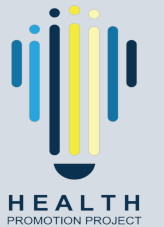




جامعة الفيصل  
Alfaisal University



# ANNUAL REPORT 2024 - 2025

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DEPARTMENT OF FAMILY  
& COMMUNITY MEDICINE

Alfaisal University

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# **Overview**

## **Introduction:**

The Department of Family & Community Medicine puts community outreach, student development, and sustainability at its core. We embodied these three qualities through a broad spectrum of initiatives across the academic year, producing phenomenal results at the grassroots level. Our department is dedicated to fostering the health and well-being of individuals and communities through comprehensive education, innovative research, and forward-thinking leadership. We strive to train future leaders in family and community medicine by emphasizing a holistic approach to healthcare—one that integrates physical, mental, and social dimensions. This philosophy is woven into our activities, partnerships, and academic integration.

The academic year 2024–2025 marked another significant milestone for the Department of Family & Community Medicine (DFCM) at Alfaisal University. We expanded our reach through dynamic health campaigns, evidence-based wellness initiatives, and pioneering educational developments. This year also witnessed closer collaboration with the Alfaisal Wellbeing Office (AWO) and the Center for Innovation, Partnership & Community Engagement (CIPC), advancing the university's mission to promote health, wellness, and societal engagement at all levels.

This report encapsulates our department's milestones, reflecting our unwavering commitment to medical excellence, community well-being, and sustainable development.

## **Meet the team:**

- ❖ *Dr. Baraa Alghalyini, Vice Dean of the College of Medicine and Chair*
- ❖ *Prof. Helen Batty, Professor of Clinical Public Health*
- ❖ *Dr. Amin Alswes, Associate Professor*
- ❖ *Dr. Abdul Rehman Zia Zaidi, Senior Lecture*
- ❖ *Dr. Racha Khaled, Senior Lecture*



- ❖ *Dr. Rawan Alshaer, Teacher Assistant*
- ❖ *Dr. Farah Almasri, Teacher Assistant*
- ❖ *Dr. Aya Alazm, Teacher Assistant*
- ❖ *Ms. Saphiya Banafa, Administration Assistant*



## Department Activities

### ❖ Alfaisal Wellbeing Office (AWO)

The AWO will serve as a center for excellence in health and wellness. It will be the epicenter of wellness initiatives, resources, and services on campus, nurturing a healthy and vibrant environment to promote a thriving academic community.

As part of the department's ongoing efforts to enhance wellness initiatives and clarify organizational structure, the **Alfaisal Wellbeing Office (AWO)** was officially rebranded from its



**Former Logo**



**Current Logo**

previous identity as **Wellbeing and Health Office (WHO)**. This change reflects a more focused and accessible identity aligned with the university's strategic vision. While the core mission and ongoing initiatives remain the same, the new image offers a clearer representation of the office's commitment to promoting Wellbeing and Longevity within the Alfaisal community.

## SWM: Start With Women



In collaboration with Rofaida Women’s Health Organization, Alfaisal University successfully hosted the “Saudi Wellness Meet: Start with Women” on October 26, 2024—a flagship event dedicated to promoting holistic health and wellbeing. Held at the Princess Haya Auditorium, the event featured expert-led panel discussions, interactive wellness workshops, fitness sessions, and outdoor activities including running and cycling. With over 249 attendees and the committed support of 70 volunteers, the event united students, faculty, and community members in a shared space of health education, physical activity, and engagement. This initiative powerfully reflected the department’s mission to champion community wellbeing, sustainability, and innovative outreach through strategic partnerships and impactful programming.



## It's Never too Late to Ride A Bike



A groundbreaking initiative designed to inspire members of the university community to embrace cycling as a pathway to healthier, more sustainable living. Over the course of four weeks, participants engaged in expert-led sessions that focused on mastering fundamental cycling skills, bike safety, and the art of urban riding.

The program generated a remarkable response, with six dedicated individuals selected to form the first cohort. Throughout their transformative journey, participants benefited from personalized coaching, hands-on training, and a supportive atmosphere that encouraged them to push past their initial hesitations.



### **From Zero to Tri-Hero:**

Alfaisal University hosted the "From Zero to Tri-Hero: Beginner's Triathlon Workshop" on January 16th, 2024, in partnership with the Saudi Triathlon Federation. The event aimed to promote physical activity, endurance sports, and healthy lifestyles among university students, faculty, and staff, fostering motivation and community building.

### **Oysho Women's Fitness Event**

On January 25, 2025, in collaboration with **OYSHO** and **Saudi Sport for All (SFA)**, the initiative hosted a women-only fitness event, featuring a 4K race, a dynamic group workout, and an awards ceremony. The event brought together women of all fitness levels in a vibrant celebration of health, empowerment, and community. With strong participation and support from **Saudi Sport for All (SFA)**, it marked a key milestone in promoting women's wellbeing and active lifestyles under the Alfaisal Wellbeing Office (AWO).



## Wellbeing at Work Summit Middle East



Alfaisal University held the **Wellbeing at Work Middle East Summit 2025** in Riyadh, Saudi Arabia. This prestigious event brought together global leaders, wellness experts, and forward-thinking organizations to explore innovative strategies for advancing workplace wellbeing. Through a series of high-impact panels, workshops, and networking sessions, the summit emphasized the importance of sustainable wellness practices, mental health support, and employee engagement as pillars of organizational success. The event reinforced Alfaisal's role as a regional catalyst for wellness-driven transformation in professional environments.



## Riyadh Marathon

The Alfaisal Wellbeing Office (A.W.O) participated in the Riyadh Marathon 2025, promoting physical activity and wellness in Saudi Arabia. The office provided discounted registration codes to the university community, allowing participation from first-time runners to seasoned athletes.



## Riyadh Marathon Group Photo:

A group photo event was organized by the Department, Held in collaboration with **Saudi Sport for All (SFA)**, recognizing the dedication of students, faculty, and staff who took part in the marathon. With the support of **SFA** and the presence of **Dr. Khalid AlKattan**, alongside the **WeRun** Team, the photo captured a moment of pride, unity, and ongoing commitment to community wellbeing.



## Riyadh Marathon Wall of Fame:



**On March 3rd, 2025**

In order to celebrate Alfaisal participants in the 2025 Riyadh Marathon, the Family and Community Medicine Department created a “**Wall of Fame**” featuring photos and names in the university's hallway. The display is to honor their achievement and inspire the community to embrace wellness through physical activity.

## “The Science of Therapeutic Fasting” with Prof. Helen Batty

**The Science of Therapeutic Fasting**

**Prof. Helen Batty**

**Enjoyed the recorded lecture?**  
Connect with Prof. Batty and share your thoughts and questions with us during our **live Zoom webinar** for an interactive follow-up!

**18th of March 2025 at 02:00 PM**

**Location**  
Join us on zoom:

**Email:**  
au-who@alfaisal.edu

Scan to watch the full recorded presentation now!

- Unlocking Energy: The Power of Fasting
- Effective Fasting Strategies for Health
- Nutrition & Physiology: Mastering Hunger & Satiation

A live Zoom webinar featuring **Prof. Helen Batty**, a distinguished expert in medical education and health sciences. This session offered practical insights into fasting strategies, cellular energy dynamics, and hunger management. The event built on a **previously recorded** lecture and reinforced our commitment to promoting evidence-based wellness within the Alfaisal community.

The interactive format allows attendees to engage directly during a **Q&A** segment, enriching the learning experience with real-time discussion.



## Fasting is Wellness Newsletter 2025

Sharing the special Ramadan 2025 edition of the **Fasting is Wellness** Newsletter, themed “Mindful Fasting, Meaningful Growth.” This issue offers practical tips on fasting safely, staying hydrated, optimizing sleep, and nurturing mental wellbeing.



### It's Never too Late to Ride A Bike (2nd Cohort)

As part of the Alfaisal Wellbeing Office (AWO)'s commitment to fostering an active and inclusive campus culture, the department proudly launched the **2nd Cohort** of the “Never Too Late to Ride a Bike” program. Building on the success of its inaugural round, this unique initiative empowers adult learners, particularly those who never had the chance to learn, to develop cycling skills in a supportive and encouraging environment.

### Journey to 5K

The 2025 “Journey to 5K” program, organized by the Alfaisal Wellbeing Office (AWO) in collaboration with the **WeRun** coaching team, launched this spring as a signature six-week



fitness initiative focused on progressive training and community wellbeing. Designed for beginners and returning runners alike, the program features weekly group sessions every **Tuesday** at **7:00 PM**, held in front of the PHA Auditorium on Alfaisal campus. Participants benefit from expert guidance, motivation, and gradual conditioning in a supportive group environment. Notably, the first week's session was held off-campus at AlWaha, allowing for a dynamic start to

the training journey. The program will conclude with a celebratory 5K race on May 23, 2025. This year also introduced the Coach-in-Training™ (CIT) track, equipping aspiring wellness leaders with mentorship and practical coaching experience.



## ❖ Center for Innovation Partnerships and Community (CIPC)

The Center for Innovation, Partnership, and Community Engagement (CIPC) was established to connect healthcare trends, academics, and community needs in Saudi Arabia, a rapidly growing country in various sectors.

### 12th Health Promotion Project (HPP)

The 12th Annual Health Promotion Project (HPP), organized by the Department of Family & Community Medicine at Alfaisal University, took place on November 28, 2024, with the theme “Harmony in Healthcare: A Culture of Patient Safety.” It was the largest HPP to date, featuring 550+ first-year medical students, 50+ student booths, and significant community and professional engagement.



## 12th HPP Awarding Ceremony



The 12th Annual Health Promotion Project (HPP) **ceremony** on January 7, 2025, honored students' efforts in patient safety and healthcare innovation, with **Alfaisal's leadership** recognizing their outstanding research, booth presentations, and innovative approaches.



The success of this year's **exhibition** is reflected in the positive feedback from both our **external partner**, the **judges**, and our **Alfaisal community** including **faculty** from **CoM** and **other colleges**. The testimonials we've received highlight the quality of the presentations and the profound impact our students have had on visitors' understanding of patient safety.



## uOttawa Delegation Visit and Alumni



Alfaisal University welcomed over 50 healthcare leaders for the **University of Ottawa Delegation Alumni Reception**, celebrating shared academic roots and advancing future collaboration. The event included the signing of a Letter of Intent to expand joint research, education, and clinical training.

The **SPIRIT** team's participation led to an increase in student rotation seats in Ottawa. With engaging activities, alumni reflections, and closing remarks by Dr. Baraa and Dr. Mark Walker, the evening reinforced the strong partnership between Saudi Arabia and Canada in medical education.

## **“AI, XR, and the Future of Medical Education Lecture” by Dr. Saud Al-Turki**



### College of Medicine Academic Lecture



**Dr. Saud Al Turki, FRCS, ODTS-FACA**  
Consultant Vascular Surgery, Chief Executive Officer,  
Academy of Sciences, Chief Executive Officer, VR Solutions  
Chairman of National Office (KSA) - ATLS

Title:  
**AI, XR and Future of Medical Education**

On January 20th, Dr. Saud Al Turki delivered an engaging lecture on **AI, XR, and the Future of Medical Education** at the Female Theatre. A pioneer in integrating technology into medical training, Dr. Al Turki discussed the impact of AI and VR on modern curricula and showcased VR innovations from the Academy of Sciences.

The event followed the recent MoU signing with the Academy, marking a key milestone in Alfaisal University's commitment to tech-driven education.

### **Saudi Red Crescent's Hajj 1446H Volunteer Initiative**

An exclusive volunteer opportunity was launched in collaboration with the Saudi Red Crescent Authority for students, teaching assistants, and physicians affiliated with the College of Medicine

at Alfaisal University, aimed at supporting the delivery of essential medical services during the Hajj 1446H season (May 30 – June 9, 2025 | 3–13 Dhul Hijjah).

Registration was managed through a secure form, with selected candidates approved by the Saudi Red Crescent.

### **King Salman Relief Hackathon: AI in Humanitarian Relief**

Hackathon focused on AI applications in humanitarian relief, co-hosted by KSrelief and Alfaisal CIPC.

Involved Partners: KSrelief, Alfaisal University (CIPC)

### **Research Symposium on Health Policy & Innovation**

Symposium on health policy, innovation, and economics in alignment with Vision 2030.

**Involved Partners:** College of Medicine, CIPC

### **Family Medicine Forum 2024 (Conference Participation)**

Research presentations at national primary healthcare forum.

**Involved Partners:** Saudi Society of Family & Community Medicine, Alfaisal University

### **Training Program Leading to Employment**

Skill-building and job placement program for students.

Involved Partners: Tatweer Company, Alfaisal University



## **MOUs and LOUs with Partners**

### **Memorandum of Understanding (MoU) between:**

<b>Alfaisal University</b>	Saudi Triathlon Federation (STF)
<b>Alfaisal University</b>	Academy of Sciences
<b>Alfaisal University</b>	King Fahad Medical City (KFMC)
<b>Alfaisal University</b>	Saudi Red Crescent Center
<b>Alfaisal University</b>	Tadawy Medical Association in Umluj Governorate
<b>Alfaisal University</b>	Kayanee Learn

### **Letter's of Intent (LoU) between:**

<b>Alfaisal University</b>	University of Ottawa
<b>Alfaisal University</b>	McMaster University

## ❖ Curriculums

### Block 3 Curriculum:

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## **Acknowledgement**

As we conclude the academic year 2024–2025, the Department of Family & Community Medicine proudly reflects on a year defined by innovation, resilience, and deep-rooted community impact. From leading thought-provoking health campaigns to empowering students through cutting-edge educational integration, every initiative echoed our department’s mission—to cultivate a healthier, more aware, and connected society.

This year, our collaborative efforts with AWO and CIPC elevated wellness discourse across the campus and beyond. Our faculty continued to break new ground in research and mentorship, and our students championed change through creativity, advocacy, and public engagement.

With gratitude to the leadership of Alfaisal University, our partners, and every member of our department, we look forward to building upon this momentum. The future beckons with greater opportunities—and we remain committed to shaping it through compassion, knowledge, and a shared vision of sustainable health for all.

Here’s to another year of impact, growth, and inspiration.

Heartfelt gratitude to the university leadership, administrative departments (IT, MCD, Facility), and its dedicated faculty and student body. Together, we aspire to uphold our mission of education, community impact, and holistic healthcare advancement in the years to come.