



# **QS** **SUSTAINABILITY**

Northern Border University

2024

## Affordable Food for All

### Food Services Management

<https://beta.nbu.edu.sa/sites/default/files/2022-03/%D8%A7%D9%84%D8%AF%D9%84%D9%8A%D9%84%20%D8%A7%D9%84%D8%AA%D9%86%D8%B8%D9%8A%D9%85%D9%8A%20%D9%84%D8%AC%D8%A7%D9%85%D8%B9%D8%A9%20%D8%A7%D9%84%D8%AD%D8%AF%D9%88%D8%AF%20%D8%A7%D9%84%D8%B4%D9%85%D8%A7%D9%84%D9%8A%D8%A9.pdf>

#### Organizational Link:

It is affiliated with the Student Services Agency.

#### General Objective:

Providing distinguished food services to students and university staff of high quality in accordance with international standards.

#### Tasks:

- Implementing approved plans and programs.
- Applying health regulations when preparing meals.
- Specifying the conditions and specifications for nutrition services at the university and monitoring their implementation.
- Identifying additional needs for nutrition services at the university and working to meet them.
- Promoting nutritional awareness by providing awareness and educational brochures.
- Supervising the implementation of food services for all student activities at the university.
- Training specialized students in the field of nutrition.
- Ensuring the presence of a number of nutrition companies in various services at the university to achieve competition and diversity.
- Participating in identifying the management's needs for human resources, equipment, and materials and following up on their provision.
- Participating in identifying the training needs of administration employees to nominate them for suitable training programs.
- Preparing periodic reports on the activities of the administration, its achievements, and proposals for performance improvement.
- Any other tasks assigned within the scope of authority.

## Sexual Reproductive Care Service

### The University Health Center

[https://beta.nbu.edu.sa/sites/default/files/2022-03/%D8%AF%D9%84%D9%8A%D9%84%20%D8%A7%D9%84%D8%AE%D8%AF%D9%85%D8%A7%D8%AA%20%D8%A7%D9%84%D8%B5%D8%AD%D9%8A%D8%A9\\_1.pdf](https://beta.nbu.edu.sa/sites/default/files/2022-03/%D8%AF%D9%84%D9%8A%D9%84%20%D8%A7%D9%84%D8%AE%D8%AF%D9%85%D8%A7%D8%AA%20%D8%A7%D9%84%D8%B5%D8%AD%D9%8A%D8%A9_1.pdf)

The University Health Center was established in the year 1428 AH, consisting of two branches, one in Arar and the other in Rafha. The University Health Center benefits from the support and attention of the university administration to provide the highest level of medical care for the university's male and female staff.

The University Health Center provides its therapeutic and preventive services through general and specialized medical clinics, as well as auxiliary medical services such as the laboratory, pharmacy, and radiology, which are supervised by qualified and experienced individuals. Additionally, the University Health Center also seeks to achieve healthcare services aimed at improving performance levels and gaining satisfaction from the center's beneficiaries. It endeavors to modernize and develop in line with the scientific and medical advancements witnessed in our beloved country.

The University Health Center also provides medical reports and medical leaves for eligible university staff and students. It offers its therapeutic and preventive services through general and specialized medical clinics, as well as auxiliary medical services such as the laboratory, pharmacy, and radiology, supervised by qualified and experienced individuals. Furthermore, the University Health Center strives to achieve healthcare services aimed at improving performance levels and gaining satisfaction from the center's beneficiaries. It endeavors to modernize and develop in line with the scientific and medical advancements witnessed in our beloved country. Additionally, the Health Center provides emergency clinics and general medical services at various female colleges such as the Girls Colleges Complex, the Colleges of Science and Business Administration, the College of Economics, and the Community College. It also operates a mobile clinic on the male campus in collaboration with the National Committee for Tobacco Control to assist those wishing to quit smoking. Moreover, the Health Center participates in sports activities provided by the University's Student Affairs Deanship, including football, volleyball, swimming, athletics, and more. Additionally, the Health Center possesses a medical ambulance and a mobile medical caravan to provide medical services in remote areas and neighboring villages. The second branch of the Health Center is located in the city of Rafha, serving male and female students and university staff in the colleges located there. This branch consists of five clinics: internal medicine, dentistry, obstetrics and gynecology, and two general clinics.

#### The target audience for the University Health Center services:

1. Male and female university students at the undergraduate and graduate levels.
2. Faculty members and their families.
3. University staff and their families.
4. Family members dependent on university affiliates, including:
  - Parents (father and mother).
  - Spouse.
  - Children.

#### Medical Services:

The health center provides its diagnostic and preventive services through general and specialized medical clinics, in addition to supporting medical services, as follows:

- Medical examination for new male and female students, as well as newly appointed staff.
- Medical examination for referrals, disease diagnosis, monitoring acute and chronic diseases, and determining the best treatment methods.
- Disease diagnosis through laboratory tests and radiography.
- Pregnancy monitoring at the obstetrics and gynecology clinic.
- Implementation of health education programs for chronic diseases, as well as preventive programs for gum and dental diseases by nursing doctors and those involved in treatment.
- Conducting ongoing cardiopulmonary resuscitation (CPR) courses for healthcare practitioners and university staff nominated through the accredited CPR center by the Saudi Heart Association.
- Referring complicated medical cases to Ministry of Health hospitals in coordination with them.
- Preparation of medical reports and approval of medical reports issued by Ministry of Health hospitals.
- Providing periodic awareness programs within the health center and university campus coinciding with international health days to increase awareness among students and university staff.

### Women's and Maternity Clinic

- Monitoring women during pregnancy through ultrasound examination.
- Monitoring ovulation through ultrasound.
- Diagnosis and treatment of gynecological diseases.
- Diagnosis of breast diseases and referral of cases such as breast masses to specialized hospitals.
- Providing awareness to enhance the health of mothers and fetuses.
- Providing medical consultations for chronic diseases associated with pregnancy.
- Providing counseling and prescribing family planning methods.
- Educating and treating girls with menstrual disorders.

### Mental Health Care Service

#### Office of Guidance and Counseling Unit

<https://education-college.nbu.edu.sa/en/languages/news/office-guidance-and-counseling-unit-en>



This is to announce the Dept. of Languages and Translation students that a Guidance and Counseling Unit has been allotted in the Men & Women division to handle individual advising cases.



## Student Guidance

<https://deanship-preparatory-year-supporting-studies.nbu.edu.sa/en/student-guidance>



Before the beginning .....You can see the latest programs and activities of the Unit.

#### **The Second Semester of the Academic Year 1439/ 1440**

- Final Report of the counseling Program "The Quality of Psychological Life at Social Observatory House in Arar"- second semester 1439-1440
- Report on the session titled "Self-Management is the Wheel of life" - the second semester 1439-1440
- Report on the counselling program for "Supporting the Warned Students" - second semester 1439-1440
- Report on the session "Creative Writing Skills" - second semester 1439-1440
- Report on the counselling program "Selection of Specialization" - second semester 1439-1440
- Report on the session "Environmental Intelligence" - second semester 1439-1440
- Report on the counselling session "Skills of Building and managing Team work" - second semester 1439-1440
- Report on the counselling session "Strategies for Coping with Stress" - second semester 1439-1440
- Report on the counselling session "Skills of Memorizing and Recalling" - second semester 1439-1440
- Report on the counselling session "The Use of Fishbone Strategy" - second semester 1439-1440
- Report on the session "Visual Graphics Skills" - second semester 1439-1440
- Report on the counselling session "Test Management Skills" - second Semester 1439-1440
- Report on the session "Quadratic Analytic Skills" - second semester 1439-1440
- Report on the session "The Student's Role in the Academic Counselling" - second semester 1439-1440
- Report on "The Academic Counselling Program for Teaching Staff" - second semester 1439-1440
- Report on the session "How to learn the applications of the Seven Es" - second semester 1439-1440
- Report on the counselling session "Discover and Invest Your Capabilities" - second semester 1439-1440
- Report on the session "Psychological First Aid" - second semester 1439-1440
- Report on the session "Be Optimistic: the Skills of Positive Thinking" - second semester 1439-1440
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- Report on the session "How to Calm Down: No to Pains and Threats" - second semester 1439-1440
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- Report on the session "Self-Affirmation Skills" - second semester 1439-1440
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#### **The first semester of the academic year 1439/1440**

- Report on the counselling session "Anger Management Skills" - first semester 1439-1440
- Report on the counselling program "Selection of Specialization" - first semester 1439-1440
- Report on the counselling session "Social Intelligence Skills" - first semester 1439-1440
- Report on the counselling session "Exam without Anxiety" - first semester 1439-1440
- Report of the counseling session "Improving Self-Confidence Skills" - first semester 1439-1440
- Report on the fourth awareness campaign on "The Effects and Risks of Having Drugs" - first semester 1439-1440
- Report on the counselling session "Strategies for Managing Stress" - first semester 1439-1440
- Report on the counselling session "Rules to Stay Positive in a Negative Situation" first semester 1439-1440
- Report on the counselling session "The Ten Habits of a Successful Personality" - first semester 1439-1440
- Report on the session "Scientific Research Skills" - first semester 1439-1440
- Report on "Visit to Anti-Smoking clinics" - the first semester 1439-1440
- Report on "The Orientation Program" - the first semester 1439-1440

## Physical Care services

Under the patronage of the University President, we announce the launch of the sports tournaments as part of the activities of the Tenth Ramadan Festival.

<https://deanship-student-affairs.nbu.edu.sa/en/news/mahrajan-ramadan10>



جامعة الحدود الشمالية  
المهرجان الرياضي العاشر  
المهرجان الرمضاني العاشر

2023  
جامعة الحدود الشمالية  
NORTHERN BORDERS UNIVERSITY

تحت رعاية معالي رئيس الجامعة  
أ.د. محمد بن يحيى الشهري

يسر عمادة شؤون الطلاب ممثلة في إدارة الأنشطة والبرامج  
وضمن فعاليات المهرجان الرمضاني العاشر أن تعلن عن:

**إطلاق البطولات الرياضية**

بطولة كرة القدم  
بطولة كرة الصالات  
بطولة كرة الطائرة  
بطولة تنس الطاولة  
بطولة الساحة

اسم البطولة

التسجيل  
https://2u.nbu.edu.sa

جوائز قيمة  
للفرق الفائزة

لا توجد رسوم اشتراك في البطولة  
لا يوجد التزام يدفعه تأييد مسترجع

تعلن بالإطلاع على حساب ( إدارة الأنشطة والبرامج )  
ضمن صفحتنا على تويتر

من الشمال... إلى الوطن

@NBU\_ACT

## Timing of Gym

<https://education-college.nbu.edu.sa/en/languages/announcements/timing-gym-eng>

Dear students , Please note that the gym (fitness club for girls) timings for our department students are as follows:

Monday from 12 pm to 2 pm

Wednesday from 10 am to 12 pm

## Champion of the 2022 University Sports Union Football League

[https://twitter.com/NBU\\_KSA/status/1514741840578330639](https://twitter.com/NBU_KSA/status/1514741840578330639)

#Northern\_Borders\_University

#From\_the\_North\_to\_the\_Homeland



## جامعة الحدود الشمالية

بطلاً لدوري اتحاد الجامعات السعودية  
لكرة القدم للعام 2022م



من الشمال... إلى الوطن

@NBU\_KSA @nbu.edu.sa

المركز الجامعي للاتصال والإعلام