

Back to School

NEWSLETTER 2025-2026



Biking to a Healthier & Greener Campus!

Imagine skipping the morning traffic for a refreshing bike ride to campus. With our “*Never Too Late to Ride a Bike*” program, that vision is now part of Alfaisal’s journey towards a healthier, greener community.

The Alfaisal Wellbeing Community is delighted to welcome you back with fresh tips and activities designed to enhance your health and wellbeing on campus. From fitness initiatives like bike rides to mindful breaks during our Mental Health Lunch Hours, we are here to support you every step of the way.

This year, we’re also excited to launch two new wellbeing activities: *Beans & Buddies* and *Middy Moves*. You’ll also find a registration link to officially join the Alfaisal Wellbeing Community, your space to connect, explore activities, and share ideas for a healthier lifestyle.

We invite you to browse the activities listed in the following pages, get involved, and help shape a vibrant wellbeing culture at Alfaisal.

Welcome back! Here’s to a Healthier & Happier Year Ahead!



Upcoming Events

Saudi National Day:
23 September

We Run:
October: Weekly

**Never Too Late to
Ride a Bike:**
October: Twice
weekly

**Alfaisal Wellbeing
Community
Gathering:**
Quarterly

**Speak to The Mind &
Soul Series:**
1 & 8 October

**13th Health
Promotion Project
(HPP) Exhibition:**
4 December

**Wellbeing at Work
Summit:**
22 January 2026



Keep up to date with the various activities offered by the Alfaisal Wellbeing Office—all details and upcoming events are available in our [AWO Calendar](#).

Life at AU: Health & Wellbeing

Stress Management & Wellbeing

- **Alfaisal Wellness Office (AWO)** is excited to host a series of engaging wellness talks throughout the semester. Topics will include stress management, healthy lifestyle habits, and achieving work-life balance.
- **Mindful Practices:** Just a few minutes of relaxation or deep breathing can lower stress, boost focus, and lift your mood—small sessions, big impact! [Mayo Clinic](#); [John Hopkins Medicine](#)
- **Stretch & Move:** Studies have shown that stretching helps reduce muscle tension caused by sitting, improves posture, and increases energy levels. Adding light movement throughout the day supports both physical and mental health. [Mayo Clinic](#)
- **Sleep Hygiene:** Good sleep is the foundation of academic success, physical health, and emotional well-being. Practice good sleep hygiene by keeping a consistent bedtime routine, avoiding screens before bed, limiting late caffeine, creating a quiet and comfortable sleep environment, and winding down with relaxing activities like reading, and stretching. [Mayo Clinic](#); [NHS](#)
- **Pilates:** Practicing a few times a week after work/study hours can help reduce stress, improve flexibility, enhance mood, and promote better sleep. Research indicates that these mindful movement practices, incorporating gentle exercises and breathing techniques, are effective tools for relaxation and overall well-being. [KFSHRC](#)
- **Reading Therapy:** Grab a reading buddy, step away from your phone, and even take it outdoors—reading together not only makes the experience more fun but also helps reduce stress, improve focus, and strengthen friendships through shared discussions.

Life at AU: Health & Wellbeing

Smart & Healthy Eating Tips

Maintaining a balanced diet is crucial for maintaining energy, focus, and overall well-being.

Here's a comprehensive guide to smart eating both on and around campus:

- Prepare meals at home when possible instead of relying on take-outs.
- Choose **protein-rich** options such as eggs, tuna, salmon, chicken, dairy products or plant-based protein options.
- Include **healthy carbohydrates** such as sweet potato and pumpkin, and choose protein-rich or low-carb breads.
- **Dairy Choices:** Opt for plain Greek yogurt or kefir for gut health; Avoid sugary flavored yogurts and puddings.
- **Stay Hydrated:** Water is essential for focus, energy, and overall health—keep a bottle with you throughout the day.
- Drink coconut water or other natural beverages instead of juices, soda, or sugary soft drinks.

Reminder - Students' Cafeteria Timings — plan accordingly!
Females 1-2 PM; Males 12-1 PM

Life at AU: Health & Wellbeing

Midday Moves: Step Out, Stretch Out, Connect!



Feeling cooped up at your desk? Want a fun way to recharge and chat with colleagues? Introducing Midday Moves, a new walking initiative for **faculty, staff, and teaching assistants!**

- **Flexible & Friendly:** Walk at your own pace or join a volunteer-led group.
- **Pick Your Spot:** Start and end at designated points—or hop on anywhere along the route that fits your schedule.
- **Social & Fun:** Catch up with colleagues, meet new faces, or simply enjoy some fresh air.
- **Recognition:** Participants will be featured in our weekly Emails, and those with the most steps will be celebrated at the next community meeting!

Interested? Fill out this quick form: [Midday Moves Form](#) – and be recognized for helping your colleagues move and mingle!

(Faculty and staff exclusive activity)

Life at AU: Health & Wellbeing

Beans & Buddies



A new reading initiative offering a cozy corner with motivational and relaxing books, designed to help reduce stress and promote well-being. You can enjoy the benefits of reading with a “buddy” to share reflections and build meaningful connections.

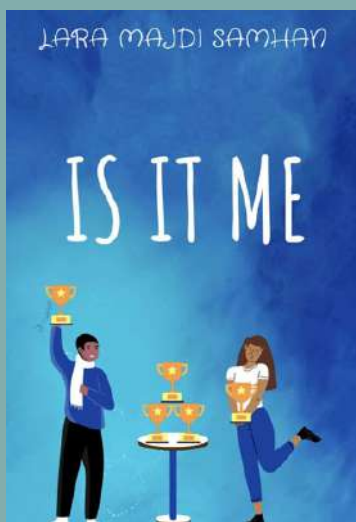
Sign up to participate through the link - [Beans & Buddies Form](#)

- **Book Donations Welcomed:** Motivational books (English or Arabic) are invited! We also encourage **university authors** to donate copies of their books to benefit fellow students and staff. Please fill out the form above to contribute.
- **Book Recommendations:** If you have a favorite book you'd like to see in the reading corner, please let us know.
- **Location & Timings:** To be announced—please refer to the official AWO website for updates.

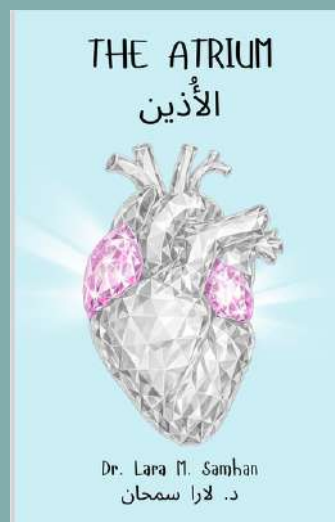
Life at AU: Authorship

Author Spotlight

“Dr. Lara Samhan”



IS IT ME



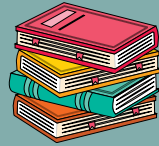
The Atrium



The Ventricle

Dr. Lara Samhan is a multidisciplinary individual with a range of impressive achievements, and her work as an author of motivational books is one notable facet of her career.

Life at AU: Etiquette & Mindfulness



Library Etiquette:

- **Keep It Clean:** No food in the library—let's keep it comfy and tidy for everyone.
- **Silence is Golden:** Whisper on floors 1-2, absolute quiet on floor 3. Respect your fellow students' focus!
- **Treat Books Right:** Return all materials on time and in good condition—books have feelings too.
- **Study Rooms:** Shared spaces only—no reservations, no leaving personal stuff behind. Share the space and the vibes!
- **Unlock Resources:** Access print & electronic materials, printers, databases, and staff help to crush your assignments.
- **Solo or Squad:** Find quiet spots for focus or collaborate with classmates—just keep it respectful and productive.

Social Etiquette & Responsibility:

- Adhere to the university's **dress code** standards at all times to promote a respectful and professional campus atmosphere.
- A simple **smile** can go a long way in building positive connections.
- Maintain good hygiene—it reflects professionalism and care for others.
- After using public spaces, **clean up** after yourself so the next person can enjoy them.
- **Maintain cleanliness in toilets**—leave them the way you'd like to find them.
- Always **use the bins** provided - sort your trash—plastics, recyclables, and general waste—properly. Let's make our campus eco-friendly!

Life at AU: Tips & Must-know

Clubs & Extracurriculars

Stay engaged with the **Alfaisal Wellbeing Community** by joining through the [link for registration](#).

Join initiatives that promote health, balance, and personal growth.



As an added perk of joining the community, the AWO has secured **exclusive discounts and promotions** at two fantastic partners:

- **Intercontinental Riyadh**
- **Spectrum Wellness for Women & VOG Beauty Salon**

You can claim these discounts simply by presenting your Alfaisal ID at the premises. Look forward to our email with more details.

Tip for **FRESHMEN**: Joining a club early not only sharpens your communication skills but also helps you connect with students across batches and feel part of the community, all while balancing academics and fun for a more fulfilling college experience.

Reminder: **Smoking (and vaping!) is STRICTLY prohibited** across all areas of campus, including outdoor spaces.

Life at AU: Tips & Must-know

Parking & Metro

- **Basement Parking:** Available to all, but expect congestion between **10 AM – 1 PM**. Whenever possible, avoid these peak hours.
- Arriving **before 9:00 AM** generally provides easier access to available spaces.
- Spaces are available outside the university. Please observe all **parking restrictions** to avoid fines.
- Park responsibly and avoid blocking other vehicles. If unavoidable, please leave a contact number on your dashboard.

Smart Tip: Avoid the rush—get stress-free parking plus a short walk for your daily movement (a 2-in-1 win!).

Metro shuttle timings (Weekdays):

- Morning Pick-Up (Metro Station → University):
7:30 AM / 8:30 AM
[Location]
- Afternoon Drop-Off (University → Metro Station):
3:30 PM / 4:50 PM
[Behind Kudu; Location]



Life at AU: Tips & Must-know

Clinic Services



Alfaisal Clinic (Male Students): 2nd floor, opposite the Female theater

Alfaisal Clinic (Female Students): Beside the Masjid, at gate 2

Services Provided: General check-ups, first aid, health consultations, and referrals.

Emergency Contact: 0540602600; 0503011309

EXT: 7995 (Females); 7997 (Males)



COMIC

Doctor vs Autocorrect

Texting a doctor: “I feel fine” autocorrects to “I fell, spine?”

Fun fact: 2024 study says 1 in 4 patients’ urgent messages were misread because of autocorrect... and somehow, everyone still survived.

Lesson: In medicine, technology is life-saving... and also low-key chaotic.

Alfaisal Wellbeing Office (AWO)



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