



# Good Health & Wellbeing

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## Physical Care Service

### The launch of the first Gulf Championship of "Bocce" sports in Tabuk.

<https://www.spa.gov.sa/0fbf7fbb1cw>



Under the patronage of His Royal Highness Prince Fahd bin Sultan bin Abdulaziz, the Governor of Tabuk Region, the first Gulf Championship of "Bocce" sports opened yesterday in its second edition, with the participation of 67 players representing 15 Gulf and local clubs.

The competitions, held at the indoor sports hall of Tabuk University, will continue for 4 days under the slogan "You are from us, and we are with you." The event is organized by the Disability Club in the region in cooperation with the Development Initiatives Center in the Emirate of Tabuk, with technical supervision from the Saudi Bocce Federation. It focuses on individuals with moderate to severe quadriplegic disabilities.

Mohammed Al-Bluwi from the Tabuk Disability Club won the first round in the individual category, defeating Ahmed Kaddadi from the Al-Hassa Disability Club with a score of 6 - 0. Meanwhile, Ziaar Al-Shammari from Hail Club secured the first place after defeating Ahmed Al-Suwaidan from the Eastern Province Disability Club with a score of 4 - 1. Additionally, Zahraa Al-Abeid from Al-Hassa Club won the first place against Fatima Farhan from Asir Club with a score of 9 - 0. Mohammed Al-Zahrani from Riyadh Club won against Sayaf Al-Sayaf from Asir Club with a score of 7 - 0.

In the second round, Abdulaziz Al-Majbel from Al-Ahsa Club secured the first place by defeating Nawaf Al-Ruwaili from Al-Jouf Club with a score of 4 - 2. Lujain Al-Thaqafi from Al-Ahsa Club won against Sulaiman Al-Rateiq from Riyadh Club with a score of 6 - 2. Ziad Al-Juhani from Al-Medina Club secured the first place by defeating Sakhr Al-Ruwaili from Al-Jouf Club with a score of 15 - 1. The round ended with Mamdouh Barouza from the Eastern Province Club winning against his competitor Nayef Al-Qahtani from Riyadh Disability Club with a score of 4 - 3.

## Prince Fahd bin Sultan receives delegations from the Tabuk Boccia Championship

<https://www.al-jazirah.com/2023/20230802/In9.htm>



His Royal Highness Prince Fahd bin Sultan bin Abdulaziz, Governor of the Tabuk Region, received at the Diwan of the Emirate yesterday the delegations participating in the first Tabuk Gulf Boccia Championship, led by the President of the Saudi Boccia Federation, Mohsen Al Ismail, heads of the participating delegations, and members of the tournament committees.

At the beginning of the meeting, His Highness welcomed all the Gulf and Saudi teams and members of the committees participating in this tournament in its second edition, which is currently being held in the city of Tabuk, saying: His Highness said: You are among your people and Tabuk and its people welcome you, wishing you a pleasant stay in the city of Tabuk.

His Highness praised the great support enjoyed by the sports sector in the Kingdom in general and the sport of boccia from the Custodian of the Two Holy Mosques King Salman bin Abdulaziz Al Saud and His Highness the Crown Prince - may God protect them - and with the follow-up of His Highness the Minister of Sports. The heads and members of the delegations expressed their happiness and pride in participating in this sports gathering. Gulf for People with Disabilities, noting the sponsorship and support of His Highness the Emir of the Tabuk region for the first Tabuk Gulf Championship for the sport of "boccia," and the successes achieved in its first edition, until it was held this time in its second edition to become an honorable sports interface for sports in the Tabuk region in particular and in the Kingdom in general.

It is worth noting that the competitions of the first Tabuk Gulf Open Boccia Championship in its second edition will begin tomorrow, Wednesday, with the participation of 15 Gulf and local clubs. The tournament, which will be held in the closed gymnasium at the University of Tabuk, will continue for 4 days under the slogan (You are of us and we are of you) and is organized by the People with Disabilities Club. In the region, in cooperation with the Center for Development Initiatives in the Emirate of Tabuk Region, and under technical supervision from the Saudi Boccia Federation, it deals with people with moderate to severe quadruple disabilities.

## Basketball League

[https://twitter.com/DUBA\\_CIUB/status/1606008857125273600?s=48&t=PFvOkROFfasTPNT](https://twitter.com/DUBA_CIUB/status/1606008857125273600?s=48&t=PFvOkROFfasTPNT)

Continuing with the Premier Basketball League, the Al-Ansar Club hosts the Dabaa Brothers Club at the Tabuk University Stadium. Best wishes to our champions for success.



## In Tabuk... Basketball Peace Challenges Dabaa

<https://twitter.com/nadialsalam/status/1593140712719065088?s=48&t=PFvOkROFfasTPNT36>



The first basketball team faces a tough challenge as they visit Dabaa Club in the upcoming match to be held at the Tabuk University gymnasium. This is part of the 8th round of the Premier League.

The team enters the match in 8th place with the aim of securing points, while Dabaa enters the match in 10th place.

## Mental Health

### Clinical Psychology Unit

<https://www.ut.edu.sa/ar/Units/clinical-psychology-unit/Pages/default.aspx>

After the opening of the University of Tabuk's program for postgraduate studies in clinical psychology (Master's and Higher Diploma), in cooperation with the Faculty of Psychology at the University of South Australia, the Clinical Psychology Unit was established at the University of Tabuk based on the decision of His Excellency the University President No. (31/11/72 BC) dated (02/05/1431). It is worth noting that this is the first practical, educational, service-based clinical psychology unit at the level of public and private Saudi higher education.

### Vision

The Clinical Psychology Unit seeks to be an example to be emulated in the Kingdom of Saudi Arabia and the Arab world in employing knowledge of psychology in general and clinical psychology in particular for the well-being of individuals and their achievement of their maximum potential in life.

### the message

The mission of the Clinical Psychology Unit at the University of Tabuk is to support and provide training programs for psychologists that are based on the scientist-practitioner model and to support and provide psychological service that is based on evidence and on the standards of the best psychological service for individuals who face one or more different psychological difficulties.

### Objectives

- Providing the necessary infrastructure to achieve the highest quality rates in clinical training
- Providing high-quality services in psychological evaluation
- Providing opportunities to conduct clinical psychological studies for researchers in the field of psychological disorders
- Developing community service programs aimed at prevention and general mental health
- Designing programs specific to the environment Working at the university seeking to improve performance

### Unit Manager

The University of Tabuk, in cooperation with the College of Psychology at the University of South Australia, was the only one to open the first clinical psychological program, locally and in the Arab world, subject to criteria by adopting the model of the practicing scientist in the rehabilitation of specialists in clinical psychology and with the best practice and clinical psychological training that is internationally recognized in the name

(The Scientist- Practitioner).

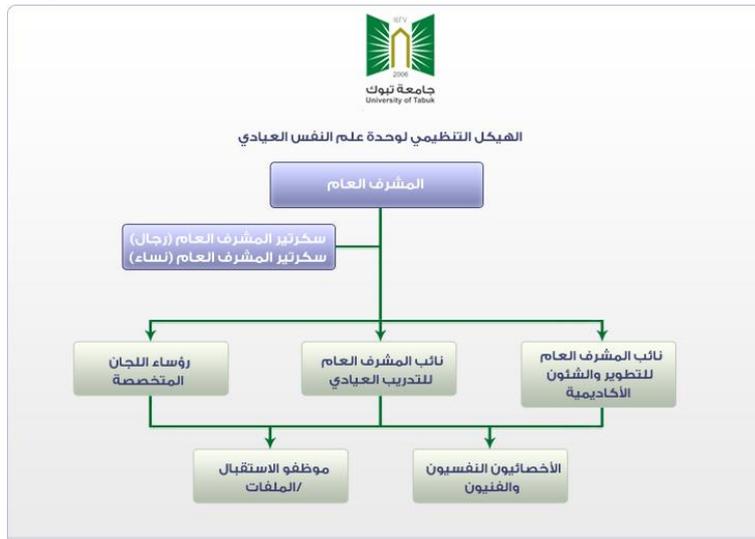
And the University of Tabuk, as it works to establish international quality standards for clinical psychological training, but rather fills a great void in psychological care created by the absence of clinical psychological training programs in the Arab world that operate with these standards. Thus, Tabuk University, as part of the higher education system, seeks to contribute to the localization of

international quality standards in all areas of training and service, including those standards related to clinical psychological training and psychological services for individuals from inside and outside the university.

With the establishment of the University of Tabuk's clinical psychology programs, it opens a closed door for Saudi and Arab psychology students who wish to obtain clinical psychological training qualified for advanced clinical practice. Admission to clinical psychology programs in Western universities is almost impossible, except in very special cases, which has led to the development of traditions of psychological practice far removed from the reality of clinical psychology service and its standards in developed countries in the field of psychological care.

The unit provided clinical rehabilitation for eight batches in the clinical psychology program, forming a nucleus through which the unit's message grows and flourishes in institutions concerned with health care in general, and care.

### Organizational Chart



### [Discover peace of mind and balance of spirit with yoga](https://www.ut.edu.sa/ar/Deanship/student-affairs/Pages/NewsDetails.aspx?NewsID=24)

<https://www.ut.edu.sa/ar/Deanship/student-affairs/Pages/NewsDetails.aspx?NewsID=24>

Yoga is held inside the main gymnasium of the Deanship of Student Affairs for male and female students

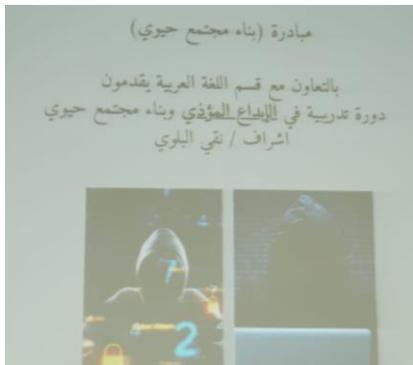
Wednesday and Thursday for the student section

Friday and Saturday for female students



## Promoting Mental Health and Building a Vibrant Community

[https://twitter.com/event\\_ut/status/1584774578898804736?s=20](https://twitter.com/event_ut/status/1584774578898804736?s=20)



The College of Education and Arts, represented by the Arabic Language Department, organized a workshop titled: "Promoting Mental Health and Building a Vibrant Community." The workshop included topics on mindfulness and harmful creativity. Several faculty members and students attended the workshop.

## World Mental Health Day

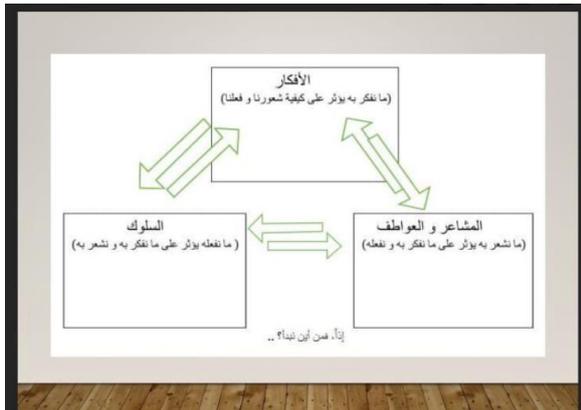
[https://twitter.com/event\\_ut/status/1447794882014236675](https://twitter.com/event_ut/status/1447794882014236675)



In the presence of the Dean of the Community Service and Continuing Education Deanship, Dr. Nasser Al-Anzi, the deanship organized an event for the #World\_Mental\_Health\_Day under the slogan: "Mental Healthcare for All." The event included a lecture on the importance of mental health delivered by Dr. Abdullah Al-Muhdawi, and also featured an accompanying exhibition showcasing mental health enhancers.

## Your Mental Health is a Priority

[https://twitter.com/dsa\\_ut/status/1447238060261969921](https://twitter.com/dsa_ut/status/1447238060261969921)



Lecture titled: "Your Mental Health is a Priority," presented by the Senior Clinical Psychologist: AbdulKarim Naheed Al-Otaibi, organized by the Social Responsibility Club at the Deanship of Student Affairs on the occasion of #World\_Mental\_Health\_Day.

## Sexual Reproductive Care

### Medical Administration

<https://www.ut.edu.sa/ar/administration/Agency/Medical-Administration/Pages/default.aspx>

The Medical Center was established as a medical authority at the University of Tabuk in the academic year 1439 AH. The Center includes many medical clinics concerned with providing their services to the university community in order to enhance health and therapeutic services.

### Department head's speech

Praise be to God who taught with the pen, taught man what he did not know, and prayers and peace be upon the best of creation, our Prophet Muhammad, may the best prayers and peace be upon him.

In the interest of the University of Tabuk to keep pace with the development and prosperity of the vision of the Kingdom of Saudi Arabia 2030, I am pleased to welcome you to the Medical Center at the University of Tabuk, as it is considered the center for providing health care to the university's employees, as it provides health care at the highest levels and works to achieve the desired vision, mission and goals of the university. The medical center also strives to raise the level of The health process is developed continuously and we are fully confident in raising the health level.

## Vision

For the medical administration to become a model for health care in the Kingdom of Saudi Arabia

## the message

Providing preventive and curative services to the university community and providing the necessary medical supplies.

## Objectives

- Providing effective, integrated health services.
- Raising the level of health awareness of university employees, including students, faculty and employees.
- Making a positive difference in the health of the community we serve.
- Support and develop health awareness and involve the community in preventive programs and activities

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رؤية 2030  
National Development Strategy  
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جامعة تبوك  
University of Tabuk  
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Medical Administration

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عيادة الطب النفسي  
قسم العلاج الطبيعي  
عيادات طب الأسنان

قريباً

## Pink October

[https://twitter.com/event\\_ut/status/1582801947052347393?s=20](https://twitter.com/event_ut/status/1582801947052347393?s=20)

The Deanship of Student Affairs, in collaboration with the College of Applied Medical Sciences, the College of Sharia and Law, the College of Designs and Arts, the College of Business Administration, the College of Applied Sciences, the Occupational Safety and Health Management, the Educational Services Management, the Administrative Communications Center, and the Operation and Maintenance Management, organized Pink October event.



## Breast Cancer Awareness Event

[https://twitter.com/event\\_ut/status/1582805187378352128?s=20](https://twitter.com/event_ut/status/1582805187378352128?s=20)

The college at #Taima organized, in the presence of the college's vice dean, Dr. Rouda Bilal Al-Mawlid, an awareness event on breast cancer to increase awareness among the college's staff about its symptoms, how to detect and treat it, and to educate them and correct any misconceptions or myths they may have about this disease that are not based on any scientific basis.



## Your Sight is Pink

[https://twitter.com/event\\_ut/status/1587483446263308291?s=20](https://twitter.com/event_ut/status/1587483446263308291?s=20)



The university college in #Umluj continues its awareness campaign for breast cancer under the slogan #Your\_Sight\_is\_Pink. The Nursing Department of the college visited the Second High School aiming to raise awareness and encourage women for early diagnosis to prevent breast cancer. Dr. Najwa Mohammed delivered an educational lecture, as part of this visit within the framework of community partnership.

## Healthy and Affordable Food

### World Food Day

[https://twitter.com/event\\_ut/status/1585224017388396544](https://twitter.com/event_ut/status/1585224017388396544)

The University College in Al-Wajh organized a workshop on the most important nutritional elements needed by the healthy body on the occasion of #WorldFoodDay. Representatives from the schools in the province attended this workshop, which featured presentations given by students from the Chemistry Department.

