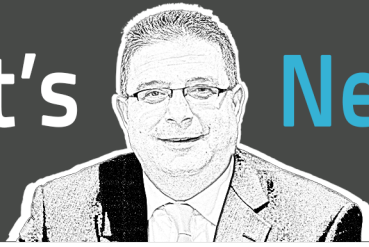


President's News Digest



Message From the Editor

Welcome to the 19th issue of the 6th volume of the President's News Digest.

In this issue Prof. Ghassan Aouad , the President of Applied Science University will address the subject of "If You Want to be Successful Avoid Negative People"

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Manager of President's Office

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A memory to remember

من عبق الماضي

Quote of the Day

من روائع الشعر العربي

Message from the President

If You Want to be Successful Avoid Negative People

Negative people exist everywhere, and they can affect your attitude and behavior, especially at work. They tend to be selfish, self-centered, and have no empathy towards anybody. They think they know it all and they are experts in creating a negative atmosphere and an unproductive environment. Their knowledge tends to be superficial and irrelevant. They are enemies of success and they will discourage you and drag you down with them to the dark side and steal your time and energy. They cause you exhaustion as they keep complaining and nagging all the time. They usually influence your thinking and kill all your ambitions and aspirations. Generally speaking, they are nasty and, in many cases, they tend to be malicious and toxic. For sure, they will stop your progression and enjoy seeing you fail. Negative people have general traits: they are miserable, lonely, and enjoy opposing everybody. Organizations, which have many negative people, have failed to reach higher levels of productivity and efficiency. My advice is to avoid clinging to negative people because you feel you have a sense of loyalty to them. In the long term they will affect you psychologically and professionally. Most importantly, they are ungrateful and do not appreciate your efforts and loyalty.

Successful people, on the other hand, tend to have positive attitudes. They are engaging and see your success as theirs. They are inspirational, good listeners and empathetic. They care and provide decent coaching and support. They are usually transparent and without any hidden agendas (what you see is what you get). Most importantly they tend to sacrifice themselves in order to create a positive and vibrant culture and a very productive business environment. Positive people are true leaders who embrace innovation, change, and creativity. You will learn a lot from them instead of associating yourselves with negative people who usually poison all your aspirations.

Always remember that one bad apple can spoil the whole bunch and often, that applies to the work environment.



Written By
Prof. Ghassan Aouad
The President of
Applied Science
University

LSBU-ASU Entrepreneurship Programme 2021: Recap of Session 1

Introduction:

On Thursday 4 March 2021, ASU and LSBU concluded an 8-week training program offered by LSBU to a number of ASU's academic and administrative staff about Enterprise and Entrepreneurship Education.

The program was designed to transfer all the good practices regarding entrepreneurship education from LSBU, the university that was named "Entrepreneurial University of the Year" at the Times Higher Education Awards in November 2016, to ASU, a university that just added Entrepreneurship & Innovation as one of its Strategic Objectives in its new Strategic Plan 2020-2025.

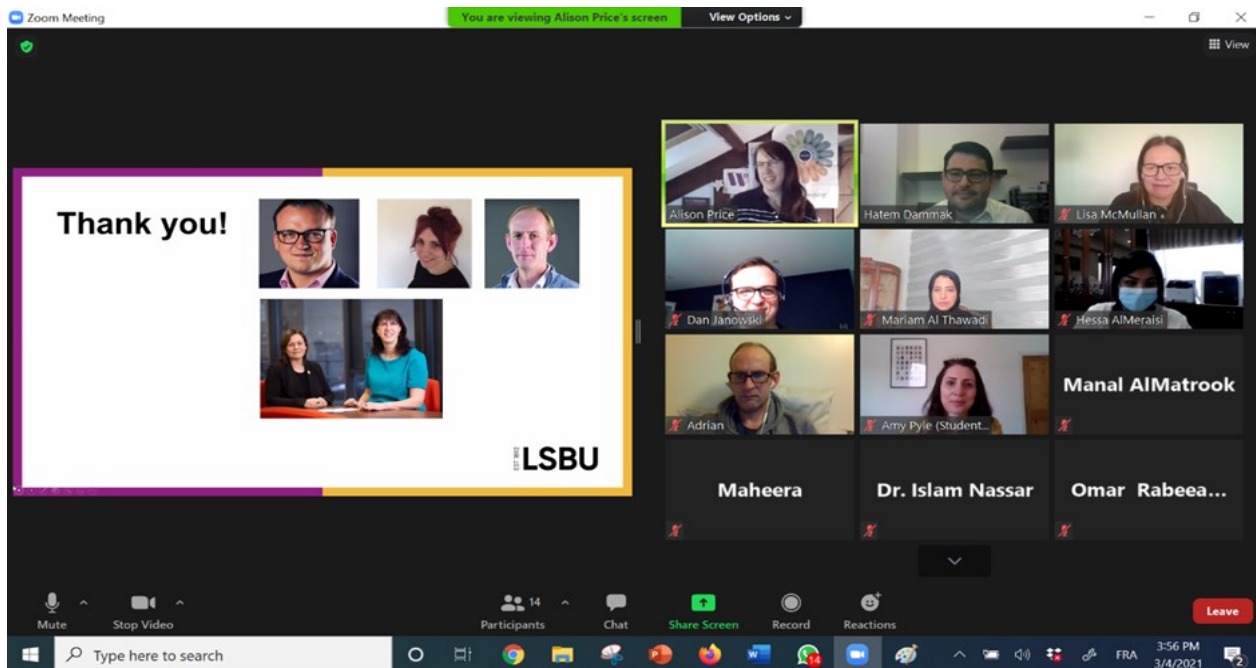
Delivered by Lisa McMullan and Alison Price and an ensemble of other stellar guest speakers and contributors, the programme had the following intended outcomes:

- Articulate the rationale and purpose of developing a university entrepreneurial eco-system
- Explore and adapt a range of pedagogy/teaching techniques to support the business start-up process
- Facilitate and adapt approaches to support those starting a business online or in light of Covid-19
- Evaluate options to determine next steps through the creation of a personal action plan.

In this 8-article series, I will summarize the key ideas and takeaways from each of the 8 sessions of the programmes and suggest how ASU can profit from that.



Written By
Mr. Hatem
Dammak
Head of
Compliance and
Audit Unit



Recap of the 1st Session:

The 1st session was an introductory one with the aim of showcasing LSBU activities in terms of entrepreneurship education and the appreciation of the importance of creating an eco-system for the university around entrepreneurship.

Indeed, the attendees were introduced to the “Student Enterprise” Team at LSBU and all the great work they do to encourage and support students in their entrepreneurial endeavors. These efforts include training programmes, Start-up and accelerator programmes, internships and consultancy, competitions, intellectual property support and workshops, etc.

Another interesting concept was the “Entrepreneur in Residence” which consists of bringing established entrepreneurs to LSBU to run regular workshops and 1-2-1 sessions with students for the whole academic year. Some of the “Entrepreneurs in Residence” attended the session as guest speakers and shared their experience with ASU staff members.

The attendees also had the chance to hear from LSBU graduate entrepreneurs who studied at LSBU and graduated to open up their own businesses in different fields such as the health sector of the tourism sector.

The key takeaway from this session was the use of the MAIR model. MAIR stands for Motivation, Abilities and Skills, Resources, and Ideas, and its often used to determine the keys for success of any new venture/endeavor. It has been suggested during the session that the model can be used by the University to assess where it stands in terms of supporting entrepreneurship, but it could also be used by students to assess where they stand in their entrepreneurial journey and how many of the success ingredients they already have.



How is this useful to ASU?

The good practices that we can pick up from this first session are the “Student Enterprise” team and all the support activities they offer to LSBU students and alumni. The “Entrepreneur in Residence” is also a great idea. ASU is accustomed to bringing guest speakers which is very useful to the students, but having an entrepreneur in residence that provides regular workshops and sessions to our students would definitely take that to a whole new level.

Next Session:

Next session will dive deeper in the rationale and purpose of developing a university entrepreneurial eco-system and introduce new tools, techniques and frameworks such as the EntreComp Framework (Entrepreneurship Competence Framework).

ASU President met the CS Programme Participants from the Bahrain Collective Programming Competition (BaCPC) 2020



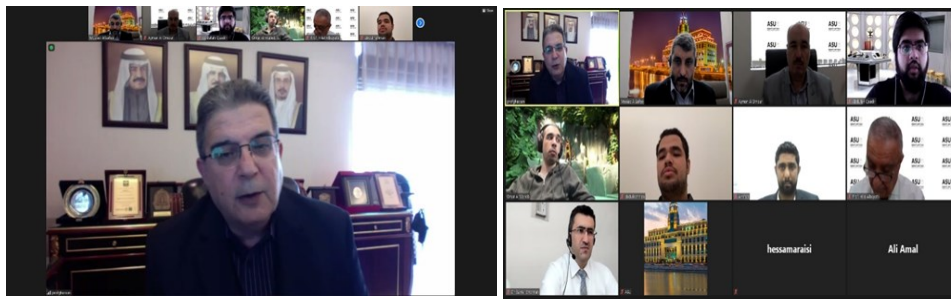
Professor Ghassan Aouad, the President of ASU and Professor Ayman Al-Dmour, the Acting Dean of the College of Arts and Science, met in the presence of the CS Staff with the CS Programme participants from the **Bahrain Collegiate Programming Contest (BaCPC) 2020**.

The participants won the third place in the competition among sixteen participating teams from various Bahrain universities. CS Team is now qualified to participate in the next level, which is **The 2020 Africa & Arab Collegiate Programming Contest (ACPC)**, which will be held in **Luxor - Egypt in March 2021**.

Finally, the President motivated and encouraged the students for their upcoming competition and thanked the department staff for all their efforts in developing and supporting the students



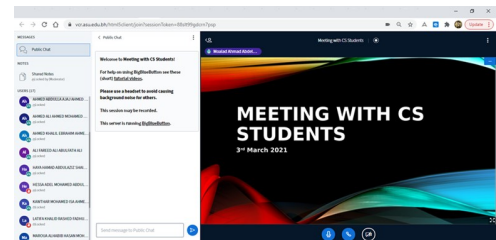
Written By
Dr. Moaiad Khder
Head of the
Department of
Computer Science



Computer Science Department held a meeting with 4th Year CS students

The feedback of the students is one of the main input to improve the programme quality, therefore the Computer Science Programme Leader : Dr. Samer Shorman held a meeting with the 4th year Computer Science students on Wednesday 3rd March in the presence of Dr. Moaiad Khder – the Head of Computer Science Department. The meeting was very fruitful where a discussion took place about the following points:

- 1- Study plan
- 2- Theory courses and practical courses
- 3- Admission criteria
- 4- Software and supporting resources
- 5- What you think about CS (before and after)



The students' feedback were documented to be discussed later at the department council. The students in general were satisfied so far with CS curriculum and its delivery.

Some issues were raised up such as having a Masters in CS, covering new CS trends. Here are some examples of the feedback :-

- Usually If I have any problem and speak to the right people ; it got solved quickly.
- The balance between theory and practical is really great to learn from.
- The way things are handled in ASU are top-notch

الوحدة الصحية في الجامعة بالتعاون مع عمادة شؤون الطلبة تنظم ورشة بعنوان "كيف تحافظ على جودة صحتك في زمن الكورونا" بقلم الممرضة فريدة البلوشي



قدمت الوحدة الصحية في الجامعة بالتعاون مع عمادة شؤون الطلبة ورشة عمل افتراضية بعنوان (كيف تحافظ على جودة صحتك في زمن الكورونا) وذلك في تمام الساعة الثالثة مساءً من يوم الأربعاء الموافق 03 مارس 2021 م ، وكانت أهداف الورشة كما يلي:

- تعزيز مفهوم فيروس كورونا المستجد، وأثره على صحتنا
- توضيح كيف نحمي قلوبنا خلال الجائحة؟
- توضيح ما الذي يمكن للمرضى الذين يعانون من الأمراض المزمنة فعله للبقاء بصحة جيدة.
- توضيح مفهوم للتغذية السليمة التي تحمي صحتك أثناء جائحة كورونا
- معرفة كيفية الحفاظ على صحتنا النفسية والتغلب على القلق أثناء الجائحة

كما تطرقت الأستاذة موزة النوادي –مديرة مكتب الارشاد بعمادة شؤون الطلبة عن الجانب النفسي وكيفية والتغلب على القلق أثناء الجائحة. كما أكدت الممرضة فريدة البلوشي لضمان جودة الصحة وحرصا على سلامة الجميع لابد من التواصل والالتزام بجميع الإجراءات الاحترازية والوقائية للتصدي لفيروس كورونا والتي توصينا بها الحملة الوطنية لمكافحة فيروس كورونا (COVID-19) بالإضافة إلى أن التطعيم مناعة لنحني أنفسنا ووطننا باللقاح المضاد لفيروس كورونا (COVID-19) ، نلتزم للبحرين ونتمنى السلامة للجميع.

أثر كورونا على صحتنا؟

لأسف، فإن الحالة التي فرضها وباء (كوفيد-19) على غالبية البشر، تُقاوم عوامل الخطر المسببة لأمراض القلب، ومضاعفاتها التي قد تصل إلى الوفاة، فإيقاف معظم الأنشطة الرياضية، مع البقاء في المنزل لمعظم الوقت، يزيد فرص حدوث السمنة، والتي تعتبر من أهم العوامل المساعدة على حدوث وتفاقم أمراض ارتفاع ضغط وسكر الدم، التي تُعد أخطر عوامل الخطر المسببة لأمراض القلب، بالإضافة إلى اضطراب التواصل بين أصحاب الأمراض المزمنة والخدمات الطبية الملائمة، مما يزيد فرص حدوث المضاعفات لديهم. نظراً لخطر التعرض للفيروس في أماكن الرعاية الصحية، قام عدد من المستشفيات ومؤسسات الرعاية الصحية الخاصة وعيادات الأطباء في جميع أنحاء البلاد إما بتأجيل زيارات الرعاية الصحية الروتينية، أو تحويلها إلى زيارات هاتفية أو افتراضية عبر الفيديو. أثناء هذه الفترة، من المهم جدا المحافظة على التواصل بين المرضى وأطبائهم من أجل المراقبة المستمرة للأمراض المزمنة والتعامل الآمن مع الأدوية وإعادة إصدار الوصفات الطبية.



(هي) (هنّ) (اللاتي)

بقلم الدكتور علي الددا- رئيس قسم العلوم السياسية

(1)

اللونُ البنفسجيُّ... هو لون القدرة على التأثير والسعي الى التوازن وتغليب الحكمة... أخاله لوناً للعطاء... وإكسيراً لطبيعة الحياة البشرية التي ترنو الى السلام والأمان... فلا غرابة في أن يكون رمزاً... يتماهي مع يوم الثامن من آذار من كل عام... ليزين لوحات لطالما رسمتها المرأة على صفحات العمر وبين ثنايا فصول الحياة... بريشة إدراكها لمعنى الوجود... وبإطاريصنعتة لها من الإنجاز والإصرار وبُعد النظر... منة عامٍ من وجود هذا الموعد... لاحتفال المجتمع العالمي بإنجازات المرأة... وليحمل هذا العام شعار "التحدي"...

(2)

تقول الأسطورة الإغريقية... أنّ الحبال نَقَدَت من عند الرجال أثناء عملهم على جِر السفن... حتى شعروا باليأس من جاهزيتهم لمعركة هي على وشك الوقوع... فقصبت النساء شعورهنّ وجعلنه حبالاً... هو يومٌ للمرأة وإن ملكت كل الأيام... حاضراتٌ هُنَّ في الوجدان... في تقاسيم الوجوه... في تفاصيل الأيام... فكم من امرأة خطفت القلوب واقتادت المشاعر بكلايب أنوثتها ورجاحة عقلها... فامتلكت دقائق الرجل وثوانيه... وفي حياة الرجال العظماء... وفي التاريخ... نساء نجحن في أن يتقدمن الرجال بالقوة والذكاء... مثل: "حتشبسوت".." بلقيس".." زنوبيا".." سيراميس".." شجرة الدر".." الخيزران أم هارون الرشيد"...

(3)

إن ما أنجزته المرأة لم يكن ضربة حظ... بل قصة صنعت أحداثها حواء المثقفة والمتعلمة وربة البيت... بأسلوب المتابعة... وتشكلت فصولها من العديد من القيم من مثل: الكفاح... الإيثارة... التعب... التطوع... حب الخير... الوعي... الإخلاص... المعايضة... السعي بين المني والرغبة... الإرادة... المشاهدة والمجاهدة... كلها إنجازات تَضَوَّعت مسكاً وبخوراً... حواء هي قصة البداية... قُدمت الشواهد والمشاهد على تمتعها بحسن الظن... حواء... احلمي الطموحات وأشواق الغد... سابقي الأيام واركضي مهرةً أصيلةً نحو الطموح والأحلام... وكوني القصيدة الذي لم يُقل بعد... فأنت القصيدة وفيك القصيدة...



A Memory to Remember من عقب الماضي

-Date 16 February 2020 , Volume 5/ Issue 16-

Volume 5, Issue 16

Sports Day Celebration 11th Feb 2020

On 11th February 2020 with the celebration of the Kingdom of Bahrain of the Sports Day, the Sports Club, Student Council and other clubs organized many sports activities starting from 10:45 am to 3 pm. The event was attended by Professor Waheeb Al Khaja, Chairman of Board of Trustees, Professor Ghassan Aouad, University President, the senior management, the academic and the administrative staff with a great number of students.

The event consisted of different sports mainly walkathon, Football Dart, PlayStation tournament, billiard tournament, chess, carrom, Air hockey and other activities. In addition, a Gym (Sphnix) offered to check BMI to both students and staff members. All the participants enjoyed the sports day as it broke the daily routine.



Written by
Ms. Rawan Sucheerl
Administrator in
Student Services
Office



Quote of the Day

“An idiot with a plan can beat a genius without a plan .”

-Warren Buffett.

من روائع الشعر العربي

وَاشْكُرْ فَضَائِلَ صُنْعِ اللَّهِ إِذْ جُعِلَتْ
إِلَيْكَ، لَا لَكَ عِنْدَ النَّاسِ حَاجَاتُ
قَدْ مَاتَ قَوْمٌ وَمَا مَاتَتْ فَضَائِلُهُمْ
وَعَاشَ قَوْمٌ وَهُمْ فِي النَّاسِ أَمْوَاتُ

-الإمام الشافعي