

VOLUME 01

SPRING 2023

HealthEd.

By protecting one, we help protect all





Health Education Magazine

Why HealthEd.?

Welcome to the Health Education Magazine, your trusted source of information and inspiration on leading a healthy and vibrant life.

At Health Education Magazine, we believe in simplifying health education for a balanced and fulfilling life by focusing on essential and practical information that cuts through the noise. Our mission is to empower you with concise, yet comprehensive, knowledge and actionable tips to cultivate a healthy lifestyle without unnecessary complexity.

In each issue, we will explore various health-related topics. Our team of dedicated professional doctors works tirelessly to bring you accurate and up-to-date information. We are committed to presenting a balanced perspective on various health issues, highlighting the latest research findings, debunking myths, and providing practical advice that you can trust.

Through concise and visually appealing articles, we present a holistic view of health, covering nutrition, fitness, preventive care, disease management, and more. Our minimalist design and user-friendly format ensure that you can absorb the information effortlessly, saving you time and energy.

Join us in embracing the simplicity of health and well-being. Let Health Education Magazine be your companion on this path toward optimal health. Together, we can better our lives, nurture our well-being, and thrive in our world!

A Word from the Dean

Every person is born with one or another talent; it may be in sports, painting, writing, or any other activities. Many students are gifted with good writing skills but are in need of a suitable platform to flourish their talents. Certainly, college magazines would be the right platform for such students to initiate the journey and exploring their innovative thoughts. A student may like to present creative ideas in the form of poetry, scientific essay, humour, puzzles, or cartoons. Similarly, a student may be interested in publishing interviews of eminent personalities, book reviews, critics, and translations.

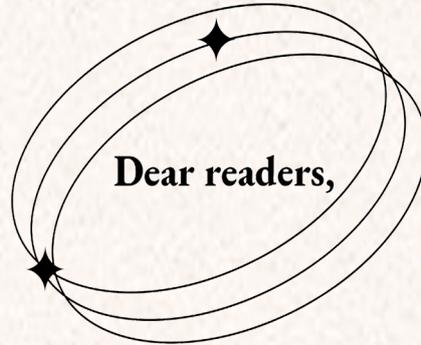
'Student life is golden life'; one would realize the essence of this saying in the latter part of life while recapturing the sweet memories of the days spent during college days.

**Prof. Tamer Abdelbari
Hassan**
Dean College of Dentistry





جامعة العلوم والتقنية في الفجيرة
UNIVERSITY OF SCIENCE & TECHNOLOGY OF FUJAIRAH



Welcome to the first volume of Health Education Magazine, tailored specifically for the USTF community. We believe that a sound body and mind are essential for academic success and personal fulfillment. With this magazine, our goal is to provide you with valuable insights, evidence-based information, and practical resources that will enrich your knowledge which we believe is the key to making informed decisions and taking proactive steps toward leading a healthier, more balanced life. Within these pages, you'll discover articles and features covering a range of health-related topics relevant to university life, including preventive care, disease management, stress management, balanced lifestyles, mental resilience, nutrition, physical fitness, and other essential aspects of well-being. We value your input and encourage you to actively participate in shaping the magazine's content by suggesting topics of interest. Together, we can create a collaborative platform that supports your health and well-being. Thank you for joining us on this journey. We are honored to have you as our reader, and we are committed to continuously improving and delivering a magazine that resonates with you.

Editor-in- chief



Maisa Saif Aladdin

Supervisor



Dr. Sherine Badawy

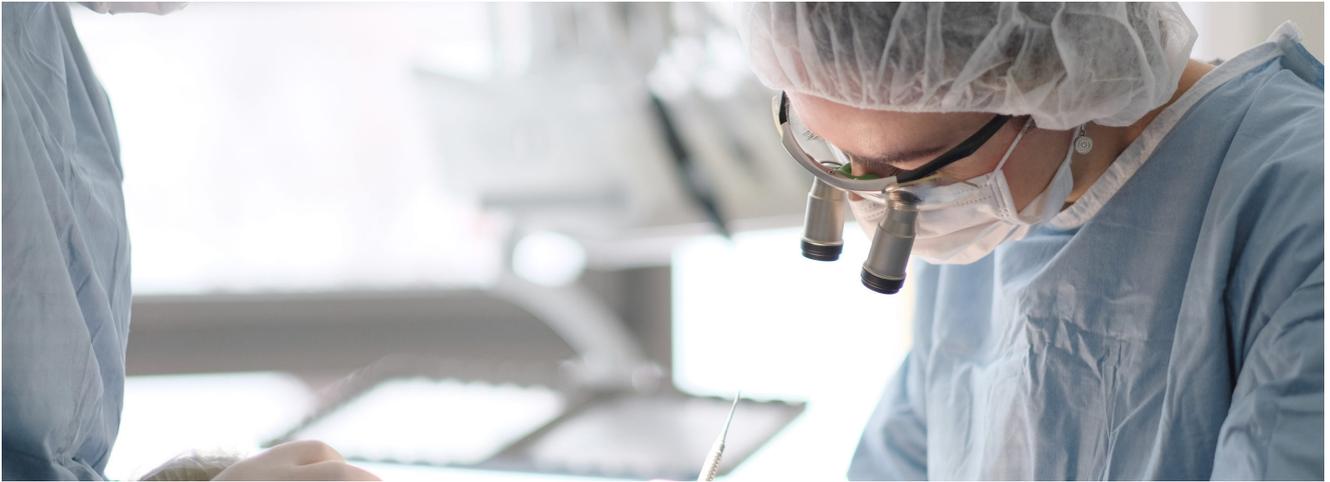


Table of Contents

Section 1

Sterilization	08
Disinfection	11
Types of dental instruments	13
The recommended sterilization methods for dental instruments	14

Section 2

Dentist's posture	17
Fix Your posture	19
Stretches	20
Eye exercises	22
Dental loupes	23

Section 3

What's for breakfast?	26
-----------------------	----

Section 4

A talk with a student	30
-----------------------	----

Section 5

Unlock the dental word maze	32
-----------------------------	----

Section 6

USTF 2023 Events	35
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STERILIZATION & DISINFECTION



Sterilization

Sterilization is a process, which if performed properly, kills all microbes, including bacterial spores, present on the surface of dental instruments. Sterilization is an essential step in the reprocessing of reusable dental instruments that have become contaminated or are potentially contaminated, with saliva, blood or other biological fluids. This includes dental handpieces. The aim of sterilization is to break the chain of potential cross-infection between patients by killing microorganisms, including spores. However, prion proteins are not fully deactivated by the sterilization process. Prions resist digestion by protein-cleaving enzymes, may remain infectious for years when fixed by drying or chemicals, can survive $^{\circ}200\text{C}$ heat for 2^{-1} hours, and become glued to stainless steel within minutes. Therefore, effective instrument cleaning is particularly important, this is to physically remove contamination, including prion proteins, prior to sterilization. Moreover, contamination of instruments with residual tissue, body fluids, oil or other deposits such as cement can prevent the direct contact between the steam and surfaces of the instruments that is necessary for effective sterilization. Also, any deposits left on instruments before sterilization might become fixed to the instruments making them more difficult to remove later. These deposits can also enter the water in the sterilizer reservoir and encourage the growth of microorganisms or accumulation of endotoxins, which could contaminate instruments processed subsequently. Sterilization using a steam sterilizer is recommended as the most efficient, cost-effective and safe method of sterilizing dental instruments in primary care dental practices. It is preferable to use reusable instruments that can withstand both an automated cleaning/disinfection process and steam sterilization. Reusable instruments that cannot withstand steam sterilization must be decontaminated as recommended by the instrument manufacturer. When purchasing new handpieces, ensure that they can withstand thermal disinfection and steam sterilization. Always process dental handpieces in a steam sterilizer as part of their decontamination.



Replace existing handpieces that cannot withstand steam sterilization. Follow the handpiece manufacturer's decontamination instructions. If necessary, contact the handpiece manufacturer to request clarification of their instructions. Lubricating handpieces is important before and / or after sterilization (as recommended by the manufacturer). If lubrication is required both before and after sterilization, use separate designated 'cleaned only' and 'sterilized' canisters of lubricant, labelled accordingly. Instruments in an autoclave are sterilized at $^{121^{\circ}}\text{C}$ for 15 minutes and 15 pounds pressure.

Air removal might be impeded if instruments are not loaded correctly and steam may not contact every surface of every instrument. This steam contact is essential for sterilization to occur. Load the sterilizer according to the manufacturer's instructions and as specified at validation. Ensure instruments do not overlap, open hinged instruments to expose all of the surface areas to the steam, place instruments on perforated trays or cassettes or racks that have been validated for use with the selected sterilization cycle, and do not overload the sterilizer chamber or individual trays or containers with instruments. Instruments that have been sterilized unwrapped are designated as 'sterilized only'. It is currently acceptable for instruments sterilized unwrapped to be kept for later use. However, they must be dry – it is very important that instruments are completely dry when stored because dampness encourages growth of microorganisms and corrosion of instruments; protected from contamination; and stored correctly.



Clean hands and put on clean gloves and a clean apron before handling unwrapped instruments that have been removed from the sterilizer. Take additional precautions if the instruments are still hot. Careful handling and storage of sterilized packs (wrapped) will ensure that the contents remain sterile until the pack is opened as they have to be used immediately after opening the wrapping. Check the wrapping material for dampness, tears, broken seals or any other damage and that the label is intact and the details are legible. Handle packs carefully so that they are not dropped or damaged. Newly sterilized wrapped instrument packs should not be placed on cool or solid surfaces because these items are cooling fast and are in a vulnerable state because the warm vapour leaving the pack can condense to form 'dew' that wets the wrapping materials. If a wrapped item or pack is wet, is dropped on the floor, is torn or has broken seals, it is no longer sterile, therefore, unwrap the instruments and return them to the start of the decontamination process. Sometimes wrapped sterile instruments are not used for a while, in that situation make sure to store them in clean, enclosed cupboards, drawers or boxes in an orderly manner that avoids damaging the wrapping along with confirming that the process date is marked clearly on the wrapping and that the chemical process indicator has changed colour correctly. If it has not, investigate the problem and reprocess the instruments from the start of the decontamination cycle.

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Other types of sterilization:

Dry-Heat Sterilizers

This method should be used only for materials that might be damaged by moist heat or that are impenetrable to moist heat. The advantages of dry heat include the following: it is non-toxic and does not harm the environment; a dry heat cabinet is easy to install and has relatively low operating costs; it penetrates materials; and it is non-corrosive for metal and sharp instruments. The disadvantages of dry heat are the slow rate of heat penetration and microbial killing makes this a time-consuming method. In addition, the high temperatures are not suitable for most materials. The most common time-temperature relationships for sterilization with hot air sterilizers are $^{170^{\circ}\text{C}}$ ($^{340^{\circ}\text{F}}$) for 60 minutes, $^{160^{\circ}\text{C}}$ ($^{320^{\circ}\text{F}}$) for 120 minutes, and $^{150^{\circ}\text{C}}$ ($^{300^{\circ}\text{F}}$) for 150 minutes. *B. atrophaeus* spores should be used to monitor the sterilization process for dry heat because they are more resistant to dry heat than *G. stearothermophilus* spores.

A combination of chemicals, including alcohol, ketones, formaldehyde, and water, is heated under pressure to create a sterilization gas. The sterilization



process typically involves maintaining a temperature of $^{270^{\circ}\text{F}}$ ($^{132^{\circ}\text{C}}$) for 20 minutes while also applying a pressure of 20 pounds per square inch (psi). This method effectively kills microorganisms and achieves sterilization. It is commonly used in healthcare settings for sterilizing heat-sensitive instruments and equipment.

Cold Sterilization

Cold sterilization, also known as chemical sterilization, is used for heat-sensitive dental instruments. Solutions such as glutaraldehyde or sodium hypochlorite can be utilized for cold sterilization or high-level disinfection. However, cold sterilization requires a longer duration to achieve complete sterilization compared to other sterilization methods, such as autoclaving. Due to the extended time required, cold sterilization is not typically recommended as the primary method for achieving sterilization. Nonetheless, these chemicals can still be effective for high-level disinfection purposes.

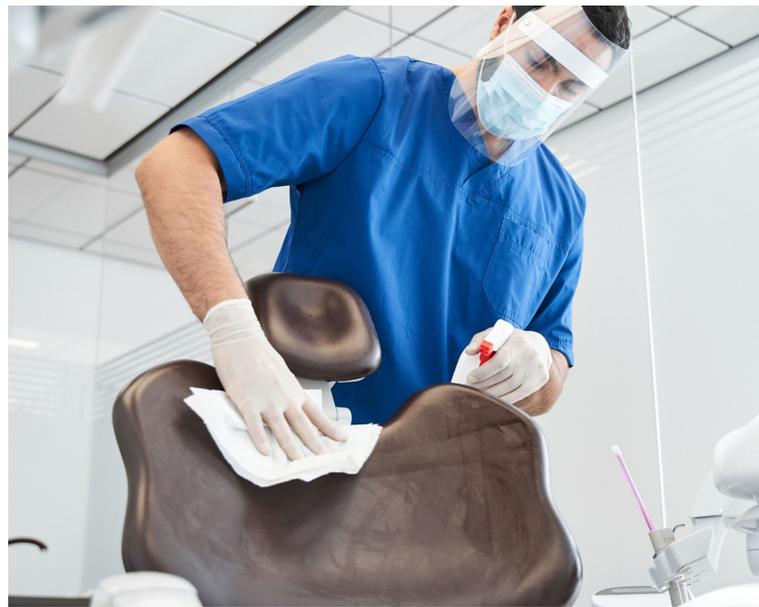


Disinfection

Disinfection is a process in which all microbes are removed, except bacterial spores. Disinfection of dental instruments is usually performed with liquid disinfectants.

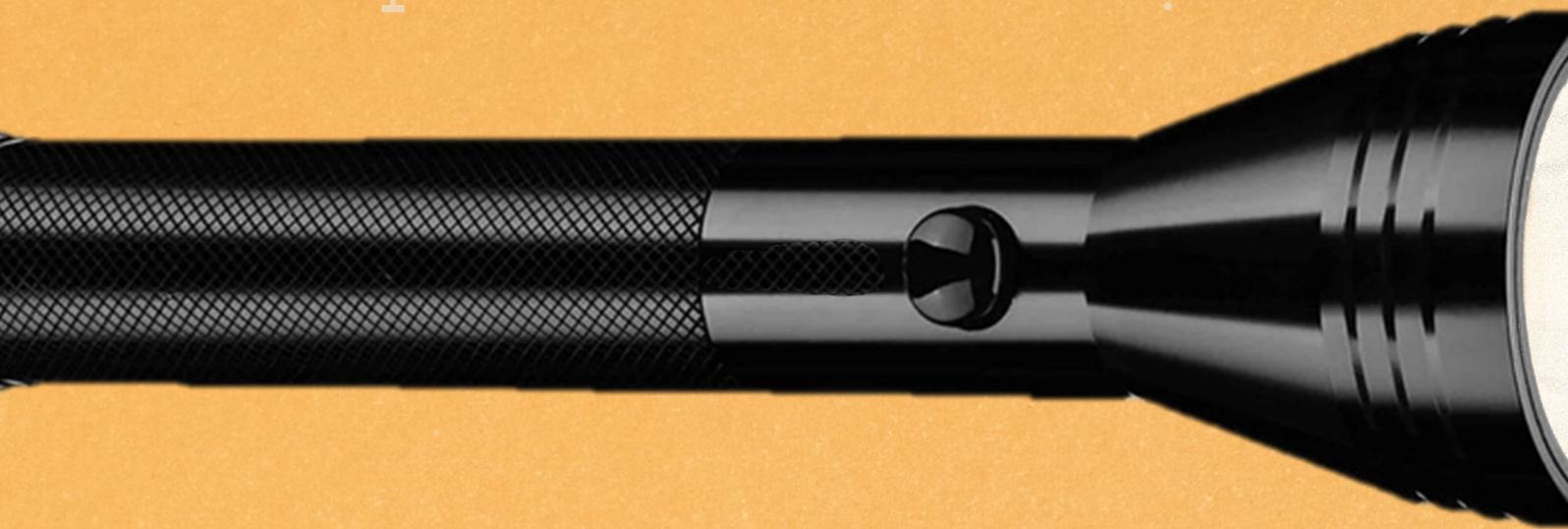
The disinfection of dental instruments is a crucial step in ensuring patient safety and preventing the transmission of infections in dental settings. Before disinfection, it is essential to thoroughly clean dental instruments to remove debris, blood, and other organic matter. This can be done through manual cleaning or by using an ultrasonic cleaner. Pre-cleaning helps optimize the effectiveness of disinfection by removing contaminants that may interfere with the disinfection process. Disinfectants used in dental clinics include alcohols, phenols, halogen aldehydes, iodophores, and quaternary ammonium compounds.

When selecting disinfectants for healthcare settings, including dental practices, it is important to consider several factors. Choose disinfectants that are registered with the Environmental Protection Agency (EPA) to ensure they have been tested for effectiveness and safety. Look for broad-spectrum disinfectants that can effectively kill a wide range of microorganisms, including bacteria, viruses, fungi, and spores. Consider the compatibility of the disinfectant with the surfaces and instruments in your dental practice to avoid damage or corrosion. Pay attention to the required contact time, following the manufacturer's instructions for optimal effectiveness. Consider the safety profile of the disinfectant, including any potential toxicity or irritation, and use the appropriate personal protective equipment (PPE). Ensure that the disinfectant complies with regulatory requirements and guidelines set by relevant authorities. Establish a system to monitor and document disinfection practices, including the type of disinfectant used, contact time, and frequency of application. By considering these recommendations and following the manufacturer's instructions, dental practices can select appropriate disinfectants to maintain a clean and safe environment for both patients and staff. Surfaces in dental clinics such as countertops, tables, doorknobs, and equipment, can harbor bacteria, viruses, and other harmful microorganisms. Therefore, surfaces should be regularly disinfected, especially high-touch areas that are frequently exposed to human contact. This helps maintain a clean and hygienic environment and reduces the risk of surface-to-person transmission of microorganisms. Disinfectants can be applied to surfaces using various methods, including spraying, wiping, or immersing, depending on what surface/item is to be disinfected.



H E A L T H E D .

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CLASSIFICATION

of dental instruments

according to the Center for Disease Control and Prevention

Dental instruments can be categorized into different groups based on their potential for transmitting infectious agents and the level of risk associated with their use. The three main categories of dental instruments are critical, semi-critical, and non-critical. Each category requires specific sterilization methods and recommended sterilization times to ensure effective disinfection. Critical instruments are those that come into direct contact with sterile tissue or the bloodstream.

These instruments have the highest risk of transmitting infection and must be sterilized before each use. Examples of critical instruments in dentistry include scalpels, forceps, surgical burs, and bone chisels.

Semi-critical instruments come into contact with mucous membranes or non-intact skin but do not penetrate soft tissue or bone.

These instruments require a high level of disinfection or sterilization.

Examples include dental handpieces, amalgam condensers, mouth mirrors, and reusable impression trays.

Lastly, non-critical instruments are those that come into contact only with intact skin and do not penetrate it or come into contact with mucous membranes.

These instruments have the lowest risk of transmitting infection and require intermediate or low-level disinfection. Examples include X-ray heads, blood pressure cuffs, and pulse oximeters.

The Recommended Sterilization Methods for Dental Instruments

The sterilization method for critical instruments is steam autoclaving, which utilizes high-pressure saturated steam to kill microorganisms. The sterilization time typically ranges from 15 to 30 minutes at a temperature of 121°C (250°F) or 134°C (273°F), depending on the type of autoclave being used. The recommended method for semi-critical instruments is high-level disinfection, which is achieved through chemical immersion or thermal disinfection. Chemical immersion involves using liquid chemical germicides such as glutaraldehyde or ortho-phthalaldehyde, following the manufacturer's instructions. Thermal disinfection involves using a thermal washer disinfectant. The recommended time and temperature may vary based on the specific disinfectant or equipment being used. Non-critical instruments can typically be disinfected using low-level disinfectants, such as alcohol-based solutions or quaternary ammonium compounds. The recommended contact time for disinfection may vary depending on the specific disinfectant being used, but it usually ranges from 1 to 10 minutes. Actual sterilization and disinfection practices may vary depending on factors such as local regulations, manufacturer recommendations, and specific equipment used in dental practices. Dental professionals should always follow the guidelines provided by their local health authorities and dental governing bodies to ensure compliance with the appropriate sterilization protocols for their region. Additionally, it's crucial to monitor and validate the effectiveness of sterilization processes by using chemical and biological indicators, as well as maintaining proper documentation of sterilization cycles for quality assurance and accountability.



The lack of proper ergonomics in the dental clinic leads to musculoskeletal disorders, and pain in various areas of the body which decreases productivity and overall job satisfaction

Ergonomics in dentistry balance between keeping the dentist healthy and providing efficient treatment



Working for 10 hours with improper posture leads to serious health issues. Dentists tend to complain of neck and back pain due to constantly bending their back to have better vision and access to the patient's mouth.

If the dentist's health gets compromised, their career will be affected *negatively*, since they will not be able to carry out their duties in a proper way.





Do your job right in all aspects

Dentists emphasize the importance of excellent vision, access, and control during procedures for optimal outcomes. However, mindful attention to their posture is crucial, as musculoskeletal disorders (MSD) are prevalent among dental professionals, affecting daily performance and career longevity.

Good VS Bad posture

A good posture gives the dentist more working energy, reduced stress, high quality of work, and less risk of muscular tension. Poor posture can cause pain, fatigue, and health issues, for instance, decreased lung capacity and shoulder problems. Dentists and dental hygienists should prioritize their health by implementing ergonomic equipment and stretching throughout the day.

Dentist's Posture



Don't *wait* until it
Hurts



Fix Your Posture

- A straight back and respect for the body symmetry; avoiding rounding the back into "C" shape
- Forward inclination of the head up to 20-25° from the trunk
- The arms placed along the body
- An angle of 120° between the thighs and upper body
- The angle between the thighs and shanks of 105-110° or more
- The thighs apart up to 45°
- The shanks oriented perpendicular to the floor or slightly posterior
- The feet on the floor oriented forwards in the same plane with the shanks; when the feet are symmetrically positioned below the operator's hands
- Postural symmetry implies all the body's horizontal lines (the eyes, shoulders, elbows, hips and knees horizontals) being parallel and perpendicular to the median line of the body

Stretches

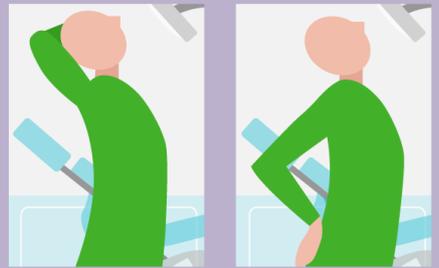
What can you do during your work to stay healthy?

Regardless of whether you have the opportunity to go to the gym after your shift or not, it is important to prioritize physical movement *during* your work hours.

Try to stretch throughout your shift once you get the opportunity as this releases muscular tension, improves flexibility, and reduces the likelihood of developing musculoskeletal disorders



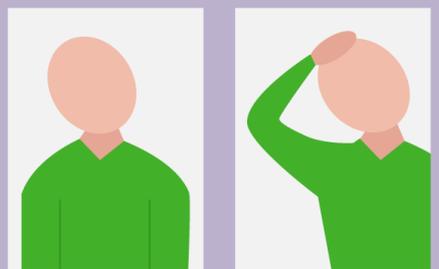
UP AND OVER



HELP FOR MY ACHING BACK



ROLL DOWN



EAR TO SHOULDER RAINBOW



THE ALL IMPORTANT THUMB

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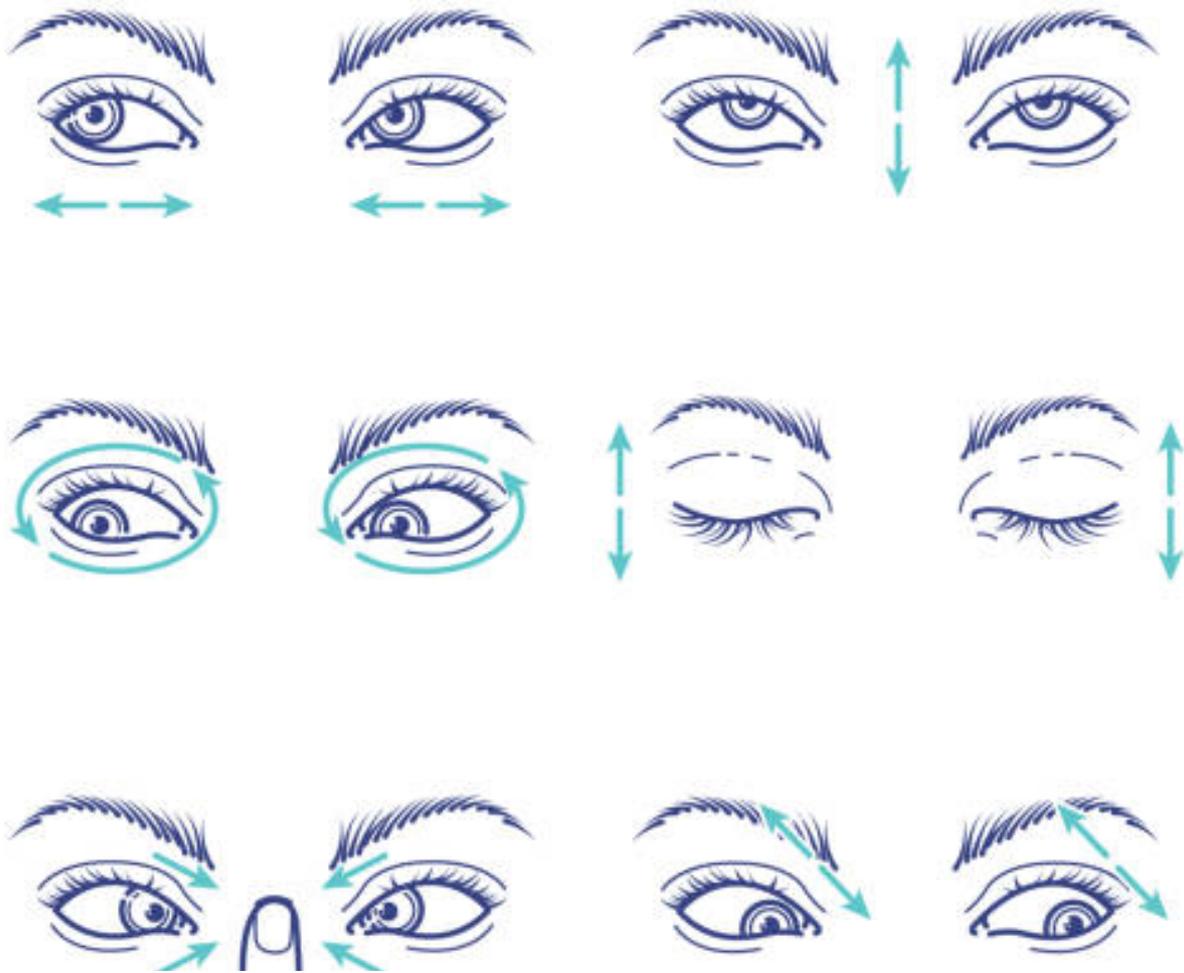
Finished your shift?



Workout

Do yoga





Have you ever heard of eye exercises?

Dental healthcare professionals may encounter eye strain or eye-related issues as a result of their occupational demands. Several factors contribute to the potential impact on dentists' eyes. Firstly, the prolonged periods of near vision work involved in examining patients' mouths and performing precise procedures can impose strain and induce fatigue in their eyes. Additionally, the bright lighting conditions commonly found in dental offices, necessary for optimal visibility during procedures, can create glare and further strain the eyes, particularly when coupled with extended periods of close-range focus. The frequent use of magnification devices, such as loupes or microscopes, which aid in enhancing vision and ensuring procedural accuracy, is also one of the factors. To minimize the effects on their eyes, dentists can adopt various preventive measures. Taking regular breaks during the workday allows for necessary rest and recovery. Engaging in eye exercises (as the ones shown above) can also help alleviate strain and improve overall eye health.

A simple yet effective exercise is the "20-20-20 rule." The rule is to look at something 20 feet away for 20 seconds every 20 minutes.



Loupes, the handy magnification devices worn by dentists, have significant implications for promoting the health of dental professionals. These remarkable tools offer various advantages that contribute to dentists' overall well-being. Firstly, loupes enhance precision and ergonomics by providing a magnified view, enabling dentists to see intricate details more clearly. Their magnification capabilities allow dentists to detect early signs of decay or small fractures, which helps in identifying dental diseases at an early stage, preventing them from worsening. This not only enhances diagnoses and treatment procedures but also encourages better posture and ergonomic practices, reducing strain on the neck, back, and shoulders which helps prevent musculoskeletal problems as wearing loupes reduces the need to squint or work at close distances. This also minimizes eye fatigue and potential long-term vision problems. Preserving healthy vision is not only essential for dentists' personal health but also for their ability to provide excellent care to patients. Proper fitting, appropriate working distance, and regular eye examinations are crucial to fully harness the benefits of loupes in dental practice. And always remember to prioritize your own health while delivering outstanding care to patients.

Dental Loupes



Health

Implement
proper ergonomics
practices
workplace
significant
stress levels
employee

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08:00

July 6, 2023

Good Morning

what's for breakfast?



Are you aware that a simple morning routine of having breakfast can make a remarkable difference in your productivity as a student or worker?

Skipping this essential meal can have far-reaching consequences. When you skip breakfast, you're depriving yourself of vital nutrients and the energy needed to kickstart your day. For students, this can result in a lack of focus, impaired memory, and even diminished academic performance. Likewise, workers who skip breakfast often find themselves facing decreased productivity, lack of concentration, and reduced cognitive function.

On the other hand, enjoying a nutritious breakfast provides the fuel your brain and body need, it also helps regulate blood sugar levels, preventing energy crashes and ensuring sustained focus throughout the day. By making breakfast a priority, both students and workers can position themselves for success, unlocking their full potential.

TRY OUT

Avocado TOAST with Egg

Ingredients

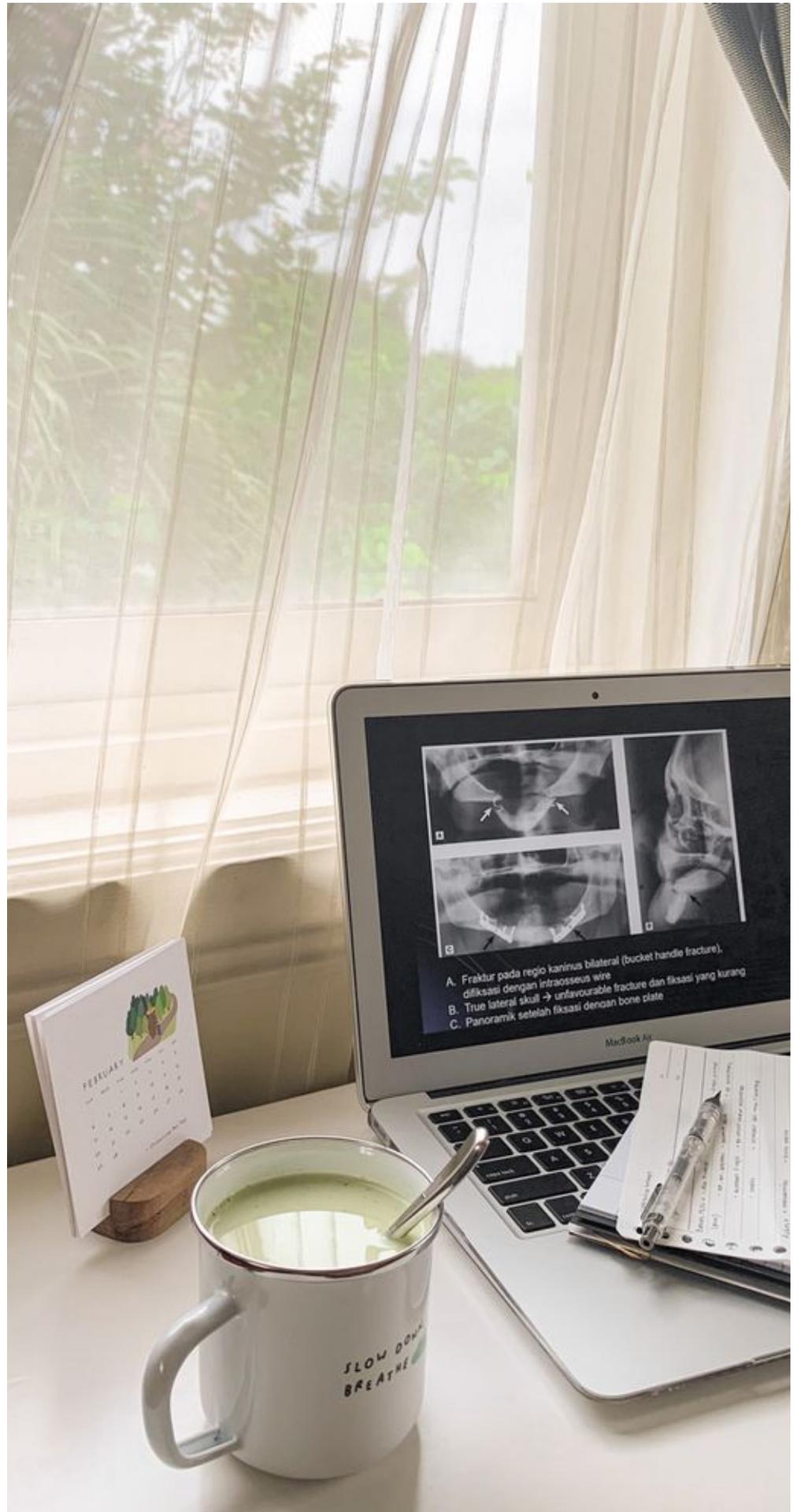
- 2 slices of bread, toasted
- 1/2 ripe avocado
- Small squeeze of fresh lemon juice
- Salt
- Freshly ground pepper
- Red pepper flakes (optional)
- Drizzle it with extra virgin olive oil
- 1 Egg (scrambled, boiled, or fried)

- Optional: add halved cherry tomatoes, and sprinkle some chopped fresh mint on top

The combination of fiber, protein, and healthy fats is filling, satisfying, and provides lots of nutrition to start your day.

Avocados are a great source of potassium, fiber, heart-healthy monounsaturated fat, and folate, while eggs provide protein and micronutrients like choline, B vitamins, and vitamin D.

A TALK WITH A STUDENT

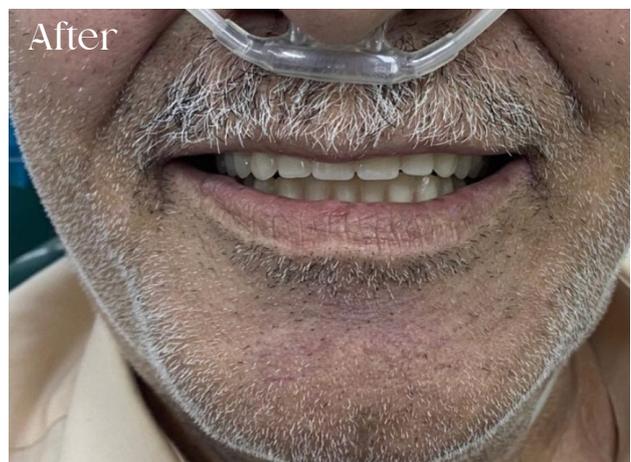
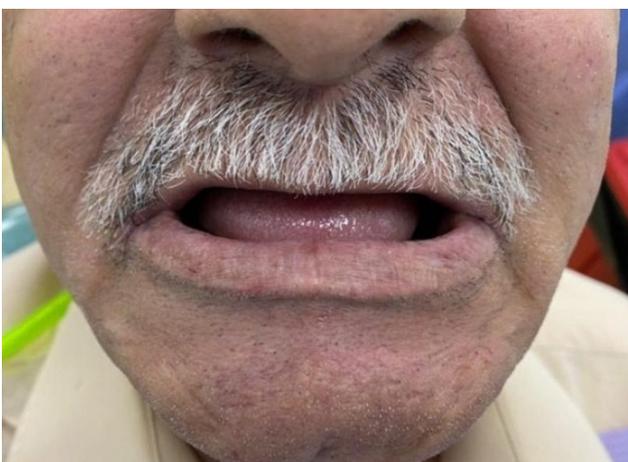
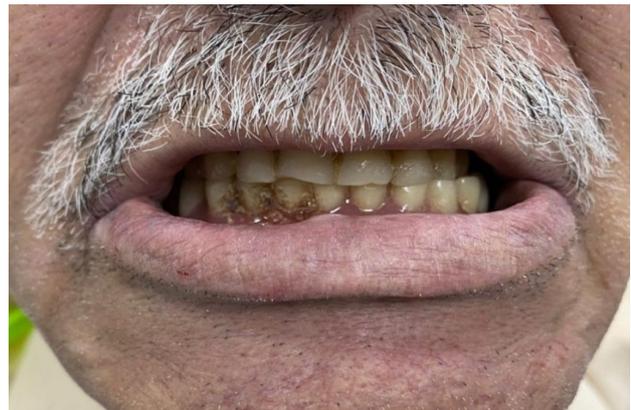


Meet Yaqeen

Meet Yaqeen Al Naqawa, a passionate fourth-year dental student fascinated by the power of a beautiful smile and its impact on people's lives. Today, she will tell us briefly about a touching story of one of her most cherished cases, which holds a special place in her heart.

"My patient had shared with me the struggles of his broken dentures, which he used to repair using super glue!". Yaqeen says it was a moment of great satisfaction to see him regain his smile "No words could express the amount of happiness I saw on this patient's face after the delivery of the new dentures" as he was her first complete denture patient. Sadly, as his appointments drew to a close, his battle with lung cancer continued to worsen, and he passed away just a few months after receiving his dentures.

"I always remembered how delighted he was with his new teeth and how I was able to bring back his smile. I would always ask him, 'Uncle, do you like the work?' And he would always tell me, 'You're the one working on it, and everything you do turns out beautifully.' May God have mercy on you, Uncle".



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Unlock the Dental Word Maze

S	O	I	L	D	P	O	N	T	I	C	T	F	I
I	C	A	S	M	E	S	I	A	L	T	O	I	O
X	I	E	X	O	S	T	O	S	I	S	R	S	S
A	A	V	U	L	S	I	O	N	F	O	T	S	T
L	S	I	S	E	H	T	S	O	R	P	H	U	O
Y	B	E	N	I	A	C	O	D	I	L	O	R	M
H	A	I	M	O	T	S	O	R	E	X	D	E	A
P	M	U	L	U	C	R	E	P	O	B	O	T	T
O	E	O	H	A	A	O	C	L	U	R	N	P	I
R	P	S	E	C	T	O	A	O	P	U	T	A	T
P	X	A	A	P	M	E	S	S	M	X	I	S	I
I	N	O	I	T	A	C	R	U	F	I	S	S	S
C	M	C	A	V	I	T	Y	A	T	S	T	P	T
G	O	G	G	L	E	S	E	O	L	M	C	C	A

Apicoectomy

Avulsion

Bilateral

Bruxism

Cavity

Exostosis

Fissure

Furcation

Goggles

Lidocaine

Mesial

Operculum

Orthodontist

Periodontitis

Pontic

Prophylaxis

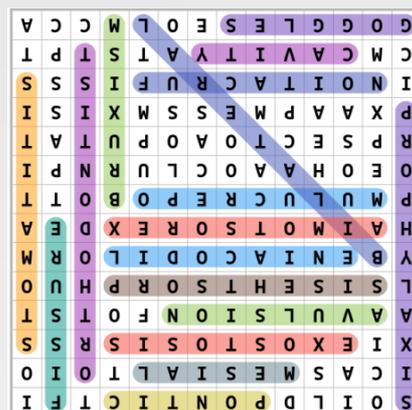
Prosthesis

Stomatitis

Xerostomia

Definitions

1. **Cavity:** Permanently damaged areas in the hard surface of your teeth that develop into tiny openings or holes.
2. **Fissure:** Deep pits and grooves on the surfaces of the teeth.
3. **Goggles:** A type of personal protective equipment (PPE) that is worn on the eye for its protection.
4. **Lidocaine:** An anesthetic. It causes loss of feeling in the skin and surrounding tissues. It is used to prevent and treat pain from some procedures.
5. **Periodontitis:** Inflammation and loss of the connective tissue of the supporting or surrounding structure of teeth with loss of attachment.
6. **Orthodontist:** A dentist who is qualified to treat problems relating to the position of the teeth and jaws.
7. **Stomatitis:** Inflammation of the membranes of the mouth.
8. **Mesial:** Nearer the middle line of the body or the surface of a tooth nearer the center of the dental arch.
9. **Apicoectomy:** Amputation of the apex of a tooth.
10. **Bilateral:** Occurring on, or pertaining to, both right and left sides.
11. **Bruxism:** The parafunctional grinding of the teeth.
12. **Pontic:** The term used for an artificial tooth on a fixed partial denture (bridge).
13. **Equilibration:** Reshaping of the occlusal surfaces of teeth to create harmonious contact relationships between the upper and lower teeth; also known as occlusal adjustment.
14. **Avulsion:** Separation of the tooth from its socket due to trauma.
15. **Exostosis:** Overgrowth of bone.
16. **Furcation:** The anatomic area of a multirooted tooth where the roots diverge.
17. **Operculum:** The flap of tissue over an unerupted or partially erupted tooth.
18. **Prosthesis:** Artificial replacement of any part of the body.
19. **Prophylaxis:** Removal of plaque, calculus and stains from the tooth structures. It is intended to control local irritational factors.
20. **Xerostomia:** Decreased salivary secretion that produces a dry and sometimes burning sensation of the oral mucosa and/or cervical caries.



Puzzle Answer

USTF 2023

EVENTS



H.H. Sheikh Mohammed Al-Sharqi attends the Graduation ceremony of the 2023 Sustainability batch from the University of Science and Technology of Fujairah



H.H. Sheikh Mohammed Al-Sharqi attends the graduation ceremony of the 2023 Sustainability batch from the University of Science and Technology in Fujairah.

His Highness Sheikh Mohammed bin Hamad Al-Sharqi, Crown Prince of Fujairah, emphasized the value of higher education and its significance in advanced societies that prioritize knowledge and education. He highlighted the role of universities in supporting the educational process and providing an effective workforce to serve humanity and benefit the present and future.

His Highness attended the graduation ceremony of 225 male and female students from various scientific disciplines, known as the 'Sustainability Class of 2023,' at the University of Science and Technology in Fujairah. The ceremony was also attended by His Highness Sheikh Dr. Rashid bin Hamad Al-Sharqi, President of the Fujairah Authority for Culture and Media, Sheikh Mohammed bin Hamad bin Saif Al-Sharqi, Director-General of the Fujairah Electronic Government Department, Sheikh Abdullah bin Hamad bin Saif Al-Sharqi, and His Excellency Saeed Mohammed Al-Raqbani, Special Advisor to the Ruler of Fujairah and Vice-Chairman of the University's Board of Trustees.



His Highness acknowledged the scientific progress witnessed in the university institutions in the Emirate of Fujairah. This progress stems from the vision and directives of His Highness Sheikh Hamad bin Mohammed Al-Sharqi, a member of the Supreme Council and Ruler of Fujairah, in line with the requirements of academic programs and their outputs, which enhance comprehensive development pillars in the country and elevate the level of higher education institutions, placing them among the world's universities.

His Highness handed out certificates to the graduates during the ceremony held at the Fujairah Creative Centre Theatre, congratulating them and their families on this honorable academic achievement. He also emphasized the importance of investing in their personal and academic knowledge and urged them to continue acquiring and developing it to serve the nation and achieve the highest levels of excellence and leadership in their future careers.



Prof. Ali Abu Al-Nour, Chancellor of the University of Science and Technology in Fujairah, delivered a speech on behalf of the university during the graduation ceremony. He stated that the university is working to enhance its participation and presence in global scientific research initiatives and obtain academic accreditation for various scientific disciplines, such as artificial intelligence, in accordance with the current and future job market demands. He affirmed the university's commitment to excellence standards in research projects, partnerships, and educational services. Abdullah Rashid Al-Yamahi, a graduate of the College of Humanities and Sciences, delivered the graduate's speech on behalf of his fellow students. The ceremony was attended by several directors and officials from Fujairah, as well as academic and administrative staff from the university, and the graduates' colleagues and families.

Honors Ceremony

Honors Ceremony at University of Science and Technology of Fujairah celebrates the accomplishments of its students who have demonstrated outstanding academic performance. This grand event also serves as a platform to acknowledge the hard work and dedication of the teams of professors, doctors and teaching assistants and staff members who have contributed to the success of the university. The Honors Ceremony at USTF is more than just an evening of recognition. It serves as a reminder of the profound impact of education, the pursuit of knowledge, and the significance of nurturing a community that cherishes excellence. By honoring the achievements of its students and recognizing the invaluable efforts of its faculty, the university reaffirms its dedication to cultivating a supportive and motivating academic environment.



AEEDC Dubai 2023

7-9 Feb 2023

College of Dentistry - AEEDC visit

The College of Dentistry organized a scientific trip for dental students and interns to the International Dental Exhibition and Conference in Dubai (AEEDC). This event is widely recognized as a leading platform for dental professionals to explore the latest advancements in dental equipment, attend informative lectures, and participate in engaging workshops.

Students got the opportunity to know about new technologies and dental equipment showcased by various companies and manufacturers. This experience provided them with valuable insights into the latest trends and innovations in the field of dentistry. In addition to exploring the exhibition, the students also had access to a diverse range of lectures and workshops held as part of the AEEDC Conference.

Renowned dentists and experts from around the world delivered informative presentations on various topics. These sessions covered a wide array of subjects, including the latest research findings, treatment techniques, and emerging technologies.

After the AEEDC conference, students and professors enjoyed having lunch together at Dubai Mall. This day provided a well-deserved break and an opportunity to recharge before continuing their academic journey!



Umbrella Beach, Fujairah- World Oral Health Day

The College of Dentistry organized the campaign on the Umbrella Beach, Fujairah, where students used a variety of interactive and educational activities including games, demonstrations, and oral health awareness sessions. Attendees received free oral health kits containing toothbrushes, toothpaste, and educational materials.



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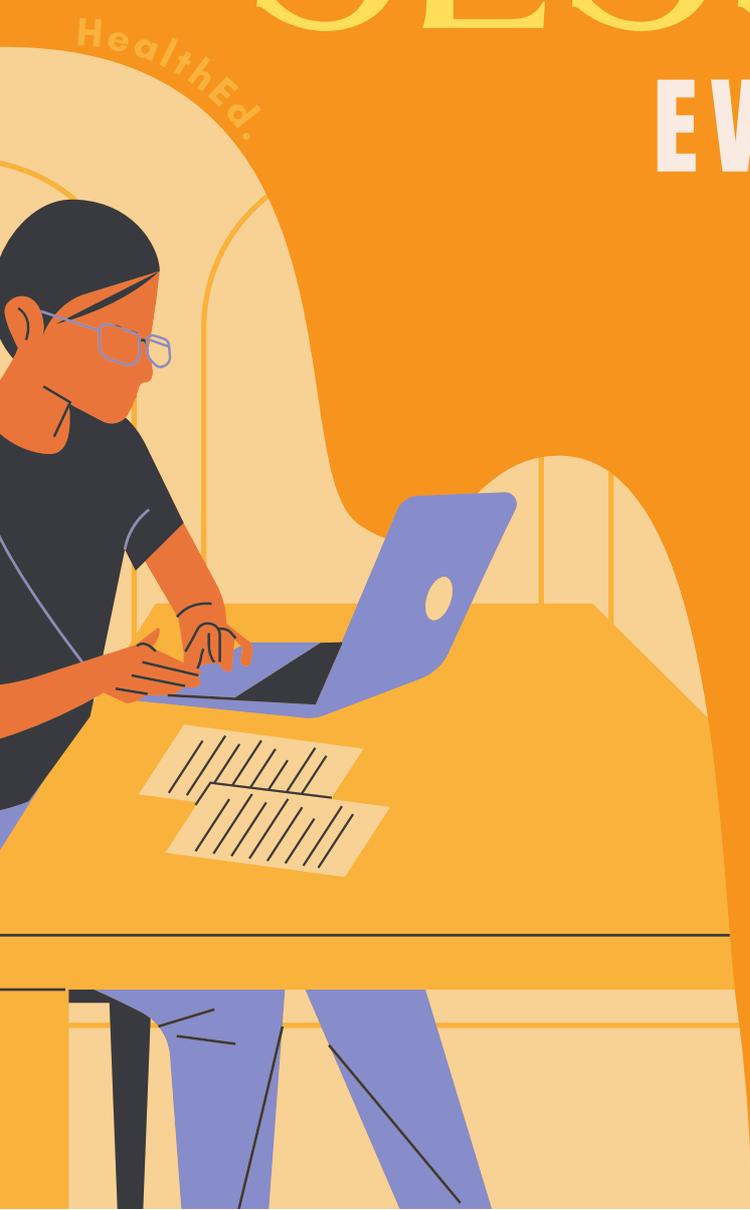
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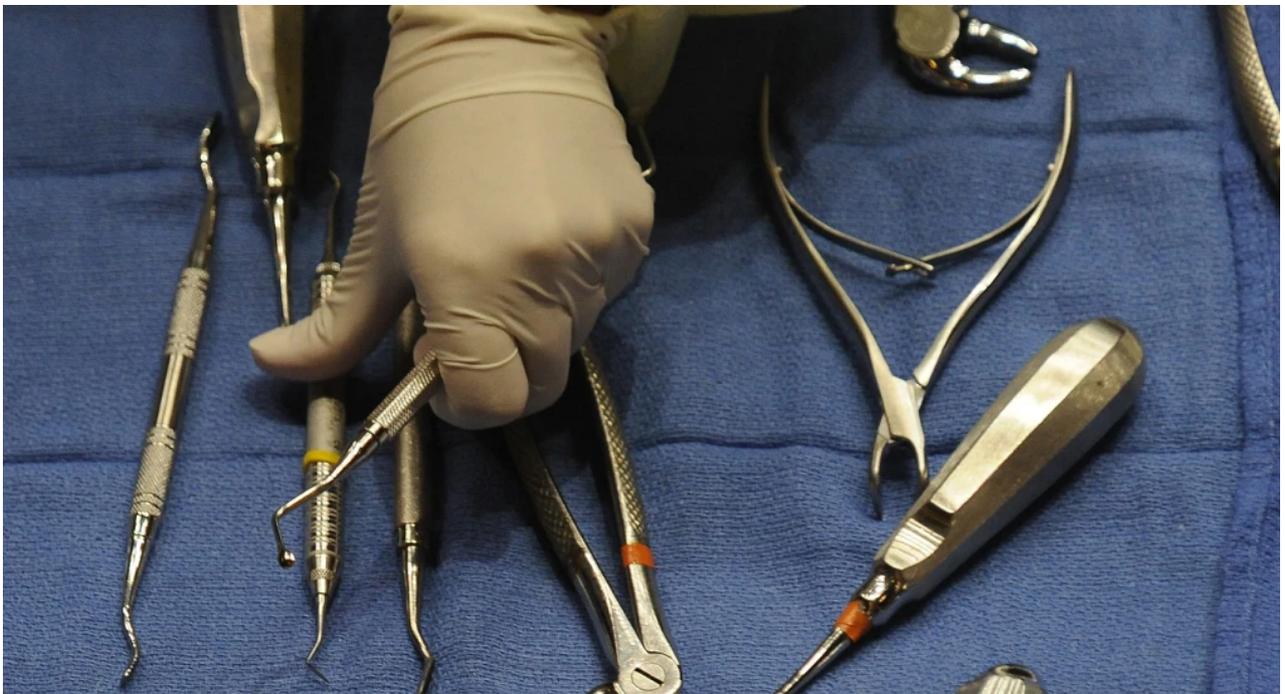
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