



جامعة فلسطين الأهلية
Palestine Ahliya University

PALESTINE AHLIYA UNIVERSITY

NEWSLETTER

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

APRIL 2024

**FROM THE
RAYS OF
KNOWLEDGE
WE CARVE
HOPE**



Continuation of Israeli violations against Palestine and higher education institutions

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Figures and Statistics

Approximate figures updated until
April 25, 2024, and they are continuously increasing
Source: Palestinian Central Bureau of Statistics

Israeli Violations

The total number of Palestinian martyrs is

34794
Martyrs

34305
in the
Gaza Strip

489
in the
West Bank



246
Academic staff
martyrs



82093
Injured
people

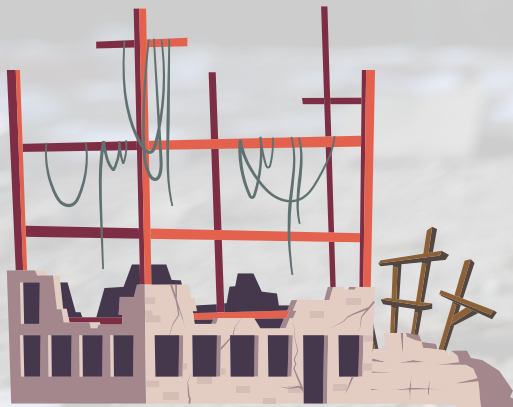
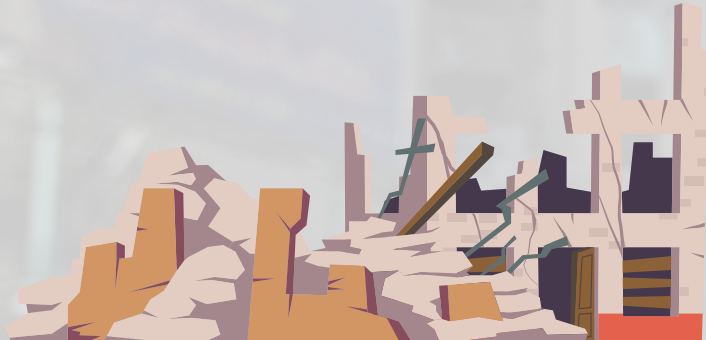


13445
Cases of
detention

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

103

Fully educational institutions
(**Completely**)



334

Educational institutions
(**Partially**)

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

From the Rays of Knowledge We Carve Hope

Gaza students are enrolled at
Palestine Ahliya University as
visiting students



The number of students who registered is **3100**



The number of enrolled students is **1069**



The number of courses offered is **300**



The number of higher education institutions in the sector from which the students enrolled is **14**

The Mental Health of University Students in Times of Crises

The Mental Health of University Students in Times of Crises

In light of the multitude of stressful lifestyles experienced by students and the difficulty of mental and social adaptation in the presence of pressures and the problems they entail it is necessary to care for university students. Mental stress is a psychological condition or phenomenon that no individual or society is immune to, to varying degrees. Therefore university students are one of the societal groups that may be exposed to many mental pressures. This stage is considered important in the life of a university student because of its significant role in the pro-



Mrs. Ameera Jubran
Social and psychological specialist

gress, development, and advancement of society. They are the important and active elements in building the university and laying the foundations for its development to serve the community and the hope of the future, as they will bear the responsibility of society.

The stressful events pose a significant risk to an individual's health, balance, and mental well-being due to the negative effects they entail, such as difficulty in adaptation, decreased performance levels, difficulty in carrying out daily tasks, and decreased motivation. Stressful life situations crises, and painful experiences may lead to the development of mental disorders for individuals in general.

Mental health can make an individual more capable of resilience and perseverance in the face of hardships and crises, enabling them to confront and attempt to overcome them. It also fosters vitality, enthusiasm for life, perseverance, and productivity. Moreover, it assists individuals in understanding themselves and others around them, as well as recognizing the motives behind their

behavior. When faced with a stressful situation, individuals attempt to comprehend and control it through various responses that can influence the severity of the stressor and alleviate its intensity. In the current situation, mental health and social well-being become critically important in the face of the daunting challenges people encounter. Strengthening resilience and avoiding succumbing to defeat have become fundamental pillars for rebuilding societies despite the traumatic impact on individuals. We live in a society characterized by political instability due to occupation and its daily practices of demolition, killing, and arrest. It is natural for these events to have a profound impact on us, as extremely painful events can be shocking and sometimes exceed the human mind's ability to comprehend their dimensions. Additionally the uncertainty of the future and its implications, along with the danger of the war spreading to other regions, further exacerbate the situation.

Similarly, mental trauma or the trauma of war leaves its marks on individuals' psychological mental, and behavioral lives. Individuals may experience feelings of survivor guilt, relating to their being alive, having a life, a family, health, and a source of income compared to the victims who have lost their lives, families, homes, jobs, health, and so on, and feeling guilty for what they cannot offer. These are natural human feelings, like fear, sadness, and pain, which distinguish humans as being human.

It is worth mentioning that some of the stress-inducing factors for students include: occupation checkpoints, exams, death, detention, loss, academic delays, financial difficulties, exam results illness, e-learning, job loss, marriage, graduation, travel, new job, social media, and romantic relationships.

What happens when we are exposed to pressure?

The body perceives pressure as a threat and responds to it accordingly. The nervous system is stimulated to deal with the threat, shifting cognitive processes, muscles, emotions, and sensations into a state of readiness for confronting the danger. It is preferable for the response to transition from a primitive status to a more evolved one, which is reflected in the following indicators:

Firstly: Physiological bodily indicators:

Physiological symptoms are tangible and clear signs on a person that can be observed or measured. These symptoms vary from person to person and may not appear continuously in individuals experiencing pressure. Among the most important of these symptoms are: high blood pressure muscle tension or spasms, rapid heartbeat and breathing, sweating and coldness in the extremities, fatigue and exhaustion, and headaches.

Secondly: Emotional and behavioral indicators:

Anxiety and tension / Depression / Frustration / Changes in eating and sleeping habits / Stress / Loss of positive self-esteem / Agitation and crying / Loss of motivation and enjoyment / Decreased productivity at work or in performing roles.

Self-care

Practicing self-care is of utmost importance as it helps with:

- **Resilience:** It helps individuals withstand emotional and social pressures.
- **Social interaction:** Through belonging to a group, offering assistance, or volunteering, it greatly contributes to boosting morale and expressing feelings.
- **Prevention of burnout:** It reduces the risks of professional, academic, and severe exhaustion.
- **Increasing awareness through constantly asking yourself:** What am I feeling? Why do I feel what I feel? Who is this feeling for?
- **Value system:** Religious faith and spirituality, seeking meanings for self-experience and formulating them within the system of values and faith.
- **Imagination:** Playfulness, art, music, stimulating the creative side, engaging in recreational activities and hobbies.

I wish you all good mental health!

International and Local Cooperation

The Arab Universities Union approves the launch of the Arab Council for Academic Exchange under the presidency of Dr. Imad Al-Zeer



The General Secretariat of the Arab Universities Union, in its fifty-sixth general conference held in Baghdad, approved the establishment of the Arab Council for Academic Exchange headquartered in the State of Palestine, under the presidency of Dr. Imad Al-Zeer, President of Palestine Ahliya University.

The council offers a unique opportunity for academic enrichment by enabling, facilitating, and coordinating regional mobility and exchange of academics, researchers, and students in Arab universities. This contributes to the development of teaching and research capabilities and enhances cooperation prospects among them through teaching for a period ranging from four months to an academic year in one of the hosting Arab universities, participating in this program.

Events and Activities

- The Deanship of Student Affairs and the Faculty of Law at Palestine Ahliya University, in collaboration with the Palestinian Bar Association, are conducting an awareness seminar on 'The Role of Legal Bodies in Mobilizing International Advocacy for the Palestinian Cause and the Gaza Strip. The seminar was presented by the President of the Palestinian Lawyers Syndicate, Lawyer Fadi Abbas.
- Military and strategic expert Brigadier Wasif Erekat delivers a lecture to students in the Introduction to Global Culture course on 'Scenarios Post-Iranian Response via the Zoom platform.
- The Deanship of Student Affairs and the Faculty of Law at Palestine Ahliya University are conducting an awareness seminar on 'UN Security Council Resolutions and the International Court of Justice Regarding Gaza: Meaning and Implications presented by former Minister of Justice Dr. Mohammad Shalaldeh.
- The Deanship of Student Affairs and the Faculty of Applied Sciences at Palestine Ahliya University, in collaboration with the Palestinian Police, are organizing a workshop titled 'Cybersecurity and Information Technology,' presented by the brigadier Samer Al-Hindi.

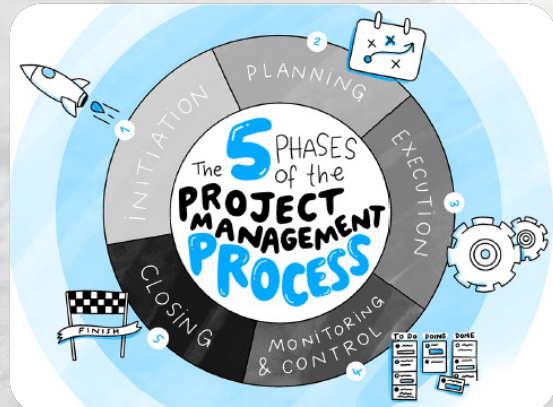


Student Initiatives and Activities

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

- Initiative represented by a Ramadan competition via the Zoom platform, featuring cultural questions and various prizes for the winners.
- The Alumni and Training Unit, in collaboration with Palestine INJAZ Foundation organized a training workshop titled 'Google Skills,' presented by trainer Ibrahim Barnat via the Zoom platform for university students.
- Community initiative targeting the disabled at 'Basma Center for People with Special Needs,' affiliated with the Arab Women's Union Association - Beit Sahour.
- Screening and Education' initiative at a senior care facility in Ar'ara in the Negev targeting the elderly. The initiative included conducting diabetes and blood pressure screenings, as well as providing information and educational brochures in this field.

- The Alumni and Training Unit at Palestine Ahliya University, in collaboration with Palestine INJAZ Foundation, conducted a training workshop titled 'Project Management,' presented by Adeb Thawabteh Director of the EDRAK 99 Institute for Vocational Training. The workshop targeted students of the Field Training course.



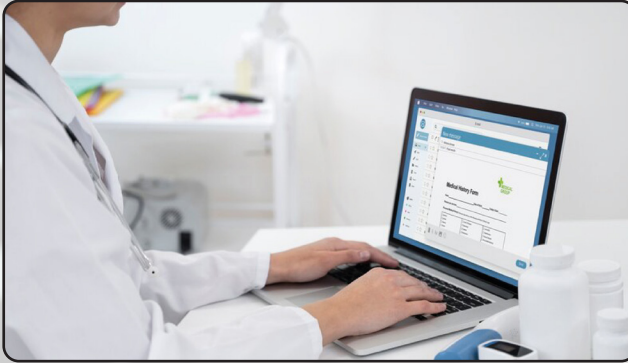
Students from the College of Professions and Applied Sciences, Graphic Design and Visual Effects program, implemented a Ramadan initiative at the Children's Department in Beit Jala (Al-Hussein) Governmental Hospital.



Students of the Community Service course implemented a student initiative at 'Beit Al-Salam' in Bethlehem, targeting children. The initiative consisted of recreational activities and events for children on the occasion of Easter



Scientific Research Corner



Dr. Ahmed Al-Batran participates in publishing a new research paper titled **“Developing of Electronic Medical Records Project for Al-Razi Hospital in Palestine.”**



Dr. Jamil Itmazi participates in publishing a chapter in a book entitled **“A Comparative Study on Diversity in Virtual Learning: Eastern and Western Perspectives.”**



Dr. Ahmed Al-Batran participates in publishing a research paper titled **“Factors Influencing Clinical Decision Making by Nurses in the Emergency Department.”**



Dr. Mahmoud Shakarneh participates in a research paper titled **“Utilization of Stone Industry Waste in Cement Production.”**

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



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