

The Chair of Holy Qur'an and its Sciences Organizes Closing Ceremony of the "Interdisciplinary Research Grant Competition"



Under the patronage of the University Vice President for Graduate Studies and Scientific Research, the Qur'an and Its Sciences Chair organized the closing ceremony of the "Interdisciplinary Research Grant Competition," under the theme: "Interference and Integration between Religious and Humanitarian Disciplines."

The ceremony witnessed notable academic and research attendance. It began with a recitation from the Holy Qur'an, followed by a speech by the Chair Supervisor, Prof. Omar bin Abdulaziz Al-Duhaishi, who emphasized the importance of interdisciplinary studies in renewing scientific research and linking Qur'anic sciences with contemporary academic fields.

Then a short introductory film about the competition's objectives, encouraging innovative projects that link Sharia studies with the humanities was presented. Dr. Ibrahim Al-Rammah delivered a speech on behalf of the winners, emphasizing the competition's role in motivating researchers.

A second visual presentation was then displayed, featuring summaries of the winning research projects were shown, after which the event's patron, Prof. Yazid Al-Sheikh, praised the efforts and the Chair's contribution to supporting young researchers. The ceremony concluded with honoring the winners and participants.

The event concluded with the honoring of the winners and participants, amid attendees' recognition of the competition's significant contribution to advancing scientific research at King Saud University.



Women's Health Research Chair Participates in the 2nd International Nursing Congress of the Ministry of Defense Health Service



King Saud University had a prominent presence at the Second International Nursing Conference organized by the Ministry of Defense Health Services, through the participation of the Women's Health Research Chair, represented by its supervisor, Dr. Lamees Al-Wotban. Dr. Al-Wotban presented a specialized lecture on the second day of the conference which was attended by health leaders and international experts in nursing and women's health.

The lecture titled "The Hidden Journey: Menopause,

Midlife, and the Maturity Gap in Women's Health," addressed a global health issue that remains insufficiently explored in research and public awareness. The lecture highlighted key topics including biological and psychological changes in midlife, the limited awareness among women regarding this stage and its impact on quality of life, the concept of the "Maturity Gap" in health systems, the importance of early intervention and health education, and the need for evidence-based training programs and prac-

tices to support women's health across all life stages. The Women's Health Research Chair is one of King Saud University's leading research entities, conducting specialized studies on women's health, offering awareness programs and community initiatives, and training health professionals based on the latest medical practices. The chair's participation in the conference reflects its commitment to supporting national health efforts and enhancing quality of life in line with Saudi Vision 2030.

Dr. Ibrahim Al-Muhanna Chair for Energy Media Signs "Energy Bridges" Program Agreement with Energy Media Association



with the Energy Media Association, represented by Executive Director Bander Al-Harbi.

This collaboration comes within the initiatives of Dr. Ibrahim Al-Muhanna Chair for Energy and Specialized Media, and as part of the university's efforts to strengthen partnerships with media organizations specialized in the energy sector, and to develop the professional and knowledge-based capabilities of journalists interested in this vital field.

The program aims to: Enhance participants' knowledge and develop their journalistic and media skills, enable journalists to appear professionally and craft impactful communication messages highlighting the Kingdom's leadership in the energy sector, and build a generation of journalists specialized in energy-related issues.

The program includes a series of advanced training courses, such as: Energy Media Strategies, Media Editing in Energy Issues, Reputation Management and Media Presence for Energy Experts, and Media Planning in Energy Crises

In addition, participants will engage in practical training to produce high-quality media projects that reflect the integration of knowledge, media, and energy in the Kingdom.

Dr. Yazid Al-Sheikh, University Vice President for Graduate Studies and Scientific Research, signed a support agreement for the "Energy Bridges" program

The Biodiversity Chair Hosts an Academic Delegation from Western Sydney University to Explore Research Collaboration Opportunities and Strengthen International Partnerships



The Biodiversity and Environmental Conservation Chair, supported by Telad Environmental Consultancy and supervised by Prof. Maysun Al-Ansari, hosted a distinguished academic delegation from Western Sydney University in Australia during a scientific visit aimed at enhancing research collaboration and exchanging advanced expertise in the fields of biodiversity and environmental conservation.

Prof. Al-Ansari welcomed the visiting delegation and presented the Chair's vision, mission, and key achievements accomplished with the support of the university and its partners. She highlighted how these accomplishments have contributed to advancing environmental scientific research and aligning with the Kingdom's aspirations for sustainable development.

The visit included an introductory tour of the Chair's laboratories and modern research facilities, followed by an enriching scientific discussion during which global best practices in environmental protection, food security, and the sustainable management of ecosystems were reviewed. Both sides also explored opportunities for joint cooperation in supervising graduate studies, exchanging students and researchers, enhancing scientific output through joint publications, and applying for international research grants.

The meeting was attended by several prominent scholars from Western Sydney University, including Dr. Samsul Huda and Dr. Malik Husain, both internationally recognized figures in the fields of food security and innovative food production. The guests emphasized during the formal discussions the importance of building sustainable academic partnerships that support interdisciplinary fields and foster innovative solutions to global environmental challenges. The program included a meeting with Dr. Suleiman Al-Omar, Vice

Dean of Scientific Research for Development and Quality, during which opportunities for developing joint research projects between the two institutions were discussed. The meeting also covered mechanisms to expand scientific supervision and student exchange, as well as future prospects in international research grants and joint

Prof. Maysun Al-Ansari emphasized the importance of the research partnership, noting that collaboration with global universities strengthens the university's position within the scientific innovation ecosystem. She expressed the Biodiversity and Environmental Conservation Chair's pride in expanding cooperation with experts from Western Sydney University.

The visit concluded with an expanded scientific session during which ambitious long-term partnership plans were set to reinforce King Saud University's leadership in sustainable environmental research and to enhance the Chair's role in driving impactful scientific initiatives in biodiversity.

Dr. Ibrahim Al-Muhanna Chair for Energy and Specialized Media A research platform that strengthens the university's role in knowledge creation



Dr. Ibrahim Al-Muhanna

Q: Dr. Mutlaq, what inspired the establishment of the Chair?

A: The idea stemmed from recognizing a clear knowledge gap between the media and energy sectors; two highly influential fields that lacked effective communication. With the support of Dr. Ibrahim Al-Muhanna, one of Saudi Arabia's leading global energy experts, the Chair was founded to bridge this gap and strengthen the link between media and energy through a solid scientific foundation.

Q: What are the Chair's vision and mission?

A: The vision is to serve as a leading knowledge hub for energy media and specialized media, raising public awareness and improving the quality of media discourse on energy issues. The mission focuses on advancing research and specialized media production, fostering research partnerships, and building national media capacities capable of understanding key sectors and communicating them clearly and objectively to society.

Q: What are the main objectives of the Chair, given the growing need for specialized media?

A: The Chair aims to:

- Advance research in energy media.
- Empowering media professionals with scientific analysis skills.
- Produce awareness content on energy and sustainability.
- Build local and international partnerships.
- Use modern technologies and AI in media production.

Dr. Ibrahim Al-Muhanna Chair for Energy and Specialized Media is one of research and media initiatives that enhances the university's role in knowledge creation and supports national transformation. This interview highlights the Chair's vision, mission, and its role in advancing energy media and communicating scientific research to the public and decision-makers.

Prof. Mutlaq Al-Mutairi: The role of media is to transform scientific findings into human and knowledge-driven stories that are publishable and understandable.



Prof. Mutlaq Al-Mutairi: The mission of the Chair is to build specialized national media capabilities.

- Organize scientific and training events that support specialized media.

These goals guide the Chair's projects and initiatives.

Q: What about the scientific publications of the Chair? Do they support researchers or media professionals?

A: The Chair's publications serve both. They include "Political Communication and New Media" and "Qualitative Research in Media Studies," which enhance academic research tools and help media professionals understand the deeper context of the media industry. These works contribute to developing reliable Arabic references in modern and energy-related media.

Q: What major initiatives is the Chair currently working on?

A: The Chair is implementing four key initiatives:

- Leadership and Media: Dialogue sessions connecting students with influential leaders to analyze public issues and inspire young talent.

- Media Platform for the Blind: It is one of our proudest initiatives, empowering individuals with visual disabilities to gain key digital media skills and promoting equal access to knowledge.

- Energy Bridges: A training program that integrates energy-sector knowledge with advanced media skills to prepare specialized media professionals.

- Investment Reputation: A research and analytical program that measures and enhances Saudi Arabia's global investment reputation.

Together, these initiatives reflect the Chair's role in advancing knowledge and achieving meaningful community and national impact.

Q: Specialized media has become a global trend. What are the main challenges it faces in the Arab world?

A: Key challenges include the lack of specialized media training, weak integration between researchers and media professionals,

Prof. Mutlaq Al-Mutairi: A lack of media training and weak connections between researchers and media professionals are among the most significant challenges facing specialized media in our context.

and the tendency of many platforms to rely on fast, surface-level content rather than analysis. There is also an absence of clear indicators for measuring the quality of specialized content.

These challenges are not only regional but global; however, they are more pronounced in the Arab context due to the relative novelty of this type of media. This is precisely why the Chair launched its initiatives to bridge this gap through training, research, and media production.

Q: Is the media fulfilling its role in showcasing university research?

A: Media highlights science, but it still needs a clearer system to translate research into messages that reach the public and decision-makers. Saudi research is advanced, yet often remains within academic circles. This is where media plays a crucial role to transform scientific findings into human and knowledge-driven stories that are publishable and understandable. The Chair addresses this through the "Media-Oriented Outputs" pathway, which turns research into summaries, press materials, infographics, and simplified digital content.

Q: What is the future of energy media in the Kingdom?

A: The future holds great opportunities. The Kingdom's strategic position and vision for sustainable energy will make energy media more specialized and impactful. I expect the Kingdom to become a global hub for energy media within five years, with universities and research chairs—including the Dr. Ibrahim Al-Muhanna Chair—playing a key role in training, research, and partnerships.

Conclusion

The Chair represents a model that links scientific knowledge with media practice, aiming to develop a new generation of specialized media professionals through research, training, and impactful media production.

December International Days



December 3 -International Day of Persons with Disabilities

Awareness and Health Education Research Chair represented by prof. Abdulaziz Alodhayani participates in the International Day of Persons with Disabilities

Message 1: Understanding of the Day

Celebrated worldwide on December 3 since 1992 It promotes awareness, dignity, and inclusion values that align with Saudi Vision 2030 and the Sustainable Development Goals.

Message 2: Numbers and Facts

Over 1.3 billion people, about 16% of the world's population, live with significant disabilities. Disability affects everyone, directly or indirectly, at some point in life.

Message 3: Breaking Barriers

Disability is not about individual limitations but social barriers. Accessible design, inclusive workplaces, and assistive technologies enable full participation benefiting everyone.

Message 4: The Power of Language

Words shape perception. Use person-first or identity-first language based on individual preference, and always prioritize respect and dignity.

Message 5: Employment Equality

People with disabilities face three times higher unemployment rates, yet inclusive workplaces drive innovation and better problem-solving. Accessibility is both right and smart business.

Message 6: Education for All

Millions of children with disabilities remain out of school. Inclusive education builds empathy, diversity, and opportunity for all learners.

Message 7: Technology as an Enabler

Assistive technologies from screen readers to hearing aids empower independence. Innovation and affordability are key to inclusion.

Message 8: Invisible Disabilities

Not all disabilities are visible. Chronic pain, mental health, and cognitive differences impact daily life. Believe people's experiences and provide flexible support.

Message 9: Accessible Public Spaces

Accessible public spaces include ramps, elevators, tactile paths, clear signs, accessible restrooms, and quiet areas. Accessibility must be planned from the start.

Message 10: The Social Model of Disability

Disability results from societal barriers, not individual deficits. We should ask, "What's wrong with the environment?" instead of "What's wrong with the person?" This perspective shifts responsibility to society and highlights our role in creating inclusive environments where everyone can thrive.

Message 11: Access to Healthcare

People with disabilities often face barriers to healthcare. providing accessible equipment, training professionals, and removing systemic obstacles improves health outcomes. Healthcare is a right, not a privilege.

Message 12: Media Representation

Representational media is a powerful channel for change. When people with disabilities are portrayed in authentic roles by disabled actors and written by disabled writers, stereotypes are challenged and disability is empowered. People with disabilities can inspire, and their voices tell their own stories

Message 13: Emergency Preparedness

Inclusive emergency planning ensures accessible evacuation routes, clear communication, and continued access to essential aids and medicine.

Message 14: Allyship at Work

Supporting people with disabilities at work involves hearing their voices, addressing biased language and attitudes, making events accessible, fostering their employment, and backing disability-led organizations.

Message 15: Looking Ahead

This year's theme reminds us: disability rights are human rights. Building an inclusive world requires effort from governments, companies, communities, and individuals alike.



December 18 – International Arabic Language Day

The chair of Professor Abdulaziz Al-Manea in Arabic Language and its Literature, represented by Dr. Khalid bin Fahd Al-Otaibi, participates in International Arabic Language Day with the following message:

Arabic: Our Past, Present, and Future

The United Nations celebrates its six official languages: Arabic, English, French, Spanish, Russian, and Chinese every year. Arabic is celebrated each year on December 18, the day it was adopted as an official UN language in 1973.

The choice of Arabic was not a courtesy or due to pressure, but because of its unique qualities: it has remained unchanged since the oldest texts, making it an ideal vessel for preserving documents over time— just as it has preserved the Qur'an for over fourteen centuries.

Arabic has a long and distinguished history. It originated in the Arabian Peninsula, flourished in poetry and eloquence during the pre-Islamic era, and rose to prominence with the revelation of the Quran, becoming the language of religion, knowledge, and governance. From Baghdad to Andalusia, and from Mecca to

Cordoba, Arabic was the language of scholars, writers, and thinkers, with its literature shaping human thought.

On this day, as we celebrate our language, we send a message to all Arabic speakers:

Do not abandon your language, as it is an essential part of our identity and heritage. Speak it, write it, and teach it to your children — for through it, our memory and existence are preserved.

On this day, we urge all Arabic speakers not to neglect their language, as it is an essential part of our identity and heritage. Speak it, write it, and teach it to your children, for it is the bridge connecting our glorious past to a bright future.

Let our love for Arabic be an action, not a slogan, a daily practice that connects our glorious past with a bright, united future.

Scientific Inspiring Quote

Albert Einstein

“If you can't explain it to a six-year-old, you don't understand it yourself “

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True knowledge lies not in complexity, but in clarity.

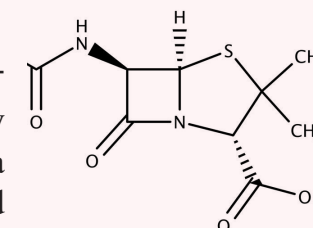
Why

It urges researchers to simplify without oversimplifying and highlights the value of clear scientific communication.

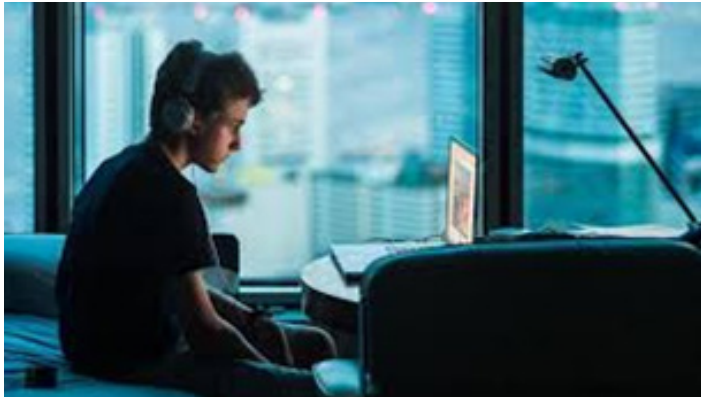
The Mistake That Changed the World

The Discovery of Penicillin:

In 1928, Scottish scientist Alexander Fleming discovered a groundbreaking medical breakthrough by chance. After returning from vacation, he noticed a mold—later identified as *Penicillium notatum*—had grown in one of his petri dishes and created a bacteria-free zone around it. Fleming realized this mold released a substance that inhibited bacterial growth. This accidental observation led to the discovery of penicillin, the first true antibiotic, which saved millions of lives, especially during and after World War II. Had Fleming overlooked this “mistake,” the development of antibiotics could have been delayed by decades.



A study by the Chair for Biomarkers of Chronic Diseases Reveals:” The prevalence of sedentary behavior among university students in Saudi Arabia male students have a longer daily sitting time than females



A considerable body of research has demonstrated that reducing sitting time benefits health. Therefore, the current study aimed to explore the prevalence of sedentary behavior (SB) and its patterns.

A total of 6975 university students (49. % female) were chosen randomly to participate in a face-to face interview, SBQ included 9 types of SB (watching

television, playing computer/video games, sitting while listening to music, sitting and talking on the phone, doing paperwork or office work, sitting and reading, playing a musical instrument, doing arts and crafts, and sitting and driving/riding in a car, bus or train) on weekdays and weekends.

SBQ indicated that the total time of SB was considerably high (during weekdays and weekends, respectively). On average,

participants spent the most time during the day doing office/paperwork followed by sitting time in transportation during weekdays and week-ends. the average total sitting time of the SBQ was 495.09 ± 247.38 (min/day) and 58.4% of the participants reported a high amount of sitting time (≥ 7 hours/day). Independent t-test showed significant differences ($P \leq 0.05$) between males and females in all types of SB except with doing office/

paperwork. The results also showed that male students have a longer daily sitting time than females

Finally, 64.1% of the males reported a high amount of sitting time (≥ 7 hours/day) compared to females (52.3%). In conclusion, the total mean length of SB in minutes per day for male and female university students was considerably high. About 58% of the population appeared to spend ≥ 7 h/day sedentary. Male university students are likelier to sit longer than female students. Our findings also indicated that SB and physical activity interventions are needed to raise awareness of the importance of adopting an active lifestyle and reducing sitting time.

Book Publications:

Expansive soils in semi-arid areas and impact of environmental changes on structures in large cities

Eng. Abdullah Bugshan Research Chair in Expansive Soils has published a book entitled” Expansive soils in semi-arid areas and impact of environmental changes on structures in large cities “by prof. Muawiyah Dafallah.

Expansive soils are considered one of the most problematic types of soils, covering large areas in several countries around the world, including the Kingdom of Saudi Arabia. Their complex behavior attracts global research attention, while construction on them poses major challenges due to significant associated damages

The book addresses expansive soils, covering their definition, affected areas, examples of damage, classification, detection techniques, and treatment methods, as well as suitable foundation systems according to the nature of the soil and the structure. Although the Saudi Building Code largely relies on the American Building Code, the book presents foundation systems suited to construction conditions in the Kingdom. The content is simplified in Arabic to benefit engineers and a broad segment of society.

