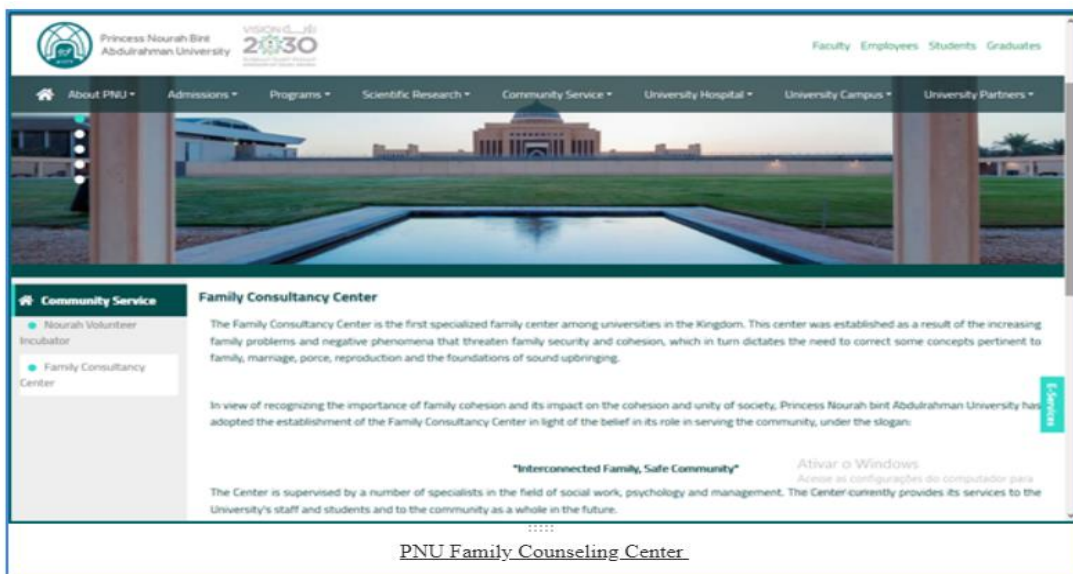


IMPROVEMENT OR PROMOTE HEALTH & WELLBEING

In regard to programs and projects with the local community to improve or promote health, Princess Nourah bint Abdul Rahman University, has done a continuous accompaniment to various families through its Family Counseling Center.

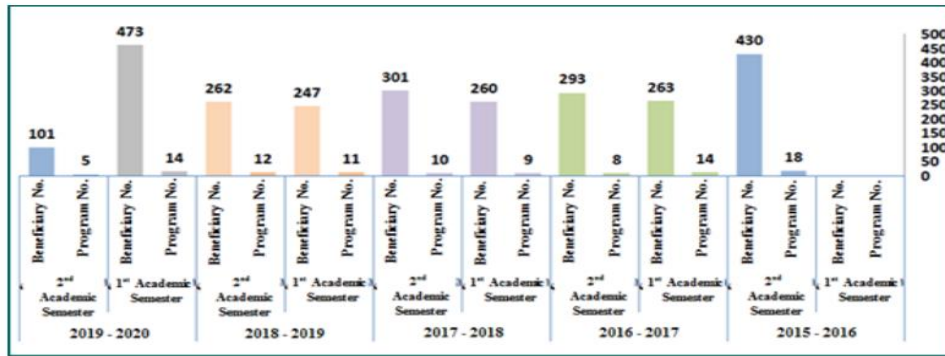


The Family Consultancy Center is the first specialized family center among universities in the Kingdom. This center was established as a result of the increasing family problems and negative phenomena that threaten family security and cohesion, which in turn dictates the need to correct some concepts pertinent to family, marriage, reproduction and the foundations of sound upbringing with the purpose of improving mental health and good psychological well being

The family counseling center Princess Nora bint Abdul Rahman University, through its programmes aiming:

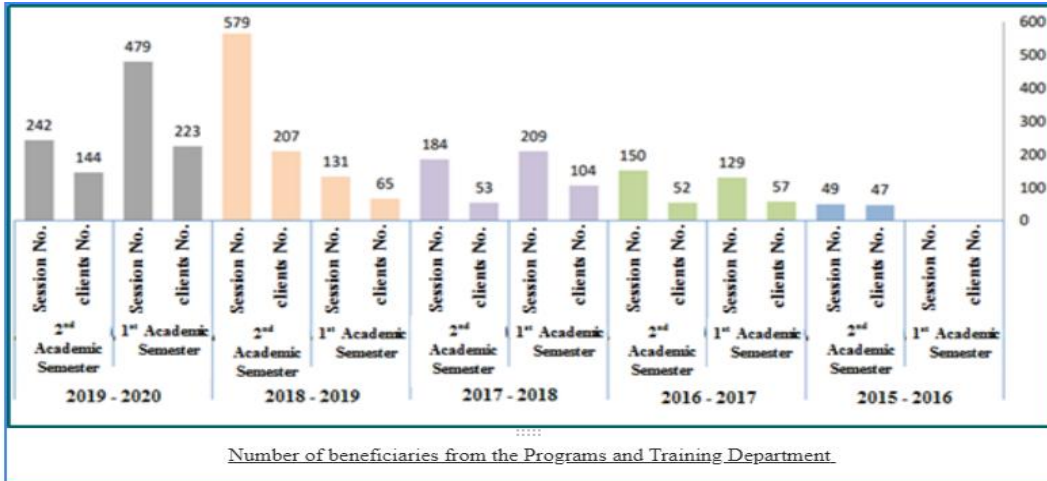
- Help to strengthen your family relationships and deal properly with family and personal crises.
- Overcome psychological and social problems with the help of a team of female specialists and treatment in an atmosphere reassuring.
- Ensures confidentiality and privacy and to high scientific standards

In the graphic below may be observed the continuous accompaniment in the last four years. However, it is worth noting that, the number of beneficiaries from the Programs and Training Department since the center's opening until now is 2770, with more of 100 programs and courses. In evidence folder can be found Number of beneficiaries from the Programs and Training Department.



Number of beneficiaries from the Programs and Training Department

The number of beneficiaries of the family counseling center during the past four years and so far, is 646 clients / 2152 sessions



[A summary of the sessions and training courses are shown in the next table, in it is incorporated some brochures of these activities that tends to support the health and wellbeing community. More than 100 brochures of the sessions and training course developed in the center can be consulted at](#)



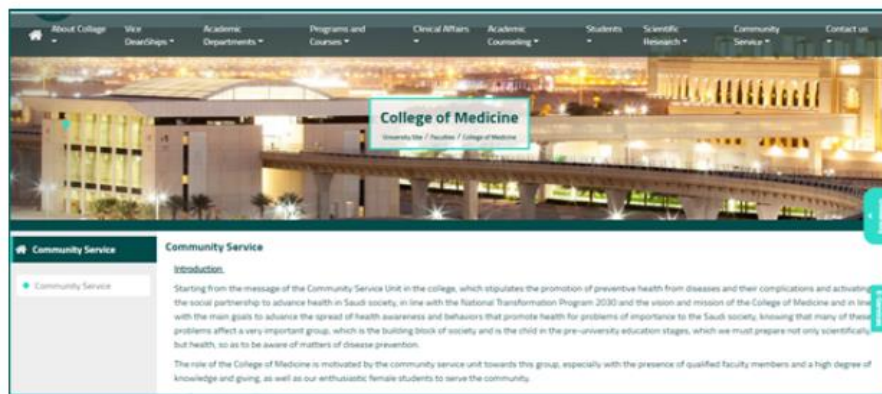


Training courses brochures

Among the courses offered by family counseling center Princess Nora bint Abdul Rahman University, those of the following categories stand out:

Awareness and education courses	Professional training
<ul style="list-style-type: none"> > Emotional Intelligence Course > Emotional attachment pattern cycle > Family problem solving course > Successful marriage cycle starts from you > A cycle so as not to interrupt the rope of marital communication > A course towards better communication with teenagers > Child behavior management skills course > The course of emotional management and self-control > Cycle, meet anxiety and be comfortable > Self-confidence cycle > "Effectiveness" when a trauma leaves a mark > Our dialogue session with our children > Marital dialogue session 	<ul style="list-style-type: none"> > Sexual harassment course > Constructive family therapy > An effective treatment courses for anxiety cases > A course of effective treatment applications in cases of violence > Drug course > Effective education > Psychotherapy with playing session > Effective breeding > Anxiety treatment skills > Clinical interviews > Sentiment scheme > A course to develop specialist skills in the treatment of harassment > Effective breeding > Social anxiety > Psychotherapy with toys > Family therapy > Introduction to psychotherapy > Analysis of children's drawings
<p>Support programs</p>	
<ul style="list-style-type: none"> > Mindfulness skills <ul style="list-style-type: none"> > Sleep > Empirical skills > Worried about tests <ul style="list-style-type: none"> > A course in applying positive affirmations in relaxation > Group therapy program for borderline personality disorder cases <ul style="list-style-type: none"> > Support program for parents of hyperactive children 	

[In another hand, the role of the Medicine College of Princess Nora bint Abdul Rahman University is motivated by the Community Service Unit,](#) which stipulates the promotion of preventive health from diseases and their complications and activating the social partnership to advance health in Saudi society, in line with the National Transformation Program 2030 and the vision and mission of the College of Medicine and in line with the main goals to advance the spread of health awareness and behaviors that promote health for problems of importance to the Saudi society, knowing that many of these problems affect a very important group, which is the building block of society and is the child in the pre-university education stages, which to prepare not only scientifically, but health, so as to be aware of matters of disease prevention.

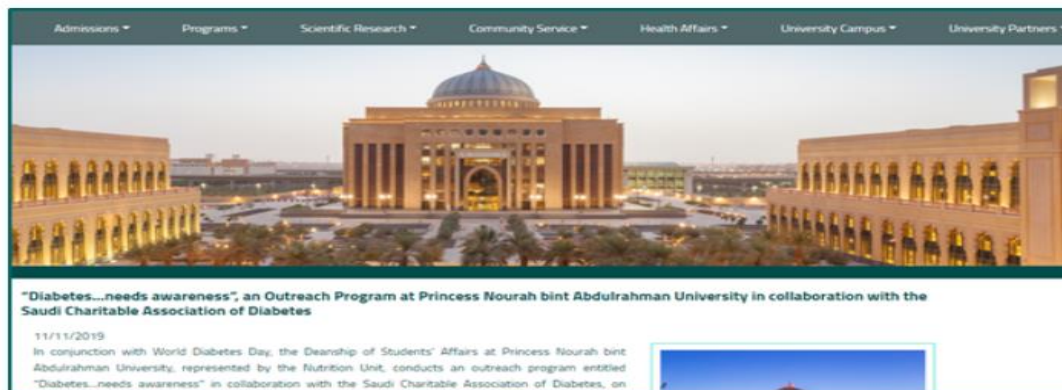


PNU Community Service

In regard to programs and projects with the local community to improve or promote health, Princess Nourah bint Abdul Rahman University from the College of Human Medicine has done some campaigns and events.

[In conjunction with World Diabetes Day, the Deanship of Students' Affairs at Princess Nourah bint Abdulrahman University, represented by the Nutrition Unit, conducts an outreach program entitled The "Diabetes...needs awareness" in collaboration with the](#)

Saudi Charitable Association of Diabetes. This program aims to clarify and make aware the risks of diabetes and risk factors leading to the disease associated with the diet and daily lifestyle and how to reduce the likelihood of its occurrence through the adoption of a healthy diet and physical activity. The program also illustrates the correct steps that help modify daily dietary habits, measure blood sugar for the students, compare the results with normal levels and register diabetics from University students to provide the necessary support for them by involving them in the mentoring program to be conducted in cooperation with the Saudi Diabetes Charity. This program comes within the framework of the agreement signed between the University and the Saudi Charitable Association of Diabetes to enhance the awareness of the University's students. As well as providing the necessary support to the diabetics of them through the establishment of a group to support the diabetics under the name of "Friends of Diabetes", through which the Association provides its free services and the Nutrition Unit oversees the support of those registered with it.



PNU progrma "Diabetes...needs awareness"

In this same way, PNU has been developed some activities about diabetes, like the below:

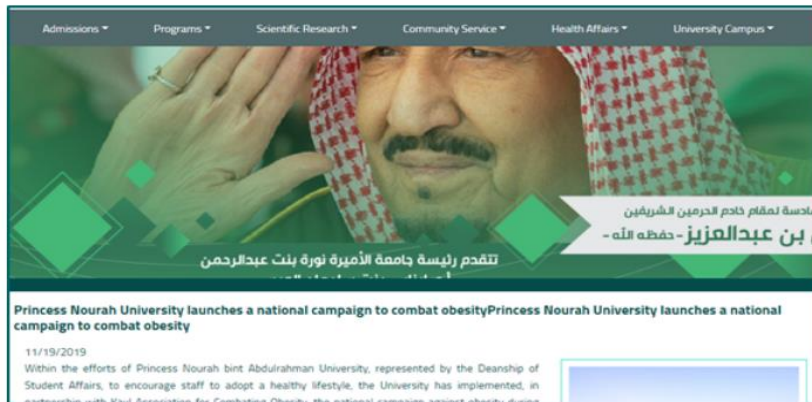
[The Faculty of Health Sciences and Rehabilitation organized the Diabetes Initiative in the lobby of the university.](#)

Within the efforts to encourage staff and the general community to adopt a healthy lifestyle, the PNU University has implemented, in partnership with Kayl Association to Combating Obesity, the national campaign against obesity. The campaign aims to raise awareness of the damages of obesity and the effects of weight gain and its association with high-risk factors leading to chronic diseases, mainly diabetes type II. This campaign comes within the framework of cooperation between the University and awareness charities to achieve the goals of the Kingdom's Vision 2030 towards a vital society and strengthen the prevention against health risks.

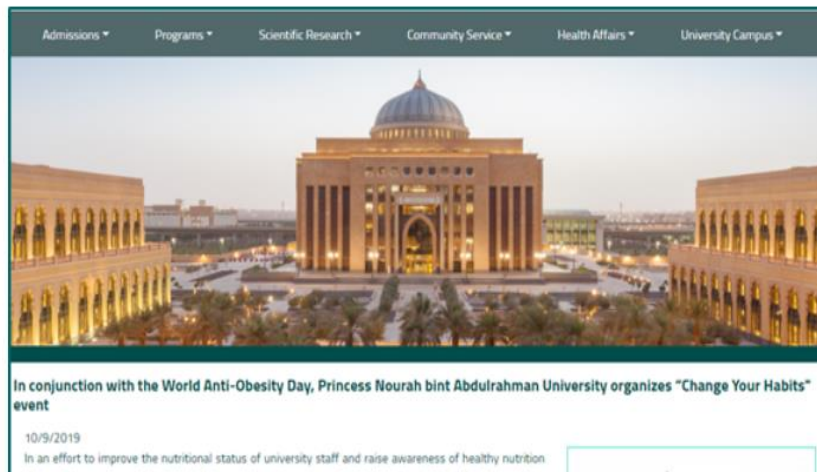
The University focuses on its implementation of the campaign on encouraging employees to improve the daily amount of food by adjusting unhealthy eating habits and reduce the daily amount of calories, sugar, salt, and fat. In addition to the dissemination of awareness messages through electronic screens available within the university, as well as the use of social media to promote awareness messages that stimulate the improvement of diet and physical activity. In addition to the establishment of weekly awareness programs that include measuring the body mass index of a sample of students to determine the prevalence of obesity and the level of awareness of students about the unhealthy eating habits associated with weight gain.



Diabetes Initiative



[PNU National campaign against obesity.](#)



[PNU campaign Change your Habits.](#)

In this same way, PNU has been developed some activities about obesity, like the below:

[Faculty of Health Sciences and Rehabilitation conducted a workshop entitled "How do I change my eating habits?"](#)



How do I change my eating habits?

- Dean of Student Affairs invited the entire community to participate in the event called wrong food beliefs, they are widespread in society.



wrong food beliefs, they are widespread in society.

- [Research Center in Health Sciences for the establishment offered a workshop entitled: "Calculation and evaluation of food consumption and eating habits".](#)

Assessments of food intake and dietary habits

Objective

- Understand the different types of dietary intake methods.
- Understand how to assess the macro and micro nutrients intake.
- Recognize the advantage and disadvantage of different diet quality and dietary pattern tools.

Speaker: Abeer Alzaben, PhD

Feb 11, 2019
9:00 am - 1:00 pm

All interested researchers (male/female)

Station A1, Health Sciences Research Center
first floor, computer lab

harc-staff@psu.edu.sa
+966 11 82 44762 - 44794

For more information & registration: <https://em-harc.psu.edu.sa/>

PSU_HSRC

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Calculation and evaluation of food consumption and eating habits

Other types of initiatives that are related to health and wellbeing and that are developed at PNU university are:

- Healthy and safe pregnancy campaign, under the supervision of Dr. Hilala Al-Anazi is Assistant Professor of Obstetrics and Gynecology, and the participation of the students
- Program to develop methods of prevention, treatment, and awareness of blood clotting diseases, and the opening of the distinguished medical exhibition in the presence of an agent University for Health Affairs and senior officials from the Ministry of Health
- Participation in a program to develop methods of prevention, treatment, and awareness of blood clotting diseases for health practitioners under the slogan "No to venous thrombosis"
- Participation in the Multiple Sclerosis Campaign realized held at Alfaisal University.

- Dentistry College also was performed multiples community services, especially awareness campaigns with children.
- Visit the endowment association, Aris
- Dentistry Campaign in the Down Syndrome Society

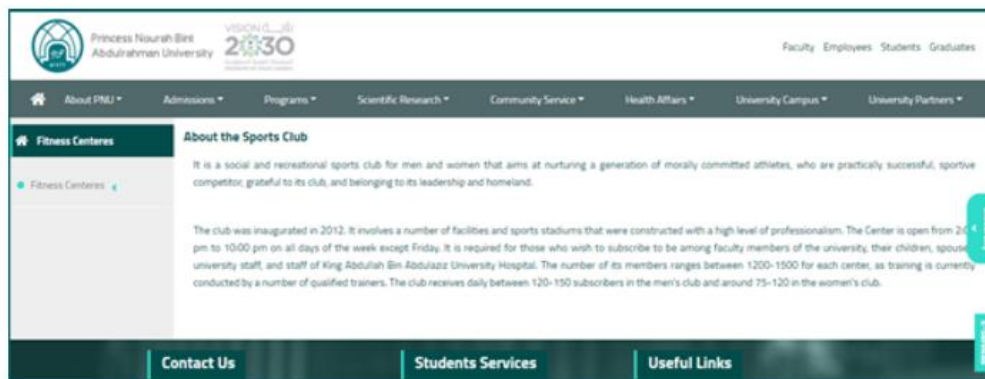
The next table show some brochures and photographs of the previous initiatives



[PNU Sports Club](#) is a space to propitiate activities, outreach programs, and projects in the local community related to sports, exercise health, and wellbeing. It is a social and recreational sports club for men and women that aims at nurturing a generation of morally committed

athletes, who are practically successful, sportive competitor, grateful to its club, and belonging to its leadership and homeland. Specifically, the sports club has defined in two of its objectives (2 and 7) contributions for the community to enjoy health and well-being. All objectives are shown below:

1. Achieve ethical and behavioral commitment at the level of the members of the sports club at the university
2. **Create a community partnership with other sports, economic, social, educational and media institutions**
3. Develop the administrative environment and working methods (e-management)
4. Develop infrastructure (football pitch that is naturally cultivated).
5. Develop the technical and administrative skills of the club's staff, including coaches, players and executives
6. Achieve financial self-sufficiency for the regular club expenses.
7. **Participate in social, national and sports events at the level of the Kingdom.**



[PNU Sports Club](#)

[Coinciding with International Volunteer Day, Princess Nourah University offers 1,315 volunteers to the community with 23,352 voluntary hours](#)

Princess Nourah Bint Abdul Rahman University recorded during the first semester of 2019 more than 23,352 volunteer hours, graduating approximately 1315 volunteers from university students in various disciplines and granting them a license to practice volunteer work. Currently, 150 volunteer students are trained, with the aim of contributing to achieving the 2030 vision.

The university worked according to an innovative approach to the strategy of establishing and organizing volunteer work in the Kingdom of Saudi Arabia. Through the establishment of (Nourah Al-Ataa Volunteer Incubator) which is a specialized incubator for volunteering and qualifying volunteers, according to the sustainable development methodology that was officially opened by H.E. the Rector of the University at the King Salman Forum for Youth.

The Nourah Al-Ataa Volunteer Incubator represents a future creative vision for sustainable volunteering in the country, so that this project is an experience house for spreading the culture of volunteerism, enhancing its role in the comprehensive development of society in partnership with leading voluntary bodies and societies. As well as organizing the utilization of energies and human resources inside and outside the university through preparing and qualifying them for national volunteering. The incubator developed the capabilities of volunteers, honed their skills in volunteering, granted them a national volunteer license, and qualified them according to the first and second volunteer license program.

These efforts come within the responsibility of Princess Nourah University in serving the society and achieving its strategy in the field of social responsibility and volunteering, to be an active partner in building and developing the community. As it has been keen to activate volunteer work inside and outside the university for the vision of the Kingdom of Saudi Arabia, as it seeks through the incubator to contribute in raising the number Volunteers in Saudi Arabia to one million volunteers by 2030.

Among the most important efforts made by the University for the Incubator is the establishment of a database for volunteers and the preparation of a unified mechanism for organizing volunteering in it. Moreover, who obtained a license to practice voluntary work

The university also established a platform (Nora Al-Ataa Volunteerism), which offers volunteer opportunities and helps members to join, in addition to calculating volunteer hours and issuing certificates that are monitored in the student's skill record, and has appointed community service units in colleges, deanships, and institutes to measure the community services which provided by Princess Nourah University employees.

Regarding a volunteer hours and counting them for employees, the university has included indicators concerned with this in its strategic plan project. In addition to the percentage of their contribution to community service (social responsibility and volunteering), which has achieved nearly 30% of the member volunteers outside the university, and 26% inside the university, and for students it has exceeded 20% in community service annually.

In the context of keeping up with electronic development and maintaining the progress of operations, the university has established an automation program to approve community service plans, which are submitted from colleges annually, such plans are reviewed by the Deanship of Community Service and Continuing Education to submit them for approval from the University Council.

The university also seeks to spread the culture of volunteerism through the establishment of forums and workshops to promote. As the Kingdom was granted the Guinness record for the largest gathering of female volunteers in the world, with 4995 volunteers, at the Corporate Youth Leadership Forum (Quality and Charity).

In another context and in conjunction with the International Volunteer Day, Sheikh Mohammed bin Rashid Al-Zanan, Chair of Voluntary Work Research at Princess Nourah University launched a number of knowledge products with the aim of enriching the knowledge of volunteering in the Kingdom of Saudi Arabia.

As this knowledge base is important in the field of volunteering in Saudi society and the most important of them: the application (Inhalat) of social counseling, which contributes to solving problems and difficulties facing individuals by providing free social consultations at the hands of experts, specialists and consultants. The second is the charter of voluntary work to

seek to spread a culture volunteering by emphasizing accountability and transparency increases organizational positive practices.

As for the third, it is the guide for volunteering in the Kingdom of Saudi Arabia, which is an important reference for institutions and individuals in the field of volunteering in which terms and general values for volunteer work have been defined. As it highlights the goals, motives and mechanisms of volunteering, the most important volunteer areas and their forms and how to attract volunteers.

[Through King Abdullah University Hospital, about 34,000 beneficiaries of the Covid 19 Vaccine Center at Princess Nourah University](#)

Princess Nourah Bint AbdulRahman University continues its health efforts towards the Covid 19 pandemic by expanding its Covid 19 vaccine center, which it has set up at King Abdullah University Hospital, by allocating 18 clinics to receive those wishing to take vaccines from university staff without prior appointment, and to all citizens and residents by registering an appointment through my health gate, where the number of beneficiaries of the vaccine reached more than 34,000 beneficiaries from university levels and from all citizens and residents

Health affairs efforts, at King Abdullah Hospital, began to deal with the global pandemic Covid-19 since its inception, where work was done to allocate a full wing to receive emergency cases from the affected, and to allocate a whole building of administrative buildings on the campus of Princess Nourah Bint AbdulRahman University, to benefit from it by isolating patients, due to the urgent need that targeted all those in need of isolation from the hospital and university staff in order to ensure the safety of their families and keep them under observation.

After the vaccine arrived in Saudi Arabia, the Ministry of Health was coordinated to work together to provide the vaccine to health workers, university staff and all citizens and residents.

Princess Nourah Bint AbdulRahman University is keen to contribute to the creation of a healthy society, one of the strategic directions of the university,

through (5) modern and pioneering health colleges, a simulation center that is one of the largest centers in the Middle East, and three sports centers, and the University has worked to establish a flexible community health system that supports health awareness for all groups of women, students and the local community.

[Princess Nourah University concludes its summer sports camp 2021](#)

The Department of Sports Affairs at Princess Nourah Bint Abdul Rahman University concluded on Thursday, July 1, 2021, the month-long "Summer Sports Camp 2021", targeting the 75-year-olds from inside and outside the university.

The aim of the summer sports camp is to invest the abilities of participants and refine their physical and mental skills, and to improve abilities and talents, and the camp provided a variety of sports activities including group games (football, basketball, volleyball) and individual games (Taekwondo, Judo, Athletics, Badminton) as well as (Yuqa, Zumba, fitness exercises), and also included a number of challenges and competitions between participants.

Through the organization of this camp, the University's Department of Sports Affairs seeks to achieve its mission of promoting sports culture, adopting international best practices to develop a competitive sports environment, and launching initiatives and programs that contribute to promoting sports throughout the year to build a generation of mathematics capable of achieving successes across local and international levels, to achieve the university's strategic directions, including building a healthy society.

It is worth mentioning that the Department of Sports Affairs plans to hold the summer camp for the second season from 1-26 August 2021, and receives applications for those wishing to register from inside and outside the university at the following link:

[\(Click here\)](#)

[launches a health awareness program](#)

At Princess Nourah Bint AbdulRahman University, the Deanship of Student Affairs launched its awareness program in conjunction with the holy month of Ramadan, which aims to keep up with the needs of university students during the month of Ramadan and to provide awareness and moral support to students and university staff with diabetes.

The program focuses on introducing the importance of healthy nutrition during the month of Ramadan, and the role of a healthy lifestyle in reducing the likelihood of chronic diseases, primarily diabetes, as well as introducing methods of preparing healthy meals for people with diabetes and how to know the content of foods from carbohydrates by identifying the glycemic index of the most famous foods on the Ramadan table.

In the same vein, the Student Skills Support Center (Najah) concluded its work with a virtual awareness lecture entitled Appropriate Food for Diabetics in Ramadan, with the aim of raising health awareness among female students and university graduates.

This is part of princess Nourah Bint Abdulrahman University's efforts to raise awareness of chronic diseases and encourage its staff to adopt a healthy lifestyle, in order to achieve one of the main trends in the university's strategic plan 2025 by creating a university environment attractive to sports and the extended health of the community.

[Princess Nourah University launches virtual diabetes counselling clinic](#)

On Monday, March 22, 2021, the Deanship of Student Affairs at Princess Nourah Bint AbdulRahman University launched a weekly virtual health consultation clinic, in collaboration with the Saudi Diabetes Charity Association, as part of the efforts at Princess Nourah Bint AbdulRahman University to raise awareness of chronic diseases and encourage university staff to adopt a healthy lifestyle.

The clinic was opened to keep up with the needs of female students during the Corona pandemic, to promote health awareness of diabetes, and to provide awareness and moral support to female students and university staff with diabetes. The advisory sessions focus on introducing ways to prevent

diabetes, the role of a healthy lifestyle in reducing the likelihood of infection, spreading awareness by correcting misconceptions, and answering questions from university students and staff.

The clinic hosts weekly consultant and associate professor of endocrinology, diabetes and thyroid disease at King Fahd Medical City, and a member of the Saudi Diabetes Charity, Dr. Naji Jamil Al-Jahni, to receive consultations and answer inquiries.

These programs are part of a collaboration between the university and awareness charities to achieve the goals of The Kingdom's Vision 2030 towards a vital society and promote prevention against health risks, by encouraging university staff to improve daily food intake by adopting unhealthy eating habits and improving the dietary pattern of university staff.

[King Abdullah University Hospital at Princess Nourah University opens blood donation center](#)

King Abdullah Bin Abdulaziz University Hospital, Princess Nourah Bint AbdulRahman University, opened the blood donation center on Wednesday, February 24, 2021, where a number of hospital staff donated to serve patients in need of blood.

Dr. Madd al-Houri, Executive Director of King Abdullah Bin Abdulaziz University Hospital, said the establishment of the center aims to facilitate the provision of blood units to patients in need, whether hypnotic or emergency, in a timely manner, which will contribute to the stability of blood stocks permanently and renewedly.

Al-Houri added that blood donation is a humanitarian and religious commitment and a noble work to save the lives of others in critical situations and emergency times, as well as the multiple benefits of donation, whether health, social or psychological, pointing out that the blood donation center will work continuously to encourage blood donation, promote this culture, and motivate the staff of Princess Nourah Bint AbdulRahman University and students and the community in general.

Dr. Hind Al Hamidan, head of the department of laboratory pathology, explained that the opening of the center at the university hospital is part of a well-thought-out plan to provide logistics services in line with the university's strategy and plans, stressing that the blood donation center is equipped with all the requirements that include specialized medical staff and equipment in the blood donation process.

The center receives donors at King Abdullah University Hospital on the first floor next to outpatient clinics from 8 a.m. to 4 p.m.

King Abdullah Bin Abdulaziz University Hospital, Princess Nourah Bint Abdulrahman University, is one of the academic and medical monuments in the Kingdom, with its human potential and medical equipment at the highest levels based on the importance of investing optimally for its capabilities and directing energies to reach the goals by implementing the directions of the Strategic Plan 2025 for the University, and in order to achieve the objectives of The Kingdom's Vision 2030.

[Through the "Prevention Your Decision" campaign, Princess Nourah University promotes a healthy lifestyle](#)

Princess Nourah Bint AbdulRahman University, represented by the Deanship of Student Affairs, launched on Monday (January 18th) the third phase of its diabetes awareness program entitled "Prevention is Your Decision", which runs until the end of February 2021. This is part of princess Nourah Bint AbdulRahman University's efforts to raise awareness of chronic diseases.

The awareness programme was designed at three basic stages by guided by the model of health beliefs, which is based on a key assumption that "individual involvement or lack of involvement in health-protective behaviour depends on a number of health beliefs, most notably the perceived susceptibility to the disease, the perceived risk of the disease, the motivation for health and the perceived benefits".

The awareness program focuses in its third phase on introducing ways to prevent diabetes and the role of a healthy lifestyle in reducing the likelihood

of diabetes, by completing the activation of the electronic campaign entitled "Prevention your decision", which includes the dissemination of accompanying awareness messages on the university's online platforms, to raise awareness of the importance of healthy nutrition, physical activity and adopt a lifestyle away from inactivity in preventing diabetes.

The campaign included awareness lectures in collaboration with the Saudi Diabetes Charity, provided by a group of specialists from consultants and specialists, where lectures focus on clarifying the role of healthy nutrition, maintaining weight in reducing the likelihood of developing type 2 diabetes, and reviewing ways to prevent diabetes, within the framework of cooperation between the university and awareness charities.

During this phase of the campaign, the Department of Physical Sports Sciences, Faculty of Education, Princess Nourah University, will be presented by Professor of Sports Training and Director of the Physical Sports Sciences Program, Dr. Maysa Mohammed Rabie. Dr. Dalal Al-Jabrin, Associate Professor of Physical Sports Sciences, will also give a lecture to raise awareness of the importance of adopting a healthy lifestyle away from inactivity, and its role in reducing the likelihood of diabetes.

The awareness campaign contributes to promoting volunteering in the health field and activating peer awareness by involving student Bayan Al-Delegan, a student in the Therapeutic Nutrition Department of the Faculty of Health and Rehabilitation Sciences, in providing an awareness lecture to raise awareness (healthy food) and the importance of modifying eating habits, improving daily dietary intake, and his role in promoting diabetes prevention.

The implementation of the awareness program coincides with the completion of a research conduct "to assess the knowledge, behaviors and beliefs of Princess Nourah University students on risk factors for diabetes", in collaboration with a number of faculty members in the Department of Therapeutic Nutrition at the Faculty of Health and Rehabilitation Sciences at the University, where the research assesses knowledge and behaviors associated with risk factors related to obesity and weight gain, risk factors associated with dietary habits, as well as risk factors associated with physical activity.

These efforts are part of princess Nourah Bint AbdulRahman's participation in achieving the goals of The Kingdom's Vision 2030, "Towards a Vibrant Society and Promoting Prevention against Health Risks" by raising awareness among its employees.

Female students from the Faculty of Nursing volunteered in Hajj

A group of nursing college students volunteered to serve the pilgrims of the Holy House of God in 1439 Ah.

- Names of

volunteers: - Abeer

Haroun Mohammed - Nursing

- Awad Abdullah

Abdullah - Nursing -

Covenants Khalid Al Issa -

Nursing - Covenant Eid al-Otaibi - Human Medicine work done by volunteers before going down the field: • Attending training courses in King Abdullah Medical City in Mekka

- Practical training and workshops.
- Participating in the preparation of a greeting for pilgrims.
- Attend the Saudi Scout Association course in cooperation with the Civil Defense to review field maps of sacred feelings.

Volunteer work as

follows: • Emergency

cases of heat stress

and sunstroke

- Care and medicine

of the feet of pilgrims and provided diabetes • guidance and awareness of pilgrims health • Ambulance cases of patients of pressure, sugar and wounds nearly 1100 cases were assisted by hajj volunteers.

The duration of volunteering was 10 days.

[Nursing College hosts delegation of community model cooperation schools](#)

On Thursday, 16 July 1438, the Faculty of Nursing hosted a delegation of community model cooperation schools, which aims to raise the awareness of female students in schools in the disciplines at the university, including those of the Faculty of Nursing.

The delegation was greeted by the lecture / Amira Al-Anzi from the Faculty of Nursing and the Office of Public Relations and Information, and Professor Amira delivered a welcoming speech to the audience and the support of the Dean of the Faculty of Nursing Dr. Samira Al-Sanani to do this hosting at the college, also expressed the excellence of the faculty of nursing and its humanity and promising future between medical specialties and career opportunities available after graduation, and touched in general on the specialties of Princess Nourah University and its advantages and future among the universities in the Kingdom, and has hosted students of excellence to talk about their experience and the social and functional difficulties they faced.

The students were then taken on a tour of the college's laboratories and classrooms, which also included a tour of the university train to see the university's facilities, services and the central library.

[The Faculty of Nursing participates in the forum of university specialties in model education schools](#)

The Faculty of Nursing - Princess Nourah University - was represented under the supervision of the College Agency for Student and Community Services

In the model education schools at the Future Building Forum by choosing my specialty, on Wednesday and Thursday, February 12-13, on two morning and evening shifts,

The event included participating in a corner of the Faculty of Nursing and included a definition of the nursing profession, the study plan and the experiences of female students in nursing and how they overcome obstacles, the distribution of leaflets and some souvenirs

This was done with the participation of faculty members and a selection of distinguished students and graduates from the Faculty of Nursing.

Hilal Voluntary Nursing Club also had an active participation in the corner, which originated his idea and was founded in the Faculty of Nursing and was presented in it the most important achievements of the team and its volunteer goals that contribute to the development of society and its development.

[Health Club students from the Faculty of Nursing organize a healthy lifestyle education campaign in university schools](#)

The students of the Health Club from the Faculty of Nursing organized an educational awareness campaign on the healthy lifestyle in the middle and high school of Princess Nourah Bint Abdul Rahman University, and the activities were as follows:

Educating the importance of healthy eating by providing information and hearing the opinions of female students.

- Guide female students to healthy habits and how to prepare a healthy breakfast entitled "How to make a healthy and fast breakfast".
- View models of healthy meals.
- The new diet (My Plate) was then introduced and explained how to use it during the day to prepare main meals and snacks commensurate with the rate of body mass, and it is worth mentioning that it is very important to know how to read nutritional values on different products, so the campaign

included a special explanation of these posters with the method of calculating calories.

After the students had checked the corners, the students practiced warm-up exercises to guide them in the right way, and then the group was divided into two teams: a basketball team inside the closed stadium and a football team on the outside field, and the campaign included the distribution of brochures with various campaign themes and after the end of the program the students were given the opportunity to share their views on the campaign.

[Nursing College holds course entitled "Raising awareness of diabetes and blood pressure and how to deal with emergencies"](#)

On Sunday, 27/02/1438 H, 27/11/2016, the ER EVENT ambulance team from the program (Connie Nurse) presented a course entitled "Raising awareness of diabetes and blood pressure and how to act in emergencies", which was held that day - from 11 a.m. to 12 p.m., under the supervision of the health club by presenting the student / Juri Zahrani, where the course was attended by a large number of students and staff of the Nursing College.

The course included the definition of diabetes and its types and symptoms of height and decline and also included knowledge of how to deal with high or low blood pressure and how to deal with emergencies and at the end of the cycle there were learning pillars on how to measure pressure and sugar.

[In an effort to improve the nutritional status of university staff and raise awareness of healthy nutrition habits, PNU University, represented by the Nutrition Unit in conjunction with the World Anti-Obesity Day, in collaboration with Association of Combating Obesity "Kayl", organized an outreach event entitled "Change your Habits".](#) This event is part of a package of awareness events scheduled within the extracurricular activities plan of the Nutrition Unit, which strives to promote public health, reduce the level of obesity and improve the dietary pattern of University staff.

The event included measuring the BMI of the university employees and determining indicators of weight gaining and prevalence of obesity through the mobile clinic of Kayl Association. In addition, it included a nutritional counseling corner providing nutritional counseling to visitors and clarifying the importance of adopting healthy nutritional habits and their impact on general health.

In our endeavors to encourage students to engage in physical activity, the Unit offered an invitation for a free visit to the student's club at the University. It also coordinated to provide free nutritional counseling at the headquarters of the Association of Anti-Obesity "Kayl".