

BATTERJEE MEDICAL COLLEGE
A PUBLICATION OF THE BMC ALUMNI MAGAZINE

ALUMNI

BMC GRADUATION CEREMONY 2022

List of Honor in each
program

ALUMNI SUCCESS STORY

Ibrahim Yahya Alhakami
graduated from the
Nursing program

WOMEN EMPOWERMENT

Under the vision of 2030

NANOPARTICLES

In Traumatic Spinal
Cord Injury: Therapy &
Diagnosis

CONTENT

- 01 Welcoming Word
- 02 Alumni Success Story
- 03 Alumni Engagement
- 04 BMC Career Day
- 05 BMC Graduation Ceremony 2022-2021
- 06 Al-Forsan Alumni in the Spotlight
- 07 Closer Look at Dr. Nouf Al-Sharif, Assistant Professor at BMC
- 08 Women Empowerment
- 09 Digitalization
- 10 BMC Research Community
- 11 Featured News
- 12 BMC Social Responsibility Breast Cancer Awareness Campaign
- 13 World Mental Health - Red Sea Mall
- 14 Oral Hygiene Awareness Visit to Orphans House
- 15 BMC Writing Day (English Club)
- 16 Become a Member of The Alumni Association

Editor in Chief
Dr. Ikhlas Sindi

Editors
Dr. Nouf Alshreif
Dr. Zahrah Asiri
Mr. Faisal Ghazi



Welcoming Word

Dear BMC Alumni

Welcome to the Winter edition of the BMC Alumni Magazine – Issue 16. As the previous editions, we hope this edition provides both insight and inspiration and shines the spotlight on what our alumni, faculty, staff, community partners, and students are doing to make a positive impact. We hope the resources shared are also helpful during these challenging times.

During this continuous unusual time, our efforts are focused on maintaining the education of the next generation of medical professionals at its highest quality and keeping scientific discovery progressing. This poses an additional challenge as we adapt to an environment necessitating that we communicate more via technology rather than within close proximity to each other. To that end, it continues to be important to acknowledge the good work coming out of our College, our alumni, and our students — there is much to be proud of.

Our vibrant program of events in BMC and increasingly international, is a great way to stay in touch with your college and with fellow graduates and friends.

Thank you for your continued support. We invite you to be part of what comes next and look forward to connecting with you.



MESSAGE

FROM BMC ALUMNI

When we decided to join Batterjee Medical College, we all had the same childhood dream, which was merely to become doctors, pharmacists, or nurses and eventually to be addressed by these titles!

We still remember our first day at BMC when the professors asked us why we wanted to be doctors, nurses, or pharmacists. On that day, when we returned home, we kept asking ourselves the same question, seeking a real answer.

Our professors taught us that medical courses are not strings of sounds and letters joined together but rather documents about human nature. These courses are sources of knowledge to support us assist people who need help and that

what will make us proud!

This was the beginning, a beginning of a dream turning into vision, and vision turning into reality. When you turn over the pages of this magazine, don't think of it as drops of ink on white pages. Think of it as the product of years of study. It represents our dreams, visions, and goals.

As you are reading this magazine, you would be reading us!

BMC Alumni



ALUMNI SUCCESS STORY

Ibrahim Yahya Alhakami

Graduated from the Nursing program 2013/2014

He received his masters' degree from King Saud University. Now he is studying to pursue his PhD. He is working as Nursing and Infection Control Manager.

What inspired and motivated you to be a nurse?

I love the nursing profession because it helps people and that, as nurses, we earn peoples love. In addition, I have been supported and encouraged by friends who have previously studied the profession. When the Kingdom suffered from a shortage in nursing staff, this gives me an incentive to have a chance in the job market, complete higher studies, as well as participating in decision - making and nursing research.

As someone who specialized in the medical field, how can you manage between your career in the medical field and your habit?

I am naturally an organized person and give the right time to work according to a daily schedule and arrange my life based on my work condition.

What are your future plans?

I plan to complete my doctoral study, which I am continuing now. After graduation, I will try to work part-time in the academic field and participate in the health filed, as well as publishing many nursing studies.



ALUMNI ENGAGEMENT

Alumni Professional Development Workshops

As usual, BMC is serious about helping its graduates to shift smoothly from the stage of education to that of employment. And like any excellent and unique great relationship, BMC wouldn't ask its alumni for their time, talent, and treasure without giving something in return. It does not only focus on internship opportunities, but also work hard to provide them with the needed training and workshops to strengthen their knowledge and inter-personal skills, as well as to be ready for the job market.

BMC Career Development Unit has organized a number of webinars conducted by highly qualified speakers from the College and other professional organizations. The workshops were presented online through BMC Blackboard.

On September 7th 2021, a live webinar was conducted by Ms. Amjad Al-sufari, Nursing Instructor at BMC. The one-hour duration webinar is entitled: "Infection Control Practices in the Medical

Fields." As the graduates will work in hospitals and workplaces that require Infection control, the webinar aimed to provide students with the basic principles and practices of infection prevention and control. A number of 33 alumni have attended and exchanged their questions and concerns with Ms. Alsufari.

Also, Mr. Hamza Subaihi, A Professional Trainer at HRDF, has introduced a webinar for a number of graduates (attendees) entitled: "Work Ethics in the Medical Fields." The webinar was conducted on October 5th 2021. The webinar aimed to advise medical graduates on how they interact within their community as medical practitioners. Mr. Subaihi provided them with examples from hospitals. Workshop was full of interactions between graduates and the presenter.

On October 12th 2021, Dr. Basem Abuzenada, Head of Dentistry Program at BMC, has conducted a one-hour duration live webinar entitled "Challenges Dentistry Gradu-

ates Face after Graduation & Dr. Abuzenada's Success Story." The webinar aimed to help participants to be aware of the challenges after graduation and how to deal with them. A number of 52 alumni attended the workshop. Dr. Basem explained to the students, using real examples from his previous experiences, how graduation is a turning point between college and work after which they may face many challenges, but there is no place for impossible!

In addition, Ms. Manar Al-Garni, Psychological Counselor of BMC, has conducted a very interesting webinar on November 2nd 2021, entitled: "The Impact of Career Burnout on Employee's Mental Health." The webinar lasted for an hour and graduates enjoyed listening to the presenter who addressed their questions.

BMC CAREER DAY

BMC designs and implements a challenging learning experience in which learners are scaffolded to explore, experiment, and research. Its medical education is designed in alignment with the Kingdom's Vision 2030.

BMC works hard to provide BMC graduates with all means and resources and assist them draw their career path. BMC values the global social contribution and interaction of over 2,700 BMC alumni in the medical and science fields. Alumni and employability Unit aims to guide BMC students and graduates on their career planning and employment preparation. It creates and maintains a link with BMC college graduates and engages them in various workshops and seminars conducted by senior professionals in their respected fields.

On February 8th 2022, BMC

is hosted its Career Fair to create employment opportunities and expand students' knowledge of possible career path in their specialty. The Career Fair aims at exposing students to real experiences to research, find information about vacancies, and interview for possible employment.

More than 23 Medical organizations participated in the event; such as Saudi German Hospital, My Clinic, IMC, Bupa Arabia, Dr. Sameer Abbas Hospital, Al Abeer Medical Group, Tamer Group, Fizik Centre, Abuznada Hospital, and est.

Also number of recruiting firm participated and provided their input to the event, such as TAQAT Peopleplus, Bayat.com, and Sahab Al-Wataan Centre. The French Consulate also par-

ticipated in the event providing Language offers for those who are willing to continue their education. Organizations have provided job offers, career advices and interviews. The fair was open to medical graduates from all universities in the kingdom. The Career fair was a success where more than 500 graduates from different universities and medical college attended with their CVs.



IT'S YOUR GRADUATION !

BMC Graduation Ceremony 2021-2022

In the attendance of the Board of Trustee, CAEO of BMC Colleges, Dean of BMC, Vice deans and Head of programs, BMC has celebrated the success of 300 graduates from all program on March 25th & 26th 2022. Batterjee Medical College has witnessed two pretty exceptional nights of celebration.

Feeling of happiness, pride, and gratitude were drawn on the graduates' families and loved members.



List of 1st Honor in each program

Medicine Program



Sahar Issa Mahmoud Albraim
Medicine Program



Maryam Kamila Kwairanga
Medicine Program



Rahaf Mouner Haj Hasan
Medicine Program



Mohammed Abdul Raheem Azmi
Medicine Program



Hiba Hisham Alshikh Ali
Medicine Program



Ayesha Mirza Ayub
Medicine Program

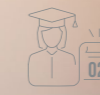


Fatima Abdulaziz Abdullahi
Medicine Program

Dentistry Program



Amani Abdulwahab Abdulrahman
Dentistry Program

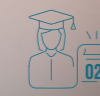


Tahani S. (A.Z.) Fahmi
Dentistry Program

Physical Therapy Program

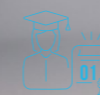


Amjad Abdulrahman O Fallatah
Physical Therapy Program

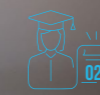


Arwa Farouq Alkhawli
Physical Therapy Program

Nursing Program

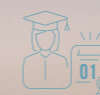


Rawan Bader A Alhazmi
Nursing Program



Reenad Abdullah A Barnawi
Nursing Program

Radiology Program

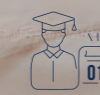


Noha Sami Shaikh
Radiology Program

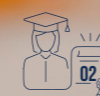
Respiratory Therapy Program



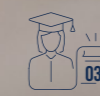
Israa Tawfiq A Fardus
Respiratory Therapy Program



Sultan Yaslam Bamakhramah
Respiratory Therapy Program



Rawan Jahad Mahmoud Eljojo
Respiratory Therapy Program



Duha Adnan A Ashri
Respiratory Therapy Program



List of 2st Honor in each program

Medicine Program

- Mentulla Wael Omar**
Medicine Program
- Sarah Sami Darwish Lubbad**
Medicine Program
- Manal Khaled Nchoukati**
Medicine Program
- Rahma Babba Munir**
Medicine Program
- Salma Abdul Khahar**
Medicine Program
- Tasneim Mohammad Elsayed**
Medicine Program
- Nasmah Amr H Jifri**
Medicine Program
- Shayma Saleh Ali Al Rubaki**
Medicine Program
- Rana Abdulkareem Alqahtani**
Medicine Program

- Nour Ahmed I Naaman**
Medicine Program
- Rana Hummam A Attar**
Medicine Program
- Lena Mohammednoor B Hariri**
Medicine Program
- Dina Mohamad Khair Abzakh**
Medicine Program
- Sarah Fahad A Alshammari**
Medicine Program
- Najlaa Sayed Hadad**
Medicine Program
- Layan Abduljalil M Boogis**
Medicine Program
- Amina Abdulqadir Abubakar**
Medicine Program
- Sultan Oraiban A Gohal**
Medicine Program

Respiratory Therapy Program

- Renad Mutasim Y Halbi**
Respiratory Therapy Program
- Halima Shamsuddin S Ahmed**
Respiratory Therapy Program
- Manal Mohammad Alghamdi**
Respiratory Therapy Program
- Weam Abdulfatah A Rahali**
Respiratory Therapy Program
- Hanin Abdelhamed Elsadat**
Respiratory Therapy Program

- Ghroub Yazid Kashash**
Respiratory Therapy Program
- Khadeja Rab Rakhio Yar Muhammad**
Respiratory Therapy Program
- Rana Abbas E Fallatah**
Respiratory Therapy Program
- Rahaf Abdullah H Alshehri**
Respiratory Therapy Program
- Fares Mustafa Mohammed Haidar**
Physical Therapy Program

Dentistry Program

- Alia Mudathir**
Dentistry Program
- Ruqayya Isa Aliyu**
Dentistry Program
- Jameela Abuthur Brir Alshik Ali**
Dentistry Program
- Wafaa Mohammed A Babatin**
Dentistry Program
- Raghad Zaki A Hasanian**
Dentistry Program
- Halah Abdullatif Teskieh**
Dentistry Program
- Lina Issam Arabi**
Dentistry Program
- Bashayr Abdulrahman A Bahamdin**
Dentistry Program

- Assil Mohammed Sendiyouni**
Dentistry Program
- Duna Jihad Z Basrawi**
Dentistry Program
- Hadil Ibrahim Abdullah Wajih**
Dentistry Program
- Renad Ahmed M Barayan**
Dentistry Program
- Safaa Nasser O Alkathiry**
Dentistry Program
- Yasmeen Mohammed Sabbah**
Dentistry Program
- Dana Sami A Alofi**
Dentistry Program
- ABDULRHMAN M ALDAWSARI**
Dentistry Program

Nursing Program

- Sumayyah Abdullah A Alharbi**
Nursing Program
- Bashaeir Mebrik B. Almutairi**
Nursing Program
- Fatima Ali S Baras**
Nursing Program
- Jood Mohammed S Aljohani**
Nursing Program
- Khadijah Ali M Bafail**
Nursing Program
- Hend Mohammed Ali Bamileh**
Nursing Program

- Aseel Esam M Zaidan**
Nursing Program
- Shahad Ahmed M Alzaidalsharif**
Nursing Program
- Gamer Zainalabdin O Maqaladawilah**
Nursing Program
- Juwana Mohammed J Hawari**
Nursing Program
- Ruwayda Faisal M Alsudati**
Nursing Program
- Amani Bakr A Alsakawi**
Nursing Program

Physical Therapy Program

- Lamya Faisal Alqarni**
Physical Therapy Program
- Nadeen Mohammed A Mukhtar**
Physical Therapy Program
- Nada Gasem Almairani**
Physical Therapy Program

Female Graduates

- Waad Ali A Adawi**
Physical Therapy Program
- Shaima Othman A Aladmawi**
Physical Therapy Program
- Omar Hesham O Albaz**
Physical Therapy Program



AL-FORSAN ALUMNI IN THE SPOTLIGHT

Dr. Hadi Abdulhadi Helal

is a proud graduate of Al-Forsan Scholarship from Batterjee Medical College in Medicine Program. He was graduated in 2020 and now he is in his first-year Paediatrics Residency at Al Jalila Children's Specialty Hospital in Dubai, United Arab Emirates.

The BMC Alumni Unit wanted to learn about Dr. Hadi's life experiences and passions, hence addressed him with the following questions:

What inspired and motivated you to become a paediatrician?

The journey started from my childhood and school days, seeing my father's work with children – as he is a paediatric dentist – and how he deals with special needs children and alleviates their pain and is supportive to their families. He was my role model and I wanted to help people like him. I also wished to join a medical field where I can help diabetic patients to manage their illnesses, especially after seeing my mother's journey with diabetes. This was my dream when I first joined BMC in 2014 in which I was asked about my future pathway in medicine. Hopefully, the paediatrics speciality can help me in achieving both of these goals. Afterwards, this interest in being a paediatrician was supported by the great paediatric professors at the College. BMC paediatric professors supported my growth in the scientific field of paediatrics and taught me how to deal with families and children of all different ages. Finally, my passion was applied and further de-

veloped by the wonderful supervisors at the hospital in the internship year who supported me immensely and encouraged me to apply to Al Jalila's Residency Program.

As someone who specialized in the medical field, how can you manage between your career in the medical field and other interests outside of it?

First of all, I believe that time management is the key to success as it is important to set your priorities and complete your duties. However, it is also essential to spend some quality time, which is equally important as well. Secondly, I am lucky that my areas of interest align with different elements of my career. For example, I enjoy teaching others and have a passion for education. That is why I joined the University of Central Lancashire's medical education program and got my PG Certificate in medical education. In addition, working in the medical field helps me to grow more in this. Another example is research. I am ardent about conducting research and making an impact in the medical field. This was supported by the great supervisors in BMC and the

research club as well and will further be enhanced during my residency. As for something outside the medical field, I like to travel the world and go sightseeing in different countries. This is usually done during my vacation; however, a way to incorporate it into my career is to go on trips to various countries to attend scientific conferences and at the same time do some exploring of my own!

What are your future plans?

I want to make my family, myself, and BMC proud by becoming one of the great pioneers in the field of paediatrics in the world. I want to make a positive impact on every person I meet in my life, whether these are my future patients while treating them, my future students while teaching them, and the medical community as a whole through my research. In 5 years, I picture myself as a paediatric specialist having completed my paediatrics board and in 10 years and I hope to become a consultant and professor of paediatrics.



CLOSER LOOK AT DR. NOUF ALSHREIF,

Assistant Professor of English at BMC

**Please give us a brief idea about yourself and your career profile.
Who is Dr. Nouf Alshreif?**

Dr. Nouf Alshreif is a researcher and educator. I received my PhD in Philosophy (Composition & Applied Linguistics) on May 2021 from Indiana University of Pennsylvania. I enrolled in the Doctoral program after completing two Masters' Degrees in English and Public Policy and Ad-

ministration at Indiana University of Pennsylvania and California Lutheran University. My passion for research highlighted my academic career as a PhD student. I conducted a number of research projects and worked with distinguished professors in the field of Composition and Applied Linguistics,

such as Dr. Dana Driscoll, Dr. Ben Rafoth, Dr. Gloria Park, and Dr. David Hanauer. My experiences as a researcher with the hallmarks of the field shaped my identity as a researcher and contributed a measure of complexity to the ways through which I create knowledge to investigate research problems.

Why did you choose your field? Was it your first choice?

I chose to major in English Composition because I was fascinated by the fact that writing is an activity that can be investigated and researched. Writing is a transformative process that connects to writers' identity construction and their ways of "becoming." With its psychological undertone, writing knowledge transfer has been the focus of my research. Specifically, I focused on second language writers and their transfer of writing knowledge.

Describe a challenging situation that you have faced during your work/study and how did you handle it?

The major challenge that all PhD students face is to pass the various examinations required to graduate with a PhD degree. At my first semester as a PhD student, we were required to write an article for publication. For a novice PhD student, the task was extremely stressful. In order to decrease the pressure and fear of failure, I immersed myself in a community of thinkers and hard workers who inspired my educational career and supported my growth and development as a creator of knowledge. The shift in my identity from a receiver to creator of knowledge was evident but challenging and nerve-racking. It is vital for students to recognize that facing challenges and hurdles is part of any educational process. It is also important for students to recognize that the shift in their identities is crucial to reposition their thinking, perception, and interaction.

Who is the person who left a great impact on you?

Dr. Dana Driscoll is the scholar who inspired my passion to research transfer of knowledge. She pushed my thinking and supported my research project regardless of its complexity. The English Department at IUP supported my academic and career goals and created an exceptional learning context that is creative and compelling. In my first semester as a Faculty member in the English Department at IUP, I was awarded the Teaching of Excellency Award.

What has been the most difficult/emotional situation in your career? What was the lesson you got out of this situation?

I will not call it difficult but one of the most powerful moments in my career as a student. In 2019, I applied to present my research in the Conference on College Composition and Communication. My research was one of the presentations selected to win the Scholar for the Dream Award. My research was selected by the hallmarks of Composition scholars after reviewing 1500 research presentations of PhD students who applied to receive the award from universities across the United States. I represented IUP as well as Saudi Arabia in a historical accomplishment. I learned that dreams come true. The keys to success are "determination" and "courage." In the learning journey of discovery, there will be moments of insecurity, fearfulness, and confusion. These moments create the complexity of our identities and the multidimensional

aspects of our learning experiences.

Any advice you would like to share with students?

I always tell my students that learning is a complex and multidimensional process. It is extremely normal to feel that they need support or further explanation. I emphasize that when they feel that the content knowledge is difficult, it means that they are expanding and reconstructing their previously acquired knowledge.

WOMEN EMPOWERMENT

Dr. Nouf Alshreif

The theme of women empowerment under the vision of 2030 integrates multiple socioeconomic dimensions that emphasize the role of women as leaders in the Kingdom of Saudi Arabia. As educators, we take part in designing and administering pedagogical practices and teaching strategies that promote the distinguished role of women in Saudi Arabia.

It is the responsibility of educational systems to integrate the consciousness and awareness that women are equally contributing to the development of the nation. This conscious awareness leads to the creation of pedagogies that promote gender equality and invest in reducing the underrepresentation of women in leadership positions across different sectors. The Kingdom of Saudi Arabia adopted policies and specific measures that lead to expanding women's representations in various sectors of the country. However, educators and policy makers in the sector of education have an equal responsibility towards reshaping educational ideologies to serve issues of gender equality and promote the collective

consciousness to think about problems pertaining women empowerment.

In order to create educational systems that promote equality and reduce gender gap, we need to scaffold students' thinking towards investigating problems surrounding women empowerment and its impact on creating sustainable economy. As shown by research following the pandemic, women and girls have been the most to struggle. As educators, we have to be committed to exploring issues of women marginalization such as marginalizing women in the workplace, creating policies to ensure equality in the workplace and the equal contribution of both genders to the economy of Saudi Arabia.

The integration of women empowerment in our pedagogical practices is to cultivate a culture that invests in the theme of women empowerment and activities that support and encourage discussions, explorations, and questions pertaining the positionality of women in the community. Our pedagogical practices should facilitate thinking about issues of women

empowerment and suggest solutions to solve these problems. As women are still struggling to find their voices, especially as leaders, our educational systems can be supportive of creating a generative space to think, discuss, and propose solutions to empower students and their voices as strong and independent leaders.

Our recognition of our role as educational leaders invest in issues pertaining social responsibility. Hence, BMC encourages the creation of pedagogical practices and knowledge to inspire and support women leadership and their economic stability through research, educational funding, and leadership opportunities in social responsibility.



DIGITALIZATION

MRS. AREEJ AZAB,
English Language Lecturer at BMC



Digitalization is the new global trend and it is a powerful tool of scientific technology. Digitalization is the process of converting information into digital. In the last few years, digitalization dramatically developed and became a dominant empire that gripped the entire world. For Instance, All the countries all over the world were competing against each other just to attain digitalization awards and to reach the digital transformation summit. As a result, Saudi Arabia had been ranked as second in the digital competitiveness among the G20 countries. Digitalization turns out to be a challenging method; therefore Batterjee Medical College utilizes digitalization in many aspects which assist BMC staff & students. BMC gets the extreme benefits of digitalization. Instantly in this article, the uses and aspects of digitalization within BMC will be explained.

Broadly, digital transformation is no longer an indispensable luxury at the moment, especially for institutions and bodies dealing directly with the public, which seek to develop and improve their services and facilitate their access to the workforce. The concept of digital transformation goes beyond the use of technological applications to become an approach and a working method that brings together government and institutions to make service delivery easier and faster.

First of All, digital transformation in BMC offers different benefits to service providers as

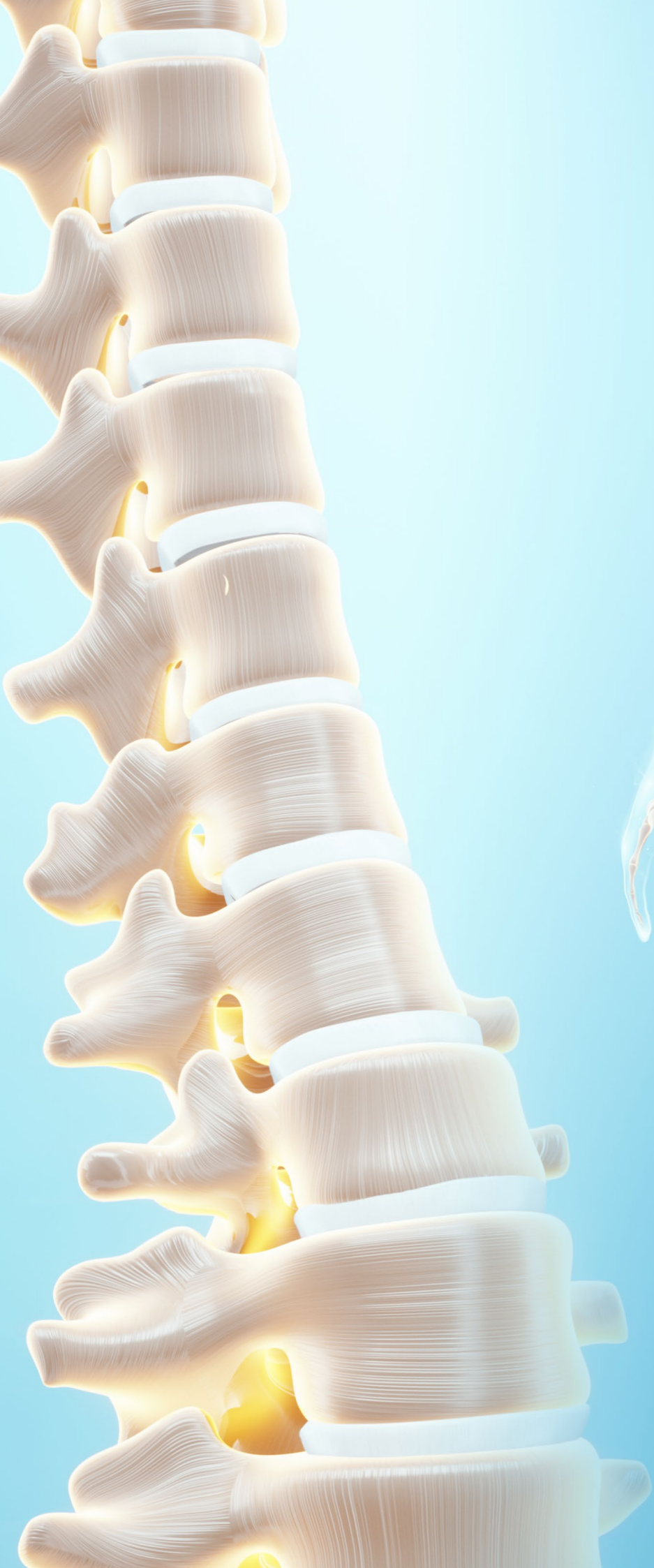
26,465.5
28,161.92
26,465.54

well as service recipients as it saves a lot of effort and money significantly, has great advantages in improving work efficiency and operation, and helps to improve quality and simplify procedures to obtain services provided to beneficiaries. BMC digital transformation offers greater opportunities for staff and students to expand and spread significantly among employees and students wanting to access services through innovative and simple solutions away from routine.

Secondly, BMC digitalization uses in the system have a significant and noticeable impact on all BMC users. For instance, Students & staff ID & access cards link to the BMC tracking digitalization system which manages and monitors their activities. Moreover, BMC Mename system is created for the employees to indicate their data, salary slips, vacation & sick leave requests, and even more. SIS, "student information system" is another aspect of how BMC has successfully utilized digitalization in its system. SIS is a helpful and organized method that can simplify the instructors' missions. It can save time and effort by entering the students' grades, attendance, and creating students' quizzes. Taking into consideration the fact that BMC blackboard is considered as an important connecting link between students and instructors. The last and not least efficient tool used in BMC digitalization is instructor course evaluation. Instructors' course evaluation is made to ease student's feedback to his/her

tought courses. Therefore, almost every system in BMC has been digitalized for the good of staff and students.

Finally, BMC alumni can get the greatest benefits from digitalization. Since new technologies mean new job roles and new processes, today all job offers are processed through certain applications and websites. These applications or websites are either established by a government or a private sector. For example, BMC Alumni Connect is specified to all BMC alumni who can register through the attached link. In addition, applications such as "LinkedIn", "JobAware", "Snaga Job", "Indeed", "Bayt", "Wazayef" & "GulfTalent", are famous worldwide and they can assist BMC alumni. Moreover, "Jadara" is also a useful government website linked to all government & private sectors.



BMC RESEARCH COMMUNITY

Nanoparticles in Traumatic Spinal Cord Injury Therapy & Diagnosis

Under the supervision of Dr. Asim Muhammed Alshanberi, Department of Biochemistry, Batterjee Medical College, Jeddah, Saudi Arabia, BMC Medicine and Surgery students have conducted a research titled "Nanoparticles in traumatic spinal cord injury: therapy and diagnosis." Drug delivery vehicles, biosensors, solar cells, lubricants, and antimicrobial agents have all been developed with nanotechnology in the past. Traumatic spinal cord injuries (TSCIs) are among the most severe traumatic injuries, with significant repercussions for the patient that can lead to paralysis. Moreover, there is a major impact on patients as a result of the complications in the healing process due to the intricate secondary stage of injury. The article tackles the possibility of nanotechnology-based approaches TSCI's diagnosis and therapy. The diagnostic method studied was physical examination, which aims to determine the level of movement and sensation affected and finally classifying it based on AIS grade injury level, Radiological investigations, to be able to detect fractures as well as lesions that result from ischemia and other vascular injuries, Biochemical investigation, to identify biomarkers in cerebral spinal fluid and blood and finally Nanoparticle (NP) investigations, is used to photo stabilize the images and help in tracking specific proteins or surface antigens for molecular imaging. The article concludes that Nanotechnology has shed light on potential treatment options involving natural and synthetic NPs as well as exosomes.

Outstanding BMC Researcher

Dr. Mohamed Ashour has been one of the most successful researchers not only in BMC, but all over the world. He pursued his PhD in Heidelberg University, Germany in 2010. He was conducting his PhD work in the Department of Pharmaceutical Biology. Dr. Ashour was recognized in the top 2% by the Elsevier BV, Stanford University. This ranking is based on the standardized citation indicator which includes the h-index, co-authorship adjusted, hm-index, and citation to papers in different authorship positions, and composite indicator. One of his latest work was with jojoba oil. Jojoba is a popular medicinal plant that grows all over the world. Its seeds and oil have a long history of use in folklore to treat a range of illnesses, including skin and scalp disorders, superficial wounds, sore throat, obesity, cancer, liver function improvement, immunity enhancement, and hair growth promotion. Jojoba oil is also used extensively in the pharmaceutical industry, particularly in cosmetics for topical, transdermal, and parenteral preparations. Because of its wax content of about 98 percent, jojoba oil is considered one of the best oils (mainly wax esters, few free fatty acids, alcohols, and hydrocarbons). There are also sterols and vitamins with few triglyceride esters, flavonoids, phenolic, and cyanogenic compounds. His study was a comprehensive review of the chemical composition, physical properties, pharmacological activities, pharmaceutical and industrial applications, and toxicity of jojoba oil.

FEATURED NEWS

BMC Social Responsibility

World Mental Health

Breast Cancer Awareness Campaign

The Breast Cancer Awareness Day aimed at raising awareness of the disease, expanding students' knowledge of radiation therapy, teaching students about breast self-examination, and showing support for breast cancer fighters.

The event hosted various lectures, informational activities, and multimodal materials designed to promote students' awareness of breast cancer, radiation therapy, and the factors influencing the development of breast cancer. The first part of the event started at Sheikh Abdul Jalil Auditorium. Dr. Sahar Bannani, Surgery Consultant and Head of Surgery Department at BMC and Dr. Baderaldeen Altazi, Consultant Oncology Physicist, presented complementary information that begins with understanding the diseases and ended with describing the radiologic treatment. The students asked several questions that were addressed by the speakers.

Additionally, in the main lobby of BMC, medicine students explained the importance of early examination and the implementation of breast self-examination. Another panel of students focused on explaining the need to recognize that breast cancer is not gender-specific; therefore, it may impact males and females equally. Furthermore, medicine students provided a Q & A session in which they answer questions of BMC students who attended the conference.



The SDU organized a community service campaign in cooperation with Waad Therapy Center for Psychological Consolation. The campaign was sponsored by BMC in coordination with the "World Mental Health Day." The main purpose of the campaign was to raise awareness of mental health diseases. In order to attain the purpose of the campaign, Ms. Manar Algarni,

along with 31 BMC students, representing different academic majors, provided the public with essential background information that describes the symptoms of different diseases and promotes the importance of developing conscious awareness to recognize the need to ask for medical intervention as needed. Ms. Manar Algarni and student-volunteers explained to the pub-

lic prevalent mental health diseases, such as anxiety, stress, obsessive compulsive disorder, and social media addiction. The public showed immense interest in learning about maintaining mental health. The campaign attained its purpose in promoting awareness of mental health and reducing the social stigma surrounding mental health diseases.

BMC Writing Day

(English Club)

The Writing Day organized by the English Club was the first event to be conducted at BMC to celebrate writing. This event includes three themes that are teaching a writing concept, leading a writing activity, and discussing a poster presentation. Students from different groups in Preparatory Year Program prepared to teach different writing concepts, prepared poster presentations, and led several writing activities. Prior to the event, Dr. Nouf Alshreif guided students into preparing materials to teach during the event. In addition, she guided students to prepare their

presentations of research topics. Students prepared their posters and presented on scientific topics, such as mental health among medical practitioners, eating disorders, music therapy, and organ donation. As part of teaching a writing concept theme, students presented different topics that pertain to writing, including the writing process, conciseness, and the use of grammar. In addition, students led a variety of writing activities, including writing a letter to a professor, writing a letter to a patient, and why I write. English Club students collected the writing of stu-

dents and faculty members that are directed to patients and faculty.

Ms. Reham, part-time English Instructor, supported G1 students in preparing and presenting materials that relate to teaching writing. Likewise, Ms. Renad, part-time English instructor, assisted G2 students in designing numerous writing activities. This event attracted the attention of students to the importance of writing in medical contexts.



ORAL HYGIENE AWARENESS VISIT TO ORPHANS HOUSE

BMC Dental interns delivered a series of 5 mini-lectures of interconnected ideas concerned with dental and oral awareness and education, targeting topics of interest of the age group between 6 and 12 years of age. Interns performed a preliminary dental screening for the Orphans' House residents.

Dental interns examined a total of thirty-five residents for oral hygiene status and

dental decay and gingival conditions, categorizing them into three groups based on their dental conditions and treatment needs. Group A showed no visible cavities noted, 16 children (10 boys and 6 girls). Group B showed the need for simple dental cleaning and/or fillings, 12 children (7 boys and 5 girls). Group C was advised to see the dentist at their earliest convenience, 7 children (all boys).

Part two of the plan to support the children of the Orphans' House is to facilitate their visit to the Dental Clinic at BMC. The goal of this second phase is to demonstrate advanced dental screening and treatment. A detailed report of dental findings was sent to the house management.

BECOME A MEMBER OF ALUMNI ASSOCIATION

As a BMC alumna, you are part of a big community of over 2000 talented alumni. We value the impact you are making to various fields, such as science, innovation, and technology.

As a member of BMC Alumni, you will benefit from an engaged and lifelong network and enjoy access to a wide range of networking, opportunities, and events to support you professionally.

Now you can be involved and contribute with:

- Updates in life and career.
- Photographs of news about your hobbies, achievements, and awards.
- Research stories, experiences, and essays.
- Ideas about content and topics to be discussed.



For more information, or if you are interested in becoming a member in our team, please contact:

Mr. Faisal Ghazi Ext. 1810
Faisal.ghazi@bmc.edu.sa
Dr. Zahrah Asiri Ext. 1026
Zahrah.asiri@bmc.edu.sa





P.O. Box 6231 Jeddah 21442

Kingdom of Saudi Arabia

T. +966 (12) 656 1111, F. +966 (12) 656 2415

info@bmc.edu.sa, www.bmc.edu.sa

   @bmcjed