



جامعة فلسطين الأهلية  
Palestine Ahliya University

# PALESTINE AHLIYA UNIVERSITY

## NEWSLETTER

A monthly newsletter published by the  
Public Relations and International Affairs Department

MARCH 2024

RAMADAN  
KAREEM



# Continuation of Israeli violations against Palestine and higher education institutions

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## Figures and Statistics

Approximate figures updated until  
April 1, 2024, and they are continuously increasing

Source: Palestinian Central Bureau of Statistics

# Israeli Violations

The total number of Palestinian martyrs is

**33301**

**Martyrs**

**32845**  
in the  
Gaza Strip

**456**  
in the  
West Bank



**246**

**Academic staff  
martyrs**



**80142**

**Injured  
people**



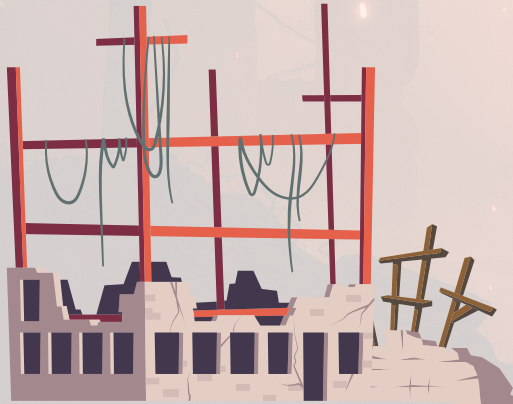
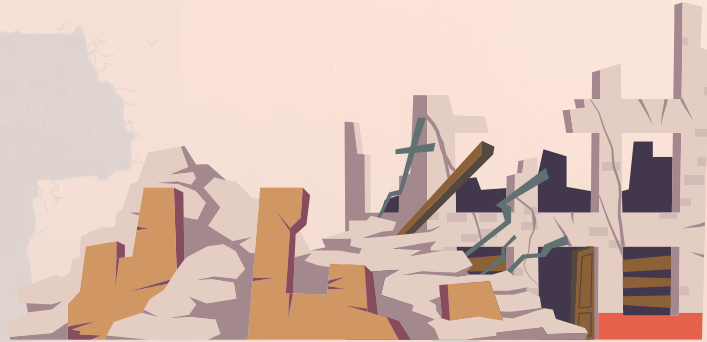
**11920**

**Cases of  
detention**

The number of buildings that were completely or partially damaged is **360,000**

**100**

Fully educational institutions  
(**Completely**)



**334**

Educational institutions  
(**Partially**)

**133**

Schools are being used as shelters

Face-to-face education has been suspended in all higher education institutions since October 7, 2023

Depriving  
**88,000**  
students of  
receiving their  
education in  
**19** higher  
education  
institutions in  
Gaza Strip



Depriving  
**138,800**  
students of  
receiving their  
education in  
**34** higher  
education  
institutions in  
the West Bank

## Ramadan is the Month of Wonders!

Ramadan is the holy month celebrated by Muslims around the world. It requires Muslims to fast from sunrise to sunset for 29-30 days! Many people use this month as an opportunity to adopt a healthier lifestyle and reap all the miraculous benefits of one month of mandatory fasting. On the other hand, some people seem to indulge excessively in fried samosas and the sweetness of Ramadan drinks like tamer hindi.

However, this Ramadan is markedly different in the Middle East due to the present and ongoing savage attack on the Gaza Strip since October 7th, as well as the grave situation in the West Bank, which has reduced the normal festivities to spiritual and simple culinary practices.

Despite all the hardships and suffering, Ramadan remains a unique month with specific dietary requirements. Here, we'll discuss some of the key benefits of a well-balanced fasting (in healthy individuals) based on previous research, followed by some simple tips for healthier fasting. Please keep in mind that the scientific information in this article is based on data from healthy individuals and may not apply to those suffering from chronic illnesses.

Since intermittent fasting is the new focus in the world of nutrition, fasting has been extensively studied, and in all its forms and variations, it provides significant metabolic benefits whether it's every other day, 12 hours, 6/18 hours, and so on. These metabolic effects are unrelated to weight status, as findings regarding weight changes caused by fasting are inconsistent.



**Dr. Haneen Dweib**  
Chair of Clinical Nutrition and Dietetics

**Firstly**, even when there is no weight loss, fasting has been shown to enhance body composition in obese and overweight individuals.

**Secondly**, fasting corrects insulin resistance, which is considered the first stage of type 2 diabetes mellitus, by improving glucose tolerance and insulin sensitivity

**Thirdly**, it improves lipid profile by lowering LDL (bad cholesterol) and triglycerides while raising HDL (good cholesterol).

Fourthly, several studies have shown that fasting improves some early cardiac measures, such as blood pressure.

Finally, a new body of research has demonstrated that fasting corrects dysbiosis (an imbalance of gut flora), which may be one of the ways by which fasting improves metabolism.

These are some of the health benefits of fasting; nevertheless, adopting healthier dietary habits during Ramadan may enhance and exaggerate these benefits; the following are the primary guidelines for a healthier one:

1. Stay hydrated! To maintain your body's balance throughout the dry fast of Ramadan, drink plenty of water. Remember to get your recommended daily intake of water.
2. Consume fruits and vegetables to enhance bowel movement and satiety, as some individuals may experience constipation due to insufficient fiber or water intake.
3. Reduce your intake of fried foods and opt for baking or grilling instead. Fried foods throughout Ramadan can add a bunch of undesirable fats to your diet and may disrupt your digestion as well.
4. To avoid digestion issues after fasting, eat smaller meals during non-fasting hours, instead of one or two big meals.

**5. Replace sugary drinks with 100% fruit juice and increase water intake.**

**6. Suhour is a balanced supper that includes moderate amounts of protein (labaneh, boiled eggs, etc.), complex carbohydrates (whole wheat bread), and vegetables. Avoid simple sugars and oily foods during this meal because they will simply make you sleepy and tired the next day.**

**Wish you all a healthy and spiritual Ramadan.**



## Top News

### Palestine Ahliya University welcomes students from the Gaza Strip to continue their higher education through distance learning

نضمد جراحنا... وبالعلم نقاوم



إعلان لإستقبال طلبة قطاع غزة  
لاستكمال تعليمهم الجامعي إلكترونياً  
كطلبة زائرين

الفصل الثاني للعام الأكاديمي 2023 - 2024

In a move reflecting its national responsibility and solidarity with students from the Gaza Strip, Palestine Ahliya University in Bethlehem announced the commencement of the educational process for Gaza students to continue their university education electronically as visiting students.

The university is keen on providing all forms of support and assistance to students from the Gaza Strip, emphasizing that they will not be burdened with any financial costs during their period of study as visiting students. Additionally, the university will provide them with necessary facilities to ensure a successful educational experience.

This national initiative comes within the efforts of the Palestinian Ministry of Higher Education and Scientific Research to resume the educational process in higher education institutions in the Gaza Strip. Its aim is to support students and assist them in continuing their higher education and achieving their academic goals.

## Palestinian Ahliya University participates in the General Conference of the Arab Universities Union in its sixty-sixth session, signing agreements and memoranda of cooperation with a group of universities from Arab countries



The President of the Palestinian Ahliya University, Dr. Imad Al-Zeer, and Mr. Jiries Abu Ghanam, President Assistant for International and Public Relations Affairs, are participating in the proceedings of the General Conference of the Arab Universities Union in its sixty-sixth session, held in Baghdad. This is in the presence of His Excellency the Minister of Higher Education and Scientific Research of Iraq, Dr. Naem Al-Abboudi, and the Secretary-General of the Arab Universities Union Prof. Amr Ezzat Salama, along with presidents and representatives of Arab universities.

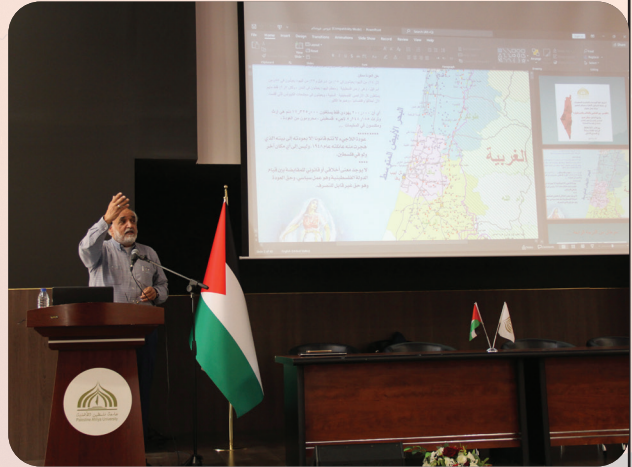
Dr. Imad Al-Zeer chaired the session of the Union's Financial Committee during the conference. The committee recommended exempting Palestinian universities from all previous subscription fees until the end of 2024 and endorsing the launch of the Arab Council for Academic Exchange headquartered at Palestine Ahliya University in Palestine, under the presidency of Dr. Imad Al-Zeer.

## Events and Activities

### Palestine Ahliya University hosts a number of experts in their fields in Introduction to Global Culture course:

- Mr. Khalil Tafakji, an expert in settlements, delivers a lecture on settlement in Jerusalem and the West Bank
- Dr. Bilal Al-Shobaki, Head of the Political Science Department at Hebron University, delivers an introductory lecture on the future of the war on the Gaza Strip.
- Mrs. Natalie Atweel, President of Wasata youth action, and the director of the cultural forum “Cup and Book”, delivered a lecture on the cultural reality in Palestine.
- Mr. Raed Amr, responsible for international relations at the Palestinian Prisoners Club, delivered a lecture on Palestinian detainees in Israeli occupation prisons.
- Agricultural expert Engineer Hussein Subeh, head of the Department of Arboriculture at the Directorate of Agriculture in Bethlehem Governorate, presented a lecture on food security in Palestine.
- The lawyer Shawqi al-Ayasa, delivers a lecture on “The Legal Status of the State of Palestine in the International Community.”
- Sylvia Abu Laban delivers a lecture on youth economic empowerment.

The Faculty of Engineering and Information Technology at Palestine Ahliya University organizes a workshop titled **“Jerusalem: Between Past, Present, and Future,”** presented by Dr. Jamal Amr, a specialist and expert in Jerusalem affairs who holds a Ph.D. in architectural engineering



The Faculty of Administrative and Financial Sciences at Palestine Ahliya University organizes a meeting titled **“Insurance in the Context of Palestinian Realities,”** presented by Mr. Adel Abu Dayyah, the manager of Tamkeen Company in Bethlehem, and Mr. Mohammed Al-Bajjali, the manager of Aqari Bank in Bethlehem. The meeting includes discussions on the current status of insurance in Palestine amidst the risks faced by the Palestinian economy, such as the damages resulting from the war on the Gaza Strip, and the accountability of insurance companies.



As part of the scientific activities program, the Department of Medical Imaging at the Faculty of Allied Medical Sciences hosts Mrs. Sewar Ishaibat to deliver a scientific lecture titled **“The Journey of Breast Imaging.”** The lecture showcases the latest advancements in artificial intelligence technologies associated with medical imaging devices for disease diagnosis.



**The Faculty of Law conducts an educational field visit to the Bethlehem Governorate Police Department as part of the Legal Clinic course under the supervision of Mrs. Rasha Subeh. The students were received and briefed on the departments and divisions of the police directorate, their respective mandates, and the important legal procedures they follow.**



The Deanship of Student Affairs and the Youth Friendly Health Center at Palestine Ahliya University, in partnership with the Palestinian Ministry of Health, carry out **“A blood donation campaign.”** The event was attended by the university’s Activities Department Coordinator, Mr. Baha’a Arman, representatives from the Palestinian Ministry of Health, and a number of university students.





Caritas Children's Hospital holds a meeting on **"Quality and infection control"** in preparation for practical training for nursing students at Palestine Ahliya University within the hospital.



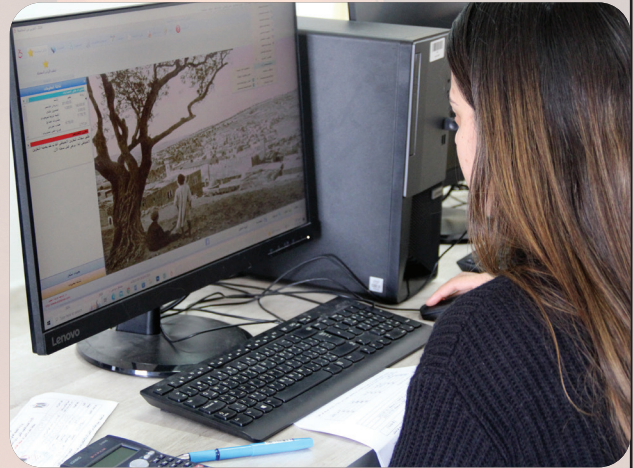
The Faculty of Law at Palestine Ahliya University holds a scientific seminar titled: **"Administrative Litigation Procedures before the Palestinian Administrative Court."** It was presented by Dr. Hassan Saleem, the Secretary-General of the Palestinian Administrative Court, and Dr. Iyad Al-Sharbati, the Compliance Director at the Anti-Corruption Commission. The seminar was moderated by Dr. Ihab Khalayleh and was attended by a number of students and faculty members via Zoom platform.

The Deanship of Student Affairs and the Faculty of Law, in collaboration with the Women's Psychological and Social Counseling Center at the university, organize an awareness seminar on **"Economic Rights of Marginalized Groups."** The seminar was presented by lawyer Areej Shaheen, and the session was moderated by the Activities Department Coordinator, Mr. Baha Arman, in the presence of Mrs. Rasha Subeh and a number of students.

The Deanship of Student Affairs at Palestine Ahliya University organizes an awareness seminar titled **"Sports and its Relationship with Mental Health,"** presented by the Head of the Sports Activities Department, Mr. Yaqoub Alayrasah, and the Head of the Counseling and Mental Health Department, Mrs. Ameera Danoun.



**Palestine Ahliya University hosts the comprehensive theoretical and practical exams in its winter session for the year 2024.**

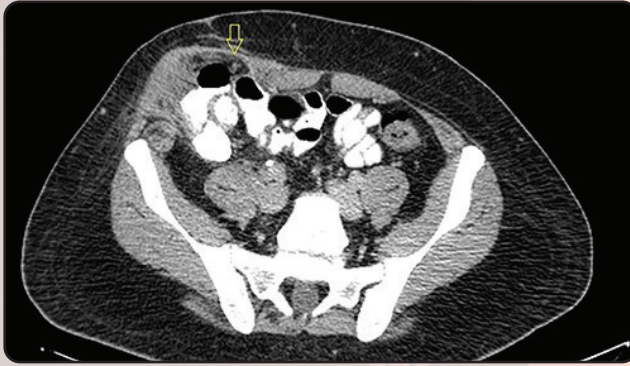


**The students of the Community Service course carry out a variety of student initiatives:**

- **“You Are Not Alone” initiative for children with autism at Zahoor Al-Amal School. The activity included various recreational games, simple sports activities, as well as distributing sweets and toys, aiming to contribute to their integration with other segments of society as a whole.**
- **“Initiative of Giving Back” at Beit Jala Governmental Hospital involved providing blankets and thermometers and medical devices.**
- **An initiative at the Pediatric Department in Beit Jala Governmental Hospital targeted new mothers. It included check-ups for infants and guidance for mothers on how to care for their newborns, in addition to distributing simple gifts by the students.**
- **An initiative at the Antonian Charitable Society in Bethlehem targeted the elderly and included various activities.**
- **An initiative at the House of Saint Martha Association for the Care of Elderly Women included an awareness session on chronic diseases, medical check-ups for diabetes and blood pressure, recreational activities, and a communal breakfast.**
- **Students of the Community Service course undertake a student initiative involving the maintenance and repair of potholes on Hebron-Jerusalem Street near the Dheisheh refugee camp to facilitate traffic flow and alleviate the burden on drivers.**



## Scientific Research Corner



Dr. Nafez Sarhan is participating in publishing a new study titled  
**“A rare case of appendiceal intussusception within an inguinal  
hernia: An unusual complaint with an uncommon cause.”**



Dr. Haneen Thweib is participating in publishing a new study titled  
**“Is the future of  $\beta$ 3-Adrenoceptor a suitable target for treating obesity  
and/or type 2 diabetes?”**



Dr. Mahmoud Salahat is participating in publishing a new study  
titled **“The Impact of Total Quality Management Practices on the  
Transformation into Entrepreneurial Universities in Palestine: The  
Moderating Role of Innovation.”**



Dr. Mu'taz Abu Sara is participating in publishing a new study titled  
**“Enhancing Efficiency and Security in LSB2 Steganography  
Technique: Continuous Embedding and Key Integration.”**

Palestine Ahliya University is pleased to open its doors for productive research partnerships with academic institutions and distinguished researchers in various fields. You can contact us via email at: [research.clinic@paluniv.edu.ps](mailto:research.clinic@paluniv.edu.ps)



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