



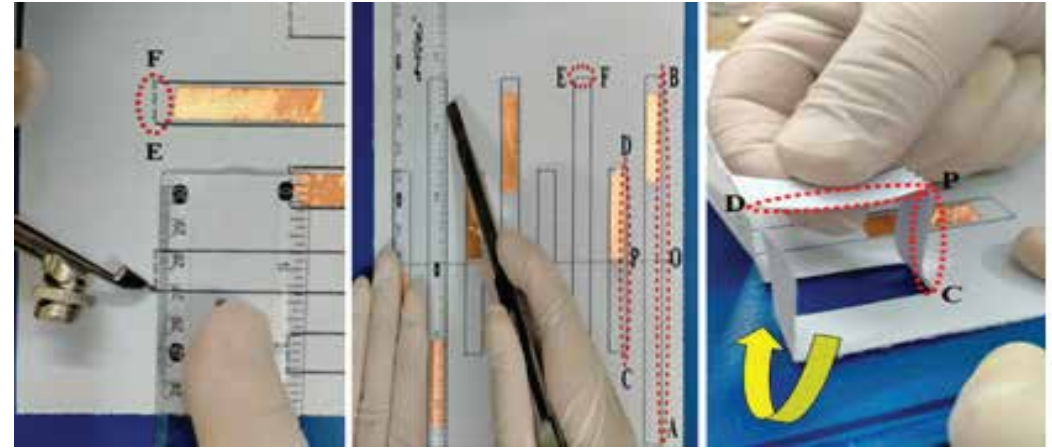
Good
Health
&
Well-being

GOOD HEALTH & WELL-BEING

Summary

Prince Sultan University is fully committed to good health and wellbeing. This is clearly reflected on different fronts. On the research front, the university faculty members produce quality research on health issues from different perspectives, particularly computer science and engineering. Additionally, PSU has formed collaborations with local and global health institutions. For example, the university's prosthetics centre collaborates with Sultan Bin Abdulaziz Humanitarian City in Saudi Arabia and Nia Technologies Incorporation in Canada.

The university also pays great attention to the health of its students and staff through a number of policies and services, such as a smoke-free policy, the provision of mental health support through the counselling offices at both the male and female campuses and the arrangement of campus visits by different hospitals and health centres to raise awareness of important health issues, such as diabetes, breast cancer, drug abuse, etc. The university extends its services to the local community to improve health and well-being through different strategies, including arranging blood donation campaigns, paying visits to hospitals and schools by outreach committees, holding mental health awareness sessions by the Psychology Club and providing sports training by the physical education clubs. The university makes its sports facilities, including swimming pools, basketball and volleyball courts and football pitches, accessible to the local community in pre-scheduled programs. Additionally, the university arranges regular sports competitions for schools and other institutions and offers special sports training programs for different age groups.



Smart Systems Engineering Laboratory at the College of Engineering Designed Revolutionary Antennas for Cancer Detection, Wearable IOT Healthcare, 5G, and WI-FI Applications

Innovative designs for antenna systems have been successfully designed by the leader of smart systems engineering laboratory, Professor Mohamed Marey. It is a collaborative effort involving research centers in France, Italy, Germany, UK, Pakistan, Egypt, and India. Cancer detection, wearable internet of things healthcare, 5G cellular networks, and wireless local area networks have all been primary focuses of these designs. In this year, the laboratory has delivered no fewer than fifteen creative solutions to this crucial wireless technology.

New generations of wireless technologies, including 5G cellular and 6G Wi-Fi, provide greater data speeds, ultra-low latency, improved reliability, vast network capacity, and increased availability.

PSU's Prosthetics and Orthotics Center aims to bring mobility to Saudi Arabia's amputees



In 2018, almost 4,000 people in Saudi Arabia had a lower limb amputated, and more than half of these cases were due to diabetes, according to an article in Eastern Mediterranean Health Journal. However, many amputees do not receive rehabilitation services, and amputation often carries a high economic and emotional impact.

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Breast Cancer Awareness Month

"Pink Out for a Good Cause", Creating the Biggest Community Ribbon for Breast Cancer Awareness Month.



Excoriation (skin-picking) disorder among adolescents and young adults with acne-induced post-inflammatory hyperpigmentation and scars

The College of Humanities and Sciences (CHS) invites you to attend the 6th Research Seminar, Entitled: "Excoriation (skin-picking) disorder among adolescents and young adults with acne-induced post-inflammatory hyperpigmentation and scars."

CHS جامعة الامير سلطان
PRINCE SULTAN UNIVERSITY

The College of Humanities and Sciences (CHS)
6th Research Seminar

Excoriation (skin-picking) disorder among adolescents and young adults with acne-induced post-inflammatory hyperpigmentation and scars

Among the plethora of health-related concerns, skin disorders are particularly common to adolescents and young adults. Their reactions to skin-related disorders can be different from other disorders. While medical problems could be physiologically impacting, skin disorders like excoriation disorder can directly affect them in ways that have psychological consequences (e.g. anxiety, low self-esteem, and impaired quality of life). The increasing prevalence of excoriation disorder has resulted in its inclusion in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) and the eleventh edition of the International Classification of Diseases (ICD-11) manuals as one of the obsessive-compulsive disorders (OCD) related disorders. However, health care professionals may not often recognize this important entity especially among adolescents and young adults presenting with acne-induced post-inflammatory hyperpigmentation and scars. While both pharmacologic and non-pharmacologic therapies are available, psychological intervention is rarely considered. Physicians who usually make first contact with patients, such as Family Medicine Physicians, Pediatricians, Dermatologists, and Aesthetic Medicine Physicians need to have a relatively high index of suspicion for psychological interventions for those presenting frequently with new or repeat lesions. Incorporating mental health specialists is encouraged in order to ensure the provision of holistic care to affected persons.

Dr. John Ekore earned his degrees in Psychology and became a full Professor of Psychology at the University of Ibadan, Nigeria in 2014. An Associate Professor in PSU where he teaches Psychology and Stress Management since 2016. He was a Visiting Professor to Kenya and United States. His professional focus is on psychological wellbeing and skills development.

Via Google Meet
Wednesday 11:00 - 1:00 PM
OCT 19

www.psu.edu.sa

YEA! Global Summit
5th July 2022

YEA! youth & education alliance
UN environment programme 50th anniversary
eauc

YEA! Global Summit
RACE TO ZERO
10:00 AM - 16:00 PM (UTC) - 5th JULY

Speakers: SADEENWA HAJJAWANA, BERKA KAMAT, MOHAMMED HUMAYUN, RAJENDRA BOHORE

Jubilation Office @PSU provides mental health support for all its employees

Find your balance: Live more, Stress less

Speaker: Ms. Huda AlMedayfir

Certified NLP Practitioner Coach

Certified Associate Leadership

Certified Organizational Development

Coach Therapist

Displaced people and refugees are the important agenda for inclusive SDGs - Discussing UNEP YEA! Global Summit 2022

Prince Sultan University is the First Saudi University to Pledge Net Zero Carbon University by 2060. Race to Zero for Universities and Colleges campaign is run in partnership with EAUC, Second Nature and UN Environment. EAUC are the secretariat. Being part to this campaign Prince Sultan University has been added to the UNFCCC Race to Zero campaign.

Jubilation Office invites to the Webinar

Mental Health Awareness Day
Find your balance : Live more, **STRESS** less

Speaker: Ms. Huda AlMedayfir
Certified NLP Practitioner coach
Certified Associate Leadership
Certified Organizational Development Coach Therapist

Tuesday
11th October 2022
12:00PM - 1:00PM

Join us via Google meet

PSU's commitment to SDG 2030

Mission

PSU is committed to United Nations Sustainable Development Goals (SDGs) through effective institutional resource management, innovative teaching and learning, research, national and international partnerships, continuous studies, and outreach. PSU shall undertake the following activities: form higher and steering committees, evaluate each SDG, formulate and develop related SDG policies, conduct awareness campaigns to the PSU community, establish a sustainability office, identify the SDGs related to each college, program, and course, and lab centers at PSU, and implement sustainability-related initiatives.

Vision

Prince Sultan University strives to support Saudi Arabia's Vision 2030 and the United Nations Sustainable Development Goals (SDGs) by paving the way for higher education in KSA and Middle East.

Mission

Supporting the Saudi Arabia's Vision 2030 and the PSU's strategic directions, PSU aligns its mission with SDGs by providing quality education, sustainability initiatives, lifelong learning, scientific research, and community service



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