



## BEYOND ACADEMICS: THE RISE OF INTELLECTUAL WELLNESS AT UDST

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## Message from the President

### Dear Wolves,

Welcome to the forty-first issue of our **UDST POST**.

As the Winter 2026 semester has come to a close and we look ahead to the Spring 2026 semester, it is a pleasure to reflect on another successful chapter in the life of our University. This term has been marked by achievement, innovation, and meaningful progress across our campus community.

What stands out most is the continued strength of our applied learning environment. Skills Day 2026 showcased the power of hands-on learning, while the Intellectual Wellness and Research Excellence Forum highlighted the important role of research, curiosity, and collaboration in advancing our academic community.

This semester also reflected our commitment to wellbeing and inclusion. World Safety Day 2026 emphasized the importance of healthy and supportive workplaces, while the student founded Be My Sense startup demonstrated how innovation at UDST can create meaningful impact through technology and accessibility.

Equally inspiring were the accomplishments of our students beyond the classroom. Our team's success at the Qatar Debate Open 2026 is a proud example of the confidence, talent, and determination that define our community.

This issue reflects a University that continues to grow, achieve, and move forward with confidence. Each success is a reminder of what can be accomplished through dedication, resilience, and teamwork.

As we prepare for the semester ahead, I encourage each of you to carry this momentum forward with ambition, curiosity, and determination.

Whether you are a student, faculty member, or staff member, thank you for the role you play in making UDST a vibrant and inspiring community.

We take pride in all that we achieve together, and in the bright future we continue to build as one community.

**Dr. Salem Al-Naemi**  
**President,**  
**University of Doha for Science and Technology**



## Hosting Intellectual Wellness and Research Excellence Forum Showcasing Research Advancing Intellectual Wellness

The University of Doha for Science and Technology (UDST) hosted the Intellectual Wellness and Research Excellence Forum (IWRE) as part of its strategic commitment to strengthening an integrated research culture and embedding holistic wellness across its academic environment. The forum serves as a key platform to showcase ongoing and completed research, enhance interdisciplinary collaboration, and highlight the role of research in advancing the University's institutional priorities.

The forum aligns with UDST's Wellness Strategy, which adopts a comprehensive approach linking academic performance with overall wellbeing, and emphasizes intellectual wellness as a core pillar. This includes encouraging engagement in creative and mentally

stimulating activities, promoting curiosity and lifelong learning, and enabling knowledge exchange across the academic community.

In this context, research at UDST is viewed not only as an academic outcome, but as a powerful mechanism for supporting intellectual wellness, strengthening critical thinking, and enabling interdisciplinary dialogue, contributing to a dynamic and innovation-driven learning environment.

Among the research presented, a study examined the impact of an integrated wellness intervention designed for first-year students, aimed at enhancing health literacy, increasing wellness awareness, and promoting healthier behaviors during the transition into university life. The intervention combined structured wellness education within a first-year academic course with individualized coaching based on an eight-dimensional wellness framework, covering physical, emotional, intellectual, social, and financial wellbeing.

The study demonstrated measurable improvements among participating students, including increased health literacy levels and significant gains across multiple domains of health-promoting behaviors such as nutrition, stress management, and health responsibility.





- Bridge the gap between practices, supporting
- Generate insights to workforce expectat
- Contribute to nation through more effec
- Introduce a novel,

Students also reported a stronger understanding of wellness concepts, greater awareness of the link between health and academic performance, and improved ability to adopt more balanced daily habits. The findings further highlighted the impact of personalized coaching in achieving stronger outcomes, underscoring the importance of tailored support within a comprehensive wellness framework.

Commenting on the initiative, Dr. Salem Al-Naemi, President of UDST said: "The IWRE Forum reflects UDST's commitment to integrating research within its institutional wellness framework, enhancing the quality of the academic experience and supporting student success. Through this holistic approach, we continue to advance an academic environment that promotes innovation, encourages knowledge exchange, and delivers meaningful impact within the University and beyond."

The forum provides an interactive platform for faculty to present their research, exchange ideas, and explore collaborative opportunities across disciplines, reinforcing UDST's position as a leading hub for applied research and innovation.





## UDST Hosted Skills Day 2026, Advancing Applied Learning and Innovation



### يوم المهارات UDST SKILLS DAY 2026

UDST proudly hosted Skills Day 2026, one of the most anticipated co-curricular events of the academic year, reaffirming its commitment to experiential learning, innovation, real-world problem-solving, and collaborative learning. The event was sponsored by Qatar Petrochemical Company (QAPCO) Q.P.J.S.C., alongside Huawei and Cisco, and valued support from other sponsors.

Building on the success of previous editions, this year's Skills Day brought together students from across the University in a dynamic showcase of applied education. The event featured 1000 students in 48 competitions, the majority of which were designed as team-based challenges, reflecting real-world professional environments where collaboration, communication, and collective problem-solving are essential.

Competitions were organized across all academic units, namely Engineering and Technology, Computing and Information Technology, Health Sciences, Business, General Education, and the Foundation Program.

Students engaged in a wide range of challenges spanning artificial intelligence and emerging technologies, cybersecurity and networking, data analytics and programming, engineering design and systems integration, healthcare simulations and clinical scenarios, as well as business case competitions, entrepreneurship challenges, and communication, critical thinking, and language skills. These competitions were delivered in advanced labs and specialized facilities across campus, providing students with immersive, industry-aligned experiences that bridge theory and practice.

Dr. Salem Al-Naemi, President of UDST, highlighted the significance of the event, stating: "Skills Day is a true reflection of our experiential learning model. It demonstrates how our students translate knowledge into practice, working collaboratively to solve real-world challenges. These experiences are essential in preparing graduates who are equipped with both the technical expertise and the professional competencies required to thrive in a rapidly evolving global economy".





Lyn Xiong, CEO of Huawei Qatar, said: “Our collaboration with UDST reflects a shared commitment to preparing future-ready talent through practical, industry-aligned learning. Through the Huawei ICT Academy, we equip students with globally recognized certifications, hands-on experience in AI, cloud, and connectivity, and opportunities like the Huawei ICT Competition.

We value initiatives like Skills Day that strengthen the link between academia and industry, and we remain committed to empowering the next generation of digital leaders in Qatar.”

In addition to strengthening individual capabilities, Skills Day emphasized teamwork as a core pillar of success. By engaging students in collaborative competitions, UDST ensured the development of key interpersonal skills such as leadership, adaptability, and effective communication, all skills that are essential in today’s interconnected workforce. The event culminated in an awards ceremony recognizing outstanding student achievements across all competitions, celebrating excellence, innovation, and dedication.

Winners were honored with medals and certificates, reinforcing UDST’s mission to cultivate a vibrant, future-ready learning community. Through Skills Day 2026, UDST continued to strengthen its role as a leading applied higher-education institution, empowering students with the skills, competencies, mindset, and experience needed to drive progress and contribute meaningfully to Qatar’s knowledge-based economy.





## Promoting Psychosocial Wellbeing in the Workplace

World Safety Day 2026, hosted by the College of Health Sciences at UDST, focused on promoting a healthy psychosocial working environment. The event gathered government leaders, industry experts, psychologists, and students to emphasize the importance of safe and supportive workplaces. Dr. Shahrokh Esfandiari, Dean of the College, opened the program, followed by Eng. Nizar Enneta from the Ministry of Labour, who highlighted national efforts to raise awareness about psychosocial issues.

Keynote speaker Mr. Michail Kandarakis from the ILO Project Office in Qatar stressed the global need for psychologically healthy workplaces. Additionally, Ms. Tina Balachandram, a Registered Psychologist at Flourishing Minds, offered insights into wellbeing, while Mr. Budz Castillo from Shell shared practical strategies for addressing psychosocial risks.

The event also showcased upcoming student research on work-related stress and management competencies in Qatar. A lively Q&A panel featured voices from Qatar Rail, Shell, and Clyde & Co., fostering dialogue about embedding psychosocial safety into organizational culture. Participants left inspired to advocate for workplaces that prioritize both physical safety and mental health.





## Signing Technology Support Contract with Student-Founded Startup “BeMySense”

UDST has signed a Technology Support Contract with “BeMySense,” a startup founded by UDST students and launched through the University’s incubation center, UHUB. The agreement marks a significant step in advancing student-led innovation and strengthening entrepreneurial initiatives within the University.

Developed by students Mohamed Ali and Ahmed El Abed under the mentorship of Dr. Wagdi Alrawagfeh, Assistant Dean of IT Student Affairs at the College of Computing and Information Technology, the startup builds on an award-winning project recognized at the Huawei ICT Competition 2024–2025 Global Final in China, where it secured second place in the Innovation Track.

“BeMySense” is an AI-powered platform designed to support deaf and hard-of-hearing individuals through real-time translation, smart wearables, and digital assistance.

The contract establishes a framework to support the startup’s development and scalability, reinforcing UDST’s role in fostering innovation and contributing to Qatar’s knowledge-based economy.



## Students Crowned Champions at QatarDebate Open 2026

Students from the University of Doha for Science and Technology (UDST) secured the Champion title at the QatarDebate Open (3v3) 2026, marking a significant achievement in one of the country’s most competitive university debating tournaments. Competing against leading institutions, including Qatar University and universities within Education City, the UDST team delivered an outstanding performance throughout the competition.

The winning team, comprising Zaid Maliul, Waqas Bahzar, and Asiyil Alaswa, remained undefeated and claimed victory in the Grand Final against Texas A&M University at Qatar.

UDST also demonstrated strong individual performance, securing six positions among the top ten speakers. Victoria Honoridez was named 1st Best Speaker of the tournament.

The competition brought together 67 participants across 22 teams, with UDST represented by five teams. Kholoud Hashem, the team’s mentor, also contributed as a judge.



## Signing Strategic Academic Cooperation MoU with Community College of Qatar

UDST and Community College of Qatar (CCQ) have formalized a Memorandum of Understanding (MoU) to enhance academic collaboration across Qatar. Signed by UDST President, Dr. Salem Al-Naemi and CCQ President, Dr. Khalid Al-Horr, the agreement focuses on joint research, knowledge exchange, and professional development initiatives.

Through this partnership, students, faculty, and staff will benefit from shared educational and training opportunities, while clear pathways will be established to support CCQ diploma graduates in transitioning to UDST bachelor programs. The MoU also enables reciprocal use of facilities, academic bridging, and other collaborative projects aligned with societal and labor market needs.

Both institutions emphasized their dedication to advancing applied, technical, and vocational education, highlighting the MoU as a significant step toward preparing skilled professionals and strengthening Qatar's higher education landscape.



## Foundation Program Celebrates Pi Day with Innovation and Collaboration

Classrooms across the Foundation Program at UDST came alive as students celebrated Pi Day through a dynamic blend of mathematics, creativity, and teamwork. The event highlighted a strong culture of applied learning, bringing together students to engage in hands-on, project-based activities.

Working in teams, students combined mathematical concepts with technical IT skills to design and develop innovative project models. The initiative encouraged participants to think beyond the classroom, demonstrating both academic understanding and practical problem-solving abilities.

Following a careful evaluation process, three outstanding projects were selected and showcased, reflecting the creativity and effort invested by the students. Participants also presented their work, confidently explaining their concepts and approaches to both judges and peers.

Certificates were awarded in recognition of participation and excellence, celebrating not only academic achievement but also collaboration and innovation. The event served as a reminder of how mathematics can be both engaging and meaningful.





## Students Celebrate International Day of Education with Quiz Quest

International Day of Education is more than a celebration; it is a reminder that learning is a lifelong journey and a shared global experience. While lifelong learning is often seen as a personal pursuit, its greatest impact comes from collaboration and shared exploration. For university students, the day was an opportunity to embrace education not just as coursework, but as a social adventure.

In celebration of the day, the Foundation Program Unit hosted its second annual Quiz Quest, transforming learning into a collaborative challenge. Students teamed up to test their knowledge across English, Math, Sciences, and Cultures, engaging in friendly competition while strengthening teamwork and communication skills.

### Congratulations to the winning teams:

**1<sup>st</sup> place:** Hossam Ezz, Abulrahman Hassan, Abdullah Issa, and HEND Almuhammad;

**2<sup>nd</sup> place:** Safaa Aboud, Sara Oueda, Belal Hussein, and Rashed Balghaith;

**3<sup>rd</sup> place:** Hadi Al Korbi, Mohammed Hamad Al Murikhi, Mohammed Ali MA Saif, and Hamad Hamid Al Ghati.



## Advances Accreditation Readiness Through Winter 2026 Professional Development Day

UDST hosted its Winter 2026 Professional Development Day, bringing together faculty and academic leaders to advance institutional priorities around accreditation and academic excellence. The event focused on strengthening alignment across colleges and enhancing readiness for upcoming accreditation milestones.

The program featured a series of presentations and panel discussions addressing key areas such as strategic planning, policy development, and institutional processes. A dedicated session on accreditation readiness outlined the University's progress and the next phase of implementation, while leadership discussions emphasized the importance of coordinated efforts across academic and administrative units.

Faculty engagement was a central component of the day, with interactive discussions and structured sessions encouraging collaboration and knowledge exchange. The event also highlighted the role of applied and experiential learning in supporting accreditation objectives.

The Professional Development Day reflects UDST's continued commitment to advancing academic quality, reinforcing institutional standards, and equipping its community to meet evolving higher education benchmarks.





## A New Milestone: UDST Signs Technology Support Contract with Student Startup



In a remarkable milestone for entrepreneurship and innovation in Qatar, University of Doha for Science and Technology signed a technology support contract with BeMySense, a student-founded startup dedicated to supporting the deaf community.

The contract reflects the university's strong belief in its students, its confidence in their ideas, and its commitment to turning innovation into real-world impact.

By supporting a startup focused on accessibility and inclusion, UDST continues to demonstrate that student ideas are not only encouraged, but can also grow into real partnerships, real businesses, and meaningful social impact.

### Real Users, Real Feedback: UHUB Hosts Interactive Startup Testing Event

UHUB hosted an engaging user testing event featuring 11 innovative startups, designed to help founders gather valuable user feedback before launch. Through interactive booths, founders showcased their products, apps, and digital solutions to UDST students, staff, and faculty, creating an opportunity to test innovative solutions and gather practical feedback for further improvements.

The event provided startups with direct, real-time feedback that will help them improve features, enhance user experience, and refine their apps and web platforms before launching.

The initiative reflects UHUB's commitment to supporting entrepreneurs beyond mentorship and workshops by creating practical opportunities for founders to validate their ideas, test their products with real users, and make informed improvements that strengthen their chances of success.

### UHUB and Digital Marketing Students Drive Startup Growth

UHUB's collaboration with the Digital Marketing Department continues to create valuable opportunities for both students and UHUB startups. Last semester, around 90 students participated in the initiative, while this semester participation increased to approximately 130 students across 5 sections.

Through the initiative, student teams worked directly with UHUB startups on real business and marketing challenges, developing customer profiles, podcasts, print advertisements, video advertisements, and creative campaign concepts.

The collaboration also created strong engagement between students and entrepreneurs throughout the semester, giving UHUB startups access to fresh ideas, creative content, and practical recommendations, while providing students with valuable hands-on experience working with real businesses.




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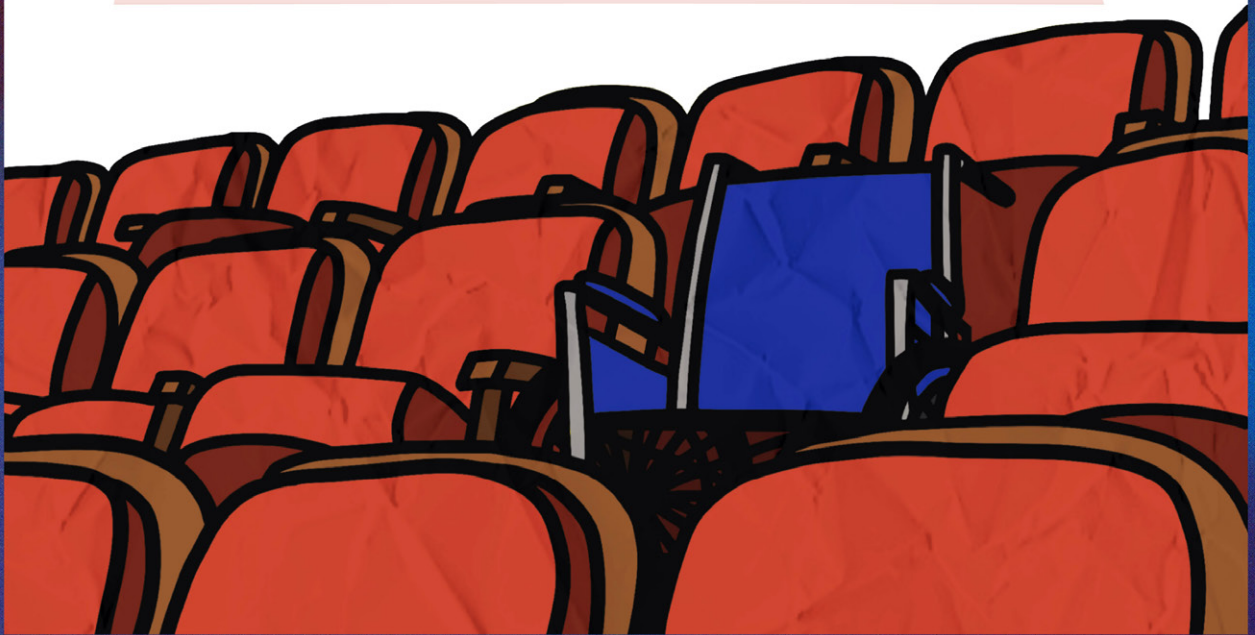


# Global Accessibility Awareness Day Film Festival (GAAD)

A cinematic experience highlighting accessibility and inclusion through a curated selection of films from the community.

 Thursday, June 4, 2026  6:00 PM - 8:00 PM

 Dukhan Auditorium, UDST





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