked tirelessly to promote Arab unity and interests in the international arena. His contributions to the development of the Saudi state have earned him the title of one of the most influential leaders in the country's history.

**He is remembered as a leader
who brought significant
reforms to his country and
worked tirelessly to promote
Arab unity and interests in the
international arena.**

... Now let's learn more about our campus

Alfaisal University is one of the most prestigious higher education institutions in Saudi Arabia, located in the heart of the capital city, Riyadh. What sets Alfaisal apart from other universities is its state-of-the-art infrastructure and modern buildings. The university campus covers a vast area of around 360,000 square meters, encompassing classrooms, research labs, libraries, administrative offices, and student housing. One of the most impressive buildings on our campus is the King Abdullah Institute for Nanotechnology. The facility is equipped with advanced nanotechnology equipment and tools, making it one of the most advanced research facilities in the Middle East. The university also has a modern library, which houses a vast collection of books, journals, and other electronic resources to support student research and learning. In addition to academic facilities, Alfaisal has a range of recreational facilities, including sports centers, a gymnasium, and indoor and outdoor sports fields. The university also has multiple dining areas, cafes, and lounges, making sure students have plenty of study and relaxation spaces. The university's infrastructure is designed to promote a smooth and seamless educational experience for students, with modern technologies such as smart classrooms, online resources, and e-learning systems. The university provides high-speed internet access to all buildings and lecture halls, and students can access course lectures and materials anytime and anywhere. Overall, the infrastructure of Alfaisal University reflects the institution's commitment to providing a world-class education to students in Saudi Arabia and beyond. The university continues to expand and develop, with new facilities and resources being added regularly to enhance the educational experience for all students.

Written by:
Dareen Alshehri

Edited by:
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Rahma Khan

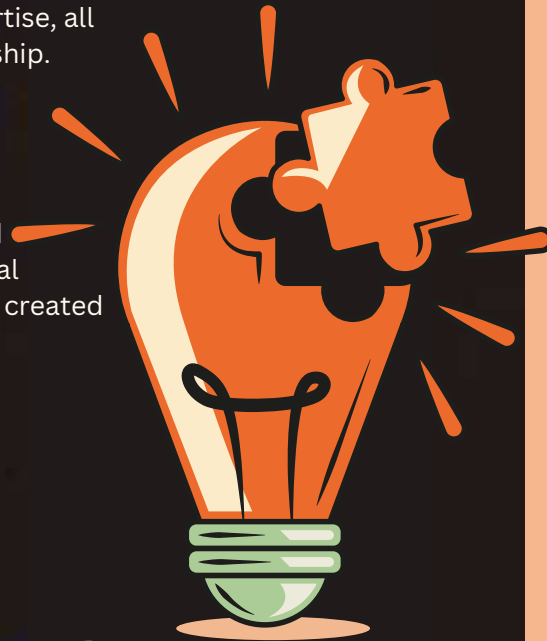


An Interview with the Founder of MedTimes

Dr. Mohammed Khusheim who is the founder and ex-director of MedTimes, is currently a consultant in geriatric medicine, a rare specialty in the kingdom. After graduating from Alfaisal university in 2013, he pursued a master's degree in public health at John's Hopkins, where he also did research.

Following that, Dr. Khusheim moved to Canada, where he expanded his medical expertise, all the way to earning a fellowship.

Now, he is the lead in two sites: the geriatric medicine department in the MOH's second cluster, and Seha Virtual Hospital, the second largest telemedicine hospital worldwide, in which he also created the geriatric service.



In his second year of CoM, Dr. Mohammed set out to establish the newsletter. His inspiration stemmed from his love of writing; leading him to create a medium through which the accomplishments of the members could be showcased, along with the changes that were occurring in the university at the dawn of MedTimes. Another appealing aspect was the idea of involving a big committee amassing various talents, including but not limited to design, editing, reading, writing, and photography. Of course, the process was not entirely plain sailing, as Dr. Khusheim was

*"swimming in
waters no one
swam in"*

Nevertheless, Dr. Khaled Al-Kattan was very supportive of the project, continuously promoting it, as well as providing significant help and guidance. Fortunately, anything Dr. Mohammed would tend to strive for came to life. Perhaps one of the biggest struggles he faced throughout this journey was balancing the wording, amount of content, medium and pictures the team wanted to put with the limited number of pages. In addition to that, getting a sponsor to fund the printing of the newsletter, which occurred for a year, together with coordinating the different teams as a director to concoct a final project also fall under the challenges he encountered.

VOICE YOURSELF

A personal motto of Dr. Mohammed's, summarising the purpose of MedTimes. Apart from facilitating the existence of a means through which students can share their opinions, perspectives, and solidify their experiences in Alfaisal, serving as an archive for their memories, a hint of constructive criticism was present. It was not a negative form of critiquing per say, but it offered insight on certain things, which is great for any university. Impressively, this was achieved beyond the full extent and surpassed Dr. Khusheim's expectations.

Furthermore, considering the magnitude of the College of Medicine and its large number of clubs and events, MedTimes provides a special flavor to its members and opportunities of networking, as it's not possible to be involved in everything. To top it off, the magazine poses as an advertisement for our college and its accomplishments for those outside CoM, whether they're from the university or not.

Dr. Mohammed's initial goal was short-sighted, in the sense that he thought the newsletter would remain till he graduated, after which he would hand it off to the next director. However, he always prayed that it would continue, which indeed it has, transcending his predictions by far in all metrics. Dr. Khusheim strongly expressed his happiness to see how MedTimes markedly grew throughout these past 12 years and is still going strong.



He's extremely proud of all the students and directors that came after him and put in effort to boost the magazine, while maintaining the synergy needed amongst the different teams to create a final product epitomising this. Dr. Mohammed looks forward to seeing the perpetuation of Arab culture in the newsletter, plus the future inclusion of content students can benefit from such as guides discussing exams, career pathways, internship, etc.

Finally, a word from Dr. Khusheim to the MedTimes team.

"THANK YOU FOR CARRYING THE TORCH, REALLY STEPPING UP TO THE PLATE AND TAKING THIS MUCH FARTHER THAN I EXPECTED. THANK YOU FOR THE QUALITY AND THEMATICALLY FOR THE PURSUIT OF EXCELLENCE YOU'VE BEEN DOING, WHICH IS EVIDENT WITH EACH ISSUE THAT COMES OUT."

We are grateful that Dr. Mohammed forged MedTimes, without which many students wouldn't have been able to channel their creativity and passion into the magazine's articles.

ONE SMALL STEP FOR A.U., GIANT LEAP FOR THE WOMEN OF TOMORROW!

Interview with Mrs. Safia Dart

Interviewed and written by Yomna Aloufi

Designed by Mayar Amboun



On a cool, fall morning in 2008, she woke up. Tying her hair back and grabbing her bag, she heads out to enter a new chapter in her life. One she was working towards since the day she first set foot into her high school. However, this new chapter wasn't just for her, it was for an entire campus. Alfaisal University has now officially opened its doors to women

A few hours pass, she sits amongst a crowd of bubbly, bright eyed girls. Up on the stage stands SMTH KHAN. With a smile, she addresses the male freshmen by saying "Look above you [at the new female students], **you have competition now**".

We had the honour of speaking with Mrs. Safia Dart, a British woman of Indian origin who moved to Saudi back in 2006. As many of that time saw, she thought she would only be able to teach, until Alfaisal, an up and coming university at the time, swept in with an incredible opportunity. There is no one better on this campus currently to discuss the changes that have occurred in AU in regards to women but her.

As stated before by SMTH KHAN, **competition** was the word used. This phrase very much describes the biggest challenge faced by a female student in AU, both at the debut of the female campus as well as today. With growing opportunity, competition arises

The campus was built with bricks of inclusivity. Women were never an afterthought in the establishment of the university grounds, rather their comfort and ease was well taken into consideration, even before the first batch of female students entered the campus.

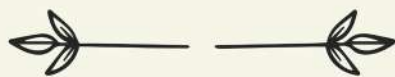
An example of this was the establishment of a parking area for women, well before women were even legally allowed to drive in the country. Alfaisal University anticipated this change. In a sense, AU thought outside the box.

The university prides itself on being student centred, including the female students. The progression happening was happening hand in hand with the progression occurring outside of campus walls in the country. From Basma Al Mayman being featured in Forbes to Rayyana Barnawi heading to space, our women are dreaming bigger and bigger with every passing year! It is these women who pave the way for the younger generations. It is these women we look up to with pride and anticipation, the anticipation of walking in their footsteps, and of leaving the trail most followed to pave new ways for ourselves and our sisters.

So, what advice would Ms Safia give to a young lady entering AU for the first time?

"explore and avail all the exciting and unique opportunities this institution has to offer to the fullest, you have these years to unlock the potential within you. Lean into the resources on campus, establish meaningful relationships that facilitate your growth, find mentors you trust and ask for all the guidance and help you need to feel empowered. Here is your chance to flourish."

Gone But Not Forgotten



The month of January 2023, although claimed to be the start of a new chapter by most people, is perhaps the last for most others. January regrettably hosted one of the greatest sorrows in our university's timeline: the passing away of Dr. Peter Kviety's. Perhaps it was the sudden nature of this occurrence that shook Alfaisal's pillars, or the mere loss of such a brilliant mind. Either way, it cannot go unnoticed that this tragic incident brought sorrow into our hearts, especially for those who have dealt with him on a personal level. Ergo, taking a dive into Dr. Peter's vast ocean of accomplishments and reflecting on his admirable character may help rekindle pleasant memories of him and ease the pain our Alfaisal family is currently experiencing.

He earned several academic degrees, the highest of which was a postdoc. Throughout the years, Dr. Peter published a great number of research papers, amounting to more than 200 publications in peer-reviewed journals. On the same note, he served on the editorial boards of different journals, including but not limited to the American Journal of Physiology. However, his achievements don't stop there. Dr. Peter contributed to the authoring and editing of many book chapters and, markedly, five books, the latter being a fact I've heard him mention myself. Furthermore, Dr. Peter held multiple positions of significant importance across a panel of institutes, foundations, and conferences. Nevertheless, the aforementioned information barely skims the surface of the works of Dr. Peter.





Dr Peter R. Kviety

Despite the fact that Dr. Peter displayed skills of intelligence, excellence, and resilience that allowed him to excel in the professional field, he also had an impressive personality, a balance quite hard to find these days. Benevolence, charisma, and generosity encompass his fascinating qualities. Dr. Peter always had a unique passion for physiology, not only in terms of studying it but also teaching generations of students about its various and interesting aspects.

He was a mentor to those who needed guidance, whether academically or socially. He was a good friend to those who needed someone to talk to. But most importantly, he was an amazing husband and father. As for the development of Alfaisal University, particularly the College of Medicine, Dr. Peter definitely had a huge impact on its prosperity and growth, which continue to this day. It truly is an honor to be part of the same family he once was a remarkable member of.

It is without a doubt that most of us have a story to tell about Dr. Peter that varies from one individual to the next. Regardless of whether they're told from a student's or faculty member's perspective, all these anecdotes will collectively revolve around one thing: gratitude. Finally, I would like to extend my deepest, heartfelt condolences to Dr. Peter Kviety's family and friends. He may have left our world behind, but he will continue to be a beacon of inspiration for us and live in our hearts and memories till the end of time.

Creative



Minds



E V O L

beyond the shackles

"Life is a process of becoming, a combination of states we must go through. Where people fail is that they wish to elect a state and remain in it. This is a kind of death."

- Anaïs Nin

Change can be an extremely unnerving phenomenon to undergo and experience. People fear change because it pushes them out of their comfort zone, and one of the greatest fears in the world is the fear of the unknown. A fear so paralyzing that it can root people into stagnancy, depriving them of necessary evolution and the ability to thrive. The state of fear generates a huge amount of angst and restless energy within us, but we can channel that energy and use it to take control of ourselves and our emotions.

"To improve is to change, so to be perfect is to have changed often."

- Winston Churchill

V I N G

Written by: Faateh Sohail. Edited by: Jamailia Designed by: Rahma Khan

Change is an opportunity to grow in different directions and aspects of life. When faced with the difficult task of undergoing change, we should view it as a source of new strengths and insights that carve out a better version of ourselves. One of the most difficult tasks is to accept the situation we are facing without resigning ourselves to it. The first step towards change is acceptance: acknowledging what is required and then incorporating it into our lives.

That, however, requires a lot of self-discipline and patience. We need to observe forthcoming calamities and evolve rather than react. To react is to create tension and turbulence, in turn creating stress which unsettles us and clouds our judgment.

Do not fear failure, rather, utilize it as a step ladder towards gaining experience and knowledge. Failures are the founding stones of our ability to morph and better ourselves. If stricken by fear, we need to stay true to our principles and morals. We should be confident in our abilities and maintain our focus. The fear of failure induces insecurities and uncertainties, causing us to undermine our potential and harm our egos.

Eleanor Roosevelt eloquently summarizes this with the words:

"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along.'"

COMMUNITY



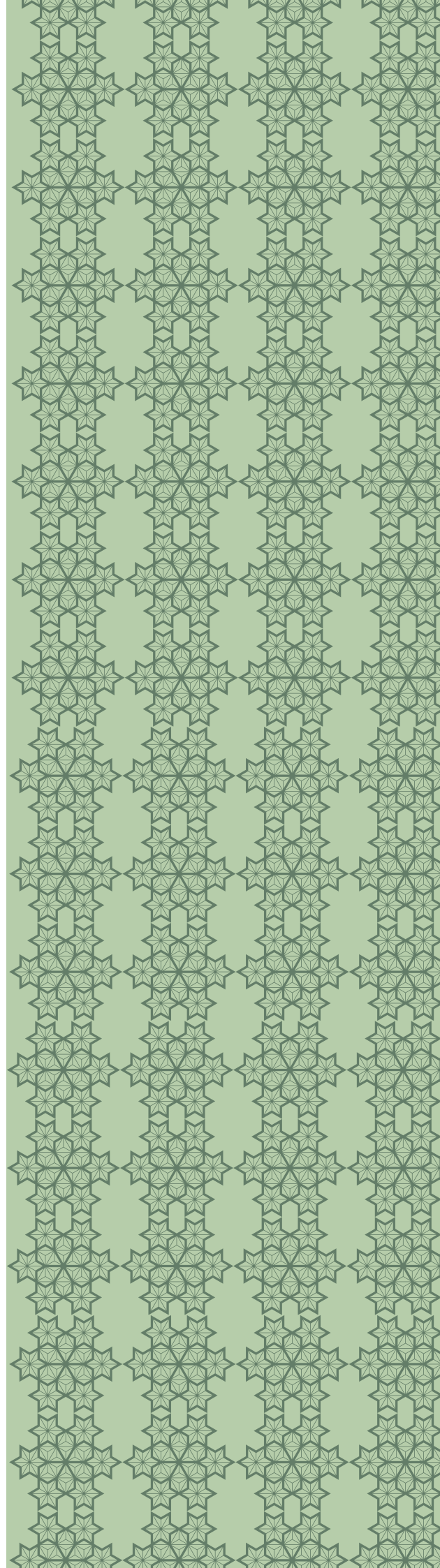
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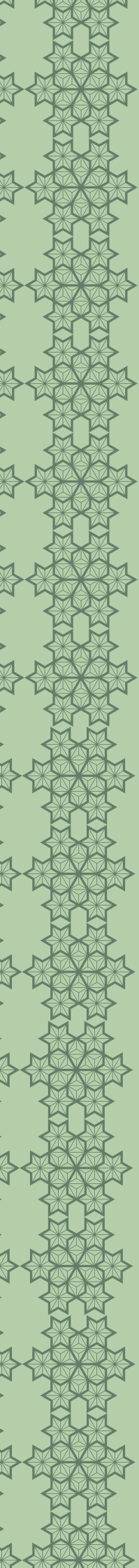
Essence



of US

COLOR ME





As social creatures, humans have an integral need for community. The desire to belong to a group is ingrained in our biology and psychology. In this behavioral science analysis, we will explore the importance of community to human well-being.

Research has shown that individuals with strong social connections tend to live longer, healthier lives. This is because community provides a sense of belonging and support, which can reduce stress and promote positive mental health. Additionally, being part of a community can lead to increased feelings of self-worth and purpose.

However, not all communities are created equal. It is important to consider the quality of social connections when examining the effects of community on well-being. Research has found that individuals who are part of a supportive and inclusive community tend to experience greater benefits than those who are part of a more fragmented or exclusive community.

So, what makes for a strong, supportive community? One key factor is social cohesion. This refers to the degree to which members of a community feel connected to one another and share a sense of identity. When individuals feel a sense of belonging and shared purpose, they are more likely to support one another and work towards common goals.

Written by Maryam AlTayeb
Edited by: Sidrah Arabi

Another important factor is social support. This refers to the tangible and intangible resources that individuals give and receive within a community. This can include emotional support, practical assistance, and access to resources or information. When individuals feel supported by their community, they are better able to navigate life's challenges and cope with stressors.

When it comes to writing, the energy of community can be a powerful motivator. Writing groups or communities can provide a space for writers to come together, share their work, and provide feedback and support. This sense of connection and accountability can help writers stay motivated, overcome writer's block, and improve their craft.

Research has also found that writing can be a powerful tool for building a community. By sharing their stories and experiences, writers can connect with others who have similar interests or experiences. Writing can also be used as a means of promoting social change and advocacy, bringing attention to important issues and encouraging others to take action.

In summary, the power of community extends beyond just our social connections - it can also be a powerful tool for personal growth, motivation, and social change. By recognizing the importance of community in our lives and actively seeking out opportunities to connect with others, we can enhance our well-being and make a positive impact on the world around us.

Designed by Mayar Amboun

DEAR FUTURE ME

Written By : Samra Mizra

Edited By : Salma Metwally

Designed By : Rahma Khan

PICTURE THIS:

IT'S A REGULAR MORNING FOR GOOD OL' YOU. YOU FINISH GETTING DRESSED AND SERVE THE MIRROR ONE LAST, RAVISHING LOOK. YOU MIGHT EVEN CONSIDER SOME MORNING AFFIRMATIONS, BUT BEFORE YOU DO... YOUR REFLECTION REACHES OUT AND LOCKS YOU IN A CHOKEHOLD. HOW DELIGHTFUL!
AND JUST WHEN YOU THINK IT'S TIME TO BID FAREWELL TO LIFE, IT GREETES YOU WITH A LOVING,

"DEAR FUTURE ME."



THUS BEGINS A JOURNEY YOU HAD ONCE SIGNED UP FOR IN YOUR SENSELESS YOUTH, AND THERE IS NOTHING YOU CAN DO ABOUT IT.

EXCEPT MAYBE SEND SAID SAID REFLECTION BACK TO "WHERE IT CAME FROM" AND PRETEND TO HAVE NEVER ENCOUNTERED THE GHOSTS OF YOUR HAUNTING PAST :)

TO CLARIFY, THIS IS ABOUT WRITING A LETTER TO YOUR FUTURE SELF, SO THAT THE FUTURE SELF CAN LOOK BACK AT THEIR PAST SELF AND DISCUSS THE FUTURE OF FUTURE SELF AND THE PAST OF PAST SELF; IT'S QUITE SIMPLE, REALLY.

JOKES ASIDE, WRITING A LETTER TO YOUR FUTURE SELF AND READING IT BACK YEARS LATER IS A SPECIAL WAY OF GROUNDING YOURSELF WHEN YOU'RE LEFT AT THE MERCILESS HANDS OF CHANGE AND TIME

IT CAN DO THE BARE MINIMUM OF EMBARRASSING YOU WITH THE CHRONICALLY "IMMATURE" WRITING STYLE, OR IT CAN REMIND YOU OF YOUR GOALS AND WHY YOU STARTED YOUR JOURNEY (REGARDLESS OF WHEREVER THAT JOURNEY MAY BE AT).

THE LETTER CAN BE AS SIMPLE AS A "I HOPE YOU'RE OKAY," OR AS DETAILED AS A LIST OF EVERYTHING YOU WOULD WISH TO HAVE ACHIEVED. BUT THERE'S MORE TO IT.



WHEN YOU LOOK BACK AND YOU READ THE WORDS OF A YOUNGER YOU, IT PUTS A LOT INTO PERSPECTIVE. WRITING AND WRITING STYLES CONVEY A LOT MORE THAN IDEAS AND THOUGHTS; THEY GIVE THE READER AN INSIGHT INTO THE WORLD AND VIEWS OF THE WRITER. YOUR WRITING CHANGES WITH THE PEOPLE YOU MEET AND THE PLACES YOU GO- AS DO YOU. PICKING UP ON THAT CHANGE IN WRITING STYLE BETWEEN YOUR PAST AND (FUTURE) PRESENT SELF CAN HELP YOU TRACE OUT THE MAP OF EVERYWHERE YOU'VE BEEN AND EVERYTHING YOU'VE DONE (DORA THE EXPLORER STYLE).



IF ANY OF THIS HAS CONVINCED YOU TO WRITE A (VIRTUAL) LETTER TO YOUR FUTURE SELF, EVEN THE SLIGHTEST BIT, THEN PLEASE DO SO. SCHEDULE TO RECEIVE IT ON SOME RANDOM DAY, 2 OR MAYBE 10 YEARS LATER, AND BEFORE YOU KNOW IT, YOU'LL BE FIGHTING TO GET OUT OF THAT CHOKEHOLD YOUR REFLECTION HAS ON YOU.

P.S. SCAN THE CODE TO GO TO THE FUTUREME WEBSITE THAT CAN DO THE TAXING JOB OF SENDING YOUR LETTER TO YOUR FUTURE SELF.





Success in this Dunya and the Akhira

As we grow older, we come to realize the demands life makes of us at different stages. Coupled with the changing culture of the world, responsibilities have increased more than ever before. The daily hustle and bustle of life keeps us moving, or rather, requires us to move at all costs, or you fall over. Through this race against time and relentless competition, many of us, at one point or another on this journey, lose ourselves within our own heads. We begin to question our abilities, our goals, and the steps we're taking toward our perception of "success.". Without faith in a higher power fully controlling every step in your life, you are bound to fall into a spiral of self-doubt no matter how hard you work, thinking every step is in only your hands and every obstacle in your way is a lack of your effort and abilities.

The best way to obtain that success in this Dunya and the Akhira is by practicing balance. Allah asks us to work hard and give 100% of what's in our hands, and the rest is upon Him. Having Tawakkul in that fact will bring peace of mind regardless of the outcome of what you want. When something happens in your favor, you show gratitude, and when there's a rejection, a loss, or a delay in what you wanted, it isn't punishment but Allah's divine wisdom to protect you and give you better than what you wanted for yourself. The Prophet (peace and blessings of Allah be upon him) said: "Nothing can change the Divine decree except dua'a". Allah encourages us as Muslims to make dua'a and ask Him for even the things we would deem impossible to obtain. Thus, while we practice these concepts, which immensely ease your mind and heart in this dunya, you're also worshiping Allah and working in favor of the Akhira. Faith and righteous deeds are the greatest and most fundamental means. Allah says (interpretation of the meaning): "Whoever works righteousness — whether male or female — while he (or she) is a true believer (of Islamic monotheism), verily, to him We will give a good life (in this world with respect, contentment, and lawful provision), and We shall pay them certainly a reward in proportion to the best of what they used to do (i.e., Paradise in the Hereafter)." [al-Nahl 16:97]

Allah tells us and promises that whoever combines faith with righteous deeds will have a good life and a good reward in this world and in the Hereafter.

Written by: By Laiba Yaseen

Designed by: Wassima Kaidali

Edited by: Thaabit





رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ

“My Lord, indeed I am, for whatever good You would send down to me, in need.”

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَاجْبُرْنِي وَاهْدِنِي وَارْزُقْنِي

“O Allah! Pardon me, have mercy on me, help me, guide me, and grant me sustenance.”

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

“Our Lord, give us in this world [that which is] good and in the Hereafter [that which is] good and protect us from the punishment of the Fire.”

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا

O Allah! There is nothing easy except what You make easy, and You make the difficult easy if it be Your Will.

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

1. “Sufficient for us is Allah, and [He is] the best Disposer of affairs.”

اللَّهُمَّ رَحْمَتَكَ أَرْجُو فَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ وَأَصْلِحْ لِي شَأْنِي كُلَّهُ لَا إِلَهَ إِلَّا أَنْتَ

Allah, I hope for Your mercy. Do not leave me to myself even for a blink of an eye. Correct all of my affairs for me. There is none worthy of worship except You.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ وَضَلَعِ الدَّيْنِ وَغَلَبَةِ الرِّجَالِ

Allah, I take refuge in You from anxiety and sorrow, weakness and laziness, miserliness and cowardice, the burden of debts and from being overpowered by men.

A Tree Yields a Thousand Branches... So Does an MBBS Degree

Who said every medical graduate trudges the same path? In fact, the single road that unifies all medical students ends up branching into various pathways, just like a tree yielding thousands of branches, and all from a single seed!

Some medical graduates take on the clinical path; others prefer the educational track; while others have exiled themselves completely from human contact, opting to observe a world just beneath our notice that can only be accessed through a microscope.

The clinical route is probably the most popular track, where all the knowledge acquired from lectures and textbooks can finally be applied in the real world and on real people.

This depends entirely on each graduate's personal preferences, after which a particular path is pursued through board examinations, interviews, clinical skills, and research.

In the clinical pathway, doctors almost entirely interact with patients as the front line. Hence, It might not be the best option for graduates opting to minimise contact with patients.

Which takes us to the other side of medicine — serving patients, but from a closed room full of technological advances. Graduates who pursue careers in pathology, genetic engineering, or even histology work directly with the causes of diseases (or the solutions to those diseases).



Training their eyes to notice what is unnoticeable to others, these doctors are often thought of as the “invisible force” that keeps the boat of medical assistance rowing.

Another popular path would be the world of academia, and this might be the right one for people with an itch for research, educating future generations of doctors, or just a fascination with the world of academics. Graduates in this field often go on to become researchers with profound publications in various medical journals or professor passing on their experiences and knowledge to ambitious students.

It is no wonder that the world of academia is as limitless as the horizons, but it makes it much more interesting that the closer you sail towards those horizons, the clearer the world becomes.

Overall, an MBBS degree opens thousands of doors its holder, and it is absolutely important to dissect your interests and understand which field or specialty complements those interests the best.

In the end, all paths of medicine, though diverging, end up meeting at one single point: and that is to serve humanity.

Therefore

“It is easy to make good decisions when there are no bad options,”

as said by Robert Half

Written by :
Lina Taj

Edited by :
Tafe Badghaish

Designed by :
Rahma Khan

PIECE OF SPIRIT FT IO

That's the SPIRIT! **The Summer Program for International Research Internship and Training** is an interesting opportunity for undergraduate medical students. This internship targets students who love to participate in research and volunteering. With **30+ seats available, 16 different departments, and 8 host institutions**, SPIRIT by the International Office is a prestigious program. In this 10-12 week internship, students will experience the practice of clinical research in which they will be given moments to dive into a plethora of topics they are interested in. They will present their work on posters and organize presentations to deduce their medical research. Now, besides volunteering and research opportunities, SPIRIT is very rewarding in terms of one's resume as residency programs have an inclination towards applicants with strong research. Additionally, there is a ***scholarship reward*** for students who have an outstanding academic sheet, have thorough and credible research, and those who volunteer continuously. This is just one of the many programs offered by the International Office at Alfaisal University.

The International Office is a distinguished and reputable organization in the College of Medicine, here at Alfaisal University. The IO is run by many

medical students ranging from 1st to 5th year and even Alfaisal alumni. The professors at the university are also engaged in this organization by participating and running many of the events. This student-led group has more than eight subprograms some of which are **SPIRIT, ASPIRE, journal clubs, and research talks**. SPIRIT, as mentioned before, is an internship program where students get to research more in their chosen field of medicine. ASPIRE helps students in learning how to write different research papers, qualitative research and, using a variety of research designs. The journal club gives students the opportunity to present an interesting research paper to their colleagues. Lastly, talks managed by the IO are for how to introduce yourself to the field of research and how to ace making a research presentation. These programs offer medical students the chance to do so much more than study for medical school. Instead, students are able to build their public speaking, research, and writing skills, which all help to build up their resume.

Written By: Iman Bhat
Edited By: Thaabit Raziq
Designed By: Bushra Ismail



The International Office goes above and beyond to provide medical students at Alfaisal a variety of ways to ensure a secure future in the field of medicine and research. The IO hands out research opportunities and internship programs to students who pursue a genuine interest in these matters. ***SPIRIT***, for example, has been described as life-changing and thought-provoking for many students. The IO nudges students to go out of their comfort zone and take the risk they once thought of never doing.

THE ASTRONOMICAL BEAUTY OF

The First Step

By Muskan Afag

Designed by: Wassima Kaidali

Have you ever baked a cake before?

The first thing you do is walk to the Kitchen, open the fridge, and gather the ingredients. You crack the eggs, add flour and sugar, put icing on the bread, maybe sprinkles and strawberries too, and voila! You have a cake (doesn't matter if it tastes good or bad). How did this all start, though? What's the first thing you did that made this scrumptious cake happen?

The first step: you, walking to the Kitchen.

When we talk about journeys, we mean a 4-hour drive deep into the desert. But we also mean doing any task that requires one to put in effort. Any journey starts with a single step. Not the actual step you take with your feet, but the very first thing you do, the very first bit of effort you put in to get something done. Those single steps start adding up until you have your results on the other side of the equation, like a baked cake, a transcribed lecture, or a solved PBL case.



The importance here is in that first step, which we all have trouble with. Sometimes it's difficult to make ourselves sit at our desks, open our platforms, and start lectures. We all have trouble getting up from our beds, leaving social media, and doing something productive. And it's all because of laziness—the being that prevents you from washing the dishes, reading a book, or cleaning your room.

And the problem is, no one else is going to take that first step for us (unless you're having a sleepover and you ask your friend to go get a glass of water for you in your own house).

But why does any task feel easier after that demonic first step? Because you get a surge of self-confidence and a burst of motivation to get the cogs running, to take the initiative, and to stop waiting for things to happen on their own (because, well, they're inanimate).

For all my fellow nerds out there, here's a quote.

"Every object will remain at rest or in uniform motion unless compelled to change its state by the action of an external force"

—Newton's first law of motion

a.k.a., take the first step to make your dreams come true; otherwise, you'll forever remain a daydreamer.



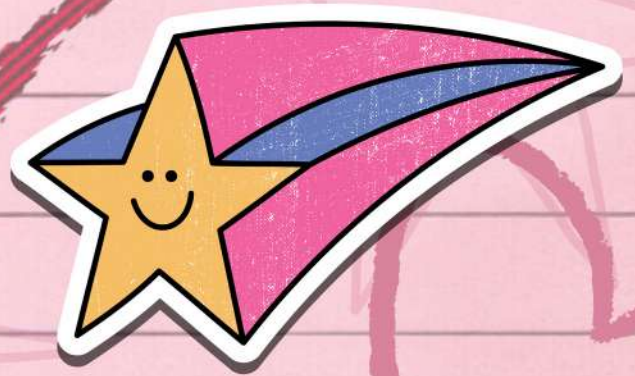
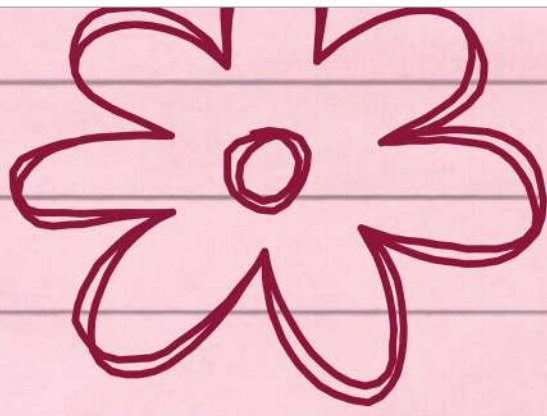
People who learned the importance of the first step were able to climb to the very top of Mount Everest and travel to the moon to take a picture. They took the first step and so many more to reach temples (we're talking about those Asian monks who climb hundreds of stairs every day in movies and real life).

Once you take that first step, everything is set in place, like crumbs scattered in the forest; all you have to do is follow while connecting them carefully. You'll face hardships on the way: wild animals, harsh winds, and mosquitoes, but when you look back, you'll realize you can't stop because you've come this far (also, the squirrels ate the crumbs).

And so, you'll keep going.

Take a deep breath, start thinking rationally, and set a pace for yourself. And the last thing?

Make that first step happen.



Written & designed by Tasneem al Ibrahim

edited by Lara Samhan

اليوم أكلت كعكة تخرجي و وضعت تاج
البلوغ

وتخلّيت عن طفولتي

جلست مع الكبار وشربت القهوة وتكلّمت
بلغة متكلّفة

ذلك التاج أسرنى في أرض لا عشب فيها ولا
زهور

و مع مرور الأيام حينما أهدق في مرآتي كنت
أرى عينيّن دامتّين وقلب مشتعل بالألم

أين نبذتني يا طفولتي الحبيبة

أريد أن أزورك مرة وأحط رحلي في أرضك
الجميلة

في بساتين اللهو واللعب وبراءة الطفولة

أخلق مع الطيور فوق الغيوم

لا حدود ولا قيود ولا هموم

يشدني شوقي إلى دميتي التي نسيتها في

صندوق السحري

فيه كل ذكريات طفولتي

تلك الطفلة التي تعيش فيّ لم تغادرني

كلما أغمضت عيني أراها وأبتسم وأعلم

أنها تسكنني

أريد أن أزور طفولتي

DEAREST

NOSTALGIA

OH THOSE DAYS,
WHERE MY SCHOOL BUS WOULD HONK OUTSIDE
MY HOUSE
AND MY BROTHER WOULD YELL 'HURRY!'
I WOULD BE PACKING MY BOOKS AND LUNCH IN
MY BAG,
HAVING FORGOTTEN TO DO THE TASK THE
NIGHT BEFORE
I WOULD NAP IN MY BUS,
LEARNING MY HEAD AGAINST THE WINDOW,
OR DURING GEOGRAPHY CLASS,
WHERE MY TEACHER WOULD TALK ABOUT
CROPS AND COTTON FOR DAYS,
AND I WOULD SIT AT THE VERY BACK, OUT OF
SIGHT.

OH THOSE DAYS,
HOW THE RAIN AND THUNDER,
WOULD PROMISE A DAY OFF SCHOOL,
A LONGER SLEEP, AND A HEALTHIER
BREAKFAST,
A TALK WITH MY MOM,
AND PHONE CALL WITH MY FRIENDS

OH HOW WE'D YELL IN CHEER
WHEN A TEACHER WOULD BE ABSENT,
AND HOW WE'D SIGH WITH BOREDOM,
IN LINE FOR THE MORNING ASSEMBLIES,

OH HOW ENJOYABLE IT WAS,
TO RUN DOWN THE AISLES,
OF CANDIES, CHOCOLATES AND SALTED CHIPS,
WHEN OUR MOTHERS TOOK US GROCERY
SHOPPING.
WE'D BEG OUR SIBLINGS,
TO LET US SIT IN THE TROLLEYS,
AS THEY SPED HERE AND THERE,
WE'D MAKE SO MUCH NOISE, LAUGH AND SCREAM,
WHILE OTHER PEOPLE SEARCHED FOR HALF-
PRICED EGGS,
WE'D GET SCOLDED IN THE END,
BUT STILL GO HOME,
WITH POPSICLES, SOUR GUM AND COTTON
CANDY IN OUR HANDS,
THAT MADE OUR MOUTHS GO BRIGHT BLUE,
AND OUR HANDS AS STICKY AS GLUE.

OH HOW MEMORABLE THOSE DECADE-OLD
CLASS PICTURES FEEL,
LOOKING AT FACES WE THOUGHT WE WOULD
NEVER LEAVE,



SMILING AT THE TEACHERS WE DESPISED THEN,
BUT WOULD LOVE TO GREET TODAY.
OH HOW LONGING THOSE DAYS SEEM NOW,
WHERE WE'D TELL EACH OTHER OUR GRADES ON RESULT DAY,
COMPARE AND PRETEND TO CONSOLE EACH OTHER,
TO FORGET THE GNAWING THOUGHTS IN OUR HEADS,
WHERE OUR PARENTS WOULD LOOK AT US IN DISAPPOINTMENT AT
HOME,
AT THE CS AND DS AND FS.

OH HOW THOSE NAIVE DAYS SEEM LIKE ANGELS,
THEY ALL LOOK AT ME NOW AS I STAND,
IN THE ANATOMY LAB IN THE BASEMENT,
CLUTCHING MY NOTES AS WE'RE ASKED,
TO IDENTIFY VESSELS AND NERVES ON CADAVERS,
WHICH MY YOUNGER SELF,
WHO WAS TRYING TO PAINT AND COLOR AND DOODLE,
WOULD NEVER HAVE IMAGINED ME FACING.

THOSE MEMORIES WAVE AT ME SLOWLY,
AS MY PEERS SAY 'MEDIAN NERVE',
THEY SMILE SADLY AND CONSOLINGLY.
NEVER HAD I THOUGHT I WOULD REACH HERE,
NEVER HAD I THOUGHT I WOULD BECOME SO RESPONSIBLE,
FOR MY OWN LIFE,
MY OWN CHOICES,

THOSE DAYS USED TO BE AS EASY
AS CUTTING BUTTER,
THESE DAYS ARE TOUGHER THAN CARVING
METAL WITH A POCKET KNIFE.
MY SKIN GROWS HOT WITH EXHAUSTION,

IT WAS ALWAYS COLD AND RED WITH FUN BEFORE.
THE NEW PEOPLE IN MY LIFE,
COULD NEVER REPLACE THOSE GEMS OF THE PAST.

DEAREST NOSTALGIA,
YOU'RE A SILENT ANGEL,
WITH BRILLIANT WHITE FEATHERS,
AN INCANDESCENT HALO,

AND A SMILE THAT FEELS LIKE A COLD BREEZE IN A DESERT.

DEAREST NOSTALGIA,
I SHALL LEAVE THIS LETTER AT YOUR DOORSTEP,
BECAUSE EVEN THESE TIMES,
OF HARD WORK, PAIN AND TEARS,
WILL BECOME YOURS ONE DAY.

Masterpiece

The hands of time slip over one another
Another day melts into a merciless week
Weekdays flurry past as the ice freezes over
Over the marks we hopelessly hope to seek.

Sought my name and yours on the wall of those remembered
Remembered to look under the pile of the blues of December

December floods into merry May
Maybe my hand bears enough weight
Weight that leaves a resting mark
Marking my presence into a forgetful date

Dates carry the burden of the forgotten and faded
Faded our handprints and our memories traded

Trade your fears for a life lived well
Welling in sorrows to remember and forget
Forget the pain of growing that never comes to cease
Cease your worries and create your masterpiece



Written By: Samra Mirza

Designed by: Wassima Kaidali

W.K

ALMA MATER

Author: Naseel Moursy

Editor: Nabah

Designer: Bushra Ismail

At its dawn, about two decagons ago, Alfaisal University was a seedling meeting its first sunray

Locked in on a target, for its ambition never permitted it to rest, neither night nor day

Foundation of brilliance, pillars of intelligence, robust and strategic leadership; it had all it needed

Amassing eager students and exceptional faculty it set out for, whom with warm hands it greeted

It brought out the best in people effortlessly and instilled creativity and expertise in them

Student-centered is the essence of the university's educational program, making it a rare gem

Academia of world-class quality it provides, ensuring its graduates' eminence ere they set sail

Law, Science, Business, Pharmacy, Engineering, and Medicine; 6 paths to pursue, each having its trail



Undeniably, Alfaisal has a knack for perfecting its young, having received worldwide distinction

Novel ideas and beneficial knowledge have been disseminated around the globe by every generation

Interestingly, the university has another attraction for a multitude of people: the field of research

Venturing into a vast land of unexplored concepts, supported by guidance reinforcing one's search

Exquisite, one can say, is the journey Alfaisal has drawn for its students to undertake

Redefining not only their wits but persona as well, varnishing their meticulously painted portraits

Showers of noncollegiate activities flood the university's halls, drenching the newbies as they enter its gates

Indeed, Alfaisal's actions aim to make the world a better place, nurturing the students for its sake

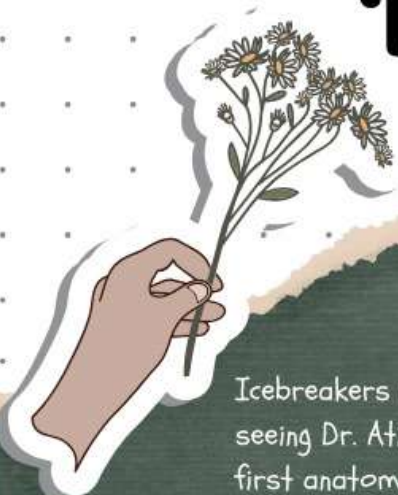
Told by King Faisal, attained by the university: "I hope that KSA will be a source of knowledge for humanity"

Yes, it is our school, our home, our beacon of enlightenment...
it is Alfaisal University



A TRIP

Down Memory LANE



Icebreakers medicine-ified: My first time seeing Dr. Atif Mazhar in class was during the first anatomy lesson. He was going to teach basic bone anatomy, and the first thing he said was 'have you ever held a newborn baby?' We all were silent and then he smiled 'don't they feel like a bloody sponge?' And that was when I was able to relax in class from my tense first day jitters. Looking back on it makes me laugh so much and miss those moments.



Remember to

Smile



CRIME SCENE

The Hematopoiesis Cat

The day that a special guest joining us in the auditorium led to a wild cat chase that lasted a good 5 minutes before we captured the criminal successfully.



A Starry Night



Photo credit to:
Ahmad Feroz Ali



My friends and I snuck to the dimmest part of the camp, during the Red Sands Dune trip, and sat under the stars and looked up. There's a reason why everyone gushes at the sight of stars in the desert. I'll always treasure that moment: my friends and I huddled up together because of how freezing it was away from the campfire, giggling at the fact that the sand was getting everywhere. Finally, I wasn't in a rush to meet a deadline nor did I have to mope over some issue: all I had to do was lay on the cold (and surprisingly) hard sand, stare at the vast night sky, and laugh and shiver with every fiber of my being.

The Future of Medicine



Lab Bear

Using a murderous (not literally) teddy bear as a lab rat for the ECG lab.



FBL IS SUPERIOR
(Not literally)



Answering correctly in Dr. Ayman's lab and receiving a riyal from him to cherish the memory forever.



All Hail the Rain



"Im sorry to hear that" ~ PRO Skills



Last week, the weather was extremely pleasant so my friends and I decided to sit outside and prepare for our PRO midterm. It started drizzling suddenly and we were overjoyed until the rain started to pour down, soaking us to the bone. When we returned inside, it began to hail! *gasp* I've never seen hail before, it was certainly a fascinating experience. Then we played in the hail until I had to go to english class ;).



courage

FON Final and ICECREAM

My friends and I
decided to get tub
of ice cream from
Baskin Robbins after
our FON results came
out (because we
couldn't afford the
cake)

BEST

TUB

EVER

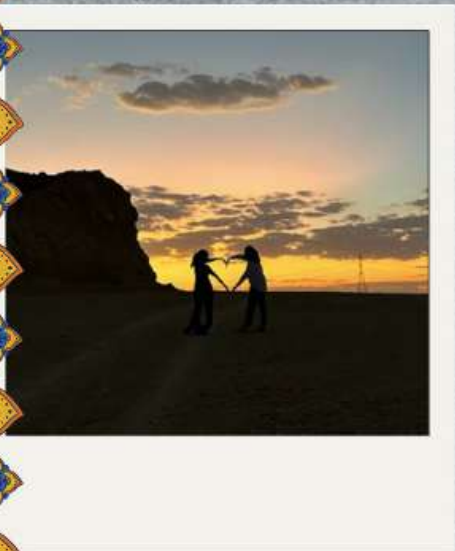
Survivor



Charity case

Winning a place in the art
competition was an
insane experience
considering I'd be
extremely broke prior to
it...(I also got stung by a
bee in the process)

ART COMPETITION



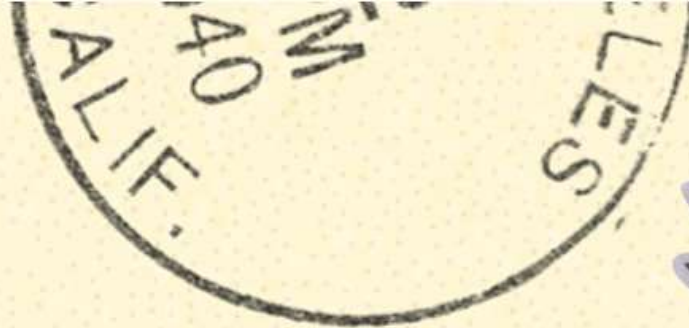
HIKE DAY <3



CONTEST!



Poster Day Competition



NEW Chapter



Going down memory lane and remembering that happy and overwhelming moment of getting my first A in med school while sitting on the cafeteria floor with my friends. As I advanced through the chapter, I remembered the times we used to cry to our doctors over losing one grade. The times we used to stay up late at night studying in the library with our parents calling worryingly to check on us.

How the walls witnessed us running, fighting with our lungs to take the sudden attendance. The excitement we felt when we started our first rotation at the hospital, or how we felt like the big kids at the university while we were babies at the hospital, or the experience of doing our first night shift.

While flipping through the pages I found myself coming to the end of the chapter, preparing myself to get ready to start a new chapter full of anticipation and excitement, praying for a bright future.

Tasneem Imbarak





BREAKING NEWS

Clinical GI: Guess the Dr.



They
♥
K.S.M.C



Journal
Club



The Spearhead of MSA

Momo Arai



Attas Alattas

Ibrahim Alodhaibi

The Presidential Office

Presidential Office, the spearhead of the MSA, and simultaneously one of the most humbling, gratifying, and rewarding positions. It is a team that would not exist without the board members that constitute what makes up the Medical Students' Association. Being a part of the Presidential Office means serving as a member of every committee while simultaneously working as a leader at any given time. Our mission as president, vice president, and general secretary was to redefine what these roles mean individually, lead by example, and act as a guide for the student body.

Two batch leaders and a committee head from different backgrounds - an unassuming group of three went from people who seldom spoke to each other to leading ten committees and 600+ members together. A bond like that is not usually fostered in a typical medical school environment or any environment. There was no time for ice-breakers; almost immediately, we had to put our differences aside and dive into the deep end. We took a risk that ended up worth much more than anything we could have anticipated. Almost instantaneously, we found ourselves to be an inseparable family. We couldn't go 24 hours without talking to one another, whether that be about how we were surviving 3rd year or what eager event we were planning next.

This year, we approached the presidential office not as three separate roles but as three equals. It was for this reason, our dynamic worked itself out so naturally. We found that with time, each of our strengths compensated for each other's weaknesses, and it reached an extent where we would go as far as doing each other's work because we wanted to be there for each other. For that reason, this unassuming group of three came to fit together to make up essential pieces in the puzzle that is MSA.

Ever since our first year, the three of us always looked forward to any MSA events or activities, mainly because we started out online and always saw it as an opportunity to branch out and get to know the people in our university. We individually looked at how the previous Presidential Office carried MSA through that COVID year and beyond. They've inspired us in more ways than one, and their work ethics were one of a kind; this made us want to take MSA to even greater heights and carry on their legacy.

As you immerse yourself in the challenges that MSA presents, you will not only realize that you are partaking in one of the most rewarding leadership experiences that you will ever encounter as a medical student, but you will also learn that you will be regarded highly by everyone, whether it be the faculty or the students themselves. In addition, some of the students may look up to you as a role model, and when that happens, it is your responsibility as a leader to provide assistance and benefit these students.

As we are all human, it is natural that things may occasionally go wrong for us. There are times when we feel like everything is going wrong and we are falling downhill, but as a leader of MSA, you have to keep reminding yourself that a lot of students are putting their faith in you and counting on you to make a difference.

One thing about being in the Presidential Office is that the work never really ends, but even throughout the long meeting hours and the never-ending checklists, it's always been the support of our advisor Dr. Akef, the student body, and the board that kept us afloat. Without them, MSA wouldn't be how it is today, and our sincere gratitude goes far beyond what we can express here.

MSA changed all of our lives for the better and taught the three of us skills that we will be using for the rest of our lives. Something we want to leave behind in MSA is that giving to others is not going to take away from your personal time. We were told by many that doing this was going to take away from our mental health and academics and make the third year worse than it already was. None of that ended up being true; in fact, it did so much for our well-being and added immense value to our year. We want to leave an impression that doing this position is manageable and an experience that cannot be received anywhere else. There is so much worth in doing something that better the lives of others, especially since it aligns with our future roles as physicians.

The three of us went in with the intention of improving the student body, but we will be leaving with new friends, the best memories, and being bettered by the very student body we wanted to help. Thank you all so much for making this one of the best years of our lives.

Designed by: Rushdan Firdous

ACCOMPLISHMENTS

2002

King Faisal Foundation establishes Alfaisal University as the first private non-profit research and teaching university in Saudi Arabia.

2008

Alfaisal University welcomes its first batch of students.

2010

Alfaisal University received the "Best Private Sector Green Garden Award" from the Ministry of Agriculture.

2014

SCImago Journal Rank (SJRI indicator) appointed Alfaisal University 2nd in the Kingdom of Saudi Arabia in Research Excellence of Scientific Papers.

Medical Board of California Recognition of Alfaisal University College of Medicine.

2016

Alfaisal University receives accreditation from Education Evaluation Commission - Higher Education Sector.

2017

The Life Support Training Site at Alfaisal University receives Excellence Award in recognition for being the "Best Training Site" under the Life Support Training Center (LSTC) of King Faisal Specialist Hospital and Research Center (KFSH).

2018

Alfaisal's Community and Service Committee (CAS) achieved a Guinness World Record for the largest number of people participating in "Blind Taste Test".

2019

Alfaisal University was awarded by Forbes Middle East Higher Education as the "Best Smart University."

2021

Alfaisal University was ranked #9 in "The World's Best Small Universities 2021" by Times Higher Education.
College of Law and International Relations established at Alfaisal University

2022

Alfaisal University scores the highest matching rate for Universities outside the USA for National Resident Matching Program (NRMP).

2023

Alfaisal University sets a new record in its 14th Annual Research Day Student Poster Competition with 310 posters.

Written by: Wajid Abessudah

Edited by: Thaabit Raziq

Designed by: Mayar Anbsun



See You On The Other Side

If there is one thing medical schools are known for other than, well... “the medical stuff,” it’s the experiences they award you. It is an inarguable fact that the person you were when you first stepped into this medical voyage is never the same person that emerges by the end of it. And that isn’t always such a terrible thing.

In the 15 years that Alfaisal University has existed, lessons were learned, old-selves were abandoned, personal growth was embraced, and a sense of dedication was rooted in all of the students that walked its grounds. The very walls of Alfaisal whispered of the tales of these students. The trees watched lovingly as they themselves aged, and the students grew alongside them. The moon witnessed the hunched backs of learners as they gaped into books or a laptop screen.

By sharing their stories, a couple of students reflected back on their time at Alfaisal. The first story praises the unity of medical students, proving that even though the journey proves to be treacherous at times, it might just be bearable if we tie each other’s shoes or hold each other’s hands along the way:



*Written by: Lura Toj
Edited by: Salma Metwally
Designed by: Mayar Amour*





"Going into my first year I expected it to be "every man for himself", as in: we'd have to find our resources, scour for our own questions, even buy textbooks upon textbooks just for one subject. I was so pleasantly surprised by the welcoming and large student community. Seniors helped us so much with tips and guides while even my own batch mates worked together to help each other! I truly don't think you'd be able to find such unity outside of AlFaisal Medicine, and I'm forever grateful for that. I hope to return it all one day!" — anonymous

However, the steepness of the mountain that is medical school cannot be neglected. A little slip here, a scratch on the knee there, and you've mastered the climb. Nothing proves to be as breathtaking or rewarding as absorbing in the view from the top of that same mountain you tackled, and once you see the bigger view, the one occluded from your sight considering where you started, you'll realise how limited you were, and that there is so much beauty left undiscovered, if only you kept climbing:



"Emotional Damage. Alright, alright! I mean apart from the constant feeling of impending doom and panicking about the tons of material we should stuff into our brains, there is some sort of good about being in med-school. I found that there's this wave of satisfaction and accomplishment that flows through me whenever I finish a block, and that's one of the main things pushing me forward. Medicine really has opened my eyes to a lot of concepts I had no idea existed. What's mind-blowing is how the more we learn, the less I feel it is that we know."

— anonymous



It is no wonder that by the time we reach a certain level in medical school, we are no longer that wide-eyed kid with old self might become head fondly. Your mind personality tinted with our students, you learn

"Alfaisal has changed so much in me since the last two years. I feel I've been molded as the person I wanted to become.

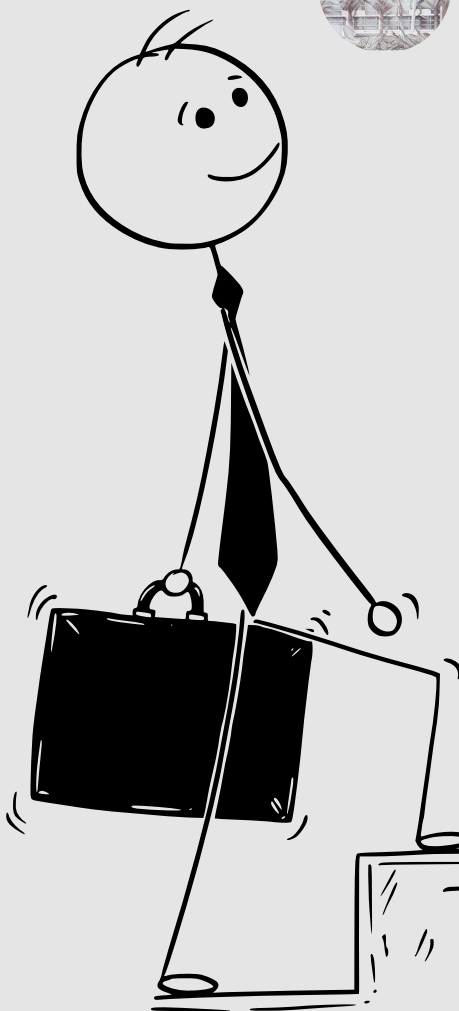
Undoubtedly, a huge contribution for this goes to the professors and my colleagues. A golden rule Al has taught me- Work hard, and place your tawakkul in Allah, and nothing can stop you."



perplexity pumping through their veins. Your a distant memory you turn over in your is polished by newer information and your better habits. And, as stated by one of one single golden rule:



THE GREAT ACCOMPLISHMENTS OF ALFAISAL UNIVERSITY THROUGHOUT HISTORY



Written by: Wajid Abosoudah

Edited by: Thaabit Raziq

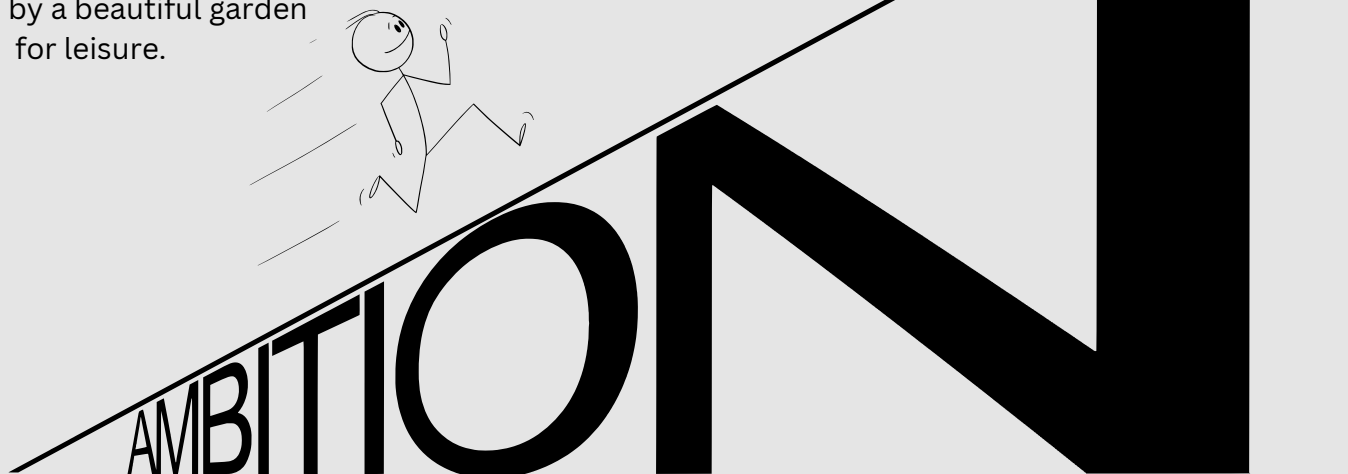
Designed by: Mayar Amboun

Alfaisal University has always been a pioneer in higher education and research ever since it was established in 2002 under the internationally reputed King Faisal Foundation.

The university consists of 6 colleges including College of Medicine, College of Business, College of Science & General Studies, College of Engineering, College of Pharmacy, and the latest addition initiated recently in the fall of 2021, College of Law. Alfaisal University prides itself on its architecturally unique campus that is currently undergoing expansion to build another spacious and prestigious campus building surrounded by a beautiful garden for leisure.



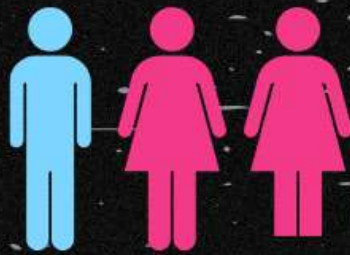
The university's College of Medicine takes enormous pride in being ranked 1st for the 6th consecutive year out of all 25 Saudi medical schools in the National Progress Test, a comprehensive knowledge longitudinal approach that assesses the



The College of Medicine at Alfaisal University is the largest community with over 4,000 students of various cultural backgrounds and nationalities that collectively contribute to the on-campus diversity. One major organization known as the MSA: Medical Student Association is the most popular community of the entire university run entirely by students driven by passion and ambition to commit to the advancement of the medical field through education, community services, events, and research. It consists of various sub-committees, each focusing on a different aim that aids the students in their academics as well as building their social and linguistic skills through educational talks, club events, and research workshops.

of curriculum objectives. It has also successfully been accredited by the NCAAA. To further prove the medical college's success rates, it is proud to announce that the college's 47 alumni have matched in the US in their top specialties of choice including competitive ones such as neurology, psychiatry, radiology, and multiple more.

Major Statistics



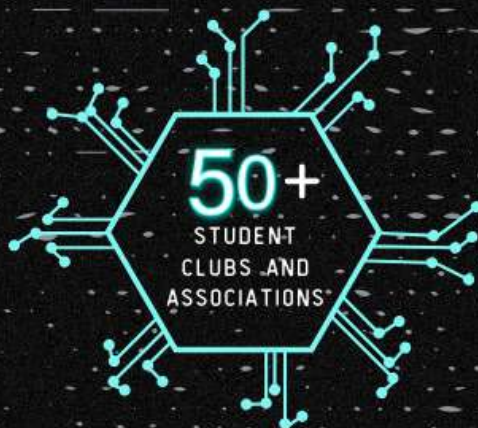
57/43 female to male student ratio

25 DEGREES
COLLEGES



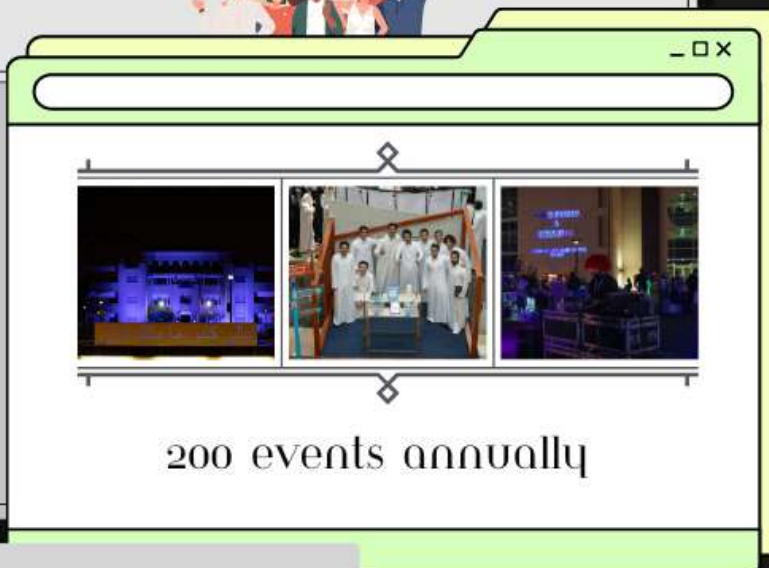
receiving financial aid

20/1 student to
faculty ratio



Matching Rate... 

 63.5%



Written by: Wajd Abosoudah

Edited by: Thaabit Raziq

Designed by: Mayar Amboun

MEDTIMES LINE

We can all recall that feeling of holding our first copies of the MedTimes back when we were starting as freshmen. In fact, can you even remember a time at Alfaisal without Medtimes? Perhaps not, as Medtimes has been a part of this university for almost as long as it has stood. Debuted 15 years ago in 2008, Medtimes acted as a voice for our university's original alumni - that's right, Batch 1!

Since then, the magazine has grown and changed with the years and demands of its students yet has remained centered around its original theme - the student's voice. Similarly, the Medtimes logo has evolved throughout the years to give us the distinct logo we recognize anywhere today.

2008-2009

MED TIMES
VOICE YOURSELF!

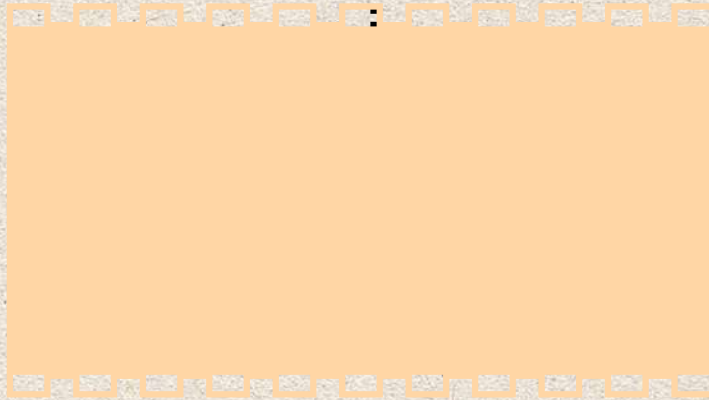
2009-2012

MAY & JUNE 2011 VOLUME 3 ISSUE 2
MEDTIMES



2012-2014

2014-2017



2017-2019

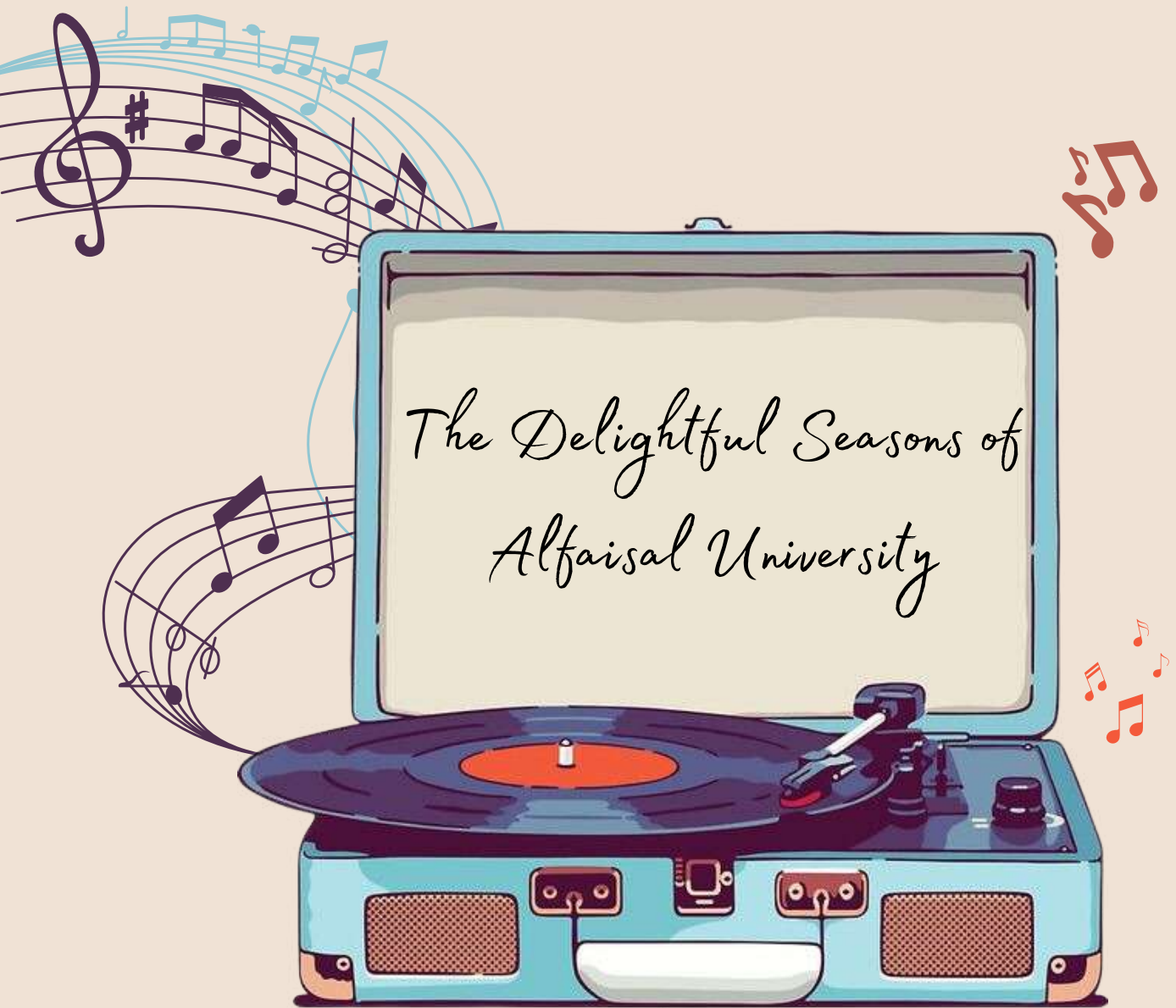


2019-2023 (PRESENT)

Written by: Huda Syed

Edited by: Sidrah Arabi

Designed by: Mayar Amboun



With each passing year, and like seasons melting away to accommodate the arrival of the others, new batches of Alfaisal College of Medicine are sent out into the world filled to the brim with excellence and unmatched competence; meanwhile, unfamiliar faces step onto its grounds, ready to fall into the footsteps of those before them. The faculty at the College of Medicine were there to witness all these transitions and actively participate in their triumph.

For that reason, we asked a couple of doctors to reflect on their time at Alfaisal University and share the moments that bring them joy in remembrance.





"As now a faculty at the College of Medicine at Alfaisal University, I have been fortunate to be part of a community that has accomplished so much in the field of medicine. As we celebrate 15 years of excellence, I wanted to take a moment to reflect on some of my own memories and experiences from my time at Alfaisal.

One of my fondest memories was being part of the pioneer batches of Alfaisal University. It was an exciting time to be a medical student, as we were part of a brand new institution that was dedicated to excellence in education and research. I remember spending countless hours in the anatomy lab, poring over textbooks and studying the intricacies of the human body. But it was also a time of camaraderie and community as we worked together to overcome the many challenges that we faced.

I also remember the exceptional faculty and staff at Alfaisal, who were dedicated to helping us succeed. They provided us with the knowledge and skills that we needed to become outstanding physicians, but they also went above and beyond to offer us guidance and support whenever we needed it. I am truly grateful for their dedication and mentorship.

I remember the many friendships that we made at Alfaisal. These are relationships that have endured over the years, and I am proud to be part of a community of physicians who share a commitment to excellence and compassion.

As we celebrate 15 years of excellence at Alfaisal University, let us take a moment to reflect on the memories and experiences that have made this institution so special. I look forward to seeing what the future holds for our community, and I am honored to be part of it."

As a bittersweet farewell message to the students at the end of their medical school odyssey, Dr. DB shares:



"My Dear Graduates,

Words cannot express the pride I feel as I see you achieve your goal of becoming doctors. My heart fills with joy at the reality of your success.

Please remember that you are capable, smart and can handle whatever life throws at you. Please continue to be kind, compassionate and hard working as we have always known you to be.

Be proud of your success! And thank all those who contributed to it dearly. I wish you the best of every journey you take."

Lastly, as a gift, Dr. Paul shares an admirable narration of his journey as one of the four founding faculty members at Alfaisal University's College of Medicine. Scan the QR code to relive, in retrospect, the assembling of the College of Medicine that we know today:

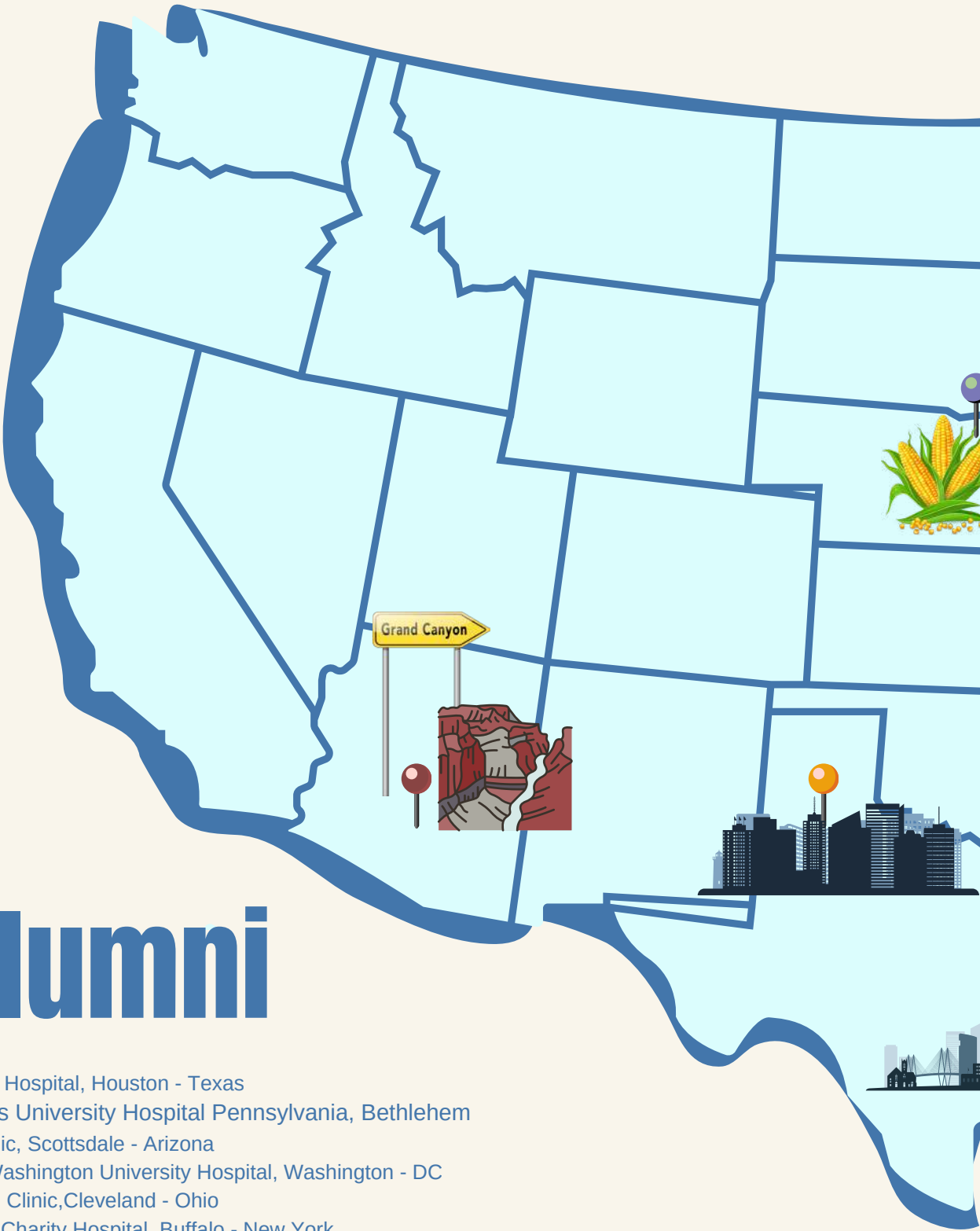
SCAN ME!



Written by: Lina Taj

Edited by: Salma Metwally

Designed by: Mayar Amboun



Alumni

-  Methodist Hospital, Houston - Texas
-  St. Luke's University Hospital Pennsylvania, Bethlehem
-  Mayo Clinic, Scottsdale - Arizona
-  George Washington University Hospital, Washington - DC
-  Cleveland Clinic, Cleveland - Ohio
-  Sisters of Charity Hospital, Buffalo - New York
-  University of Wisconsin Hospital & Clinics, Madison - Wisconsin
-  Mayo Clinic, Scottsdale - Arizona
-  LSU Health, Shreveport - Louisiana
-  Creighton University, Creighton - Nebraska
-  Case Western Reserve University Hospitals, Cleveland, Ohio
-  John H. Stroger, Jr. Hospital, Chicago - Illinois
-  University of Alabama, Birmingham - Alabama
-  University of Illinois - Metropolitan Group Hospitals, Chicago - Illinois
-  Sarasota Memorial Hospital / Florida State University, Sarasota - Florida



- 📍 Henry Ford Allegiance Health, Jackson, Michigan
- 📍 UMASS Chan Baystate, Massachusetts, United States
- 📍 Texas Tech University Health Sciences Center, Lubbock, TX, United States
- 📍 Saint Vincent Hospital, Worcester, Massachusetts, United States
- 📍 University at Buffalo, Buffalo, New York



Let Me Strive

LET ME speak and thrive to a new world that's mine

LET ME grasp my hold against these, enormous waves
filled with irrelevant minds

LET ME take the charge and control over the decisions
that plan my life

LET ME stroll and saunter without being disrupted by a
gale at night

LET ME cover my face with shine of color which wholly
would be my choice

LET ME dive into the ocean of knowledge which
would bestow me my voice

LET ME weep and wail for long, and not be termed
fragile when discovered.

LET ME be hefty or slender and not become the seed
of concern

LET ME give my ardour and heart to the dreams I
carved under the tree fern.

LET ME be me the star that glitters every night with
all my flaws and shimmer and not just be an ideal
in the mirror.

Author: Isra Khan

Editor: Nasser Alsaleh

Designer: Bushra Ismail





PIONEERS OF THE FEMALE MEDICAL COMMUNITY

Interview with Dr. Ramah Halaf

It wouldn't be fair to speak on the matters of the first female batch in AU without speaking to a member of that same bustling crowd...

We had the honour of speaking with **Dr. Ramah Halaf**, a member from that very first batch! She stands proud as a dermatologist based in Riyadh, carrying the knowledge she acquired from her years at AU with delight!

Like most other fresh graduates, she had no idea she wanted dermatology. It took her time to realise her love of it and its novelty, its unique opportunities when dealing with patients of all ages, genders, and issues.

In fact, she explored many different fields, only deciding on dermatology in the middle of her internship year.

This brings us on to her **first piece of advice**:

"Make sure you experience the field before choosing it, never commit yourself early on!"

I'm looking at you, fresh high school graduates with "future paediatric cardiothoracic surgeon" written in their social media bios.

Just as Mrs. Safia recalled, the changes that have occurred on campus for women are extraordinary, and Dr. Ramah, upon being asked how she felt revisiting the campus many years after graduating, emphasised on how freeing it feels now, being able to roam around wherever on campus, finishing her own duties and tasks without having to contact male security for assistance.

Alfaisal has promised constant improvement, and providing the best for its students, it has fulfilled that promise, Dr Ramah states

Dr. Ramah left Alfaisal with more than the ability to practise medicine spectacularly, but also with many friends! She talks about how wholesome it was to see where her colleagues ended, whether they stuck to the specialties they had in mind when starting medicine or changed. It's also good to keep in touch, as you could always give a trusted friend a call for a quick reference or even a consultatio

Her second piece of advice:

"Keep in touch with people from university, be open to creating new friendships and experiences with them, too!"

So how would such an influential person like Dr. Ramah describe her years in AU? One word, "empowering"

As many students in medicine know, it can be a real struggle at times. With constant ups and downs and hardships. Dr. Ramah says that these experiences made her resilient, gave her a sense of confidence, and agency of her own in her life and career

In Dr. Ramah's words, med school is hard, but once you finish it you feel like you are able to conquer similar if not harder situations, again, and again

So what message does Dr. Ramah give to the female batch graduating this year?

Always stay in touch! Remember as an AU graduate you are equipped with many skills for success.

With each passing year, we see more and more female graduates. Today, the contribution of female doctors is more critical than ever. Yet, there are still many challenges that women still face in the field of medicine, especially in the context of being underrepresented in certain specialties. Ultimately, it all pays off and you will make a wonderful impact on the medical world, so, good luck!

As for the new first year babies, here is Dr. Ramah's advice

You're about to embark on the journey of a lifetime, and the next years will be challenging but rewarding.

Remember three things:

1) Be Curious

Ask questions, one of the the most important qualities as a student is curiosity

Approach each class, lecture, lab, and conversation with a desire to learn. Ask questions and seek out answers, this keeps you motivated

2) Be Disciplined

When motivation fails to get you out of bed, discipline will. Commit yourself to excellence and hard work, make study schedules and a study group, set a clear goal for yourself

3) Be Compassionate

Medicine is a very humane field, based upon service and care for the lives for others. It can be easy to lose sight of that goal and lose that compassion, to see patients as clinical scenarios and OSCE stations rather than what they really are, humans

Ending our conversation, we asked her of her fondest moment of her time in Alfaisal.

The collaboration of the batch both with one another and with all previous ones. In AU, students compete with themselves to be the very best version of themselves, not with one another due to limited seats. This sets the bar for success high, and rids AU med of the biggest stereotype of medical school, the cut-throat competitiveness.

Wasn't Funny Then

I volunteered to solve a case in a TBL. Just as I reached the mic, I realized I didn't even know the answers to those questions. I mistakenly thought I was gonna solve something I knew. 400 people were watching. There was no turning back💀. Luckily I was able to pull it off, and I learned my lesson. NEVER get out of that seat unless you're 100% sure of what you're doing.

1st month of 1st year was a nightmare for me. That sudden exposure to lots of study material and huge transition from high school.

Exactly one week before Foundation exam. I fainted while attending Dr Ayman's lab. The funniest part was after waking up, I see the Doctor in front of me continuing to teach other students. was so confused and I closed my eyes to sleep for longer on the floor. 5 minutes later nurses took me on a wheel chair.

I That day I travelled through the whole uni on a wheel chair with scattered hair and a dead face. 🤔🤔🤔



but is Funny Now



The panic of first year. Back-to-back lectures on Sunday from 8 until 7. At the time I hated it and hated every second of it, but now I realize it's made my friends and I bond so much more than I anticipated! 🥰

I was told I failed COM and I didn't question it cause I knew I did bad ❤️ so I studied for the summer exam only to find out two days before the final that I didn't actually fail and I basically studied all the material for nothing.

First time scrubbing in and two minutes in, a cloth drops to the ground so I decide to pick it up (thinking that I'm being useful). As soon as I do so the nurses all shout something like "Scrub out!" "Move away!" "Infection control!" And everyone (consultant, residents, etc) backs away from me and I'm just standing there with the bloody (literally) cloth in hand like 😞 🤔 🤔







Batch Photos

CLASS

of

2027

15th Batch | Year 1



The background features a dark blue, textured surface with scattered gold-colored specks and larger, irregular gold patches, resembling a starry night sky or a microscopic view of a material. A horizontal band of lighter, white and light blue texture runs across the middle, creating a sense of depth and contrast.

15th *Batch*



Females | Year 1



Alaa Boudjelal

"My imaginary friend says that you all need a therapist."



Alzahraa Alkatmah



Buthainah Alsultan



Emmain Radifa

"I can't hear, I'm blind"



Fatima Ather



Habiba Othman



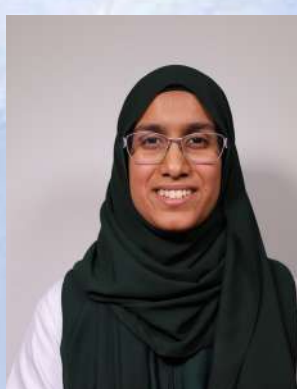
Hala Mahmoud



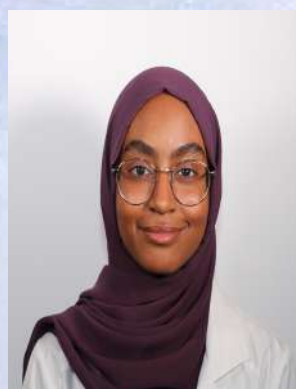
Hala Samour



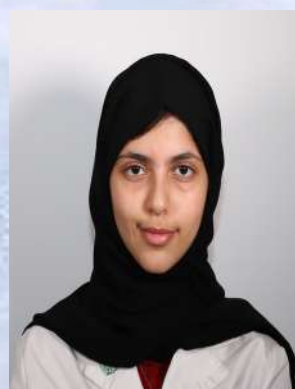
Heena Praveen



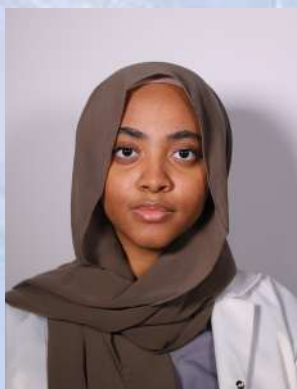
Jamaalia Bishri



Jude Abdalla



Leen Alshibi



Lina Taj Mohamed

"A joy it will be one day to remember all of this."



Malak Hassan



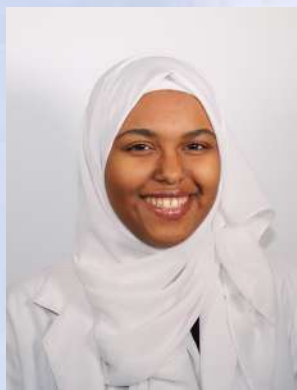
Maryam Abdulla



Nada Abotouk



Maryam Ashraf Ali



Maryam Mohamed



Merwa Ibrahim



Mishal Mohsin Ali



Ghedaa Armosh
meow ^.^



Hafsa Khalifey



Dalia Mubarak Abdalla
"it all starts with belief."



Hiba Elhassan



Iman Bhat



Jana Basmah



Layan Alzayer



Malak Altarifi



Maymounah
Chaballout



Monya Muntasir
"It did get better :)"



Nabah Hussain
"You can't always see the light at the end of the tunnel, but if you just keep moving... you will come to a better place." ~ Uncle Iroh



Noha Gabr Shabaka



Noor Fatima



Nora Mohamed

"The future is the home of our deepest fears and our wildest hopes"



Rafah Chahine



Siham Quttub



Raghda Adwan



Raniya Simeen



Reham Amin Saydo



Rumi Arai

"So...papaya huh?" (Aang rizz)"



Rutaba Mahereen



Saba Almuhammad



Salma Metwally



Sarah Noor Tullah



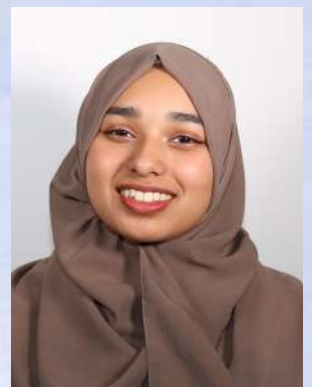
Serina Abushaikha



Shahad Hammad



Shanjida Nahar Sijana



Sidrah Fathima



Suha Syed

Gg Ez



Sumaiya Hassan

"Keep going even when you feel like giving up. Everything you need will come to you at the perfect time." – unknown
"New chapters of our life brings new experiences and new people in it, these are the people in the same boat having their own colours and altogether shines bright as the rainbow."



Umaiza Rehan



Uswah Zahid



Zahra Afzal

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا [94:6]

15th
Batch



Males | Year 1



Abdullah Alotaibi



Abdullah Alsatli



Abdulrahman
Alkhatib



Abdulrahman
Farahat



Affan Khalique



Ahmad Anas Shehab



Ali Warsi



Amer Raed



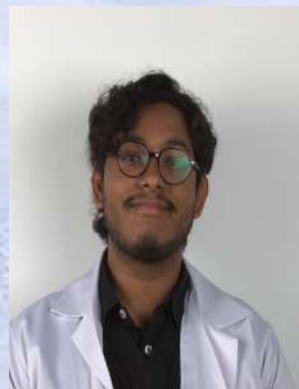
Amro Mohamed
Ibrahim



Ayman Sheikh



Aziz Mahouachi



Basil Abbasi



Bilal Atassi



Danish Ansari



Dawood Salman
من جعل الهموم همماً واحداً.
كفاه الله الهموم جميعاً



Faisal Alkhwaiter



Farhad Mohammed
Syedullah



Ibrahim Ouban
" Living young and wild and free "



Immad Ashraf
*" Greys anatomy, season 1,
episode 2, 24:41 "*



Inaam Ul Haque
"How's the grind going?"



Ismail Mohammed



Khaled Joueidi



Khalid El Eraky



Khalid Mohamed
الحمد لله على كل حال



Kusai Helal



Lugman Siddique
*" Be the example you want
someone to be for you. "*



Mahdi Ameer



Mahmoud Alshaer



Majd Hakki



Malek Handoumeh
*" Move well! Learn well! Play well, eat
well, and rest well! Enjoy your lives,
merrily and to the fullest!"*



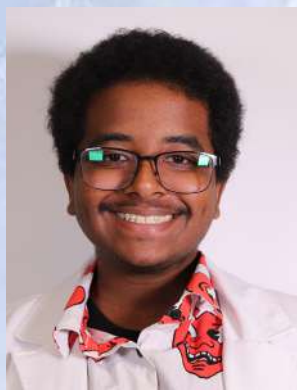
Albaraa Ahmad
Abbas
" Don't stop looking up "



Aws Abunaji



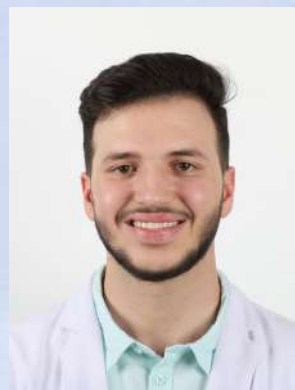
Faisal Aldhafyan



Ismat Taha



Mohamed Amjad Ilham
"I think things come into our lives to help us get from one place to a better one. - Ted Lasso"



Mohammad Aljumaa



Mohammed Abbas



Mohammed
Abduhu Amer



Mohammed
Al rahman
You get only one life, y'all better grind



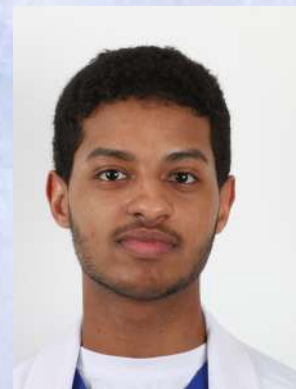
Mohammed
Lakser



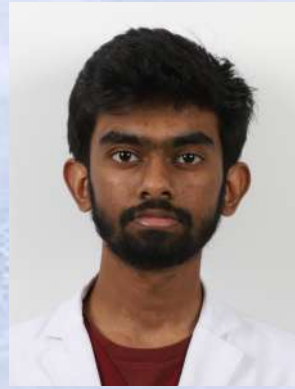
Mohammed Shoaib Ilyas
*"When does a man die? When he is hit by a bullet? No! When he suffers a disease? No! When he ate a soup made out of a poisonous mushroom? No! A man dies when he is forgotten!"
 — Eiichiro Oda, One Piece*



Muhammad Shamooun
*"I STAB PEOPLE TO KEEP THEM ALIVE
 I TAKE EXAMS WITHOUT ANY SLEEP
 I HAVE NO LIFE AND YET HERE I AM
 THEY CALL ME A MED STUDENT"*



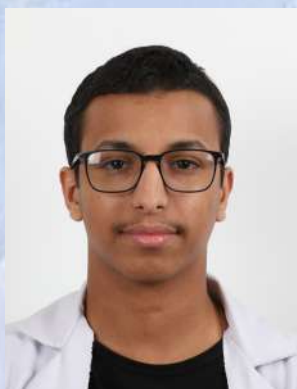
Musab
Abdelmajed



Nameer Khalid
"El. Psy. Kongroo."



Omar Al Rawi



Omar Binsuwedan
"I don't want to conquer anything, I just think the man with most freedom in this whole ocean is pirate king" - luffy, peak



Rasheed Alnajjar



Safi Mian



Sajed Almairi
من كانت له بداية محترقة، كانت له
نهاية مشرقة



Sami Abdulkareem



Siyaan Qureshi



Taha Ahmed



Tariq Memish



Thaabit Raziq
"I AM A SURGEON...DR. HAN...
I AM A SURGEON"



Waleed Haj Ahmad
ومن أراد العلا عفواً بلا تعب
قضى ولم يقص من إدراكها وطرا

CLASS of 2026

14th Batch | Year 2



The background features a dark blue, textured surface with scattered gold-colored specks and larger, irregular gold patches, resembling a starry night sky or a microscopic view of a material. A horizontal band of lighter, white and greyish texture runs across the middle, separating the top and bottom dark blue sections.

14th *Batch*

The background of the page is an abstract composition. It features a central white rectangular area. Above and below this area are horizontal bands of dark blue and black. These bands are decorated with numerous small, irregular gold-colored specks and larger, textured gold patches, giving the impression of a starry sky or a microscopic view of a material. The overall effect is one of depth and contrast.

Females | Year 2



Amina Syed



Ashna Majid



Aya Mousli



Baan Alzuhair
"I hope I can do one more year of this "



Biam Saydo



Dana Almazroua



Dania Ibrahim



Fathima Raahima
" I'm living a teenage dream "



Haif Ghazal



Heba Magdy
"Best batch ever 🥰 دينا يخليكو ليا "



Huda Saad Syed



Leena Alzayer



Loujain Ghandourah



Maya Alhalabi



Naseel Moursy
*"EMOTIONAL DAMAGE!"
~ Steven He*



Noor Waseem
*"Key to success- Tahajjud, hard work
and leaving it on Almighty. "*



Nouf Al Hedeithy



Omaila Almomen

"Nothing I have ever said made sense"



Rand Maarouf



Rodan Desoky

"It's interesting to me how most people don't pay attention to the universe around us. how unmeasurable it is, how we literally can see the back in time (billions of years ago), how time is relative, how nothing that is observed is unaffected by the observer...!"



Ruby Arbili



Ruchira Sivakumar

"Faith can move Mountains 🏔️"

14th
Batch

The background of the page is an abstract composition. It features a central white rectangular area. Above and below this area are horizontal bands of dark blue and black. These bands are decorated with numerous small, irregular gold-colored specks and larger, textured gold patches, giving the impression of a starry sky or a celestial theme.

Males | Year 2



Abdallah Abdelfattah



Abdousabour Tidjani

*"Keep locking in. Big things to come
Insha'Allah."*



Abdul Rahman Sukar

"Our life is what our thoughts make it"



Abdul Razzak
Chalab Cham

"Why are we still here?"



Abdulrahman
Alabyad



Aghiad Alkhachem

"It's not that deep"



Badr Ansary



Haadi Syed



Hamzah Anan

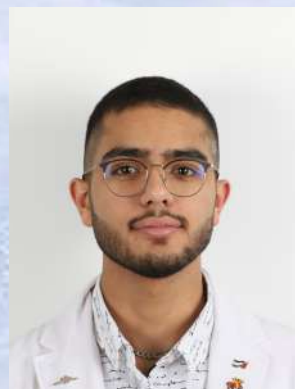


Ibraheem Masoud



Ismail Abdullah

"Everything you lose is a step you take."



Kenan Badran



Khaled Elshaer



Khalid Alnajjar



Mohammad Alsaeed

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



Mohammad
Halawani



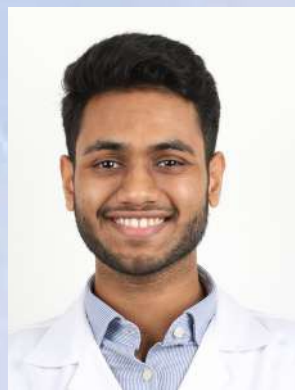
Mohammad
Kardesh



Mohammed Aamir



Mohammed
Alsadouni



Mohammed Fazl



Mohammed Haddad



Muhammad
Omair Sultan



Muhammad
Yousuf Altaf



Muhammad
Zain Sultan



Obaida Ghanayem



Rami Garatli



Rasoul Turko



Rushdan Firdous

*"Even a duck knows that sometimes
you have to waddle before you can fly."*

CLASS of 2025

13th Batch | Year 3



13th
Batch

The background of the page is an abstract composition. It features a central white rectangular area. Above and below this area are horizontal bands of dark blue and black. These bands are decorated with numerous small, irregular gold-colored specks and larger, textured patches, giving the impression of a starry night sky or a microscopic view of a material. The overall effect is one of depth and contrast.

Females | Year 3



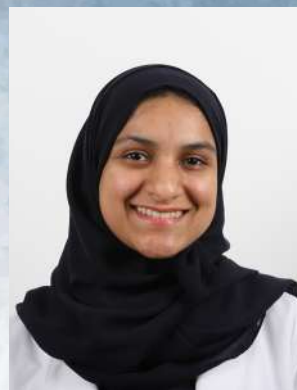
Adeeba Sajid



Afnan Hussam
AlSayed



Alanood Ahmed
Algerainees



Anam Hashmi



Farah Altamimi



Feham Peer Zada



Hadil Mahmoud



Mariam Mahmoud



Maryam Anwar
"Congratulations my dearest sister on completing a challenging phase of your life as you graduate. You have always been my inspiration. I wish that your future holds nothing but contentment and accomplishment."



Meral Alzayer



Miral Atout



Momo Arai



Mylia Abu-shaar



Salma Adeeb



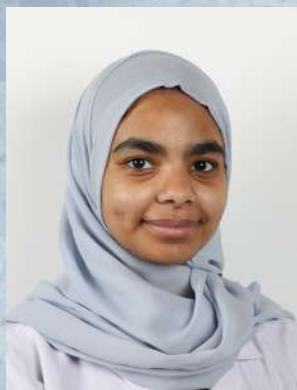
Sara Alnajjar



Serene Skef



Shahed Arnous



Shaimaa Mohamed



Sumayah Fares Garad



Tala Garatli



Talah Nammor



Tehreemah Raziq



Zain Abbara

13th
Batch

The background of the page is an abstract composition. It features a central white rectangular area. Above and below this area are horizontal bands of dark blue and black. These bands are decorated with numerous small, irregular gold-colored specks and larger, textured gold patches, giving the impression of a starry sky or a celestial theme.

Males | Year 3



Abdul Hadi
Abo Nofal



Abdulqader
Ba Abbad



Ahmed Alali



Ahmed Alanani

"Just finished 3rd year and all I know is, anatomy starts with greys, tissues are what I'll use to wipe my tears on results day, protein comes in different flavors, and something about mitochondria living in a house."



Ahmed Alasheq



Alrashid Haroun



Amr Hajja

"Time flies"



Attas Alattas

"اللهم نورك على دروبنا أينما اتجهت بنا الأيام"



Deya Ali Basha



Fares Eladrousi

"Double it and give it to the next person."



Fayez Alhabib



Ghazi Abdul



Ibrahim Alodhaibi



Khaled Hamsho



Kusay Adwan



Mahmoud Shream



Mohamed Ameer Adil

*"Qui si convien lasciare ogni sospetto;
ogne viltà convien che qui sia morta"
- Dante Alighieri.*



Mohamed Yousif



Mohammed
Alfuwais



Raffi AlMutawa



Rian Balafkhar

"وَنُهِدِنَا الْحَيَاةَ أَضْوَاءً فِي آخِرِ النَّفَقِ ..."



Sami Qattea

(وَأَنَّ سَعْيَهُ سَوْفَ يَرَى • ثُمَّ يُجْزَأُ الْجَزَاءُ الْأَوْفَى)



Sulaiman Alsalameh



Sultan Aldabek



Walid Nassar



Yazan Almasry

*ضَاقَتْ فَلَمَّا اسْتَجِجْتُمْ خَلَقْنَاَهَا فَرِحَتْ
وَكُنْتُ أَطْبُهَا لَا تُفْرَجُ*

CLASS of 2024

12th Batch | Year 4

12th
Batch

The background is an abstract composition. The top and bottom sections are dark blue with a fine, grainy texture and are scattered with small, irregular gold-colored specks and clusters. A wide, horizontal band of bright white light separates these dark sections, creating a strong contrast. The overall effect is ethereal and artistic.

Females | Year 4



Abeer Alkhawlani
"3awafi my way through life"



Aya Yousif
*"You didn't come this far
 only to come this far..."*



Bushra Khan



Bushra Rasheed



Dania Farooq



Eman Ejaz
*"Be kind to yourself,
 you are home to your heart"*



Eman Javed Baqal



Farah Barakat



Hania Nizami



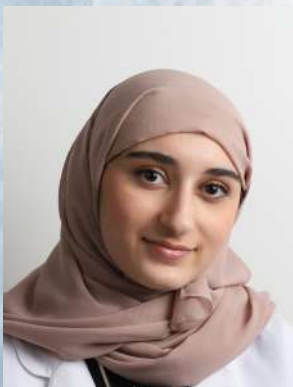
Heba Jaamour



Jana



Jowana Boushi



Juman



Laiba Yaseen



Lara Samhan
*"Everything pays off. One day,
 one miraculous day..."*



Noor



Raziqa Hazari



Rojina FathAlrahman



Sana Butt



Sara Abid



Sarah Alsaleh



Sham Yasser



Tafe Badghaish
"the horrors persist, but so do I 🤖"



Tasneem Mohammed

12th
Batch



Males | Year 4



Abdullah Laradhi



Abdulrahman
Qusaibati



Abdulrahman
Suliman



Adhil Razak
*"when the uhhh uhhh when I like
uhhm like you know yeah"*



Ahmed Alhassan



Ahmed Joueidi



Basel Al Khatib



Bassam Alotary



Faateh Sohail



Faridul Ahsan
*"Med school is easy. It's like riding a bike.
Except the bike is on fire and you're on fire
and everything is on fire :D"*



Hamza Enabi



Jibran Khan



Maeen Aldamouni
":>"



Mohammed
Abrar Fuad Khan



Mohammed Albitar



Mohammed
Salman Khan



Waleed Fallatah



Ziad Helaly
"Only God Can Judge Me"



Ziad Kannan
"Slow, Steady, and Reverb"

CLASS of 2023

11th Batch | Year 5



السيد / محمد بن عبد الله
الشيخ / محمد بن عبد الله



Batch of 2023



Dr. Adeen Shaikh

"Good luck to all my future patients"



Dr. Aisha Khan

'Nothing in this world can take the place of persistence and determination of purpose'

Alhamdulillah, this chapter has come to an end! It definitely wouldn't have been possible without the endless support of my family and friends who believed in me. These five years have been filled with memories and experiences that are going to stay with me for lifetime.



Dr. Alaa Wisam Alshawaf

"And we're finally done"



Dr. Alzahraa Alkhars

"مسك الختام" 🎓

Females | Year 5



Dr. Amal Eltayeb Musa

"Trust, is knowing that your exactly where you are supposed to be in life, especially when it doesn't feel like it ✨"



Dr. Areeba Younus Tahir

"Don't delay, start today" is what I told myself every day.
6/10, Exceeded expectations"



Dr. Arwa Aldajani

وتحسب أنك جرّم صغير وفيك انطوى
العالم الأكبر



Dr. Aya Alfakhuri

Batch of 2023



Dr. Bana Alabrash Alshaar

(وَأَخِرُ دَعْوَاهُمْ أَنْ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ)
الحمد لله الذي يسّر البدايات وأكمل النهايات وبلغنا الغايات،
الحمد لله الذي ما تم جهد إلا بعونه وما خُتم سعي إلا بفضله



Dr. Bana Tarek Dalati

(وَأَخِرُ دَعْوَاهُمْ أَنْ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ)
الحمد لله الذي ما انتهى درب ولا خُتِمَ جهد ولا تَمَّ
سعي إلا بفضله
أنا هنا بدعم أبي و دعاء أمي



Dr. Batoul Taftafa

"This is nothing like gray's anatomy. "



Dr. Bushra Alshaar

الحمد لله الذي بنعمته تتم الصالحات
"The journey was already written; I just walked through it—and what a journey it was.
I am filled with an endless amount of gratitude to God first and my parents second.
Then, a measurable amount of gratitude to my three crazy brothers, my dear cookies
(iykyk), my precious collection of friends from all over the place, and the rest of my
loving family. They stuck by me in the boo-hoo's and partied with me in the
woo-hoo's. And, of course, I thank myself. Dr. Bushra out :)"

Females | Year 5



Dr. Chams Albachir



Dr. Dalal Alageel

اللهم زدني علمًا

"Sure. It was nice while it lasted."

~ BoJack Horseman, S06EP16



Dr. Daniah Alajlouni

(وَعَلَّمَكَ مَا لَمْ تَكُنْ تَعْلَمُ، وَكَانَ فَضْلُ اللَّهِ عَلَيْكَ عَظِيمًا)



Dr. Eesha Anwar

Batch of 2023



Dr. Eman Chaudhri



Dr. Falwa Alarnous



Dr. Fathima Lamyia Amanullah

"No more Student Spotify Premium"



Dr. Fatima Alattas

Females | Year 5



Dr. Fatimah Alhammad

"May I never forget that the patient is a fellow creature in pain. May I never consider him merely a vessel of diseases"



Dr. Fatma Elnaggar



Dr. Hala Almusa



Dr. Hana Hallak

Batch of 2023



**Dr. Hareem Rashid
Mahmood**

Grateful and humbled to complete this memorable journey of 5 years!
It was certainly not possible without the constant and unwavering
support of my parents, sister, friends and mentors. ❤️
And above all Allah, The Almighty who gave me the strength and
patience to stay consistent throughout this journey!
I congratulate all my fellow batch mates on completing this milestone
and wish the very best of luck for all their future endeavors!



Dr. Haya Albasha



Dr. Hiba Burhan Khan



Dr. Hiba Raheel

Females | Year 5



Dr. Jenan Shawwaf

{ وَأَنْ لَّيْسَ لِلْإِنْسَانِ إِلَّا مَا سَعَى }
الحمد لله على ما ذهب وعلى ما بقي وعلى ما سيأتي
الحمد لله دائماً وأبداً



Dr. Joud Ahsan

الحمد لله حتي يبلغ الحمد منتهاه، فقد تيسر لي الوصول للمبتغى، وما كان
لولا أن يسر الله. أهدي تخرجي وثمره تعبتي إلى الذي لم أسر يوماً في طريق
إلا رأيتني سبقتني يمهدده لي إلى من يفخر بي اليوم ولا يعلم بأنني من تفخر
به وباسمه كل يوم إلى من أدين له بحلمي المحقق إلى روعي أبي إلى من
علمتني كيف أمسك القلم وأخط اسمي إلى من أتممت ست سنوات في
كلية الطب ولا زلت الجأ إليها حين يؤلمني رأسي إلى من كانت المدرس
والطبيب والمرشد الأول إلى أمي حبيبتي



Dr. Jude Alghanbar

تفائلوا بالخير تجدوه



Dr. Juman Al Ajlan

Batch of 2023



Dr. Lama AlAbduljabbar

واعلموا أنّ مهمّتكم ليست في ورقة تنالونها.. ولكن أمة
تحيونها
الشيخ علي الطنطاوي، رحمه الله



Dr. Lana Arbili



Dr. Leena Alfakher



Dr. Lina Abusulayman

Females | Year 5



Dr. Lujain AlZayer



Dr. Maha Ali

Alhamdullilah for everything! Thankful to my family, friends,
and for the moments that brought me closer to God.



Dr. Mais Gheith



Dr. Mariam Abdelkarim

(وَكَانَ فَضْلُ اللَّهِ عَلَيْكَ عَظِيمًا)

اللهم علمنا ما ينفعنا، و انفعنا بما علمتنا، وزدنا علماً و عملاً
خالصين لوجهك الكريم ❤️

Batch of 2023



Dr. Maryam Altayeb

I am eternally grateful for my family — my support system. You are my backbone through every accomplishment, setback, and tear shed. Thank you for all the love you have given me. You are the beacons that shine on the lighthouse's shore; a guiding light through every passing moment.

Through you, I know that there is no challenge I cannot overcome, and that I can accomplish anything I set my mind to. And so, I carry with me this reminder: "If records refuse to be broken, shatter them."



Dr. Mayar Amboun

"Inmate #####02 has finally been released 💜"

I was only trying to survive but ended up making memories



Dr. Nadine Ashraf



Dr. Norah Alharbi

Females | Year 5



Dr. Nour Alhatm

بعد توفيق رب العالمين، وبدعوة من أم وأب كانوا عيناى
بكل زمان، كان ولازال دعائهم يحتوينى فى كل حال، فلولاهم
بعد الله مابلغت الذى بلغت



Dr. Nour Hadid

"Last but not least, I wanna thank me for believing in me. I
wanna thank me for doing all this hard work"



Dr. Nour Odeh



Dr. Nouran Ehab Hassanein

Batch of 2023



Dr. Nowar Zain AlAbidien



Dr. Ohoud Alsudairi

"Strive not to be a success, but rather to be of value."

~ Albert Einstein



Dr. Ola Aldoumani

بِقَدْرِ الْكَدِّ تُكْتَسَبُ الْمَعَالِي
وَمَنْ طَلَبَ الْعُلَا سَهَرَ اللَّيَالِي
وَمَنْ رَامَ الْعُلَا مِنْ غَيْرِ كَدٍّ
أَضَاعَ الْعُمَرَ فِي طَلَبِ الْمُحَالِ



Dr. Raaina Mahevish

Alhamdulillah, I did it!!! These 5 years have been full of growth and memories. Thank you mom, dad, my sisters, and family for your continuous support and encouragement throughout. Last but not least, the amazing friends I've met, you have become my family, & finally, we are one step closer to our dreams!

Onto our next adventure!!

Females | Year 5



Dr. Rabah Warrar

الحمد لله الذي بنعمته تتم الصالحات
الحمد لله الذي أعانني وشكراً للقلوب الحانية التي ساندتني
وللعيون التي كانت تتقربُ نحائي بلهفة
(شكراً جدي وأسرّي)



Dr. Raghad Awad



Dr. Rahaf Algahtani



Dr. Ramah Ahmad Mardini

Batch of 2023



Dr. Rawan Elshaer

"I would like to thank my parents, family, friends and everyone who supported me throughout these years. Its been stressful and chaotic but also fun and wholesome at AU. I'll never forget the memories I've made here. One advice i'd give to our freshmen is to enjoy med school while it lasts because it'll end before you know it."



Dr. Rawand Altamimi



Dr. Razan Hejazi



Dr. Reem AlShihri

Females | Year 5



Dr. Renad BaDughaish

قد كَانَ حُلْمًا لَا نَظَنُّ دَنُوهُ"
"لَكِنَّ فَضْلَ اللَّهِ كَانَ عَظِيمًا" ♥!



Dr. Roaa Elkouny



Dr. Saleha Abdul Rab

"Allah's plan was a hundred times better than mine.

Alhamdulillah"

Batch of 2023



Dr. Salma Kamel



Dr. Salwa Aljarayhi



Dr. Sara Wael Abdelhamid

Apparently, there are more than 200 Kit Kat flavours in Japan...
You'll know where to find me.



Dr. Sarah Alahmari

Females | Year 5



Dr. Sarah Alkhonizy



Dr. Shahad Almutahhar

"Imagine you just got off a very busy 20hr shift, and your attending texts you saying: you have to read this article or don't come into work tomorrow.

Which specialty would you be willing to read an article about AFTER a 20hr shift?

THAT is the specialty you should choose."



Dr. Sharifa Alyaeesh

" . نقطة انتهى "



Dr. Soaad Alamri

Batch of 2023



Dr. Sundus Hajar



Dr. Tala Husam Husein

"It wasn't easy. It's been actually very tough, but with all the lows came the most wonderful and memorable highs. And Alhamdulillah throughout the 7 years I spent in Alfaisal, Allah has blessed me with the best people anyone could ever ask for. Thank you to the ones that never left my side, to the ones that kept cheering me on, to the ones that believed in me even when I completely lost faith in myself. Thank you for all the times you helped me get back on my feet, and for not letting me quit the one thousand billion times I wanted to. I'll forever be grateful to my mother and father, my siblings, and to the truest of all friends. Thank you."

الحمد لله حمداً كثيراً طيباً مباركاً فيه، ملء السماوات والأرض وملء ما شئت من شيء بعد



Dr. Tala Sriwi

As the great Taylor swift once said " from sprinkler splashes to fire place ashes I gave my blood, sweat, and tears for this".

I wouldn't have been able to make it as far as I did without my family and my friends who turned into family. The past five years all feel so surreal and I wouldn't want to have it any other way.



Dr. Tamara Asheikn

Females | Year 5



Dr. Tasneem Imbarak



Dr. Wassima Kaidali

For the sun of my life, the one who taught me patience, resilience, and true success. You showed me how to always stay faithful and be confident in my values. For the moon of my life, the one who taught me to never hide my hand and always give. You showed me that kind people are true gems and will forever be loved.

To my dearest parents, my sun and moon, the ones I look up to, you are the light in my world, my anchor every day. You walked with me my first steps in life, and my first steps to the future.

Thank you for giving me dreams and making my dreams come true.



Dr. Yara Almuhanha

{ وَقُولُوا لِلنَّاسِ حُسْنًا }



Dr. Yara Askar

إجعل من يراك ، يدعو لمن رباك

Batch of 2023

Females | Year 5



Dr. Yasmin Tuleimat

(وَآخِرُ دَعْوَاهُمْ أَنِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ)

"A big thank you to everyone who supported me
along the way."



Dr. Majd Khader



Dr. Nujud Rafat Elmokaïd

No Pictures Provided

1. Dr. Alaa Khalil Hamad
2. Dr. Amjad Abdullah Alshehry
3. Dr. Dalia Nader Hamdan
4. Dr. Dana Abdalghani Abuobead
5. Dr. Dana Tariq Alsuwaidan
6. Dr. Falwah Sami Alsalman
7. Dr. Farah Emad Salameh
8. Dr. Fareeda Nawaf Alsajan
9. Dr. Fawziah Khalid Abdulaziz Almana
10. Dr. Hadeel Elwaheidi
11. Dr. Hala Dababo
12. Dr. Hessah Mohammad Aldawd
13. Dr. Homaira Sabur
14. Dr. Linah Abdulmohsen Algheryafi
15. Dr. Noor Sheikh
16. Dr. Nora Abdulrahman Alodah
17. Dr. Ruba Tashkandi
17. Dr. Raghad Mohammed Hijazi
18. Dr. Razan Omer Khalifa
19. Dr. Reem Saleh Alrajhi
20. Dr. Reema Hisham A Alomran
21. Dr. Reema Saleh Aldhalaan
22. Dr. Renad Alaa Majed Aldahleh
23. Dr. Riham Ali Ahmed Mohammed
24. Dr. Salwa Agid Izddin Aljarayhi
25. Dr. Samia Hisham Sakah
26. Dr. Sara Mohammad Altheebi
27. Dr. Sara Waleed Buholaiqh
28. Dr. Waad Fadi Arnous
29. Dr. Zinab Abdalla Elbashir

Batch of 2023



Dr. Abdallah Khasawinah

" I look good I smell good I feel good "



Dr. Abdul Rahman Khan



Dr. Abdul Samad Shaikh

" Don't hate me cause I'm beautiful "



Dr. Abdulaziz Alfadley

Males | Year 5



Dr. Abdulaziz Alkoblan



Dr. Abdulrahman Alsulaiman



Dr. Adan Abdulkarim



Dr. Ahmad Alenezi

Batch of 2023



Dr. Ahmad Siddiqi

الْحَمْدُ لِلَّهِ الَّذِي بِنِعْمَتِهِ تَتِمُّ الصَّالِحَاتُ

"It was the blessings from Allah, support from my family, and camaraderie from my friends that kept me going through this journey of medical school. Sincere thanks to everyone who motivated me and to all the doctors who taught us."



Dr. Ahmed AlMoneef

" BOUND... out "



Dr. Ahmed Arrowsmith



Dr. Aladeen Barbour

Males | Year 5



Dr. Alhomam Dabaliz

" Despite everything, it's still you."



Dr. Ameer Omar



Dr. Ayesh Alwahabi



Dr. Badr Elwy

" After step 2... "

Batch of 2023



Dr. Basel Jobeirb



Dr. Ejaz Ahmed
Mohammed



Dr. Fahad AlHassan

" A picture to be seen from the future "



Dr. Faisal Joueidi

Males | Year 5



Dr. Fawzy Mohamed
Abodahab



Dr. Hani Alaswad



Dr. Hassan Shah

" No, I didn't fake Mahmouds signature. He is present, he
just went to the bathroom "



Dr. Hesham Alkathiry

Batch of 2023



Dr. Ibrahim Binsalamah



Dr. Ibrahim Hamza Kaya



Dr. Khaled Alaukili



Dr. Khalid Altaweel

Males | Year 5



Dr. Loay Tashkandi



Dr. Mahmoud Tawfiq

I'll come tomorrow

ما تقلقش



Dr. Mazin Ibrahim Elsarrag

الحمد لله على نعيم فضله علينا، وعلى تمام نعمه، الحمد لله حمداً كثير طيب مباركاً فيه، لولا عون الله وجزيل فضله لما تخطينا الصعاب ولا اجتزنا الدروب الصعبة، فبفضله نلتُ ما سعيْتُ له على مدى سنوات عديدة، لأكل بالنجاح حياتي. وآخر دعوانا أن الحمد لله رب العالمين

Grateful. Forever and always.



Dr. Mhd Malek Al Masri

" You keep hanging this over me
Like a sword over Damocles "

Batch of 2023



Dr. Mohamad Yman Barghout



Dr. Mohamed Abdelaal

" I used to pray for times like this "



Dr. Mohamed Elossaily

" I hate when I'm on a flight and I wake up with a water bottle next to me like oh great now I gotta be responsible for this water bottle "



Dr. Mohammad Aboueissa

Males | Year 5



Dr. Mohammad Almousallam



Dr. Mohammad Albalkhi



Dr. Mohammed Adil J Alth

" Simply lovely... "



Dr. Mohammed Alaa Raslan

" Teach us to number our days, that we may gain a heart of wisdom "

Batch of 2023



Dr. Mouad Aboussekhra

" Mais l'important, c'est pas la chute. C'est l'atterrissage. "



Dr. Mustafa Owaidah

Star Wars Theme



Dr. Nayef Latta



Males | Year 5



Dr. Osama Altamimi



Dr. Osama Jnied



Dr. Rayan Almahmoud



Dr. Saidolim Akmalov

" No.. you didn't pronounce my name correctly "

Batch of 2023

Males | Year 5



Dr. Ward Numan

(وَآخِرُ دَعْوَاهُمْ أَنِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ)
الحمد لله الذي بنعمته تتم الصالحات، وتحقق الأمنيات،
وترتفع الدرجات، وتتجمل النهايات
اللهم كما أنعمت فتمم وكما تمتم فزد، وكما زدت فبارك
وكما باركت فوفّق.



Dr. Yazan Alkhatib

No Pictures Provided

1. Dr. Abdul Hadi Fawad Afzal

2. Dr. Abdulaziz Fahmi Abdullah Ba Gubair

3. Dr. Abdulelah Adel Bashandi

4. Dr. Abdullah Omar Alakbari

5. Dr. Ahmad Aljumaa

6. Dr. Ahmed Faraz

7. Dr. Ahmed Hasan Faraj Farhan

8. Dr. Ali Mustafa Sheikh

9. Dr. Eesa Nasir Bakshi

10. Dr. Hassan Ali M Alyousif

11. Dr. Hussam Mohamed Ali Basha

12. Dr. Ibrahim Khaled Issa

13. Dr. Majd Jaber M Alani

14. Dr. Manhal Mohamad Alhadola

15. Dr. Mohammad Abdulrazzak Refaei

16. Dr. Mohammad Tihami Alasfar

17. Dr. Mohammed Manar Al Najjar

18. Dr. Mohammed Omar Alamodi

19. Dr. Mohd Nobil Alam Khan

20. Dr. Muaz Mumin Wahed

21. Dr. Rakan Hassan Alabdulali

22. Dr. Saad Abdulaziz Shathry

23. Dr. Salem Hadi Al Baiti

24. Dr. Sultan Algadheeb

25. Dr. Zaid Saeed Ahmed Bin Sahaq

Class of



Al-Zahraa Al-Kharaz



Shahad Almutahhar



Tamara Alsheikh



Falwa Alarnous



Rahaf Al-Ghafari



Hala A.



Majd Khader



Nadine Osman



Ramah Mardini



Fatimah Alhammad



Arwa Aldajani



Juman Alajlan



Lina Abusulayman



Nour Odeh



Soad Alamri



Tas

f 2023!



Felwah Alsalman



Haya Albasha



Tala Husein



Rawand Tamimi



Sarah



Adeen Sheikh



Lanya Amanullah



Mayar Amboun



Hareem Raghid Mahmood



Sara Abdelhamid



Raaina Mahevish



Class of



Abdullah Alakbari



Malek Al-Masri



AbdAllah Khasawinah



Hani Alaswad



Abdulrahman Alsulaiman



Zaid Ishaq

f 2023!



Mohammad Alrousallan



Mohammed Alamodi



Al-Homam Dabaliz



Mohamed Abdelaal



Fahad Alhazzan



ER shifts

11th Batch Memories



Last first day
of medschool



La Belle

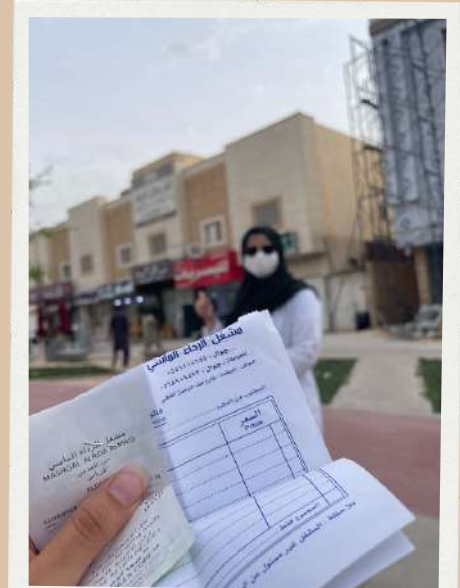
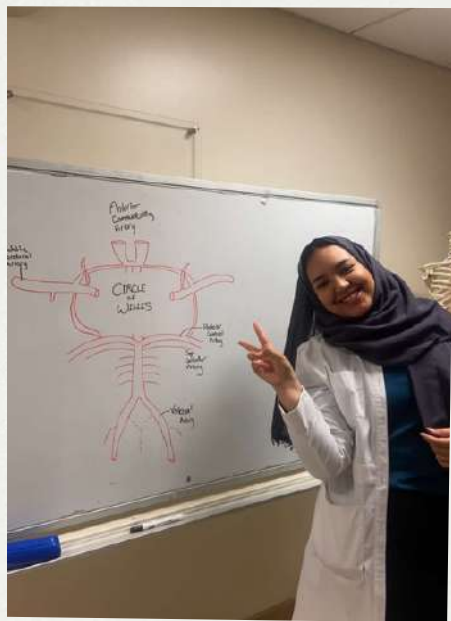














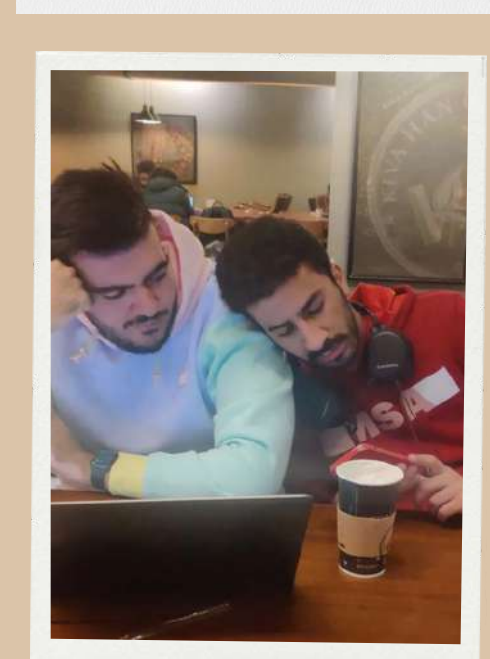
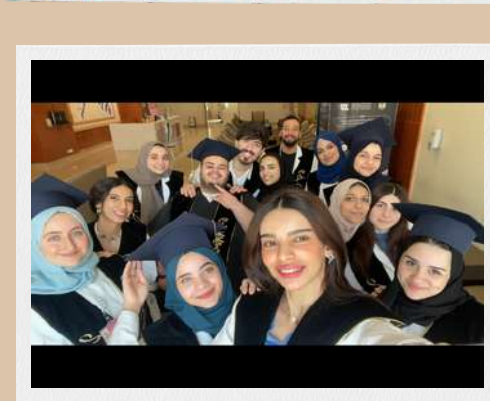
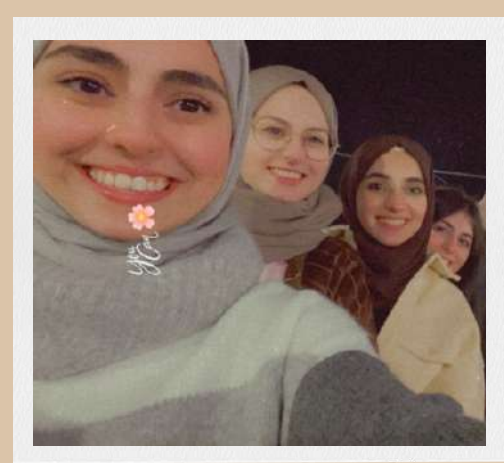


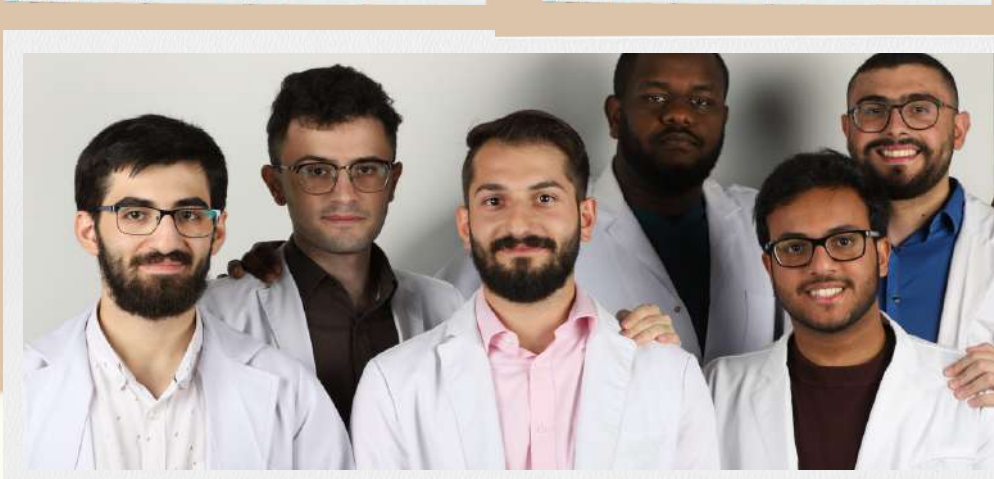
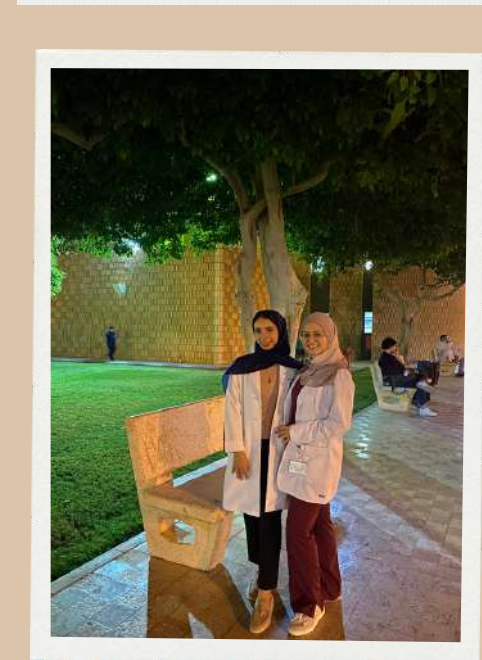
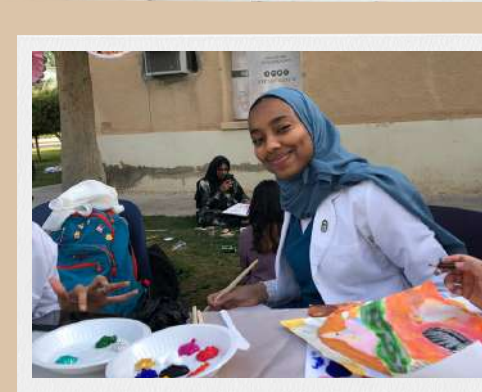


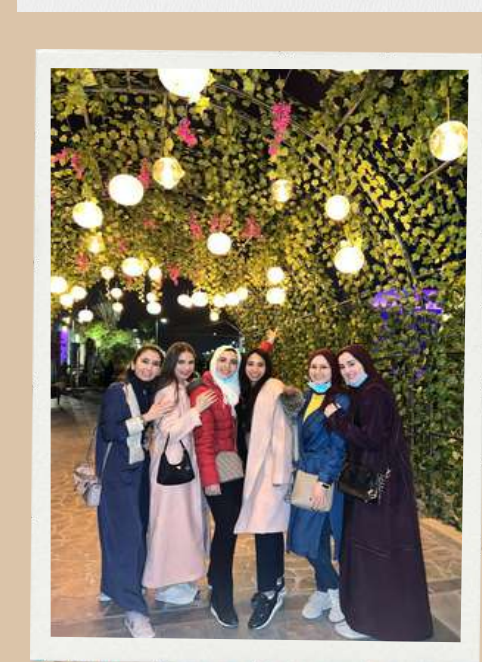
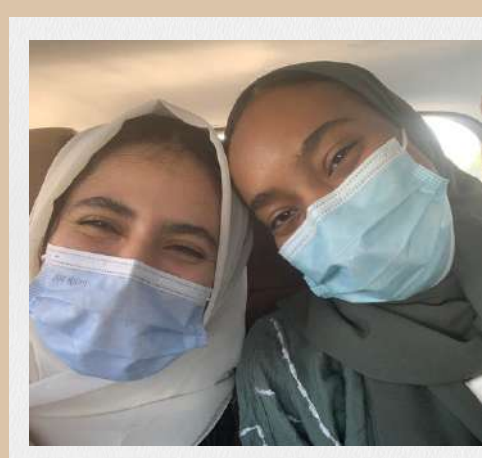








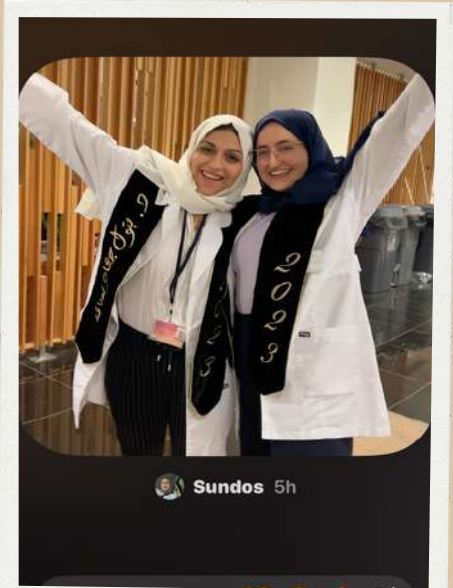




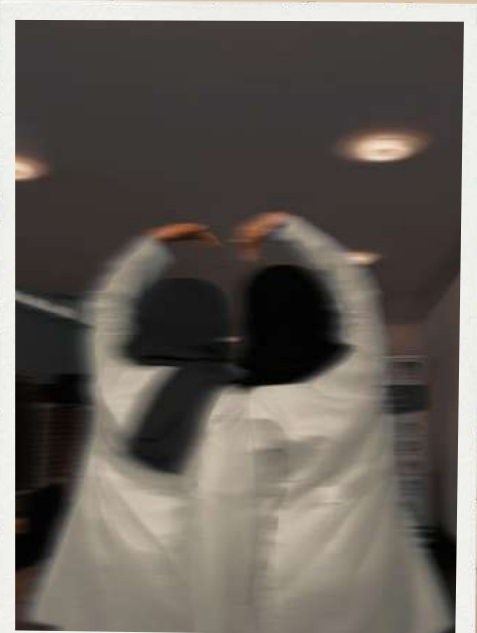
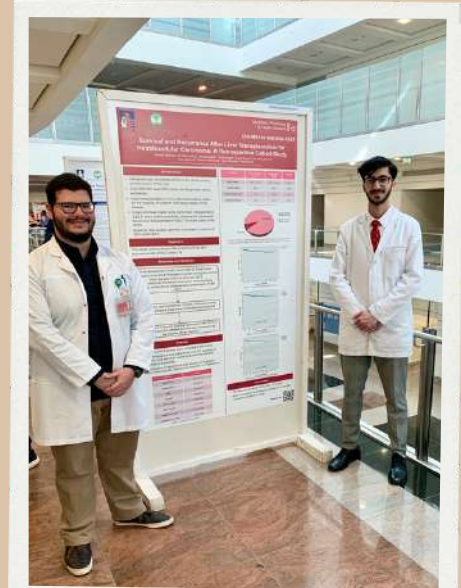






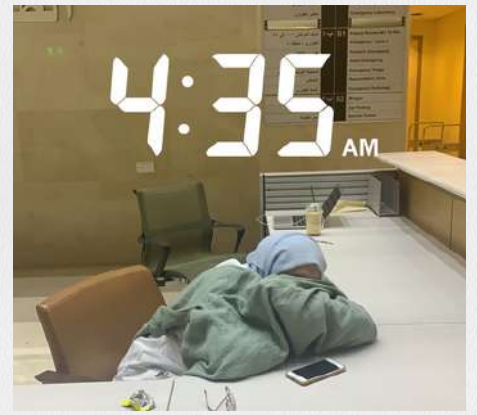










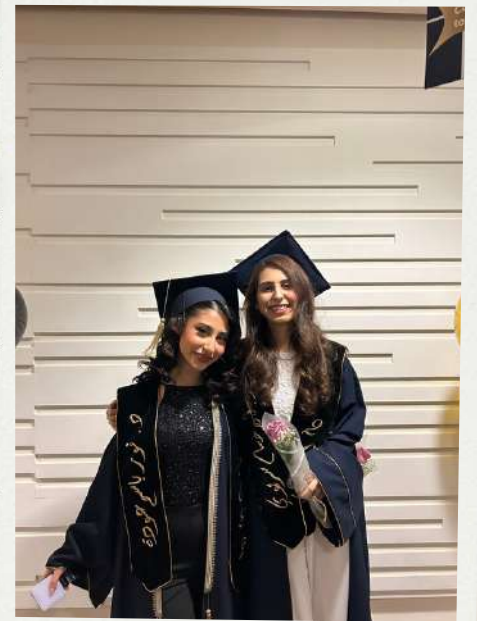






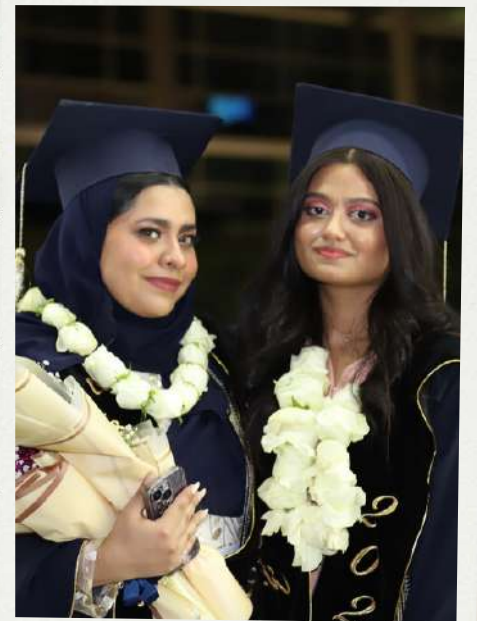
















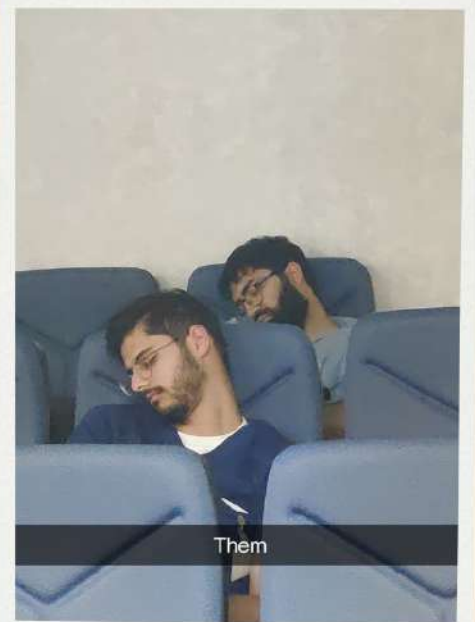






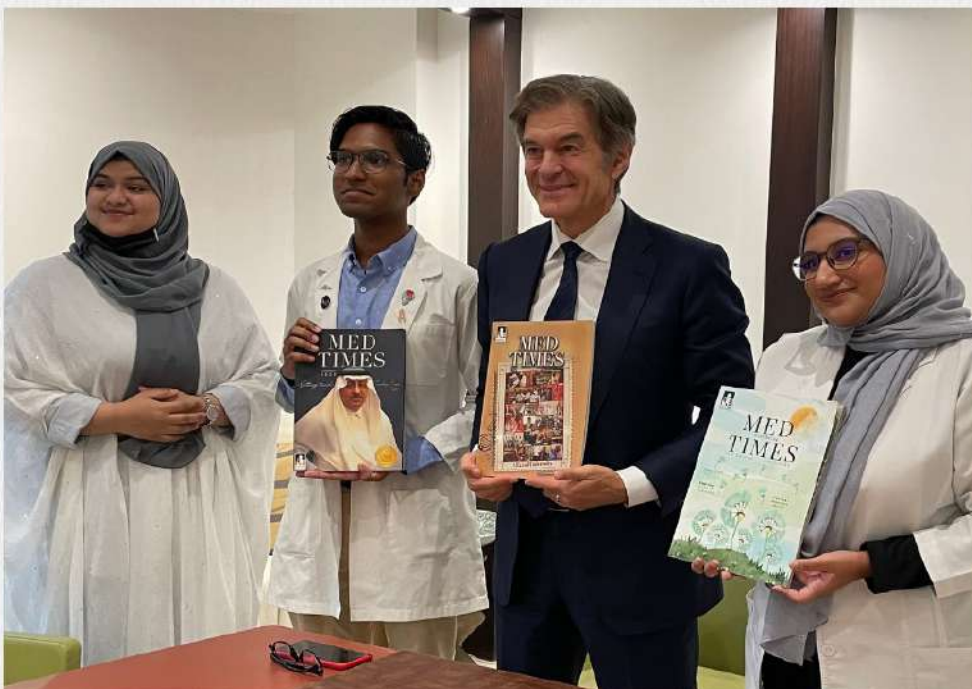












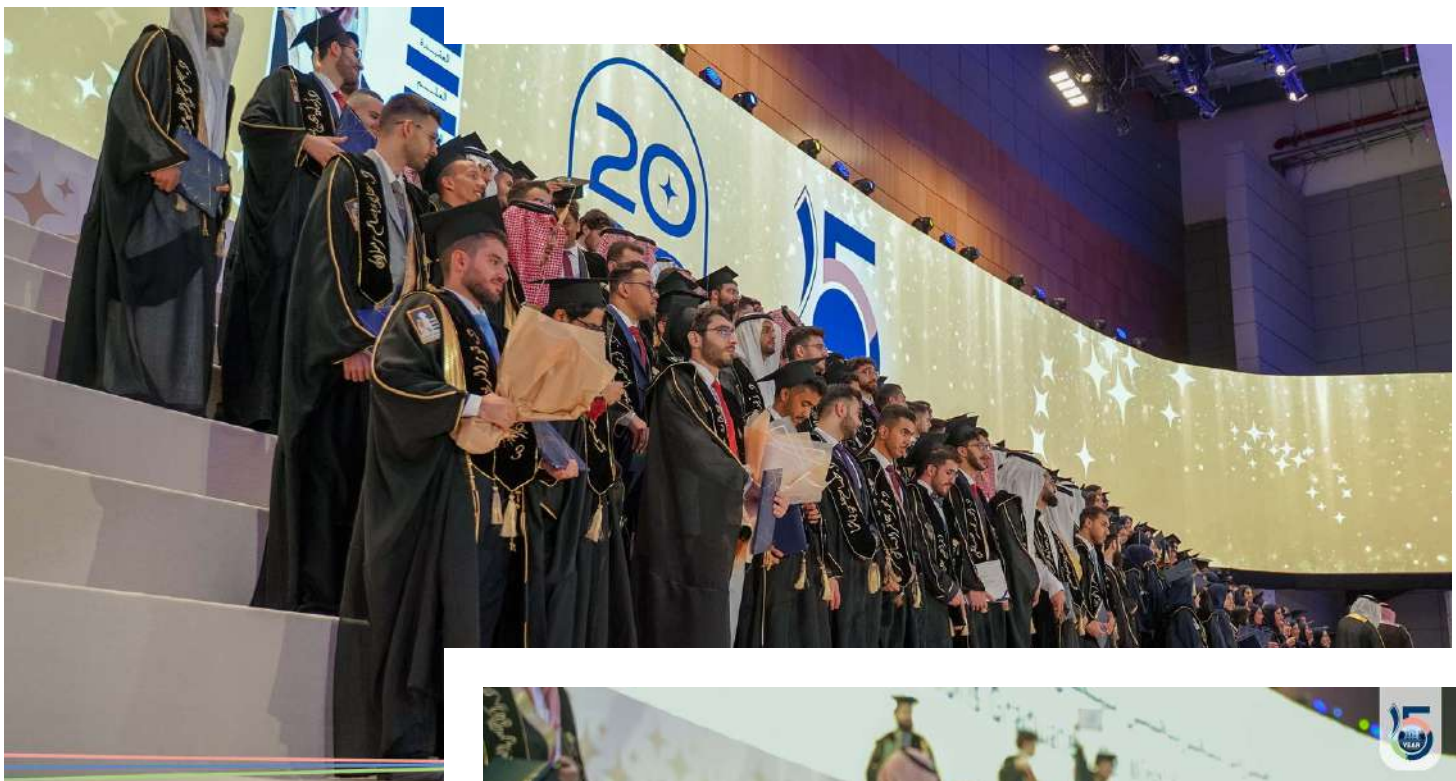


















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Med Times
Family ✨

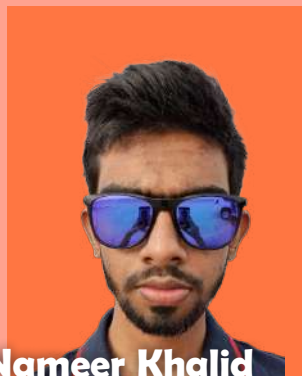
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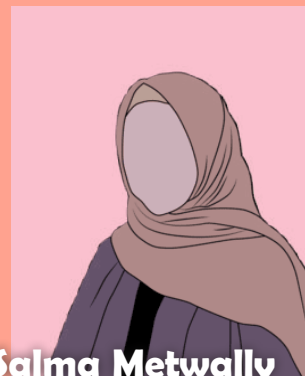
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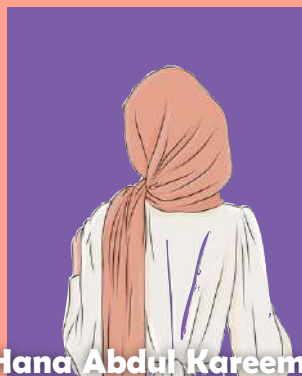
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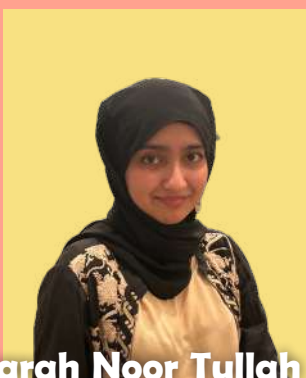
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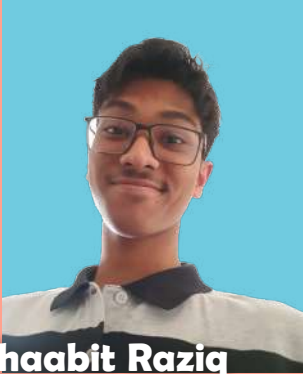


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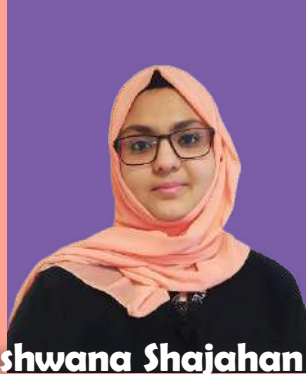


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MEDTIMES TEAMS

Class of 2023



Class of 2023



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