



Activities Report (Faculty of Pharmacy -December 2019)

Conducting community seminars titled " Contributions in community volunteering" which about the thesis of Shaimaa Ali Abdel Sahr the officer in Youth Care in the faculty on Sunday and Monday 15-16/9/2019 9am-12pm in the class of Pharmaceutical industry department.

Activities Report (Faculty of Pharmacy -October 2019)

Seminar on How to manage time

In ElFarouk School on Tuesday 22/10/2019 and In Assiut Badr School on Tuesday 29/10/2019

The pharmacist Mena Emad Sabet presented the seminars and explained the importance of management of life and its importance of its application in our life for students at 6 primary and in preparatory and secondary grades in the school.





Activities Report (Faculty of Pharmacy -November 2019)

1- Seminar about the interrelationships between students

Under supervision of Professor Mahmoud El Badry the vice dean for the Community Service & Environment Development Affairs Sector and with the cooperation with Dr. Manal Helmy Said Psychological and behavioral consultant presented a seminar entitled the interrelationships between students In Badr School on 5/11/2019 at 9 am student problems in adolescence and how to deal with it was discussed and How to set a goal and reach it, these items was discussed with students and teachers





2- Seminar on the risks of fast food

Dr Olfat Elshafee professor of critical care, Faculty of Nursing presented seminar on the risks of fast food on wednesday 6/11/2019, the seminar was

about the dangers of fast food and how to replace fast food with A healthy diet of vegetables and fruits. The school asked for periodical seminars to be held on various health topics.



3- Seminar about thinness and obesity

Under supervision of Professor Mahmoud El Badry the vice dean for the Community Service & Environment Development Affairs Sector and with the cooperation with Dr. Heba ElGolf the thinness and obesity specialist there was a day about thinness and obesity for students and employees of faculty of pharmacy.

Digit scale was used for measurement of the amount of fat, muscle and calories, and also measured the degree of dryness of the skin with a special sensitive device. This day was recorded on the TV channel of Upper Egypt.



3- Seminar about the risks of Sitting long time in front on the computer presented by Dr Olfat Elshafee professor of critical care, Faculty of Nursing seminar about the risks of sitting long time in front on the computer on 13/11/2019 at 10 am in Bader school and she explained the dangers of sitting long time in front of the computer on concentration, backbones and eyes.



4- Seminar on Post-traumatic stress disorder

Under supervision of Professor Mahmoud El Badry the vice dean for the Community Service & Environment Development Affairs Sector and with the cooperation with Dr Manal Helmy Said Psychological and behavioral consultant presented a seminar entitled Post-traumatic stress disorder on

Sunday 17/11/2019 at 9 am in the ceremony hall. The seminar was about the psychological disorders and avoiding psychological penalties during this period this was discussed with students and employees of faculty of pharmacy. A Questionnaire was distributed to the attendees to get ideas about their opinions on the seminar and if they have any suggestions.

5- Health educational seminars were held

About different topics as phytotherapy, autism in children and how to deal with them, improving immunity by using medicinal plants presented by Dr Olfat Elshafee professor of critical care, Faculty of Nursing