



## UDST launches 12 new programs

BRINGING THE TOTAL OF UNIQUE PROGRAMS TO 8

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## Message from the President

Dear students, faculty, and staff,  
Welcome to the third issue of our UDST POST.

We are nearing the end of our Spring Term and I hope you are well prepared for the milestones ahead. Finals are getting closer and it's important that you follow healthy habits to put you in good stead for this time.

Many of you are also getting ready for the graduation ceremony celebrating the culmination of hard work and dedication. The month of May is also a time to raise awareness about mental health, an issue that is neglected in our modern society and falls last in line. Warning signs of mental illness are often overlooked instead of acknowledging the need to address them to feel and function better.

This month's post covers our Student Success and Counselling's initiative on mental health. The issue

also highlights the launch of new programs that will be available in the Fall Term 2022, and the different topics that students are exploring about their future careers through the Keynote Speaker Series and Webinars.

Furthermore, UDST campus hosted PSG First Team players as part of their Middle East Tour. During the month of May, UDST has also signed an MoU with Qatar Solar Energy to develop collaboration opportunities that enhance education and support renewable energy and sustainability.

Finally, I encourage all UDST community members to make healthy minds a priority and work together to spread the culture of well-being across the campus.

Dr. Salem Al-Naemi  
President,  
University of Doha for Science and Technology



## UDST launches 12 new programs bringing the total of unique programs to 8

University of Doha for Science and Technology has announced the launch of new programs that will be available in Fall Term 2022. The deadline for Fall 2022 applications was May 26th and students were able to register online through the website “[udst.edu.qa](http://udst.edu.qa)”.

The list of new programs included:

- Diploma in Practical Nursing
- Master of Applied Science in Accounting and Finance
- Bachelor of Applied Science in Digital Communications and Media Production
- Bachelor of Science in Electrical Engineering - Applied Electrical Power and Renewable Energy
- Advanced Diploma in Electrical Power and Renewable Energy Engineering Technology
- Diploma in Electrical Power Engineering Technology
- Bachelor of Engineering in Construction Engineering
- Advanced Diploma in Construction Engineering Technology
- Diploma in Construction Engineering Technology
- Bachelor of Science in Electrical Engineering - Applied Automation and System Control Engineering
- Advanced Diploma in Automation and Control Engineering Technology
- Diploma in Automation and Control Engineering Technology

UDST has carefully planned its programs and educational approach to maximize benefit for its students. The University gives them the chance to be involved in a critical and integrative learning experience through simulated environments and workplace trainings to gain a deeper experience in their field of study and graduate with employable skills.

In addition to the new programs, UDST offers 19 Applied Bachelor’s programs, and 3 Applied Master’s programs in addition to 24 Diploma programs. UDST has 8 programs that no other university offers in Qatar, they are as follows:

Bachelor of Applied Business Administration in Banking and Financial Technology; Bachelor of Applied Science in Data Science and Artificial Intelligence; Bachelor of Applied Science in Respiratory Therapy; Bachelor of Applied Science in Medical Radiography; Bachelor of Applied Science in Digital Communications and Media Production; Bachelor of Science in Electrical Engineering - Applied Electrical Power and Renewable Energy; Bachelor of Engineering in Construction Engineering; Bachelor of Science in Electrical Engineering - Applied Automation and System Control Engineering.

All the University programs fall under 3 main streams: Engineering Technology, Business Management, Computing and Information Technology, and Health Sciences. The total number of students recorded for the winter semester was 5,294.





Commenting on the announcement Dr. Salem Al-Naemi, UDST President said: “As a leader in the State for technical and vocational education and training, we strive to prepare our students for a lifetime of professional success. UDST campus is in constant motion and we are always on the search for innovation and cutting-edge technology that will serve the teaching process. We make sure to graduate talents that are capable of adapting to the requirements of an ever-evolving national and global economy. The significant enrollment surge that we have recently witnessed demonstrates the clear understanding that students and their families have of the strengths of the applied education model.”

At UDST, both Qatari citizens and children of Qatari women are exempted from tuition fees for all undergraduate programs. This decision was announced by UDST’s Board of Trustees in 2020 and gave these students a chance to study at the University and benefit from top-notch applied education. Academic entry criteria differ according to programs. Nevertheless, students need to present a high school graduation certificate, with an overall average of minimum 60% or an equivalent; a minimum required score or higher on the University’s English Placement Test and the completion of UDST’s Math Placement Test.



Applicants who do not meet the entrance requirements may be considered for the Foundation Program designed to help them acquire the needed skills to enter their program of choice.

At UDST, students are placed at the center of the learning process. The University aims to give them as many real-life learning experiences as possible, so they can extend what they acquired in the classroom to their workplace and actively contribute to the economy. Curriculums have been designed based on the International and National Academic Qualifications Framework. All programs are delivered using hands-on applied experiential learning methodologies and include 40-70% applied components and practical experience related to one or more occupational field(s) of practice. UDST offers high-quality programs led by qualified instructors in technology-rich classrooms, workshops, laboratories, and simulated environments. UDST is considered a destination in the state for Technical and Vocational Education and Training (TVET), and a source of top-notch talent.



# Keynote Speaker Series and Webinars



Keynote Speakers and Specialists are hosted regularly at UDST allowing experts to share their experience and give students the opportunity to delve into the professional world and explore different topics and aspects of their future careers. In this issue, we shed light on the different speakers that took part in our monthly series and their background.

## Topic: **Beating Great Resignation: The Secret to Managing Talent Effectively in 2022**

The session covered the performance management process: creating a culture that encourages the continuous improvement of business processes and individual's skills, behavior and contributions and outlining options on how to build an effective approach to performance management.



**First Guest Speaker: Ms. Sabine Winner Neuhaus**  
Group HR Manager

A results-driven, well organized and dedicated trilingual Chartered CIPD HR Professional with over 15 years of experience in managing a full spectrum of Human Resource programs, services and functions with a consistent track record of delivering tasks and projects on time.



**Second Guest Speaker: Mr. Pinto Idicula**  
Group Rewards Lead

A Human Resource Professional with over 10 years of full-time work experience with an emphasis on total rewards management and ERP implementation (Oracle HCM Modules). He is currently working in Ali Bin Ali Holding as the Group Rewards Manager, focusing on management of total rewards and HRIS functions within the Human Resources Department. He is a certified Professional in Human Resources – International.

### Topic: Performance-Based Engineering

The session explores the role of modern-day engineers in creating solutions where prescriptive provisions are not necessarily adequate using examples of performance-based engineering methodologies.



**Dr. Konstantinos V. Belivanis**

A structural engineer with significant experience in the nuclear power industry specializing in advanced engineering modeling and analysis of complex systems under extreme loading conditions. He is an experienced user of ABAQUS, ANSYS, and LS-DYNA general-purpose finite element analysis software packages and has contributed to Finite Element model development of structures under unconventional load scenarios (i.e., earthquake, fire, impact, blast). Throughout the past years, Dr. Belivanis has been involved in multiple projects ranging from Seismic Probabilistic Risk Assessment (SPRA) to Tornado Missile Impact Analysis, and Structural Fire Engineering. He has worked on projects in the United States of America, Europe, the Republic of Korea, and the Middle East. Currently, Dr. Belivanis is a member of the ASCE/SEI Fire Protection Committee.

### Cancer Prevention Webinar Series

This webinar series raises awareness about the many ways and actions that can be taken to lower the risk of getting cancer. The below sessions shed light on the growing data that highlights the association between excess body fat and cancer incidence and the different ways to prevent it.



**Topic: Weight and Cancer Prevention**  
**First Guest Speaker: Ms. Aya Hamdan**

A Teaching Assistant in the Human Nutrition Department at the College of Health Sciences at Qatar University. She earned her undergraduate and graduate degrees in Human Nutrition from Saint-Joseph University of Beirut where she completed her thesis as an experimental study on non-alcoholic fatty liver disease. Aya has clinical experience in weight management and medical nutrition therapy of chronic diseases. One of her key roles at Qatar University is to conduct workshops, awareness campaigns and webinars on healthy nutrition, pediatric nutrition, diabetes diet, cancer diet and many other areas of nutrition. Her research interest is focused on the role of nutrition in the prevention and treatment of various acute and chronic diseases.



**Topic: Exercise and Cancer Prevention**  
**Second Guest Speaker: Heiko Letzing**

After becoming a physiotherapist, Heiko started his academic career at Goethe University Frankfurt, Germany from 2003 to 2009, where he got his Master's degree in Sports Science accompanied by Sports Medicine and Psychology. His professional career led him to Australia, Berlin, Kuwait, Munich and to his current destination, Qatar. For the past 8 years and to present, Heiko is working at the Ministry of Public Health as the Physical Activity Policies and Programs Coordinator serving the National Nutrition & Physical Activity Action Plan. He is passionate about motivating people to abandon their inactive lifestyles by convincing them of the benefits of regular physical activity.

# UDST signs an MoU with Qatar Solar Energy

**A collaboration that serves Education and Sustainability**

University of Doha for Science and Technology (UDST) has signed a memorandum of understanding with Qatar Solar Energy to develop collaboration opportunities that enhance education and support renewable energy and sustainability. The agreement was signed by UDST's President, Dr. Salem Al-Naemi and Mr. Salim Abbasi, Chairman of Qatar Solar Energy, in the presence of a number of University officials and a delegation from the company.

The MoU constitutes a strong base that explores research in the energy field specifically renewable energy. Qatar Solar Energy will participate in the University's program advisory committee and will join UDST events and conferences that tackle energy audit and renewable energy. The University will consult with Qatar Solar Energy to equip many of its facilities and labs with the right sustainable machinery and tools. Furthermore, UDST students will be offered an internship program by the company.



# PSG Players at UDST

University of Doha Science and Technology, in partnership with PSG Academy, hosted First Team Players: Keylor Navas, Denis Franchi, Mauro Icardi, Colin Dagba, Edouard Michut, Abdou Diallo and First Team Coach, Mauricio Pochettino as part of their promotional tour in Doha. The visit was a surprise to the PSG Kids Football Academy players and their coaches who had the opportunity to meet and take pictures with the players. Dr. Salem Al-Naemi, UDST President, Dr. Rachid Benlamri, Vice President- Academic Affairs, Dr. Suheim Al-Temimi, CPE Director and Mr. Biju Koshy, Facilities Director were present to greet and welcome the players to the campus and UDST staff and students were invited to attend and watch the event.

This is the second high-profile visit from PSG to the UDST Campus since the beginning of their partnership in 2020. UDST and the Sport and Wellness Department are looking forward to hosting more events like this with PSG, as well as upcoming FIFA promotional events as the World Cup 2022 quickly approaches.





# UDST Wellbeing Ambassadors on the go

Considering recent transitional events such as the COVID-19 pandemic, online learning, and the transition to a University and in celebration of the International Mental Health Awareness month which takes place in May, Student Success and Counselling department (a section of Student Affairs) launched the UDST Student Wellbeing Ambassador program.

Students were given the opportunity to apply for the role of Wellbeing Ambassador to raise awareness, educate, and support their peers in and around the campus in relation to mental health and wellbeing, ensuring the importance of mental health is recognized by all. Over 40 students applied and participated in a rigorous 6-week training program provided by a team of Mental Health Doctors from Sidra Hospital. The training was provided online and consisted of different aspects of mental health awareness to equip the Wellbeing Ambassadors with the right know-how, to provide effective support to their peers.

Research shows students are more likely to listen and respond to their peers, therefore the Wellbeing Ambassadors will facilitate conversations in a safe environment to support the Student Success and Counselling Department in reducing the shame and stigma surrounding mental health. This will encourage students to access professional support when needed.

As part of the launch, the Student Wellbeing Ambassadors provided activities to introduce themselves to the campus community, and demonstrated how they will provide activities that will support their peers' overall wellbeing. The event saw an active participation from students and staff alike.





# GCC Students at UDST



**Name:** Shaimaa Ali  
**Program:** Applied Chemical  
and Processing Engineering  
**Origin:** Kuwait

“After I had moved with my husband to Qatar, I was looking for an educational path that meets my ambition. I wanted a top-notch applied learning experience and UDST was the right place to go!”



**Name:** AlWaleed Basheer Oqailan  
**Program:** Applied Chemical and  
Processing Engineering  
**Origin:** Kingdom of Saudi Arabia

“UDST is one of the most technologically advanced universities in the region. Studying here gives me the chance to familiarize myself with innovative technology and be ready for the workplace.”



**Name:** Shaikha Nasser AlHarthy  
**Program:** Applied Chemical and Processing Engineering  
**Origin:** Oman

“Life on campus is very dynamic and all students are fully supported through many services offered by UDST. We are living an international experience in a local setting.”







## Pharmacy Technology Laboratories

The Community and Hospital Pharmacy Laboratories in the College of Health Sciences at the University of Doha for Science and Technology are unique and designed to enhance the learning experience and skills development of pharmacy technician students. The Community and Hospital Pharmacy laboratories have been designed in line with the Canadian National Association of Pharmacy Regulatory Authorities (NAPRA) guidelines, to facilitate the execution of realistic practical simulation experiences and prepare graduates to practice safely and competently.



The Community Pharmacy laboratory design is in line with local and internationally established and reputable pharmacy chains. The dispensary is equipped with Kroll Pharmacy Software - installed computer stations to support the entry, processing and accuracy checks of patients' information (medical conditions, allergies and non-prescription medications use) and prescriptions (medications, doses, drug interactions, and contraindications) as well as other related quality and accuracy checks. The dispensary is also equipped with dispensing supplies, medications from various therapeutic classes covered in the courses and a fridge for insulin supplies. Over-the-counter medications as well as devices are also available in the front section of the dispensary for demonstration purposes. The laboratory has a blood pressure monitoring machine as well as a waiting area, resembling a real-life community pharmacy.

The Hospital Pharmacy laboratory design includes a full scale intravenous (injection) medication preparation room consisting of three laminar flow hoods for accurate simulation of sterile injectable medication preparation required by hospital patients. There is also a biological safety cabinet that allows for simulated preparation of chemotherapeutic and biological hazardous injectable medications. The Omnicell automated drug dispensing system, which is used by Hamad Medical Corporation, Sidra Medicine and Aspetar hospitals allows graduates to acquire the operational skills prior to graduation. Other equipment enables students to learn how to prepare unit dose packaged medications, compound medications in specialized dosage forms not available from the drug companies for customized patient requirements, and many other tasks required for hospital pharmacy practice.

The Community and Hospital Pharmacy laboratories are unique enabling UDST pharmacy technician diploma and pharmacy technology degree program students to develop advanced knowledge, skills and competence to practice safely and effectively.



# Boost your mental health

MENTAL HEALTH AWARENESS MONTH



Mental health is more important now than ever as it impacts every area of our lives. The importance of good mental health ripples into everything we do, think, or say. Maintaining a positive mental health and treating any mental health conditions are crucial to stabilizing constructive behaviors, emotions, and thoughts. Focusing on mental health care can increase productivity, enhance our self-image, and improve relationships. Here are some tips that will help you look after your mental health.



### 1- Express your Feelings

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.



### 4- Take a break

It could be a five-minute pause from studying, a half-hour lunch break at work, or a weekend exploring somewhere new. A few minutes can be enough to de-stress you. Give yourself some “me time”.



### 2- Regular Activity

Regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better. Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health.



### 5- Self-Acceptance

We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends. Good self-esteem helps you cope when life takes a difficult turn.



### 3- Well Balanced Diet

Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.



### 6- Ask for Help

None of us is superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan. If things are getting too much for you and you feel you can't cope, ask for help. Your family or friends may be able to offer practical help or a listening ear.

#### FOR HELP:

**UDST students** may contact our Student Counselling Department or [CLICK HERE](#)  
Alternatively, you can visit Building 6, Floor 2

**UDST employees** may check the Employee Assistance Program on my UDST or [CLICK HERE](#)

References: TalkSpace, mentalhealth.org.uk.



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